

The Luna Light



"The People's College"

Becoming The Premier Rural Community College in America

Volume 5 Issue 7

February 20-26 2012

LCC's Ralph Archuleta eyes bodybuilding championship



Ralph Archuleta, who is taking a class at the Gerald Ortega Wellness Center, says he likes training there.

Ralph Archuleta is a construction worker by day and a weightlifter by night.

Archuleta, 29, is currently taking a self weight training class at the Luna Community College Gerald Ortega Wellness Center and is eyeing to someday winning a national bodybuilding championship.

"This is where I feel more comfortable," says Archuleta about the LCC facility. "It has more than what I need. I haven't been here in two years and it has improved a lot."

There is one thing Archuleta would like to see. The heaviest barbell goes up to only 120 pounds. Archuleta says that he would like the barbells at a minimum of 140 pounds.

Archuleta is making a name for himself with the National Physique Committee. He recently finished fifth in Denver at the Rocky Mountain Classic and ninth at the LA Grand Prix. Archuleta competes in the light heavyweight division.

"I'm off to a decent start in body building," says Archuleta. "I have a lot to improve on."

Although not many people have taking weightlifting and bodybuilding to the level Archuleta has, he says it can serve as a tool for many

"People say that this town is boring," says Archuleta. "If it's in you and you want to look good and decent get into it. Weightlifting is where I'm the happiest; it gives me peace of mind. It's almost like a fountain of youth."

Archuleta is training as hard as ever as he will be competing in the San Diego Championships on March 17.

"California has some of the best physiques in the world, so finishing in the top 10 would be great," says Archuleta. "Locally, I'm a big fish in a small pond."

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Rough Riders sweep NMMI

In one of the most successful weekends in Luna Community College baseball, the Rough Riders swept New Mexico Military Institute in Roswell over the weekend. They won 2-1, 9-4 (12 innings), 8-2 and 3-1.

LCC is 5-11 on the year. They play at Trinidad St. on Friday and Saturday in doubleheader games. They are scheduled to play Dodge City College at 1 p.m. on Monday, Feb. 27 in a nine inning game at Highlands.

The Lady Rough Riders dropped to 1-8 on the year after

losing five games at the Midland Tourney. They lost 10-2 to West Texas College, 8-2 to Garden City Community College, 10-3 to Midland Community College, 6-1 to Cisco Community College and 9-0 to Seminole College.

LCC hosts Otero Community College at 1 p.m. on Tuesday, Feb. 21 in a scheduled doubleheader. The Lady Rough Riders travel on Sunday, Feb. 26 to play North Platte Community College.

Why our students choose Luna Community College

By John Tiernan

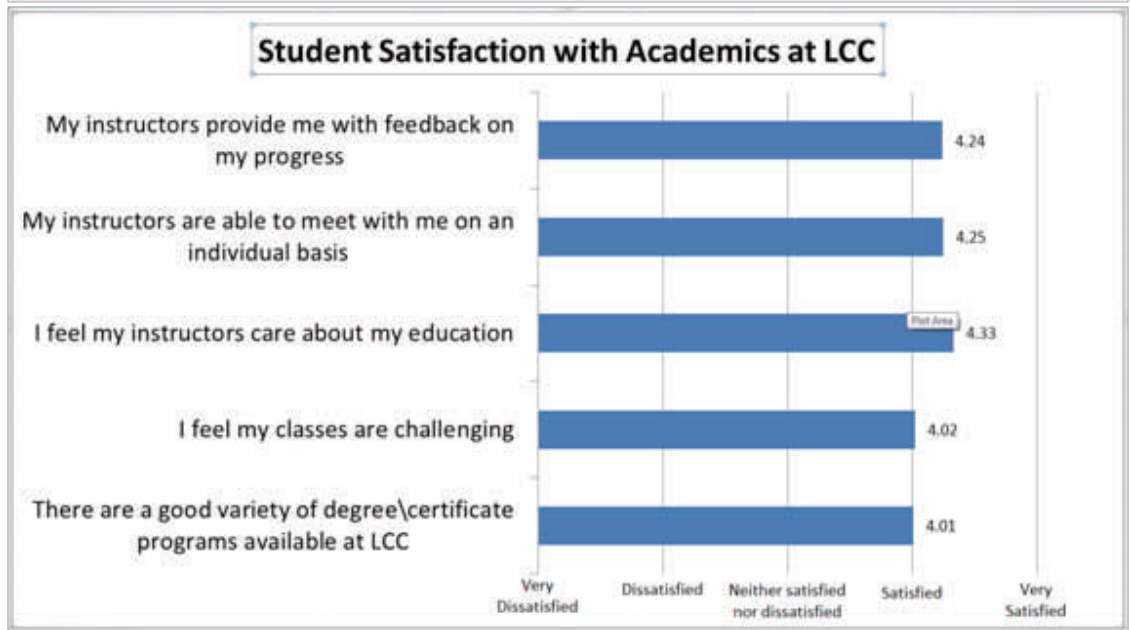
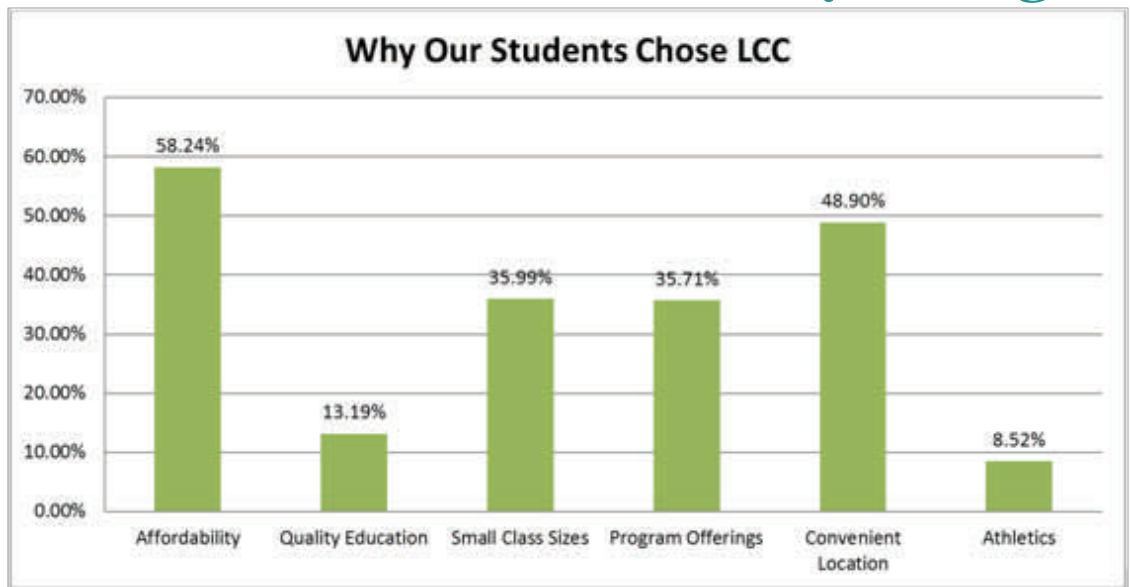
Near the end of the fall 2011 semester, a survey was conducted to determine student satisfaction. One of the questions asked was, "Why did you choose to attend Luna Community College?" This question was designed to determine how LCC is viewed by our local communities. The results showed that 58.24 percent identified affordability as the major factor in choosing LCC.

The next highest reason for selecting LCC was our convenient locations (48.90 percent).

One of the lowest reasons identified as a contributing factor to selecting LCC at only 13.19 percent was our reputation for a quality education.

While this may seem disheartening at first glance, especially to our hard working faculty members, this question was designed to gauge community perception of LCC rather than student satisfaction. As a matter of fact, student satisfaction of our academic programs and instruction was high according to the same survey. Students were asked to rate their satisfaction level in several areas on a scale from 1=strongly dissatisfied to 5=strongly satisfied. The results showed that in every satisfaction question asked regarding quality of education, students were satisfied to strongly satisfied.

What this indicates is that the students of Luna Community College believe that they are receiving a quality education, even if quality is not the first consideration when choosing LCC. So how do we proceed from here? LCC needs to change it's image in our communities. We need for our constituents to see LCC as more than just an affordable, convenient college and start to see us as a place to gain a quality education as well.



COLLEGE NIGHT 2012

will take place on Tuesday, Feb. 28.

Archuleta...

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As it is now, Archuleta is at 205 pounds which is mostly muscle. Although he will be at 190 pounds the day of the competition.

"When I first started weightlifting, I was 5-8, 135 pounds. I was so small and skinny," says Archuleta. "My brother Adam and my uncle Tommy got me into this business."

Archuleta competes in the light heavyweight division and someday he hopes to compete at the heavyweight level.

To get to the level that Archuleta has, it takes more than training. It also takes dieting.

"I am a junk food freak," says Archuleta. "When I'm in



Ralph Archuleta says his longtime friend Carlos Gonzales helps keep him focused.

training, I have to stay away from fast food and make sure I have the right amount of grams of protein and carbohydrates a day."

Archuleta says that his good friend Carlos Gonzales has been a big help for him.

"I've been good friends with Carlos for about 20 years. He makes sure I stay focused, especially right before a competition."

As far as working out at Luna Community College?

"I want to thank all the people who brought in the new equipment. I plan on being around for a while," says Archuleta.

Weekly Activities

Monday, February 20, 2012

9:00 a.m. – 11:00 a.m. *Code of Ethics Presentation (LRC Lect.)*

Tuesday, February 21, 2012

8:00 a.m. – 5:00 p.m. *NM DOT Training (LRC Lect.)*

1:30 p.m. – 5:00 p.m. *SM County Economic Mtg. (Student Services 102)*

6:30 p.m. – 8:30 p.m. *Las Vegas Water Board Mtg. (Tech. Building 126B)*

Wednesday, February 22, 2012

8:00 a.m. – 5:00 p.m. *NM DOT Training (LRC Lect.)*

6:00 p.m. – 8:00 p.m. *LCC Board of Trustees Meeting (Student Services 101)*

Thursday, February 23, 2012

9:00 a.m. – 2:00 p.m. *LCC Dual Credit Orientation (Student Services 102)*

2:00 p.m. – 4:00 p.m. *LCC Strategic Planning Meeting (LRC Lect.)*

Friday, February 24, 2012

7:00 a.m. – 5:00 p.m. *Spay/Neuter/Vaccination Clinic (Motor Pool)*

9:00 a.m. – 2:00 p.m. *LCC AHEC Alzheimer Doc Talk (Student Services 102)*

11:00 a.m. – 1:00 p.m. *LCC Student Gov. Meeting (LRC NCA Room)*

Saturday, February 25, 2012

7:00 a.m. – 5:00 p.m. *Spay/Neuter/Vaccination Clinic (Motor Pool)*

9:00 a.m. – 2:00 p.m. *LCC Dual Credit Orientation (Student Services 102)*

Sunday, February 26, 2012

7:00 a.m. – 5:00 p.m. *Spay/Neuter/Vaccination Clinic (Motor Pool)*

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

- Adjunct Faculty/Per Course Instructor
- Temporary Part-Time Substitute Teacher/Caretakers
- Temporary Part-Time Prep Cook/Cook Helper

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.

Student Government Office Hours

<u>Member</u>	<u>Day and Time</u>
Joanna Tsyitee, President	Mondays from 12:15pm – 1:30pm
Joelynn Sanchez, Vice-President	Tuesdays from 8:00am – 9:00am
Shannon Saiz, Secretary	Fridays from 9:00am – 10:00am
Ben Casey Encinias, Treasurer	Wednesday from 3:00pm – 5:00pm
Danielle Archuleta, Senator	Fridays from 10:30am – 11:30am.
Diane Carrillo, Senator	Tues/Thurs. from 1:00pm – 3:00pm
Richard Flores, Senator	Thursdays from 10:00am – 11:00am
Tyler Piña, Senator	Wednesdays from 9:00am – 10:00am

Student Government office hours provide the perfect opportunity to ask questions or share an opinion. We are located right next to the Registrar's Office in room SS-104.



Open meetings
will be held on
the dates below
at 11:30 am in
the LRC.

- February 24th • March 9th • April 20th • May 4th

Accountability. Advocacy. Affordability.

SkillsUSA fundraiser



The Luna Community College Cosmetology and Auto Repair/ Collision SkillsUSA Organizations each had a Valentine's fundraising event to help with state competition costs. Among the participants were students from Pecos High (top photo). A cawalk, photo booth and food items were part of fundraising efforts.

Community Colleges are important to America's future

The following are remarks from Secretary of Labor Hilda L. Solis. (Community College to Career Fund Media Teleconference in Washington, D.C., on Monday, Feb. 13.)

I'm thrilled to be on this call today to shine a spotlight on our commitment to skills training for the American worker. I know some people in this town try to minimize the importance of Budget Day because of all the gridlock on Capitol Hill. I know there's a lot of election-year pessimism about moving a budget.

But we should come together around a set of unifying national priorities for economic growth. This is an important day on the 2012 calendar because it's a written document outlining this administration's priorities and our President's values. This is our blueprint for a stronger workforce, a stronger recovery, and a stronger economy.

Some politicians believe that in this time of fiscal challenge, we cannot afford to invest in the American worker. They are short-sided and wrong. America's future will only be as strong as the industries we create and grow. And that means we must support our entrepreneurs, our workers and the institutions that train them.

We need to foster new skills to match the new challenges of our 21st century economy. In his State of the Union address, President Obama drove home the point that it's unacceptable that American companies have millions of unfilled job openings at a time of 8.3 percent unemployment.

Much of our political debate today is focused on creating jobs. This challenge is foremost on my mind. But creating jobs is only part of the puzzle. We also must do more to help job-seekers acquire the skills to land jobs that are already open. Right now, there are high-growth industries in this country that can't find skilled labor to fill open positions. We need to train up our workers immediately to fill them.

Community colleges are at the center of President Obama's strategy to help every American receive at least one year of post-secondary education. The President's goal is for America to have the highest proportion of college graduates in the world by 2020. And we've set the companion goal to graduate an additional 5 million students from our community college system by 2020.

Never in our nation's history has it been more important for workers to continue their education after high school. Community colleges are community assets. They understand the needs of local employers. Under the President's plans, our community colleges will work with their industry partners to develop training programs that meet the needs of local job-creators.

With these federal monies, community colleges can hire staff, buy equipment and develop curriculums. In a tough economy, this approach will help reassure workers that investing in their education is the right move. Our new \$8 billion Community College to Career Fund will help

Our community college investments are driven by the realities of globalization.

America's community colleges provide pathways to high-skilled jobs in high-growth industries. It's designed to help workers obtain the skills they need to get job offers in industries that are hiring right now.

The fund will allow federal agencies to partner with state and local governments to encourage businesses to invest in America. State and local governments will be able to apply for grants to encourage companies to locate in the U.S. because of the availability of training to quickly skill up the local workforce.

Why should we care about community college capacity building? I'll tell you why. Companies want to do business in places where pools of qualified workers already live. We're helping employers match what's taught in the classroom with their needs in an office or on the factory

floor. This Fund will also support pathways to entrepreneurship for 5 million small business owners over three years through the nation's workforce system.

Our community college investments are driven by the realities of globalization. Growing foreign competition means that many lower-skilled jobs are being replaced by positions that require specialized training.

I talk a lot as Labor Secretary about training up our STEM workforce in the areas of science, technology, engineering and math. We project one million new job openings in these fields over the next decade. America needs more scientists, more engineers, more researchers, more technicians.

On average, those who study a STEM field in college will make a half-million dollars more over their lifetimes than people in other majors. So that's a powerful incentive for us to invest in our 21st century workforce.

Later this month, I will be touring some of America's community colleges with Dr. Jill Biden, and I'm very excited about this trip. The first elected office I ever held was on the Rio Hondo Community College Board of Trustees in California. I know there's so much talent in our community college system. Dr. Biden and I already visited one partnership in Reno this month ... where we saw how a local community college was graduating hundreds of nurses to address our national shortage in this profession.

I think the President has hit on a winning model to grow other sectors facing similar workforce challenges. So as you all go through this budget, I hope you will spend some time and ink talking about this investment in our workforce and our community college system. I think it's going to be essential component to our long-term economic recovery and American global competitiveness in the 21st century.

Thank you for your interest, and now I'll turn the call back over to our moderator for some questions.

Submitted by LCC Computer Center Director Mike Adams.



Luna Community College student Estevan Flores goes up for a lay-up last week at the Gerald Ortega Wellness Center. Flores is just one of several students who play basketball in the evenings. For more information on the Gerald Ortega Wellness Center, please call 505/425-8767.

O'Brien earns national certification

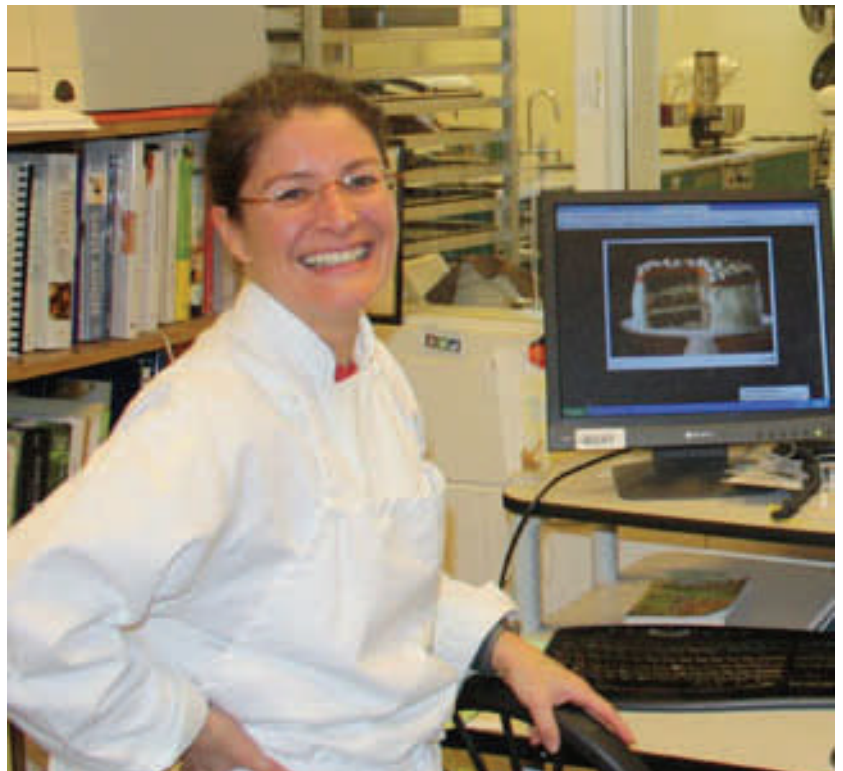
Luna Community College's Culinary Arts Instructor Chef Adrienne O'Brien recently completed requirements to become a Certified Culinary Educator®. O'Brien is part of a small group of individuals from New Mexico with this type of certification.


Among the requirements in earning this certification is two years as Chef de Cuisine or two years as a working pastry chef along with 1200 postsecondary teaching contact hours. In addition, a candidate must complete three 30-hour courses in nutrition, food safety and sanitation and supervisory management.

Other requirements include: 120 hours of coursework with a minimum of eight hours each in the subject areas of curriculum planning and development, evaluation and testing, teaching methodology and educational psychology.

In addition, O'Brien also had to submit a 45 to 60 minute video demonstrating teaching proficiency of the culinary arts in front of a live audience. A written and practical exam is also part of the certification process.

Chef Adrienne O'Brien is one of four Certified Culinary Educators® in New Mexico and one of 644 Certified Culinary Educators® in the USA.





2012 St. Patrick's Day
Race for the Gold



March 17, 2012
at

Santa Rosa Lake State Park

The race is broken into four stages to different
areas of the park consisting of:

2.5 mile run

4 mile bike

2 mile run

4.5 mile bike

Entry Fee's:

\$30.00 Per 2 Person Team

\$20.00 For Single Participants

Registration forms and Race Information
Packets can be picked up at the following
Santa Rosa locations:

P&M Connections

The Feed Store

Santa Rosa Lake State Park



Registration deadline is March 14th, 2012

For more information contact Chris Baca @

Phone: (575)472-3110

E-mail: www.ChristopherA.Baca@state.nm.us

Sponsored by the Friends Group of Santa Rosa Lake