

# The Luna Light



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

## 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 eying to someday winning a national body building 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 taken 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.”

To read the rest of the story, see Monday’s Luna Light .

## 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).

**For more on the survey, see Monday’s Luna Light.**