

The Luna Light



“The People’s College”

Becoming The Premier Rural Community College in America

Volume 5 Issue 39

October 1-October 7, 2012



Luna Community College Dental Assisting Instructor and SkillsUSA Advisor Dawna Gallegos goes over information with SkillsUSA participants on Wednesday at the Rough Rider Grill. Anyone interested in joining SkillsUSA can contact Gallegos at 505/454-5382 or Anthony Baca at 505/454-2591. LCC competes at the state level in either March or April in Albuquerque and winners there compete at the national level in Kansas City in June.

LCC SMET student internships helping out in future endeavors

The following article has information on 2012 Luna Community College SMET graduates.

Victoria Olguin graduated from Luna Community College with an associate’s degree in alternative and sustainable energy and electronics engineering. She transferred to New Mexico State University.

Victoria had an internship in summer 2011 at Sandia National Labs and completed an internship the last two semesters with Energy Concepts, a local company in Las Vegas, NM.

George Martinez graduated from LCC with an associates in mathematics and transferred to New Mexico Tech. In fall 2011, George served as an intern with the Water

Issue Board in Las Vegas, N.M. and collected data on water issues that was reported to the Advisory Board.

Justin Smith, an electronics technology major, and Rachel Ridgeway, a physical science major, participated in the SCCORE program this summer. Justin worked as a research assistant in the SCCORE program with Dr. Phil Smith, NMSU Associate Professor of Civil Engineering, and he transferred to Highlands University. Rachel worked with Dr. Jacob Urquidi, NMSU Associate Professor of Physics and returned to LCC for the fall, with plans to transfer in the next academic year. Rachel participated in the Sandia Symposium on Aug. 2.

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Internships...



Dr. Elizabeth Juarros

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Faculty News:

Dr. Elizabeth Juarros, Assistant Professor of Physics and New Mexico AMP IC, attended an Advanced Technological Education (ATE) Conference in April, 2012 at Estrella Mountain Community College in Phoenix.

At this event, Dr. Juarros met with a small group of physics faculty from community colleges from several states. The charge for these professors was to write a document for development of curriculum for physics labs that incorporate active learning strategies.

Importantly, Dr. Juarros gave the Keynote Address for the SCCORE Farewell Luncheon and Research Symposium in June.



Luna Community College students Rachel Ridgway (front row, second from left) and Justin Smith (back row, far right) participated in the SCCORE Program in Las Cruces.



Luna Community College senior cosmetology students are expected to graduate in May. Pictured (front, l-r): Bernice Esquibel and Tabitha Martinez. (middle, l-r): Kimberly Gonzales, Danielle Carpenter, Krystal Marquez, Cynthia Montaño, Frances Martinez, Melecia Vigil and LCC Cosmetology Instructor Germaine Sandoval. (Back, l-r): Amanda Martinez, Marcus Montaño, Roberta Duran, Ginger Crespín and Amanda Silva. Not pictured are Victoria Alderette, Sabrina Sena and Angel Torres.

**LCC:
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Don't let others discourage you

By Dr. Pete Campos

When others indicate you are not the person for the job or you are not cut out to be what you hope to be – remember, they are offering opinion; often driven by jealousy or ulterior motives. *Don't let these people get to you!* They are condescending, wishing they were in your shoes or intently set on being hurtful instead of being helpful. Paul J. Meyer (founder of the Personal Development Industry) said, "Crystallize your goals. Make a plan for achieving them and set yourself a deadline. Then, with supreme confidence, determination and disregard for obstacles and other people's criticisms carry out your plan."

To most of us, we rise or fall based on the expectations placed on us by others. *To us; who attend, teach, work, administer or govern at Luna Community College – we aren't going to fail!* We are going to succeed. But, to succeed, we must literally put aside the negative sentiments of those who say it can't be done or leave the impression we won't succeed! It is our lives that are at stake! Clarence Thomas (associate justice of the United States Supreme Court) said, "It takes a person with a mission to succeed." We, at LCC, have that passion to move forward and succeed in our minds. We'll do it – if given the support. Dr. Norman Vincent Peale (author) said, "Empty pockets never held anyone back, only empty

heads and empty hearts can do that."

Albert Einstein (as a child, revealed an extraordinary curiosity for understanding the mysteries of science) stated, "Your imagination is your preview of life's coming attractions." An unknown author said, "The only race you have to win is the race against yourself – there will always be someone faster and stronger but there will never be another you, so look within and push your own personal boundaries." *A new bold move I am proposing will be the New Mexico Government Degree that will serve as the pipeline to more of our students entering the honorable career pathway as government employees.* This means students will be able to receive their degree on a Saturday and report to a government job the following Monday.

"But, to succeed, we must literally put aside the negative sentiments of those who say it can't be done or leave the impression we won't succeed! It is our lives that are at stake!"—Dr. Pete Campos, LCC President.

Thanks to and because of our faculty and staff; LCC students will be prepared for their future. I love each and every one of you and will remain prepared to lead us towards a better educational system that will lead to better jobs for students! Keep one thing in mind; the Luna Family focus is on our students' future. *Our LCC educational family wholeheartedly believes in the students we serve and prepare for employment.*

PRIZES!

Back to School Parent Institute

PRIZES!

Please Join Us For an Educational and Fun-Filled Day!

Parents, Teachers, and Children

Place: Abe Montoya Recreation Center

Date: Saturday, October 6, 2012

Time: 8:15 am - 2:30 pm

Questions/Registration, Contact:

Edith Trujillo - 426-2269

or

Leandra Vigil - 426-2262

Purpose:

To provide professional development opportunities to parents, grandparents, and teachers who want to improve educational outcomes for all students. Our Mission is to promote educational awareness through workshops and hands-on activities to enhance collaboration between schools, community, and parents.

Sponsored By:



*** Workshops for parents**

*** Activities for kids!**

**\$20.00 Stipend per Family Attending!
FREE Child Care!!**

**Breakfast & Lunch will be provided and a
chance to win PRIZES!
KIDS 7yrs. and Up SWIM FREE!!**

Springer High Homecoming Parade





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Luna
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College

8 WEEK COURSES

Course	Sec	Hours	Title	Days	Dates	Times	Campus	Bldg	Room	Instructor	Reg/Max
AUTO101	20	2.0	General Automotive Service	--T-R--	10/16/12 - 12/07/12	6:00PM - 8:50PM	Springer	AUTO		{Staff}	0/10
AUTO161	01	4.0	Introduction to Diesel Mechanics	-MTW--	10/15/12 - 12/07/12	5:00PM - 9:00PM	Main Campus	AUTO		{Staff}	0/15
CSA150E	03	3.0	Computer Fundamentals (DL)	--T-R--	10/16/12 - 12/07/12	5:30PM - 9:20PM	Online Course	MAIN		Gutierrez	2/15
CUL237	01	1.0	Restaurant Experience	----F-	08/24/12 - 10/12/12	10:00AM - 11:40AM	Main Campus	CAFE		O'Brien, A	5/20
CUL237L	01	2.0	Restaurant Experience Lab	----F-	10/19/12 - 12/07/12	8:00AM - 4:00PM	Main Campus	CAFE		O'Brien, A	5/20
EWRG102	02	4.0	Residential Electricity	--TWR--	10/15/12 - 12/07/12	5:00PM - 9:00PM	Main Campus	BTRD		{Staff}	0/15
FCMK118	21	3.0	Advncd Furniture/Cabinet Design	--T-R--	10/16/12 - 12/07/12	1:00PM - 4:20PM	Springer	BTRD		Kuhlman, P	0/10
HIST102	01	3.0	Western Civilization from 1500	--T-R--	10/16/12 - 12/07/12	11:00AM - 1:50PM	Main Campus	TECH 125A		Withnall, M	0/20
HPS115	02	3.0	First Aid and CPR for Sports	-M-W--	08/20/12 - 10/12/12	5:30PM - 9:20PM	Main Campus	GEN 101		Aragon, M	9/10
HPS115	03	3.0	First Aid and CPR for Sports	-M-W--	10/15/12 - 12/07/12	5:30PM - 9:20PM	Main Campus	GEN 101		Aragon, M	0/10
HPS229	01	3.0	Coaching/Officiating Basketball	-M-W--	10/15/12 - 12/07/12	11:00AM - 2:50PM	Main Campus	GEN 102A		{Staff}	0/20
NRSG101	01	1.0	Therapeutic Communication	-M----	08/20/12 - 10/12/12	1:00PM - 2:50PM	Main Campus	AHC NO10		Reichert, C	22/25
NRSG101	02	1.0	Therapeutic Communication	--T----	08/21/12 - 10/12/12	1:00PM - 2:50PM	Main Campus	AHC NO10		Reichert, C	24/25
POLS151	02	3.0	American National Government	--T-R--	10/16/12 - 12/07/12	6:00PM - 8:50PM	Main Campus	GEN 104		Quintana, T	0/15
PSYC242E	02	3.0	Developmental Life Span (DL)	---R--	10/18/12 - 12/07/12	9:00AM - 3:00PM	Online Course	MAIN		Hughes, R	14/20

FOR INFORMATION CALL 505.454.2500 OR 800.588.7232 OR VISIT OUR WEBSITE AT www.luna.edu

Attention students

**Registration
Deadline
for second half of
8-week courses is on Oct. 15**

Upcoming parades

Here is a list of the upcoming Homecoming Parades:

Santa Rosa High School	October 5 @ 1:00 p.m.
New Mexico Highlands	October 6 @ 10:00 a.m.
Raton High School	October 12 @ 1:00 p.m.
Robertson High School	October 18 @ 5:30 p.m.

If you would like to participate, please call Moses at ext 1202.

Luna Community College

COMMUNITY EDUCATION –FALL 2012

HELPING HOARDERS

OCTOBER 10 WED 6 PM-9PM

LEARNING RESOURCE CENTER, LECTURE HALL

INSTRUCTOR: KATHERINE ANDERSON, CPO-CD

COST: \$30



Do you know a pack rat? A friend, neighbor, family member or other loved one that hoards? Have you seen hoarding shows on TV and wondered whether their tactics work? Would you like to know how to help a loved one that hoards? Join us for this three-hour workshop at LCC. Compulsive hoarding is the accumulation and failure to discard a large number of possessions that appear to be useless or of limited value; having extensive clutter in living spaces that precludes activities for which the rooms were designed; having significant distress in functioning caused by the hoarding; and the inability to organize the possessions. Come learn from a certified professional organizer who has studied hoarding. Hear what the latest science shows about this behavior, how you can help and what does not work.

To register, contact LCC Community Education at 454-5311, 800-588-7232, ext. 1204. For questions, contact Katherine Anderson at 505-856-3667, e-mail kit@andersonorganizing.com.

Weekly Activities

Monday, October 1, 2012

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

Tuesday, October 2, 2012

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

Wednesday, October 3, 2012

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

Thursday, October 4, 2012

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

Friday, October 5, 2012

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

Saturday, October 6, 2012

8:00 a.m. – 12:00 p.m. Driver Education Course (General Studies/Room 101)



LCC MEAL CARD

\$50



Rough Rider Grill

Buy it at the Fiscal Office Today!

Springer's Creative Clever Chef's Corner

Appetizer

Deviled Eggs

Recipe from
Sherry Goodyear

1 dozen hard
boiled eggs,
peeled and cut
lengthwise
Remove egg
yolks and mix
with:

1 teaspoon
mustard
4 Tablespoons
Miracle Whip or
Mayonnaise
A pinch of salt
and pepper

Two Tablespoon of pickle relish or chopped
dill or sweet pickles

One small onion finely chopped

Mix the egg yolk mixture thoroughly and then
spoon equal portions into the boiled eggs
whites.

Sprinkle with paprika

Enjoy!

Salad

Fruit Salad with Honey-Lime Dressing Recipe from Vanessa Rollings

1 pt. container strawberries

1 pt. container blueberries

1 1/2 lbs. seedless grapes (green, red or a mix-
ture of both)

1/4 cup honey

juice from 2 limes (about 2-3 tablespoons)

Rinse strawberries, blueberries and grapes.

Gently pat dry the fruit. Hull strawberries,
then cut each in half; if large, cut into quarters.
Remove stems from blueberries and grapes (if
any)

Gently combine all the fruit in a large bowl or
aluminum tray. Set aside.

In a small bowl, whisk together honey and
lime juice. Pour over fruit.

Refrigerate until ready to serve.

Side Dish

Broccoli Casserole

Recipe from Louise Portillos

Ingredients

- 2 bags or pkgs of frozen broccoli (cooked and drained)
- 2 tablespoons butter (chopped)
- 1/2 cup onion, chopped
- 1 cup cooked minute rice
- 1 (10.75 ounce) can condensed cream of mushroom soup (any condensed soup is good)
- 1 cup shredded sharp cheddar cheese

Directions

Preheat oven to 350 degrees.

Place broccoli in a casserole dish and dot bro-
coli florets with cut butter.

In a bowl, mix together onion, cooked minute
rice, soup, salt, and pepper. Place mixture
evenly over broccoli.

Top with cheese.

Bake uncovered in preheated oven for 25-30
minutes or until lightly browned on top.

Eggplant Lasagna

3 or 4 Eggplant

1lb. Lasagna Noodles

1lb. Ground Beef 80/20

2 48oz. Jars Pasta Sauce

1lb. Cheese (Shredded)

Olive Oil

Peel and slice eggplant into 1/2" thick slices,
sprinkle the eggplant with olive oil, bake them
on a cookie tin at 350° for 1 – 1 1/2 hours.

(This can be done ahead of time)

Boil the lasagna noodles only until they are
able to bend without breaking, drain the nood-
les. Next you need to brown the ground beef,
making sure to strain out the grease. Mix the
cooked meat into the pasta sauce. (The meat is
optional)

Layer sauce mixture, lasagna noodles, cheese,
and eggplant into 2 9x13 baking dishes. Cover
tightly with foil and bake at 370° for 45-50
minutes. Cool and serve.

Dessert

Pumpkin Crunch Bars Recipe from Carissa Duran

1 box spice cake mix

1 15oz can pure pumpkin

1 12oz can sweetened condensed milk

3 eggs

1 1/2 cups sugar

1 tsp cinnamon

1/2 tsp salt

2 cups pecans

1 cup melted butter

Preheat oven to 350 degrees. Grease bottom
of 9x13pan. Mix pumpkin, milk, sugar, eggs,
cinnamon and salt. Pour into pan. Sprinkle
cake mix over mixture. Top with pecans.
Drizzle butter over top and bake for 50-55
minutes.





Jeff Ortzow began training in martial arts in 1974. He obtained his 1st degree black belt in 1982 and currently holds a 7th degree black belt in Kajukenbo. Jeff fought professionally in 1983 and had an overall record of 22 wins and 5 losses. Jeff was ranked 3rd in the world in his weight class and held the W.K.A. North American title. In 1989 Jeff fought in Paris, France for the world title. Jeff started teaching the arts in 1983 and is currently licensed referee and judge for kickboxing, boxing and MMA. Jeff instructs a Self defense/kick boxing Class here at LCC for all ages. Jeff's class centers on the disciplines of intense cardiovascular training, punching, kicking, blocking, and weight control.

Jeff's class is offered M-TH 5:30pm-7:30pm.

His class is offered as a Credit Course

and as a Community Education Course \$38.00

**Self Defense Karate PE 138
& for Youth Com 620**



LCC's Anthony Baca: It takes everyone to help out with retention

The following is an exclusive interview on retention with Luna Community College Auto Collision Instructor Anthony Baca. Keep in mind that the state legislature will begin to fund public institutions of higher education based on retention, not by initial enrollment. The Luna Light will continue to address the issue of retention throughout the semester.

Anthony Baca like many faculty members across the state of New Mexico is concerned about retention issues. He understands the value of keeping students focused and enthused about their education. And he also understands the problems facing New Mexico colleges and universities today.

"I think the biggest failure when it comes down to retention is instructors not communicating with their students on a personal level," says Baca. "I start the semester by thanking my students for being here. Students feeling appreciated is a big part of retention. If you show a genuine interest in their goals and future careers, there is a better chance they will graduate."

Baca says that inclusion is also part of the solution.

"Making students feel that they are a part of the college is very important," says Baca. "You have to make sure that they are a piece



Anthony Baca

of the Luna Community College puzzle. We have to value students' opinions. We have to empower students to take a sense of pride for the college."

Baca says that both faculty and students

wear more shirts with LCC colors and logos on them.

"We need to wear LCC with pride," says Baca. "If everyone at Luna Community College has a positive attitude that would enhance the entire college. We need to be more supportive of school functions—such as Phi Theta Kappa and baseball and softball games. As faculty we have to set the example. The administration has to set the example as well. We all need to be more visible. My theory is that if administration is more visible, faculty and staff would be more visible and then students would join in."

Baca says that the college itself needs to get more involved with the community.

"We have to give more of ourselves," says Baca. "In order to have more community support, we need to support the community."

Baca says that overall LCC does a good job, and at the end of the day, students have to be the No. 1 priority.

"Faculty, staff and administration need to show more appreciation and compassion for students," says Baca. "We need to build a student's self esteem and confidence—confidence that they can have successful careers."

LCC's Sanchez to be honored on Oct. 4

Former Luna Community College sports performance instructor Henry Sanchez will have the John A. Wilson Complex gym floor officially named after him in a formal ceremony at 4 p.m. on Thursday, Oct. 4. Everyone is invited. The ceremony will take place prior to the H-Club induction ceremony which will immediately follow. All events will take place at the John A. Wilson Complex.

At the time of his passing last October, Sanchez was working at LCC.

Sanchez is a former Highlands University Men's Basketball Coach. He also coached at Robertson High, Bernalillo High and Our Lady of Sorrows High. He had 702 career wins and 450 losses. In 1998, he was named National Basketball Coach of the Year.

He belongs to several Hall of Fames and was vice-president of the H-Club.

Sanchez was 72 at the time of his death and was very popular with his students and fellow faculty members.

"He gave some very personal information that has helped me in my coaching career," said LCC Baseball Coach Antonio Siqueiros.



Henry Sanchez taught sports performance at LCC.