

# Health & Well Being

THE LAS CRUCES  
**Bulletin**  
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**Section D**

## Life warrior discipline



**Michael R. Hurst, MS, LADAC, CEAP**  
*Life and Work Solutions*

The topic of discussion this month is life warrior discipline.

Living a life with a discipline component is critical and necessary if a person is going to maximize their opportunity for life fulfillment and success. The first thing a person must understand is that just about every individual or social problem has a lack of discipline component to it.

A vast number of people have bought into the "lie" that you are and always will be a victim. Various support systems and individuals want you to believe that somebody else is responsible for your lack of achievement.

This article focuses on how to use the discipline component of the life warrior concept to take control of your life. This will assist with life and work skills necessary to achieving your life and work goals.

The first step is to understand the definition of discipline.

According to Dictionary.com the definition of discipline is:

1. Training to act in accordance with rules; drill
2. Activity, exercise, or regimen that develops or improves a skill; training
3. Punishment inflicted by way of correction and training.
4. The rigor or training effect of experience, adversity, etc.
5. Behavior in accord with the rules of conduct; behavior and order maintained by training and control

A vital lesson about using discipline in order to overcome adversity comes from the early history of the United States.

In September 1608, the English colony of Jamestown, Va., was in danger of starving to death. Captain John Smith instituted the common sense policy of "he that will not work shall not eat." This

See **Discipline** on page D8

### INSIDE

**Kids EXPO 2012**  
Healthy living starts young.....D5

**Hispanic Baptist Convention**  
Conference brings state's pastors together .....D7

**"Big" inspiration**  
Smart reflects on speaker.....D8

## Fighting HIV/AIDS in SNM

### Red Ribbon Bash helps fund patient meds, care

By **Lorena Sanchez**  
Las Cruces Bulletin

It's been 14 years since the Red Ribbon Bash was introduced into the community to spread awareness about HIV and AIDS to southern New Mexico.

A lot may have changed in those 14 years, but the message and purpose is still the same.

"It is the only fundraiser in New Mexico that raises funds for individuals with HIV and AIDS," said Donny Grooms, co-partner for the event. "All funds raised cover Las Cruces Region 5, representing 10 counties in southern New Mexico."

Grooms, who has been involved with Red Ribbon Bash since its inception, remembers the first event welcoming 100 guests. Since then the event has grown to serve 325 guests.

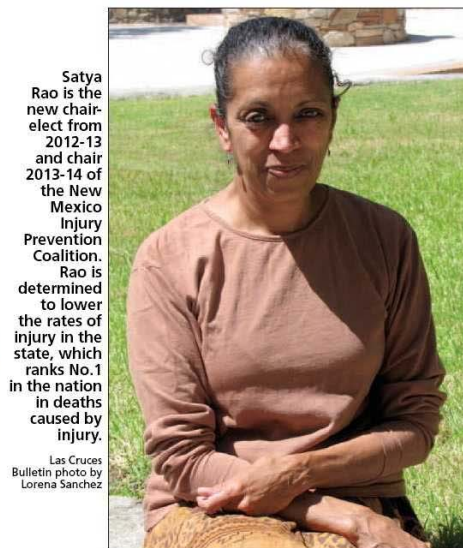
The theme of this year's event is Fire & Ice will begin at 6 p.m. Saturday, Aug. 18, at the New Mexico Farm & Ranch Heritage Museum, 4100 Dripping Springs Road. The bash will include a fire and ice-themed food and décor. There will be a sit down dinner, a live and silent auction, Rein Garcia will provide the

See **Red Ribbon** on page D2



The New Mexico Farm & Ranch Heritage Museum was transformed into a Bourbon Street-style Mardi Gras for the 2011 Red Ribbon Bash. This year's celebration, themed Fire & Ice, aims to top proceeds raised at last year's celebration.

## New injury prevention chair chosen



**Satya Rao is the new chair-elect from 2012-13 and chair 2013-14 of the New Mexico Injury Prevention Coalition. Rao is determined to lower the rates of injury in the state, which ranks No.1 in the nation in deaths caused by injury.**

Las Cruces Bulletin photo by Lorena Sanchez

### NMSU professor strives for change

By **Lorena Sanchez**  
Las Cruces Bulletin

Originally from India, New Mexico State University associate professor Satya Rao came to the United States "decades ago" to earn her college degree and to "continue on."

In the pursuit of a successful life and career, Rao has established herself as an important figure in southern New Mexico, and was named the 2012-13 chair-elect and 2013-14 chair of the New Mexico Injury Prevention Coalition (NMIPC).

After earning her Ph.D. in community health education from Texas Women's University, Rao found herself at NMSU furthering her career and advancing her research.

"The area I do a lot of my research in is mental health, violence and substance abuse and use," Rao said. "I connect them because I look at these issues in

minority populations."

As an associate professor in the department of public health sciences at the university, Rao's primary topic of interest is the issue of suicide, which drew her to NMIPC.

"For the coalition, one of the big issues is preventing suicide," Rao said. "There also was no representation for southern New Mexico. There were a lot of needs in (the region) that were not being heard. Now the coalition represents the whole state, not part of it."

This year, Rao said she chose to run for chairperson of the coalition because she said she wanted to take part "in setting the agenda for the state."

"I wanted to take on a leadership role in this area, my own experience with my husband's suicide and (to ensure) issues in southern New Mexico are heard," Rao said.

See **Dr. Rao** on page D2

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