

The Luna Light



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

Visit us at
www.luna.edu

Volume 5 Issue 44

November 5-November 11, 2012

LCC’s Rachel Ridgeway wants to find alternative for diabetes patients

Rachel Ridgeway is already making a name for herself in the field of science. One day, Ridgeway may become a household name.

Ridgeway, a 2011 Robertson High graduate, is a physical science major at Luna Community College. Recently, Ridgeway won third place for her poster presentation, entitled “Surfactant Free Emulsion” at the 2012 Annual New Mexico Alliance for Minority Participation Research Conference at New Mexico State University.

Ridgeway’s competition included students from four-year universities in New Mexico and one four-year college in New York.

“She is the type of student that every professor is pleased to have in class because she brings energy and curiosity into



Rachel Ridgeway

clamp, why can’t glucose be measured the same way.”

the classroom,” says LCC Chemistry Professor Dr. Elizabeth Juarros. “She is friendly and remarkably motivated and dedicated to learning. I have no doubt that she will be one of the great scientific minds that will shape our society in the future.”

Ridgeway’s mind is set on developing a mechanism that will help people with diabetes.

“My brother was diagnosed with Type I diabetes recently and eventually I would like to see diabetics get away from poking their fingers with lancets,” says Ridgeway referring to people with diabetes having to check their glucose count several times a day. “My idea is if oxygen levels can be measured with a

Continued on page 3



Nearly 40 students, faculty, staff and administrators participated in the Luna Community College Halloween Costume Contest last Wednesday. Taking first-place were Tabatha Martinez and Mellecia Vigil as Batman and Robin; Joe Esquibel as Skeleton Head took second; Carol Romero as Blast from the Past took third; Fourth-place went to Balto as the Penguin and Patrick Villanueva finished fifth as Scream. Judges for the contest were: Tim Dodge, Joey Herrera, Isabel Cavasos, Andrew Duran and Edwin Hues. For more photos see, pages four and five.



Luna
Community
College

CAMPUS ALERTS

Get Notifications

Weather Emergencies

Delays
Cancellations

Campus Emergencies

Fire
Evacuations
Dangerous Situations

Crime Warnings

Robberies
Suspicious Activity
Suspicious Persons

Campus Activities

Important Dates
Special Events



**DON'T GET UP!
CLASS IS CANCELED**

**ATHLETICS!
IT'S GAME TIME!!!**

**EMERGENCY!
EVACUATE THE CAMPUS!**

Get Started Today... Its Easy!!!

Just go to:

www.getrave.com/login/luna

Get text messages and/or email messages with important information. Any member of the LCC community should go to www.getrave.com/login/luna and follow the simple instructions. The only cost to registrants is the standard text messaging costs in accordance with your chosen carrier's calling plan.

L
U
N
A

C
C

"The
People's
College"

Ridgeway...

Continued from page 1

Ridgeway's mom is a registered nurse which has helped lead her in a direction for cures.

"I got to see sickness and treatment first-hand," says Ridgeway. "I developed a compassion and understanding of sickness and treatment."

Ridgeway first attended classes at Luna Community College through a National Youth Sports Program.

"I had the opportunity to explore pathways here at Luna Community College especially what it offered through its science department," says Ridgeway. "A lot of instructors here are amazing and they know what they are doing."

Ridgeway was so impressive at the New Mexico Alliance for Minority Participation Research Conference, that her professor assigned to tutor her, Dr. Jacob Urquid from the NMSU physics department, has invited her to go back and work for him.

"I really enjoyed New Mexico State and I intend to transfer there in the fall of 2013 and major in chemistry," says Ridgeway. "I eventually want to earn a Ph.D. in chemistry."

Ridgeway would like to conduct her own research.

"Luna Community College is a good start," says Ridgeway. "You have to get involved. Once you do this, the view of what you can do broadens. Apply yourself and you'd be surprised where you can go."

**N
O
V
E
M
B
E
R**

Is National Diabetes Awareness Month

**Think Blue.
Wear Blue.**



**Join Dr. Thomas Strain
Family Medicine**

Wednesday, November 14, 2012

**FREE Diabetes Prevention Doc Talk
& Mini-Health Expo**

12 noon

**Holiday Inn Express Conference Room
816 South Grand Avenue, Las Vegas**

FREE Light Lunch, Giveaways & Information

HEALTHY  WOMAN
AN ALTA VISTA REGIONAL HOSPITAL RESOURCE

LCC Halloween Costume Contest





Walk for a Cure a success in Mora

The 1st Annual Walk for a Cure, coordinated by the Mora High School Career Association, was deemed a success. The students representing their respective high school and middle school organizations, *Jobs for America's Graduates (JAG)*, *Peer Educators*, *Business Professionals Association (BPA)* and *Middle School Student Government* collaborated and organized the entire event. Many of these students are also enrolled in the dual-credit program at Luna Community College.

Approximately 100 community members participated in the community's first ever event held, and walked the three miles for Breast Cancer Awareness. Registered walkers received a t-shirt that was designed by the students. Early registration was \$15 and on the day of the walk, \$20, with all proceeds donated to the Susan B Komen Foundation. Many local and a few out of town businesses, volunteer fire departments and bands, as well



LCC dual credit Mora High School students Amber Duran and Alex Martinez hold the Walk for the Cure banner.

as Luna Community College co-sponsored this event.

When the participants finished their 3-mile trek, they were welcomed back by a local band *Falling Horizon*, consisting of high school students, Jeremy and Daniel Medina and Luna Community College student, Chris Barela. While enjoying the music and eating healthy snacks, participants were able to write on a banner to whom they were dedicating their walk. It is with great hope, by the students, that the JAG program continues so that this event becomes a tradition for the community in the awareness of a cure for breast cancer.

Weekly Activities

Monday, November 5, 2012

8:00 a.m. – 11:00 a.m. *Weight Training (Vo-Ag. Bldg.)*

Tuesday, November 6, 2012

8:00 a.m. – 11:00 a.m. *Line Dancing (Wellness Center)*

6:00 a.m. – 8:00 p.m. *General Election (Business & Professional Studies Bldg.)*

Wednesday, November 7, 2012

5:30 p.m. – 9:00 p.m. *Board of Trustees "Work Session" (Student Services Bldg.)*

Thursday, November 8, 2012

8:00 a.m. – 11:00 a.m. *Line Dancing (Wellness Center)*

6:00 p.m. – 9:00 p.m. *Noches de Familia (IPC Cafeteria)*

Friday, November 9, 2012

8:00 a.m. – 11:00 a.m. *Weight Training (Vo-Ag. Bldg.)*

Saturday, November 10, 2012

8:00 a.m. – 3:00 p.m. *Swap Meet (Student Government Parking Lot)*



Rosemary Romero was the facilitator for the Regional Water Symposium held at Luna on Tuesday, Oct. 30. Pictured in the background are Richard Trujillo, community liason for the state engineers office, Scott Verhines, state engineer and LCC President Dr. Pete Campos. The symposium brought many people together from this part of the state providing solutions for the water issue.

Keep Your Goals In Sight

By Dr. Pete Campos
LCC President

As a student, how good are you at keeping your goals in sight? Are you reading your assignments, doing your homework, asking questions about things you want to learn and mentally charting the progress made towards reaching your life goals?

If you talk to persons who have achieved their goals, one common theme surfaces and that is; they never failed to keep their goals in sight. It takes, commitment, optimism, faith and a clear goal in mind of what you want to achieve. As a student, your instincts lead you to do the things necessary to succeed. While you may not fully envision the goals you hope to accomplish, it is important to always go forward living through disappointments and overcoming hurdles. Your satisfaction will come when you look back at how you finally reached your goals.

Throughout your life, never take your mind or eyes off your goal, even when you think you can't see it. Just know your goal, while not in sight, is ahead of you. Visualize your goal clearly no matter what obstacle is blocking your view. Always picture your goal

in your mind. Winston Churchill said, "Success is not final, failure is not fatal: it is the courage to continue that counts."

When you look around and see another student who is happy, doing well in class or expressing confidence in progressing towards

If you talk to persons who have achieved their goals, one common theme surfaces and that is; they never failed to keep their goals in sight. It takes, commitment, optimism, faith and a clear goal in mind of what you want to achieve.

his/her goal, let that persons' example serve as a reminder or wake-up call that you can also enjoy "the little steps" towards achieving your goal. Earl Nightingale said, "The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment."

Never lose faith in what you can accomplish. Establish a daily – brain driven - training routine: don't put things off that will help you reach your goal; set regular reachable goals to get from point A to point B and eventually

to your goal; don't discourage yourself, instead encourage yourself and take action to overcome the obstacles in the way of you reaching your goal; venture out beyond your daily routine, get to know more people who are driven, positive and focused; work smart; don't let things intimidate you, instead of thinking you're going to fail an exam, study, learn the material and take the test with confidence; and, the list of positives to reach your life time goals never ends.

Work to create ways to overcome the things that are in your way of succeeding. The way you feel about yourself controls your ability to achieve any goal. The left side of your brain deals with logic. The right side is more creative. The key point is that you will not be able to achieve your goals unless you believe deep inside that you are the sort of person who can achieve that type of goal.

An unknown author stated, "In life you can make your own decisions or let other people make those decisions for you. Being above the influence is about staying true to yourself, and not letting people pressure you into being less than you. So be yourself."



**"CHANGING LIVES...
BUILDING COMMUNITIES"**

FOR ALL OF US THERE IS
LUNA COMMUNITY COLLEGE

GET A QUALITY
EDUCATION TODAY!



**REGISTRATION FOR 2013 SPRING
CLASSES BEGINS ON NOV. 15**

Print and view our schedule of classes online at www.luna.edu
Call for information at 505.454.2500 or 1-800.588.7232

REGISTER EARLY!! THE EARLY BIRD GETS THE CLASSES!

Halloween fun at Springer Satellite



Pictured (top left) first-place went to Carissa Duran as Dia De Los Muertos; (top middle) second-place went to Kaye Goodyear as 80's Valley girl and (top right) third-place went to Vanessa Rollings as Jessica Simpson. Pictured (bottom left) is Springer Satellite Director Louise Portillos, work-study Daniel Montoya and Office Manager Vanessa Rollings before the party; (bottom right) the trio are pictured again but Daniel turned into a scary clown by the end of the party; (bottom, middle photo) Joseph Smith as a vampire, Louise Portillos as Lily Munster, Daniel Montoya as clown, Vanessa Rollings as Jessica Simpson, Carissa Duran as Dia de Los Muertos, Kaye Goodyear as 80's Valley girl, Sherry Goodyear as blue crayon, Melodie Roberts as a gypsy and Dan Roberts as a death trooper.

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

- Adjunct Faculty/Per Course Instructor
Math (Santa Rosa)
- SMET Adjunct Faculty
Drafting Technology
Electronics Engineering Technology
- Temporary Part-time Substitute Teacher/Caretaker (until filled)

- Family Nursing Instructor

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. ALL POSITION POSTING FOLLOW THE LCC AFFIRMATIVE ACTION PLAN.

Luna Community College: "The People's College"