

CENTRAL NEWS

Central Oklahoma College Newsletter

November 2017

Central Wellness Tip of the Month

Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall and winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system! **This general information is not intended to diagnose any medical condition. As always consult with your healthcare professional.

Central Recipe of the Month

Pumpkins! Think beyond pies, lattes, and jack-o-lanterns. The pulp of this Fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve more than a craft project that rots a few weeks later? Check out our Central Recipe of the Month to give you an idea on how you can use the pumpkin to your health benefit!

Roasted Pepitas

- Pumpkin seeds
- 1 tablespoon olive oil
- Sea salt to taste (or seasoning of choice)
- Preheat oven to 400 degrees. Toss pumpkin seeds in olive oil and sea salt and spread evenly on a baking sheet. Bake about 10-20 minutes until the seeds start to crack. These seeds are great on or with just about anything. Toss them into a salad or on top of your favorite Fall soup, or just eat them by themselves for a nutrition snack!

“If civilization is to survive, we must cultivate the science of human relationships—the ability of all peoples, of all kinds, to live together, in the same world at peace.”

- Franklin Roosevelt



Featured Look of the Month created by Cosmetology Student, Kirsten

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About our Student of the Month

David Tillery is a Barber student who started school in August and is scheduled to graduate in July 2018 and was nominated for student of the month by our CFO, Kelson Peoples. Kelson explained “a student recently locked her keys in her car and David was instrumental in opening the locked car door. He had to stay late even though he needed to meet someone asap. He used his expertise to open her door and did so with a great attitude.” David’s Instructor, Dedric Garvin also said, “you have to admire David Tillery. He catches attention in a very unique way. It’s not that he approaches you with something to say or show; but he captures one’s attention because he actively listens. He has a superior sense to learn and apply knowledge. This characteristic is the epitome of education and the student body; not to mention the positive energy he adds to the classroom setting, as well as his facilitation of structure and organization. David Tillery is an asset to any community, and we appreciate him for being part of the Central Oklahoma College community.”



Student of the Month: Barber Student, David Tillery



**Barber Instructor,
Willis Berry**

New Staff and Faculty!

Please help us welcome our new Barber Instructor, Willis Berry! Willis has been a Barber since 1994, he is a Master Instructor and has owned his own Barber Shop. He says he “loves teaching more than being behind the chair or being an inspector!” When asked how he feels he can positively impact our students here at Central Oklahoma College, his response was “I personally gave the Barber Exam. I know how to pass it!” Willis loves God, his family, and working hard. He also plays the guitar, enjoys playing chess, and is always up for some fishing! His life tip is “never stop learning!”

Community Projects

Haircuts for Heroes

Central Oklahoma College has been honoring our Veterans by providing ‘Haircuts for Heroes’ at the VA Hospital since 2012. Around every six weeks our Cosmetology Instructor, Holly Conner, takes qualified students to the 4th floor of the Community Living Center where they perform 8-10 haircuts. Students who attend must have all tests current, maintain a satisfactory GPA and attendance, and have a professional attitude. Holly mentioned that most of the Veterans are usually in wheelchairs, rolling recliners or walkers, and also have oxygen and IV’s that make it challenging but rewarding for our students. Holly says “it has been an experience very dear to my heart from the first time I had the privilege to take our awesome students.” We are excited that our Barber students will get to experience Haircuts for Heroes for the first time this month!

Hello Beautiful Spa

Hello Beautiful, a full service beauty spa located on Memorial and Meridian, is owned by two Central Oklahoma College Esthetician graduates! They are about to celebrate their year anniversary in December. They currently do not have a website and run strictly off of social media and word of mouth. Their motto is "we see beauty in everything, especially you! We thrive on enriching our guests lives by enhancing their natural beauty. The team at HB also delivers an atmosphere unlike any other which creates a sense of community amongst our guests! Some guest even come 2-3 hours early simply to have morning coffee and chat. The relationships that have been cultivated between guests and stylists is a direct reflection of HB truly living out their motto." When asked why HB considers hiring Central Oklahoma College graduates, their response was, "we hire grads because they are the best of the best. We can trust the staff to deliver trained professionals who are eager to learn more!"



Employer of the Month: Hello Beautiful Spa Owners Jill Henslee & Nicole Singhisen

Graduate of the Month

Ashley Humbles, a Medical Assistant and Cosmetology graduate, is employed at INEGRIS Health working as an RMA/Phlebotomist. She is also in the process of creating and launching her own hair and wig online company.

When asked how Central Oklahoma College prepared her for her career, Ashley responded with, "They will prepare you for your tests and also for the real world problems you may face. Whether it is having one on one time to better understand something or group projects, the structure of your career is created here. You will grow with knowledge and understanding of the career choice. They will prepare you with interviews, tests, reality examples and also business for those who are becoming owners. You will have opportunities to have immediate job placement after school. You will graduate with the confidence and ability to achieve your goals."

Ashley says that being a Medical Assistant and Cosmetologist, "are both gratifying. Being able to impact different lives daily is my reward. Whether it is changing a person's confidence with a new hairstyle or giving great energy and outlook to a person's health that is at risk."

"I just want to thank Central Oklahoma College for every opportunity they have given me. This College is the seed of my success and I would not be where I am today without the help from each and every staff member. I am 22 years of age and would have not been this successful without the guidance and help from this College." -Ashley Humbles, Graduate of the Month



Graduate of the Month
Medical Assistant and
Cosmetologist, Ashley Humbles



Employee of the Month:
Student Services, Joy Jones

Employee of the Month

Joy Jones has been with Central Oklahoma College since 2015. She first started as a Client Service Specialist and moved into Student Services later on. Keely Beene, who was one of the people who nominated Joy says, “ Joy comes to work each day with a smile on her face and a positive attitude ready to accomplish anything that is asked of her. For the past few weeks she has been going above and beyond her normal work responsibilities...She does this while helping the many students who ask for her assistance on a daily basis. I think she is such an asset to this organization and a wonderful example we can all learn from and strive to be like her. I feel very lucky to be able to work with her.”

Welcome our new students!

Cosmetology:

Lotoya Knight
 Priese Royster
 Shalee Gillis
 Casandra Jensen
 Natasha Phillips
 Sarah Murrieta
 Destini Ogans

Barber:

Shalako Perry
 R.T. Pittman
 Brooke Logan
 Morgan Baxter
 Lunden Robinson

Medical Assistant:

Adriana Scruggs
 LeNeeka King
 Melissa Smith
 Tammy Mack
 Lyndee Cross

Esthetician:

Shamber Coggins
 Madison Bean
 Gloria Moore
 Nicole Holman
 Ashley Trower
 Talibra Broome
 Cassie Kreklau
 Tratashell Powell
 Mary Rozell

Massage Therapy:

Jasmine Henslee
 Keri Kay
 Ryan Gaines
 Lauren Jones
 Chelsea Taylor
 Wil Sovick
 Alavi Davis
 Kara Zerby
 Michael Freeburg
 Debbie Kessler
 Lyndee Cross

Student Services and Career Placement

For information regarding Student Services or Placement. Please see Joy Jones or Laura Grisso.

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