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Relax and Unwind

"In every walk with nature one receives far more than he seeks." -John Muir

Sudoku

	5				4			
		2					1	6
	1	4			3		7	
		1	4				2	
		6		9				
				8				5
						3		8
9			8	3				
				1				4

Swinging Into a New Hobby



Do you have two left feet? Do you want to do something about it? Fortunately for you, there is the Ballroom Dance Club that not only gives weekly lessons but requires no previous knowledge or even a partner!

The NMT Ballroom Dance Club, currently headed by President Jett Emms, is a club that creates a space for all forms of dance at all levels of expertise, from absolute beginner to well-versed dancing machine. The club mainly focuses on the dance style commonly known as Swing, a quick-paced and lively form of dance that can be performed to almost any type of music. "It's one of the most versatile types of dancing," Jett says. The club also hosts nights where other styles of dance, such as Salsa or Merengue, are able to take the spotlight for the night.

The club hosts weekly dances every Thursday night in the Student Activity Center (adjacent to Torres). They have lessons from 7-8pm and a general dance from 8-11pm where everyone is welcome.. "I really want to create an atmosphere for getting away from everything and school, so people can come here and just chill and hangout," Jett says. The Ballroom Club has achieved just that. With dimmed lights and fun music, you can always find people dancing their heart out in the middle, or hanging to the side, chatting and laughing with others.

Jett attributes a lot of his current friendships to the club: "it's very nice, you get to meet a large, great array of



people." And with attendance of the events at an all time high, it's the perfect time to try the club out.

"This is a place where you come to inbetween stuff, it's where you come to take a thirty minute break, socialize, and then go back to do work."

Dance, and Swing especially, are a great way to blow off steam and get your exercise in for the day (or week, we don't judge). It allows a place to get in physical exercise, challenge yourself in a low stakes and fun way, boost your mood, and get to meet new people all in one go.

The club also frequently hosts themed nights and dance events for special holidays, like Halloween and Winter Ball. They hold joint events with other on campus entities, such as the recent pajama party dance night that was held with NMT's sorority, ΑΣΚ.

Whatever you look for on a Thursday night, the Ballroom Dance Club will have it, whether it's socialization and meeting new people or some quick and fun exercise that makes you feel good. They have dance events every Thursday in the SAC with lessons from 7-8pm and 8-11pm for the open floor. Come check out the club next time and learn to ditch your two left feet.

- Alexandra Sartori

SGA Meeting Rundown: 9/10/19

1. If you are looking to host an event anywhere on campus, you must turn in a Pandemic Special Event form, a Covid Tracing form, a SAC form if using the SAC, and a Visitor on Campus form if a visitor from outside Tech is attending.
2. Career fair is today and tomorrow! Check your emails for information on the in-person and online versions.
3. Current reported vaccination rates are as follows: 81.5% of employees are vaccinated as of 9/2/21, and over 77% of students are vaccinated as of 9/8/21.
4. A student forum this Fall is an idea circulating around administration and the SGA. This forum would be dedicated to covid questions and concerns.
5. Chartwells cook-offs are starting this month! Keep an eye on your email. Chartwells will serve the winning dish for a time after the cook-off!
6. At the last Board of Regents meeting, it was reported that NMT is currently experiencing an increase in enrollment, which is expected to continue.
7. Due to contamination within sections of the SAC and KTEK offices, they have been temporarily shut down to be thoroughly cleaned, which should be completed within a month.
8. An SGA Discord server is in the works to create an easy way to quickly get in contact with the Student Government officials.



Campus Life

"If you don't know where you are going, any road will get you there." -Lewis Carroll

Dylan Nelson, the SGA's Sudden New Vice President

A week or so back, you might remember having received an email from Quincy Bradfield announcing his retirement from the Student Government's Vice President position. The Vice President is primarily responsible for two important tasks: running Senate meetings, and working with student clubs. As you might expect, there exists caveats within the SGA Constitution for who is to succeed the Vice President in order to prevent loss of these vital SGA functions, and that successor is Dylan Nelson. Previously a senator only required to attend bi-weekly meetings, Dylan has been swiftly raised into a 20 hour a week position in the past three weeks with next to no heads-up. Despite this rush of responsibility, he was happy to talk to me about what his fledgling plans were for the SGA, which I have condensed and formatted below.

Dylan himself is a Junior Mechie from Bosque Farms in Albuquerque. He has been in the SGA for two years now, and was "head of the Public Relations Committee last semester, [which] was to make sure the SGA meetings and [campus] events were advertised to the student body." They also "made sure the SGA didn't do things that would impact their reputation [negatively]."

I then asked Dylan about how he came into the position of Vice President: "I had always wanted to be Vice President since I started in the SGA, it was like a long term goal. That's why I became PR Committee head. After PR Committee, I thought it would be a good idea to run for the President Pro Tempore position to work under the Vice President and gain work experience."

For those unfamiliar, the President Pro Tempore is a position within the SGA that serves as a backup for the Vice President. They are required to meet with the VP once a month, and will run SGA Senate meetings in case the VP is unable to attend, due to illness, meetings, or the like. Dylan continued his story:

"After I [was elected] to that position, it was announced that Quincy had resigned, and I was the next Vice President! It was a definite shock."

Dylan had been almost thrust into the Vice President position as a simple matter of constitutional proceedings. With the circumstances of what they were, Dylan's initial response was mixed. He described that "it was a lot of



that is impacted by their mental health nor someone that knows someone who is. Learning about these issues and ways to help either yourself or someone you know is the best tool you can have.

"Going to [Fresh Check Day] could help you help someone else. It doesn't necessarily mean that you're struggling with mental health issues but that you now have resources in case you know someone else who is struggling"

-Angela Gautier, Director of Counseling NMT

Coping skills, hotlines, stories from peers that may be struggling with the same issues, inspiration from those that have survived their struggles with mental illness, the list of what these booths can provide for you goes on. There are nine of these booths in total. There is one special mandatory booth known as the "9 out 10" booth which focuses on suicide prevention. The event will be structured around a registration card, that can be likened

to a bingo card, that will be completed as you visit more and more booths. Once this bingo card is completed you will be eligible to win prizes such as NMT merchandise or a new iPad.

The event will be held on September 17th from 11:00am-1:00pm on the field between the Gym and Brown Hall.

"It's really just a way to reduce stigma, inform people of their resources. There will be resources listed at every booth that people can take pictures of for crisis lines, local resources, and anything that is particular to that booth."

-Angela Gautier, Director of Counseling NMT

Between the benefits of mental health awareness, cool prizes, and an abundance of food, it's hard to find a reason not to go.

- Alexandra Sartori



Fresh Check Day

Mental health. It can be scary, it can be hard to confront, typically it can seem easier to ignore it entirely. Unfortunately, ignoring it tends to make it worse. That's why New Mexico Tech is restarting the Fresh Check Day event again this year.

Never heard of Fresh Check Day? It's an event hosted by the school to check-in on students and remind everyone that mental health is an important facet of being able to survive in life. This year NMT has decided to raise awareness by redefining how mental health is portrayed. The event will not only bring awareness to the issue and its resources to access help, but it will turn it into a fun and engaging event of booths, prizes, and food. It'll be like NMT's personal mini-state fair that also happens to be able to help you navigate student life here, double whammy in the best way possible.

Not only does the event aim to help give out more resources and information, but it also will be working to help diminish the scary stigma around mental health. The stigma around mental health has been the cause of people in need, being scared to reach out for life-saving resources. Many fear social rejection and being ostracized because they may need a little extra help in dealing with either mental health, day-to-day stresses, or even just managing anxiety. The fact is, everyone can benefit from learning more about mental health and general mental wellness. It can lead to helping both yourself and others around you.

It is estimated that 1 in 5 adults in America struggle with a mental illness. Approximately 80% of college students will abuse alcohol. It is thought that around 63% of college students will deal with anxiety during their academic career. With these three facts and a slew of other evidence, it's near impossible to assume that you are neither someone



responsibility to be thrown into after under an hour, but there was a lot of excitement associated with it as well." He continued, saying that his "main goal for college is to meet and network with as many people as possible, and this position is a good doorway for that."

As I had been at the meeting where Dylan became Vice President myself, I was aware that this was a recent development, and he would need time to learn the ropes of his position before he had too much to report. Thus, being the considerate and respectful journalist that I am, I gave him a whole 9 days before our interview. Jokes aside, when I asked Dylan about what his plans were for his time in the VP position, he had much to say:

"Smaller goals include making clubs run smoothly and that they get everything they need, but also to continue improving the SGA and continue pushing the SGA to be better than it was in the past. A goal for the Senate [itself] is making a Social Media Committee. This would be to help ensure the SGA's social media accounts are being utilized properly and connecting with students effectively. We're also looking into forming another committee to help

review and make sure surdent's voices are heard when new campus policies are enacted."

After this question, Dylan said that there were more plans in the works, but due to his short tenure as VP so far, he hadn't "had the time to flesh them out." Since our interview, which was conducted on the 2nd, a number of these mentioned 'ideas' have been presented to the SGA Senate and are currently being actively pursued. I will keep you updated via the SGA Rundowns found at the beginning of every issue, so keep an eye out!

At the end of our interview, Dylan stated that his office hours are "kind of complex" at the moment, but he did say you will normally be able to find him Monday, Wednesday, and Friday in his office, Fidel 170, after 2pm.

"I'm really excited and looking forward to meeting new people and making new friends. If anyone wants to just stop by and talk for a bit, I'm more than happy to!"



Club Spotlight

"The only true wisdom is in knowing you know nothing." - Socrates

Lunabotics Club



This semester alone, this campus has seen the formation and return of many clubs. One of the big names at the club fair a few weeks ago was the Lunabotics Club, a group aimed at participating in a NASA-sponsored competition to create a prototype lunar robot with the purpose of assisting in human operations on the moon. To understand a bit more about this enigmatic organization, I talked to the club's President, Mario Escarcega.

Paydirt: What's a little bit of your background here at NMT? How did you get involved with this type of program and what was it like?

Mario: I am a Mechie [who] came in Fall 2018, expected to graduate Spring 2022. I work under Dr. Arven mainly with structural health monitoring, and that's really how I got involved in these types of NASA projects. NASA wants to establish a research base on the moon and they are asking students for ideas, [and] NASA MINES provides a stipend for these ideas. [In our first competition,] our group was the underclassmen team and we won second place nationally. Between us, we won about 5 awards for an early detection system for pipeline failure and damage on the moon.

Paydirt: What is Lunabotics at a glance? How did it come to be?

Mario: Lunabotics is a NASA competition that challenges college students to design, build, and operate an autonomous lunar miner. [However,] there hasn't been a university in New Mexico that has competed in this prestigious competition in all 10 years of its existence. We applied for a first time participation stipend for \$5000, and we got it. Our funding comes from NASA RMC/Lunabotics themselves, AIAA (American Institute of Aeronautics and Astronautics), WIPP (US Department of Energy Waste Isolation Pilot Plant), and many more pending sources. It was a sense of pride to include Tech as a whole in these competitions, where we normally don't have the capacity to participate in these sorts of projects. It was a gap to fill, and it's our dream to unify the departments and five students relevant work experience with a diverse set of members. We want to incorporate as many people as we can, and whoever wants to contribute, can.

Paydirt: Why make Lunabotics Club, personally and at large?

Mario: Personally, I'm a person that can get interested in



just about anything academically. This is a great personal opportunity to learn more about project management. But before I graduate, I want to leave a legacy of collaboration here at Tech. I can't remember the last time the departments had a common goal in mind. In the future, I hope this project can train and support NMT students for a long time. These NASA sponsored projects are their way of training the next generation, which is a good incentive for students.

Paydirt: What do your club meetings and proceedings look like?

Mario: Right now the Computing Team is the general meeting team, and we meet Wednesdays from 3:30-4:30, but this can change in the future. We currently don't have a club-wide meeting; we are planning on creating that in the near future in a more casual and relaxed environment. [Currently,] the volunteers decide what subject they would like to participate in, Mechanical, Electrical, Computing, etc. Each of those teams have separate meetings from each other, [with] the team heads running their own groups. Then the team heads meet and discuss events and requests with each other.

Paydirt: Do you have any upcoming events?

Mario: We are a first year club, so we don't have too much at the moment. One of our biggest activities is public outreach which will be next semester. That will be about inspiring the next generation with a focus on space exploration. [For now,] look out for further activities during 49ers or similar events like that.

Paydirt: Anything you would like to say to our readers directly?

Mario: Our ultimate goal is unifying the student body and the departments, and we can't do that without students. I encourage you to come and check us out!

Lunabotics USED to meet in Study Room 8 in the Skeen Library from 3:30-4:30 on Wednesdays, but I have been informed that they now meet at the basement outside the library patio. You can contact Lunabotics club directly at lunabotics@npe.nmt.edu.

- Skyler Matteson