

Your
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PAYDIRT

Running with Dr. Julie Ford
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An Open New Semester
August 30th, 2021



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Relax and Unwind

"It is nice finding that place where you can just go and relax." -Moises Arias

Sudoku

6		4				8		
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Letter from the Editor

Welcome back Techies! I hope your summer was a refreshing break from the turmoil of last year. Luckily for us, at least at the start of this semester so far, COVID's crushing impact has been less substantial for our campus than others. It is prudent for me to ask you, however, to continue to go about your day safely with the pandemic still in mind as we are technically not out of the woods just yet. Transferring something like COVID through the pages of our issues is highly unlikely, but as I proudly said last year: please read responsibly.

Current events aside, I would like to inform you of Paydirt's plans for this semester. With our readers back on campus, we would like to start up surveys again. Any kind of feedback helps us identify what you would like to see, which we act upon immediately. We will also give prizes that will act as incentives for completing those surveys. We are also looking to cooperate with Fire and Ice, Chartwells, and other offices to include ads for them. The idea is to include things like discounts or free products, but as nothing is set in stone just yet, keep an eye out for these in future issues to learn more. DIRT will also likely return sometime this year as our satirical counterpart.

You might also notice that we are missing a journalist. Although I would normally advertise this position to our readers, we are currently sorting out costs, and are holding onto the funding for that position in case we need to utilize it in an emergency scenario. However, it is looking like that won't come to pass, so be on the lookout if you are interested in writing for us! As always, you can send in submissions at any time at paydirt@npe.nmt.edu.

The SGA as a whole has a lot of ideas and events planned for this coming year. I can't get into them at the moment due to confidentiality reasons, but you can be sure that we are itching to tell you about them here at Paydirt, and will do so as soon as we can. But as always, we will continue to provide news of all types, from ongoing research to student life. If you have any questions or comments, you can email me at paydirt@npe.nmt.edu; I always look forward to hearing from you.

Have a great week!

SGA Meeting Rundown: 10/06/20

1. Several new members have joined the SGA's Executive Cabinet and Justice positions. These members include Salomon Chavez moving up into the Chief Justice role, Timothy Bonzon taking over the SATD position, and Preston Kite fulfilling the CFO position.
2. A slightly revised SGA budget has been passed. This modified budget brings back several old positions, such as the Executive Affairs Officer, and condenses others into one, such as the Ad and Assistant Chair positions, which have been combined into a Project Manager position. This budget saves money and, in theory, streamlines several aspects of the Executive Cabinet.
3. Dylan Nelson has been appointed Vice President as Quincy Bradfield has recently resigned. The SGA now has a complete Supreme Court.
4. 70% of students and staff are vaccinated against COVID, and requirements for COVID tests are in place or starting soon for those who are not.
5. President Wells is looking for students to join the upcoming Golf Tournament on September 1st! Apply with the QR code below.
6. Waffle Club has returned to NMT. They are experiencing 'exponential growth' with over 50 members. You can join their discord with the code 'gc9Cr33z'.

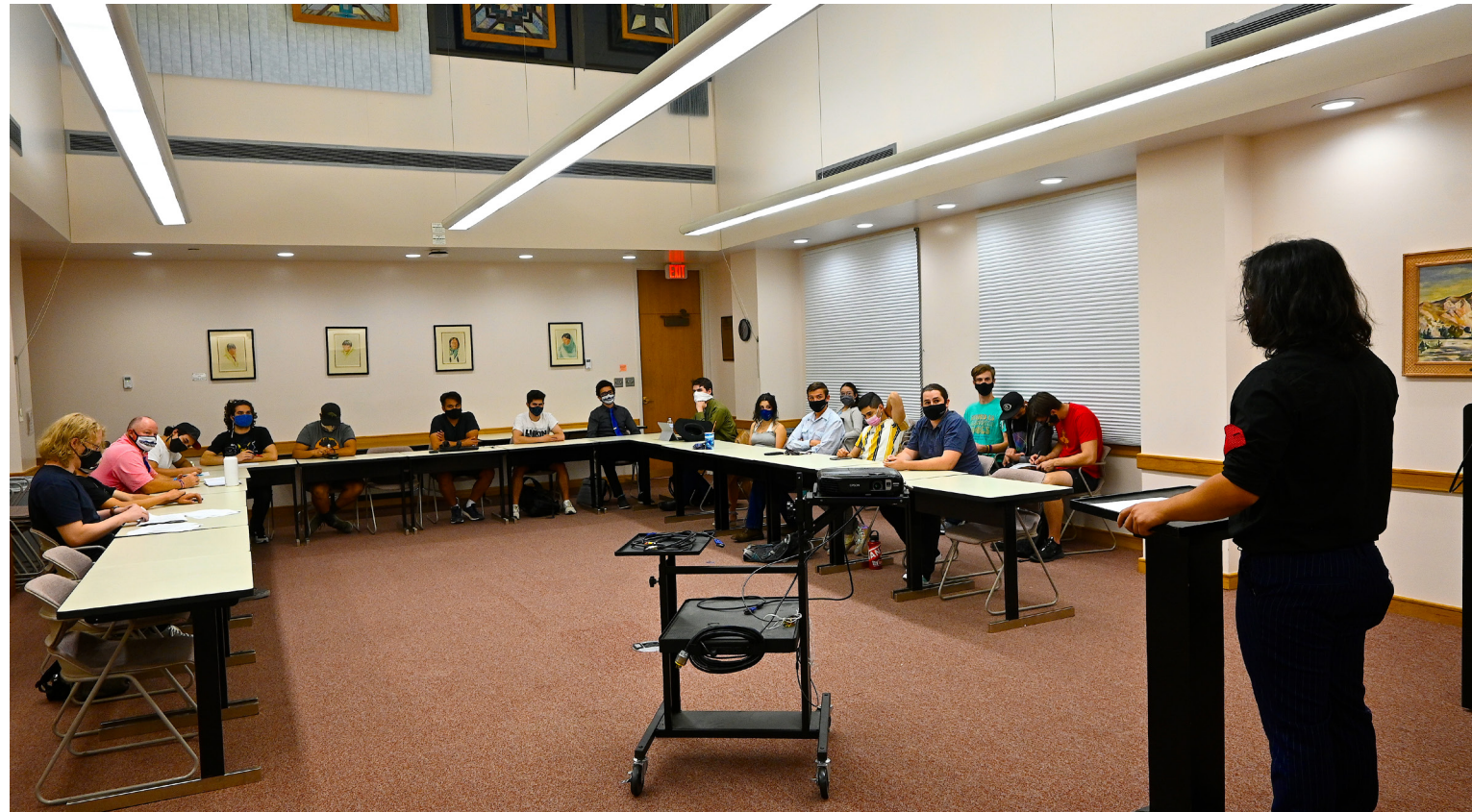
Join President Wells for the upcoming Golf Tournament using the QR code below!



Club Spotlight

"The majority of meetings should be discussions that lead to decisions" - Patrick Lencioni

SGA Agenda



With a new semester ahead of us, and COVID an ever-present but diminished threat, it can be difficult to know for certain how administrative bodies will handle the coming months. To get a feel for what NMT students such as myself might see this semester, I talked to Dallin Sobers, a common interviewee for Paydirt. He has been the SGA's Vice President for two years, and has since been voted into his current position as President.

Paydirt: What is your biggest goal for the SGA while you are its President?

Dallin: To do more, and that which we do to do better. I know a lot of the SGA is written down, but there's also a lot of status quo, not necessarily in the negative, but in regards to how things are done. In the past 2 years, as long as the SGA has excelled in events and fairs, that means we are doing okay for the year. These are integral to the functioning of Tech; clubs are integral to campus, so doing these things well is the goal of anybody who is responsible for them, but I want to start doing more for students. I think 'onwards and upwards' is the theme for that. I'd rather fail at attempting rather than maintain the bare minimum. I'm not afraid to fail and neither are the admin I'm talking with. We have a new director of res life, aux services, Chartwells, and a bunch of new staff and new students. We have a combination of new people who want change, new

people who can bring change, and new people who are seeking change. The stars will never align in this way again, and I'm doing everything I can to create new opportunities for students.

Paydirt: What are some events and ideas you have put together so far?

Dallin: I sat in on several committees and meetings with large groups to help plan the opening weekend for this year. So instead of students moving in on Friday and breaking open packets of ramen to eat until Monday, we had our normal events but we also had the Conga line, we had swing dance, we had the catering on the field after convocation, Chartwells was open. We did mocktails at the luau. We really wanted to drive the point that while you're at Tech, Tech is going to do the best it can to take care of you. It generated a lot of momentum that we haven't seen in the other years, at least in my experience here; generating a sense of community before classes start instead of having to find that after they start. For right now, there are also some very exciting, very top-secret projects in the works.

Paydirt: What are some upcoming events that you can talk about?

Dallin: Right now we have a community garden in the works, we have 49ers on the ever approaching horizon; I've been in



Shooting Sport Club

Have you ever played one of the deer hunting simulation games at the arcade? Did you ever get frustrated that you could never make the shots even though it felt like you were aiming perfectly? (or was that just me?)

Well, NMT's Shooting club can really let you put that to the test, they have all the equipment needed to safely use and shoot air rifles. The club has been encouraging and inspiring a love for sport shooting in NMT students since 1969.

If shooting seems like a sport that appeals to you but you're slightly intimidated by the rifles or the learning process, club officers are more than happy to help you learn safely no matter your current experience.



Club Spotlight

"The lifeblood of any campus flows within its community." - Unknown

NMT Sports Showcase

Barbell Club

The one sport where being on the bench is a good thing...

Barbell Club is looking to create a community at NMT for lifters and gym rats alike. They focus mostly on powerlifting but also love to incorporate bodybuilding and Olympic lifting into their club. They hold weekly meetings to help new members build up good form and to discuss workout splits, diet, and to form a space for new and old lifters alike to come together to talk about their favorite part of the day: the gym. And if you are looking to take your lifting to the next level, the Barbell club also competes and is looking forward to putting their first official NMT lifting team.

Soccer Club

The Soccer Club has two components, the women's and men's club. The men's team competes in the NIRSA league but is currently looking to open their playing field a little more and begin competing against teams from schools like NMSU, UTEP, and UNM. The club meets three times a week for practices, usually consisting of conditioning, drills, and scrimmages. The team is looking for interested students of all experience levels to join and practice with them. The club's President says that joining is a great way to meet new friends: "I met almost all of my friends through this club."



several hours of meetings regarding those events. I'm also looking at trying to get a flea market or farmers market set up in the Macey parking lot. I'm also looking at putting together events that are between club events and 49ers-type events; a sort of middle ground for events between those larger events. We will have some Halloween events, we are trying to have more cultural appreciation with performances and such, the SGA has helped sponsor several events in the Performing Arts series. There's so much; I'm probably missing like five things.

Paydirt: How have you viewed the SGA's role in the past and how do you view it now? What does the future of the SGA and Tech look like?

Dallin: My entire goal in being involved in the SGA has been longer than the one year I'm in. When I ran for Vice President, it's because I saw what the senate was at the time versus what it could be and how it should function. I talked to people, and I got feedback, and we changed our proceedings. We sped up meetings without skipping things. During Covid, under my second term as VP, everything got turned upside down; there was no structure. There were all these factors we had no control over versus us just trying something. This year, as President, my plan is stability. As long as we set the precedent of what the SGA can and should do, that will reach its way into other aspects of school. When talking with some of these directors, one of the things I ask is: 'when your writing policy, how willing are you to involve students?' These directors, for the most part, have been willing to do that. Tech, I think, realized that it benefits more when its students are happy. I don't think there's a truly universal equation to happiness for every individual, but I think we're heading into a direction where people are being told they are listened to, they are actually being listened to, and then they are seeing the results. In the areas of greatest shared student

experience is where the focus happens, and Tech has realized that in this year more than anything.

Paydirt: Anything you would like to say to students directly?
Dallin: Don't be scared to tell us as the SGA if there is something you want to see, if there's things we should improve on, if there's something we aren't doing that we should be, and if we're doing things that aren't being utilized. The SGA should not be run by a single person, and I'm only in this position because you, the students, put me here, so let's do this together. My office is across from the bookstore, Fidel 172. Don't be afraid to come visit me!

- Skyler Matteson

Dallin's email is sga.president@npe.nmt.edu. His and the Executive Branch's office hours as a whole will be posted in the coming few weeks.

Professor Spotlight

"Grit is living life like it's a marathon, not a spring." - Angela Duckworth

Running with Dr. Julie Ford



Most people fall on one of two sides when it comes to running, they either hate it with every fiber of their being or they live and breathe the activity. While the advantages of running are vast and long, it can be a hard form of exercise to really get into. Yet, if you talk to any long term runner, you'll find that despite the pains and exhaustion that comes with running, they consider it something they look forward to every week and a necessary part of their routine to help them stay balanced in a busy life. Dr. Julie Ford, Professor in the Mechanical Engineering Department, an avid runner, brings her passion for running into all aspects of her life ranging from being the faculty advisor for the NMT Running club to racing in ultramarathons.

People take up running as a hobby for many different reasons: to lower the risks of health issues, lose weight, better sleep, improve mental health, or even to build self esteem. Whatever the reason, there are a host of benefits that will accompany the endeavors of picking up running. Dr. Ford found her reason in graduate school at New

Mexico State University while working on her dissertation.

"I got to a point in my research and writing where I felt like I was going in circles. The writing process can be pretty isolating.. I realized I was just craving feedback and tangible results, so I started running...with running you see those gains very quickly."

Running is an activity where short-term goals can be easy to set and easier to achieve, even just running a minute longer or slightly faster than the day before can be a very fulfilling sentiment. With all the benefits of running it's hard to believe that it's an activity that requires so little to begin, all you need is a pair of running shoes.

"Running helps me strike a better balance between work and home life...it's that things that helps me process my lengthy to-do list and problem solve. It's definitely a great tool for dealing with stress."

Although running can be a leisurely hobby, some prefer to

engage with it's more competitive side. Racing can consist of many different distances ranging from 5km (just over 3 miles) all the way up to 100+ mile races. 5km races tend to be very popular due to their shorter distance and easier training profile. They can also be a great goal to set early in your running career. Dr. Ford likes to really take her running to a whole new level, as she has competed in ultramarathons. An ultramarathon is any race that is over marathon distance (26.2 miles), so the term is a generalization for a very large scope of race distances.

For Dr. Ford, her road towards racing ultramarathons began with Ragnar Relays. A Ragnar Relay is a 200 mile relay race that a team will compete in with each member running specific and multiple legs of the race. Competing in these relays annually with her running friends sparked the question of, "I wonder how I would do if I tried racing long distances solo?" She then found herself training for the Sierra Vista Trail Ultramarathon 50km race. After putting her first ultramarathon under her belt, she was hungry for more and went on to run the Canyon de Chelly 55km race. To date she has completed 3 ultramarathons and is currently preparing for another Ragnar Relay with friends.

Running is a great tool to have in a busy college and professional life; it helps bring in positive habits and benefits that can last a lifetime. Dr. Ford found running to be her harmonious space but also a place to challenge herself to achieve higher goals. Whatever your calling may be to running, all you need is a pair of shoes and a willingness to try.

- Alexandra Sartori

