

The Luna Light

"The People's College"

Mission Statement: "Creating Opportunities for You!"

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Volume 6 Issue 43

November 25-December 8, 2013

The ability to speak

Amberlynn Sena ready to put LCC on the map



Luna Community College School of Business student Amberlynn Sena has the ability to capture the attention of the audience.

Amberlynn Sena can speak on a moments notice. More impressively, Sena can capture your attention within seconds.

Sena, a Luna Community College School of Business student, recently got people's attention when she gave an impromptu speech at a SkillsUSA Veterans Appreciation Ceremony.

"I have conversation ability," says Sena.

By her eloquent verbal talent, one would think that Sena has gone to seminars or conventions. She hasn't.

"I took a public speaking course with Linda Tapia here at Luna," says Sena. "I love to write, I'm a published poet."

Continued on page 8

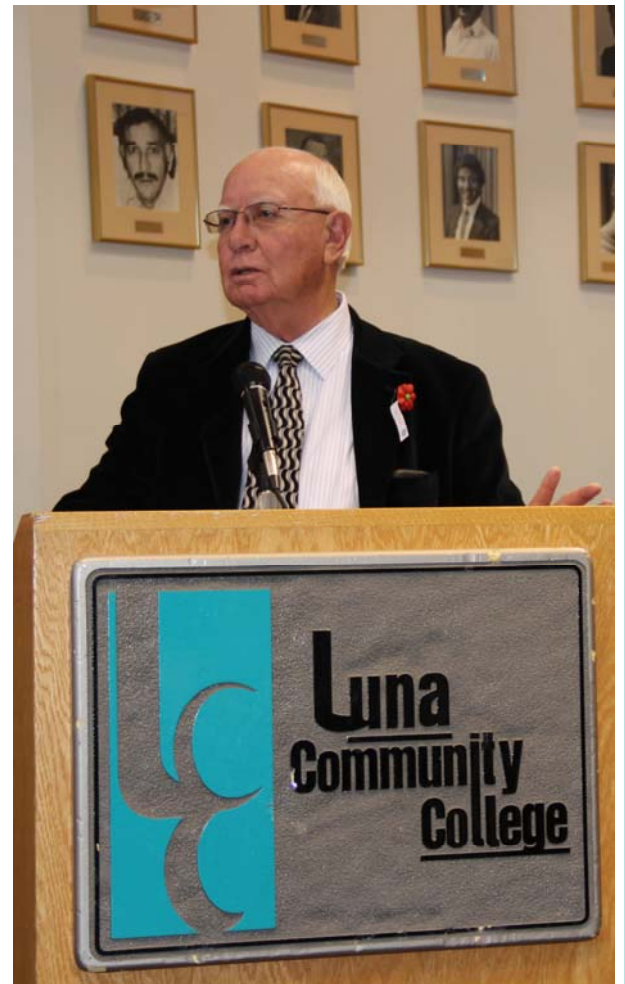


Luna Community College Board of Trustees prepare to cut the ribbon of the opening of the Veterans Resource Center. Pictured (l-r) are: Trustee Ernie Chavez, Secretary Dan Romero and LCC Chairman Abelino Montoya. Also in the background is LCC Student Government President Victor Ramirez. For more on the LCC Veterans Resource Center, see inside pages.

LCC closed for Thanksgiving break

Luna Community College will be closed on Thursday, Nov. 28 and Friday, Nov. 29 in observance of Thanksgiving. The college will resume its regular working hours on Monday, Dec. 2.

Students are encouraged to register early for the spring semester. You can view the spring class schedule online or pick up a hard-copy schedule at the college.



Several people gave a speech during the Luna Community College Resource Center Open House on Nov. 11. Pictured clockwise are: Carlos Sanchez from Sen. Tom Udall's office; Karen Abeyta from the local veterans center, Paula Garcia representing Rep. Ben Ray Lujan's office, LCC Board of Trustee Ernie Chavez, LCC Board Chairman Abelino Montoya Jr. and Las Vegas Mayor Alfonso Ortiz.

LCC opens Veterans Resource Center

Luna Community College opened its Veterans Resource Center in great fashion as it had its grand opening on Veterans Day, Monday, Nov. 11.

Several guest speakers including veterans made up the audience that day.

“We served and we served with pride,” said LCC Board Member Ernie Chavez. “Remember when we work together, we accomplish things. I follow through with what I say. I’m so thrilled, I don’t know what to say. We will get veterans their help.”

The Veterans Resource Center will assist veterans by providing additional resources and support to enhance their ability to succeed in college. They will receive academic and career advisement, peer to peer mentoring, group counseling and the opportunities to attend workshops.

“The Veterans Resource Center is some-



Karen Abeyta from the local veterans center, recognizes Luna Community College for opening a Veterans Resource Center. Pictured with Abeyta are Melissa Lopez, coordinator, Board of Trustee Ernie Chavez, Board Secretary Dan Romero, LCC President Dr. Pete Campos and Board Chair Abelino Montoya Jr.

thing we’ve been working on,” said LCC Board of Trustees Chairman Abelino Montoya Jr.. “I’m proud of Luna Community College for what its done in the past and what its going to do in the future.”

Both Montoya and Chavez are veterans.

“It is important what veterans bring to the table,” said LCC President Dr. Pete Campos. “Because of their hard work and

sacrifice, we have experienced a level of freedom. Reach a little bit deeper in your soul and think where we would be without freedom.”

Veterans and their dependents will have the opportunity to seek information regarding their educational opportunities while being provided with resources and support that will assist them in their transition into college.

“Veterans have sacrificed so much for us,” said Las Vegas Mayor Alfonso Ortiz. “(Veterans) have made life possible for us. I’ve always worried

about the families of veterans.”

Carlos Sanchez and Paula Garcia spoke on behalf of Senators Tom Udall and Martin Heinrich as well as Rep. Ben Ray Lujan.

The hours of operation are 8 a.m. to 5 p.m. Monday through Friday. The Veterans Resource Center is located in the LCC Student Services Building. Melissa Lopez is the coordinator.

Position Announcements

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

- Instructor-Medical Surgical Nursing (closes 1-31-14 or until filled)
- Instructor-Family Nursing (closes 1-31-14 or until filled)
- Allied Health Director (closes 1-31-14 or until filled)

- Student ACE Lab Assistant/Tutor (PT Temporary) (Closes 11-27-13)

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”

Rake Up these classes before they are full

Spring 2014 Early Registration
November 15th — January 10th



Public Speaking

Nursing

Computer Fundamentals

Human Anatomy & Physiology I & II



Introduction to Sociology

Introduction to Algebra

Dental

Don't be left waiting

Register Now

Freshmen Comp I & II



Intermediate Algebra

Automotive Technology

Fire Science

Teacher Education



Accounting

Introduction to Psychology

College Algebra

Biology

Criminal Justice



Culinary



Auto Collision



Spanish

History of New Mexico



Cosmetology

Welding

Weekly calendar

Monday, November 25, 2013

5:30 p.m. – 6:30 p.m. Hip Hop Aerobics (VoAg)

5:30 p.m. – 6:30 p.m. Piyo Fitness (Business 115)

Tuesday, November 26, 2013

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

Wednesday, November 27, 2013

5:30 p.m. – 6:30 p.m. Hip Hop Aerobics (VoAg)

5:30 p.m. – 6:30 p.m. Piyo Fitness (Business 115)

The next *Luna Light* will be published on Monday, Dec. 9



Title V Newsletter

VOLUME 2, ISSUE 1

OCTOBER 2013

"Creating a Pathway to Success in High-Demand Programs"

Monster Ball 2013 was a Success!!

Sammi Jo, Sim toddler, was the topic of discussion during the showcasing of the Simulation Lab at the 2013 Monster Ball, the annual College Night fair. Lorraine Martinez, Tiffany Young, Susan Olson-Smith and Larry Paiz pointed out the dynamics and opportunities offered in a SimLab to students. Recorded simulations of students applying medical techniques on these mannequins was shown on screen for students observation. Students were amazed by the real life educational experiences that is now being offered at Luna Community College in the Simulation Lab at the Allied Health Nursing Department.



GO Bond/Title V Collaboration Meeting

A meeting was held on October 15, 2013 to discuss the timeline in which the auto collision initiative will start. Many items were discussed, such as the NATEF certification, the architect process, collision repair courses and faculty training schedules. Title V will be purchasing instructional equipment for student use, while the process for securing an architect is completed.



Pictured clockwise: Lorraine Martinez, Gary Martinez, Larry Paiz, Tiffany Young, Veronica Serna, Ron Gonzales, Miguel Martinez

Title V Staff

Lorraine Martinez, Director • Veronica Serna, Activity Director • Tiffany Young, Office Manager
Susan Olson-Smith, Sim Lab Supervisor • Larry Paiz, Instructional Designer



Luna Community College Security Patricio Maestas and Laura Sandoval display new security identification vests. On-duty security can now be easily identified with these high-visibility vests. The LCC Security Department would like to offer a couple safety messages: *“When walking to your vehicle, have your keys ready, rather than having to search for them while standing outside your vehicle. In addition, “be alert of your surroundings, if something doesn’t look right, do not hesitate to call security”.* The on-duty security cell phone number is (505) 629-8244, if you need immediate police assistance, never hesitate in dialing 911.



Vietnam era veterans march out after the presentation of colors during the Luna Community College Veteran Resource Center Open House. Pictured (l-r) Leroy Valdez, Jose Paul Salas, Fares Martinez, Napoleon Quintana and Peter Garduño. Also with the group is Julian Chavez.

LCC: “The People’s College”

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The West Las Vegas student mariachi band played the national anthem prior to the ceremony.

National Diabetes Awareness Month

LCC Wellness Center keeping you well and informed on issues on health and wellness .

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In Type 1 diabetes the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. 5% of people have this form of the disease which they have to take insulin therapy.

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes your body does not use insulin properly, which is called insulin resistant. Over time the body is not able to keep up and does not make enough insulin to keep you blood glucose at normal levels.

Physical Activity and Diabetes:

Regular activity is a key part of managing diabetes along with proper meal planning, taking medications, and stress management. When you are active, your cells become more sensitive to insulin so it can work more efficiently. The cells also remove glucose from the blood using a mechanism totally separate from insulin during exercise.

Types of activities to begin

Aerobic exercise- makes heart, and bones strong, relieves

stress; reduce risk for heart disease by lowering blood glucose and blood pressure and improving cholesterol levels. Recommended 30 min of brisk walking daily.

Strength training- helps to maintain and build strong muscles and bones, reducing risk for osteoporosis. Recommended is 2-3 days out of the week.

Flexibility/stretching- will help keep joints flexible, prevent stiffness, decrease risk of injury during other activities. Recommended daily.

The more you move the more calories you burn and the easier it is to keep your blood sugars level s on target!!

Making healthy food choices:

Eat lots of fruits and vegetables

Eat non-starchy vegetables

Choose whole grain foods

Include dried beans/lentils to meals

Fish 2-3 days out of week

Choose lean meats

Non-fat dairy

Drink plenty of water

Cut back on high calorie snacks

Watch portion size

New YouthBuild cohort to begin in January

Luna Community College (LCC) YouthBuild is pleased to announce that Student Orientation and GED and Vocational Education classes for its Year Two Cohort will commence in January 2014. All individuals between 16-24 years of age interested in participating in YouthBuild are encouraged to apply on or before Friday, Dec. 20, 2013.

If you have any questions or concerns relative to YouthBuild, please contact the Director, Eddie King, in Room 110 of the School of Business located on the main campus of LCC in Las Vegas.

Likewise, Mr. King can be contacted using the communication methods listed below.

Eddie King, Director
YouthBuild
Luna Community College
366 Luna Drive
Las Vegas, NM 87701

Telephone: 505.454.2594
Email: eking@luna.edu



www.facebook.com/LunaCommunityCollege

Attention students:

LCC registration for the spring semester is ongoing. You may view the schedule online at www.luna.edu. You may also pick up a hard-copy schedule on campus or in several businesses across the LCC service area.

Look for an article from Luna Community College Vocational Director Gary Martinez in the next edition of *The Luna Light*.

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.

Amberlynn Sena...

Continued from page 1

Sena will be representing Luna Community College in the spring at the New Mexico SkillsUSA competition in Albuquerque. She will be competing in extemporaneous speaking.

"I want to talk with the judges; I'm going to speak to them," says Sena on her approach to the competition.

Her husband Santiago along with her brother Dominic, both Luna Community College students, will be competing in the automotive technology category.

Sena first got involved with the LCC SkillsUSA Club by chance. Last month, Sena helped out with the college's haunted house and SkillsUSA veteran Chris Castellano invited her to join. Castellano noticed how well spoken she was, he convinced her to compete in the speech category.

Her ability to communicate has prompted the colleges administration to speak on behalf of the college at certain engagements.

"Dr. Campos is a great man and it is an honor to be asked by him," said Sena. "Luna Community College is a good college; it's the people's college, but the com-

munity is not involved enough. SkillsUSA is a good program to get students to come here. Luna Community College is one of the few places where a student can earn a vocational degree."

Sena intends to earn a associate of applied science degree soon, it has been a tough road for the Las Vegas native. Ten

cause of her illness, Sena chose to earn a GED from Luna Community College and slowly but surely she is climbing her way to a post-secondary degree.

"Instructors here have worked with me and I'm very grateful for this," says Sena. "My family is my biggest inspiration. With any illness, it's important to have mind

over matter. I'm not going to let this stop me from getting my education. I want to get my education and leave here a better person. I would recommend kids to come to Luna Community College over a four-year university out of high school. They should test the waters first. Not every high school student knows what they want to do out of high school."

As the days go by, Sena remembers how people inspired her and now it is her that inspires others.

"I have written my entire life," says Sena. "When I was young, my grandma would tell us that words are power into the world and if you know how to speak well, you can get anywhere. I still get nervous when I

speak. You can talk to anyone, but to get people to listen to you is the key."

Diagnosis-diabetes

first the diagnosis
second the name-diabetes
third a form of a solution
more salads less sweets
oh than the medication
and the meter to test your blood
you can ask every question
but the answers aren't detailed enough
they describe what seems a nightmare
what comes with the disease
the problems with the eyes and ears
and of course all limbs and even your kidneys
and I hope you have family
to share your troubles with
because it's a cold lonely battle
being a diabetic—Amberlynn Sena

years ago on her 15th birthday, Sena was diagnosed with type I and type 2 diabetes. She goes for medical injections weekly. Be-

Amberlynn Sena led the reciting of The Pledge of Allegiance recently. Pictured with Sena are Luna Community College President Dr. Pete Campos and LCC SkillsUSA Automotive Club member Joseph Mares.

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Borunda and Valencia to play for NMHU

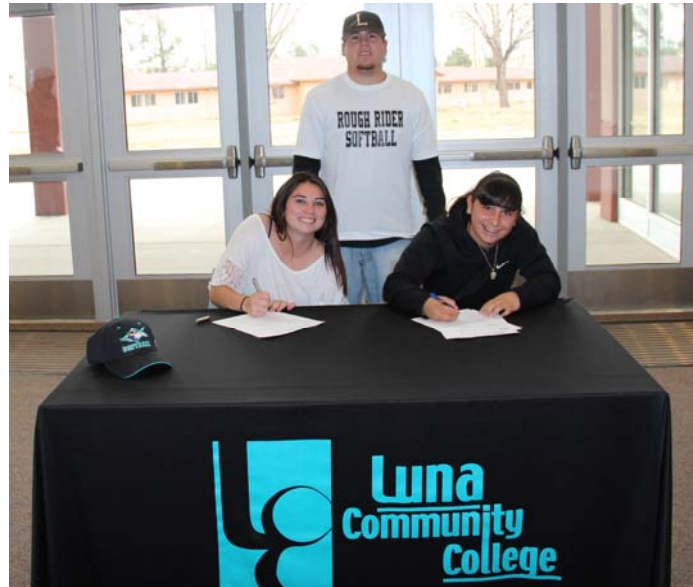
For this season, Ashton Borunda and Marissa Valencia are Rough Riders. By next season, they will be Cowgirls.

On Wednesday, the Luna Community College duo signed a national letter of intent to play softball for New Mexico Highlands University. Both are sophomores on this year's team.

"I love it here," said Valencia, a Bernalillo High graduate. "It's a small town and all the people I need are here."

Valencia plays shortstop for the Rough Riders.

"It's nice to get two more years of education and be able to play softball," said Valencia, a general science major. "I put a lot of pressure on myself because I knew the scouts were watching. Now I can relax and play my game. I'm honored to play here and to keep playing at Highlands."



Ashton Borunda and Marissa Valencia are pictured here with LCC Coach Nathan Trujillo.

Valencia aspires to be a cardiologist some day.

Borunda, an outfielder, is a graduate of Alamogordo High.

"I love Luna," says Borunda. "It's a small school and I like the fact that I know everyone. I've made a lot of friends here and the academics has been real good."

Borunda is a general studies major and intends to study sports medicine at Highlands.

"Both of them are hard workers and they deserve this opportunity," says LCC Softball Coach Nathan Trujillo.

The Rough Riders made history a year ago when they qualified for Western Junior College Athletic Conference playoffs. It was the first time a team from Luna Community

College had advanced to post-season play.



Luna Community College's Coat Drive generated over 140 items. Pictured (l-r) are: LCC Senator Sharon DeSanto, LCC Student Government Advisor Dawna Ortega-Gallegos, LCC Senator Frederick Romero, LCC Advisor Amanda Ortiz and LCC Student Government President Victor Ramirez.

On Saturday, Nov. 16, Early Educators from northern New Mexico united to advocate for a permanent funding solution to early childhood education through a state constitutional amendment. Approximately 30 participants attended the advocacy training as well as the continuing education training for early childhood professionals. The event was very successful and participants were able to acquire six hours of training.



Luna Community College student Manuel Chavez from Mora signs a Commit to Complete poster last Thursday. The graduation initiative is sponsored by Phi Theta Kappa. Martinez is a criminal justice major.



LCC to host traditional “La Noche de las Luminarias”

Continuing more than a decade-long tradition, Luna Community College will host “La Noche de las Luminarias” from 6 to 10 p.m. on Saturday, Dec. 7.

The public will get to view several thousand luminarias as well as many building displays around campus. “La Noche de las Luminarias” is designed for motorists to tour the campus with a predetermined route beginning at the top gates. Individuals that want to see the display on foot are also welcome.

Luna Community College has worked in conjunction with the Las Vegas Light Parade which will also take place that evening,

giving community members the opportunity to see both events.

Anyone wishing to volunteer with set up and lighting of the luminarias is welcome to meet at the Luna Community College Student Services building at 4:30 p.m. on Saturday, Dec. 7.

“La Noche de las Luminarias” is a free event; however, non-perishable food items will be accepted at the top gate and given to a local charity.

Luna Community College is located at 366 Luna Dr. north of Hot Springs Blvd.

Springer Satellite's Thanksgiving Meal

By Louise Portillos

LCC Springer Satellite Director

LCC-Springer Satellite had their annual Thanksgiving luncheon on Wednesday, Nov. 20 which included staff, students and guests. This has become a special tradition for the past 30 years at the Springer Satellite. Every year we look forward to this event.

There were 30 people in attendance to enjoy this delicious

meal. It is always nice to sit down and socialize with one another outside of the classroom. There was plenty of good food to eat and everyone had an outstanding time.

On behalf of the LCC-Springer Satellite staff and students, we would like to wish everyone a BLESSED THANKSGIVING! We have so much to be thankful for!



Reva Sandoval and son, Sergio waiting to eat.

LCC Board of Trustee David Gutierrez (cap and mustache), eating and visiting with students.

Students and staff enjoying their delicious meal.



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Luna
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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



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cost to registrants is the standard text messaging costs in accordance with
your chosen carrier's calling plan.

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Be Thankful

“Change has come to Luna”

By Pete Campos/LCC President

We have so much to be thankful for here at Luna Community College. For example: Employees care about the future of our college and go the extra mile to make sure compliance paperwork is complete and submitted to the appropriate agencies on time and Students who are serving in government or extra-curricular organizations are providing activities for their peers and advocating for their well-being. *We truly care about each other!* As John Fitzgerald Kennedy, 35th President of the United States, said, “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

Our college is a place where new friends are made, longtime friendships become stronger and a safe and comfortable environment

grows. *I value every student and employee!* We have a campus that is beautiful, clean and our home away from home. *Our first day on campus may have been awkward but as we began the routine to attend class or work we’ve all realized this is a good place to be.*

The past five and half years have gone by really quick for me here at Luna because I’ve enjoyed my job! I’ve seen hundreds graduate. I’ve met up with many of our graduates at their own job sites in other communities. Our graduates and former students are working, continuing with their education and moving forward.

We, as employees, have influenced and been a part of so many student lives! We have also shared our own life experiences with each other as Luna employees. We’ve consoled each other during the loss of family and friends, supported employees and students when they or their family members have made a comeback from serious illness, celebrated with each other during special occasions and wished colleagues well as they retired or moved on to other jobs. President John Fitzgerald Kennedy said, “Let us never negotiate out of fear. But let us never fear to negotiate.”

We’ve been asked by parents (many who are our friends) to take care of their children while they’re here at Luna, we’ve enthusiastically authored letters of recommendation so others would have essential endorsements to secure their next level career goals and we’ve enjoyed meals and conversations together sharing our life experiences and even joking a little with each other. President John Fitzgerald Kennedy said, “The human mind is our fundamental resource.”

Many of life’s emotional moments that have happened here at

Luna will never be replaced and will always be remembered! Take a moment and think about your treasured experiences. Was it when you finished your first metal or wood project, completed your first term paper or just enjoyed a simple conversation with a colleague?

This Thanksgiving is a time to be grateful for our time here at Luna and to reflect upon the many memorable changes in our lives because of our choice to be here. *I wouldn’t trade this wonderful experience for anything in the world and will do everything possible to make this college better. I am confident you will too!*

President John Fitzgerald Kennedy said, “For in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children’s futures. And we are all mortal.”

This Thanksgiving is a time to be grateful for our time here at Luna and to reflect upon the many memorable changes in our lives because of our choice to be here. *I wouldn’t trade this wonderful experience for anything in the world and will do everything possible to make this college better.* I am confident you will too! President John Fitzgerald Kennedy said, “Once you say you’re going to settle for second, that’s what happens to you in life.”

May you and your family enjoy this Thanksgiving. Take time to rest, remember the good times and create new fond memories. I hope you will take, **as I always will**, the road less traveled and make all the positive difference – so others will benefit! I am confident our precious Luna family memories will be branded in our minds forever!

Tip of the week:

Reflect on the past and make a better future

Thanksgiving at LCC



Clockwise: Representatives from El Centro Family Health Centers, Las Vegas office provided New Mexico Health Insurance Exchange and N.M. Centennial Care information to Luna Community students, faculty and staff during the Annual LCC Thanksgiving Luncheon. Pictured are LCC student and Student Nursing Association Member Jane Montano along with El Centro Family Health Care Center employees Priscilla Ulibarri and Mary Ann Garcia; LCC welding student Tomas Gutierrez; LCC nursing student MaRian Gabaldon; students, faculty and staff enjoy Thanksgiving lunch and LCC Physics Professor Elizabeth Juarros. LCC Rough Rider Grill Manager Paul Sandoval said that they served approximately 450 people that day.



“The
People’s College”



Dear Families and Friends,

In honor of Veterans Day, our classroom is creating a care package to send to United States soldiers. The items are for the "Seasonal Sights, Sounds, and Sweets Drive" sponsored by the organization Give 2 the Troops.

Veterans Day is a wonderful opportunity to discuss any role the military has played in your family and to honor the role of our Veterans and current troops.

Please consider donating items to our troops. If you could also include a dollar or two for shipping costs, it would be greatly appreciated. Any money not needed to send our package will be donated to Give 2 the Troops for overseas shipping costs.

Please return items by _____.

Thank you greatly for your time and generosity.

Sincerely,

For more information,
contact Nick Trujillo at
Wagon Mound Schools
505/666-3050



Suggested Items:

Sights:

Movies – New or good condition. Comedy or holiday is suggested. No war/violent themes.

Package of blank holiday cards for soldiers to send home.

Felt Christmas stockings

New, non-breakable Christmas ornaments

Artificial wreaths or tabletop trees

Christmas lights, flameless candles

Small, fleece blankets

Small Hanukkah Menorah

Wrapping paper and bows (no tubes of wrapping paper) – for troops to send home presents

Stocking stuffers – Chapstick, small games (cards, brain teasers), hand/toe warmers

Sounds:

CD's – New or good condition. Holiday music recommended

Sweets: All prepackaged
Holiday themed candy
Lifesavers
Candy canes
Gingerbread decorating kits
Chocolate kisses
Peanut brittle
Peanuts

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School of Business

For Information
Contact:

Amanda Lucero
School of Business
505-454-2557
alucero@luna.edu

Register Now for Spring 2014 Courses

Acct 200 Accounting Principles I
Acct 201 Accounting Principles II
Acct 210 Managerial Accounting

BUS 105 Introduction to Business
BUS 120 Principles of Finance

CSA 150 Computer Fundamentals
CSA 242 Web Design

ECON 209 Principles of Microeconomics

MGMT 207 Principles of Management
MTMT 211 Business Ethics
MKT 209 Principles of Marketing