

The Luna Light



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

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October 12-October 18



Luna Community College environmental science and biology students recently toured the Las Vegas Wildlife Refuge with instructor Angie Manafy. The students were first provided a film on wildlife and then taken on a bus tour where they made several stops and got to see several species of birds.

Seasonal influenza information

Influenza, also known as the flu, is transmitted from person to person through sneezes, coughs and touching with hands that were sneezed or coughed into without being washed afterwards.

SYMPTOMS OF INFLUENZA INCLUDE:

- abrupt onset of fever; muscle pain; headache; extreme tiredness; dry cough; sore throat; runny or stuffy nose and nausea; vomiting and diarrhea (more common in children than adults).

Influenza is usually a relatively mild disease in healthy adults and older children, but it can be serious in the elderly and very young, pregnant women, and those with chronic illnesses or other health problems. People in these high-risk groups should be vaccinated every year against influenza. Health care workers and others who live with or care for high-risk individuals also should be vaccinated yearly.

Who should get vaccinated this season?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended by CDC and the Advisory Committee on Immunization Practices (ACIP) that certain people should get vaccinated each year. Most of these people are recommended for vaccination because they are at high risk of having serious flu

complications or they live with or care for people at high risk for serious complications.

People recommended for seasonal influenza vaccination during the 2009-10 season remain the same as the previous season:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

The following information was obtained from the N.M. Department of Health and Centers for Disease Control Websites and sent through the LCC AHEC Office.

LCC: “The People’s College”

Ben Crespin has nothing negative to say about Luna Community College



Ben Crespin says he likes the friendly faculty and the responsibility of students.

Name: Benjamin J. Crespin
Position: Academic Coach/Educational Advisor
How many years at LCC (what year did you start)? 6 months Employed on April 1, 2009
Favorite food and why? Chicken Enchiladas
Favorite hobby and why? Mountain steam fishing. I enjoy this sport because you are able to walk, relax and enjoy the mountains.
Favorite TV show and why? *CSI*. I enjoy how they proceed in apprehending the suspect. It is interesting how the advancement of forensic science has assisted in solving the crime.
Where would you like to see yourself five years from now? Traveling, visiting family in New Mexico and California, spending more time with relatives and visiting other states and a few countries.
What do you like best about LCC? The friendly faculty, students are responsible and the majority completes their school work and assignments. Also, you never hear of fights, graffiti on the walls.
What do you like least about LCC and what would you offer as a solution? I have nothing negative to report.
What is your greatest strength? I enjoy helping students by assigning them to a tutor or a supplemental instructor when they are having difficulties in the STEM Program. My interpersonal relationship with each student. I also enjoy helping students succeed and getting a degree and finding gainful employment.

In support of Dr. Campos, Luna Community College

Dr. Pete Campos, like many college presidents, are constantly under the public eye. Several people point out that in addition to him being president of a college he is also a state senator. Some don't like this.

The Luna Light Editorial Board would like to publicly show support for our president.

We believe that it is an advantage for Luna Community College to have Dr. Campos as a state senator (a veteran one at that). The fact that Dr. Campos has first-hand information about the state can only help our college and our service area (northeastern New Mexico), especially during these tough economic times. It is vital that he continue to seek funds for

Luna Community College and the college's service area.

But it doesn't start and stop there. Dr. Campos is constantly providing leadership here at Luna Community College. During his tenure in the state senate (a member since 1991) he has gained valuable experience that he applies to better student services.

Keep in mind that the public is fully aware of his role as an educator and public servant. He has prepared himself to multi-task throughout his career.

Now more than ever it is important for all of us not to pull each other apart during these tough times. When there is support amongst

each other, we can better eliminate obstacles that can stifle our productivity.

Here is an example of Dr. Campos' work ethic recently: Over the course of the last week or so, he has met with New Mexico Secretary of Corrections Joe Williams, New Mexico Film Office Director Lisa Strout, New Mexico Capital Projects Chair Gerald Burke in an effort to enhance Luna Community College. And he still finds the time to share inspirational messages to our youth in the community. This week, for example, he is scheduled to speak to a mid-school volleyball team that recently went undefeated. The end result lies in success for our students.



Are you creative? Do you like working with your hands? The Luna Community College Trades Department continues to offer Introduction to Furniture and Cabinet-Making every semester. Pictured from left to right are student Leroy Montoya, Pablo Montoya (Instructor) and students Larry Callahan, John Ortiz and Enrique Martinez. Spring semester begins Jan. 10, 2010. For further information, please call 454-2530 or visit our website at www.luna.edu.

Recruiting activities

Sunday, Oct. 11 – RMACAC College Fair, Alb. Convention Center, 11 a.m.

Monday, Oct. 12 – 8-week session begins.

Tuesday, Oct. 13 – Santa Fe CC College Night, 6-9 p.m.

Wednesday, Oct. 14– KFUN Radio, 8 a.m.

Thursday, Oct. 15– Santa Fe Indian School Career Day, 9 a.m.-noon; Jemez Valley Career Fair, 6-8 p.m.

Friday, Oct. 16 – Valley Middle School Fall Festival, 8 a.m.-2:30 p.m.; school visit-Pojoaque HS, 9 a.m..

Saturday, Oct. 17 –no activities planned.

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Ever thought of trying your skills with welding? Now you can by enrolling at Luna Community College whether it is for gaining knowledge with basic skills or obtaining a full certification with the AWS (American Welders Society). Pictured is Gene Salazar who is welding a cattle panel gate. LCC's welding instructors are Gilbert Martinez and Arthur Arguello. For further information, please call 454-2530 or visit our website at www.luna.edu.



A closer look at El Valle



Lola Flores of Villanueva turned 99 last week. Her advice to the youth: "Get involved in your community, obey your parents and get a job. If you're working, you stay out of trouble." Flores is believed to be the eldest living resident in the El Valle area.



This picture is of Lola Flores and her husband Tobias. Lola was 21 at the time.



Ristras of chile are a common sight in people's porches in El Valle.

The Pecos River runs throughout the El Valle area. It originates in the Sangre de Cristo Mountain Range and runs through several cities including Santa Rosa and Roswell. It eventually ends up in the Gulf of Mexico.



This photo shows the picturesque scenery overseeing part of the valley. Here you can see homes, mountains and irrigated lands.



Editors Note: This is the second in a series of community sections that will appear in The Luna Light.

Valley Middle School volleyball team goes undefeated for the first time in school history



Pictured left to right are Assistant Coach Sara Cordova, Megan Sandoval, Jetta Rubio, Mari Romero, Briana Gutierrez, Arianna Nailor, Sheray Hill, Faith Gonzales, Jayde Rubio, Deborah Gonzales, Marissa Bishop, Maricela Lopez, Kayla Gallegos, and Head Coach Marina Salazar. Not pictured is Morgan Villanueva. This team went 14-0.

Thirteen middle school student-athletes from Sena, Bernal, Ribera, Gonzales Ranch, Curuco, Villanueva, San Jose and Ancon did what many thought was unthinkable this past volleyball season—going undefeated—winning 14 consecutive games for the Valley Middle School Roadrunners.

The undefeated season is believed to be the first in girls' sports history at Valley Middle School. In fact, it is also believed it is the first ever sport in the 41-year history of the school to go undefeated since a Marvin Madrid-led team went undefeated in 1980. That team, basketball, was coached by Albert I. Gonzales.

"It is definitely the first team that has gone undefeated since I've been here," said longtime physical education instructor and coach Mike Marrujo. "I've been here 21 years. This team just played well together."

What makes this accomplishment special may very well be that when people talk about Valley athletics, usually the talk is about boys basketball, which as many people not only in the area but across the entire northeastern part of the state know, has produced some of the finest players around.

"This is special to all of us," said Jetta Rubio, the smallest of all her teammates at 3-11. "This is my first year in volleyball and to go undefeated is just special."

Fourteen games in a row may seem like a small step to some, but for these young ladies, it's a gigantic step in what could very well be a special journey.

"Maybe we can all get scholarships one day," says Deborah Gonzales.

"It was a fun and exciting experience this season," says Sheray Hill. Marissa Bishop says that athletics wasn't necessarily the priority over the last three months.

"Even though we would get home late every night, we would all get up and come to school and do our best. We did our homework," said Bishop.

Valley principal Becky Gallegos concurred.

"If they would not meet the criteria, they wouldn't play," said Gallegos. "We are all so proud of these girls and this school."

Behind good teams are great coaches, says Adrianna Nailor.

"Our coaches gave us inspiration every day," says Nailor.

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Valley Middle School...

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Teammate Briana Gutierrez agreed.

“We had good communication on the court,” said Briana Gutierrez. “We would call for the ball and get it over the net with three hits.”

Teamwork and chemistry are also vital ingredients on a winning team.

“We worked together as a team,” said Gutierrez.

It’s also easier when you love the game you play.

“We all like volleyball,” said Faith Gonzales. “Volleyball is an active sport and a lot of fun. In the scale of 1-10, I say volleyball is a 10.”

Megan Sandoval said that the team was constantly reminded about the importance of athletics.

“The principal was always telling us whether we win or lose, we carry Roadrunner pride with us,” said Sandoval.

Mari Romero said she still can’t believe the season they had.

“I knew we were going to be good, but to go undefeated is just awesome,” said Romero.

Maricela Lopez said that parents and other well wishers served as an inspiration as well.

“When people come out to watch us it encouraged us,” said Lopez. “I want to thank everyone that supported us.”



This scoreboard at Valley Gymnasium shows the record of the Valley Middle School Volleyball Team.

Jayde Rubio said that when they began practice a few months, she knew her team was going to be good, but not have a perfect season.

“After our first win, I kind of thought we had a chance to be real good,” said Rubio.

Kayla Gallegos summed it up in one word—pride.

“I’m proud of everyone, the players, the coaches, the teachers, the entire school. But we’re not just good in sports, we’re good in academics too,” said Gallegos.

When asked what their goals were, answers of oceanography, forensic scientist, teaching, doctor, nurse and animal cop filled the air.

“These kids have a lot of natural talent. They came to practice every day with a good attitude. I hope that this year’s success can carry over to other sports and to future teams,” said head coach Marina Salazar.

Assistant Coach Sara Cordova was also very joyous.

“These girls are great. They gave everything they had,” said Cordova.

Weekly Activities

Monday, Oct. 12, 2009

- 8:00 a.m. – 5:00 p.m. Crisis Intervention Training/ Social Workers/Spons:AHEC (Student Services/Conference Room)
- 5:00 p.m. – 9:00 p.m. D.W.I. Class (General Studies/ Room 102-B)

Tuesday, Oct. 13, 2009

- 8:00 a.m. – 5:00 p.m. President’s Meeting (Allied Health/LO-1/Auditorium)
- 10:00 a.m. – 12:00 p.m. Ayudantes Coalition Mtg./Spons: AHEC(StudServ/Conf Rm)
- 7:30 p.m. – 9:00 p.m. Study Hall – LCC Softball (General Studies/Room 112)

Wednesday, Oct. 14, 2009

- 9:00 a.m. – 5:00 p.m. Grant Writing Training/Spons: SBDC (Stud. Serv/Conf. Rm)

- 9:30 a.m. – 5:00 p.m. CDD (LRC/Lecture Hall)
- 4:00 p.m. – 6:00 p.m. Mtg.Spons:C.Y.F.D.(Springer Site/Admn)
- 5:30 p.m. – 7:00 p.m.

Thursday, Oct. 15, 2009

- 9:00 a.m. – 5:00 p.m. SBDC (Stud. Serv/Conf. Rm)
- 6:00 p.m. – 9:30 p.m. Meeting(Technologies/126B)

Friday, Oct. 16, 2009

- 1:00 p.m. – 3:00 p.m. Mtg. (Mora Site/Admn.)

Saturday, Oct. 17, 2009

- 8:00 a.m. – 1:00 p.m. Center /N7&3)

Pre-Service Training/Spons:

Town Community

Line Dance Class (IPC/Cafe)

Grant Writing Training/Spons:

Monthly Water Board Advisory

Santa Fe Civic Housing Authority

C.N.A. Testing (Allied Health

Appreciating our success at LCC

It's a result of doing the right thing, always trying and experiencing disappointments

By Dr. Pete Campos

Throughout the years, particularly the past year, I have heard it said over and over by those who govern at the state and educational levels that, "we must help ourselves, before we can expect additional government financial support for such initiatives as new educational programs, state operated services and public buildings." My response has consistently been; we are an area of the state whose taxpayers cannot afford to provide per capita user fee and property tax support levels equivalent to some other parts of the state. A common response has been, "how do you know if you haven't tried"? Well, we have tried by presenting a bond question to the people of the service area and outlining a reasonable outreach program to ensure educational offerings would be made available within our assessment district with educational and financial services to include areas like Raton, Pecos, Cimarron and Vaughn - if the residents of these communities choose to present a question to add them to our official assessment area. Additionally, we sought the authority to plan for an academy that would address the issue of educating high school drop-outs in our service area. This would have provided an infusion of \$1.4 million per year plus \$1.8 million to renovate one of our facilities for a five year amount of \$8.8 million. These funds would have come from specifically designated line-items and in addition to current educational funds coming into the area. These initiatives were led by various and dedicated leaders at Luna Community College, and although not approved, brought important attention to our growing need for additional specialized educational services and facilities within our service area.

Our journey towards educational success is not over! We will con-

tinue to give Luna Community College our best. Like President Barack Obama and his wife, Michelle, who made a valiant attempt to convince the world to hold the 2016 Olympics in Chicago, we at Luna Community College will continue to advocate for the best educational setting and programs so students who choose us as their educational provider will be optimally served. We are doing all that we can to provide the students we serve the best educational preparation possible.

Look at some of this year's accomplishments: 1] Higher Education Department (HED) approval of 13 new academic programs, 2] a significant across-the-board move towards more certified academic and vocational programs that will lead to better paying jobs for those who successfully complete their programs of study, 3] focusing more on student services like tutoring, counseling and career guidance, 4] developing strong relationships with state agencies, educational institutions and private sector entities to best provide for student needs and their ultimate career success, 5] aligning college policies with daily practices, 6] providing a rigorous and top-notch General Equivalency Diploma (GED) program to those who do not have a high school degree so they may continue with their career pathways towards the military, job entry and advancement levels and post secondary education, 7] the list goes on-and-on thanks to the students, their parents, Board of Trustees, administration, faculty, staff and constituency of our service area.

Your help is needed to pass along this positive message within our service area. *Our success and destiny depends on how much we believe in ourselves and to what extent we are willing to sacrifice so our students will be prepared for and enjoy a future with options.*



Several students from Coronado High toured Luna Community College last week. Pictured are: **Bruce Calandro, bus driver; Louis Martinez, counselor; Angela Schmitz, student; Katherine Trujillo, student; Angelica Fernandez, student; Brianna Cundiff, student; Rachael Chacon, student and Jeff Thompson, LCC instructor.**

LCC:
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Halloween recipes

Spice Pumpkin Cake

This wonderfully moist cake has pumpkin, crunchy nuts and a creamy vanilla icing. Enjoy the warm and spicy aroma as you apply your own decorative touches.

Ingredients:

- 1 pkg Duncan Hines® Moist Deluxe® Spice Cake Mix
- 2 large eggs
- 1 cup water
- 1 cup canned pumpkin
- 1 cup chopped nuts
- 2 tubs Duncan Hines® Creamy Home-Style Classic Vanilla

Frosting

- green, red and yellow food coloring
- 1 flat bottom ice cream cone

Baking Instructions:

Preheat oven to 350°F. Grease and flour 10-inch Bundt pan. Combine cake mix, eggs, water and pumpkin in large bowl. Beat at medium speed with electric mixer for 2 minutes. Stir in nuts. Pour into pan.

Bake 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 25 minutes. Invert onto serving plate. Cool completely.

Measure 1/4 cup frosting into small bowl. Tint with green food coloring. Place ice cream cone upside down on waxed paper. Frost with green frosting. Refrigerate.

Tint remaining frosting with red and yellow food coloring until frosting is desired orange color. Measure 3 tablespoons orange frosting in small bowl; add green food coloring to brown frosting.

Frost cake with orange frosting. Make eyes, mouth and nose with brown frosting as desired on pumpkin. Place green frosted ice cream cone in center hole of cake for stem—
Margaret Leyba

Bizarre Brain Pate

1 (10 3/4-ounce) can cream of mushroom soup
8 ounces Philadelphia cream cheese, softened
1 (.25-ounce) envelope unflavored gelatin, softened in 1/4 cup water
1 bunch green onions, chopped
3 pounds cooked shrimp, coarsely chopped or finely chopped in food processor
(or 1 pound crab meat)
1 cup mayonnaise
1 Tablespoon lemon juice
Tabasco or creole seasoning to taste
Heat soup, undiluted, and mix in the cream cheese. Stir in softened gelatin and blend well. Fold in remaining ingredients and pour into a lightly-oiled brain mold. Chill until firm and serve with your favorite crackers.—Maria Paiz

Deviled Short Ribs

Serves 8

12 Pounds beef short ribs, about 16 pieces

Salt and freshly ground pepper

4 medium carrots, peeled and sliced

4 ribs celery, sliced

2 large yellow onions, quartered

12 cloves garlic, smashed

2 bay leaves

2 sprigs fresh rosemary or 1 tsp. dried

5 c. chicken broth

2/3 c. red wine vinegar

Coating:

2/3 c. dry mustard

2/3 c. honey

2 T. water

1/2 t. salt

10 oz. sourdough bread, crusts removed and torn into large chunks

4 cloves garlic, minced

6 T. extra virgin olive oil

1/4 c. chopped fresh parsley or 2 T. dried parsley flakes

1/2 t. salt

Freshly ground black pepper

Preheat oven to 325°F. Lay the short ribs meaty side up on a large roasting pan and season with salt and pepper. Scatter the carrots, celery, onion, garlic, bay leaves and rosemary around the ribs. In a separate pot, bring the chicken broth and vinegar to a boil. Add the broth mixture to the roasting pan with the ribs. Cover with foil or parchment paper and place in oven. Cook until the meat is fork-tender, about 2-3 hours. Remove from the oven and allow the ribs to cool down in the liquid, about 30 minutes. Meanwhile, turn the oven up to 450°F.

While liquid is cooling, prepare the coating. Whisk the mustard, honey, water and 1/2 tsp. of salt together. In the bowl of a food processor, pulse the bread to make coarse bread crumbs. Add the garlic, parsley, olive oil, additional 1/2 t. salt and pepper. Pulse briefly to combine. Transfer the bread mixture to a shallow bowl.

Remove the ribs from the braising liquid and pat dry. Brush the meaty side of each rib with some of the mustard-honey mixture. Next, press this side of the ribs into the bread crumb mixture to coat well. Arrange the ribs on a baking sheet and roast until the bread crumbs are brown and crisp, 20-25 minutes. Serve the ribs hot.—
Laurie Carillo

Editor's note: more recipes will be printed next week.