Managing friendships amid the pandemic

Alberto Silva
The Prospector

From learning new hobbies to maintaining friendships remotely, the coronavirus pandemic has disrupted the way people interact. For Rhiannon Trujillo, a UTEP junior majoring in electrical engineering, forming and keeping friendships during quarantine has been the biggest adjustment.

"I got into a state of mind where everything was my fault," Trujillo said. "I just kind of dealt with those thoughts for weeks."

In order to help students like Trujillo adjust to the new form of social interaction, experts share some advice on how to manage friendships amid the pandemic.

"In challenging times, social support is a meaningful tool to reduce stress and recognize, while each of us have our own struggles during the pandemic, we are not alone," said Theodore Cooper, associate professor for UTEP's department of psychology.

In order to build on this idea, Jacqueline Lechuga, a social-cultural psychology doctoral student at UTEP, said it's important for people to maintain some aspects of their pre-pandemic routines.

"There are many aspects of daily life that cannot be controlled by people. For instance, there are many activities like going to concerts, working at an office and having a party, that are not allowed to take place," Lechuga said. "Staying in contact with others, however, is something that people can control to an extent and that can help in returning some normality to people's lives."

Such routines can be mimicked online, like hosting a virtual happy hour every month or ordering food to be delivered.

Women sew memory bears from COVID-19 victims’ clothing

Andrea Valdez-Rivas
The Prospector

Editor's Note: Quotes from Karla Muñoz and Eréndira Guerrero were translated from Spanish to English.

Karla Muñoz, a 41-year-old Ciudad Juárez entrepreneur, never thought she'd be making teddy bears for a living.

But the bears she makes aren't just regular, furry friends—they're made with the garments of people who have passed away.

"People can't just keep their loved ones' clothes stored in boxes," Muñoz said. "(The clothes) should be on display."

With this philosophy and the five months of experience Muñoz had under her belt, she launched her business Recuerdame Por Siempre in November 2019.

The first bear Muñoz ever made was with clothes that belonged to her brother, who had passed away. Soon, Muñoz's friends began asking her to transform loved one's clothing into items they could keep by their side.

In addition to the bears, Muñoz makes pillows and blankets. Amid the COVID-19 pandemic, and to help people adjust to safety guidelines, Muñoz also makes face masks.

Muñoz said that while COVID-19 cases spiked in late 2020, so did her business.

"And right now, I'm overflowing with orders. Very, very overloaded. I'm booked until March," Muñoz said.

Muñoz has made about 150 teddy bears, pillows, and blankets from the garments of people who have died from COVID-19. However, Muñoz said it's not always easy to acquire the fabric from her clients.

"There are people who only have one of their family member's garments, so it's very difficult to detach from it (and) then give it to me," Muñoz said. "(My clients) entrust me with the garments as if they were their children."
I rediscovered myself during the pandemic

"The turmoil of 2020 left me feeling a bit hollow and looking for a distraction, so I picked up a book. It turned out to be just what I needed."

-Exodis Ward

Confusing selfishness in the name of self-love

"Self-love is not a number of selfish acts claimed to be done in the name of self-care."

-Anahy Diaz

It’s a catchy feeling that’s led me back to other things I love: painting and dancing. I’ve even taken up learning sign language. It’s made all the difference. Things feel a lot less bleak. In rediscovering my hobbies, I felt bits of me returning. I’m Exodis, the joyous, enthusiastic person I’ve always been. It feels great.

It shouldn’t take a worldwide tragedy for someone to realize that they have self-care and the need to take care of themselves. We should be able to make a living and still have time for things we enjoy. Some can make a living doing what they love, but not everyone has that privilege.

What I’m saying is, if you haven’t felt like yourself as of late, try doing something for yourself just for you. I know life is busy and there are things that beg for your time, but if you can invest a few minutes in yourself, do it. Promise, it’ll be worth it.

-Anahy Diaz

SPEAK YOUR MIND

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, prospector@utep.edu, call 747-516 or fax 747-8031.

Due to COVID-19, the office of Student Media and Publications is working remotely. This issue was not printed and is only available in this digital PDF format.

The Prospector is provided to students through student fees. First copy is free. Any additional copies, if available, must be purchased for $1 through the Department of Student Media and Publications. The Prospector is not responsible for claims made by advertisers. Additional policy information may be obtained by calling the Prospector at 747-5161. Opinions expressed in The Prospector are not necessary those of the university.
Spiritual, and physical heath can go a
said... "Working on one’s mental,
stressful experience for many,
staying disconnected with people
and happiness to one’s life, but
with people that are bringing peace
Lechuga said it’s important to keep a
following this person. ”
"It is stressful, “ Lechuga said. “It is
Instagram or Facebook story can be
watching this behavior on an
media accounts. For some people,
and posting this on their social
COVID-19.
precautions to stop the spread of
health recommendations or taking

"For example, there are people
behaviors from themselves and their
practice and expect positive dating
look like, can help students seek to
what positive relationship behaviors
your partner, " Nieto said. "Knowing
it is central to love yourself before
it is not right or wrong way of doing it. ”
"Creating a climate of consistency
in the relationship and making a safe
space to ask intimate and vulnerable
questions when times are hard is
very important during these times, ”
Nieto said. “Partners need to be able
to give each other space and meet
the needs of one another with love,
respect, and communication.”
"Practicing and choosing to
engage in healthy relationship
behaviors is the first step to creating a
healthy relationship for yourself and your
partner”, Nieto said. “Knowing what positive relationship behaviors
look like, can help students seek to
practice and expect positive dating
behaviors from themselves and their
health conditions, and I understand the
importance of education and arranging
community events. But for Torres,
NAMI’s mission means a lot to me”,
said Torres, who previously
served the organization as director of
outreach and fundraising.
I have family members with
undiagnosed mental

"Creating a climate of consistency
in the relationship and making a safe
space to ask intimate and vulnerable
questions when times are hard is
very important during these times, ”
Nieto said. “Partners need to be able
to give each other space and meet
the needs of one another with love,
respect, and communication.”
"Practicing and choosing to
engage in healthy relationship
behaviors is the first step to creating a
healthy relationship for yourself and your
partner”, Nieto said. “Knowing what positive relationship behaviors
look like, can help students seek to
practice and expect positive dating
behaviors from themselves and their

© The Prospector 2022

Services available
Campus Advocacy, Resources and Education (CARE)
915-747-7452
care@utep.edu
Counseling and Psychological Services (CAPS)
915-747-5302
After Hours Crisis Line
915-747-5302
caps@utep.edu
UTEP Student Health and Wellness Center
915-747-5628 (primary)
915-747-6545 (secondary)
UTEP Police Department
3118 Sun Bowl Drive
915-747-5611
Office of Student Conduct and Conflict Resolution (OSSCR)
915-747-8649
Dean of Students
915-747-5648
studentconduct@utep.edu
Center for Accommodations and Support Services (CASS)
915-747-6712
cass@utep.edu

www.UTEP.edu/careers | www.jobslink.eu
Network with employers & hear about internship and full-time job opportunities
View the list of organizations on careerlink. utep.edu/careers or joblink.eu

Photo courtesy of El Paso’s National Alliance on Mental Health

© The Prospector 2022
UTEP community receives COVID-19 vaccine

On Friday, Jan. 22 and Saturday, Jan. 23, to high-risk students, staff and those working in medical environments.

UTEP President Heather Wilson thanked the UTEP and the community for their focus and cooperation during the vaccination event. She also expanded on the importance of vaccinations in helping to control the pandemic. "I want to express my gratitude for everyone involved in this process," Wilson said. "This is critical in the effort to unlock the freedom and hope that we all wish for.

\[\text{Continued...}\]

Activists organize El Paso caravan to lobby Biden administration

Maria Solchta Ostineras

On Saturday, Jan. 23, the Border Network for Human Rights (BNHR) and the New El Paso Policy Group held a caravan in support of inclusive immigration reform and humane border policies.

\[\text{Continued...}\]

U.S. Rep. Veronica Escobar (D-Texas), who was there to talk with everyone in line about their experience and pay respect to a sentiment shared by numerous faculty and students. Cecilia Fierro, assistant clinical professor of occupational therapy, emphasized the importance of having faith in the scientific process surrounding the creation of the vaccine that communicates her certainty that it is safe. Fierro expressed her confidence in UTEP's capability to administer the vaccine in an efficient manner.

\[\text{Continued...}\]
Online Valentine’s events offer celebratory options

**Aphrodisiac V-day cooking class**
This activity presented by AppetitoSeduction is a virtual cooking class for couples. This live session will teach participants how to set a table and how to cook certain foods such as asparagus hollandaise sauce, chocolate lava cake, and more. The course includes other goodies like a playlist for the mood and lists where to get the necessary kitchen tools. The event doesn’t include the actual ingredients or alcohol, so keep that in mind when signing up. Registration is $60 and allows participants the flexibility of choosing between many different dates in February. REGISTER HERE. Saturday, February 6 and February 13.

**Cuddle Birds Valentine painting**
The Paul Nigra center for creative arts presents Cuddle Birds Valentine’s Day painting. Participants and their romantic partners can learn to paint two cuddle birds. This event is held over Zoom and costs $25. The painting sessions occur between Jan 28 and Feb 11. Register here.

**Valentine’s Day Comedy Jam**
Those who enjoy a good laugh might enjoy La Casa Norte’s Valentine’s Day Comedy Jam. This Zoom event features rising comedy stars Ana Belaval and Eli Castro. Proceeds from this event benefit youth and families experiencing homelessness. Standard tickets cost $25, or viewers can go for the $40 VIP ticket which includes a restaurant discount card and a Valentine’s Day kit with La Casa Norte swag. This event takes place Feb. 13. Register here.

**Chocolate, Wine and Cheese**
Formaggio Kitchen presents Chocolates, Wine and Cheese. This event is for foodies who would like to spend their Valentine’s trying new things. This Zoom event takes place Feb. 14 and includes a bundle. The bundle comes in two sizes: small and large. Both includes four cheeses, two chocolate pairings and crackers. The wine bundle includes two wines, and the Make Life Sweeter bundle includes jam, cookies and more chocolate. Tickets cost $15, which is the flat rate to ensure everything arrives in time for the event. Wednesday Feb. 10 is the last day to register for this course and can be done here.

With a variety of holiday-themed classes and events to pick from, there is something for everyone to take part in.
Top five movies to watch this Valentine’s Day

1. Pride and Prejudice and Zombies (2016)
   - **Watch it on Hulu**
   - 3/5 pick-axes
   - For those who enjoy a horror or comedic adaptation of Jane Austen's novel, Pride and Prejudice and Zombies follows the original story, but Elizabeth Bennet and Mr. Darcy are highly skilled in fighting off the zombies that threaten to take over England. It's a thriller with Lily James as Elizabeth and James Norton as Mr. Darcy. Despite his prejudices about her family, Mr. Darcy finds himself falling in love with Elizabeth who thinks he is above her. Though the film is set in the 1800s, there's a hint of feminism, as Ellie (played by Gemma Arterton) is a classic! Audrey Hepburn plays Holly GoLightly, an extrovert partier who strives for a better life. She unexpectedly falls for her neighbor, Paul Varjak, played by George Peppard, an aspiring writer. The plot thickens when Holly's past returns and she must decide between her new reality and her former self.

2. Breakfast at Tiffany's (1961)
   - **Watch it on YouTube**
   - 4/5 pick-axes
   - If you’re a sucker for the nostalgic feel of the 60s, you know this movie is a classic! Audrey Hepburn plays Holly Golightly, an extraverted partier who strives for a better life. She unexpectedly falls for her neighbor, Paul Varjak, played by George Peppard, an aspiring writer. The plot thickens when Holly's past returns and she must decide between her new reality and her former self.

3. The Half of It (2020)
   - **Watch it on Netflix**
   - 3/5 pick-axes
   - The Half of It is honestly one of my favorite films. The elegance of the characters’ style takes you back in time, like a time capsule that audience members can experience. The costume design and the iconic black dress that Hepburn wore, is all there. The memorable song "Moon River" was originally written and recorded for this film. It earned them an Oscar for best music and original song.

4. Le Loup (2016)
   - **Watch it on Hulu**
   - 5/5 pick-axes
   - With 6 Academy Awards, La La Land takes viewers on a musical love story engulfed in jazz. Emma Stone and Ryan Gosling star as Mia and Sebastian, an extrovert and jazz musician pursuing their dreams. Fate brings them together and they must decide between furthering their relationship or fully pursuing their lifelong goals. This film not only brings love and hope into perspective but also touches on lessons that life sends based on one’s choices. La La Land is a truly remarkable experience filled with choreographed dancing and musical numbers. This film will touch your heart.

5. La La Land (2016)
   - **Watch it on Hulu**
   - 5/5 pick-axes
   - This musical has a little bit of everything: it is both cringy and dramatic. The award-winning song "City of Stars" and its many reprises allow Sebastian through his high and low points of life during the movie. The ending scene is spectacular and filled with emotion, but I won’t spoil it, you’ll have to watch it yourself.

---

Watch it on YouTube
3/5 pick-axes
This film will make you laugh and cry. It’s a rollercoaster of emotions. Love, Simon is a coming of age story with familiar faces Katherine Langford and Miles Heizer from 13 Reasons Why. It follows Simon Spier, played by Nick Robinson, as he keeps a huge secret from his family and friends. It's his year. When Simon's secret is threatened, he must face himself and come to terms with his identity. Simon finds love in an unexpected place. This film will have you at the edge of your seat trying to figure out who the anonymous "Blue" is. This film shows that love knows no boundaries. It is also incredibly open and relatable, and tells a story from the LGBTQ+ community without stereotypes.

If you want something easy going and that flows naturally, watch this movie on Valentine’s Day. After all, love stories are what Valentine’s is about!
Miners dominated the action as Kyleigh McGuire grabbed a rebound points, including four 3-pointers. To San Antonio (UTSA) Road Runners would struggle to make shots in recruiting until we get to that point finished out its home and away series In the second game played in Baker said. “I’m proud of that and the Roadrunners 58% shooting in best shooting percentage and largest Thurman hitting an open 3-pointer play and now sit in third place in the Miners forced three turnovers and with a minute remaining in the for the season. The UTEP bench had a double-digit lead culminating in from the arc. Before the UTSA series, we feel like we have the best bench in Leading the Miners in scoring was Lipe stepped up Friday, Feb. 5, at the Don Haskins back on the scoreboard with a Karly led by 25 points at this point of the game. closed out the game with eight As a team, the Miners shot 40% vBryson Williams got a layup and a foul snapping the UTEP run, cutting the Roadrunners lead to 14. Moments later, redshirt sophomore Kristian Sjoeland followed that with a 3-point shot to close the deficit to 32-21. UTEP continued its efforts to get back into the game, getting within 7 points, but that did not last very long as UTSA drained a 3-point shot to give the Roadrunners a 41-31 lead. Right before the end of the half, the Miners responded five straight points, culminating with a 3-pointer from Boum that cut the lead with a run of its own to bring UTEP to within 5 points. Unfortunately, UTSA was able to fend off the Miners and close out the half with a 46-38 lead. Opening the second half, UTEP went on a 7-0 scoring run to pull with one, 46-45. The Roadrunners would respond with a short jumper from Conference-USA (C-USA) second-leading scorer Sherron Jackson to take the lead back up to three. On the next two possessions, the Miners would score and take a short-lived 1-point lead after a Williams free throw. The Roadrunners would once again respond, this time with a 3-pointer that once again gave UTSA the lead. Boum would tie the game back up with a couple of points from the charity stripe. Williams followed up on the next possession with a short jumper to give the Miners the lead back 53-51 with 14 minutes remaining in the game. That would be the last time that the Miners would have a lead in the game. Jackson would once again make a critical shot for the Roadrunners with 11 minutes left in the game to give UTSA the lead for good. By the ninth-minute mark, the Roadrunners have built on its lead and were up 62-56. Leading by six points with eight and half minutes left in the game, the Roadrunners went on an eight-point run over the next two minutes of the game, stretching its lead to 14 points. Over the next minutes, the Roadrunners would chip away at the deficit and at the 3:32 minute mark of the game, the Miners would pull within eight points of a put back by sophomore Tyaho Vorhees. Williams would follow this with a jumper cutting the UTSA lead to six with just over two minutes remaining. UTSA would answer with five straight points, including a 3-pointer that put them up 76-69 with just over a minute left in the game. Jackson closed out the game with eight straight points for the Roadrunners to lead them to an 86-79 win. "We didn’t do a good job stopping [UTSA’s first 2-1-3] Head Coach Rodny Terry said. “In the second half we took control of the game and we were winning at one point as well. But when it comes down to it, we had a couple really good looks, but Jackson and those guys made some really big plays, along with a few rebounds. Przyt gave another strong effort contributing the final minutes and the Miners again won the battle of the boards 40-36. For the month of January, the Miners finished 7-3 in conference play and are currently in the incredibly competitive west division in Conference USA. UTEP returns home to face the University of Alabama at Birmingham Blaziers (7-7, 2-6) for a non-conference contest on Wednesday, Feb. 5, at the Don Haskins Center. Over the month of January, the Blaziers are 10-5 but currently on a four-game losing streak. Michael Cuviello may be reached at prospector@utep.edu
The Prospector

SPORTS

FEBRUARY 2, 2021

UTEP volleyball looks to take next step, amid defections

By Michael Canales, Herberto Perez

Coming off an eight-win improvement, UTEP Volleyball Coach Ben Wallis prepares the Miners to compete for a second straight Conference USA (C-USA) and a possible championship. In the previous two-year span, predictions, the Miners were chosen to finish fourth in its division.

With first-year coach Wallis at the helm, the Miners finished seventh in the conference last season with a 13-15 overall record and their first place finisher was eliminated in the C-USA North Texas. For the fall, the Miners finished 2-2. The fall was successful as most of the Miners did not involve game results but rather player defections due to several factors, including the team in blocks with 79 as a first-year player and the Miners.

The Miners then would score the first five points to take a 49-41 victory. With the loss of expected nosed play.

Based on her injury was a real thing with the Coronavirus "Darley could be a superstar for us. Lazda, who before the injury was a real player on the court, has been cited for her arduous work in little Miners volleyball camp several Memorial Gym ... Talentwise, she Taking over as the team leader the offseason as one of the team's years ago and so it's a really special

Sophomore middle blocker Kennedy Howard will be taking on a much more expanded role as a starter opposite to the Miners to the team. Howard finished third in blocks with 79 as a first-year player and her 13 games. Jessica Landeros, another El Paso area player that got playing time as a freshman, is expected to see more minutes in the next few matches.

In making 13 saves for UTEP

The Miners then would score the next 5 points to take a 49-41 lead with about 10 minutes left in the contest. A clutch Williams 3-pointer with 8:44 remaining put the Miners back in the game. With eight minutes left in the game, UTEPA freshman sensation big man with a great outside hitter that did not get much playing time at the University of Central Florida due to injuries, showed a lot of potential in the fall and should challenge for significant playing time.

One of the most talked-about transfers in the offseason was New Mexico Military junior Hula Cristinos after averaging over four digs per game in the fall.

“Not only was she a first-team (junior college) All-American as a volleyball player, but she’s a stud as a leader. She is the type of person and soldier that we need here in El Paso to continue to help push our program in the right direction.”

Overall, the roster is really young, Overall, the Miners are a young success. be able to practice with. been cited for her arduous work in little Miners volleyball camp several Memorial Gym...

As a team, The Miners shot 44% from the field and 25% from the free throw line, and shot 3-of-12 from the 3-point line. Defensively, they held UTEPA 1% from the 3-point line and 27% from the field goal, UTEPA outscored the Roadrunners 45-27.

The Roadrunners’ only bright spot was winning the turnover battle with right compared to the Miners 17.

For the month of January, The Miners went 4-6 and currently sit in fifth place in the C-USA’s West Division. The top four teams advance to the conference tournament. Up next for the volleyball team is Carolinas Division leader, the University of Alabama at Birmingham (13-2, 6-1, for two games this weekend). The game is set for 5:30 p.m. Friday, Feb 5 in Birmingham, Alabama.

Men’s basketball from page 7

success as the Roadrunners shot an impressive 50% from the field.

With the return home to the Don Haskins Center for game two, the Miners found their footing on the defensive side as the team held the Roadrunners to 29% shooting from the field.

In the first half, the Miners started off slowly on offense, not scoring for almost the first three minutes of the game as the Roadrunners went on a 6-0 run to start the half. In that span of time, the Miners committed three turnovers and missed its first three shots. At the 17:02 mark of the first half, Bean hit a short jumper in the paint for the point of the first games for the Miners.

After junior guard Amadi Ikwuakor was fouled on a made jumper cutting the Miner lead to 7 points, Bienemy had 10 points as well as five rebounds and a couple of three-pointers for the Miners. Bienemy and Kennedy both had double-digit rebounds. As a team, The Miners shot 44% from the field and 25% from the free throw line, and shot 3-of-12 from the 3-point line. Defensively, they held UTEPA 1% from the 3-point line and 27% from the field goal, UTEPA outscored the Roadrunners 45-27.

The Roadrunners’ only bright spot was winning the turnover battle with right compared to the Miners 17.

For the month of January, The Miners went 4-6 and currently sit in fifth place in the C-USA’s West Division. The top four teams advance to the conference tournament. Up next for the volleyball team is Carolinas Division leader, the University of Alabama at Birmingham (13-2, 6-1, for two games this weekend). The game is set for 5:30 p.m. Friday, Feb 5 in Birmingham, Alabama.

Men’s basketball from page 7

success as the Roadrunners shot an impressive 50% from the field.

With the return home to the Don Haskins Center for game two, the Miners found their footing on the defensive side as the team held the Roadrunners to 29% shooting from the field.

In the first half, the Miners started off slowly on offense, not scoring for almost the first three minutes of the game as the Roadrunners went on a 6-0 run to start the half. In that span of time, the Miners committed three turnovers and missed its first three shots. At the 17:02 mark of the first half, Bean hit a short jumper in the paint for the point of the first games for the Miners.

After junior guard Amadi Ikwuakor was fouled on a made jumper cutting the Miner lead to 7 points, Bienemy had 10 points as well as five rebounds and a couple of three-pointers for the Miners. Bienemy and Kennedy both had double-digit rebounds. As a team, The Miners shot 44% from the field and 25% from the free throw line, and shot 3-of-12 from the 3-point line. Defensively, they held UTEPA 1% from the 3-point line and 27% from the field goal, UTEPA outscored the Roadrunners 45-27.

The Roadrunners’ only bright spot was winning the turnover battle with right compared to the Miners 17.

For the month of January, The Miners went 4-6 and currently sit in fifth place in the C-USA’s West Division. The top four teams advance to the conference tournament. Up next for the volleyball team is Carolinas Division leader, the University of Alabama at Birmingham (13-2, 6-1, for two games this weekend). The game is set for 5:30 p.m. Friday, Feb 5 in Birmingham, Alabama.

Men’s basketball from page 7

success as the Roadrunners shot an impressive 50% from the field.

With the return home to the Don Haskins Center for game two, the Miners found their footing on the defensive side as the team held the Roadrunners to 29% shooting from the field.

In the first half, the Miners started off slowly on offense, not scoring for almost the first three minutes of the game as the Roadrunners went on a 6-0 run to start the half. In that span of time, the Miners committed three turnovers and missed its first three shots. At the 17:02 mark of the first half, Bean hit a short jumper in the paint for the point of the first games for the Miners.

After junior guard Amadi Ikwuakor was fouled on a made jumper cutting the Miner lead to 7 points, Bienemy had 10 points as well as five rebounds and a couple of three-pointers for the Miners. Bienemy and Kennedy both had double-digit rebounds. As a team, The Miners shot 44% from the field and 25% from the free throw line, and shot 3-of-12 from the 3-point line. Defensively, they held UTEPA 1% from the 3-point line and 27% from the field goal, UTEPA outscored the Roadrunners 45-27.

The Roadrunners’ only bright spot was winning the turnover battle with right compared to the Miners 17.

For the month of January, The Miners went 4-6 and currently sit in fifth place in the C-USA’s West Division. The top four teams advance to the conference tournament. Up next for the volleyball team is Carolinas Division leader, the University of Alabama at Birmingham (13-2, 6-1, for two games this weekend). The game is set for 5:30 p.m. Friday, Feb 5 in Birmingham, Alabama.