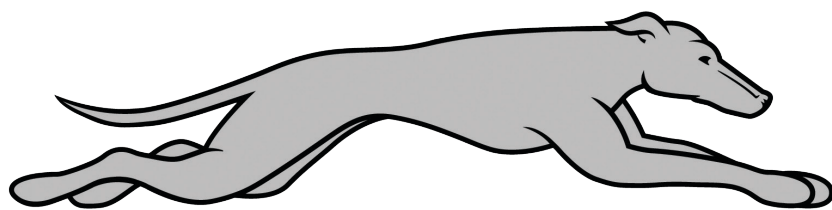


# The Chase

THE PAPER OF RECORD FOR EASTERN NEW MEXICO UNIVERSITY

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## Students Host a Safe Trick-or-Treating Alternative

By Marilyn Upchurch

The Eastern New Mexico University Forensic Society sponsored a “Trunk-or-Treat” on Halloween night for the community to attend. Other university clubs volunteered their time to help with this event and give kids in the community a fun and safe Halloween. Students decorated their vehicles with spooky decorations and designed games for kids to play, in addition to handing out candy.

Blake Ahrens, a member of the Forensic Society at ENMU, said that it took about three weeks to coordinate the event, which included contacting the Department of Public Safety. The department sent out emails stating that the parking lot the event was to be held in would be closed off for the safety of the trick-or-treaters. Ahrens said the Forensic Society made posters that were placed around the school and many organizations contacted them to help out. “It was a great turnout,” said Ahrens. “I think Trunk-or-Treat is starting to pick up a little more. I feel like it’s built over my time I’ve been here.” Ahrens has been a student at ENMU for four years and stated that the Trunk-or-Treat seemed larger this year than in years past. “I think it’s a safe space for kids, because they know college students are a friendly face and Eastern is just a part of the community.” He said that it’s another way to give back to the community and interact with the kids more. “We have fun playing little games with them,” he said.

Enrique Martinez volunteered for the event with the Justice League student organization. “I think this event is important for the community because there is a lot of children and there [are] not a lot of activities for them to do and this lets them have fun on Halloween.”

A mother of a “trick or treater” at the event said that it was a great way for her kids to trick or treat in a safe environment. “I’d rather bring my kids here and know that they are safe and having fun than [take] them somewhere else.” She added that she appreciates the college putting on this event.



Students and volunteers decorating their vehicles and handing out candy during Trunk-or-Treat at ENMU outside Curry Hall  
*The Chase photos: Marilyn Upchurch*

Clare Moots volunteered with the Newman Catholic Student Center through St. Helens Catholic Church. Her group set up decorations and a game. Moots said that with the days getting shorter, it can be scary to let your kids go out and knock on strangers’ doors in the dark. “Having this event provides a fun, safe, kid- and parent-friendly environment to trick-or-treat in. Also, games are provided too.” She added that the event brings everyone together.

## Board of Regents Meeting Recap

By Zack Santos

Eastern New Mexico University’s Board of Regents met in the Administration Building on Nov. 1 to discuss new business with guests on the docket’s agenda. First, the Board was visited by a group of students to voice their concerns on the university’s absence in the observation of Martin Luther King Jr. Day. The students proposed that the university officially recognize that as a national holiday on campus and cancel classes and facilities in observation of the holiday so that students can participate in events that happen throughout the day. The proposal is tabled until next December so that the group has ample time to work with administration and student government to work out a schedule that would satisfy observation of the holiday and other university calendars.

The Board of Regents had ENMU’s first lady Edwina Gower as a guest to speak on a new Imagination Library Initiative being implemented at ENMU. The Imagination Library Initiative is a charitable organization that was started by American singer songwriter Dolly Parton. Dolly Parton’s Imagination Library is a book gifting program that mails free, high-quality books to children from birth until they begin school, no matter their family’s income. The program has received recognition from The Good Housekeeping Seal of Approval, Best Practices award from the Library of Congress Literacy. To get the Imagination Library

Initiative up and running the program requires as 501 c3 organization to manage the donations. The ENMU Foundation is the suggested organization to manage the program. The Initiative was voted and passed by the Board of Regents by a vote of 4-1.

The Board of Regents discussed and voted into effect a new tuition increase for the new fiscal year. The original proposed changes were a 3% increase to both tuition and student fees. The Board voted and passed an increase of only 2% and no increase to student fees. The new increases to tuition will go into effect in the upcoming fall semester 2020.

Some old business from the September Board of Regents meeting was also discussed. The proposal for the demolition rebuild/renovation of Hardy Hall. If the vote passes Hardy Hal will be either rebuilt or renovated to move departments out of the Student Academic Services building and into the what would be considered as the Hardy Welcome center. The campus administration will come up with a list of ideas and devise a Campus Master Plan of what needs to be fixed first across the university leading up to the next meeting. The estimated cost of the proposed project would be from 10-12 million dollars. The Board of regents will be voting on the continuation of the proposed project at the next Board meeting in December.

# HOLLYWOOD MURDER MYSTERY

Wed, Nov. 13 | 7 p.m.  
CUB Greyhound Lounge

Explore.  
Experience.  
Excel.

**EASTERN  
NEW MEXICO  
UNIVERSITY**

85  
YEARS  
OF  
EDUCATION

**ASAB**  
2019  
NIGHT  
OF  
THE  
MURDERERS

# HANGING OF THE GREENS

CHOOSE A CHILD PACK A GIFT IMPACT A LIFE

Mon, Nov. 25 | 6 p.m.  
Campus Union (CUB) Ballroom

**Sign up and Choose a child  
in the Campus Life office.  
Signups begin October 21.**

85  
YEARS  
OF  
EDUCATION

**ASAB**  
2019  
NIGHT  
OF  
THE  
MURDERERS

Explore. Experience. Excel.



# The Chase

## Staff

Drew Stevens  
Managing editor

Virginia Murray  
Assistant editor

Ashley Parker  
Designer

Marilyn Upchurch  
Staff writer  
Photographer

Jonathan Elkins  
Staff writer  
Photographer

Zachary Santos  
Staff writer  
Photographer

Daniel Garces  
Staff writer  
Photographer

## Faculty Advisors

Janet Birkey

Edward Caffrey

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*The Chase photo: HoundBytes*

## Featured Photographer:

**Blake Ahrens**, a student in the Digital Photography course this Fall 2019 semester.

## Event Calendar

### November

"Badge of Honor" Book Signing – 2 p.m., November 11, CUB Pecos Room

Veterans Day 2019 - 11:45 a.m., November 11, CUB Pecos Room

Veterans Day Service - 10:30 a.m., November 11, Portales Memorial Bldg.

Miss Native Photogenic – 11 a.m., November 12, CUB Lobby

Miss Native '19-'20 Pageant – 6 p.m., November 13, CUB Aztec Room

Pops Concert – 7 p.m., November 16, CUB Ballroom

Steel Band Concert – 7 p.m., November 18, Buchanan Hall (ENMU Music Building)

Navajo ONNSFA – 9 a.m., November 20, CUB Multicultural Lounge

Thanksgiving Banquet and Dessert Potluck – 6 p.m., November 21, CUB Ballroom

Fall Jazz Concert – 7 p.m., November 21, Buchanan Hall (ENMU Music Building)

John Olsen & Friends – 7 p.m., November 21, Buchanan Hall (ENMU Music Building)

Freshman Showcase – 7 p.m., November 21 - November 24, ENMU University Theatre Center

Tracy Carr Faculty Oboe Recital – 7 p.m., November 25, Buchanan Hall (ENMU Music Building)

Community Thanksgiving Dinner – 11 a.m., November 28, Portales Memorial Bldg.

### December

Holiday Concert – 7 p.m., December 5, CUB Ballroom

Little Miss Merry Christmas Pageant – 6 p.m., December 5, Yam Theatre

Christmas Parade/Jubilee – 5:30 p.m., December 6, Portales Square

Messiah Sing-Along – 3 p.m., December 7, First United Methodist Church, Clovis



Enjoy writing?  
Have a story to tell?

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The Chase!**

Email us today!  
[the.chase@enmu.edu](mailto:the.chase@enmu.edu)



# Day in the Life: Michael Gardner

By Jonathan Elkins

Michael Gardner is a junior majoring in digital filmmaking at Eastern New Mexico University. Gardner starts Mondays with class at 9:30 a.m. “I usually try to leave myself enough time to make breakfast before class, but that usually doesn’t end up being how things go,” said Michael. “With how busy my Mondays are, I usually end up having to wait until after my first class to either make food or grab something to eat with my roommates.” During most of the day Michael finds himself occupied with school, studying, and work. “When I have time in between classes, I usually go to the [Golden Student Success Center] to get ahead on classwork and go over everything I need to do for the week,” he said. Gardner has been on the Dean’s list since his first semester at ENMU. “My grades are very important to me. I fully intend on getting my work done, and graduating on time, if not before.”

Gardner is currently enrolled in several upper-division classes which he finds to be very interesting. “My Monday classes are very technical in nature. My first class has to do with shot composition, so we learn a lot about the focal length of cameras and different lighting techniques. It can seem a bit complicated until you get a camera in your hand and actually get into it. My other class teaches us about sound and music technology, which I still find fresh and challenging each week,” Gardner described.

The rest of Gardner’s Monday is set aside for work and social obligations. “After class, I go to work at KENW where I work as the Master Control Operator. That usually takes up the rest of my Monday afternoon,” he said.



Michael Gardner, a digital filmmaking major at ENMU, stays busy during the week with his schoolwork and social obligations, but he fully intends to graduate on or ahead of his degree plan  
*The Chase photos: Jonathan Elkins*

After work and class, Gardner spends the rest of his Monday evening with his fraternity brothers. “We have our weekly meeting where we go over our agenda for the week, then we make sure the house is cleaned and looking good. After the meeting I spend the rest of my Monday helping my brothers with homework, watching television, and generally hanging out. Once everything is said and done, I probably end up going to bed a bit later than I should, but what can you do?”

# Ways to Improve Your Health

By Andres Aguirre

Exercising and having healthy habits can be difficult, especially when you don’t have any knowledge on how to do it. If you are anything like me you know that working out and eating healthy can be a struggle, but that doesn’t mean that it is too late to learn and start today. Reasons why people don’t exercise or improve their diet is because they have a lack of knowledge, don’t have enough time, don’t have support, and don’t have equipment or a gym. The following steps will help you with your journey to improving the healthy lifestyle you have always wanted.

### Eating Habits

Eating healthy can be more difficult for some people than others. Most people think that eating healthier means spending more money. Although some healthier foods can be little pricey that doesn’t mean you can’t reduce the amount of junk food you consume. Recognizing what foods you can take out of your diet can help with your health. Different methods work for different people. Some people can immediately take out foods from their diet and some people have to slowly reduce the amount they intake. If you are someone who frequently goes to fast food restaurants, then the best thing to do is to slowly reduce the amount of times you go. There a many easy recipes you can find online to make at home especially if you are on a budget. Another thing is to recognize what foods will increase your weight. Foods that have a lot of carbs like pasta or potatoes will definitely make you gain weight faster. This doesn’t mean you can’t pasta but try not to eat it so often. It is also important to consume a good amount of protein especially if you are trying to build muscle. Staying away from sugary foods and candy is crucial to someone’s diet. Finding alternative sweets such as fruit can be beneficial in you journey to healthy living. According to the Centers for Disease Control and Prevention website, diabetes is in the top ten leading causes for deaths in the United States.

### Exercising

There are many different types of exercises that someone can do to stay healthy. Eastern New Mexico University faculty and students have free access to the Max Pac gym in the greyhound arena. If you want to save money on a gym membership and have a nearby gym, then this might work for you. There is also a field with a track to walk or run on next to the Max Pac. There are hundreds of videos online you can find to help you get

started. Athlean-X is a YouTube channel that help with workout routines and show what is the correct form or exercises. These are great to make sure you exercise correctly and avoid injury. One big reason why people don’t go to the gym is because they are embarrassed and might not know what to do. There are hundreds of workout routines to do at home and without any equipment. These will definitely help you get started and boost your confidence by working out in the comfort of your own home. You can find at home workout routines online and videos to follow along with. You can search them up on your phone or T.V and have a virtual trainer. Here is an example of an at home workout;

- 20 Bodyweight squats.
- 10 Push-ups.
- 10 Walking lunges (each leg).
- 15 Second Plank.
- 30 Jumping jacks.

Repeat 2-3 times.

### Sleep/Rest

Sleep is essential when it comes to building muscle, losing weight, and for your overall health. According to sleepfoundation.org, the recommended number of hours of sleep an adult should get is between 7-9 hours. It seems like common sense that the less sleep someone gets, the less their bodies will function properly. I know that it is difficult for some people to get the recommended hours of sleep due to work, school or other commitments. Sometimes naps are needed in people’s schedule to catch up on sleep. The recommended time for a nap to feel refreshed and reenergized is between 10-20 minutes according to www.sleep.org. If a nap goes any longer between 30-60 minutes that person will go into a deeper stage of the sleep cycle. This causes a person to feel groggy and sometimes make you more tired than before the nap. If you just want to rest on the couch for a bit, then reading a book or looking at educational article/videos is more beneficial than mindlessly scrolling through social media.

Hopefully these tips encourage you on your journey to a healthier lifestyle or help you start one. Remember it is never too late to look out for your health and your greatest enemy is yourself.

# How to study abroad at ENMU

By Jonathan Elkins

Eastern New Mexico University has opportunities for students ranging anywhere from tutoring, career services, counseling, and more. One of the programs offered by ENMU allows students to travel to foreign countries while working towards their degree. All of this is done with the student only needing to continue to pay tuition to ENMU. Mei Reeder is the International Advisor and Recruiter for Eastern. She also is a main point of contact for students hoping to learn more about studying abroad. “You would come to me to begin the application process. It’s also important that any student meets with their academic advisor to see what classes they need, and what is offered by potential host universities,” said Reeder.

Having a basic understanding of the culture and language of potential host countries is very important for applicants. “If a student was wanting to study in Germany, it is very important that the student can speak German, for example. This is vital for host universities that don’t specialize in language courses for exchange students,” said Reeder. Students wishing to study abroad would need to start the application process and think about which host university would be right for them. “All applications for this program are centralized, so we out our applications to be processed and overviewed before they are sent to any host countries,” she said.

“Host universities take a look at the processed applications and make their final decisions as to who to take form there,” Reeder said. Depending on the country, students may need to apply for a visa. In most cases, a passport will be sufficient for students. In any case, students ought to have all of their documents ready and information up to date If they are selected to study abroad.

There are many benefits for students wishing to study abroad. Other than the cultural richness and academic programs of host countries, there are other benefits that might not be immediately apparent. “Students only need to pay tuition to ENMU. This means a lot, especially with how expensive some of these universities can be,” said Reeder. “All of your credits you earn during your time away transfer back to ENMU. This means you don’t slow down or stop getting your degree during your time there,” she said. With the large selection of host universities from around the world, there are opportunities for study and learning that might not be as available in New Mexico.

Every opportunity comes with its own list of challenges, studying abroad Is no different. “I think that biggest challenge for students studying abroad would be the culture shock. Countries like England and Canada would probably be easy to adjust to simply because of the lack of a language barrier. Counties in South America and Asia might be a bit harder to get used to because of the culture and customs being so different,” said Reeder. “Food is another issue faced by some students. If the student is not familiar with the foods of their host country, it can be a problem faced very often. But those with open minds tend to experience a bit less culture shock. The important thing is to enjoy your time and attempt to embrace new ideas and customs,” Reeder said.

There are so many options to study abroad for students at ENMU, most of which are at relatively little cost to those traveling. Studying abroad is a fantastic option to broaden your horizons, learn about varied cultures, and enjoy rare educational opportunities. Those wishing to learn more about studying abroad should speak to Mei Reeder in Administration (AD) room 216 for more information.



# Students and Faculty Give Tips on Resume and Interview Techniques

By Marilyn Upchurch

“A good resume is like your calling card; it shows the hiring team who you are in a complete yet succinct manner,” said Dr. Mary Ayala, Dean of Liberal Arts and Sciences at Eastern New Mexico University. When you begin your resume, it changes over time. For example, when you are right out of school, you leave with very little experience but when you’ve been in the field for a while, you're able to add more work experience to your resume. “Your resume should contain evidence that you are building skill-sets that are relevant to the job you are seeking, and that you have succeeded in progressively demanding and responsible positions,” said Ayala. “If you have only been able to work part-time jobs so far, focus less on the title and more on the responsibilities and proficiencies involved.”

Ayala gave advice for interviews which included doing your homework about the potential employer. “Ask good questions during the interview that demonstrate your knowledge and interest,” said Ayala.

“If you have several interviews lined up and you have any choice in the matter, save the ones you’re most interested in for last. That will give you the chance to use the earlier interviews as practice runs,” said Ayala. “If you must misrepresent yourself to get the job, you won’t be happy, and neither will your employers.” When it comes to references, give a heads up to anyone you are asking to be a referral for you. “Provide them with a current resume, a copy of the job description, and maybe a quick summary of highlights of your qualifications and why you’re a good fit for the position.” Ayala stated. “Having a good reference helps with the hiring decision. Very often, it is a stellar reference that tips the scale in a hiring decision.”

Lastly, Ayala pointed out to not be afraid to showcase and sell the factors that set you apart from the rest like being bilingual, cross cultural experience, volunteer work, student leadership positions, or creative abilities. “All of these things could potentially set you apart from other applicants,” Ayala said.

Ezekiel Huerta, a student at ENMU, said that a resume is a great way to represent yourself, your qualities, and your background when applying for a job or a new position. “In some cases, it can make you stand out and set you apart from others who are also

applying for the job. I believe the better you can get your resume gives you an opportunity to be successful,” said Huerta. He shared his plan of wanting to be a personal trainer after graduation. He is currently on the football team and says that with this experience, it’ll give him the upper hand and set him apart thus helpful on his resume.

Remember to be calm during an interview and always be yourself. “Don’t try to put on a front that your over qualified. I would say just be you because that’s who you're going to be when you're working there.” In doing so, you won't have to put on a front the whole time you are working there. “If it's for you--it's for you. If it's not, then there's another job out there.” Huerta said. “Just let them know then and there so you don’t have to be worrying about it later.”

Melina Encinias, a student at ENMU, said that it is important to keep your resume up to date. “It's important to be in a constant state of building a resume instead of reaching a point where you need to build a resume and then you have to go back and think back to all the past experiences you’ve had,” said Encinias. “It’s easier to do it cumulatively and keep it updated because if you need it, you have it ready.”

Keeping your resume relevant to the job position is important. “Include job experience and if you’ve written anything and had it published be sure to include that in there.” Encinias pointed out that it always depends on the resume you are writing. “The resume can be a general resume or it can be focused on the certain job you want. If you're going into music for example, and you’ve been to festivals and you’ve performed at places, you're going to want to include that. You're not going to want to include an English paper about cats that you have published.”

“If they call you back that means they are interested in you so don’t be too self-deprecating during it,” Encinias said. “Things you’ve done in the past may seem little and you may not think it's enough, but sell yourself because the skill sets that you have are important and their valuable and they can be used in many ways.” Being honest, Encinias said, is an important aspect to an interview. “Ask questions and don’t be afraid to bargain with them. Tell them what you expect. They're trying to sell themselves to you as well because they want you to have the job.”

# ENMU Student Re-Designs Logo for Online Magazine

By Nicole Trujillo

Mikki Shaw, a Graphic Design major at Eastern New Mexico University, redesigned a logo for ENMU’s online magazine HoundBytes. Sponsored by the Communication Department, HoundBytes is an online magazine that features original literacy and artwork created by students, faculty and staff. The magazine helps students build their portfolios and gives them the opportunity to display their work.

The logo took Mikki about four hours to complete, as she is familiar with design programs and had good collaboration on the project. She mentioned her inspiration for the logo was the classic running hound that ENMU uses often, but its popularity made her move away from it to create something that stands out. The redesigned logo displays a greyhound’s head exhibiting emotion and personality with a newspaper in its mouth.

“(Being a part of the logo design) has been one of the coolest experiences. I was really thankful that you (HoundBytes) would consider me,” Mikki said.

Mikki is a transfer student from New Mexico State University. She transferred to ENMU after her sophomore year, because she had seen an article in ENMU’s Green & Silver Magazine featuring ENMU alumna Consuela Ruybal, who graduated with a degree in graphic design. Ruybal’s pursuits and achievements inspired Mikki to transfer schools.

“I was a sophomore at NMSU, but upon seeing the article I knew that I was in the wrong place to pursue my dreams. It was a major decision to switch universities halfway through my education, but as I see the countdown to graduation I know this was the best move for me,” Mikki said.

Now a senior, her sights are set on graduating from ENMU with her bachelor’s degree in the spring of 2020. She chose graphic design as her field of study because she always had a creative side and wanted to find a way to utilize it in a productive and positive way. Her art style is inspired by everything around her and she likes to put her own spin on things.

“The world will always need to visually convey messages and that is what I do – I am a visual communicator,” Mikki said.

Mikki was born and raised in Hobbs, NM and her father Rohnnie served as a police officer for 21 years before retiring as a captain. Her mother Michelle currently works as a licensed nurse and massage therapist and she has a younger sister named Morgan.

For four years, Mikki has been actively working in the graphic design field. What became her passion, started as a job at Simply Design Studio and Print Shop in Hobbs after her high school graduation in 2016. She currently works there seasonally and as a freelance graphic designer.

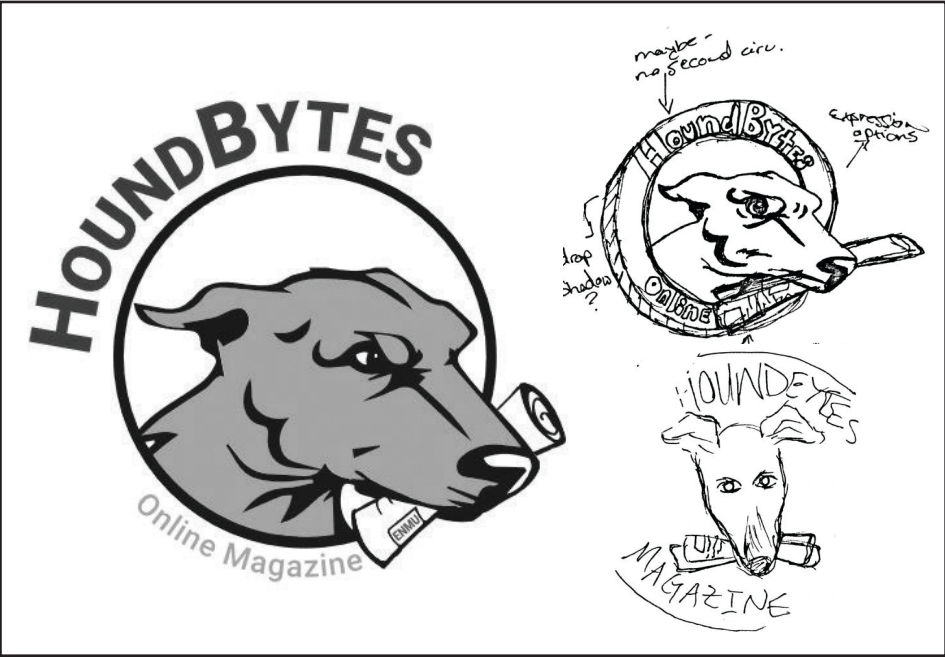
Mikki has many different career paths she hopes to pursue, but she emphasizes that her ultimate goal is to be a graphic designer for a major league baseball team, specifically the Texas Rangers. She also dreams to run her own business and pursue a master’s degree to teach others interested in her field.

“My main goal is to set myself up to be able to pass on my experiences and knowledge to influence another potential designer,” Mikki said.

During Mikki’s time here at ENMU, she has been on the Dean’s List and earned several scholarships including the Steelman Starving Artist Scholarship, Lorraine Schula Endowed Scholarship and the Luna Memorial Scholarship.

Mikki said her favorite class at ENMU is her Senior Portfolio class taught by Professor Scott Golem. The class gives students the opportunity to work on projects that showcase them as young designers and professionals.

During Mikki’s free time, she likes photography, playing the bass guitar, and spending time with her family, her boyfriend William and their dog Tucker.



Above: Mikki Shaw, Graphic Design major at ENMU Below: Finished HoundBytes logo with process sketches  
The Chase photos: HoundBytes