

The Luna Light



*“The People’s College”
Becoming The Premier Rural Community College in America*

Volume 4 Issue 39

October 10-October 16, 2011

Ferrill to LCC student-athletes: *Teamwork is the key for success*

Former Highlands University Football Coach and NFL Advanced Scout Carl Ferrill’s message to Luna Community College student-athletes on Thursday afternoon was clear and precise: be a good teammate and work within the team concept.

Ferrill, who has won 13 championships during his 40 years in the coaching profession, emphasized the importance of communication.

“How many times have anyone of you talked to someone knowing that the other person isn’t listening?” asked Ferrill. “Your job as a player is to listen and it’s the coaches job to make you the best you can be. Sometimes as a coach we communicate without saying a thing. Our body language says it all.”

Ferrill, who also spent time in the NFL, gave examples of just one player making a difference in hurting team chemistry.

“If one player’s head is too big, it can tear up a team. One player can kill a locker room. You have to control your own locker room,” said Ferrill. “Baseball and softball are the most individualized of any sport. But everyone should work



Coach Carl Ferrill (middle) shows off a Rough Rider cap. Ferrill gave an inspirational speech to Luna Community College softball and baseball players on Thursday.

within the framework of a team. Remember, you win and lose as a team.”

Ferrill shared an example of his youth. Ferrill said he graduated from Santa Fe High with a 1.4 grade point average and Highlands University was the only school to give him an opportunity. Ferrill eventually earned a doctoral degree.

“Right now, you’ve been blessed by having Luna Community College, take advantage of it,” he said.

Ferrill said that when he coached major college football and when he was involved in the pros, part of his duties was to visit children’s hospitals.

“Many of the children I talked to had cancer or were paralyzed and I remember them telling me that all they wished for was to have a chance to play a sport one time,” said Ferrill. “Take

advantage that all of you are here have the ability to play.”

At one point Ferrill made reference that although coaches are the leaders, players have to take on their share of responsibility as well.

“I hope at some point, players get together as a team and ask yourselves:

What are we going to do make this better? Are we going to float or are we going to sink?”

Ferrill told his audience that the most important part of being a student-athlete is academics.

“Take care of your grades,” said Ferrill. “Not everyone can be a major leaguer.”

Elisse Tapaha, a sophomore catcher said she believed Ferrill’s message was well received.

“I think his talk will inspire us to work together more as a team,” said Tapaha.

For more photos, see page 3.

LCC:
“The People’s College”

Leslie Jae Dennis says students the best thing about Luna Community College



Name: Leslie Jae Dennis

Position: English faculty

How many years at LCC (what year did you start)? 2009 adjunct / 2011 full time.

Favorite food and why? Pizza - there is an infinite amount of ways to make it.

Favorite hobby and why? I have a lot of hobbies because I like to change tasks a lot. I read, of course, but I also travel every summer, write fiction, and play too much on my Xbox 360. The reason why these are my favorite things is because I like imagination and adventure.

Favorite TV show and why? I suppose I should say I do not watch TV or I only watch PBS. Although I really love PBS, I also love Adult Swim. A lot of political and social commentary can be found in pop culture.

Where would you like to see yourself five years from now? In five years, I hope to be working at LCC playing a huge part in the development of an even more student-centered program.

What do you like best about LCC? The students are the best thing about any school.

What do you like least about LCC and what would you offer as a solution? I would like to see more on-campus fellowship activities for students. Solutions might be campus-wide WiFi, study lounges with comfy couches and TVs, live music, movie nights and ice cream socials. I would also like to see a student-written campus newspaper or web page.

What is your greatest strength? My energy was a downfall for those around me as a child, but now it is by best asset.

What special quality do you add to LCC? I awaken students and

Leslie Jae Dennis says here greatest strength is her energy.

guide them toward themselves.

Jesse's quick hits

Remember to smile a few times a day. I hope this helps—Jesse

What do you call a lion on a football team?
The lionbacker.

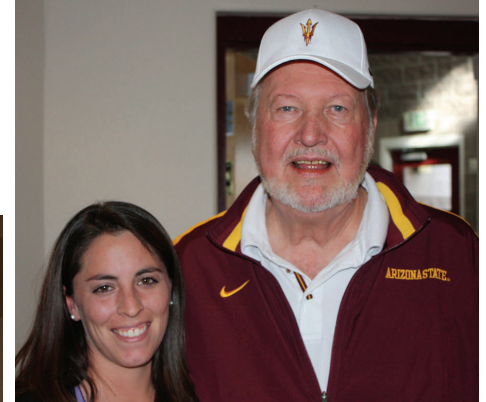
Where do you find lions in a small town?
On Mane Street.

What did the movie star lion win?
An A-catemy A-roared.

LCC student-athletes and Carl Ferrill



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Pictured clockwise are: Coach Carl Ferrill talks to Luna Community College players and coaches at the LCC Nursing Auditorium: LCC baseball players Carlos Arreguin, Coach Ferrill, Jaron Dorchinez, Edwin Pacris, Dominic Mendoza, and Scott Schlosser; Coach Ferrill and Gabriel Davilla; LCC Softball Coach Meredith Gilpin, Krynisha Betoni, Coach Ferrill, Elisse Tapaha, Yessenia Hernandez, Felicia Barela, Mariah Urbina, Gabrielle Mora, Amber Harding and Evangeline Samora and LCC’s Elisha Montoya and Coach Ferrill.

Grant Writing



Day 1 – Finding a potential funding source/RFP

Learning Objectives

1. Participants will demonstrate knowledge of methods of searching for potential funding.
2. Participants will identify their needs and locate compatible invitational priorities.
3. Participants will understand how to interpret and RFP.

Day 2 – Developing the proposal

Learning Objectives

1. Participants will demonstrate knowledge of the component parts of a proposal.
2. Participants will be able to clearly articulate project activities to address the goals/objectives as stated.
3. Participants will develop a cohesive rough draft of a proposal in their stated area of interest.

RSVP: LCC SBDC (505) 454-2582

or (800) 588-7232 x1759

or www.nmsbdc.org/lasvegas

\$150 Fee

Limited Seating

Please pay fee at the door. Must have correct amount in cash or a check payable to "Merging Traffic"

Instructors: Sandra Coca and Diane Contreras

November 10 & 11

8:00am—5:00pm both days!



LCC Student Services Conference Room

The New Mexico SBDC is partially funded under Cooperative Agreement No. 11-603001-Z-0032-23 by the U.S. Small Business Administration. The support given by the U.S. Small Business Administration through such funding does not constitute an express or implied endorsement of any of the co-sponsor (s) or participants' opinions, findings, conclusions, recommendations, products or services. *All of SBA's programs and services are extended to the public on a nondiscriminatory basis. Special arrangements for the handicapped will be made if requested in advance.*

LUNA COMMUNITY COLLEGE IS ACCEPTING APPLICATIONS FOR THE FOLLOWING VACANT JOB POSITIONS:

- Adjunct Faculty/Per Course Instructor
- Full-Time Faculty-Medical Surgical Nursing
- Financial Assistance Director

FOR JOB DESCRIPTION(S) AND/OR CLOSING DATES, CONTACT THE HUMAN RESOURCES DEPARTMENT AT (505) 454-2503 OR VISIT OUR WEBSITE AT WWW.LUNA.EDU

LUNA COMMUNITY COLLEGE IS AN EQUAL OPPORTUNITY EMPLOYER.

An advertisement for an LCC Meal Card. It features a yellow background with images of food: a bowl of soup, a plate of "Frito Pie", a burger, and a hot dog. The text reads "LCC MEAL CARD \$50" and "Rough Rider Grill". At the bottom, it says "Buy it at the Fiscal Office Today!".

LCC MEAL CARD
\$50
Rough Rider Grill
Buy it at the Fiscal Office Today!

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Title V Newsletter

Luna Community College's Title V Mission:

SEPTEMBER 2011

"Developing a comprehensive online learning network for rural, time and place-bound students."

VOLUME 4 ISSUE 10

Title V participates in LCC financial audit

Auditors from Moss Adams LLP in Albuquerque were at Luna Community College from Sept. 26 through Sept. 30 auditing many programs at the college. Title V was one of those programs. The Title V Faculty Studio had many binders of documents from Year 1 to Year 4 for their viewing and evaluation.



External auditors from left to right are: Kevin Taylor, Rachel Lasiewicz, Stephanie Fletcher and Title V Director Lorraine Martinez go over one of the many requested documents that the auditors evaluated.

Paperwork requested by the auditors included: *Biweekly time and effort reports, individual monthly monitoring reports, requisitions, Title V yearly evaluations, federal evaluations, payroll disbursements with timesheets for tutors, personnel files, inventory of all items purchased, monthly draw downs to the federal government, monthly budget spreadsheets, professional services contracts, endowment matches and weekly staff meeting minutes.*

Rachel Lasiewicz, one of the auditors, sent an e-mail requesting 20 general disbursement samples that were checked for accountability and proper procedure. Procurement expenditures were also accounted for.

Title V Staff

Lorraine Martinez, Project Director

Larry Paiz, Instructional Designer

John Tierman, Online Student Services Developer

Rick Roybal, Distance Education Technician

Point - To - Ponder

"What we have learned from others becomes our own reflection,"

Ralph Waldo Emerson



Exercise and Wellness Kickbox & Step Combo

October 17 -- December 9
(M, T, & W)

1:00 -- 2:15 pm
8 week course

LCC Wellness Center

Fee \$41.00
8 week-course
Exercise & Wellness

- Cardiovascular machines
- Cardio-conditioning equipment
- Free weights
- Boxing equipment
- Exercise balls
- Toning & abdominal equipment
- Wellness staff available

Last day to enroll, October 21st
(LCC Registrar's Office)

Wellness Center 505-425-8767

Registrar's Office 505-454-5314

APPROVED

In the zone: know the laws about home-based business



Don Bustos

**By Don Bustos
LCC SBDC
Director**

Almost half of U.S. businesses are based in the business owner's home, according to the U.S. Small Business Administration, and that number might grow as more people decide to go into

business for themselves.

Those planning to launch a home-based business in New Mexico need to understand the zoning laws that apply in their area. Depending on where one lives in the state, zoning laws are enacted by city or county officials.

A tale of two cities

The town of Mora in Mora County seems typical of many rural areas in New Mexico. It falls under the county's Comprehensive Land Use Plan, approved in 2009. Mora County has only one zone — the Natural Resource District — which allows home-based "cottage industries." According to that document, "During the original 1994 planning process, residents valued their independence and private property rights and resisted any type of

segregated zoning. Now there is some interest in implementing more detailed zoning districts ... to prevent incompatible adjacent uses."

On the other hand, Albuquerque, like many of the state's larger cities, has strict regulations regarding home-based businesses. Home-based businesses must register with the city's Treasury Division and are subject to zoning laws that restrict signage and hours of operation.

What to consider

Zoning concerns rarely arise for home-based businesses with few visitors and no outside employees. Noise, excessive traffic and use of the neighborhood's parking spaces are what generate complaints from neighbors and attention from zoning officials.

A business that opens early and stays open late might disturb neighbors and arouse understandable concerns about criminal activity. A business owner can often avoid this problem by talking to neighbors about the business and negotiating reasonable hours of operation.

Zoning problems also arise when the business begins poaching on the home's living space. "Space percentage" is something that matters to zoning officials, and some cities limit how much living space the business can occupy.

Officials also want to know what type of

merchandise is being sold or service provided at the home. The city of Albuquerque, for example, asks specifically whether the business involves medical or massage services or adult entertainment. Some cities might prohibit or restrict businesses in residential areas that involve hazardous materials.

Zoning laws also proscribe the size and types of signs that can be posted on the business property and where the signs can be placed.

Know before you start

Entrepreneurs should find out which government agency enforces their area's zoning laws and learn what laws apply to home-based businesses. The planning department — city or county — is the place to start asking questions.

But zoning laws aren't set in stone. If they seem too restrictive, an entrepreneur who works at home might find others who are willing to work toward making the laws more favorable to home-based businesses.

To find out more about starting a home-based business, visit one of the 20 New Mexico Small Business Development Centers located throughout the state. You can call us toll free at (800) 288-7232 or visit our website at www.nmsbdc.org to find the location nearest you.

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Adolfo Vasquez from the NMSBDC Procurement Technical Assistance Program talks to Veterans about opportunities available for government contracting at the Veteran's Small Business Workshop hosted by the LCC Small Business Development Center.



Meet your faculty



Elizabeth Juarros, Ph.D.

Physics, Electronics, Computer Science and General Chemistry

Education

Ph.D., University of Connecticut
M.S., University of Connecticut
B.S., Fort Lewis College

Contact Information

505.454.5358
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MONTANAS del NORTE - AHEC
MANAGE YOUR CHRONIC DISEASE (MyCD) PROGRAM
Put Life Back in Your Life



FREE LEADER TRAINING

Dates
Oct 6, 7 and 13, 14, 2011

Time
7:30-3:30 PM (each day)

Location
The Family YMCA
1450 Iris Street
Los Alamos, NM 87544

To Register Contact
Bernadine Medina, BSW, LSAA
MyCD Coordinator
505-454-5350
Fax: 505-454-5326
bmedina@luna.edu
Or
Melanie Chapman,
The Family YMCA
Wellness Director
505-662-3100
mchapman@laymca.org
Fax: 505-662-7505

Registration Deadline
Oct 3, 2011

Presenters:
MyCD Master Trainers:
Sister June Fisher &
Bernadine Medina

What is the MyCD Program?
(Also known as Stanford University's Chronic Disease Self-Management Program) is a community workshop that teaches people with different chronic health conditions like arthritis, diabetes, lung, and heart disease how to better manage their condition and lead a healthier lifestyle.

What are the characteristics of a Leader?

- Enthusiasm for and commitment to the MyCD Program.
- Must be non judgmental, a good listener, and comfortable facilitating groups.
- May or may not be a health professional or retired health professional.
- Best if Leader has a chronic condition or has been a caregiver for someone with a chronic condition.
- Ability to lead the full six (6) workshop sessions (2.5 hours per session) plus travel and preparation time.

What is expected of Leaders?

- Must attend all four days of training to be certified to teach MyCD workshops.
- Agree to facilitate at least two (2) MyCD workshops within one year of completing training.
- Responsible for monitoring and reporting attendance of participants and collecting participant survey packets from participants.
- Present MyCD Program curriculum exactly as instructed in Leader training.
- Assist MyCD partners in identifying opportunities for participants and host site recruitment.

What are the benefits of becoming a Leader?

- Leader trainings and materials are provided free of charge.
- Certification to provide an evidence-based self-management program that has been proven to improve the quality of life of older adults with chronic health conditions.
- Learn proven methods to apply to other areas of your practice.
- Improve leadership/group facilitation skills.
- 12.2 SW/Counseling CEU's

***This training is FREE *Registration is required**




Funding for these trainings provided through the Department of Health and Human Services Administration on Aging Cooperative Agreement 90RA0038/01

Weekly Activities

Monday, October 10, 2011 (Columbus Day Observed)

5:00 p.m. – 9:00 p.m. DWI Class (General Studies/102B)

Tuesday, October 11, 2011

No Activities Scheduled

Wednesday, October 12, 2011

5:30 p.m. – 9:00 p.m. LCC Board of Trustees "Work Session" (Stud.Serv./Conf.Rm)

Thursday, October 13, 2011

6:00 p.m. – 8:00 p.m. Meet Your Spirit Guide /Guardian Angel Community Ed. Class (IPC/Cafeteria)

Friday, October 14, 2011

8:30 a.m. – 5:00 p.m. First Aid/CPR Class/Spons: Citizens for Develop. Disabled (LRC/Lecture Hall)

Saturday, October 15, 2011

7:00 a.m. – 4:00 p.m. C.N.A. Testing (Allied Hlth/Nrsg.Lab#3, Comp.Lab#7, MO-11)

9:00 a.m. – 12:00 p.m. CDSMP Community Workshop (Student Serv./Conf. Room)