

The Luna Light

"The People's College"

Mission Statement: "Creating Opportunities for You!"

Vision Statement: "New Mexico's Premier Community College: Preparing Students for Success"

Visit us at
www.luna.edu
1-800-588-7232

Volume 7 Issue 22

July 14-July 20, 2014

HIIT class a big "hit" at LCC

Resistance training beneficial to students

A new type of training is sweeping America and at Luna Community College, many students are taking advantage of it.

High-intensity interval training (HIIT) is gaining more momentum than a locomotive. Although the traditional treadmill and machine weights remain popular, HIIT is literally becoming a big "hit" at the college.

"It's been in the spotlight and it's gained a lot of popularity," said LCC Gerald Ortega Wellness Employee and HIIT Instructor Paul Aragon. "What draws a lot of people to this class is that it's constantly changing. No two classes are ever the same. It keeps people intrigued."

HIIT alternates periods of short intense anaerobic exercise with less intense recovery period. HIIT is a form of cardiovascular exercise with

the exercises done near or at maximum levels.

"As a wrestler, I've been doing HIIT exercises since I was a youth athlete," says Aragon. "Basically HIIT develops every component of fitness. In sports that require muscular strength, muscular endurance and good body composition, HIIT training is very beneficial."

Aragon's class, which is under the umbrella of community education, runs on a monthly basis. It is taught from 5:30 p.m. to 6:30 p.m. on Monday's and Wednesdays. The cost is \$35 a month for eight sessions. In his current class, there are 36 students enrolled. That is the maximum amount of students allowed in the class.

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Luna Community College students Ron Duran and Pam Trujillo go through a workout in a recent class.



Luna Community College Title V Director Lorraine Martinez shows a banner during Tuesday's Board of Trustees meeting. The banner, designed by Tiffany Young and Denise Montoya, will be displayed around campus. Also in the photo is LCC President Dr. Pete Campos.

Fall classes begin on Monday, Aug. 18. The last day to add classes is Friday, Aug. 25.

YouthBuild students working on Habitat for Humanity home



Luna Community College YouthBuild students have been working alongside Habitat for Humanity in Santa Fe during their school-to-work construction industry training in the construction of a Habitat home. In the bottom (left) photo, students arrive back on campus after a hard day of work in Santa Fe. LCC YouthBuild affords 16-24 year old program participants a unique opportunity to work towards their high school equivalency diploma (GED) while acquiring marketable job skills. LCC YouthBuild has five components: construction, education, counseling, leadership, and graduate opportunity. Its participants have reached the phase of actively engaging in school-to-work construction industry training experiences where they work alongside Habitat for Humanity in Santa Fe building affordable housing. Funding for LCC YouthBuild came primarily from a Department of Labor / Employment and Training Administration grant LCC received in fall 2012.



Summer 2014

SLOA

Presenters

Karen Sickler

Angelo Archuleta

Daniel Twitchel

Gene Sandoval

Elisa Flores

Rosanne Despain

Susan Olson Smith

Jeanette Nolan

Chuck Peterson

TUESDAY, JULY 29, 2014

LRC LECTURE HALL

8:30AM — 12:00 NOON



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“The
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THE LCC FOUNDATION

Annual Scholarship Golf Classic

SAVE THE DATE

AUGUST 16, 2014
Pendaries Golf Course, Rosada, NM

All Golf Proceeds will be used to match Title V Endowment for academic scholarships.

For sponsor or registration request please contact:

Sarah Flores, Executive Director
(505) 454-5367
sflores@luna.edu

Inca Crespin
(505) 426-6644
alcrespin@yahoo.com

Phil J. Wolff
(505) 425-2080
philw@northerninsurance.com

Jonathan Madrid
(505) 425-7565
jonathan@southwestcapital.com

You can also visit our website: www.luna.edu/foundation or Facebook us! Registration Brochure to follow.



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“The People’s College”

YOUR VOICE YOUR SCHOOL

JOIN YOUR STUDENT GOVERNMENT

GET PAID TO BE A LEADER!



NOMINATIONS OPEN

AUGUST 25TH—SEPTEMBER 5TH

“BECOME PART OF THE GREAT CHANGES HAPPENING AT LCC!”
For more information, visit www.luna.edu/student_government/ or contact SG Advisors, Dawna Ortega-Gallegos & Amanda Ortiz at studentgovernment@luna.edu.



Luna Community College student Andrew Lova-to works out at the Gerald Ortega Wellness Center. For more information on fall classes, please call 505/425-8767.

LCC: "The People's College"

COME ENJOY THE HEAD START EXPERIENCE

At
West Las Vegas Head Start



Who is eligible to enlist?

- All Families who live in San Miguel County
- Children who are age three or four before September 1st
- Families must be income eligible
- Children with disabilities
- 10% (20) over income families can be selected
- Be sure to register early for 2014/15 school year

Providing comprehensive early childhood services to the community of Las Vegas and surrounding areas:

- Research Based Curriculum "Where Bright Futures Begin" by Houghton Mifflin
- Every Day Counts Math Curriculum
- Health Curriculum (CHILE) Child Health Initiative for Life Long Eating & Exercise
- Physical Education
- Growing Up Strong (GUS) Mental Health

6 easy steps to register

1. Application
2. Current Physical & Dental Exam
3. Immunization Record
4. Birth Record - State/Baptismal/Hospital
5. Verification of Income - (W-2/Income Tax/Check Stubs etc.)
6. Insurance/Medicaid



West Las Vegas Head Start
Main Site
2730 Romero St. LVNM, 87701
Ph: 505-426-2821 or 505-426-2823
Website: www.wlvheadstart.com

West Las Vegas Head Start
Los Niño's Site
474 East Legion Drive LVNM, 87701
Ph: 505-454-2714 or 505-454-2764
Website: www.wlvheadstart.com

Weekly Activities

Monday, July 14, 2014

10:00 a.m. – 1:00 p.m. GrowRaton Strategic Planning Workshop (Springer)

1:00 p.m. – 3:50 p.m. Public Speaking Class (LRC Lecture Hall)

Tuesday, July 15, 2014

5:00 p.m. – 6:00 p.m. Safety Belt Class (General Studies 102B)

5:30 p.m. – 6:30 p.m. Piyo Fitness (VoAg)

Wednesday, July 16, 2014

1:00 p.m. – 3:50 p.m. Public Speaking Class (LRC Lecture Hall)

Thursday, July 17, 2014

5:30 p.m. – 6:30 p.m. Piyo Fitness (VoAg)

Saturday, July 19, 2014

7:00 a.m. – 4:00 p.m. CNA Testing (Allied Health NO-7 & MO-11)

Sena says he enjoyed national competition

Luna Community College Automotive Technology student Santiago Sena may have not won the national competitions at SkillsUSA in Kansas City; however, he was pleased with the overall outcome.

“The judges met with all the participants in my category and said we all did well. They were happy with us.”

“It went well,” said Sena who competed in the Action Skills category. Students in Action Skills demonstrate a trade that they are studying. “Everything went well. The judges met with all the participants in my category and said we all did well. They were happy with us.”

Sena, the state winner in Action Skills, represented New Mexico in the national competition. Only the first-place winner of each category went on to Kansas City.

“I want to compete again next year,” said Sena. “I probably will be competing in something different. Let’s see how it goes at state.”



Santiago Sena
Says national competition went well

Mora Site recognized

Luna Community College’s Mora Site was recognized by *Law Technology Today* for collaborating with New Mexico Legal Aid during a legal fair held on Sept. 7, 2013. The LCC-Mora Site provided the space and technology for the community to receive free legal advice. Many local citizens participated in the event.

Callie Dendrinis (staff attorney at New Mexico Legal Aid) and Wanda Martinez (LCC Mora Site Director) collaborated to put on this legal fair.

Law Technology Today is the official legal technology blog from the ABA Legal Technology Resource Center.

Position Announcement

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

- Instructor-Family Nursing (until filled)
- Assistant Director of Nursing (until filled)
- Full Time Office Manager Area Health Education Center (closes 7/18/14)
- Full Time Faculty-Welding Instructor (closes 7/18/14)

- Purchasing Director (closes 7/18/14)
- Student Success Coach (closes 7/22/14)

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.

Sharing a compliment

In today’s fast-paced world, oftentimes we don’t take time to appreciate one another. The Luna Light is beginning a segment where people can share compliments. What is interesting about this segment is that the individual that shares the compliment will not have their name published. Anyone wishing to share a compliment about someone

can e-mail their quote to jgallegos@luna.edu. We hope to publish this segment on a regular basis.

Abie Ulibarri

I would like to compliment Abie Ulibarri. He is responsible for the Multipurpose

Education Center and the Department of Humanities Building. The humanities building has undergone a huge transformation. Students and faculty frequently recognize the cleanliness of the building. "Kudos to you Abie!"

HIIT class...



Luna Community College offers HIIT classes at the Gerald Ortega Wellness Center. The top photo shows students going through variations of exercises. This particular class has 36 students enrolled.



Ron Duran is pictured doing weighted rope pulls, dumbbell rows and a chest press.

Continued from page 1

A session includes a warm up, instruction, the actual exercises, four rounds of 12 stages, a cool down and stretching.

“It’s non-stop; from the moment they get here, they are constantly moving,” said Aragon.

The popularity of HIIT is recognizable. Aragon said that two and half years ago, he started teaching it with just one student in attendance.

“We’ve created a family atmosphere,” said Aragon. “We have around 80 percent of our students returning. The new students are taken under our wings. It’s friendly to newcomers.”

Different variations of exercises such as squats, push-up, burpees, battle ropes, sand bags, suspension training are used in the class.

“The general population is realizing the benefits it can get,” said Aragon. “

Other HIIT classes are being taught at the college as well. For more information, please call 505/425-8767.



LCC’s Paul Aragon (right) is pictured with volunteer Estevan Flores.

We got Math!!



"Creating Opportunities for You!"

LCC offers math courses from remedial to high level math at affordable tuition.

All math courses are supported by tutors and a "full-service" math lab to ensure your success!

Register now for Fall Semester 2014! Courses start August 18th.

Luna Community College
366 Luna Drive
STEM Department 505 425-5370 Registrar's Office 505 454-5314



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