

# The Luna Light



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

Volume 5 Issue 35

September 4-September 9, 2012

## LCC receives \$1.1 million grant *Money to be used for life skills development opportunities for GED students*

Luna Community College was awarded a \$1,136,196 YouthBuild Grant, the majority of it from the U.S. Department of Labor. Other entities involved include: Las Vegas Housing Authority, HELP Office, NM Children, Youth and Families Department, Las Vegas Juvenile Justice Continuum Board and TeamBuilders Counseling Services, Inc. The college was informed of this grant on Thursday afternoon.

The 3-year grant will benefit 54 disadvantaged General Educational Development Diploma (GED) students. The grant is tailored and designed to include two cohorts of 27 students to help them attain their GED as well as a certificate in building technologies. The program is scheduled to start in the spring semester.

“This effort combines necessary education and training

so GED students can be prepared to enter the workforce,” said LCC President Dr. Pete Campos. “This grant supports LCC’s mission to prepare students for future employment.”

Students involved in the grant will receive a \$1,000 stipend once they earn their GED and another \$1,000 stipend after they earn a building technology certificate. All classes will be taught at LCC. Students will build two houses and be supervised by Habitat for Humanity subcontractors. The homes will go back to the city and be rented to low income students with priority going to homeless students.

The grant will make money available for two instructors. One faculty member will be placed with the GED program, the other in building technologies.

**Continued on page 2**

## Manuel Archuleta says that friendships established at LCC important to him

*The following is an interview with Manuel Archuleta who worked at the LCC Physical Plant for nearly the last eight years.*

**When did you begin working at Luna Community College?** February, 2005.

**What jobs have you held while at LCC?** Grounds maintenance, technical maintenance and general maintenance III.

**Where are you going to work at?** State of New Mexico (CBS).

**What is your best memories of LCC?** Noche de las Luminarias every December.

**What are you not going to miss about LCC?** Like in most entities, I would have liked to see more teamwork and more positive attitudes.

**What would you like people**



**Manuel Archuleta is leaving LCC after working here since 2005.**

**to remember you by?** My willingness to go above and beyond to help others.

**Is there any advice you would like to give to students, faculty, staff or administration?** To always think positive.

**What one thing would you like to see changed about LCC?** I really believe that Luna Community College is ready to have housing facilities on campus. This would be beneficial to first-year students.

**From a scale of 1-10, 10 being the highest, how much will you miss LCC?** An eight. My years at LCC allowed me the opportunity to meet and establish friendships that are dear to me.

# \$1.1 million grant...

Continued from page 1

The grant will coordinate with agencies such as Habitat for Humanity, the Las Vegas Housing Authority, HELP Office, NMCYFD and TeamBuilders.

The Las Vegas Housing Authority has already committed two lots within the city limits at a cost of \$45,000 each.

"I want to thank everyone who was involved in helping with this grant," said Leroy "Huero" Sanchez and Dr. Gilbert Sena who co-wrote the grant in a joint statement. "It was a pleasure writing the grant and working with the staff at Luna Community College as well as representatives from other entities."

Both Sena and Sanchez are former LCC presidents.

"The Help Program would like to thank Dr. Pete Campos," said HELP New Mexico Board member Gilbert Ulibarri. "On behalf of HELP New Mexico, we are pleased that LCC

received this grant. Our joint efforts to assist the youth of this area are recognized in this grant."

The ages of qualified disadvantaged youth will be 16-24.

"This is a great opportunity for HELP New Mexico and Luna Community College," said HELP New Mexico Board member Kenny Lujan. "Our goal is to provide self sufficiency and this is a way to help our youth continue on with their education."

In addition to the two faculty members, the grant will also hire a project director, one case manager and one administrative assistant. All positions will be full-time during the grant period.

"This is a wonderful opportunity for our GED students. They will be able to earn their GED while learning basic skills that are necessary to function in today's society," said LCC GED Director Geraldine Romero "This pro-

gram will hopefully be a stepping stone to acquiring challenging academic and technical skills that will prepare our students for high-skill, high-wage, or high-demand occupations in the 21<sup>st</sup> century global economy."

Secretary of Labor Hilda L. Solis announced that more than \$75.7 million YouthBuild grants were awarded to 74 programs in 28 states and the District of Columbia. These programs specifically help out-of-school, low-income youth ages 16 to 24 to earn a GED (General Educational Development diploma) while learning job skills.

"It's a great opportunity for the city to partner with Luna Community College and help extend the educational opportunities for disadvantaged youth and upgrade affordable homes within the Housing Authority," said Las Vegas City Manager Tim Dodge.

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"The  
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**Montanna Martinez, a recent West Las Vegas High graduate, signed a national letter of intent to play softball at Luna Community College this upcoming season. Martinez batted at a .551 clip for the Lady Dons last season. She was also an all-district and all-state performer and was named most valuable player for the north during the 2012 North/South All-Star game. Martinez played for Robertson High her eighth grade, freshman and sophomore year and played for WLV over the course of the last two seasons. Pictured with her are her parents Marcella Herrera-Martinez and James Martinez (sitting). Back row (l-r) are WLV Softball Coach Lucas Griego, LCC Softball Coach Meredith Gilpin and RHS Softball Coach Adrian Jaramillo.**



# Diabetes Academy

is now in session

Diabetes Academy is a **FREE** class given by a Novo Nordisk Diabetes Educator to help you learn about managing diabetes.

**Friday, September 7, 2012**  
**5:30 p.m.**

**Luna Community College**  
**Cafeteria Dining Room**



## Curriculum includes:

### Diabetes Management

- **Diabetes 101** – covers basic diabetes information and terminology
- **Staying Healthy** – provides convenient tips for eating healthy and staying active

### Novo Nordisk Diabetes Products

**Diabetes Medication** – reviews the basics about insulin and GLP-1 against and demonstrates how use Novo Nordisk devices

**We look forward to seeing you there!**



# **HIGH INTENSITY INTERVAL TRAINING**

**WHEN: MONDAY'S & WEDNESDAY'S  
5:30 PM-6:30 PM  
SEPTEMBER 10th-OCTOBER 31st**

**WHERE: LUNA COMMUNITY CENTER  
WELLNESS CENTER**

**INSTRUCTOR: Paul Aragon**

**BOOT CAMP WITH A KICK**

**8 WEEK CLASS  
AT \$40**

**Call for Info:  
505-425-8767**

HIIT is a specialized form of interval training that involves short intervals of your maximum intensity exercise. HIIT will push you beyond the upper end of your aerobic exercise zone. HIIT will improve your cardiovascular fitness while spending less time doing cardio. At the same time it will increase your strength by including resistance training. HIIT helps improve overall body composition, increases muscle mass, decreases body fat, improves VO2 max, helps with recovery time in between sets, and allows you to become more efficient while exercising

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**"The  
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## Luna Community College Wellness Center



# Self Defense

This class is geared for women, men, limited mature teens, regardless of experience or conditioning, the class will offer hand to hand self defense tactics. It's about applying simple, efficient and straight forward techniques for defending yourself. You will learn to punch, kick, which will focus on bag work, conditions, and getting a great workout. Joe's mission is to produce dedicated and discipline students who strive to better themselves in all aspects and to become confident. Classes are fun and interactive. The physical techniques are easy to learn. You will learn to prevent assaults, identify dangerous situations, effectively fight back in life-threatening situations, and to defend yourself.

**Tuesdays/Thursdays: 9:00am-10:30am**

**Monday/Wednesday/Friday: 4:00pm-5:30pm**

For Information/ application please call Tom at 454-5311 or the LCC Wellness Center at 425-8767. Fee \$40.00 for 8 weeks.



**NOW is the time to prevent seasonal Allergies,  
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Traditional Oriental Medicine can **boost immunity, lessen symptoms and promote healing.**

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**Attention students**

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

**Luna Community College students, faculty, staff and community, a Rough Rider Meal Card is now available. The Rough Rider Meal Card can be purchased at the LCC Fiscal Office. For more information, call LCC Food Services Manager Paul Sandoval at 505/454-2581.**

**Weekly activities**

Tuesday, September 4, 2012

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

Wednesday, September 5, 2012

8:00 a.m. – 5:00 p.m. SBDC Training Conference “How to Effectively Manage Contracts and Grants” (LRC/Lecture Hall)

Thursday, September 6, 2012

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

Friday, September 7, 2012

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

8:00 a.m. – 12:00 p.m. First Aid/CPR Training/ Spons: Citizens/ Develop. Disabled (LRC/Lecture Hall)

5:30 p.m. – 7:00 p.m. Presentation on Diabetes/Spons: AHEC (IPC/Cafeteria)

Saturday, September 8, 2012

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

8:00 a.m. – 4:30 p.m. OSHA-30 Safety Training (LRC/Lecture Hall)

9:00 a.m. – 3:00 p.m. Defensive Driving Class (General Studies/102-B)

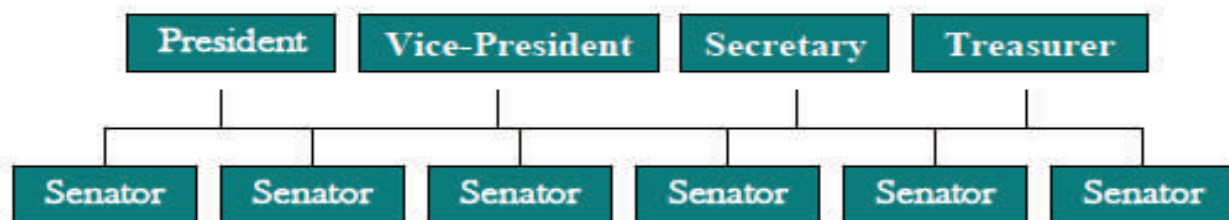
Sunday, September 9, 2012

8:00 a.m. – 4:30 p.m. OSHA-30 Safety Training (LRC/Lecture Hall)

# We want you!



You could be a student leader by serving on **your**  
Luna Community College Student Government.



Petitions open Monday, September 10, 2012 and can be obtained from Student Government Advisor Denise Montoya in Tech-104 and must be returned by 5:00pm Thursday, September 13, 2012.

Elections will be held 9:00am-3:00pm on Friday, September 21, 2012 in the area outside of the President's Office in the Technologies Building.

## PERSONAL TRAINING

*Looking for motivation, ready to reach your physical goals, want an exercise prescription to fit your needs?*

### LCC WELLNESS STAFF IS NOW AVAILABLE FOR PERSONAL TRAINING

A trainer will motivate you, set measurable goals, and provide feedback and accountability to clients. We will measure your strengths and weakness, and provide fitness assessments. The Fitness Assessments will be provided before and after the 6 session training period to measure your accomplishments. We will educate clients in the aspects of wellness, physical fitness, and nutrition guidelines. All fitness levels are welcome to register. Every individual will fill out a Health History questionnaire, a PAR-Q form and for those who have one or more health risks will need approval from a medical professional before starting and exercise program.



Class will be offered as a Community Education Class  
Fall '12 Semester  
Beginning September 2012

6 sessions total - 2 sessions per week - \$ 10.00 a session  
Total - \$ 60.00  
(Fitness Assessment included)

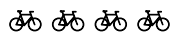


Time: TBA

Instructors: Carl Vigil, Dawnette G. Najjar, Paul Aragon



Register at LCC Wellness Center 425-8767 or Admissions Tom Herrera 454-5311



### CHILDREN'S ACTING WORKSHOP DRAMAREADERS, ART & GAMES



Who: Good readers age 6-11  
When: Most Fridays 3:30-6:00  
AUGUST 24-NOVEMBER 16  
Tuition: \$65 or \$5/class;  
scholarships too

### To Sign up:

Caroline Rackley: [h]425.6092; [cell]  
505.217.6169  
or Luna Community Education:  
454.5311

Email <designultd@newmexico.com

>



# Meet your LCC Wellness staff



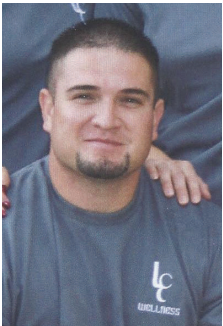
## No Excuses, Just Results



**Dawnette Garcia-Najar** has been the Wellness Manager at the Wellness Center for six years. She has earned a Bachelor's Degree in Health Promotion/Education, a Master's in Exercise Science, and is certified as an AAS Physical Therapist Assistant. Dawnette has been licensed as a PTA for 11 years and has experience working with lower functional patients to higher functional patients of all ages and groups. Her specialty is rehabbing athletes back to their previous level of function of their sport. She also works with the general population to achieve their goals and to take her clients to the next level of fitness. She is highly motivational, teaching and educating her patients and clients to believe in themselves and accomplish the unexpected. Dawnette focuses on tailoring each individual's needs from their weakness

to improving their strengths, and will push you to your limits. She has established the LCC Wellness Center to be educational as well as friendly. She has established Fitness Assessments, has brought cross-training and state-of-the-art equipment to the Wellness Center. Dawnette is First Aid, CPR and AED certified.

Dawnette is very disciplined, focused, and believes consistency is the key to seeing results. She assists in teaching the High-Intensity Interval Class and is also available for Personal Training. She teaches a self-directed and Weight training PE class for academic credit. Dawnette can be contacted at 425-8767 or via e-mail [dgarcia@luna.edu](mailto:dgarcia@luna.edu)



## HIT

## Cardio Conditioning

**Carl Vigil** is a native of Las Vegas, N.M.. He attended LCC and received an Associates Degree in Criminal Justice. He also attended NMHU to receive a Bachelor's in Exercise Science, an Master's in Sports Administration. Carl is a high school sports official/umpire in basketball and baseball, and also umpires baseball at the Junior College level. He is currently the Assistant Baseball coach at LCC. He has been employed as a Performance Specialist at LCC Wellness Center for the last five years. Carl is the Cardio and Conditioning coach for the LCC Baseball team and instructs a High Intensity Interval Class, and Personally Trains on each individual's needs and goals. Carl is certified by

the American Red Cross in First Aid and CPR, is AED Certified, and also CPO Certified by the National Swimming Pool Foundation. Carl can be contacted at 425-8767.

**Carl's Cardio Conditioning class is offered on Tuesdays and Thursdays from 7:00am-7:50am.**

**High Intensity Interval Training class will be offered as a Community Ed class on Monday's and Wednesday's from 5:30-6:30pm, the charge will be \$40.00.**

**There is a limit of 15.**



# Community Health Fair 2012

**Saturday  
September 15  
9 am-1 pm**


Abe Montoya Recreation Center Gymnasium  
1751 North Grand Avenue  
Las Vegas, New Mexico

FREE  EVENT



**Health  
Screenings  
&  
Information**

- Blood Drive
- Free Health Screenings
- Health Care Services Information
- Health Information
- And More



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Meet Mickey  
Mouse**

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For more information, call the AVRH Marketing Department at (505) 426-3772 or email [linda\\_leyba@chs.net](mailto:linda_leyba@chs.net)