

Hancock Conversations S2E2-Emily Limon

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Nursing major, mental health, dual enrollment, fashion club, therapy, community college, leadership, balancing classes, panic attacks, imposter syndrome, local businesses, trauma, empathy, academic challenges, personal growth., Invincible mentality, car accident, perspective, live life, stomach issues, podcast, scheduling issues, kindness, compliments, dignity, respect, positive impact, comfort zone, personal growth, advice.

SPEAKERS

Announcer, Emily Limon, Annie Ruiz

Announcer 00:00

Announcer 00:00

Welcome to Hancock Conversations, the official Allen Hancock College podcast, each episode features conversations with past and present Haycock students, staff, faculty and community members as they share their stories, experiences and perspectives on issues that matter to our college and community.

Annie Ruiz 00:23

Hello everybody. Welcome to Hancock Conversations. I'm your asbg President, Annabelle Ruiz, and today I'm talking with Emily Limon, okay! A nursing major who found community and confidence through getting involved on campus, from starting college online to becoming Secretary of the fashion club and exploring student leadership. Emily's journey shows how stepping outside your comfort zone can make a big difference. She's balanced a demanding, major mental health challenges and life as a commuter all the same, focused on her goals. We're excited to share her story with you. Hello!

Emily Limon 00:55

I'm good. I'm great.

Annie Ruiz 00:56

So long since we talked, was a pokey, right?

Emily Limon 00:58

Yeah,

Annie Ruiz 00:58

I think it's the Starbucks. When we were doing the little pre interview, we were at the Starbucks chatting.

Emily Limon 01:05

It seems like months ago.

Annie Ruiz 01:06

It does. Was it months ago?

Emily Limon 01:08

I think it was like two months was it before school or...?

Annie Ruiz 01:10

Time flies! I feel like I have my calendar and still I'm just like, literally, it goes like that. All right, we're getting into the first question. Can you share a little bit about where you grew up and how you ended up here.

Emily Limon 01:22

Yeah, I grew up in the Monterey Bay County area. I was in a little town called Hollister, and when I was three, I went into the foster system, and then I went through some houses, and I finally met my parents and they adopted me. And then my dad really wanted me to grow up with my grandparents, and so they lived down here in the beautiful Central Coast, and that's how I came here.

Annie Ruiz 01:47

So your parents were originally, they made you move with your grandparents down here in Santa Maria, or you moved with your parents?

Emily Limon 01:54

I moved with my parents, but actually for about a year, I want to say third grade. I actually did live with my grandparents as my parents were selling their house. So my dad and I would commute to our old house in Hollister and meet up with my mom on the weekends, and then they finally got the house sold, and we all became a family again.

Annie Ruiz 02:13

Oh, why did they decide to move from Hollister just because of the grandparents?

Emily Limon 02:17

Yeah.

Announcer 02:18

How was Hollister? Do you miss it? Or like...

Emily Limon 02:20

Hollister is a whole lot of nothing.

Annie Ruiz 02:22

Oh, it's like country?

Emily Limon 02:24

It's like the middle of nowhere, like, literally, I would say, I mean, I love my Nipomo people, but it's very close to Nipomo.

Annie Ruiz 02:33

I've only been here. Santa Maria, born and raised. You already taking steps towards college while still in high school. How did you shape your experience once you got here. How did that shape your experience?

Emily Limon 02:43

I would say, when I was in high school, I was a part of the dual enrollment, and so I had already taken, I want to say, 10 to 11 classes. Yeah, at Hancock while being in high school. So the transition, I wouldn't say was difficult, but it was a little bit of a culture shock, just realizing how much more freedom, quote, unquote, I had, because you still have a lot of restrictions being in high school, and now it's like, wow. Like, it's just one or two classes, instead of having my six periods and then some more classes at Hancock as well. And so I actually, I took six months off as a little break, and I'm very fortunate I did, because I think I would have been burnt out, and when I came back, I only needed, I think, two or three more classes to get my AA,

Annie Ruiz 03:33

I know we were talking about that, how you just did it all through high school, and you mentioned restrictions. Can you go into detail on like the restrictions part, were you not able to take as much classes as you wanted? Or what was the challenge?

Emily Limon 03:45

I think I just... exactly that. I want... I think I would have preferred to be able to take my prerequisites, because I'm a nursing major and so...

Annie Ruiz 03:53

Oh yeah, those classes.

Emily Limon 03:54

Yes, I think I would have rather if I could go back to focus on my prereqs and then do my associate classes for my gen ed after. I think that would have made my life a lot easier. So.

Annie Ruiz 04:07

I think I did one, but I remember them talking about dual enrollment, but it wasn't really. It kind of went one ear about the other for me, because I'm just, I'm sporadic everywhere, so I couldn't but I know Uriel, my friend of mine from high school, he did dual enrollment and he got enrollment, and he got his AA while graduating at high school. And I was like, and then he went off to the military, and the military

pays more if you have an AA. I was like, and then now he's back here. It's like this whole full circle moment,

Emily Limon 04:34

How wonderful.

Annie Ruiz 04:35

I know.

Emily Limon 04:35

I mean, I wish that

Annie Ruiz 04:36

But you did dual enrollment as well?

Emily Limon 04:41

I did a lot. I still think, like props to all the kids that graduated with their AA's on top of their diploma. Like, more power to them, because I went to a college preparatory school too, and so it was...

Annie Ruiz 04:54

Like, prep for college?

Emily Limon 04:55

And so it's like engraved like our first, like, required freshman. Class was prod, which was a career exploration class, like, figure

Annie Ruiz 05:03

Like Career readiness?

Emily Limon 05:04

Yeah, okay, oh, pretty much. And, like, figuring out what we wanted to do, and kind of figure out your majors quickly and just see how life actually works outside of high school. And so that really was the first introduction. And then it just launches you.

Annie Ruiz 05:21

I love that, because I feel when people come to Hancock, they switch. I've never met someone who has the same major, and they graduate with that major. I swear to you, everyone switches their major, and they just find out what they want to do. A lot of the people are like, they just go into maybe this, maybe I'm interested. They go into what their interests are, and I know we're going to talk about that later, balancing that. But then they realize I actually want to do this job like a passion, and so it's really cool that there's a prep school for that.

Emily Limon 05:48

I mean, yeah,

Annie Ruiz 05:49

I know that. I was like, dang I wish I would have gone there.

Emily Limon 05:52

Orcutt Academy. Shout out to you guys,

Annie Ruiz 05:54

Orcutt. Yes, you went to Orcutt Academy.

Emily Limon 05:56

I did. I was pioneer.

Annie Ruiz 05:58

We weren't rivals, huh?

Emily Limon 05:59

No. Orcutt isn't really known for much. I think their band and their education.

Annie Ruiz 06:06

I know their class size is small.

Emily Limon 06:09

Yes,

Annie Ruiz 06:09

How small?

Emily Limon 06:10

I graduated with, I want to say 124 classmates.

Annie Ruiz 06:15

That's it?

Emily Limon 06:15

And I would say about 10 of them didn't even go to our campus, they were just online.

Annie Ruiz 06:23

You can take Orcutt Academy online,

Emily Limon 06:24

Yeah.

Annie Ruiz 06:25

Absolutely. I'm finding out right now. I'm like, wait,

Emily Limon 06:28

Yeah, it's a there is, like, dual enrollment, so you can go in person for like, fifth and sixth period, and then online for all the others.

Annie Ruiz 06:35

I know there is Hancock teachers who would teach at high schools. And my friend did that. She did math and then she did English, and it was really good. Now I'm like, oh, I should have took advantage.

Emily Limon 06:44

Yeah, that's how I got my history out, out of the way. Actually, was my both of my history teachers were from Hancock as well, and so I was never having to step foot in Hancock for that.

Annie Ruiz 06:54

I have to take, I had to take, I took history at like, in winter. That was so during winter, I totally, I totally forgot about it halfway. I was like...

Emily Limon 07:04

I took an English class during winter, and my senior success class, I would literally do my essays because there was nothing else to do. And so I would do my essays, and then never forget my teacher was, like, perhaps go to the Writing Center.

Annie Ruiz 07:18

Yeah. Like, let's look this over.

Emily Limon 07:19

And I was, like, Okay.

Annie Ruiz 07:20

I started to realize my English was not that good because I, because I always got, like, A's in English in high school through middle school, and I got to college, and I, like, I showed my draft, and she goes, let's, let's take you over to the Writing Center.

Annie Ruiz 07:33

It's very humbling

Emily Limon 07:35

It is very humbling.

Annie Ruiz 07:37

I was like, "damn, hey, that's my fault". I was like, "Oh no", that's really I thought I was doing good, but, but then the ARC their tutors are so...

Emily Limon 07:47

They're so great. So Nice. I actually had them write, or not write, but they helped me assist with my scholarship essays for the Foundation.

Annie Ruiz 07:53

I did that too. Yeah.

Emily Limon 07:54

Yeah. Oh thank goodness. I went to them.

Annie Ruiz 07:57

They will tell you stuff that I didn't even know. They were like, This sounds like this. This sounds like your their tone is off. I'm like, I did not know...

Emily Limon 08:05

For me...

Annie Ruiz 08:05

You start to use wrong words. And when you're typing through your head and you don't read it out loud, then you read again. You're like, "oh, that doesn't even make sense".

Emily Limon 08:12

I feel that because I was actually to go branched off with that. I went in because I felt like my essays had no structure.

Annie Ruiz 08:19

Oh,

Emily Limon 08:20

It was just everywhere. Words, yeah. And so I definitely understand where you're going with that.

Annie Ruiz 08:25

Yeah. I think my strategy is I have an ending. I think of my ending first, and then I kind of, like, throw up on the page and then adjust it from there, like, go paragraph by paragraph. Like, what is this trying to say? Each paragraph has, like, like a part of a story, you know, like the act like, Act One, act two. That's where I am. So you talked about your really busy school life because you were doing dual.

Emily Limon 08:45

I was.

Annie Ruiz 08:45

Take me like your schedule throughout the day.

Emily Limon 08:49

Hancock or at Orcutt?

Annie Ruiz 08:51

Well you took both. Did you take Hancock online?

Emily Limon 08:53

Um, well, during this school season, I would take Hancock online, and so I would probably, whenever I had free time in my classes, I'd probably just do my assignments during that, and that's how I manage that. And then during our winter breaks, because we had, like, three weeks for winter break, I would take the winter classes online.

Annie Ruiz 09:12

Winter Break, I miss it. I was... we I took, I didn't take winter classes this year. I was like, I felt I was relaxation. I just

Emily Limon 09:21

Took it once, never again.

Annie Ruiz 09:23

I took one winter once. And I ..no. Yeah, I think it's for the people who do are really brave and really strong. You have to check it every day.

Emily Limon 09:31

You really do. It creeps up on you.

Annie Ruiz 09:33

It does! You don't realize that the work stacks up. You're like, "oh no".

Emily Limon 09:39

But I really do believe in the power of having a break. Because, yeah,

Annie Ruiz 09:43

I think that going, I was going, like, off and on, off, like, not off and on, I apologize, like, back to back to back, like, summer, spring, I always had a class, no matter what term it was. I just got burnt out so fast. I was tired. I didn't even want to do school anymore. I was, "I'm over this". This is horrible. And I was just working myself so hard, that's it's not even worth it. You're doing mediocre in these classes for what you can get an A if you were just to wait

Emily Limon 10:10

Exactly and actually to go off of that. I feel like we're branching off a lot. I love this. It's like a little tree.

Annie Ruiz 10:18

It is like a little tree.

Emily Limon 10:18

I love it. I love us. Because I actually just, well, well, this week I had a counseling appointment, and I felt I was overdoing it with statistics and microbiology.

Annie Ruiz 10:30

You told me about that you're a brave soul,

Emily Limon 10:32

and I just, I just had to take it into consideration. I'm like, "You know what? no," I'd rather not get a C in this class, and actually just wait and deal with it and take a next semester and get a B, yeah, then just try to get two seats, because sometimes it's just better to just let yourself go at a slower pace.

Annie Ruiz 10:50

Yeah, and

Emily Limon 10:51

It helps with GPA and admissions as well.

Annie Ruiz 10:53

I had I took, was taking pre calculus and biology, and then I was also taking history, and I was taking, I think, community something in psychology class, I don't want to say community. I think it was free speech, something like that. And it was just impossible. It was impossible to, like, stretch out my time all those days, and then I have president on top of that. It's just wow, and bad. And I have no no room. I have no room, and you're just left with, like. Even now, I'm like, oh my god, I forget things that I try to put everything. I started a calendar, and it's helped a lot more, but I definitely figured out something that contributes to why that. But we'll talk about that later.

Emily Limon 11:31

Okay,

Annie Ruiz 11:31

So you talked about adjusting to high school. How was it coming from that high school setting to Hancock? Because you said you were online,

Emily Limon 11:38

I was

Annie Ruiz 11:38

The difference?

Emily Limon 11:39

Um, however, during the summers, I would come in. So I had two classes. I was a pro. I actually had

Annie Ruiz 11:47

You, like, come up to a line student. I got this.

Emily Limon 11:49

I got this. One of my professors, she was like, um, I was asking her for help. Because I was just like, I'm new. I don't really know what to do. And she was like, You're so well spoken. I'm so thank you. And blah, blah, blah. She's like, You look kind of young. And I was like, Oh, I do. And she was like, Yeah. And I was like, Well, I am a junior in high school. And she was like, No way, no way. She was like, I didn't even know we could have high schoolers, on campus.

Annie Ruiz 12:12

A lot of people don't. Yeah. Like, well, I've seen some in my classes. They'll be in my level classes, and I'll be like, how old are you? Like, 17. I'm like, what?

Emily Limon 12:22

Yeah, I feel that. And then I feel old.

Annie Ruiz 12:24

I feel really old

Emily Limon 12:25

We're pushing 20 now.

Annie Ruiz 12:26

I tour little kids all day, and I'll tell them things that I think are recent. I think they're pretty maybe three years ago. They'll say, that's your unc.

Emily Limon 12:38

Justin Bieber. Whenever I mentioned him, and they're like, no, he's ugly. And I'm like...

Annie Ruiz 12:42

Well, you don't get it. You don't know you weren't there during the time. You weren't there. What's

Emily Limon 12:46

What's Bieber fever?

Annie Ruiz 12:47

One Direction?

Emily Limon 12:48

Oh, Liam.

Annie Ruiz 12:51

People don't get it.

Emily Limon 12:52

They don't get it.

Annie Ruiz 12:53

I think there's a big I noticed. I'm starting to notice the gap in age when I'm touring little kids.

Emily Limon 12:58

Oh yeah.

Annie Ruiz 12:58

And it's just It scares me, like

Emily Limon 13:02

it's almost like grieving.

Annie Ruiz 13:04

Yes.

Emily Limon 13:04

Cuz that's like our adolescence. Just...

Annie Ruiz 13:07

Also, I was talking with the teachers that I tour and they have... when we went to school, there's a lot, a lot of things that we they have now and but I'm sure when our parents went to school, they didn't have a lot of things that we do have now. So it's kind of like a cycle. And when I was talking about them, they were talking about them, they were talking about all these services, I was like, dang, it's really, is that thing? Why was it? Why wasn't it there when I was in school, you know? Like, that meme.

Emily Limon 13:28

Yeah, oh my gosh. Well, when I graduated from high school, they opened our new gym a week before we graduated, and the principal...

Annie Ruiz 13:38

You got to experience it for a week.

Emily Limon 13:39

But our principal, my principal, was like, Hey, are you gonna go to grand opening? And I boycotted. I am not a political person whatsoever. But I was like, and I was like, You guys couldn't have waited. Just say you're delayed. Like, they delayed three times during my time away. And I'm just like, you could have just...

Annie Ruiz 13:40

They were just waiting for you to leave. They're like, one more time, please.

Emily Limon 13:51

One more time. One more round.

Annie Ruiz 14:04

So being online school, coming to Hancock, how did you make like? How was adjusting to the social life? How did you get so connected around campus? Because every time I talk to someone and say, Emily Limon, they're like, she's so nice. I know her like they they know, they know.

Emily Limon 14:20

That makes me so happy. I really try to be a positive impact. Because as a nursing major, I I'm going into a career field where I understand that this is the people's hardest life, like time of their life. Yeah, and I can make a difference. And so I really do try to be as positive and nice to everyone as possible. I think what really helped me step in was joining a club. I actually had a sewing class I was taking during my little break. It was the only class I was taking. And I was just like, Mommy, Daddy. I really, I really need to go socialize with people. And I was like, there's an eight o'clock sewing class, can I do it? And they're like, No. And I was like, please, it's fashion. And they're like, Okay, and fashion is a passion of mine. I forget that they don't know that.

Annie Ruiz 15:09

Oh yeah, fashion is a passion. So the fashion club, yeah, did you get into it? So what was...

Emily Limon 15:14

From my sewing class? I found out that there was fashion club, and I just joined the first day, and I was like, Hi guys, I'm new. I don't know anyone. And they just welcomed me with warm arms and Rayah, she was the president at the time. I just fell in love with her. She's so fabulous, like she coordinates our fashion show. So fashion Club does two fashion shows during the year.

Annie Ruiz 15:36

They do it all the time. I've seen the pictures of the first one. When Mystery had that painted dress, it was, oh

Emily Limon 15:43

Yes, the splatter! She actually won, I think the design competition.

Annie Ruiz 15:46

It was beautiful, because I follow. I was on her close friends on Instagram, and she was like, I'm workshopping this. And I was like, that looks half done, but as soon as it got in the runway, I was like, Whoa, that looks stunning.

Emily Limon 15:57

I think it looks like it was like walkable art. And she just took it to the tee.

Annie Ruiz 16:03

I love it. She always has the greatest outfits

Emily Limon 16:05

she does. I love...

Annie Ruiz 16:06

Fashion club students have the greatest outfits

Emily Limon 16:08

They do. So do you ever need styling? Go to Fashion Club.

Annie Ruiz 16:12

Go to them. Be like, Please help me. Yeah, I have like, I do no logo clothes. Oh, I don't really like logos that much, and I still suck at styling.

Emily Limon 16:15

No!

Annie Ruiz 16:17

I'm not the greatest at styling.

Emily Limon 16:22

No, I think it's just knowing when first what makes you feel good, yeah, and then starting with the color, and most people go towards black. And I feel like I should not be talking about this right now.

Annie Ruiz 16:34

The call is coming from inside the house.

Emily Limon 16:36

But most people navigate towards black. And so my parents own a boutique, and Mystery works at the boutique. actually. My mom was hiring, and she was like, Emily, do you have any suggestions? So I said, Fashion Club. And I was like, mystery had mentioned she really needed a job, and so I kind of got her the just a little push in there. And then Mystery did fabulous on her interview, and was able to get on our team. And I think I forgot what we were talking about for a second.

Annie Ruiz 17:06

Fashion Club, boutique,

Emily Limon 17:08

Boutique styling,

Annie Ruiz 17:09

Styling. They need. I need some stylists. Although the I have a pet peeve about this. With celebrities. They all look fabulous. I love celebrities, and they have stylists. So they have like things matched to what they wear, and so they look good in it. Like...

Emily Limon 17:23

You just reminded me, yeah, that everyone navigates towards black. And so the number one thing that I always try to drive people towards is blue. Because I noticed blue is, like, one of the colors everyone's willing to try out, I think.

Annie Ruiz 17:38

I mean, it's Oh, I mean, it says it here, I love blue.

Emily Limon 17:42

We love blue.

Annie Ruiz 17:43

I'm, hold on. I just gotta show my blue. Oh, my blue water bottle. I absolutely love blue, especially the color navy blue.

Emily Limon 17:52

It's a very, I think it's, it's not too striking, but it still stands out.

Annie Ruiz 17:57

It's not black, but it's almost like, I don't want to say muted, but kind of that calm. It reminds me, really, of the beach or river. Yes, like the water, because

Emily Limon 18:07

Because blue does represent tranquility, yeah. So I think people feel comfortable in it.

Annie Ruiz 18:10

I think one mistake, though, is I do blue on the same color, blue pants, and so I just look like a walking blueberry.

Emily Limon 18:16

I love color on color.

Annie Ruiz 18:18

Really?

Emily Limon 18:18

You can always do what I'm doing is the sandwich method. So you have black top, black shoes, and color pants.

Annie Ruiz 18:25

It always works.

Emily Limon 18:26

Yeah, it does. Your outfit looks cute.

Annie Ruiz 18:28

They I was so hot today it was burning outside. It's 83, five, somewhere around there, 80. My car's in the burning sun. That's all I can think about right now. Is my car is in cooking in the sun right now.

Emily Limon 18:40

I feel that. I feel that deeply.

Annie Ruiz 18:41

Yeah, it's cooking. So how did you navigate, kind of rotating to the next question. Oh, yeah, you are a nursing major.

Emily Limon 18:48

I am.

Annie Ruiz 18:49

How did you navigate fashion Were you part of Fashion Club during while doing nursing? I

Emily Limon 18:54

Actually, I currently am in fashion club. I though I haven't been to a meeting in a while.

Annie Ruiz 19:00

I know.

Emily Limon 19:00

It's okay.

Annie Ruiz 19:01

I actually reached out to them because they're doing a fashion doing a fashion show, right? To get a photographer to photograph for them.

Emily Limon 19:06

Yes!

Annie Ruiz 19:07

I really hope to become a photographer. I sent in my photos, so we'll see. Oh, I'll talk to the meeting, though, because I won't be, I think it wasn't me today and I was just at Bulldog Bound.

Emily Limon 19:18

Thursday.

Annie Ruiz 19:19

I just could, oh, I had a lab. You're right. I had my bio.

Emily Limon 19:22

I work on Thursdays.

Annie Ruiz 19:24

A lot of the clubs I like to go to, like chess. I'm part of the chess club, so,

Emily Limon 19:28

Oh my gosh, I'm ready knowledge.

Annie Ruiz 19:31

I always feel so studious when doing chess. I'm like, thinking, I'm doing Bulldog...

Emily Limon 19:35

Teach me. We could be like...

Annie Ruiz 19:36

I have a chess...

Emily Limon 19:37

The Queen's Gambit or whatever.

Annie Ruiz 19:38

That's how I started doing chess. It was The Queen's Gambit.

Emily Limon 19:41

Is it good?

Annie Ruiz 19:42

It's so good. I love the show.

Emily Limon 19:43

I should see it.

Annie Ruiz 19:44

It was how I fell in love with chess. Because I was like, she eats, she's like, she's better than all these people at chess. I'm not that good at online chess. I think I have a score of, like 100.

Emily Limon 19:54

Better than me. I probably have, what, 50? 25?

Annie Ruiz 19:57

And, and. I'm doing good. I'm learning, I'm learning the openings and stuff like. I practice with the little robot. So I'm I'm practicing with the little robot and see if that works.

Emily Limon 20:08

I played, like, twice on cool math games.

Annie Ruiz 20:10

Cool math games has chess?

Emily Limon 20:12

It does. That's how I found out chess existed.

Annie Ruiz 20:15

I mean, my sister play it because she wanted me to teach it to her, because she thinks it's a very smart game.

Emily Limon 20:21

That's so Angela.

Annie Ruiz 20:22

Angela, my sister, yeah, and so we do it, and it's so funny. We do little voices when we're moving the chess pieces, we're like, we're moving it here it was, like, I outsmart. It's fun, it's cringy, but it's funny to us.

Emily Limon 20:33

I'll never forget I told someone. I'm like, I love the horses. And they got so triggered because they're like, that's not what the horse is called.

Annie Ruiz 20:40

It's called the knight. The knight, it's a horse. I call it the horse, the horse piece. I'm just like, horsey. I love the details ones where they put like an actual horse. Have you seen those detailed chess? Not the professional ones, they just have the horse like, head, but the professional, like, like, kind of fun ones, they have like, an actual horse and then a knight on it, what I kind of ride it around.

Emily Limon 21:01

Oh my gosh.

Annie Ruiz 21:02

I have one displayed in my room. I need to take, I should have bring it and placed it right there.

Emily Limon 21:03

Someone should make a romance book on this.

Annie Ruiz 21:07

Like the the horse and the what?

Emily Limon 21:11

Like the knight with with the queen, you know? Checkmate.

Annie Ruiz 21:15

Oh, like the board the chest, all the drama.

Emily Limon 21:18

Mapping their relationships. Oh my gosh.

Annie Ruiz 21:20

Why aren't we movie directors? Let's get a let's get it. Actually, start it.

Emily Limon 21:24

I love that we just started with nursing and now we're just tlaking about making movies.

Annie Ruiz 21:25

I love it

Annie Ruiz 21:25

We're totally off-topic. Back to your major, nurse,

Emily Limon 21:29

Oh yes.

Annie Ruiz 21:30

You're doing Fashion Club, you're secretary of the Fashion Club.

Emily Limon 21:33

I am. I'm very, I will say, being a nursing major, I have to make a lot of sacrifices. And last semester, I actually took a class in Lompoc, and it had me kind of, I think culture shocked me into reality. Of this is people's actual daily living, like commuting is a thing. And I think I was so blessed to just live so close to campus and just roll out of bed. I like five minutes before class started, and just call it a day. And so commuting really made me realize just how hard it can be and how difficult it can be. And my class in Lompoc was during our Fashion Club meetings. And so fashion Club was how I met people on campus, and was my first introduction to campus. And so I think it was hard for me to let that piece go, because I was..

Annie Ruiz 21:56

You were scared of letting like, if I don't have Fashion Club, like, I lose all this connection?

Emily Limon 22:29

Exactly, and now it's just all I am is just nursing. And I think in my brain, I was like, No, I can't be concealed to one thing. I have to do multiple things. But vice versa, with fashion. Like, I don't want to just be known for fashion. I want to be known for nursing as well. And so I think it just really forced me

to accept that no like, this can be a reality, and you can still have those interests and still navigate through those hard times, but it's difficult every day. I'm like...

Annie Ruiz 22:59

It's like a superpower, or, like a muscle you have to train.

Emily Limon 23:02

It really is, like, I technically have my AA in lib arts, and I could just stop and transfer and just figure it out at university. But I think my parents really raised me to start to complete what you start.

Annie Ruiz 23:16

Yeah

Emily Limon 23:17

And not give up. Yeah, and I only have three classes left, and I think to any nursing or any difficult majors out there, anyone in general, and you just, you're so close, and you just want to give up. I'm telling you, it goes by so fast. We're already in week. What? ?? 6 ??,

Annie Ruiz 23:35

They talked about midterms. They talked about midterms this week. And I said, Whoa. I said, Wait, what happened? We were just on the module one, what happened to midterms? So, yeah, two midterms next week. And I'm like..

Emily Limon 23:51

I think that also forces you to kind of lock in a little bit, and it forces you to, you feel the burn, but then next thing you know, it's spring break, next thing you know, it's finals week, and then next thing you know, it's next semester. And so I think, for me is I'm such I used to have really bad anxiety, super bad anxiety. And I had such a fear of the future. I just had such a like, anxious feeling. I'm like, I need to get this done. I need to do this. Like, this is gonna happen. Something bad's gonna happen all the time, and to navigate it, I went into therapy, and that has helped me so much to see every day as just today, and to take it one day at a time. And I use those methods when I'm doing my classes for nursing and for burnout, because it's like, Emily, today is just Wednesday, Tomorrow is Thursday. Your test is in a week. But what are you doing to prepare for it? What can you do? What cannot you do? Like, what can you control? And what can't you control? And I think having that mentality has helped me slow down and not freak out.

Annie Ruiz 24:38

It's like be in the moment.

Emily Limon 24:47

Exactly.

Annie Ruiz 24:52

Because I saw a I saw. YouTube video because I like video essays. I'm addicted to the video essays. And they talk about, we do stuff so fast, like we're eating while watching a video super fast. We're like, rushing.

Emily Limon 25:09

I know you're talking about!

Annie Ruiz 25:10

And it's just slow down, yes, kind of, how do you put that word, be in the moment? There's another word for it, like, involve, or just, like, embrace, embrace the moment and just the silence and just slow down. I think a lot of us try to get stuff like done, done, like we got to go, and we end up just not we try brushing stuff so fast that we end up getting, in reality, nothing done.

Emily Limon 25:31

Right?

Annie Ruiz 25:31

So it's just like we're lost.

Emily Limon 25:33

And to go on that, being at my high school, since it was a college preparatory school, I felt that every day I was there because it was just always, you're going to college. You're going to college. Why don't you have this class done like you need to finish these classes like your counselors will meet up with you, and it's a blessing and a curse. And that's when I realized, when I graduated, I was telling my parents. I said, I need a break. I need to slow down. I need to embrace that one day at a time. And I think that mentality also helped me, when I was talking about my statistics class and my micro class, to let go of one of them and accept that I can't do both and graduate faster. And that's okay, you know. Because sometimes you just do need to take it one day at a time, and you need to, like, very much, um, what's the word? Prioritize your mental health. Like during this time, because it's hard,

Annie Ruiz 26:26

Me and Marcos talked a lot about that. Our previous guest on the podcast, about how dropping classes or just saying that, you know, I can't do this all is really it seems as shameful. It is seen as like, you can't do this, like, yeah, you're supposed to be doing more.

Emily Limon 26:41

I think there's a double standard on that.

Annie Ruiz 26:43

Yeah.

Emily Limon 26:43

For sure.

Annie Ruiz 26:44

And they're supposed to this ideology that if you're not doing the most and you're not doing anything.

Emily Limon 26:50

Yes.

Annie Ruiz 26:50

And you are doing enough. I think I was talking with my fellow co worker, Kadisha, lovely lady, and you know her.

Emily Limon 26:56

I do! Kadisha's the queen!

Annie Ruiz 26:57

And I was rushing around for this event. I was like, I haven't done this. Like, I'm still doing this. And she's like, You need to slow down, like you've done enough. You we've done enough. Like that's This is enough. And it's really telling that you have these high expectations, that if one little thing happens, you just, you tear yourself down. It's just like, I'm it's over, it's over, but it's not really over. You still have the next day and the day after that and continuing.

Emily Limon 27:21

You said it so perfectly. You're reaching a flow state right now, but no,

Annie Ruiz 27:28

I have drymouth so bad.

Emily Limon 27:30

No, it's okay. I've been having dry mouth, and I'm just like, I'm pushing through it.

Annie Ruiz 27:33

I always yap, you can drink a water off. I love to talk. I love to yap.

Emily Limon 27:38

I'm like, oh, suffer in the dehydration. It's okay. I'll drink it in a minute.

Annie Ruiz 27:42

I want to get into therapy, because that's something that I explored recently. I know we talked about therapy in our pre- little interview, and I recently went to a therapist on campus for LAP so Learning Assistance Program. And I went there because for majority of my life I have been struggling with some type I don't know how to explain it. They explained it as ad eventually explained it as ADHD, but I didn't know what it was. I just thought I was, like, dumb. I just thought I just couldn't get these concepts that it was just on me,

Emily Limon 28:14

Yeah,

Annie Ruiz 28:14

And going to therapy really helped me say, like, hey, like, this isn't on you. Like, it's just, it's just you, it's, you know,

Emily Limon 28:20

it's how your brain

Annie Ruiz 28:21

is, how your brain works, yeah. And so that really helped me understand that while I do need extra time and I need to really kind of concentrate, and if I wouldn't gone to therapy, I would have never known so I want you to describe your first moments at therapy, because we did talk with Marcos how there's kind of a stigma around there, yeah.

Emily Limon 28:39

Um, I am so ashamed. Well, not ashamed, but I did fall into the category where I thought therapy's for crazy people. Therapy is for people who have problems and when covid happened. I'm I'm a very approachable person. I am a very, yeah, I try. I'm a very big talker, and I'm more than happy to talk for hours, but it's very rare that you'll actually see me approach someone, and it's because I'm a lot more introverted than I think a lot of people expect me to be. And so when covid happened, I was on the top of my life like, I didn't like,

Annie Ruiz 29:19

Yes!

Emily Limon 29:20

I didn't have to socialize with anyone. I could just do my school online and then go back to bed, and then I had, like, my two friends I would call. And like, life was great. And so when I went back into high school, it was my sophomore year when I went back. So that was really, like, my freshman year. I hadn't talked to a human in like, almost a year, and so I was dreading it. I was just like, I don't know what to do. I've experienced bullying in the past before this happened, and so I was like, they're gonna they're gonna hate me, and blah, blah, blah, and just having all these thoughts, and I never really said much to my parents about it, but. I'm an only child, and my parents are very involved in my life, and they notice, they can see signs, and they would try to talk to me about it, and I just be like, I'm fine. I'm fine. And then they would mention because they went to therapy as well. And so they would be like, Hey, honey, like, we have someone we talked to. And I was like, no, like, I don't need that. And one day, kind of...

Annie Ruiz 30:20

Like you take it as, like an offense, like "you think I need therapy?"

Emily Limon 30:24

Exactly. I think a

Annie Ruiz 30:28

I think a lot of people go to that assumption immediately, like, you really think I need therapy? I'm not crazy. I think that's what most people think.

Emily Limon 30:29

And as a 14 year old who doesn't even know themselves, I'm like, you know, "you're crazy>"

Annie Ruiz 30:36

You're the problem.

Emily Limon 30:38

And so, um, and one of my classes, history, actually getting those Hancock credits, always history, always history. I just felt this sudden urge and just this panic, and I just started hyperventilating, and, like, for a split second, I just thought I was gonna die for a second, and I had experienced my first panic attack, and it was so bad that the principals were willing to call an ambulance for me, because I just didn't know. I couldn't calm down, and I was just in pure hysteria. And after that, my parents were like, enough is enough. Like, we're putting you in therapy. And my biggest word of advice for therapy is stay in it for at least three weeks, because, like, it's you're not going to trust your therapist first hand. I mean, really, you're

Annie Ruiz 31:26

Maybe if really comfortable with people you just start throwing up all of it, you know?

Emily Limon 31:30

Yeah. And so it's hard to, like, build that trust in that bond, like, what we're doing right now, like, this is hard, especially being that vulnerable and in that state. And so it took me a minute to go and to trust her and start talking to her, actually. And the one thing I learned is that a good therapist will never feel like a therapist. A good therapist will make you feel like you're having a conversation, not like a little venting session. You know?

Annie Ruiz 31:56

I think people are really guarded. And I I'm saying this from my own house, and I think going to therapy, you're like, This person doesn't understand where I'm coming from. They don't know what I've been through, what? Why do they care? And so when they ask you questions, you have that kind of wall up. It's like, Oh, it's nothing. You keep it very vague, but the more they because they'll keep they'll keep asking the same questions worded differently, and you start to realize, like, they just want to talk, and, yeah, it's kind of you to mention panic attacks. I never knew what those were, and I just thought, like, why am I crying? Like, why do you start crying? Why do you start hyperventilating? Why you just start out of nowhere? I had a test, and this was before I went to there, literally the same make or break moment. And I had a test, and I had studied for this exam. This exam was no big issue, but I blinked, like, in the middle of it, I started crying, like, my eyes, my tears were dropping all the words, and I said, what's going on? Like, I didn't even know what was going on with myself. And that was the scary part, is that I didn't know what was going on. And so now I was like, yeah, like, there's no, I have to go

therapy. Like, it's just you have to go. And you start realizing like this person does, like I trust them. I trust them to know, to talk about it, not I'm not trying to rant to them about my problems. I'm trying to get them to understand where I'm coming from, and they can help me regulate, regulate it.

Emily Limon 33:13

exactly like my therapist really has helped me navigate. Like I'm so bad with conflict, I've been in therapy for how many years? I'm still bad with conflict.

Annie Ruiz 33:22

I will avoid it at any cost. I will run away from it.

Emily Limon 33:26

And it's hard because, like, I think especially us both, we're both people pleasers, and so the last thing we want to do is hurt someone's feelings. But I think therapy really helped me realize, like, sometimes you just got to speak up, and sometimes, you know, relationships will only grow if you allow them to grow. You know, and like, every relationship is going to have conflict, no matter if it's romantic, your family, a co worker, even just this, like, there might be conflict that comes up, and that's okay. It's just natural. People have their own identity.

Annie Ruiz 33:56

Like "why I oughta!"

Emily Limon 33:56

(Laughing) I oughta!

Annie Ruiz 33:57

(Laughing) It's the argument part of the podcast.

Emily Limon 34:00

We're changing the odds right now.

Emily Limon 34:00

Tha was funny. That was a good one. I wish I had, like, a little band (makes rimshot noise). I need that. I really need that right now. Like little, I need the little, just little snare.

Emily Limon 34:10

We should, like, get the button like that. That was easy.

Annie Ruiz 34:13

That was "boom". That was great. Or the ding thing I want that every time a coffee shop, I can feel bad ringing it, every time a coffee shop has it, but like, it's like an urge.

Emily Limon 34:23

Oh! The little bell?

Annie Ruiz 34:23

The little bell, I'm like, ugh.

Emily Limon 34:23

Please ring the bell. And they're like, Don't ring the bell.

Annie Ruiz 34:26

I'm like, Oh,

Emily Limon 34:27

They're like, avoiding you at all costs. Looking the other way.

Annie Ruiz 34:32

One thing I noticed you mentioned conflict is that I was talking about, I talk about this with everyone I love. I'm I'm a chit-chatter. So I love talking about this, and I've noticed how people avoid conflict, yeah, and it builds up into something worse.

Emily Limon 34:46

It really does. And you feel it. You can feel the tension.

Annie Ruiz 34:50

Yes, and then also people aren't truthful. When someone comes like, Hey, Am I mad at you? They say, "No, it's fine". Yeah. That just becomes even worse. And I've really. Me, I mentioned Kadisha again, because I love Kadisha. She's amazing at handling conflict and resolution and being honest truthful. I think there was a situation with me and some random person, and I just wasn't truthful. I wasn't truthful for how I felt. And it starts to build up, and I wish I would have said the truth even how I say it. I There's a saying that it's not what you say, it's how you say it.

Emily Limon 35:24

Exactly.

Annie Ruiz 35:24

And I really need to work on that. And I want.. Have you heard any steps, or have any tips on that?

Emily Limon 35:33

I would say, I always start out saying that I'm sorry, and I recog... I always say out loud what I recognize that I did wrong, and in a way that allows them to be like, because a lot of people, when there's conflict, right, they're going to be defensive, right? And so they're going to be like, No, it's not just that. It's blah, blah, blah, blah. And it indirectly lets you know that maybe they weren't actually mad at what you're thinking they're mad at, they're mad at something else.

Annie Ruiz 36:00

Yeah,

Emily Limon 36:00

And that kind of lets you break the ice because you're starting out with that vulnerability, but you also have to be able to handle it. You have to be able to want to make a change in that relationship too. So if they do feel like their feelings are hurt by X, Y and Z, you have to take that with pride and put your own ego away, yeah? And be like, No, I want to fix it and mean it. And people will always see your actions, always see your over words.

Annie Ruiz 36:28

I always say, you can say a lot of things, but it's matters on what you do. Yes, I always like you can say you're doing this and that, and that's fine, this, that, and the third, but I want to see you actually doing it.

Emily Limon 36:38

You know what? You can relate that to Hancock too. I could say as much as I want, like, I feel like I need to go see my counselor. I feel like I need to go see my counselor and get my classes situated, but unless I actually do it, yeah, you're just saying it.

Annie Ruiz 36:51

Yeah.

Emily Limon 36:51

And I think that in college, that mentality is like, oh, it's okay. I'm gonna study later. Oh, it's okay. Like, this is due in a week.

Annie Ruiz 37:00

You're never gonna do it.

Emily Limon 37:00

You're never gonna do it. And so I think in a way, having that mindset of like, No, I'm actually gonna make a change. And my parents have always, I love my parents. I really do. They made me a strong person, because it's the double edged sword, I suppose. But they always say, like, you can't whine about something unless you did everything you could to whine, you know. And so they've been,

Annie Ruiz 37:21

I'm gonna steal that,

Emily Limon 37:22

Yeah, but it's true. And it's like, sometimes you do have to look at yourself. You gotta be like, did I do everything I could, like, truthfully, or did I just stay up till three watching a show? Yeah, the new Bridgerton episodes, right?

Annie Ruiz 37:35

I've seen the bridgerton. I've only watched the one with Queen Charlotte and the king.

Emily Limon 37:39

You know what? That's the only one you need.

Annie Ruiz 37:40

I know. It's my favorite.

Emily Limon 37:41

It's so good.

Annie Ruiz 37:42

I've tried other ones. I'm not hating, I'm not hating, but...

Emily Limon 37:46

They're okay, though the dialog is a lot, but the new season just came out. We're finishing it. And I watched it last night, and I was like, Oh, I have this interview tomorrow, and that's a perfect example of I'm tired, but I have to deal with it.

Annie Ruiz 38:00

I think one thing with the I'll do it later, I'll do it later, is I say, I do it now. I'll do it now.

Emily Limon 38:06

That's so good!

Annie Ruiz 38:07

There's no, I'll do it later. It's now. So in that moment, I'm like, I'll do it later. No, now, am I doing anything? Obviously not, because I'm thinking about doing it later. I pick up whatever I have to do and I just do it now.

Emily Limon 38:18

You just start.

Annie Ruiz 38:19

I just start. You. That's right, it's such a it's easy, easier said than done. Just start, but if you just, like, literally not gaslight yourself, but put it in your mind, that just start, like, that's like, oh, I have to clean, pick up a water bottle and put it away, one by one by one. I think that's been my most helpful tip.

Emily Limon 38:34

That is so powerful. You're just so cool.

Annie Ruiz 38:37

Oh stop. You're just so cool. You're cool with the Fashion Club. Oh, I was like, well, you're cool. We're just saying.

Emily Limon 38:42

You're cool. It's true. We're cool. People

Annie Ruiz 38:44

Back to the fashion club. Oh, yes, I was gonna mention that. How did you keep staying involved? How was oh, because I know you mentioned you were missing meetings, but I know you're still involved. I know you're still in the scene. So how do you balance that? What's the...

Emily Limon 38:52

It does help that I work with my co-worker. Who is...

Annie Ruiz 39:00

She has all the information? The scoop?

Emily Limon 39:02

She does. I believe she's the treasurer. Mystery is the treasurer. I can't remember, but she's on the board, and I kind of get the insight from her, and it's once you've been in it in a year, and you go, and I was pretty much a board, an honorary board member last year. I kind of just know what's going on, just by some context clues. But my mom, she owns a boutique. I can't remember if I mentioned that or not, but shout out, Apricot Lane.

Annie Ruiz 39:28

I saw it on TikTok. On her story.

Emily Limon 39:30

We did our UPS. Guy came in, and my mom loves talking to him, and so we did a little video. And we're like, we love you, Michael. So shout out, Michael

Annie Ruiz 39:39

The mail. Oh, I forgot his name. He is so the sweetest guy ever. He delivers the mail around campus. He was telling me about his wife, and he's the funniest ever.

Emily Limon 39:48

Yeah, they're just so they just brighten your day. I really do.

Annie Ruiz 39:51

It's the most unsuspecting people. It really is. You'll walk on, maybe someone at Testa, that lady the register. I'm sorry I'm blanking on names, but she's. Actually the sweetest.

Annie Ruiz 39:51

Well, you said you wouldn't expect that. Did you have, like, a certain stigma before going to community college? Or what was?

Emily Limon 40:00

Oh, I know exactly who you're talking about. Yes!

Annie Ruiz 40:02

She has, like, red hair. She's always in the ponytail. Love her. She's

Emily Limon 40:06

She's such an icon. I love so sweet. She's so patient. I only carry cash on me so...

Annie Ruiz 40:11

Oh you're, like, with the cents like...

Emily Limon 40:13

But don't worry, guys, it's like 10 bucks.

Annie Ruiz 40:15

And then the people in the bookstore. I feel like the most unsuspected people, are so patient. And so sweet.

Emily Limon 40:21

Hancock staff in general,

Annie Ruiz 40:22

In general, they are, so sweet.

Emily Limon 40:25

they really are, and you wouldn't expect that from a community college.

Annie Ruiz 40:32

Yeah.

Emily Limon 40:32

Yeah.

Emily Limon 40:32

Oh yeah, I...

Annie Ruiz 40:32

Me and Marcos touched on this as well.

Emily Limon 40:35

Oh, did you really? I love your guy's conversations. I feel like we're very intellectual people.

Annie Ruiz 40:39

It was really, oh, I can't wait to rewatch it again, because I forgot about what we talked about.

Emily Limon 40:43

You're me excited about it.

Annie Ruiz 40:45

I'm excited

Emily Limon 40:45

The anticipation!

Annie Ruiz 40:47

But we talked about a lot of stuff, and we got into really deep topics that hopefully we'll get into later. But he really did go into his backstory and like hard moments during that time.

Emily Limon 40:59

Wow. Well, we'll have to look out for that.

Annie Ruiz 41:01

I know when we get deeper. So we're gonna head back to nursing. So you're still active in the fashion club. You balance that with Mystery being your co worker nursing. You have three classes left. Did you double up on loads? I know we talked about it's impossible to double up on loads. Were there sometimes where it was just impossible?

Emily Limon 41:19

To double up, like, to takemulitple classes?

Annie Ruiz 41:21

Yes, stacked classes. Class is stacking.

Emily Limon 41:25

I would say, not really, because I had so many classes during high school. Now I had to do is my prereqs. And the thing about prereqs, and like the medical field, is you have to take one class in order to take the next class. So I had to take anatomy before I could take phys. So I was in anatomy...

Annie Ruiz 41:41

All the prereqs.

Emily Limon 41:41

Then I had to take Chemistry before I could take micro. And I had to take phys before I could take X, Y and Z. And so you kind of are stuck having to take it one time, day at a time. But I would say stacking-wise, I would take my electives. So like one of them was ASBG, which is how we met.

Annie Ruiz 42:01

Oh!

Emily Limon 42:01

Shout out ASBG.

Annie Ruiz 42:03

Join it.

Emily Limon 42:04

No, literally.

Annie Ruiz 42:05

Wednesdays 11:30 to 1:50

Emily Limon 42:08

Best time, best time. It's just such a fun time. And it forced me again to socialize. It forced me to get out of my shell. And I actually found out about it through Fashion Club.

Annie Ruiz 42:19

like ASBG oversees like the clubs.

Emily Limon 42:22

They oversee all the clubs. And so I want to say I talked to, um, what's his name? I'm blanking on his name.

Annie Ruiz 42:31

Oscar?

Emily Limon 42:32

No.

Annie Ruiz 42:32

Andrew?

Emily Limon 42:33

No.

Annie Ruiz 42:34

We only have like, two guys on the board.

Annie Ruiz 42:37

Henry, Henry,

Annie Ruiz 42:37

I love you, Henry.

Emily Limon 42:38

I'm so sorry Henry. That's been a while since I've seen you!

Annie Ruiz 42:42

I love Henry!

Emily Limon 42:46

I talked to Henry. I went up to him, I think, to give him a paper or something for like, a club to get it checked off and accepted. And he was like, Oh, yeah. Like, join ASBG, and blah, blah, blah. Blah, blah. And I was like...

Annie Ruiz 43:03

He was doing work.

Emily Limon 43:03

Yeah, he was doing the propaganda on me, and it was working.

Annie Ruiz 43:07

You're like "hummm?"

Emily Limon 43:08

I was like, okay. And he was like, it's a fun time. It's kind of like a party every day. Hey, Jesse. It

Annie Ruiz 43:14

Honestly, is a party every day. Honestly.

Emily Limon 43:17

Hey, Jesse.

Annie Ruiz 43:20

Oh. I was like, What's "Hey Jesse". And I just realized you're talking about the show, we have

Emily Limon 43:25

We have a Jesse? You said, Debbie Ryan?

Annie Ruiz 43:26

Where's she?

Emily Limon 43:27

She's making history.

Annie Ruiz 43:28

I love her.

Emily Limon 43:29

Stop our references.

Annie Ruiz 43:32

Oh, stop with the Justin Bieber. Back to that.

Emily Limon 43:35

Oh, but anyways, um, so he recruited me, basically. And I was like, okay, whatever. And so I went online and I saw it filled my, I think, like my life skills elective or something. I don't know it's filled something for my...

Annie Ruiz 43:48

Oh, it does fill in an elective. Yes, leadership fills an elective for...

Emily Limon 43:52

I can't remember what.

Annie Ruiz 43:53

I know, what it...

Emily Limon 43:53

It fills an elective. And that's all you need to know.

Annie Ruiz 43:57

That's that's all you need.

Emily Limon 43:57

That's all you need to know. And so I go in, and I was terrified, because all I know is just the fashion people. And this was my first semester on campus, because I didn't go with the fall semester by joining the spring semester. Everyone knew each other, and I just felt like the new kid being like, "Hey."

Annie Ruiz 44:13

I think that's one thing I noticed in asbg, is that you have, it's a double, it's two classes, so 111 and 112 and they're in the same, like period. So you have the one twelves with the 112 and the one elevens, and you kind of notice the new people are like, Oh no. Everyone knows each other. But in reality, we want more people.

Emily Limon 44:33

Yeah.

Annie Ruiz 44:33

We want new people. We love new people because we want them to be like, we want it to be a cycle where the new people become the 112 and they just like, it's like, a like, you know, like, how do I say it when sororities have, like, a big?

Emily Limon 44:48

Yes.

Annie Ruiz 44:48

and they take care of their little.

Emily Limon 44:49

Yes.

Annie Ruiz 44:50

We want it like that.

Emily Limon 44:51

Yes. That's exactly how I would say it was. I feel like Angela was your sister. Yeah, was my big and I was her little, because she really was the first one to be like, "Hi, I'm Angela." and of course, she was the president, but she didn't have to, but she still did because she wanted to. And I think that really made me feel like, No, I think that this is going to be great. And that anxiety just went away. And I think I put that mentality of like, you know what? No, like, I am welcomed here. And everyone has their own things that they're navigating good or bad, and no one should put that above me or below me, because we're all just trying to get education and just transfer.

Annie Ruiz 45:18

We're all the same.

Emily Limon 45:23

At the end of the day we're just trying to get a job.

Annie Ruiz 45:31

That's the big plan. Hopefully.

Emily Limon 45:40

We got it, but yeah, and so I think that leadership really helped me get out of my bubble. And with fashion club, I was able to get on the Hancock social media page, and it was for Bow Wow, actually. And Angela helped me track out the guy for social media, because I really wanted to showcase Fashion Club.

Annie Ruiz 46:01

No worries.

Emily Limon 46:01

And he was like, he was like, Hey, I heard you wanted to talk to me. I was like, I'm Emily. I think you should join fashion club. And I did my little segment. I was like, guys, I'm famous. I'm on and then for Black History celebration, KSBY came.

Annie Ruiz 46:17

I know they always come. I'm like, when they asked me to talk in front of them

Emily Limon 46:22

I was on a mission, because, as I said before, my mom owns a boutique, and I was like, wait, I have a newscaster right now, and our grand opening for a boutique is happening in a few weeks. I was like, this is perfect.

Annie Ruiz 46:23

All the pieces are lining up.

Emily Limon 46:36

Yes. And so I got his information. And I was like, Hey, can I get your information like my mom is a locally owned business and blah, blah, blah. And we got it set up, and we were able to get on the news because of that. And then, following a few months later, Fashion Club has their big old fashion show, and Dr Walthers came, and it was a huge success. But we reached out to the owner of the boutique, my mom and

Annie Ruiz 47:02

those were, like, we reached out to the owner, my mom. Down the street.

Annie Ruiz 47:07

down the street, being

Emily Limon 47:08

Being a nepo baby, I guess nepotism, guys. No, I love, I love, I'm just so passionate about local businesses in general. Like, on the very side note, like local businesses, they do so much for our community, and I have such big respect for them. But anyways, um, they reach out to my mom to be a judge.

Annie Ruiz 47:26

Oh!

Emily Limon 47:26

And don't and people were, like, scared that they were going to be biased towards my outfit, because she's my mom. But my mom, when she said,

Annie Ruiz 47:34

No, that's fine. Don't worry.

Emily Limon 47:36

She... when she is in fashion mode, she was looking at the stitching. She was looking at the prints.

Annie Ruiz 47:42

It's gonna be a one.

Emily Limon 47:44

She leterially put point 8.

Annie Ruiz 47:47

Did they have the signs, those big old signs?

Emily Limon 47:49

No, it's all anonymous. And like, we can know, I don't know the scoring. People have asked me. They're like, have you seen the score? I said, No, but my mom said that she did do some battles. And I was like, Oh, she took it so serious. But she was like, it was like Project Runway. And I was like, yes, it was. And so I really love that Hancock is able to do things like that, and on the category of being able to reach out to local businesses and bring the whole community together, because it's a community college, right? And we are the people who set this place up, and we're the people who build it up. And so to be able to bring a woman's boutique to a club here and have that connection and then branch out to other things is just really amazing.

Annie Ruiz 48:31

I love that. Community. Community college. I don't know why that never clicked in my head.

Emily Limon 48:36

Community College, yeah, and I actually wrote my Hancock scholarship. About that, one of the prompts, I think, was like, what did you learn from college? Or something I put about how the shop and, like, one of the professors, here she is, I believe she does dance. She's her name is Sydney, and she is amazing, wonderful, like, love her. I wish I could take her, but her class was during my lab for micro. Again, sacrificing.

Annie Ruiz 49:05

All the good classes are during the labs, and I'm like, no!

Emily Limon 49:08

No! And the lab is just like, it's like, put the water in and your done.

Annie Ruiz 49:13

Mix the things...

Emily Limon 49:15

And like, an hour later, and then you're like, uh...

Annie Ruiz 49:17

Check five minutes.

Emily Limon 49:19

Literally

Annie Ruiz 49:19

Checking the results.

Emily Limon 49:20

But Hancock actually had a bomb threat happened, and she was, rightfully so, a little scared, and she was saying, like, I want to go to a place that makes me happy. And so she went to Trader Joe's, and then went to Apricot Lane, because she was like, your store is what make it makes us happy, and to be a professor from Hancock, and to be able to find us as a happy place, and again, build that community based off it, yeah, it was just, that's what more could you want to be from an established facility and then go to our little boutique like that's just again. A community college putting our community together.

Annie Ruiz 50:04

Every time you mention your parents the boutique, your mom owns the boutique, you say it with such a smile, and you're so...

Emily Limon 50:10

It's really a it's a passion project, like my mom's dream and my dad's too. But my mom's dream was always to be in fashion and to be an entrepreneur, and my dad did some modeling when he was..

Annie Ruiz 50:23

Oh!

Emily Limon 50:23

Younger and my mom did too. And so they always...

Annie Ruiz 50:26

Everyone like...

Emily Limon 50:27

Literally. He was like, Honey, like I did, like, one for Diesel, you know, the diesel, diesel belts. And, yeah, like, he did that brand once. And then

Annie Ruiz 50:36

Am I in the room with a famous, famous, your dad?

Emily Limon 50:40

He's no one now. He just works at Apricot Lane and does his family business,

Annie Ruiz 50:46

Family business, family owned and run.

Emily Limon 50:48

Yeah, but they really, I see just how passionate they are about it, and it just inspires me, because I really hope that one day I can obviously overcome it and manage it myself. And I think that they have really shown me that you can again have your passions and make that a reality, but also have a different job if you want, and not just be stuck in that category. So like nursing, my my future job, hopefully I will have, like, three days on with nursing, right, and then my four days off work at the boutique. And manage and have that lifestyle. Yeah, and it's like fashion club and nursing major right now is like balancing those two.

Annie Ruiz 51:29

I know all that you mentioned, you are accomplished. You are accomplished.

Emily Limon 51:35

I don't feel like it. No, I actually have a gray hairs,

Annie Ruiz 51:38

Really?

Emily Limon 51:39

I do. I don't know if you get I can't move it, but yeah, I I did a side part, and I straightened in my hair and made sure people could see it because I was so proud of it. Yes, I was like, yes!

Annie Ruiz 51:53

Aging.

Emily Limon 51:54

Well, I'm accomplishing things.

Annie Ruiz 51:56

Yes,

Emily Limon 51:56

I'm getting things done or not.

Annie Ruiz 51:58

Maybe stress. You never know.

Emily Limon 52:01

It's probably stress.

Annie Ruiz 52:01

I know you briefly mentioned, and if you're okay with talking about, yes, you mentioned you were in the foster system.

Emily Limon 52:07

Yeah, I'm so open about it.

Annie Ruiz 52:08

Do you want to go into detail about I know you rarely mention it with all your accomplishments, but did it have any effect on any of your life up to this point?

Emily Limon 52:19

It definitely did. I always, always have imposter syndrome. I have siblings, and we went into the system together, and we all just dispatched.

Annie Ruiz 52:30

You have siblings?

Emily Limon 52:31

I do and I mean, I'll talk about them, I just don't know much about them, but we all so it's kind of sad. It's kind of funny, because one of my siblings and I used to fight with each other for the for the family, and so they had to, like, separate us, because we's like sabotage each other.

Annie Ruiz 52:50

This reminds me of the Parent Trap.

Annie Ruiz 52:52

The Hunger Games. That's like a job!

Emily Limon 52:55

The Hunger Games. And you're like, The Parent Trap, fun and lie down over here, like..

Annie Ruiz 53:02

I did not expect the Hunger Games, the hunger Well, that's why I always think, like.

Emily Limon 53:09

Yeah, huzzah, but no. And so we actually got separated, and then their names were it's Tony and Nick, and Tony aged out of the system. And Nick got adopted after we got split. And then I went to one more home, and then I met my parents. But I just always, and I talked about this in therapy, and it's just it's always going to be there, and I've accepted it, but I will always feel like I got the better end of the stick, especially because I went in so young, and I am friends with kids who have been in the systems as teenagers and have endured a lot worse than me, but I've also had to accept that my trauma is still trauma, and that's okay, and that I was three without a family. I was three going to all these adults and like all these scary people, and that that did kind of scare me a little bit, and that's okay. And so, yes, I do have a family now, and I have a great happily ever after so far.

Annie Ruiz 54:09

Um, the a Hunger Games throwback!

Emily Limon 54:14

But, but it's okay to also accept that that did happen. And, um, I want to be really vocal about it, because I think it's very important that other people feel like there can be connected to maybe similar situations as me. I know that one of our friends, he's adopted as well, and he got adopted as a baby, but he also feels that guilt sometimes, of like, how I didn't go through a lot to endure this like I just got adopted, and it does, in a way, really set you back, but it also is like no, because I have these opportunities I want to take advantage of them, you know.

Annie Ruiz 54:51

So what you're describing to me reminds me of survivors guilt. This is just kind of like a how do you say it like a fetch but. You're saying that because you went in so young and you were able to get adopted by a nice, wonderful fan. I met your mom. She's so nice, you think that you can't talk about it because I haven't suffered enough,

Emily Limon 55:12

Yes.

Annie Ruiz 55:13

So...

Emily Limon 55:14

you know, and that's completely false. Because, as I said before, trauma is trauma, and that's never going to change. Some people went to war and got trauma. Some people went to the system and got trauma, and that's okay, and I think that in nursing that has helped me have empathy for others and really understand that at the end of the day, we're just surviving. As you said, we are just living to survive the next day. And I think another event that happened in my life was after I graduated, I had a classmate that got hit by a car and passed away, and I think that it really opened my eyes that you really don't know when your time is your time, and you cannot be so stuck on the past and let that keep you from your future, and that you really do again. Have to live it day at day. And yes, you should have aspirations and goals, but you can't just let life stop you from doing them or accomplishing them.

Annie Ruiz 56:10

That was beautiful. I'm sorry about your loss with your friend I was I did not know that about you.

Emily Limon 56:16

Yeah, I didn't know him very well. He was a classmate, and I was friends with his girlfriend at the time, and we did cheer together, and she kind of brought me in, and she's a sweetheart, and I always thought they were gonna get married, honestly. And, um, it, I remember when I saw it, it was on social media, and I just thought everyone was playing a prank. I was like, What the heck. Like, it wasn't even denial. I was just like, What a nasty prank. Like, why would they start a GoFundMe? You know? Yeah. And I was like, whatever kids are mean. And then I read the GoFundMe, and it was like, please support

his funeral. And I was just, I was in disbelief, because I had just saw him three, three months before this. And I think it just really reset me to be like, Emily, what is your priorities right now? Like...

Annie Ruiz 57:07

It puts it into perspective that not everything's guaranteed.

Emily Limon 57:11

It really isn't.

Annie Ruiz 57:12

I think you forget when you're young that you're you have this invincible mentality, like nothing can really hurt me but me. And on the same topic of car accidents, my me and my sister got in a car accident. And it really does put in the perspective, like, Oh my gosh. Like,

Emily Limon 57:26

You almost died.

Annie Ruiz 57:27

Yeah, yeah. And it's just, thankfully, it was minor, minor, the bumper flew off. That bumper was so expensive, just thinking about that bumper.

Emily Limon 57:36

Maybe, like, it's minor, but the bumper the whole front.

Annie Ruiz 57:39

I mean, is it the back? It's not even called the back. What do you call the back? That's the bumper. No?

Emily Limon 57:40

I'm just a girl.

Annie Ruiz 57:41

I don't know about cars.

Emily Limon 57:42

The back of it.

Annie Ruiz 57:49

The back of it came off, and it was really, it was really kind of shocking. I was like, Oh no. Like, that was craziness. But it does put in perspective that you're not, not invincible. Live life to every single moment.

Emily Limon 58:03

Exactly, exactly. Change your odds.

Annie Ruiz 58:06

Change the odds. Let's get into continuing on that topic that you're not invincible. So how do you apply that to everyday life? That you take it by moment by moment, and you take it and like you grasp it?

Emily Limon 58:20

Well, I think a great example would be today, like last night. I was just having such terrible like, stomach issues.

Annie Ruiz 58:29

I felt so bad. Like I'm so sorry!

Emily Limon 58:30

I was just like, I don't know my body was just failing on me, and I actually scheduled you a message. And it was like, hey, like, I don't think I'm gonna be able to make it. And blah, blah, blah, and because I was in such way, Oh, yeah. Oh, at 7a.m.?

Annie Ruiz 58:45

it was at 2am you texted me.

Emily Limon 58:48

It didn't schedule?

Annie Ruiz 58:49

You sent it at 2:22 a.m. and I was like, I got in the more I like, I got ready, because I don't check I started to stop checking my phone in the morning.

Emily Limon 58:58

Oh,

Annie Ruiz 58:58

And I got ready. And I was like, oh my god! What happened?

Emily Limon 59:03

My gosh, I'm so sorry. I thought I spoke the 2 a.m. delusion wasn't working or something. I was just like m"send", but no. And so I was like, I'm not gonna be able to do it. But then I just thought to myself, I was like, I have planned this for months, and I'm gonna let a stomach ache keep me from talking on a podcast with, like, my best friend.

Annie Ruiz 59:23

I just got water in my nose.

Emily Limon 59:27

You actually played that off really cool.

Annie Ruiz 59:29

I know I shouldn't have breathed. I always do that. I always do

Emily Limon 59:32

I was gonna my nails to attention. Actually, I was inventory for Michael, the guy that we posted on, Michael, we love you. My nail came off, and I was like, the day before the podcast, are we joking right now? But, um, no. And so anyways, I took that mentality of like, I'm not gonna let this set me back, and got dressed, put on a cute outfit, felt good, and was like, I'm ready to conquer the day.

Annie Ruiz 1:00:00

That's what I'm gonna tell you. I'm ready.

Emily Limon 1:00:01

Yes, exactly. And then we actually ended up having to push back the podcast just a few hours due to scheduling issues and...

Annie Ruiz 1:00:10

My scheduling issues.

Emily Limon 1:00:11

No. It's okay. It's okay. But it actually worked out as a positive, because then I was able to get breakfast and take time and actually take a Zen moment and not feel rushed. And now we're having a splendid time over here.

Annie Ruiz 1:00:22

That's why I wanted to do this, because I know students aren't really you don't get to know someone in a five second like, Hi. How are you? My name is Annabelle. What's your major? Goodbye. You don't get to know a student like that. You get to know them like sitting down and hearing their story and someone who were to watch you be like, Oh my god, she has the same thing as me. I can be her.

Emily Limon 1:00:40

Exactly, exactly. And that's that's if I had a motto, that would be my motto. It's like, I want to show everyone that they do matter and that there are valid, and that it is possible and it's okay, and it will get better and it will be hard. And my therapist always tells me it has to get hard before it gets better. You know you have to feel that pain, if you're in pain, before you can feel better. You know before you can take the medicine and guide it. And so I definitely agree with that. You have to get to know someone before you can trust them.

Annie Ruiz 1:01:12

You've given great advice. I'm like, my brain is full. It's big brain now with all the information you've given me, what's one piece of advice you would give to a student watching this?

Emily Limon 1:01:24

if you're if you're scared to do it.

Annie Ruiz 1:01:26

Just do it.

Emily Limon 1:01:27

Just do just do it. Talk to that person. And especially like, I try to start getting out of my comfort zone. So I try to compliment people more. I'm like, that's one thing that always makes me feel good about myself is when someone's like, you smell good, you look good, you sound great.

Annie Ruiz 1:01:43

A compliment it goes...you don't know what someone's going through when you walk by them. Just as simple, I like, your socks could change. I know, like, there's too many to count of how many just one compliment changes the outcome of entire day. And I want to preface that a negative comment can do that exact damage.

Emily Limon 1:01:59

It really can. And sometimes even worse,

Annie Ruiz 1:02:01

Yes.

Emily Limon 1:02:01

And so I really try, like my dad always tells me, try to give people dignity that you want and just treat them with respect that you want. And I really do see a difference, and I really am glad that people actually have come up to me before. I've never met them in my life, but they've seen me around, and they're just like, you're you're so like, a great presence. And I really take that as like, I'm so glad I'm able to make a difference. And it always starts is just with, Hi, how are you You look great. Hi. How are you blah, blah, blah.

Annie Ruiz 1:02:33

I've always regretted when I've snapped at someone or been frustrated and I've snapped, but I've never regretted killing them with kindness, being nice. Never regretted it. Never, yeah. It's just always, oh, I know it's really hard, easier said than done, but choose the positive way to be nice. Like, it seems like such a simple statement, but it's so true. Just be nice, just nice. Kind. Kindness gets you along.

Emily Limon 1:02:55

It really does. It really does. You always give further with friends than you do foes,

Annie Ruiz 1:03:02

And I think that's a perfect way to end it. So I want to thank Emily for joining us on this podcast.

Emily Limon 1:03:08

That was amazing. I want to come back. Round two? Season 2?

Annie Ruiz 1:03:14

We'll come back and we'll get Emily. We'll get a new story,

Emily Limon 1:03:17

Hopefully I'm a nurse.

Annie Ruiz 1:03:18

Nurse Emily.

Emily Limon 1:03:20

Nurse Emily. I am a CNA

Annie Ruiz 1:03:22

Alumni of Hancock. You are CNA.

Emily Limon 1:03:24

I am I'm trying to get a job.

Annie Ruiz 1:03:26

You got it.

Emily Limon 1:03:27

Let's hope to manifest. Let's hope this ages perfectly.

Annie Ruiz 1:03:30

Perfectly. Please get get her famous, get her a job. All right. Well, thank you guys so much for watching Hancock Conversations. I'm Annabelle Ruiz, and I'll see you guys next time.

Announcer 1:03:44

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