

THE CENTURIAN

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Centura College Chesapeake Cares

Written by: Jul DeGeus



Recently, the St. Paul area's Save-A-Lot suddenly shut down in the middle of the COVID-19 pandemic which left many residents without access to affordable food. Many locals in the area did not have transportation, and the nearest grocery store was a difficult distance to travel for them. The Community Food Disparities Coalition formed in response to this sudden "food desert" and began distributing food through their mobile food market.

Campus Executive Director, Mr. Michael Bragg stated, "The current pandemic has created a continued need for food throughout the country, including our own neighborhood. Businesses are closing, which in this case, tragically, includes a neighborhood grocery store that offers affordable food to low-income families. We here at the college saw this as an opportunity to step up and have a food drive!"

Always looking for a way to do our part for the Hampton Roads Community, Centura College Chesapeake put together a three-week long food-drive to support the new coalition. Pictured, you can see that students and employees donated a number of food items to the cause. The food was donated on July 31st to the Foodbank of Southeastern Virginia and the Eastern Shore.

Create your own Mask – Community Event

Centura Norfolk



With the COVID-19 Pandemic among us, masks have become a mainstay and a part of our everyday lives. With this in mind, Centura Norfolk took this as an opportunity to develop non-medical, washable, two-ply masks that they can use regularly. Students, staff and community members were invited to participate in a 'Create Your Own Mask Workshop' lead by, The Supply Room's, Judy Ewell. During the workshop, participants created personal masks for children and adults. With Ms. Ewell's assistance, participants learned how to complete a stay stitch, hem, and other techniques used with fabric and a sewing machine. Over 50 masks were created in all!

Archie Clark: Passion for the Next Generation

Written by Dave Cooley



If you're lucky enough to take a tour of Tidewater Tech's beautiful Norfolk campus, you'll likely stumble across the Automotive Technician lab. The brightly lit, spacious, professional equipment-filled space has been designed to resemble a commercial auto technician shop, complete with hydraulic lifts, toolboxes, engines, transmissions and other training stations. There are even computer bays with laser-guided alignment systems. And among the toys of a professional automotive technician, you'll perhaps chance across a cheerful yet serious instructor by the name of Archie Clark.

Archie joined the Tidewater Tech Automotive Technician instructor team about a year ago. Before that, he owned and operated his own automotive electrician shop in Virginia Beach where most of his clients were dealerships. As he describes it, "I was the guy that, when nobody else could fix it, they brought it to me." Archie specialized in foreign and luxury cars, by appointment only. His decades of experience helped to make a name for himself as a problem solver.

When it comes to customer service, Archie says, "To be a good technician nowadays, you gotta be able to diagnose. When a person doesn't know what you know, you gotta explain to them how you know it, and that you're right. That you're not trying to take advantage of them."

Archie's business was doing very well, so you might question what brought Archie to teach in Norfolk? As Archie explained, nearly ten years ago, a colleague and former Tidewater Tech instructor asked what his ideal dream job was. "I said, my ideal dream job is to teach kids what I know. [To] give back." It would be many years later, when Tidewater

Tech was hiring, that Archie considered it more seriously. Archie sees teaching as his "ultimate retirement job."

"It's selfish to keep something that's a gift to you," he says. He chose to commit to his passion and closed his business to pass on his decades of experience to the next generation. "Here, we got all the equipment you need. When I say hands-on, we're totally hands-on."

Archie, who lives in Moyock, North Carolina, drives 130 miles per day to teach the students at Tidewater Tech. Not long after he began teaching, Archie says he had a sudden realization. "This is bigger than me," he says. "This is something that, whatever I say or whatever I do, I'm putting this into somebody's mind for the rest of their life. So, I have to be honest with them and give them everything I got."



When asked about his focus and dedication for his students, Archie doesn't hold back. "I have so much respect for teachers now because it's [not] just going and telling somebody, 'hey, this is how you fix something,' you have to bond with them." By getting to know them on a personal level, Archie says he can recognize when one of his students is having troubles that they don't want to share. He's been able to help students stay on the right track and find ways to cope with their struggles.

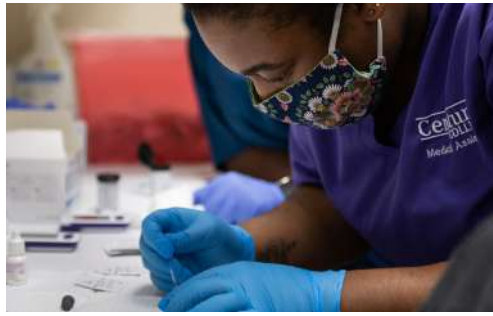
"Every student I have come across has a different story and you [need to] teach them a different way. But at the end of the day, you still [need to] teach them what they came here for."

Tidewater Tech has been training students for skilled trades careers for decades. As Archie says, "When you got skills and training, it goes a long way. Cause skill is something inside of you. It's real important. You'll always be secured in a job, [in some] way." Tidewater Tech's Automotive Technician program covers a broad range of subjects to ensure students are well-rounded when they graduate.

"They might not be a technician," Archie reminds them. "They might be in a parts department. They might be working as a service writer. Just because you take an auto class and get certified doesn't mean that you [need to] turn wrenches. It just opens doors up for you."

Future of Medical Assistants

Drew Schnaath



Our world has turned upside down in the wake of COVID-19. Borders closed, entire industries put on hold, unemployment, economic instability, and societal turmoil. We have it all. Yet, despite our post apocalypse's chaotic nature, at least one career field remains essential and needed. That career field is Medical Assisting.

So what does it mean to be a Medical Assistant? Well, anyone who has passed the American Medical Tech Examination and earned their RMA Credential is qualified to work as a Medical Assistant, but the career can take many forms. For example, the person who signs you in at the doctor's office is a Medical Assistant. Have you ever had your blood drawn or had lab tests performed? Most likely, they were done by Medical Assistants. They may also fill out insurance paperwork, schedule appointments, or perform a variety of other administrative tasks around the office. Charles Curry, an instructor at Centura College, says, "When I go in the doctor's office, you know who I interact with? Medical Assistants." Medical Assistants are the right hand of doctors and physicians, allowing them to stay on schedule, operate efficiently, safely, and stay productive in an environment that requires structure. Carla Ross, the Lead Instructor at Centura College, says, "Anyone who is involved with patient care...you are the conduit from the front desk where they sign their name to them sitting down with the doctor. That medical assistant is there to set them at ease and set the stage, if you will, for a productive medical office visit."

Medical Assisting is a career path with a lot of variety. Some medical assistants choose to work directly with patients, while others prefer to focus on office management and the business side of things. Depending on your preferences and areas

of expertise, you could find yourself drawing blood as a phlebotomist, working as a lab assistant, EKG technician or as an outpatient surgery assistant, among others. The skills you will learn range from the clinical side to the administrative side, either helping patients directly or performing office duties. There are many career paths to consider, and each one appeals to different personality types.

“ Medical Assistants are the right hand of doctors and physicians, allowing them to stay on schedule, operate efficiently, safely, and stay productive in an environment that requires structure. ”

The good news is that the demand for Medical Assistants will always exist. Even in 2019 BC (before COVID), there was an increasing need for medical personnel in our country. Charles Curry says, "Lifespan for the US population is always going up. So if lifespan goes up, we live longer, and what do we need to maintain that health status? We need healthcare. And if we need healthcare, who's going to staff those cardiologists' offices? Who is going to staff your family practitioner? The medical assistants are." There will probably never be a time when healthcare is not an essential part of our society. People get sick and need doctors and specialists, who in turn, need

assistance running their practices. Otis Grate, the Program Coordinator at Centura College, agrees, stating simply, "There will always be a need for healthcare professionals." This is bolstered by the fact that Medical Assistants' job outlook looks fantastic for the next decade. The Bureau of Labor Statistics shows a 19% percent increase between 2019 and 2029, a much faster rate than the average for all occupations. If you are looking for a secure and stable career field in 2020, Medical Assisting is a smart choice.

“ The good news is that the demand for Medical Assistants will always exist. ”

Training to become a Medical Assistant is not as difficult as you may expect, either. At Centura College, the program lasts 12 months and is offered at four campuses around Hampton Roads. You may also choose to attend night class, which allows for a more flexible schedule. The instructors at Centura College are experienced in the medical field and fully dedicated to their students' success; they know the importance of healthcare, are passionate about passing their knowledge on, and are eager to see qualified Medical Assistants enter the workforce. Charles Curry says, "We are teaching skills that society requires, and so Centura is a part of that. You'll be employable as a professional, with a career, not just a job." Thomas Luna, an instructor at the campus, adds, "You have dreams, you have a career to look forward to, and I'm going to be your partner in this endeavor."

During a time of economic uncertainty and substantial unemployment, having a stable career is a blessing. Medical Assisting is a career field that offers a lot in terms of job security and growth potential, and the barrier to entry is not difficult or time consuming. It just requires patience, dedication, a willingness to learn, and the desire to succeed. If you have the right training and a stable career path ahead, the apocalypse doesn't look so bad anymore.

Centura Chesapeake Adds Limited Scope X-ray Technology

Home Office



When you visit a doctor's office, nearly always you will be seen first by someone other than the attending physician. These individuals help you sign in, check your vitals, and see you to your examination room. They may conduct short interview questions, record any important information about the reason for your visit, and perform any other essential pre-check steps to better prepare the doctor. These skilled team members are medical assistants and they are vital to the efficient functionality of a healthcare facility. The medical assistant field covers a broad range of tasks one might be required to perform. From blood draws, administering injections or collecting samples for drug screenings, DNA or virology testing, a medical assistant is running the show. If you've had a flu shot or have had a COVID-19 test, these were likely conducted by trained medical assistants. This requires a properly prepared medical assistant to be trained, experienced and/or certified in a variety of skills.

Centura College Chesapeake campus has expanded its programs to offer courses which prepare students to become Medical Assistants with the added training necessary to pursue licensure in Limited-Scope X-ray. "Limited-Scope" is a designation of X-ray techniques which focus on certain parts of the body such as limbs, chest or skull. The Medical Assistant with Limited Scope Radiologic Technology Diploma program provides the student with the knowledge and skills to become employed as a medical assistant with limited radiography for work in physician offices, hospitals, urgent care centers, and other health care facilities.

While in school students will learn the fundamentals of medical terminology, anatomy and physiology, medical laboratory and exam room procedures, insurance billing, radiologic procedures, image production, radiologic equipment operation, and radiation safety measures. Students will gain the



skills necessary to measure vital signs, perform EKG's, urinalysis and phlebotomy procedures, perform cardiopulmonary resuscitation (CPR), administer injections, use electronic health records, perform general radiologic procedures, and assist physicians with office examinations. According to the Bureau of Labor Statistics, radiologic technologists have a mean average salary of \$63,120 a year.

Centura College understands that every student has different career goals. With that in mind, the radiologic technology courses have been designed to allow them to also be taken when a student is enrolled in the Associate of Occupational Science Degree in Medical Assisting with a Concentration in Clinical Support, or as a way of enhancing their already earned Medical Assistant Diploma program.

These options stem from Centura's Medical Assistant Pathways which offer students the flexibility to pursue their career goals, even while working in the healthcare field in some cases. Centura College gives students the power to advance their education by choosing from multiple

pathways that best align with their lifestyle, needs and goals. Many of these options are available completely online. As the student progresses higher in their education, so does their skill set and earning potential. Students can choose to progress through their training and complete their Bachelor of Science Degree in Business.

Medical Assisting careers can open the doors to working alongside doctors and nurses in many health care settings. Some people focus their training on the clinical side of the business so they can have a more direct, hands-on approach with patients. Others focus on the office management side of the business, where management, administration, and technological skills allow them to excel. Wherever you decide to focus, completing your medical assisting training can give you the opportunity to work in a doctor's office, hospital, long-term care facility, or any other health care facilities that help people in your community. Before graduating, students take the American Medical Tech Exam. Once passed, they you earn the RMA Credential and become a Registered Medical Assistant.

Winterizing your Home

Written by Dave Cooley



As the summer heat ebbs into the shorter days and longer nights of fall, one might look forward to finally shutting off the air conditioning and opening some windows. But soon, much of the country will find themselves hemmed in by the blistering chill of winter. And that cold has a strong tendency to creep its way into our homes, making our heating units struggle to keep up. This can put undue strain on the equipment we rely on as well as increase the cost of staying comfortable.

There are a great many steps that a “do-it-yourselfer” can take to increase the energy efficiency of their homes. And while many of the more extensive upgrades to winterize a home may require a professional Building Maintenance and Repair Technician, there are plenty of simple and relatively inexpensive things anyone can do to cut the cost of a cold winter.

Begin by finding the trouble areas of your home. An inexpensive laser thermometer is available at most retail stores and are very easy to operate. Start at one point of your house, such as the front door, and work your way around the entire home. This includes

floors, walls (exterior walls in particular) and ceilings. Pay close attention to any dramatic changes in temperature. You are looking for any area that is allowing heat or cold to move into or out of your home. Drafts can be found around window seals or frames, radiators, water pipes, doors and even AC vents. If heat or cold can get from outside to inside, that’s a money-saving opportunity you can tackle. Take notes as you travel, making a list of any area where the temperature varies more than 3 or 4 degrees. If your home has an attic or a crawl space, cover the entire span closely.

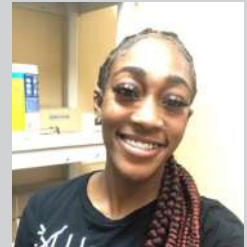
Once you have covered all rooms top to bottom, list any supplies you may need. Doorway draft stoppers come in many forms. Some require the use of tools to install them while others simply need a quick trimming with scissors. Simple or not, these can make a big difference in the energy efficiency of your home. The same rule applies to windows. If the seals are old, dry rotted, or missing, replacing or filling these areas can make a major impact. There are also simple solutions for increasing the energy efficiency of single-pane windows. For small holes or openings due to pipes or conduit, applying a **Continue on page 8**

Centura Virginia Beach Student

Ashlee Eley's Response to

Location Change

Written by L. Monique Rodriguez



Ashlee Eley moved to the state of Virginia four years ago. Upon graduating high school, she had her dreams and goals set in New York City. Unfortunately, the family received some difficult news about her stepbrother. Because family is important, she did not hesitate to relocate to be closer to him. Living in an unfamiliar place brought uncertainty. Ashlee explained that even though she had her mom and stepdad, she was sad because she left all her friends behind, and she did not know what to expect because Virginia was new to her.

During the first two years living in Virginia, she worked two jobs; Jersey Mike’s and Waffle House. Both of her employers were impressed with her work ethic and dedication. Both of them wanted to promote her into management. However, Ashlee saw beyond the promotion, to a less than fulfilling career. Unsure what she wanted to do, she talked to her mother, who offered many suggestions. Still, Ashlee was uncertain about the path she wanted to take; all she knew was she no longer wanted to work in the fast-food industry.

After many conversations, Ashlee decided to take a tour of Centura College, Virginia Beach campus. She learned about the Massage Therapy program and enrolled on the same day she came to tour the school. Ashlee recalls the long and sometimes grueling hours of studying. She said the first few weeks were challenging. Trying to balance work and school life was hard. However, she managed to figure out a system that worked for her. She graduated top of the program and received the McCleod award.

Ashlee said, “Massage Therapy was never something that I dreamed of as a career path. Honestly, I did not necessarily choose it. As my instructor, Ms. Martinez likes to say, “massage therapy chose me.” As time progressed I came to understand that I had been given the gift of healing. Ridding someone of their pain or stresses is something I find to be truly rewarding and I am eager to see where this occupation leads me in life”.

VERY PROUD OF OUR PROFESSIONALS

Cum laude * Magna cum laude ** Summa cum laude ***

ACEVEDO PAGAN, JERIEL	WELDING	CASTILLO, MICHAEL	AUTO	GILL, DONNIE	HVAC
ACKISS, AARON	BMR	CHANDLER, JAMES	AUTO	GILLIS, GENO C	AUTO ***
ALBERTSON, SHELBY T	DA	CHERRY, QUINCY	HVAC **	GOMEZ JR, BASILIO	CE
ALLEN, FAITH	MA AOS	CLEMONS, JAVON	WELDING	GONZALEZ, OSCAR	HVAC
ALLEN, ROBERT	WELDING	COATNEY, ALLEN	AUTO ****	GRANT, ARIANA R	MA*
ALLEYNE, ANTWAN	AUTO	COLEMAN, GEORGE	HVAC ****	GRAY, ASHLEY	BUS*
ALSTON, DANNY	HVAC	COLLINS, JEREMIAH	CE	GRAY, CLIFTON	WELDING *
AMES, AISHA	WELDING *	COMPTON, KEVIN	WELDING	GREGORY, MAITLYN E	DA
ANDERSON, JOSEPH M	BMR	COVINGTON, ANTONIO	AUTO *	HAILES, BRENA C	MA
ASHLEY, RODERICK	HVAC	COVINGTON, DAYNA	BUS	HALSEY, CAROL	BUS
AUGUSTE, LUCIEN	HVAC	COVINGTON, WILLIAM	WELDING	HAMPTON, CURTIS	BMR *
BAILIFF, JUSTIN	HVAC	CRAMER, KENNETH	BUS*	HANKS, YASMON	MT
BAKER, JERRELL	BMR	CRESPO BORGES, MELQUICEDEC	HVAC *	HARPER, BARRETT	WELDING ***
BARNES, DAESHA	DA	CUFFEE, CURTIS J	BMR	HARRINGTON, LOKI ULFRIK	WELDING *
BARNETT, KENNY J	HVAC	CUSTIS, DESTINY	MA AOS	HARRISON-LEE, STORMM	HVAC
BATES, JAYLEN	WELDING	CUSTIS, LAKESHA	MA	HASKINS, LASHAWN	MA AOS
BATTLE, RAQUAN	HVAC	DANIELS, AMBER	MT	HAWKINS, RONALD	WELDING *
BELL, AUSTIN S	HVAC	DAVIS, DAJAH	WELDING ***	HAZELWOOD, ROBERT	WELDING ***
BELL, QUADRE	WELDING	DEBERRY, OTELIA M	DA	HENSLER, CALLIE	DA
BELL, WILLIAM	HVAC	DENT-WIGGINS, BRYANNA K	CE	HOLLOMAN, BRONDON	AUTO ****
BENDER, LARRY V	BACH	DIAZ, TYRINA	HIT	HOOKS, ANISA A	DA
BENNETT, KEVIN	MT	DICKERSON, ANTHONY B	HIT	HOPKINS, QUINTIN E	AUTO **
BENNETT, WILLIAM	BMR	DONALDSON, CARA	WELDING ****	HOSKINS, BRIA	MA
BENTON, LEONA	MA****	DONOVAN, NICHOLAS	AUTO	HOWREN, KHIRA R	DA
BERNARD, CODEY	MA AOS	DUBLIN, MICHAEL L	BUS*	HUDSON, MARIO	AUTO
BIDDLE, LORENZO	WELDING	DULA, CANDACE R	MA****	HUGHES, TAHSJAY D	MA
BLOCKTON, TYRONE	AUTO	DUNCAN, ANTHONY	AUTO	HULLABY, NICHOLAS	BMR
BOISVERT, DEJUAN	WELDING	ELLINGSON, JOSHUA	WELDING *	IOSEFA, TALITIGA	BMR ****
BOLDS, ABIGAIL	MA**	ENSLEY, JE'KALA	MA AOS	JACKSON, THOMAS	BMR *
BRANCH, ANTONIO	WELDING **	EVANS, TREVOR	WELDING	JAYMALIN, SERGIO	BMR *
BROTHERS, SHAWNIECE S	CE	FARABEE, SANDRA S	HIT	JOHNSON, SELWYN	WELDING
BROWN, JAIQUAN	CE	FARRONE, DUVON	HVAC	JOHNSON, TARON	WELDING
BROWN, TACIA	BMR **	FELDMAN, JACK	WELDING	JONES JR., JEFFREY	AUTO ****
BRUINGTON, SA-DON	AUTO ****	FILHIOL, ESTHER	BUS	JONES, CHRISTOPHER L	CE
BUCKEYE, KATHERINE	MA*	FITCHETT, KEYANNA	MA	JONES, DEANDRE J	CE
BURLETTE, LAUREN	DA	FITZGERALD, CLIFTON	BMR	JONES, GARY	BMR *
BURTON JR., ROBERT	AUTO ****	FORTT, RUBY S	DA	JONES, KENDALL J	WELDING
BURTON, CLAYTON	WELDING	FOY, ROBERT	WELDING **	KENDRICK, MICHAEL	BMR *
BYERLEY, BREANNA	MA AOS	FRYE, IAN	HVAC	KINYANJUI, MONICAH W	HIT
CALVIN, LARRY	BMR	FUCILE, ANTHONY	AUTO	KRAWCZYK, KIM	BMR ****
CAMPBELL, GARRETT	WELDING	FULLER, CRYSTAL	MA****	LAMB, LARRY	WELDING *
CAPERS, ALBERT	HVAC	GAMBLE, KEVIN	AUTO	LANGLEY, NAITURE	MT
CARRILLO, EDGARDO	WELDING	GARCIA, FELIX	WELDING	LANKFORD, SHANIA	DA
CARTWRIGHT, ZACHARY	WELDING ****	GEE, DAQUAN	AUTO	LAWRENCE, RAKIM	HVAC
CASTILLO, HANNAH K	DA	GIBSON, KI'AYRE	HVAC	LEAK, JAVONE	WELDING **

LEAVITT, CALVIN	BMR	OWENS, DERICA	MT	SMITH, JAMES	HVAC ***
LEE, CURTIS	CE	OWENS, KATEYSHA	HVAC	SMITH, SAVON	AUTO ****
LEE, KEVONTA	BUS***	PALERMO, ANTHONY	CE	SOTO, FELIPE	BMR
LILLY, LA'SHAUNA	MA AOS	PARKER, RAVEN	MT	SOTO, MARILYN	MA
LIMBO, CHRIZAR	HIT	PARKER, TAWANDA	MA	SPIEGEL, ALEXANDER	WELDING ****
LLAMAS, KATHLEEN R	MA	PEREZ, JENNIFER	BACH	STALLWORTH, KAYLA	BMR
LONG, SCOTT	WELDING	PEREZ, REUBEN	WELDING *	STEELE, JOHN	AUTO
LOVELACE, KHYANNA	BUS****	PHELPS, XAVIER	WELDING	STERN-SINES, TRACIE	BMR *
LUNING, MATTHEW	BMR	PILVER, GRANT	WELDING	STOKES, MARCUS	CE
LYLES, SHARRIFF	HVAC *	PLUMMER, DWAYNE	BMR	STUKES, ALISE	CE
MACHNAK, BRADLY	WELDING *	PRINCE, EMANUEL C	CE	STUKES-RAMOS, ALEXA	HIT
MACK, STEVEN D	WELDING	PROKARYM, CORY	WELDING *	SUTTON, JOSEPH	BMR
MACON, DONALD	AUTO	PURKS, ALFRED	WELDING	TAYLOR, GREGORY	WELDING
MALONE, SHANICE E	WELDING	RACO, JOSEPH	HVAC ***	TAYLOR, LORENZO D	CE
MANGUAL, JULIAN	BMR	RAINER, TERRENCE	WELDING	TAYLOR, ZITA	BMR
MANIGO, TAVIN	HVAC	RANEY, MICHELE	HVAC ***	TAZEWLL, KENTARA	MA
MARSHALL, KEVIN	AUTO	RAWLS, TRE'SHAYLA	BMR **	THORNSBERRY, SHANE	WELDING ****
MARSHALL, PAUL E	WELDING *	REED, STEVEN	HVAC *	TOLLIVER, TA'NAYIA	MA AOS
MATIAS, GABRIEL	CE	REESE, LEVI	CE	TURNER, TERRENCE	HVAC
MATTHEWS, REGINALD P	WELDING	REEVES, THOMAS	AUTO	UNRUH, TIFFANY L	DA
MAXWELL, KEVIN	AUTO	REYES, DAVID	HVAC ****	VERCELES, SHERWIN	BMR
MAYES, MARQUIE L	CE	RICE, KEILYND	WELDING	WADE, KEAYLA	MA
MCBRIDE, STACY	AUTO	RIDDICK, ANTHONY	HVAC	WALDO, RAIJA	DA
MCCALLUM, BRANDON	WELDING **	RIVAS, LESLIE	MTDIP	WALKER, JAQUAN	HVAC
MCCREADY, TERREN	AUTO	RIVERA, FRANSHESKA	MA AOS	WALLACE, MIGUEL A	BMR
MCCUTHCHEON, JIMMY	HVAC	ROMAN, GIOVANNI	BMR	WARREN, JEFFREY	WELDING **
MCCUTHCHEON, NIKOLAS	AUTO	ROMAN, JUSTIN	WELDING	WATSON, FRANCES	HIT
MCDONALD, SETH	AUTO	RONA, PATRICK	WELDING	WATT, MARILYN	BUS****
MCELVIN, DEQUAN	WELDING	ROULO, KRISTINA	BMR	WEBB, BLAKE	WELDING
MCGLONE, ERIC	MA AOS	RUMPF, ALAN	WELDING *	WELLS, JONATHAN	HVAC
MCKENZIE, JASON	BMR	RUMPF, MITCHELL	WELDING *	WELLS, SOSA N	AUTO
MEGGETT, AVION	AUTO ****	SALVADOR, REY	HVAC	WESTHOFF, CALEIGH	DA
MENDOZA, JAZMINE	HVAC	SCALES, TREVON	AUTO	WHITE, CAMESHA	BUS****
MERTZ, JOHN	BUS	SCOTT, ELIJAH	WELDING	WHITE, HIRAM	BMR
MEYERS, DIMITRI	WELDING	SCOTT, JASON	WELDING ****	WHITE, TRASHONNAH	MA
MILLER, THOMAS	HVAC	SCOTT, SETH	WELDING **	WHITENER, DAVID	HVAC
MINTON, MALAYSIA K	HIT	SEIBERT, ERIC	AUTO ****	WILLIAMS, ANDREW	HVAC
MITCHELL, ISIAH	WELDING	SHARIF, NAWAZ	AUTO ****	WILLIAMS, CHRISTIAN	AUTO ****
MORA, DEREK	HVAC	SHIELDS-SMITH, ANJELICA	BMR *	WILLIAMS, DIAMOND A	MA
MORRIS, NATHAN	WELDING **	SHOULDERS, DAIQUAN	HVAC	WILLIAMS, KYLE	WELDING
MORROW, LEESA V	MA AOS	SHOULDERS, RANDELLE	BMR	WILLIAMS, LAMESHA	MA*
MWARIRIE, DENNIS	WELDING *	SIFFORD, LARACHEAL	WELDING ****	WILLIAMS, MICHAEL J	WELDING
NEGRON, STEFON	WELDING	SINGLETARY-HOLMAN, JORDAN	HVAC	WILLIAMS, QUINTEN	WELDING
ORNELAS, JARED	WELDING *	SKINNER, ANGELO D	CE	WINEYARD, AUSTIN	WELDING ****
ORTIZ, RUSSELL L	AUTO	SMITH, COREY M	CE	WOODARD, MADISON	MA AOS
OTT, GAVIN	AUTO	SMITH, GERALD A	WELDING	YEAROUT, VANCE M	WELDING

Page 5 Continued. gap filler will keep drafts, as well as pests, from entering your sanctuary. Gap fillers come in many types, from tubes of caulk to cans of spray foam that expand to take up larger areas. If you're unsure which to use, take a cell phone picture of the problem area and get advice from a hardware store attendant. They'll be happy to talk you through it.

While these simple steps can certainly help, these minor issues are nothing compared to the big picture items your home needs. Insulation should exist in every nook and cranny of your attic rafters, exterior walls and crawl spaces to ensure most of your home is protected from dangerously high or low temperatures. The most common type of insulation is a fluffy fiberglass material that looks like cotton candy and comes in an array of forms from rolls to spray-in filler. Be sure

to use gloves, a dust mask and eye protection before inspecting or touching any of this, as the microscopic fibers can get stuck in your skin, eyes and mouth and cause serious irritation. If there are any areas missing this material, or if the insulation has degraded due to age, it's important to fill or replace it in areas with new insulation. In its simplest to use form, fiberglass insulation comes in large rolls and has different ratings which identify how energy efficient it is. Colder climates recommend a higher rating.

If insulation exists, but you'd like to take the energy efficiency to the "next level", consider adding radiant barrier. Radiant barrier is a thick construction paper with metallic heat resistant coating on both sides that creates a shield between your home and the outside elements. Like fiberglass insulation, radiant barrier has an energy efficient rating as well,

adding up to R-15 to your attic and/or crawl spaces. Once installed, it also has the added bonus of reflecting light, which makes your often-dark and dreary attic space much brighter. Radiant barrier is available in large rolls and can be purchased at hardware stores or online.

How you take care of your home depends on a variety of factors. If you rent, you may be limited in your options, so be sure to have those honest conversations with your landlord. Homeowners, however, need only decide how comfortable and confident they are with the steps they choose to take. Should you ever be hesitant to undergo a big project, consulting a professional is always recommended.

Essential Skills for Online Learning: How to be Successful While Taking Online Classes

Written by Mike Vaughn



Online learning may seem intimidating at first, but you may find it easier than classroom instruction. There are advantages to using the tools available to you, like the internet and online resources. But with great power comes great responsibility, so being organized and self-motivated is crucial to your success. Life gets in the way sometimes, and when it does, we must be prepared to work around it.

HERE ARE SOME TIPS TO HELP YOU SUCCEED IN AN ONLINE CLASSROOM:

SET GOALS.

It's hard to get where you're going without a destination. Like most things, education is a journey. When you enrolled, you had a plan to learn valuable skills and graduate. This is your destination, and these tips can help you get there.

APPROACH SCHOOLWORK AS YOU WOULD A JOB.

A student's job is schoolwork, and just as with any other job, you want to do it well. You want to give it the same kind of effort and focus as you would your regular job. Even though you don't get paid for it, it is an investment worth more than the time you put into it.

USE ONLINE RESOURCES.

One of the huge advantages of online learning is the vast array of resources at your fingertips that aren't always in the classroom. Use every tool to your advantage, and this whole thing will be easier than you thought.

TAKE BREAKS AND TAKE CARE OF YOURSELF.

Be sure to take breaks occasionally, so you don't get burned out on schoolwork. Get up and walk

around or watch an episode of something before getting back to work. Breaks will help motivate you and keep you focused. Also, make sure to get enough sleep and maintain your nutritional levels. It's easy to let things slide by the wayside when you're working under a deadline, but don't forget to take care of yourself.

CONNECT WITH CLASSMATES.

Don't be afraid to connect with your classmates. They might have questions that you can answer or answers to the questions you have. The dynamics are different, but these are the same people in a classroom with you. You might find your courses easier by teaming up with other students online and sharing information, quizzing each other, or even using online flashcards.

ASK QUESTIONS.

If you don't know something or are unclear on details, don't be afraid to ask your instructor. They want you to succeed as much as you do, so they look forward to answering your questions.

REWARD YOURSELF.

Be proud of your accomplishments. You got that good grade! Go ahead and take the night off and have fun. You really did earn this.

Don't be intimidated the next time you sign up for an online class. Use these tips to help you stay on track. As with anything, you will get out of this what you put into it.