

THE LUNA LIGHT

OCT. 15, 2024

VOL. 7 NO. 11

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Rise above oneself and grab
the world.

Archimedes



John Trujillo

STUDENT OF THE WEEK

Nominated by: Nursing Department
Director Maxine Hughes

“I chose John because he’s an incredibly hard worker who genuinely cares about others,” says Hughes. “His compassion and dedication to helping people just radiates off of him. You can tell he’s going to be a terrific health care provider.”

FROM THE PRESIDENT’S DESK

Dear Students, Faculty and Staff,

I hope everyone is have a great week! Luna hosted a very positive visit last week from the Accreditation Council for Business Schools and Programs (ACBSP). We also got word our nursing school passed its accreditation with flying colors! Speaking of flying colors, Luna Community College sent an intrepid group of staff representatives down to Albuquerque for the International Balloon Fiesta last week. They had a great time, even with getting up at 2 a.m. to make it for mass ascension. We are proud of all our students and graduates, who, like those beautiful balloons, also rise to new heights.



Dr. Carol Linder
Interim President
LCC

LUNA STRONG LUNA LIGHT



Four Easy Ways For Students To Calm Autumn Stress & Anxiety

Hey Roughriders! 🍁 Fall is here, which means cozy sweaters, pumpkin spice everything... and midterms. Ugh, right? Between shorter days, changing weather, and exams, it's super common to feel stressed or anxious this time of year. And let's be real, balancing school, social life, and everything in between can be overwhelming. **Luna Strong coordinator Crystal Western Ford** has *awesome* tips to help you find peace.

1

Set Yourself Up for Success with Small Goals!
Trying to tackle everything all at once is a recipe for burnout! Crystal says, "When you break things into bite-sized tasks, you'll feel accomplished without feeling overwhelmed." It's like working your way up a mountain—one step at a time!

2



Take 10 Minutes for a Walk!
Sometimes, all you need is a quick reset. Fresh air and a change of scenery can do wonders!

#LunaStrong #SelfCare

3

Unplug and Breathe!
You know how we're *always* glued to our phones? Yeah, it's time to put that away for a bit. "Trust me, it's a game-changer."

4

It's Okay to Take Care of YOU!
Last but not least—don't forget, it's totally okay to put yourself first. Crystal's advice? "If you don't prioritize your own well-being, who will?"

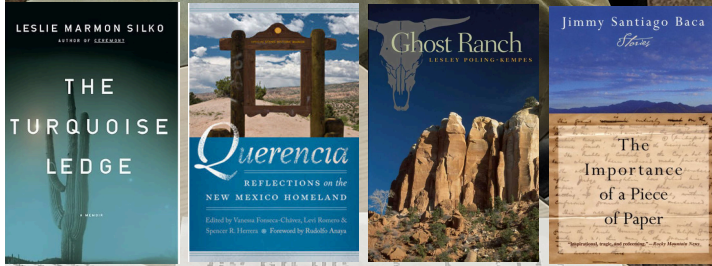
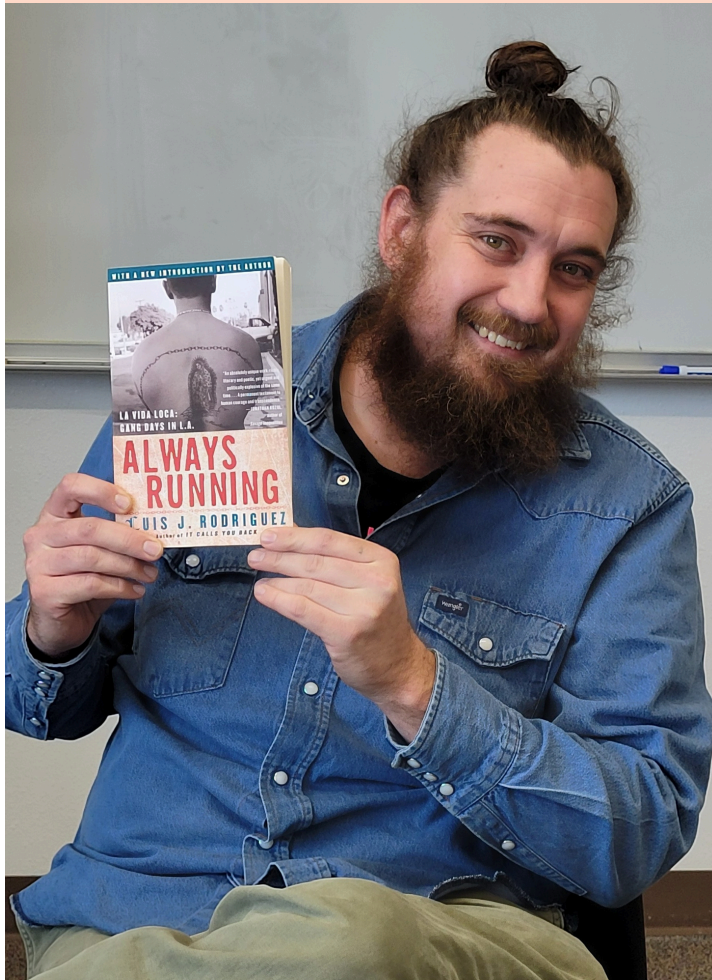
For more information call:
505.454.2564 or email:
lbentson@luna.edu

COLLEGE & CAREER READINESS INSTITUTE

LUNA LIGHT

"You only do what you know, and you only know what you've been taught."

Luis J. Rodriguez



A Few Memoirs Honoring Northern New Mexico Voices
These critically acclaimed memoirs are rooted in northern New Mexico.

Exploring Memoir & Community with CCRI Professor Kraig Bellows

At Luna Community College, students in Professor Kraig Bellows' English course are diving deep into the transformative process of reading and analyzing memoirs. A memoir is a written personal account of significant life experiences and reflections, usually in book form, focusing on specific themes or events.

The class is currently reading *Always Running* a memoir by Luis J. Rodriguez. It's a raw and compelling book that chronicles Rodriguez's experiences growing up in Los Angeles amidst gang violence, poverty, and systemic challenges. Rodriguez's journey of survival and redemption serves as a powerful example for students to reflect on their own environments.

Through class discussions, Bellows has been guiding his students to diagram the deficits and assets within their own communities, prompting them to analyze the challenges they face and brainstorm potential solutions. This exercise allows students to think critically about the issues affecting their neighborhoods while also highlighting the strengths and opportunities that exist.

"Many adult learners have this idea that books aren't about people like them, or communities like theirs," says Bellows. "The beauty of a book like the Rodriguez is that it describes an underrepresented reality in a relatable way."

According to psychologist James Pennebaker, writing about personal experiences can improve both mental and physical health by helping individuals process emotions and create coherent narratives about their lives. For Bellows' students, this reflective practice is not only about literacy but about finding their voice and contributing to the dialogue around the future of their communities.

LUNA LIGHT



THURSDAY
OCTOBER 31
4 PM - 7 PM

Halloween **TRUNK OR TREAT**

CANDY GAMES
COMMUNITY OF RENDA **FREE!**
Come early for face-painting!
Don't forget to wear your costume!
366 LUNA DRIVE, LAS VEGAS, NM

WE STILL NEED
PEOPLE TO BRING
THEIR DECORATED
CARS!

CALL OR EMAIL
TONY BAKER TO
SIGN UP TODAY!

505-454-2513
ABAKER@LUNA.EDU



Luna Community College
FOUNDATION

2024 LCC Winter Festival

LCC Foundation Mission: The LCC Foundation Board will raise and manage private resources that will support the educational mission and priorities of Luna Community College, provide opportunities for students, and enhance institutional excellence in ways that would not be possible with state funds.

<ul style="list-style-type: none"> Craft Fair Silent Auction Wreath Station Cake Walk Coloring Contest Bake Sale Hot Cocoa & Cider Good Food Games Raffle & Door Prizes Ugly Sweater Contest 	<p>SATURDAY Dec. 07 11 am - 4 pm</p> <p>Luna Community College</p> <p>MEC Building 366 Luna Drive Las Vegas, NM</p>
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Vendors: To participate in this event, please contact the LCC Foundation at (505) 454-5337 or email lccfoundation@luna.edu for a vendor application. *Limited to 25 Vendor Spaces.

Deadline to apply: November 22, 2024 **Space Fee:** \$25.00

SAVE THE DATE

Open House

ON CAMPUS AT LUNA COMMUNITY COLLEGE
NOVEMBER 14, 2024
3 TO 6 PM

LUNA LIGHT

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Editorial: What GO Bond 3 Could Mean for LCC

Hey Luna Fam!

Big news! If Higher Education Bond 3 passes in the November General Election, Luna Community College will get a whopping \$1 million to upgrade our infrastructure, tech, and safety measures. This is a fantastic opportunity to protect the investment our state has already made in our school and to ensure that our students have safe, modern spaces to learn, dream, and grow.

Whether you're an alum, a current student, a parent, or just a fan of Luna, these renovations will make you proud. And guess what? If Bond 3 passes, there won't be *any* increase in property tax rates.

Plus, these projects mean jobs and revenue for our local economy, supporting our construction industry and the shops, hotels, and restaurants that serve contractors. Not to mention, by investing in higher education, we can help keep our talented students right here in New Mexico instead of losing them to other states.

On a larger scale, higher education institutions across the state are set to receive over \$229.5 million for all kinds of renovations—from a new College of Pharmacy at UNM to upgrades for agricultural and science centers and new early childhood development centers for kids with disabilities. Exciting times ahead!

Thanks for being part of our Luna community!

**Invest in Enriched
Education for our
Community!**

VOTE YES ✓

Tuesday, November 5, 2024

- For your children
- For your grandchildren
- For the future of education in Lea County, New Mexico
- For Higher-Ed Bond 3

**NO TAX RATE
INCREASE!**



**STUDENTS | WORKFORCE
ECONOMY | COMMUNITY**

NMJC NMJC.EDU
New Mexico Junior College

Paid for by the New Mexico Junior College Foundation

LUNA LIGHT

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Luna CC to Host a Free Early Childhood Developmental Screening

SOME MILESTONES



By 1 year: Can sit up independently



By 2 years: Can feed self with a spoon



By 4 years: Can wash own hands

We're excited to announce Luna Community College, in partnership with Las Vegas City Schools and San Miguel County Early Childhood Coalition, will be hosting a Child Find event on Friday, October 18, from 9 AM to 2 PM! This important event is designed to identify infants and children, from birth to age 5, who may need special education and services under the Individuals with Disabilities Education Act (IDEA).

We will offer free developmental screenings for children ages 0 to 5 who are not already enrolled in Head Start, NM Pre-K, DD Preschool, or Kindergarten. Research shows the earlier children receive support, the better they can overcome challenges and reach their full potential.

While Child Find is a year-round process mandated by law, this event offers families in our community a free opportunity to access these essential services. Whether you're a parent, caregiver, or educator, we invite you to come learn more about how we can support the children in our community. Don't miss this chance to connect and ensure that every child gets the support they deserve!

LAS VEGAS CITY SCHOOLS
Annual Child Find Developmental Screening Event

FREE DEVELOPMENTAL SCREENINGS- BIRTH TO 5YRS.
*ONLY Children Who are NOT Already in Head Start, NMpreK, DD Preschool or Kindergarten

DATE: Friday, October 18th, 2024
TIME: 9:00 a.m.- 2:00p.m.

LOCATION:
Luna Community College Media Arts Center (MEC)
***Appointments or walk-ins welcomed

Please Contact Brandon Gallegos, LVCS Social Worker to schedule your child's screening:
brandongallegos@cybercardinal.com
(505) 454-2715

Luna Community College
The San Miguel County Early Childhood Coalition

In collaboration with Luna Community College's Education Department & Preschool, and the San Miguel County Early Childhood Coalition

Friday, Oct. 18, 2024
9 am to 2 pm

Luna Community College
Media Arts Center
366 Luna Dr., Las Vegas, NM

Call Brandon Gallegos
(505) 454-2715

LUNA LIGHT IN PICTURES LAST WEEK



LLC Foundation volunteers prepare NMHU Homecoming Parade swag



Accreditation Council for Business Schools and Programs (ACBSP) with Luna staff on their site visit at LCC



Sandra Sanchez started her new position as Student Service Specialist in the Nursing School



LCC Foundation in the Highlands Homecoming Parade