

The Luna Light



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

Volume 4 Issue 1

January 10-16, 2011

Bernadine Medina joins LCC



Bernadine Medina

I’m pleased to be working at Luna Community College as the new Chronic Disease Self Management Program Coordinator and would like to introduce myself to everyone.

In the near future, you’ll be hearing from me regarding upcoming CDSMP classes that will be offered in Las Vegas. Look for our schedule on the LCC Website.

I was born and raised in Cheyenne, Wyo. I moved to Las Vegas and have lived here since 1993. I graduated from NMHU with a bachelors degree in social work 1998 and also hold a Substance Abuse Counseling License (LSAA) with the state of New Mexico.

Both my degrees have presented various behavioral health job opportunities to include: individual/group substance abuse counseling, individual/group Batterers Intervention Program (BIP), supervised child access/visitation program, child abuse investigations, case management, DWI needs assessments, adult/youth education counseling, life skills classes, group peer support, domestic violence counseling/court advocate and court document preparer.

My past experience also consists of coordinating the Tobacco Use Prevention and Control Program (TUPAC), the Strategic Prevention Framework– state Incentive Grant (SPG-SIG) and I was the administrative assistant for the Total Community Approach Project (TCA).

I am very happy and excited to be a part of LCC and the CDSMP with AHEC.



Luna Community College student Ruben Dimas is assisted by LCC registrar employee Monica Stroud. Classes for the spring semester begin on Tuesday, Jan. 18. Late registration ends on Tuesday, Jan. 25. Dimas, from Las Vegas, is majoring in fire science.

Register for Spring Classes at....



**View and Print the Spring 2011 Schedule of Classes @ www.luna.edu
CLASSES BEGIN TUESDAY, JANUARY 18, 2010.**

**1.800.588.7232 OR 505.454.2500
Register online at <https://pathways.luna.edu>**

You may find LCC spring schedules in the following places

El Valle

Villanueva General Store
Villanueva Post Office
La Risa Store in Ribera
Ribera Post Office
San Jose Post Office
San Jose Pecos River Store
Bernal General Store

Romeroville

Giant Store in Romeroville

Las Vegas

Hillcrest Restaurant
Phillips 66 on N. Grand
Lowe's on Mills
1st Community Bank-all branches
Bank of LV-all branches
Wal-Mart
SuperSave
Shell Station on Grand
Daylight Donuts
Workforce Connection
Spin n Span
Salvation Army
KNMX
KFUN
Mills Plaza-Doctor's offices
NMHU Student Union Building.
Las Vegas Recreation Center
Las Vegas City Offices
Giant Truck Stop
Phillips 66 on 7th.
Luna Community College

Springer

St. Springer Super Market
Springer Drug
Sunnyside Hardware
General Insurance
Handiway
City Hall
Sportman's Shell
Springer Clinic
Fred Macaron Library
Russell's Truck and Travel Center
Springer Conoco Station
National Guard Armory
Springer Family Health Clinic
Springer Post Office
Colfax County Long Term Care
Brown Bed & Breakfast

Elida's Restaurant
Simple Simons Pizza
Springer Housing Authority
Senior Citizens
Springer Headstart
Springer Correctional Facility
Springer High School

Mora

Chacon Post Office
Mora/Colfax Head Start
Holman Post Office
Milagro's
Cleveland Post Office
Pendleton Oil & Gas
Pizza Pro
Helping Hands
Mora/San Miguel Electric Coop.
La Jicarita Telephone
Mora Post Office
Mora High School
1st Community Bank
Russell's
Bank of Las Vegas
Little Alaska
Mora County Offices
Guadalupita Post Office
Mora Valley Clinic
Buena Vista Post Office
Rainsville Post Office
Ocate Post Office
Kristy's Korner Kafe
Cowboy Kitchen
HELP NM
David Cargo Library

Cimarron

Philmont Scout Ranch Administrative offices
Durham School Services Russell's One Stop Shop
Russell's Sundries
Cimarron Post Office
Cimarron Public Library
Cimarron Village Hall
Cimarron Police Department
Cimarron Healthcare Clinic
Cimarron Fire Department
Chamber of Commerce
Cimarron Housing Authority
Cimarron High School

Maxwell

Maxwell Post Office

Maxwell General Store
Maxwell Village Hall
Maxwell Housing Authority
Maxwell High School

Santa Rosa

T & D Food Mart
Moise Memorial Pubic Library
City Hall
U.S. Post Office
Comet II Restaurant
Josephs Restaurant
Dairy Queen
Family Dollar
Allsups
Santa Fe Grill
Dennys

Raton

Raton Sheriff's Department
Raton District Court
New Mexico State Police
Colfax County Detention Center
Division of Rehabilitation
CYFD
Adult Corrections
Miners Colfax Medical Center
Raton Magistrate Court
District Attorneys Office
NM Workforce Solutions
Chamber of Commerce
Raton Visitors Center
Raton Headstart
Raton Housing Authority
Raton City Hall
Raton Police Department
SOY
Raton Library
Raton High School
Raton Post Office
N.M. Human Services
LCC-Springer Satellite

Wagon Mound

LJM Travel Center
Leroy's Grocery
First Community Bank
Wagon Mound Schools



Luna Community College's Executive Assistant to the Academic Vice-President Kayleen R. Encinias (sitting) along with Mass Media Communications Director Rand Kennedy, Vocational Director Gary Martinez and Vice-President for Academics Dr. Vidal Martinez take one final review of the Monitoring Report submitted to The Higher Learning Commission-North Central Accreditation.

Have you ever thought about inventing something?

By Dr. Pete Campos

To invent something takes deep thought (brainstorming), experimentation, understanding processes (purposes) and convincing others your product is what they want or need. While many people believe the lottery is the way to go; others may think - what can I invent that will make me famous, earn me a lifetime income or change the way people live?

Inventing takes time, inventors are often ridiculed and inventions that work are enthusiastically purchased and can potentially become commonplace throughout the world. Some inventors and inventions include: Laszlo Biro – invented the modern ballpoint pen; Karl Benz – invented the gasoline-powered automobile; Charles Babbage – is said to have invented the first mechanical computer; and, Les Paul – invented the solid-body electric guitar.

Some will argue – it's not inventing but discovering and still others say it is finding out something by accident. Regardless, through determination and perseverance to achieve, someone - somewhere creates, develops, invents, discovers or just makes a better product. The question may be asked; what does all this have to do with education? It's ironic, people like: Thomas Edison invented the motion picture camera and light bulb; Sir Isaac Newton invented the first practical reflecting telescope; and, Albert Einstein investigated the thermal properties of light that laid the foundation for understanding the photon (basic unit) theory of light. While these men did great things that changed our lives, their academic beginnings were poor in subjects like math, physics and chemistry. They eventually succeeded by applying what they learned academically to their everyday examination of what stimulated their curiosity and then remaining focused on their hopes and dreams.

You can do the same! Education is about having the commitment to learn, filling the mind with many ideas and combining that with what we have experienced to navigate through life. So, what will you invent? Will you learn about physics and the human anatomy and invent a safety device that will be so simple it will replace seat belts and air bags and save lives or will you study chemistry and nutrition and discover something so simple in the human diet that it will curtail stress and not allow stomach cancer to develop?

As we prepare for another semester, let's encourage our students to learn more about and discover their interests and talents. Then, motivate them to explore, chronicle their findings and review and disaggregate the data with patience, confidence and a purpose in mind. Who knows, through the validation and discovery process, the common cold may become a thing of the past.

NEED HELP NAVIGATING YOUR ONLINE CLASSES?

Then you need to attend one of LCC's

Blackboard Student Trainings

- Tuesday, January 11, 2011
- Wednesday, January 12, 2011
- Wednesday, January 19, 2011
- Thursday, January 20, 2011
- Tuesday, January 25, 2011
- Wednesday, January 26, 2011
- Wednesday, February 2, 2011
- Thursday, February 3, 2011



All trainings will be held at 10:00am in the
Student Online Learning Lab
Student Services Building Room 204

For more information please call 505-454-5362

* Times and Dates subject to change due to weather conditions and/or work schedule changes.

Coach Frank Herrera: a man, a myth, a legend

This is the third of a series of articles written on old-school athletics by Luna Community College sports performance instructor Henry Sanchez.

In the world of athletics if a coach or athlete is known by one name it is considered the ultimate sign of respect. For example there are: Babe (Ruth), Bird (Larry), Michael (Jordan), Wilt (Chamberlain) and Kobe (Bryant) to name a few.

In Las Vegas, we had a man that was known by one letter of the alphabet "H". (This was Coach Frank Herrera Jr.).

As I researched the life of Coach H, I found that he was born in 1933, he attended the West Las Vegas School System until his junior year when WLV closed. He then transferred to Immaculate Conception High School in Las Vegas.

He graduated and went to the United States Army serving two years and seeing action in the Korean War. He returned and attended New Mexico Highlands University on the G.I. Bill earning his BA and MA degrees from this fine institution. While at Highlands he played on several sports teams which enhanced his love of coaching.

In 1955, he married his high school sweetheart Rosie Montoya. They had three children Dino, Cynthia and Frank III. Everyone I talked to called him a great family man.

In 1960, he was hired by WLV to coach football at the junior high. In 1961 he became the head football coach for the Dons.

His career at WLV showed that he coached football, track & field, cross country and assisted in basketball for six years.

In the classroom, he taught biology and general science for six years before becoming the athletic director the last 24 years of his 30-year career. He served WLV with love and devotion from 1960 to 1991.

His greatness in coaching is reflected by his football record of 140 wins, 76 losses and four ties. His teams were in the state playoffs



Frank Herrera better known as "Coach H" had a career 140-76-4 record at West Las Vegas High. This photo was taken in 1983.

11 times, eight as district champs and three as district runner-ups. In 1969 his Dons finished as state runner-ups (we must remember that all this was accomplished before realignment of the schools and that his players were not blessed with great size and weight).

In track & field his teams won nine district championships and competed well each year in the state meet.

Yet as impressive as his coaching records are, his 24 years as athletic director speak volumes of the man. The success in all sports, the support of the staff and community are things to be admired and respected. In fact we should all take example of these golden years and follow the example of working together.

This gifted, humble man had the unique

ability to lead and unite a school and a community to do great things.

He died on Aug. 7, 1991 without the opportunity to enjoy his retirement. But it was a blessing that he lived to see the outdoor sports facilities named "The Frank Herrera Football Field and Track Complex."

As the late David Wesner (former Optic sportswriter) once wrote: "It was a degree of immortality for a man who was already considered a legend by many."

Looking back and reading statements about "H" from coaches, athletes, and students is quite astonishing.

Ray Collins a longtime friend and player of his said: "He worked 12 hour days—it was his whole life." Another former athlete said: "He was my second dad." Others said: "He was a coach and a friend to everybody. He was a like a Vince Lombardi to the guys." These statements were filled with love and respect.

He gave his life to WLV and his legacy with his athletes, students and friends will never be forgotten.

On Thursday, July 31, 1997, Coach H was inducted into The New Mexico High School Coaches Hall of Honor. Coach H may be gone, but not forgotten.

The following was written about Frank Herrera when the 1991 Stu Clark Committee dedicated the 37th Annual Tourney to him.

The Stu Clark Committee dedicates the 37th Annual Stu Clark Tournament in fond memory of longtime West Las Vegas Athletic Director Frank Herrera.

Herrera coached football at West for 24 years as well as serving as that school's athletic director, track and cross country coach.

The legacy Herrera left for this areas sporting community is indeed immense. He will be long remembered by his student-athletes, fellow coaches,

Continued on page 5

Coach Frank Herrera...

Continued from page 4

administrators and opponents alike as a man of compassion as well as intense competitor.

The Herrera Legacy

The following is the won/loss record of the late West Las Vegas Football Coach Frank Herrera during his 24 years of gridiron mentoring.

Year	Record	Accomplishment
1960	4-1	Junior High*
1961	8-2	2B District Champs
1962	6-3	2B District Champs
1963	6-3	2B District Champs
1964	6-1-2**	
1965	6-1 **	
1966	7-1	2AAA Runner-up Los Alamos***
1967	6-4	2AAA District Champs
1968	9-1	2AAA District Champs
1969	10-1	2AAA District Champs and AAA runner-up
1970	6-4	
1971	7-2	
1972	4-5-1	
1973	6-3	2AAA District runner-up
1974	6-4	

1975	8-2	2AAA District Champs beat Deming in AAA Quarterfinals
1976	2-7	
1977	7-2	
1978	10-2	2AAA District Champs Beat Deming in AAA Quarterfinals
1979	7-3-1	2AAA District runner- up, lost to Bloomfield in in state quarterfinals on penetrations rule after 0 -0 tie at end of regula- tion
1980	2-8	
1981	5-5	
1982	3-7	
1983	3-5-2	
Career record	140-76-4	

*1960 junior high record not included in won/loss record

**Transition years from 2B to 2AAA district format

***Only loss to state champions Los Alamos (Only district champions went to state playoff that year.

LUNA COMMUNITY COLLEGE

Community Education – Spring 2011

Digital Photography

Feb 8-Mar 31 Tue/Thur 5:30-7pm
LCC Main Campus, Media Arts Lab
Instructor: Rachel Montoya Cost: \$50



In this class, learn the basics of photography as you explore the capabilities of your digital camera. Find out how and when to use flash, and experiment with photographic composition to get the most out of your camera – and yourself. Learn how to use the point-and-shoot capabilities of your camera, practice downloading photos from your camera to a computer, and eventually printing your photos. The class is recommended for the novice photographer as well as film photographers who want to make a switch to digital. Bring your digital camera, manual and extra batteries to class.



"A special and heartfelt achievement not to be missed."

– Pete Hammond, Boxoffice Magazine



"Touching and extremely powerful."

– Dr. Robert LeLievre, Prof. of Psychology, University of Great Falls

A PAUL DAVIDS FILM

BEFORE WE SAY GOODBYE

*Her family is in trouble.
Ramona needs a miracle.*



"An accurate, unvarnished portrayal of Hispanic-American life. Hits a bull's-eye!"

– Argos MacCallum, Teatro Paraguas Artistic Director

YELLOW HAT PRODUCTIONS, INC. PRESENTS A PAUL DAVIDS FILM "BEFORE WE SAY GOODBYE" BASED ON THE STAGE PLAY BY PATRICIA CRESPIN "WE ARE HISPANIC-AMERICAN WOMEN... OKAY?" JUANITA SENA-SHANNON
E. X. GURROLA-GAL MARIA-ELENA MONTOYA DIANA PADILLA NICK LOPEZ ISABELA MONTES AVA LEENA LETICIA PADILLA BERNARDO GALLEGOS BRENT LOCKE RILEY
ELIJAH SALAZAR-MENZIES STEVEN M. MARTINEZ NICHOLAS GURROLA-GAL MARTIN METZGER MUSIC SCORE BY BRIAN THOMAS LAMBERT TITLE SONG BY REBEKAH DEL RIO AND ELIZABETH A. ORTIZ
SCREENPLAY BY PATRICIA CRESPIN AND PAUL DAVIDS DIRECTION OF PHOTOGRAPHY GARRETT KENSINGTON EDITED BY FRANCESCA SEGALINA ASSOCIATE PRODUCERS PAUL CONLEY AND RUSSELL METZGER



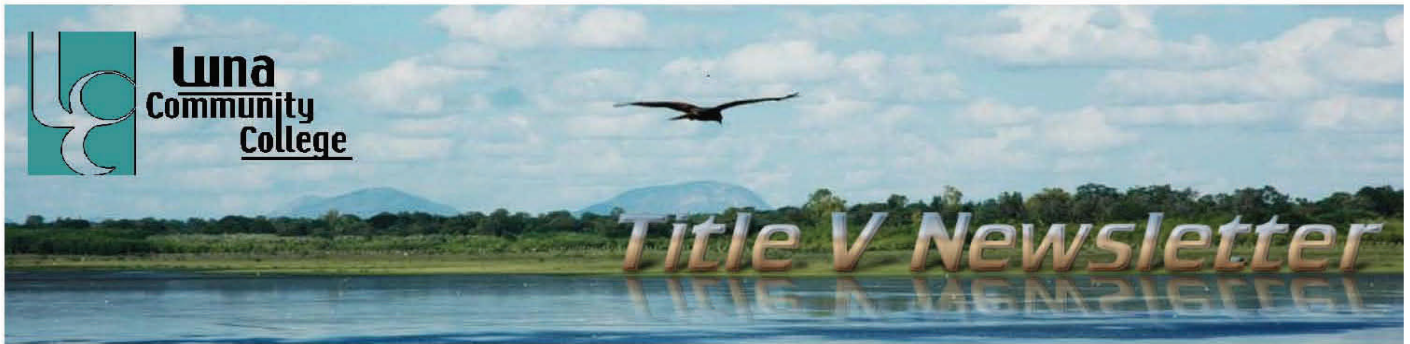
CO-PRODUCER PATRICIA CRESPIN EXECUTIVE PRODUCER HOLLACE DAVIOS PRODUCER AND DIRECTOR BY PAUL DAVIDS **RXT**

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www.beforewesaygoodbyethemovie.com

SHOWING AT ILFELD AUDITORIUM

January 14, 2011 at 1:00 p.m. and 7:00 p.m. Reception at Kennedy Hall from 4 p.m. to 6 p.m.
COME AND MEET THE CAST AND THOSE WHO MADE THE FILM.

Sponsored by: Highlands Admin & Faculty/Staff - NMHU Foundation - Casa de Cultura
NMHU Newman Center - NMHU Women's Center - Ilfeld Auditorium
Smiling Faces Restaurant - Immaculate Conception Parish - Our Lady of Sorrows Parish



Title V Newsletter

Luna Community College's Title V Mission:

"Developing a comprehensive online learning network for rural, time and place-bound students."

DECEMBER 2010

VOLUME 4 ISSUE 1

Online Tutors Make a Difference



Anthony Lopez

Fall semester 2010 made history, as many of the classes that have been developed and now piloted by the Title V initiative, came to life with online tutoring. How does it work?

Math 105, Math 106, Math116 and Math 180 have online tutors as we call them in Title V, but they are under the direction of Shirley Marlow who calls them SIL's (Supplemental Instructional Leaders through the Bridge Careers for Success grant) who are *Katie Lopez* and *Alma Sanchez* who attended the online math classes each week. Acting as a student in class, each tutor knows what the instructor has required as far as weekly assignments. The students get to know the tutors who were in their online course; therefore, they feel comfortable getting online math assistance.



Alfred Kemm

Shirley Griego, an online tutor, works four days a week in the Title V Student Smart Lab, which is available Monday—Thursday from 9 a.m. - 9 p.m. She helps the students who are taking online classes or who just walk into the lab needing tutoring. Shirley is committed to helping all students and enjoys what she does.



Alma Sanchez



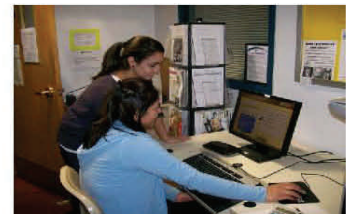
Shirley Griego

Anthony Lopez and *Alfred Kemm* are two other Title V online tutors who also do an exceptional job in helping out students succeed, online, or face to face help.

All four tutors are extremely knowledgeable, committed to the endeavor of assisting students online, and enjoy working with the students they talk to online or seeing them face-to-face. Books have been ordered for the tutors that will allow more direct assistance and success in helping the students at Luna Community College further their endeavors in pursuing an education.



Tutors, along with Lorraine Martinez and Larry Paiz, pose for a picture during a recent meeting.



Katie Lopez

**Happy School Year
& Welcome Back!**

Title V Staff

Lorraine Martinez, Project Director;
Michelle Bencomo, Administrative Assistant;
Larry Paiz, Instructional Designer;
John Tiernan, Online Student Serv. Developer;
Rick Roybal, Distance Education Technician

Department of Health launches new chronic disease education workshops

(Las Cruces) – The New Mexico Department of Health’s Arthritis Program has launched a new series of community-based workshops in five counties to help people with chronic conditions such as diabetes, arthritis, asthma and heart disease. The workshops are free and open to the public.

The Department of Health is now offering the Manage Your Chronic Disease (MyCD) program in Bernalillo, Doña Ana, Sierra, Curry and Chaves Counties. The MyCD program was developed by Stanford University and brings people with chronic diseases, family members and caregivers together in a community setting to learn healthier ways to live, gain confidence and motivation to manage their health and feel more positive about life.

“We are excited to bring this successful program to New Mexico,” said Christopher Lucero, program manager of the Department of Health’s Arthritis Program. “Our seniors want to be armed with tools they can use to live a better life and this program provides them with those life-skills.”

The MyCD workshops are highly interactive and provide the tools

needed to manage symptoms, work with health care professionals, set weekly goals for behavior change, problem-solve, use relaxation techniques, handle difficult emotions, eat well and exercise safely and easily. The workshop is designed to support and enhance people’s knowledge about their diseases. People interested in attending a workshop in 2011 or learning more about the program can call the Arthritis Program at (505) 841-5819. For more information on the MyCD Program go online to www.arthritisnm.org

Several organizations partner with the Department of Health Arthritis Program to help older adults maintain active, fulfilling lives including The New Mexico Aging and Long Term Service Department, the Southern Area Health Education Center at with New Mexico State University, *Montañas del Norte Area Health Education Center at Luna Community College* and the City of Albuquerque Department of Senior Affairs.

Funding for the MyCD workshops are part of a \$252,583 stimulus grant from the U.S. Administration on Aging made available through the American Recovery and Reinvestment Act of 2009.

Request for Proposal

2011-LCC001

Luna Community College is seeking sealed proposals for the following service:

COPIER (XEROX) MAINTENANCE and SUPPLIES PROVIDER

Sealed Proposals will be accepted until 2:00 p.m. January 25, 2011.

Proposal requirements may be obtained by contacting Miguel Martínez at the address below, on the LCC Website www.luna.edu, by email request at mmartinez@luna.edu, or by calling 505-454-5393.

Sealed proposals must be mailed or hand delivered and include proposal #2011-LCC001, Copier (Xerox) Maintenance and Supplies Provider Request for Proposals on the outside of the envelope to:

Luna Community College
Director of Purchasing
Miguel Martinez
366 Luna Drive
Las Vegas NM 87701

Luna Community College reserves the right to reject any or all proposals, to waive technicalities, and accept the proposal it deems to be in the best interest of Luna Community College.

Published Las Vegas Optic January 10, January 12, 2011
Published Luna Community College Website January 7, 2011

Weekly activities

Monday, Jan. 10, 2011

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

Wednesday, Jan. 12, 2011

3:00 p.m. – 5:00 p.m. *SLOA Monthly Meeting (LRC/Lecture Hall)*

5:30 p.m. – 9:00 p.m. *LCC Board of Trustees “Work Session”(Stud.Serv/Conf.Rm)*

Thursday, Jan. 13, 2011

No Activities Scheduled

Friday, Jan. 14, 2011

8:00 a.m. – 4:00 p.m. *Faculty Development Training (Student Services/Conf. Rm)*

8:00 a.m. – 5:00 p.m. *Defensive Driving Class/Spons: Citizens for Developmentally Disabled (LRC/Lecture Hall)*

Saturday, Jan. 15, 2011

8:00 a.m. – 5:00 p.m. *Fire Fighters Training Courses/Spons: San Miguel County Fire (Allied Health/LO-1)*

Sunday, Jan. 16, 2011

8:00 a.m. – 5:00 p.m. *Fire Fighters Training Courses/Spons: San Miguel County Fire (Allied Health/LO-1)*

College Night

It is time again to prepare for another College Night! College Night 2011 will be held from, 5 p.m. to 7:30 p.m. on Wednesday, Feb. 9 at the Abe Montoya Recreation Center.

At this time I am taking your requests for tables/chairs and AC power (if needed) for your respective departments. E-mail or call Tom @ ext. 1204. We will be in touch with more information.

Thank you.