

4-10-2018

## The Prospector, April 10, 2018

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ASSAYER OF STUDENT OPINION

# THE PROSPECTOR

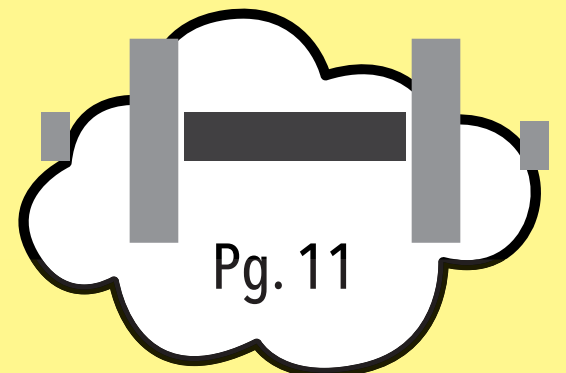
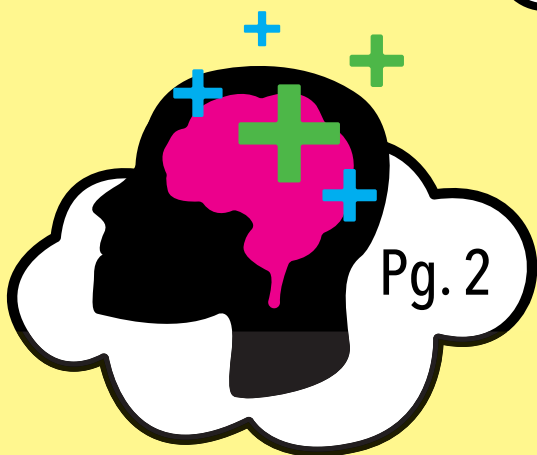
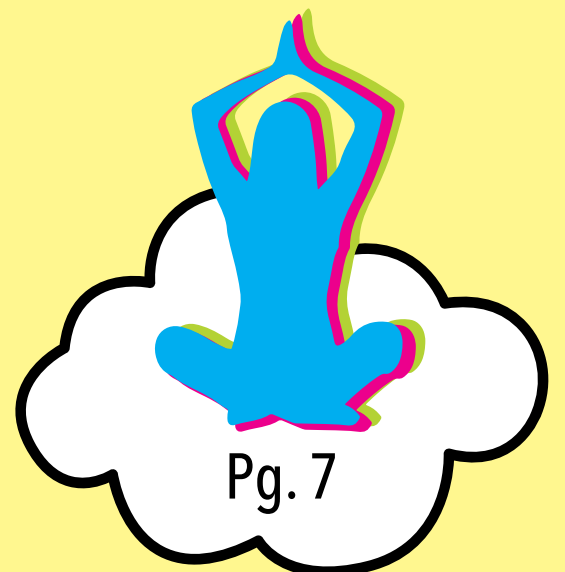
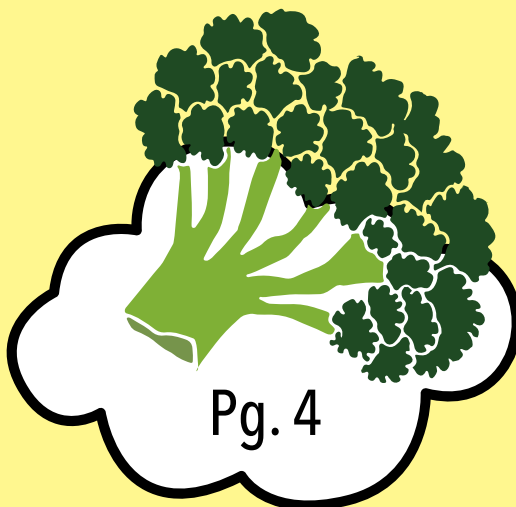
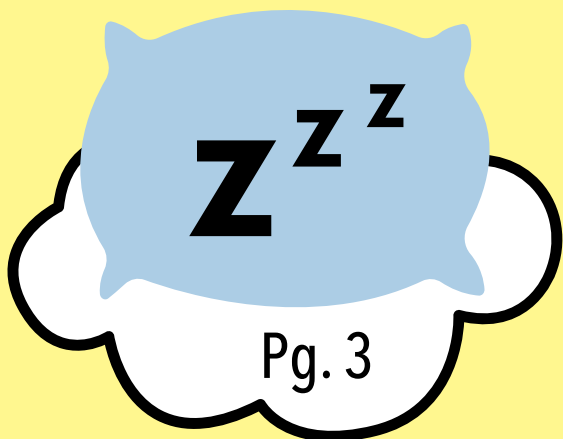
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VOL. 103, NO. 26

THE UNIVERSITY OF TEXAS AT EL PASO

APRIL 10, 2018

## THE WELLNESS ISSUE



DESIGN BY ALEANDRA GONZALEZ / THE PROSPECTOR

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APRIL 10, 2018

OPINION

EDITOR-IN-CHIEF  
MICHAELA ROMÁN, 747-7446

You’re mentally stronger when you seek support

BY RENE DELGADILLO  
The Prospector



My depression and anxiety have consumed me for years, but for the longest time I never took any type of action that would help me overcome the constant thoughts of sadness, loneliness, guilt and suicide. For years, I struggled on my own. I never told anyone what was going on in my brain because I was too ashamed to be criticized or made fun of. I decided to pretend that I was happy because I noticed that people got scared and did everything they could to avoid “the talk” about mental health and the consequences it has in a person’s life. My family and the majority of my friends in middle school and high school never knew that I had a lot of suicidal thoughts when I was inside of a classroom or while I was sitting on the couch at my house. Keeping my depression and suicidal thoughts to myself was the safest thing to do—at least that’s what I would tell myself until my anxiety started to kick in. One day while I was playing soccer, I started to feel a strong electrical sensa-

tion in my head, chest and shoulders that accelerated my heart rate to a speed that made me think I was going to die of a heart attack. I then learned that the sensation was a panic attack. Even when it got to the point where I was experiencing physical pain because of my depression and anxiety, I still decided not to seek any kind of support or help. So why didn’t I ever tell anyone about how I felt mentally and physically? Because people can be ignorant and uneducated when it comes to mental health and they just assume that it’s my fault for feeling depressed, as if I have control over it. I had my first panic attack when I was 15, and still have them at 22. They can happen at any time of the day. I sometimes have them while I’m sitting in class, while I’m driving, when I’m showering and even when I’m doing interviews for The Prospector. For some reason, it took almost eight years for me to build up the courage to see a doctor and get myself checked for my depression and anxiety. I have not been the only one affected by my depression and anxiety. My girlfriend, who I met when I was 17, has also suffered from my pain. After watching me struggle with my mental health, she convinced me to go see a doctor.

As I was driving to the clinic that first visit, my hands were sweating and my head became filled with thoughts such as, “everything is going to go wrong,” “you’re never going to be happy” and “why are you even trying?” My girlfriend noticed this and started to hold my hand to try as best as she could to make me feel comfortable and safe. I started to cry in the waiting room because I felt like something was about to go terribly wrong. As soon as I heard the doctor call my name, my girlfriend stood up from her chair and said, “I’m going in with you.” My heart started to beat so fast that I wanted to run away and pretend I was never inside that clinic. But I didn’t run. I knew it was time to take action. The doctor started to ask questions about my mental and physical health and told me right away that my body was not producing enough serotonin, a chemical that has a wide variety of functions in the human body and that contributes to the well-being and happiness of a person. Telling a stranger that I had suicidal thoughts was one of the hardest things I’ve ever done in my life, but at that point, I had reached rock bottom and I knew I couldn’t deny medical attention. The first night I took my medication, I recorded a video of myself crying with the

pill in my hand hoping that I could finally feel peace and happiness. My girlfriend asked me to record it to make sure I was on the right track. I’ve now been on anti-anxiety and antidepressants for more than a month and it hasn’t been an easy experience, but I feel much better. The medication I’m taking has reduced my panic attacks to just one per day, which is much better than what I was experiencing before the pills. The pills have given me more energy and I feel much happier. I hope I can continue feeling this way. After the first three days of being on the medication, I decided to tell my family about what was happening in my life and explain what I was going through. I hadn’t seen my dad cry the way he did when I told him since my mother’s death when I was just 6 years old. But I had to explain that it wasn’t his fault and that I was going to be okay. The next thing I decided to do was to quit alcohol, smoking, soda and junk food consumption after my doctor explained to me that I was treating my depression with those vices. I then promised myself that I would try everything to start feeling better. I even decided to accept my girlfriend’s invitation to start going back to church again. Ask your family and friends how they really feel mentally. You never know what

they could be hiding behind a smile. It’s time to break the stigma against people with mental health diseases. It’s time to give them the help and support they need to feel happy. Don’t be ashamed of your depression or any mental health disease that you might be struggling with. Don’t bottle up your emotions because this is when a simple moment of sadness can turn into depression. It’s okay to talk openly about these kinds of issues. Don’t let depression and stress destroy your life like I almost let it do to mine. I know it’s hard, but you’re not weak if you seek help. Don’t give up, I believe in you. There is nothing wrong with taking medication for your depression and anxiety. The brain is just like any other organ in our bodies, and we have to treat it to stay healthy in the long run. If you ever need someone to talk to or need to set up an appointment with a counselor, visit the University Counseling and Psychological Services, located in room 205 in Union West, or call 747-5302. They helped me and they can help you too. And to my girlfriend, thanks for being there even when I didn’t even realize you were there to support me.

Follow Rene Delgadillo @rdelgadillonews

I’m here for a good time, not a long time

BY JAKE DEVEN  
The Prospector



We all have at least one friend or acquaintance who is constantly posting on social media about how great they feel when “eating clean” and how guilty they feel from their “cheat meals” or the classic post-gym selfie. If you’re like me, you couldn’t care less about the number of calories you’ve ingested or if it’s leg day, arm day or whatever day you think helps you meet your health goals. I love being able to eat whatever I want, whenever I want. The most exercise I get is the occasional hike or bike ride, but I’m usually good after walking from the library to the Union. So, coming to school four times a week has my exercise covered. Don’t get me wrong, I prefer water over soda—except when at the movies because why would you drink water at the movies. I love veggies, either fried or drenched in cheese, and I exercise enough to not be out of breath after taking the stairs instead of the elevator.

So, I’m somewhat healthy, but I won’t be posting my pumped-up triceps or my latest prepped meal on social media anytime. It’s trendy to be in shape and be on some fancy diet. All anyone sees in the Discover tab on Instagram is pictures of people at the gym or posing for a “sponsor,” looking way more muscular than the average person. And that’s just the thing, many people are doing this for the likes, followers and compliments. For many, and myself included, healthy eating is overrated. People are obsessed with the act of eating as little as possible that they’ve forgotten to enjoy food altogether. We’re all going to die anyway, so we might as well embrace those calories. As long as we do not limit ourselves to eating only one or two foods every day and every meal, we are probably nourishing ourselves pretty well. And, if you bother to read nutrition information, most of these so-demonized processed foods and fast foods contain a lot more nutrients than most people want to admit, and in some cases at least, they contain more nutrients than a lot of the boasted “pure foods.” Some people like to exercise or enjoy other kinds of physical activities. Some people like to do cre-

ative or complex things with their food intake. Whatever, I don’t. And there are things that I like to do that you don’t. That’s sort of how living your own life and being different people works. I’m a grown up and I don’t have to justify my Taco Bell habit to anyone, and I also like being able to have fun on the weekend without diet or training regimen getting in my way. Nutrition is not a strict regimen of eating all the right foods at all the right times. Rather, it’s developing a healthy relationship with food, learning how to listen to and care for your own unique body, mind and soul. It is a lifelong process of self-negotiation and self-determination, not a list of external rules and restrictions. I’m not a better human being when I have salads for lunch, nor does posting a selfie after my latest workout mean I’m healthier than everyone else. For those that genuinely care about their health, good for them. People should spend their lives doing whatever they want as long as they don’t force it down others’ throats.

Follow Jake Deven @jakedeven

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Submit a letter to the editor!


Letters will be edited for clarity and brevity. Letters over 250 words are subject to editing to fit available space. Please include full name, street address and telephone number and e-mail address, plus major, classification and/or title if applicable. Address and phone number will be used for verification only. Write to 105 E. Union, e-mail theprospectordaily.news@gmail.com, call 747-7477 or fax to 747-8031.

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Low 50

Mostly Sunny  
0% Chance for Rain

QUESTION OF THE WEEK

Do you make time to be healthy?



CLAUDIA HERNANDEZ, SERGIO MUÑOZ / THE PROSPECTOR

**ALEJANDRA GARCIA**  
Freshman nursing major  
“I try to, but no, not really. Because I'm working two jobs and I'm coming to school, so there's not really time to. Well, I don't find time to do it, but I try to eat out like less than I used to do.”

**CODY MARQUEZ**  
Sophomore biology major  
“No, because it's easier not to be healthy than it is to be healthy. If you want to be healthy you have to make time to exercise and be healthy.”


**DIEGO BORREGO**  
Freshman music major  
“Yeah, I do. I do my walking every day here at UTEP. I run around the bridge from El Paso and vice versa to Juárez. Yeah, every day.”

**LAURA BORUNDA**  
Senior biochemistry major  
“I barely do, but I am always trying to be healthy during the weekends. I go work out these days, but it is an on-and-off situation.”

**LEEZA GUTIERREZ**  
Senior education major  
“Yes, because I just like to be healthier. I like to exercise a lot. It releases stress. And eating healthy. I try to eat healthy, not all the time, but I try to eat healthy just because it gives me more energy and I feel better throughout the day.”

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**FERNANDO GONZALEZ**  
Junior electrical engineering major  
“Yes, I go to the gym, I also exercise from my home like 15 or 30 minutes per week. I walk in UTEP, like from my parking lot to the Union, or to CS, like, just walk.”

**MELISSA GUTIERREZ**  
Junior social work major  
“No, I'm not really. I don't have time to think about it, to be healthier, and it is easier to go and find fast food.”

DO YOU HAVE ARTWORK, GRAPHICS OR A DESIGN?




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1:00 pm - 7:00 pm

Corbett Center Student Union  
3rd Floor  
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Career Services  
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For more NMSU Event Information & Free Registration Contact:



Career Services  
Las Cruces, NM  
Garcia Annex, Room 224  
575.646.1631  
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"All About Discovery"

# Health comes first

BY CLAUDIA FLORES  
The Prospector



With the responsibility of being a full-time student, having a job and other responsibilities at home, there is little to no time to take a break and go to the gym.

During my first two years in college, I had plenty of time to go to the gym every day, go swimming and meal prep at home.

Now my routine has changed a lot. I only visit the gym twice a week, I get home so tired that I don't meal prep as much as I used to and I don't visit the pool anymore. However, as a person who is used to staying active, I had to find a way to try to stay in shape while taking care of everything else.

In the past, I joined boxing and kickboxing classes, but this semester I joined a ballet class. I've always been a huge fan of ballet and I know this art form offers a full cardio workout, along with body endurance. Barre work and center work are great, especially if you want to build strength in your core, legs and upper body.

Fitting a ballet class as part of my schedule not only helps me to put my mind somewhere else from the rest of my activities, but it's a way for me to stay active every day without the necessity of leaving campus.

When it comes to meal prepping, it is true that it takes some time to prepare everything for a week and right now I don't really have the time for that.

Meal prepping services most restaurants offer are great, but it can also be a little expensive. Back in the day, I used to prepare my meals on Sunday night for the rest of my week. It was a simple chicken, rice and veggies recipe. Every week I changed the source of protein, carbs and greens to have a different menu.

I noticed there was a point where I simply stopped going to the gym and cared less about what I ate, and after a couple of weeks I felt the difference. My energy didn't last as long as it used to, I felt tired all the time and this started to affect me because I had so much stuff to do and no energy to keep me going.

I grew up in a house where healthy eating and physical activity are part of the daily routine. Growing up, I used to do gymnastics, swimming and track, and

I always kept up with the pace by trying new sports or activities to stay active.

Nowadays I try to meal prep at least for two days. On Mondays I have to stay in school all day, so my mom has been kind enough to drive all the way to campus to bring me lunch, and for the rest of the week, I try to pack some fruit or a salad to keep everything balanced.

And if I eat out, most of the times I order food from places I know serve healthy food. One of the cheap options out there for me is Pei Wei. Most new places like Pokeworks are great because of the products and portions they offer, but I am not a huge fan of seafood, so Thai food works best for me.

Finding time to work out and eat healthy is not about torturing yourself with hardcore fitness routines or diets. Staying in shape is about feeling good about yourself and taking care of your body and health.

According to Physical Activity Guidelines for Americans released by the U.S. Department of Health and Human Services, an adult between 18 and 64 years of age needs an average of 150 minutes of moderate-intensity physical activity a week for substantial health benefits.

That means that only two hours and 30 minutes a week are needed to stay in shape. If you don't like going to the gym or doing sports, a park or even your block is a great start. Walking for two hours sounds like a lot, but if you walk 30 minutes every day, you'll be completing your workout by the end of the week without feeling extremely exhausted.

Also, if you don't like meal prepping, simply change your diet.

This doesn't mean you have to stop eating french fries for the rest of your life. This means that you can start adding more greens to your diet. Salmon and chicken are great sources of protein if you don't like red meat, and if you're vegan or vegetarian, you can replace the meat with some Portobello mushrooms and some quinoa as the source of protein.

Cut sugars, such as soft drinks, and instead drink water or unsweetened beverages. It sounds like a huge sacrifice, but within a couple of weeks your body will thank you and you'll start feeling the changes too.

Regardless of how busy our lives are our health comes first. I might not have all the free time I used to, but with a ballet class, two days at the gym and some healthy eating, I find myself feeling good with enough energy to keep my day going.

✉ Claudia Flores may be reached at gigibertaflores43@gmail.com.

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# UTEP orgs come together for Miners Promoting Health



1. The Health Promotion Students Association hosted Miners Promoting Health on Wednesday, April 4 at Centennial Plaza. They offered free yoga, health screenings, healthy snacks and vendors sold health related items 2. A “veggie meter” was put on display to show students the amount of vegetables they’re supposed to have in their daily food intake. 3. Students had their blood pressure measured. 4. Different booths at Centennial Plaza showcased healthy eating resources.

CLAUDIA HERNANDEZ/ THE PROSPECTOR

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# What you can expect from El Paso’s top spots to workout



PHOTO COURTESY OF WOLVES DEN GYM

**BY ADRIAN BROADDUS**  
**The Prospector**  
**Wolves Den Gym**  
The Wolves Den Gym is a top-rated option for a gym. The gym says they offer different options that suit everyone’s needs and they add a special incentive to their gym.  
Located on 1010 Wall St., in central El Paso, the gym offers classes throughout each day, Monday through Friday, at the top of each hour. Aside from classes, they offer access to weights from Monday to Friday, 5 a.m. – 9 p.m. and Saturday 8 a.m.- noon.  
**From Wolves Den Gym:**  
“What makes the Wolves Den Gym unique is basically two things. First is variety of options we offer. Instead of going to a boxing gym, weight gym or cardio studio, a person can come to our gym and get all of the above and more. We also offer certified personal trainers and are starting up MMA and martial arts training.”

**Revolution Fitness 24/7**  
Like its name suggests, Revolution Fitness 24/7 prides itself on being open every day at any time.  
Located on George Dieter Drive and Trawood Drive, the gym offers month-to-month memberships starting at \$45 per person or \$60 per couple. They have personal trainers and Zumba teachers that can cater to the members needs and offer daily classes.

**From Revolution Fitness 24/7:**  
“Our fitness facility is 24/7 and offers weights and cardio equipment, personal training and Zumba classes. We also offer instruction on how to use equipment. We strive on being a very clean facility. We are located on George Dieter and Trawood, which is in a large residential area, so many of our members choose us because of the convenience and the 24/7 access.”

**Anytime Fitness**  
With six locations throughout El Paso, Anytime Fitness is a gym that is open seven days a week, 24 hours a day.  
They offer a free seven-day trial for its membership and have locations on the West, East, Northeast and Far east side of town. Each member gets a starter plan to help each individual work how they want.

**From Anytime Fitness:**  
“We pride ourselves on being a clean, friendly and convenient fitness facility. We also care about our clients. Almost all gyms claim the same things; judgment free, lots of equipment, etc. So to stand apart we rely on our staff, trainers and atmosphere along with having the best members in El Paso. You’re not just joining a gym; you’re joining a supportive community of like-minded people who are here to give you the encouragement you need.”

**Student Recreation Center**  
The Student Rec Center is a place to not only achieve great physical fitness, but also where students can take some relief from the classroom. UTEP students can enjoy the many exceptional activities and programs the Rec Center has to offer, such as intramural competitions, yoga classes, Zumba and even rock climbing.  
The Rec Center also offers fitness classes. The number of classes are estimated to be around 40, with the most popular being Zumba and boxing. These classes are offered in the mornings, evenings and even on Saturdays. The classes charge a small fee, but it’s for the benefit of the students.

Another program students can become involved in are sports clubs, including ice hockey, soccer and rugby.  
**From the Student Rec Center**  
“At the entrance we have a sign that says ‘students first’ and we believe in that because our highest priority are the students. Starting at 5:30 in the morning, students can use the swimming pools, racquetball courts, the cardio area, the free weights and basketball courts. Currently there are between 1,800 to 1,900 students using the Rec Center and our goal for the upcoming year is to have over 2,000 students attend the Rec Center every day.”

Follow Adrian Broaddus @adrian\_broaddus



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UPCOMING EVENTS

HEAL U RESEARCH SYMPOSIUM

The Institute for Healthy Living at UTEP and HEAL U Paso Del Norte are hosting a research symposium on Friday, April 13, from 11:30 a.m.-6 p.m. at the Health Sciences and Nursing Building. Experts in nutrition, physical activities and obesity will present cutting-edge research.

MINERFEST

SGA will be hosting the first-ever MinerFest on Wednesday, April 18, from 11 a.m.-1 p.m. at Centennial Plaza. There will be free food for the first 250 students, a photo booth, an obstacle course and more. Local Artists Elia Esparza, Johnny Kage, Irie Lee and Wildsters will perform at the fest.

Love Our Readers

All entry forms must be submitted by Friday,

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.

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- Neon Desert Music Festival Tickets
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- Planet Fitness Passes
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April 3 \_\_\_\_\_

April 10 \_\_\_\_\_

April 17 \_\_\_\_\_

April 24 \_\_\_\_\_

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

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APRIL 10, 2018

ENTERTAINMENT

EDITOR  
CLAUDIA FLORES , 747-7446

AeroZen Yoga: a new way of training your mind and body



PAULETTE VILLA / THE PROSPECTOR

Instructor and owner of AeroZen Yoga Nahsyelli Elena Hernandez demonstrates the advanced techniques used during AeroYoga class at the studio located in 10110 Montwood Drive

BY PAULETTE VILLA  
The Prospector

Achieving the benefits of being physically strong, but still having a calm mind and energy can all be accomplished by any hour-long session at AeroZen Yoga, according to the owner Nahsyelli Elena Hernandez.

“Inspiration, perspiration and relaxation, it’s our model for every class,” said Hernandez, who is also one of the seven instructors at the studio.

AeroYoga consists of using fabric hanging from the ceiling—attached to three structures connected to the ground that holds up to 300 pounds, which helps the user perform easier yoga inversions, compared to doing them on the floor.

“The ropes only go a foot above ground, it’s not Cirque du Soleil, but it’s inspired by the practice of aerial dance and acrobatic poses in the practice of yoga,” Hernandez said.

Hernandez has dedicated her entire life to fitness, such as running, kick-boxing and being a spinning instructor. She graduated from UTEP in 2002 with a bachelor’s degree in business administration.

“I always saw myself as an employer and not so much as an employee,” Hernandez said.

In 2011, Hernandez returned to UTEP to pursue a career in clinical psychology

because of her fascination with the human mind and her motivation to help people in the community. She later realized it was not the path for her to achieve those goals.

“I basically started connecting the dots—how I was into fitness and the human mind,” Hernandez said. “Yoga is basically the perfect blend and how it approaches psychology in a very natural way.”

She taught regular yoga, but decided to seek a non-traditional approach and found AeroYoga online. She then traveled to Mexico City and Spain to get certified in the technique, which was also her first time trying AeroYoga.

“People were surprised by saying, ‘you’ve never tried this and yet you’re getting certified?’” Hernandez said. “That’s how sure I was, I loved it so much that I opened a studio dedicated to do that practice.”

In 2015, Hernandez taught AeroYoga from the comfort of her home, but her goal was always a contemporary yoga business. AeroZen Yoga opened on January 18, 2017, and is located at 10110 Montwood Drive.

“I will always remember that date, and I love the fact I took that risk because I have grown so much personally,” Hernandez said. “I remember I was so nervous and shaking and I thought I was going to die when after I signed the lease. I

was like, what did I just do?”

Besides experiencing stress during her college days, Hernandez also experienced stress while opening the business, before the new instructors came on board.

“We have to deal with it and we have to know how to properly manage that stress so that it doesn’t consume us and know how to move forward and through it,” Hernandez said. “That’s the reason why depression and drugs are such a big problem nowadays, because we want to avoid it instead of moving through the challenge and then finding ourselves at the other end.”

They are the only AeroYoga studio in the Southwest, and also offer nine unique varieties of exercises to accommodate anyone’s workout preferences and particular benefits.

For students who are struggling with anxiety of the semester and don’t have time to relax due to their busy schedules, Hernandez suggests Kundalini Yoga for them.

Instructor Paramdayal Kaur teaches breathing techniques, meditation and mantra chanting.

“We have a new student promo with one week of unlimited sessions for \$25, so that they can experience and try all the different techniques that we have,” Hernandez said. “After that, they can decide if they want to buy packs, if they want to continue their practice or be-

come unlimited members.”

AeroZen Yoga also offers a variety of exercises with combinations of the fabric used in AeroYoga, Pilates and barre.

On Tuesdays and Thursdays, instructors Carla Briones and Pricila Robles teach a barre tone and flex class. Barre is a modified version of the warm up exercises ballerinas do by using a handle attached to the wall. The benefits are to sculpt, tone and define the body, according to Hernandez.

“Barre is more repetition, more like pointing to toe and a little more elegance to the workout,” Hernandez said.

With Pilates, there are two kinds available: Yagalates Mix and Power AeroPilates. Power AeroPilates, taught by Robles, focuses on using the fabric as a hammock to control movement and strengthen muscles without bulking.

“We target our core, also known as the powerhouse in Pilates, which is the abdominal area and the lower back,” Hernandez said.

Yagalates, taught by instructor Elisa Rivera on Mondays and Wednesdays, focuses on posture enhancement and uses regular mat yoga.

For those with back pain and with trouble sleeping, it is recommended they attend a AeroYoga Restorative class, which comes with a recommendation to be cautious in driving back home after the session due to the high

amounts of relaxation.

“I had a student who was taking painkillers because she had big problems with her back,” Hernandez said. “After attending our sessions regularly, she came to me and said she was not taking them anymore, and to me that was amazing.”

To see the many options and full schedule or to book a class, get the “Mindbody: Fitness, Salon & Spa” app and search for AeroZen Yoga.

“I love when they can come in the studio thinking they can’t do it, then they leave the studio knowing that they did,” Hernandez said.

Essentials oils and stone therapy are also included in order for customers to prepare themselves when approaching the workout. At the conclusion of each workout, students enter into shavasana pose—also known as the corpse pose—where one lays on the ground for deep relaxation.

“I tell my students, I don’t sit people on the couch, but I sit them on a mat,” Hernandez said. “They just come here to relax, to listen, to go within, to find silence, and to make things just become clearer after a yoga class.”

The studio is open all week except Sundays from 9 a.m. to 11:30 a.m. and 5:45 p.m. to 9:15 p.m.

For more information, visit [mkt.com/aerozenyoga](http://mkt.com/aerozenyoga).

✉ Paulette Villa may be reached at [paulette.villa.345@gmail.com](mailto:paulette.villa.345@gmail.com).

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# Poke<sup>3</sup>: A healthier option for college students near campus



**Poke<sup>3</sup> offers** a variety of raw fish salads that can be customized for your health needs.

GABY VELASQUEZ / THE PROSPECTOR

BY AYLIN TAFOYA  
The Prospector

A little piece of Hawaii has come to El Paso. On Tuesday, March 6, Poke<sup>3</sup> had their soft opening at the corner of Glory Road and N. Mesa Street.

Restaurant owners Humberto Enriquez and Vicente Santaella developed the idea after closely watching the trends surrounding a rise in people wanting healthier lifestyles.

Poke (pronounced POH-kay) is proud of being among the freshest, tastiest and healthiest new food trends

of 2018. Coming from Hawaiian cuisine, poke means “to slice or cut,” and is a customizable raw fish salad.

In Hawaii, poke is comparably in demand as hamburgers are throughout the rest of the U.S. mainland. There, it is found in supermarkets, high-end restaurants, food trucks by the beach, family events and tailgate parties, and at pot lucks and pau hana or after work gatherings.

Poke has evolved throughout the years, thanks to Hawaii’s multicultural influences. Specifically, it has become

a major part of Japanese, Chinese, Korean and Filipino cuisine.

“Poke is a Hawaiian dish that grandmas used to cook for the kids there. Like how here in town or in Mexico, our grandmas used to cook us beans and rice or tacos,” Enriquez said. “Poke is a base of rice, noodles or salad with your fresh fish, but we will offer other options.”

At Poke<sup>3</sup>, there are chicken and meat substitutes for customers who are still a little apprehensive in regards to raw ingredients or those who simply don’t like fish, but still want the traditional Hawaiian flavor poke provides. Also, for those who are perfectly fine with seafood, octopus will be part of the Poke<sup>3</sup> menu, bringing a new texture and flavor.

“We’ve been in the business for 20 years combined, mostly focusing on fine dining,” Santaella said. “We initially wanted to open a fine dining restaurant. But this idea came to us after we started seeing so many trends on healthy eating, especially poke bowls. All these meal prep places are healthy, but not that tasty at all, and what we’ve come to see is that poke is both healthy and really, really good.”

Most traditionally, poke was made from fish, salt, local seaweeds and chopped Hawaiian kukui nuts. Today, poke comes in various permutations, meaning it’s very flexible, which is another reason why it’s sparking the interest of fast and casual diners.

This establishment is perfect for college students on the run to class, busi-

nessmen and women on their way to work or regular people who don’t have time to make lunch or are tired of making lunch every day.

“Number one, we wanted to be involved with the UTEP community. That’s why we chose this location,” said Enriquez. “Some of our bowls are even called the Sun Bowl, one of the burritos is called the Minerito. We just wanted to attract the students and faculty since we’re so close.”

Each dish has plenty of useful nutrients, depending on the ingredients of preference. The key to a healthy poke bowl is to customize the meal as much as possible to suit your health needs.

“I was hesitant of the raw fish at first, but learned to love ahí tuna. It has a meaty consistency, like chicken or beef, but still has a slight fresh flavor from the sea” said, Summer Masoud, senior multimedia journalism major. “It’s also very healthy because of the versatility of the ingredients, and helps with the after-workout munchies. It fills you up just enough to where you feel satisfied and not like you’re about to explode.”

Choosing more fresh fruits and vegetables and less processed and pickled items is a strategy that will help reduce both the calorie and sodium count. You can consume four ounces of poke for under 150 calories. One poke bowl consisting of rice, ahi tuna, seaweed, cucumber and a light serving of a dressing of choice will provide you with approximately five grams of fat, 25 grams of protein, and 20 grams of carbohydrates.

Omega 3 is available from the fish

and avocados that you can put in your bowl. These fatty acids are also proven to help fight depression and anxiety, reduce the risk of heart disease by lowering your blood pressure and heart rate, as well as improve a person’s eye health..

Other suggestions to make it healthier are to use leafy greens instead of rice and opting for condiments that have less sodium like sriracha instead of soy sauce. Offering limitless variations of poke bowls, burritos, mochi ice creams and soft drinks, Poke<sup>3</sup> is also looking to partner up with some local breweries to bring an array of alcoholic beverages, including wine.

“I’m excited that there’s a healthy alternative for lunch near campus. I’m tired of eating pizza and Chick Fil-A all the time. Every time Poke Dots comes to the Union, it’s what I get to eat,” said, Rebecca Holguín, junior English major. “Now, with Poke<sup>3</sup> just up Sunbowl, we’re not restricted to special occasions for a healthy option.”

Coming with a fresh take on healthy food and having an enthusiastic attitude in regards to the El Paso and UTEP community, Poke<sup>3</sup> has much room to grow as a business in El Paso.

“Honestly, we can’t wait. We just want to feed people poke,” Santaella said.

The business pair is set to open a new location on the east side this summer, increasing the number of people getting on the healthy bandwagon that is poke. For more information, visit [poke3.com](http://poke3.com)

✉ Aylin Tafoya may be reached at [aylinvtafoya97@gmail.com](mailto:aylinvtafoya97@gmail.com)

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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.

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

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Cardi B tells her unconventional rags to riches story on ‘Invasion of Privacy’



BY MICHAELA ROMÁN  
The Prospector

From growing up in poverty in the Bronx, to stripping in Manhattan, to leaving an abusive relationship, to reality TV, to becoming a social media influencer, to having the hottest hit of the summer to performing on SNL—like her or not, Cardi B has hit the big time and is here to stay.

The 25-year-old bilingual rapper Belcalis Almanzar, known across the globe professionally as Cardi B, just released her debut album, “Invasion of Privacy,” on April 6. The album follows her mixtapes “Gangsta Bitch Music Vol 1” and “Gangsta Bitch Music Vol 2.”

In September 2017, Cardi B became the first female rapper to top the Billboard Hot 100 since Lauryn Hill’s “Doo Wop (That Thing)” in 1998, with her hit “Bodak Yellow (Money Moves).” Only three other female rappers have ever hit No. 1 on the charts, but unlike Lauryn and Cardi, they didn’t do it alone.

Since then Cardi B has collaborated on G-Eazy’s “No Limit,” Migos’ “MotorSport,” Puerto Rican sensation Ozuna’s “La Modelo” and Bruno Mars’ “Finesse.”

Now, stars Migos, Chance The Rapper, Bad Bunny, J Balvin, Kehlani, 21 Savage, YG and SZA have jumped on the Cardi craze—each having features on the album.

Cardi gets nostalgic in her opening track “Get Up 10.” She jumps around between her past, working as a stripper, and her newfound success in the rap game. “I was covered in dollars, now I’m drippin’ in jewels,” she raps.

It’s no secret that Cardi is always sporting clothes and jewelry that shines and sparkles, especially her eight-carat engagement ring from her fiancé and Migos member, Offset. She proves she can drop bars just like her fiancé with lyrics like, “I don’t hang with these bitches cause these bitches be corny, and I got enough bras, y’all ain’t gotta support me.”

Aside from calling out her haters, Cardi also mentions the success she’s had in her family. “I went from rag to riches, went from WIC to lit. Only person in my fam to see six figures.” Growing up in the Bronx, New York City, Cardi’s Afro-Trinidadian mother was a cashier and her Dominican father was a cab driver. She is the only member of her family to make more than \$100,000 in a year.

Migos’ classic beat and ad-libs come in on track two with “Drip. (feat. Migos).” “Drip or drippin” is said approximately 120 times throughout the song to illustrate just how stacked with diamonds Cardi and Offset are.

Although it’s speculated “dripping” could simply mean having so much success and confidence, it’s evident to anyone who looks their way. The instrumental for the song had previously been used for Future, Young Thug and Quavo’s “Upscale,” however it will never match the success of “Drip.”

The album then transitions into the less memorable track “Bickenhead.” The term bickenhead is Cardi’s slang for already-used slang word “chickenhead.” The song alludes to Project Pat’s “Chickenhead,” which is a term that is slang for a female who will perform oral sex on anyone or a female who is just airheaded.

This brings the album into the song that’s made her who she is today, “Bodak Yellow.” This was the Cardi’s first release with Atlantic Records since signing to the label in 2017. Cardi was paying tribute to Kodak Black’s 2014 hit “No Flockin.” She is the definition of extra in “Bodak Yellow’s” half a billion-viewed music video, where she rides a camel through Dubai showing off her red bottoms aka “bloody shoes.”

The song is also possibly the highest selling trap-based song of all time. Her voice is essentially an instrument in its own, working as a bass intertwined with some 808s and simple synth beats, which all work together to the track’s immense success.

On the fifth track, Cardi somehow transitions from one of the cockiest/self assured songs by a female artist of this generation into a song that shows her vulnerable side on “Be Careful.” This track reveals how she felt when rumors surfaced Offset was cheating on her. “Man, I thought you would’ve learned your lesson ‘bout likin’ pictures, not returnin’ texts, I guess it’s fine, man, I get the message,” she says before hinting that she had opportunities to cheat as well, but did not jump on an opportunity for revenge.

Overall the song serves as a warning to Offset that she’s not afraid to leave him. Cardi has been open about the cheating in the past even quoting Beyoncé’s “Don’t Hurt Yourself” lyrics, “you do that shit again, you gon’ lose your wife” at one of her concerts in the fall.

SPECIAL TO THE PROSPECTOR

A suiting feature comes in from the usually humble Chance The Rapper as he chants “I’m livin’ my best life” with Cardi on “Best Life,” where the two are unapologetically proud of their hard-earned success. With Cardi being one of the few female rappers to see the type of fame she’s reached, she addresses being pitted against artists like Nicki Minaj by rapping, “Ain’t no more beefin’, I’m just keepin’ to myself. I’m my own competition, I’m competin’ with myself.” The track is overall great for pumping up your self-confidence and just jamming in the car.

The chart-climbing banger “I like It” features Latin sensations Bad Bunny and J Balvin. The track is an unlikely fusion of Cardi’s pounding

lyrics over Latin horns and a trap-like flow that Bunny and Balvin often use on their tracks as well. It’s the one Spanish track on the album. This song is a guaranteed El Paso nightlife go-to with Bunny’s and Balvin’s success on the border.

One of the biggest female R&B artists in the game, Kehlani, is featured on “Ring.” On this smooth-trap track, Kehlani and Cardi express being with men who used to always want to hit them up and now take them for granted, “You don’t hit my line no more, oh, oh. You don’t make it ring, ring, ring, ring.”

But Cardi doesn’t care if you’re not calling anymore because on the next track she remembers she’s making money. On the track “Money Bag” she name-drops her own luxurious vehicles: her Mercedes MayBach and Bentley truck. The lyrics, “while you hoes were sleepin’ on me, I made 40 bands by 4 p.m., they be taking shots, miss-miss, X and O, kiss-kiss,” allude to backlash she received as “Bodak Yellow” went to the top of the charts.

“Bartier Cardi” was her second biggest release since “Bodak Yellow.” Cardi and 21 Savage rap about their lavish lifestyles and for the first time Cardi talks about her love for Offset. The track has remained on the Billboard charts for 14 weeks and it does not look like it’s moving anytime soon.

“She Bad” is a quick fun track from YG and Cardi, with DJ Mustard on the beat. Cardi touches on different topics in this track such as why people are drawn to her. She is extremely transparent with her fans on social media. In this track she raps, “Write a verse while I twerk, I wear Off-White at church,” addressing that she’s been a stripper, but it doesn’t mean she has not moved past it and found her way.

She’s tweeted, “People keep posting the nude videos of me like if I wasn’t a stripper before.... anyways I know I know I got a nice body

right.” Cardi proves that in the harsh TMZ world celebrities live in today, she’s not afraid.

The next to last song, “Thru Your Phone” is also about Offset’s infidelity. Fans get a glimpse of what it’s like to hear Cardi sing on this track as she chimes the chorus, “I went through your phone last night. Saw some things I didn’t like. I went through your phone last night. It’s killin’ me, killin’ me, killin’ me, oh.” The smooth beats parallel well with her pounding bars on this track.

Cardi does not hold back on her last hit on the album with the rising success that is SZA. On Instagram, SZA said she was honored to “talk shit” on the track with Cardi. “My littler 15 minutes lasting long as hell, huh?” Cardi raps. She encourages her female fans to step out of their shell and fulfill their dreams through her brash lyrics, “good girls do what they told, bad bitches do what they want.”

Although her pregnancy was already highly speculated upon, on Saturday Night Live this week, Cardi revealed her baby bump to the world for the first time. Then on Sunday, the very pregnant Cardi tweeted, “I started winning when the whole world was doubting on me! Think imma lose with my little baby counting on me?” TMZ reports she is due in July.


I don’t think anyone can doubt Cardi at this point. She is unstoppable.

With two Coachella weekends, Broccoli City Festival, three JMBLYA’s in Houston, Dallas and Austin, and her highly anticipated stop here in El Paso for Neon Desert quickly approaching, let’s hope EP is still able to party with Cardi.

Overall the album gives those unfamiliar of the star a sense of what an empowered female rapper looks like and fans a deeper insight into her past.

I would give this album 3.5 out of 5 stars.


Follow Michaela Román on Twitter @michaelaroman\_



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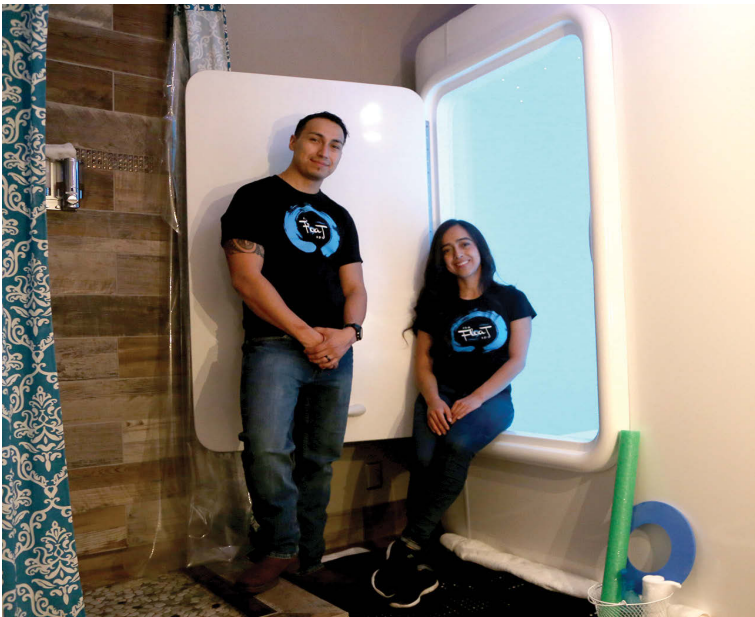
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# The Float Spa offers a different holistic health care approach



GABY VELASQUEZ / THE PROSPECTOR  
Robert and Crystal Acosta opened Float Spa on November of 2017.

BY ELENIE GONZALEZ  
The Prospector

Imagine being locked in a tank, floating in water, in complete darkness and your brain cannot tell whether your eyes are open or not, and you hear no noise except the own thoughts in your head.

This is what it is like to be in a state of total relaxation. This is what The Float Spa offers to its clients.

The Float Spa is the first spa in El Paso to offer the experience of an isolation tank, also known as a sensory deprivation tank. The tank is filled with one foot of water and 1,500 pounds of pharmacy-grade magnesium sulfate, which allows the body to effortlessly float.

Floating is a type of therapy called R.E.S.T. (Restricted Environmental Stimulation Therapy).

Benefits of floating include reducing inflammatory pain, improving quality of sleep, reducing stress, increasing the feeling of euphoria (endorphins), and many more.

“The concept behind floating is zero sound, zero light and zero gravity. You go into the tank and float like a cork in water,” said Robert Acosta, co-owner of the spa. “What happens within the five minutes of being in the tank with no sound or no light, is the regions in the brain that are responsible for interpreting all the external data such as auditory, visual and sensory, are completely shut off, which then allows other parts of the brain to be activated and those are usually the regions that are subtly used by people.”

Robert and Crystal Acosta, owners and operators of The Float Spa, had their own experience with floating about eight

years ago after hearing about it through friends. They decided to drive up to Santa Fe, New Mexico, to try it and fell in love with the practice. And as avid travelers, they made sure to find a float center any new city they visited.

There are both physical and mental benefits to floating. The purpose is to heal the body using a holistic approach.

Physically, the body is able to absorb the magnesium sulfate, which, according to Robert, has been clinically proven to help with joint pain, swelling and inflammation. He also says that because there is no tension or stress on the body or the joints, and it allows people who suffer from any type of body aches, soreness, chronic pain or anything related to discomfort in the body to fully relax because there is no gravitational pull.

“Mentally, because the water is heated up to your body temperature, your brain loses the ability to tell where your body ends and where the water begins, so you basically dilute into the water,” Robert said.

Both Robert and Crystal are registered nurses, who graduated from UTEP in 2010 and 2011 respectively, they have a passion for the health field and enjoy sharing it with others.

The couple continues to work their day jobs while taking care of the business, so they find it important to also focus on themselves and their health in order to keep up their active lifestyle. They enjoy keeping healthy by surrounding their activities around nature or practices that are organic such as hiking, running outdoors, doing yoga and meditation.

Floating was another practice they added to their routine when they built their own tank in 2015. They decided they wanted to share it with the community and The Float Spa was born.

They had some success at first, but decided to put the business on hold until

they found a more ideal space. Two years later in the summer of 2017, they invested in a higher quality tank, built their new space and relaunched their business, which opened its doors in November.

Since then, The Float Spa has seen a small number of loyal clients. Gabe Fernandez, a graduate student at UTEP, said he enjoys visiting The Float Spa once every two weeks.

“Floating is like a reset button on your brain, like you recalibrate yourself. You spend so much time buried in thoughts. Meditation is a good tool for that, but you’re not completely at ease,” Fernandez said. “When you’re in a float tank, you’re weightless. You can’t see anything, you can’t hear anything.”

“That’s been the only thing, one of the only things that’s been able to shake me out of a funk faster than anything else. It doesn’t matter if you’re having bad days and things don’t go your way, you float and everything is back to normal. It’s pretty amazing.”

Holistic health care has gained popularity as people have been finding ways for alternative medicine to heal whatever ailments they may have. Stepping into a sleep deprivation tank and experiencing a float session falls into that category.

It’s an approach to health care that treats the entire person, not simply symptoms and disease. Mind and body are integrated and inseparable.

“The neatest part about the tank is it allows you to have a really neat introspective experience because there’s no data that you have to be processing. It really allows you to be alone with your thoughts. So, while you’re doing that, your body is really getting the benefits of just lying in the water,” Robert said.

Their clients include people with carpal tunnel syndrome and arthritic pain, including fibromyalgia and even muscle aches after workouts such as CrossFit.

“Most of them come out saying they feel like a noodle or a sense of weightlessness. We even have clients that regularly take pain medication say that after the float, they can reduce the amount of pain medication they take or sometimes they don’t have to take it for a couple of days. The amount of magnesium sulfate helps reduce inflammation in the body,” Crystal said.

Floating benefits not only those with physical ailments or pains, but also people who suffer from anxiety and depression, post-traumatic stress disorder and even addiction.

“In other cities, they’re using floatation for veterans with PTSD, people with anxiety and there is research going on related to that,” Crystal said.

The Acostas say their spa is tailored more to people who are more into mindfulness and to consciousness, and it’s an alternative remedy for both pain relief and other parts of the human experience.

They mentioned that people may have a difficult time at first because many people are not used to being alone with their own thoughts. The best thing to do, Robert says, is to come in with no expectations so they can get the best out of their session.

“Just come in here, have the mind that you’re going to lay down in some nice warm water and then just kind of let go,” he said. “And when you do that, that’s when the magic happens.”

Another service they offer is a sauna for a post-float session therapy, which also has its own benefits. They hope to expand and be able to offer massage therapy in the near future.

The Float Spa is located at 11436 Rojas Drive, Suite D-13. For more information on The Float Spa and the benefits to floating, visit thefloatspa.space.

Follow Elenie Gonzalez on Twitter @eleniegonz

A black and white advertisement for UTEP Softball. It features three female players in UTEP Miners uniforms. The player on the left is holding a bat, the middle player is holding a ball, and the player on the right is wearing a catcher's mitt. The text "UTEP MINERS" is overlaid on the image. Below the image, the text "SOFTBALL" is written in large, bold letters. Below that, it says "TICKETS STARTING AT \$5". At the bottom, it says "CALL 747-5234 OR VISIT UTEPATHLETICS.COM/TICKETS". In the bottom left corner, there is a logo that says "WE ARE MINERS". In the bottom right corner, there are social media icons for Snapchat, Facebook, Instagram, and Twitter, with the handle "@UTEPATHLETICS" written above them.



APRIL 10, 2018

SPORTS EDITOR  
JEREMY CARRANCO, 747-7446

UTEP students find their passion through athletic training



GABY VELASQUEZ / THE PROSPECTOR

Ariana Galarza helps keep athletes hydrated to ensure proper body temperature and joint lubrication.

BY JEREMY CARRANCO  
The Prospector

For trainers across the nation, the main responsibility is to care for injured athletes in a quick manner, while also helping them maintain and build a healthy lifestyle.

Emilie LaRocque and Ariana Galarza, both senior athletic trainers at UTEP studying kinesiology, know the importance of their role in the athletic department. LaRocque has been a trainer now for two years, while Galarza has been one for three.

“Athletes don’t necessarily know how serious their injuries can be,” LaRocque said. “That’s why we’re there, to help them understand and then help them grow and heal so they can perform their best.”

Student trainers at UTEP are taught how to respond and handle an injury with classes in the kinesiology department and are required to go through the basic classes before completing an application for the job.

Once getting the job, student trainers are limited to handling injuries, considering its severity, but are overseen by a certified athletic trainer while in training.

“I’ve learned so much since starting my job as a trainer,” Galarza said. “When we’re in there (classes), they teach us about the body, what we should and what we shouldn’t do when an injury happens on the field.”

Galarza has been a trainer for both the football team and softball team. LaRocque has been a trainer in multiple sports on campus, assisting alongside Galarza in football while also being a trainer for track, cross country and volleyball.

As a former track runner in high school, LaRocque’s dreams of becoming a trainer came from the unfortunate end of her time as an athlete. Continuing her life on the track took a turn for the worst when she developed a blood flow condition in her knee that caused the bone to chip.

LaRocque decided that her health was more important, and she tran-

sitioned to what she wants to help athletes with today.

“I had been told before that I couldn’t continue on playing sports, so I decided that I could help other athletes get healthy,” she said. “I wanted to help other athletes become better and continue on with their dreams even though I couldn’t.”

While Galarza was never involved with sports prior to becoming a student trainer, the job has forced her to become more organized with both her eating and sleeping schedules.

“During football season, I didn’t have a set lunch hour and sometimes my sleeping schedule was off because we would get back after midnight,” she said. “That’s been the hardest part—having to wake up so early during the football season and being here 24/7 during the season, but it has made me more organized.”

The work schedule has also impacted LaRocque, causing her to make some changes in order to adapt to the early mornings.

“The hardest part for me is having to get used to waking up at 4 in the



GABY VELASQUEZ / THE PROSPECTOR

Emilie LaRocque will remain a trainer for the UTEP volleyball team for the second time this coming fall season.

morning to be at school by 5 to prepare for football practices,” she said.

Although the schedule may be tough, the job is even more challenging for trainers due to the wide range of skills and responsibilities they must possess.

“Athletic trainers are extremely important because we design rehabilitation programs and go through various certifications such as CPR, which saves lives in the blink of an eye,” Galarza said. “During games, athletic trainers are the first ones to go out on the field after an injury and assess whether the athlete has to come off the field or can stay in the game.”

According to the National Athletic Trainers Association (NATA), athletic trainers are the only health care professionals whose expertise in prevention ranges from minor sprains to catastrophic head and neck injuries, and from minor illnesses to exertional heat syndrome.

“This profession is important in sports because athletic trainers take care of athletes from all injuries, both minor and major,” LaRocque said. “Without athletic trainers, athletes could be severely injured and can even die if they are unaware of the severity of some injuries the first time, like concussions.”

LaRocque and Galarza are dedicated to becoming trainers at a college or university for the rest of their careers after they graduate. They plan to go to a master’s program in Texas to become the certified professional they’ve had to shadow as a student.

In order to become certified, athletic trainers must take and pass the Board of Certification (BOC) examination. A test in which 49 states and the District of Columbia recognize as the appropriate state regulatory agency and only avenue to legal athletic training practice.

“The way my high school athletic trainers talked about their professions really made me want to get my master’s and become certified,” Galarza said.

The average salary for athletic trainers in the United States sits at around \$40K annually, according

to an April 1 update by Payscale. Despite what the income may be, LaRocque and Galarza say that things that come along with the job make up for it.

“Athletic trainers don’t make a lot of money; however, they have some nice benefits such as working while having fun watching the games,” Galarza said. “My favorite part about being a trainer at UTEP has been getting to travel with the team for all their away games.”

LaRocque has enjoyed the other benefits of being a student trainer at UTEP while also traveling with the teams.

“What I love most about the job is seeing athletes grow stronger as a person.”

- Emilie LaRocque,  
senior athletic trainer

“Traveling with the team is fun, but we also get the things that athletes get like the food and all the gear,” she said.

At the end of the day, trainers find a sense of accomplishment in what they do, especially when they see an injured athlete fully recover and perform at a higher level.

“What I love most about the job is seeing the athlete grow stronger as a person,” LaRocque said. “From when they come in hurting to when they get back on the playing field making star plays, that’s what matters.”

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SERGIO MUÑOZ / THE PROSPECTOR

Emilie LaRocque (left) and Ariana Galarza (right) will graduate in the fall with their bachelor’s degree in kinesiology.



# Clayton takes pride as ultimate team player



CLAUDIA HERNANDEZ / THE PROSPECTOR  
Senior infielder **Courtney Clayton** is second all-time in doubles (50) at UTEP.

BY DANIEL MENDEZ  
The Prospector

When Courtney Clayton took her recruiting trip to El Paso, it was her first time being away from her home of Cornelius, Oregon. On the trip, she stumbled upon UTEP softball fans at a bagel shop, who recognized Clayton and encouraged her to choose UTEP. That's when Clayton fell in love with the El Paso community.

Four years later, Clayton is on pace to being one of the best ballplayers who has graced the Helen of Troy softball field.

"Honestly, it's made me grow a lot as a person," Clayton said. "Going away from home really made me who I am today. I'm thankful for that and I know my family is thankful for that as well."

The senior comes from a baseball and softball family. Her grandfather, grandmother and mom all played collegiate baseball and softball at Linfield College in McMinnville, Oregon.

Originally, Clayton had agreed to stay close to home when she first committed to Portland State University to play under then-head coach Tobin Echo-Hawk. Echo-Hawk then became head coach at UTEP and is one of the contributing factors of how Clayton ended up at UTEP.

"I adored coach E (Echo-Hawk) and coach Cobb (Cristina Cobb-Adams), that was one of the main reasons," she said.

Clayton has continued to climb the UTEP record books in her senior season. On Sunday at Western Kentucky,

she moved up on the doubles' list, giving her 50 career doubles, putting her second on the all-time list in program history behind Camilla Carrera (57). Clayton also moved to fifth on the all-time RBI list at UTEP with 110 in her career while recording her 70th multi-hit game.

"I think the biggest thing that I've been so proud of is the team aspect of everything," she said. "Just all the things we've accomplished as a team is more what I'm excited about. I obviously feel very humble and very blessed to be here and be a part of that."

Echo-Hawk describes Clayton as the ideal kid who you want to coach. Clayton's focus is always on the team no matter her personal achievement.

"She actually doesn't like praise," Echo-Hawk said. "Probably the most selfless kid that we have even though she has had a ton of success. She doesn't flaunt it, she doesn't act cocky, she doesn't. She's just the ultimate team player. Always there doing whatever she needs to for the team."

The best way to describe Clayton's leadership is the fact that she leads by example. That is the best way senior teammate Kaitlin Ryder said describes her best friend's approach to the game.

"She's all in it," Ryder said. "She's a ballplayer. She leads by example and is a great teammate, she just knows the game 100 percent and she'll give everything she has to this game."

Clayton's best friend and roommate on the team remembers their first encounter during a friendly game of travel ball.

Ryder and Clayton remember the story like it was yesterday—Ryder was behind home plate while Clayton went up to bat. As the opposing pitcher was attempting to strike Clayton out, Ryder kept on trying to get her attention. Then finally after Ryder had gotten her attention with a "hey Court," and Clayton looked back at her as if to question what is this girl doing.

After the next pitch, Ryder took off her helmet and introduced herself as the two were going to embark on a next chapter of their lives with UTEP softball. Little did they know that encounter would establish a tight-knit friendship between the two.

"Throughout the course of our four years, she's been my best friend and my go-to person," Ryder said. "I look forward to having her as my best friend for the rest of my life."

Despite the team's losing record (14-26, 4-11 C-USA), Clayton is proud of her team and that no one has given up.

"I describe us as a bunch of fighters—that no matter what's going on (with) hardships on and off the field, everyone just comes in and fights for what they believe in" she said. "I think just continuing forward, we just need to continue doing that and at the end of the season we'll be proud."

As the season comes to an end, Clayton is reminiscing about her time here. Her and her fellow senior teammates have thought about this being the last time they get to lace up their cleats and play the game they love.

As an 18-year-old, freshmen playing Division-1 softball, who had no idea what to expect, every day was a first for her.

"Now that it's in reverse, every day is a last for us. It's like 'wow we've really come so far.' We've just been saying how thankful we are that we have had all those experiences that made us grow," Clayton said.

Follow Daniel Mendez on Twitter @dmendez24

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# APRIL

SEXUAL ASSAULT  
AWARENESS MONTH 2018

**April 2 - 27**  
**CLOTHESLINE PROJECT**  
Honoring Survivors and Victims of Sexual Assault  
Location: Various campus locations

**April 25**  
**DENIM DAY: ADVOCACY FAIR AND FASHION SHOW**  
Wear Denim With A Purpose  
10:00am - 1:00pm  
Union Plaza

**April 2 - 26**  
**TEAL STATIONS**  
Pledge Support and Help Stop Violence  
Location: Various campus locations

**LET'S TALK ABOUT CONSENT**  
How to Talk to Your Partner  
3:00pm - 4:00pm  
Union Bldg. East, Andesite Room 102B

**April 10**  
**BAD ROMANCE**  
Recognizing the Signs of an Unhealthy Relationship  
10:00am - 11:30am  
Union Bldg. East, Andesite Room 102B

**April 26**  
**TAKE BACK THE NIGHT**  
7:00pm - 9:00pm  
Union Bldg. East,  
Tomás Rivera Conference Center, Room 308  
Open to the Public

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\*Please contact us one week prior to the event if special accommodations are needed.

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