

# The Luna Light



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

Volume 4 Issue 37

September 26-October 2, 2011

## Henry Sanchez: friendly and nice

*The following tribute was written by Jesse Gallegos who read this during The Luna Community College Half Hour Radio show on Wednesday, Sept. 21. Sanchez was a part-time instructor in sports performance at LCC*

I was walking through The Luna Community College Campus at noon today and one student asked me if I had heard about Mayor Henry Sanchez’ death. He didn’t know that I was close to Coach Sanchez. And he went on to ask if I knew the man.

I played it off a little and said I did without giving him too much detail. He went on to tell me that Coach Sanchez was nice and friendly. And that he was one of the first people he met when he moved to Las Vegas. I told him yeah, coach was nice and friendly.

As I was planning to write this editorial for this show I wasn’t sure what adjectives I was going to use. Nice and friendly are probably as good as any. That seems to be what may fit

Coach Sanchez the best. And these aren’t my words. These are words coming from a stranger; a student that most people probably don’t know. There isn’t anything special about this student that would make him stand out—I don’t think he has political influence or a lot of money. He’s probably someone that most of us meet up with on the street and wouldn’t say a word to. Obviously Henry Sanchez did. Even if it was just a few words, Coach Sanchez must have made a positive impression on him—just like he did to most of us.

Like it or not, Henry Sanchez had rock-star type status. Everyone knew who he was when he walked into a room. And although most of us may believe he had this type of status because of his 700 wins or because of his highly successful, yet short political career. Perhaps now that I think about it, it may have been because he was genuine. It may come down to the simple fact that Coach Sanchez was nice



**Henry O. Sanchez**  
June 26, 1937-Sept. 19, 2011

and friendly.

Two simple words in the English language—but two words that Henry Sanchez took seriously day in and day out. What can you say about a man that has his resume full of accomplishments—National High School Coach of Year—Keep in mind ladies and gentlemen that this is national, he wasn’t just competing against Pojoaque, Raton, Portales or Las Cruces High. He got this award over other coaches in Utah, Arizona, New York, California and Minnesota. Aside from being a great coach he was a great ambassador not only for his profession, but more importantly he was a great ambassador for mankind. I remember one day in 1996 walking into a restaurant in Denver. We were getting ready to play Colorado Christian the next day. Well guess what, the waitress at the time kept passing us by. But to truly understand this, you have to understand a little of the journey. Above his historical wins and countless

trophies, Henry Sanchez is a humanitarian. He recruited the best player he could—the majority of them were minorities. That particular year, Highlands had several Hispanic players, black players, white players a Native American and one Korean on the team.

Back to the restaurant story. Henry Sanchez politely asked to speak with the manager. The manager came out and apologized. He offered to give us a free dinner. Coach Sanchez refused, asking for his players only to be treated with dignity like everyone else. Everyone ate that night and guess what Coach Sanchez left the waitress that had earlier refused us service, a generous tip. Coach Sanchez smiled and we left the restaurant without incident.

**Continued on page 2**

# Henry Sanchez...

Continued from page 1

Someone told me yesterday that he was especially nice on Monday morning. Maybe he knew something we didn't. In my 25 year association with Coach Sanchez, one thing I noticed is that he grew closer to God as time went on. Material things didn't matter to him. At the end he wanted one last victory and that victory was to go to heaven. And I must say I think he is 1-0 in this category.

Aside from his daughter Janine his grand-

daughter Kelsey, his son Darren and his father Tony, one of the things he wanted to make sure was taken care of was the Love Your Neighbor Fund which essentially helps out the people that need help in this community by keeping warm during the winter months.

I personally saw him donate thousands of dollars and hours to this cause. In my heart, this would be one thing Coach Sanchez would like Las Vegans to continue. And in my heart I know that it may be more successful now than

ever.

What can I say, I along with many thousands of people will miss him—not because he was a great coach or politician, but like a student at Luna Community College told me a couple of hours ago—it may just be because he was nice and friendly.

**For more on Henry Sanchez, see page 4 and 5.**

## LCC President Dr. Pete Campos on Henry Sanchez

“Coach/Mayor Henry O. Sanchez: A great and loving leader, friend and unselfish person has departed our earthly midst. I know he is at peace and home with Our Lord. I remain confident that his endless contributions here on earth will remain timeless and benefit generations to come. May we continue to love, serve and care for each other – now and forever.”



**Shirley Marlow is the new Luna Community College Humanities Director. Marlow takes over for Rand Kennedy who resigned in late summer. Marlow most recently was LCC's Bridging Careers for Success Coordinator.**

## LCC: “The People’s College”

### Jesse's quick hits

Remember to smile a few times a day. I hope this helps—Jesse

What's a giraffe's favorite food?:  
*Neck-terine*

Who won the giraffes' race?  
*No one really knows, it was neck and neck.*

Why aren't giraffes allowed to drive cars?  
*Because they create giraffic jams.*

# Wanda Martinez has solid vision for LCC Mora Site

By Wanda Martinez  
LCC Mora Site Director

My vision for the Mora Site has always been two-fold: provide the students an opportunity to continue their education, whether it is college courses or receiving their GED, without having to travel to main campus; and provide the community accessible public services. Though it will always be an on-going process, I believe every semester proves to be successful.

Currently for the fall semester, we are offering twelve courses on site, either live or receiving them from main campus or from our other satellites through ITV. We also have many students taking advantage of our online courses thanks to the computer lab from Title V. You can pass by our site on any given day or night and you will see, more often than not, a "full house." This indeed confirms that we are doing our part in providing extended services from main campus to our community.

Even more exciting for us is the number of high school students who have realized the importance of getting a jump start on their higher education. Franklin Delano Roosevelt once stated, "*We cannot always build the future for our youth, but we can build our youth for the future.*" I



Wanda Martinez

believe we, at Luna Community College, are doing just that for them because out of 60 eligible high school students, 40 are currently registered for courses.

This is huge! They are either taking dual-credit courses during the day or con-current courses after school. Just like the many individuals juggling family, jobs, and education, they too are earning high school credits, participating in extra-curricular activities and/or working part-time and taking college courses. Not only are they receiving their education, they are indirectly preparing themselves in life/time management skills.

I would like to extend my gratitude to the Mora High School staff, most especially Mrs. Vigil and Mr. Chavez, for assisting in the registration process, allowing the presence of LCC on a daily basis and for sharing my vision for "their" students. Also, these achievements could not be possible without the positive support and guidance from the many offices of main campus, especially student services and the other satellites: Springer and Santa Rosa. **Thank you every single one for all you do!**

Our journey has just begun...

Luna Community College Student Nurses Association recently had a meeting. Pictured (l-r) are: Beau Fernandez, Alicia Romero, Kathryn Regensburg, Stacy Cordova, Danielle Archuleta Jessica Peters, Ruth Rosenbaker and Ben Casey.



# The life and times of Henry Sanchez





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Pictured clockwise (starting on page 4): Henry Sanchez with his daughter Janine and granddaughter Kelsi; Sanchez on the campaign trail with presidential candidate John Kerry; Sanchez agonizing during a coaching moment at Bernalillo High; Sanchez with his son Darren and his father Tony; (page 5) Coach Sanchez with his 1989 Highlands Basketball Team; Sanchez preparing to teach a sports performance class in 2010 at Luna Community College; Sanchez and his Robertson team winning the 1998 Stu Clark Tourney; Sanchez pacing the sidelines at Spartan Alley and Sanchez with his college coach Rudy Cordova and teammate Candido Garcia at St. Josephs College in 1956.



# Exercise and Wellness Kickbox & Step Combo

October 17 -- December 9  
(M, T, & W)

1:00 -- 2:15 pm  
8 week course

**LCC Wellness Center**

**Fee \$41.00**  
**8 week-course**  
**Exercise & Wellness**

- Cardiovascular machines
- Cardio-conditioning equipment
- Free weights
- Boxing equipment
- Exercise balls
- Toning & abdominal equipment
- Wellness staff available

**Last day to enroll, October 21st**  
**(LCC Registrar's Office)**

Wellness Center 505-425-8767

Registrar's Office 505-454-5314





**MONTANAS del NORTE - AHEC  
MANAGE YOUR CHRONIC DISEASE  
(MyCD) PROGRAM**



**Put Life Back in Your Life**

**FREE LEADER TRAINING**

**Dates**

Oct 6, 7 and  
13, 14, 2011

**Time**

7:30-3:30 PM  
(each day)

**Location**

The Family YMCA  
1450 Iris Street  
Los Alamos, NM 87544

**To Register Contact**

Bernadine Medina, BSW,  
LSAA

MyCD Coordinator  
505-454-5350

Fax: 505-454-5326  
bmedina@luna.edu

Or  
Melanie Chapman,  
The Family YMCA  
Wellness Director  
505-662-3100  
mchapman@laymca.org  
Fax: 505-662-7505

**Registration Deadline**

Oct 3, 2011

**Presenters:**

MyCD Master Trainers:  
Sister June Fisher &  
Bernadine Medina

**What is the MyCD Program?**

(Also known as Stanford University's Chronic Disease Self-Management Program) is a community workshop that teaches people with different chronic health conditions like arthritis, diabetes, lung, and heart disease how to better manage their condition and lead a healthier lifestyle.

**What are the characteristics of a Leader?**

- Enthusiasm for and commitment to the MyCD Program.
- Must be non judgmental, a good listener, and comfortable facilitating groups.
- May or may not be a health professional or retired health professional.
- Best if Leader has a chronic condition or has been a caregiver for someone with a chronic condition.
- Ability to lead the full six (6) workshop sessions (2.5 hours per session) plus travel and preparation time.

**What is expected of Leaders?**

- Must attend all four days of training to be certified to teach MyCD workshops.
- Agree to facilitate at least two (2) MyCD workshops within one year of completing training.
- Responsible for monitoring and reporting attendance of participants and collecting participant survey packets from participants.
- Present MyCD Program curriculum exactly as instructed in Leader training.
- Assist MyCD partners in identifying opportunities for participants and host site recruitment.

**What are the benefits of becoming a Leader?**

- Leader trainings and materials are provided free of charge.
- Certification to provide an evidence-based self-management program that has been proven to improve the quality of life of older adults with chronic health conditions.
- Learn proven methods to apply to other areas of your practice.
- Improve leadership/group facilitation skills.
- 12.2 SW/Counseling CEU's

**\*This training is FREE      \*Registration is required**



Funding for these trainings provided through the Department of Health and Human Services Administration on Aging Cooperative Agreement 90RA0036/01

**Weekly  
Activities**

Monday, September 26, 2011

■ 5:00 p.m. – 9:00 p.m. DWI Class (General Studies/102B)

Tuesday, September 27, 2011

■ 8:30 a.m. – 3:00 p.m. NM State Mandated Training/ Sponsored: Citizens for Developmentally Disabled (LRC/ Lecture Hall)

Wednesday, September 28, 2011

■ No Activities Scheduled Thursday, September 29, 2011

■ 8:00 a.m. – 4:00 p.m. NM State Mandated Training/ Sponsored: Citizens for Developmentally Disabled (LRC/ Lecture Hall)

■ 12:00 p.m. – 1:00 p.m. Congressman Ben Ray Lujan "Office Hours" (Mora Site/ Library)

■ 6:00 p.m. – 8:00 p.m. Attaining Success in Life Class/ Community Ed. Class (IPC/ Cafeteria)

Friday, September 30, 2011

■ 7:30 a.m. – 4:00 p.m. Public Health Workshop/ Spons:AHEC (Stud. Srvs/ Conf.Rm)

Saturday, October 1, 2011

■ 8:00 a.m. – 5:00 p.m. Back to School Parent Institute Workshops Sponsored: Northeast Regional Educ. Cooperative (General Studies – Rooms: 102-B, 103, 104, 108, 109, 110, 111, 112, IPC/ Café, Culinary Arts Classroom, and Allied Health – Rooms 11 & 9)

9:00 a.m. – 12:00 p.m. CDSMP Community Workshop (Student Serv./Conf. Room)

**LCC:**

**"The People's College"**

