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HC

Helms College

CHANGES EVERYTHING

Summer Edition
Vol. 3 | Issue 3

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Macon Campus
5171 Eisenhower Parkway
Macon, GA 31206
478-471-4262
844 GO HELMS

Augusta Campus
3145 Washington Road
Augusta, GA 30907
706-651-9707
844 GO HELMS

FIND
US ON



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ALUMNIS POTLIGHT

Cameron Williams, HC '16
Culinary Arts Diploma, Augusta Campus

Before he graduated from high school, Cameron Williams had to decide: Go to four-year college, or go to culinary school. Ultimately, he did both. While attending Hampton College in Virginia, Cameron started a catering business and “absolutely fell in love with it,” he said. “I knew that’s what I wanted to do: I wanted to work in the food industry.”

After earning a Master’s Degree in Business Administration, Cameron reawakened his culinary passion by enrolling in evening classes at the Helms College, Augusta Campus. His professional education filled in the gaps of his practical experience, but there was one more experience he wanted.

“I wanted to study abroad,” Cameron said. “It’s very important for a chef to travel, to experience the cuisines of the world.”

At the end of winter quarter 2016, Cameron left for Barcelona, Spain, for the prestigious Live It Out internship program. For the next month, he was immersed in Spanish classes before starting 12 to 15 hour days at the internationally renowned restaurant Roca Moo, part of Hotel Omm in Barcelona.

“It was full-on working in the kitchen from Day 1,” Cameron said. He soon learned the value of his Helms College experience, which prepared him to work in the high-end kitchens at Roca Moo. In addition, his early ServeSafe training prepared him for fast-paced production. Back in the United States, and with a goal of owning his own restaurant to provide healthy food, Cameron is attending Georgia State University to earn a Master’s Degree in nutrition while teaching at the Young Chef’s Academy in Atlanta. As he continues to work toward his culinary dream, “failure is not an option,” he said.

“Failure is not an option.”

THE PRESIDENT’S LIST

SPRING 2016

Tina Collins
Richard Goolsby
Adrienne Howard
Bradley Kirkland
Kisia Moore
Joseph Proctor
Briahna Puckett
Tyronica Riles
Michael Smoak
Leanna Stanley
Jeffery Wilcher

THE DEAN’S LIST

SPRING 2016

Zachary Amerson
Wayne Arnold
Fredricka Bass
Belinda Bell
Bianca Bell
Nakia Bellamy
Natalyn Bentley
Paul Brown
Anthony Carr
Sherral Carswell
Walternesha Collins
Sarah Croteau
Dewayne Cunningham
Joshua Cureton
Janettea Davison
Charles Gordon
Braylin Griffin
Valerie Harden
Samantha Hardy
Zatrece Harper
Tamika Hilton
Jessica Jackson
LaToya Jackson
Scottie Johnson
Robert Johnson
Taryn Jones
Shavonica Jordan
Kayla Lee
Nicholas Lynch
Myisha Madison
David Martin
Kimberly Mashburn
Gabrielle McCladdie
Zachary McFarland
Elizabeth Nelson
Jasmin Nero
Patrick Parkinson
Ileanne Perez
Shekela Quattlebaum
Jerry Rudolph
Kenneth Russ
Tyler Ryan
Teresa Schneider
Tory Scott
Laura Simpson
Khyilah Sims
Martin Spikes
Darrin Jamal Thomas
Tabatha Tutt
James Walker
Taliah Warfield
Kanesha Williams

HELMS COLLEGE CHANGES EVERYTHING

Administration

James K. Stiff
President

Dr. Paul Bao
Provost

Kevin Mayne
Senior Vice President

Dr. Shannon McGhee
Director of Student Services

W. Jay Stancill
Director of Culinary Arts Education

Erica Chaney
Assistant Department Chair

Stuart Hardy
Assistant Department Chair

Administrative Services

Kenda Rindt
Christie Black

Career Placement & Externship

Daniel Medina
Career Placement Advisor

Compliance

Bill Dindy
Director of Compliance

Developmental Education

Maria Mallar
Developmental Education Manager
Reginald Colbert
Developmental Education Instructor

Finance

Lisa Duncan
Staff Accountant

Office of Financial Aid

Gerri Bogan
Financial Aid Manager
Cassandra Travis
Financial Aid Advisor

Office of the Registrar

Jan Freeman
Registrar

Recruitment and Admissions

Warren Rick
Senior Admissions Manager
Pamela Fable
Admissions Manager
Dee Dawsey
Admissions Representative

Student Advising

Cherise Turner
Administrative Coordinator
Joanna Crockett
Student Advisor
Chsandra Johnston
Student Advisor

Student Accounts

Shannon Kocher
Student Account Manager

We value your feedback; let us know what you think.

highachiever@helms.edu

QUESTIONS & ANSWERS

Bianca Bell, 2nd Quarter
Culinary Arts Diploma, Augusta Campus

What is one thing that might surprise others about you.

I love to write and I want to write a book one day.

Who do you admire most and why?

My son, because he is mature, kind caring and gives 100 percent as everything that he does.

If you could have any job in the world what would it be?

Acting, I have always been an entertainer and had dreams of acting.

What do you think is the secret to happiness?

Doing what you love for yourself because true happiness comes from within.



Terrance Cole, 7th Quarter
AAS in Culinary Arts, Macon Campus

If you were a superhero, who would you be?

The Black Panther. He is an abundantly wealthy African King and superhero with a technologically advanced uniform.

If you would change one thing in the world what would it be and why?

Eliminate evil because the world would be a better place.

What super power would you possess?

The power of love and peace.

Advice would you give your younger self?

Always keep God at the center of your life and know that He created you for a specific purpose.

HELMS CONTINUING EDUCATION

By KENDA RINDT Continuing Education Program Manager



Lifelong learning is essential to an individual's success and well-being. The greatest minds are those who are continually seeking knowledge, whether for personal or professional use.

With an ever-changing job market, continuing education can open the door to opportunity by helping an individual grow personally and professionally. Helms College's School of Continuing Education is ready to offer additional learning opportunities for career development and advancement for Goodwill employees and professionals in our community.

Beginning soon, the School of Continuing Education will be delivering a series of three courses in personal finance, workplace communication and basic computer skills.

1. Personal finance is a series of 6 one-hour sessions that will help participants balance and manage your personal finances more wisely.

2. Workplace communication is also a series of 8 one-hour sessions designed to help present not only the basic principles and skills of interpersonal communication, but more importantly how to use them to establish meaningful connections with others.

3. Computer Basics is a 20-hour course specifically designed for those who need to learn from the very basics of a computer or need to brush up their skills. Basic keyboarding, using Windows, creating a Microsoft Word document and understanding email using Outlook are covered.

The above-mentioned courses will be offered at multiple Goodwill locations. For the general public in the Augusta area, a certification preparation course will be offered to working medical assistants.

Let us help you "discover and develop your "God-given gifts." For more information about the School of Continuing Education and programs being offered, contact Kenda Rindt, Continuing Education Program Manager at (706) 799-5473 for more information.

ARTICULATION AGREEMENT WITH JOHNSON & WALES

By BARRY PASCHAL Sr. Director of Marketing & Communications



Helms College students who receive an Associate of Applied Science in Culinary Arts degree, and who meet the established grade point average requirement, may transfer credit directly to JWU and continue their education at the junior level toward a Bachelor of Science

Graduates of Helms College can now continue their studies at any of Johnson & Wales University's four U.S. campuses through a new articulation agreement.

Degree in one of three JWU programs: Culinary Arts and Food Service Management, Food and Beverage Entrepreneurship, or Business Studies. "While many other culinary schools nationwide are closing their doors, this exciting agreement with Johnson & Wales offers an expanded opportunity for Helms College students to begin their education more affordably before advancing to a higher-level degree," said James K. Stiff, President of Goodwill Industries of Middle Georgia and the CSRA, the parent organization of Helms College. "The Helms College experience provides students access to greater earning potential through educational advancement, and this partnership with Johnson & Wales greatly increases the ability of

our students to develop their gifts and obtain an abundant share of the American Dream." Johnson & Wales University campuses are located in Charlotte, N.C.; Providence, R.I.; Denver, Colo.; and North Miami, Fla. "We are pleased to be able to recognize Helms College students for their academic readiness to pursue bachelor's degrees in culinary arts, hospitality and business through this articulation agreement," said Mim L. Runey, LP.D., President of the Providence, R.I., campus of Johnson & Wales University and Chief Operating Officer. "Their ongoing education will expand upon their foundational knowledge, network and experience to achieve future professional and personal success."

“ Helms College contributed to my future. ”

Cherie Lynn-Daniels grew up in Lizella, Georgia, and graduated from Southwest High school in Macon. Cherie enrolled in the culinary diploma program at the Helms College, Macon Campus. A mother of three, ages 15 to 25, Cherie had many challenges as she completed her Culinary Arts Diploma July 1, 2016.

Cherie said Helms College helped her learn to calculate costs for food items and build a foundation for the bakery that she plans to open, fulfilling the inspiration she received from her great-grandmother, "Big Mama," and her grandmother, Frankie Dean.

It was at age 7 that Cherie began working in the kitchen, assisting her visually impaired Big Mama. She later helped her grandmother cook everything from homemade syrup to peach fritters, apple turnovers and peach cobbler.

Along with what she learned from her professional education at Helms College, Cherie plans to use her early family education to open a downtown Macon bakery, "Taste of Joy," and one day expand to a dinner café.



Cherie Lynn-Daniels
Diploma Graduate, Macon Campus

FINANCIAL SUCCESS

By SHANNON KOCHER Student Account Manager



1. Avoid fraud & scams. An important red flag to remember: If someone sends you an unsolicited email or text message that asks you to "confirm" or "update" your password, PIN or account information, this is more than likely a scam.

2. Be smart about credit. Getting credit while you're in college can be a great way to start building your credit history, if you use it responsibly. Be sure to use it only for emergencies, or for small purchases, and then pay the bill in full each month.

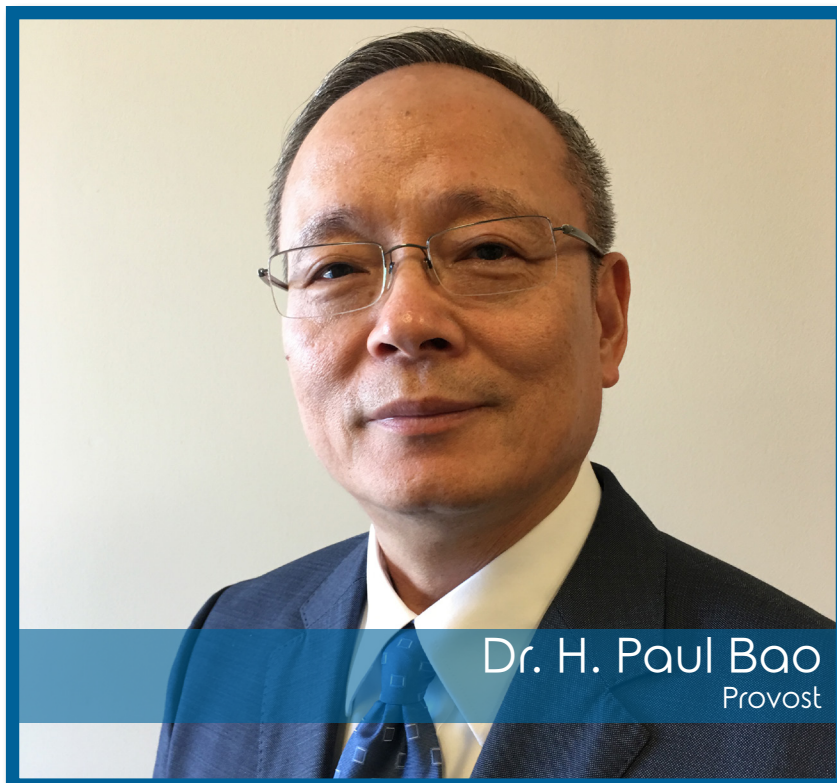
3. Check your online banking account every day & your credit report three times a year. Stay on top of all your credit accounts including your student loans. By checking your balances every day you can avoid overdrafts and set up bill pay, email and text Alerts.

4. Set a budget & track your spending. Overspending and getting into debt can become bad habits that are hard to break. Set a budget to ensure your expenses don't exceed your income.

5. Ask for help if you need it. If you have questions or run into any trouble with your accounts, we're here to help. We offer many ways to help you budget and learn about financial topics.

6. Don't hesitate to stop by, call or email the Student Accounts Office for assistance.

STAFF SPOTLIGHT



Dr. H. Paul Bao
Provost

Dr. H. Paul Bao joined Helms College as Vice President of Academic Affairs at the beginning of May 2016 and now serves as Provost. Prior to that, Dr. Bao worked more than 20 years in four career education service companies. He taught classes and advanced his career in roles of Program Director, Dean of Academic Affairs, Academic Affairs Specialist, Vice President of Academic Affairs, and Chief Academic Officer. During the past 15 years, he led education teams in three organizations ranging from a dozen colleges and schools to nearly 50 institutions of higher learning.

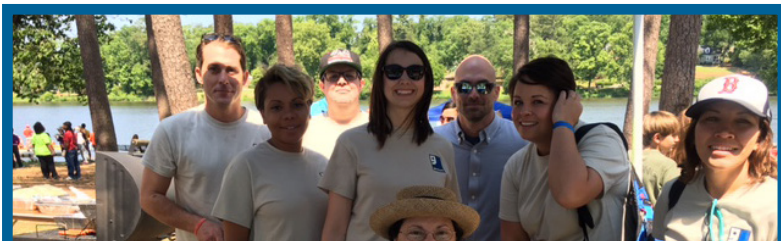
Dr. Bao is committed to the mission of career education in serving society, accessible to all and enabling millions of people to improve their standards of living. An expert in developing market-focused and competency-based curricula and a strong advocate for learner-centered education, he regards a student's enrollment in higher education as a vital investment in his or her future. The educational institution is obligated to provide a quality curriculum, effective instruction, and industry-standard equipment while assisting the student in achieving his or her educational goals and securing employment upon graduation.

As an academic scholar, Dr. Bao has co-translated and translated four books from English into Chinese and authored more than a dozen articles on literary criticism and higher education. As an education administrator, he has authored policies and procedures in three major career education organizations and done extensive work in areas such as strategic planning and institutional effectiveness planning and implementation. Dr. Bao holds an earned Ph.D. in English from The University of Mississippi (Oxford, MS), and an M.S. Ed. and B.A. in English from Harding University (Searcy, AR).

2016 GOODBOATS PADDLING FOR A PURPOSE

By HEATHER FERRANTE, Volunteer Services Manager

Goodwill's GoodBoats Dragon Boat Race and Festival was held on May 7th at Lake Olmstead in Augusta. The event featured 25 teams competing in Dragon Boats for 1st place including a team of Helms students racing against Helms staff members. The event also had more than 50 vendors, from Asian food vendors to craft vendors. The event was well-attended and the money raised benefits Helms College.



CHEFS DON'T SAY GOODBYE

By CHEF JAY STANCILL Sr. Director of Culinary Arts Education



There are moments in our lives that we remember forever. During my career I have been extremely fortunate to work with some very talented people. I have also been lucky to meet and take classes with chefs I

admire such as Charlie Trotter, Alton Brown, Fritz Sonnenschmidt, and Paul Prudhomme, to name a few. I have been blessed to teach and mentor thousands of up and coming chefs, passing along our centuries-old trade, and maybe made

a difference in a few lives in the moments that our paths crossed.

The past few days I have found myself reflecting once again because one of our own is moving on. For quite a few years I have had the opportunity to work with this chef. I have had the pleasure of watching him become one of the most talented individuals and one of the best culinary educators that I know. He has been instrumental in helping Helms College grow and teaching so many students how to succeed in this industry. He is known to have high expectations, but is so very kind and always willing to give of himself to ensure others succeed. He has always gone the extra mile and is the epitome of inspiration and motivation.

Chef Stuart Hardy has impacted the lives of so many that will last a lifetime. Memories were created and will not be forgotten by all of those you have had the ability to unselfishly serve. I hope you know that you will be on so many people's list of "lucky and fortunate to have known."

I personally want to say thank you, and on behalf of Goodwill and Helms College we all wish you great joy. Helms College will not be the same without you. Please join me in wishing Chef Hardy the best as he changes paths. Chefs don't say goodbye. We create a network of family that wraps around the world and continues to teach the next generation of chefs.

“Everyday is a great day for changing lives.”

Meet Dee Dawsey, new Helms Admissions Representative in Macon. Dee comes to Helms College as an established Admissions representative with six years' experience and deep roots within the Macon community. Dee has made a notable first impression on the students, faculty and staff in Macon and has adopted the phrase; "every day is a great day for changing lives!" Dee's attitude and sense of community, paired with her high regard toward Goodwill's mission, is what attracted Dee to Helms College. Dee lives by the motto, "A loving heart sees the need and does what needs to be done!"

"I'm glad to be a part of such a dynamic group impacting the Middle Georgia community here at Helms College," Dee said. Her passion for change and compassion for students is welcomed at Helms College.



FEDERAL STUDENT LOAN FEES TO INCREASE

By GERRI BOGAN Financial Aid Manager



Later this year, origination fees on federal direct student loans are set to increase. Oftentimes, lenders charge a fee to originate, or issue, a student loan. Origination fees are the only fees

associated with today's federal student loans;

federal law dictates the fee amount.

Currently, for subsidized and unsubsidized student loans, the origination fee is 1.068%, and 4.275% for PLUS student loans. For example, if you borrow \$6,000 in unsubsidized student loans, you would receive \$5,935.92 in funds with your lender, the federal government, receiving \$64.08 as its origination fee. For the same amount in PLUS student loans, you would receive \$5,743.68 and the lender \$256.32.

Beginning Oct. 1, the origination fee will rise

to 1.069%, and 4.276% for PLUS student loans.

Using the above examples, these changes mean you would receive \$5,935.86 and \$5,743.44, respectively, for \$6,000 in unsubsidized student loans and PLUS student loans.

Although the changes subtract pennies from the loan amount, when faced with determining how you are going to pay for your next period of enrollment, it is important to know exactly how far your loans will get you.

HCON THE GO &



1. Helms College Macon Campus Graduation was held July 14 at the Anderson Conference Center. 2. Augusta Campus Graduation was held July 12 at Snelling Center. 3. Augusta Baking Club members created a Finding Dory cake for the Children's Hospital of Georgia patients. 4. Macon Campus ice sculpture demonstration. 5. Patient Care Technician students learning CPR. 6. Augusta students win 'Thursday Throwdown' competition at Whole Foods on July 22. 7. Health & Wellness Month Fitbit winner, PCT student Teresa Schneider. 8 & 9. Health & Wellness Yoga class at the Augusta & Macon Campses. 10. PCT Augusta students offer free health screenings for staff. 11. Augusta Campus Inagural Summer Culinary Camp for High School students was held July 11-15th.

IN THE COMMUNITY



12. Chop it Up Challenge final round winners: Macon Campus students Janettea Davison, Scottie Johnson, & Taliah Warfield. **13.** Augusta round 1 winners: Kimberly Mashburn, Laura Simpson, & Walternesha Collins. **14.** Augusta students Idella Walker, Bianca Bell, & Ester Newman posing with Mayor Hardy Davis at the Goodwill Station of Hope Ribbon cutting where they provided refreshments. **15.** Augusta Campus students Welcome Week photo booth. **16.** Chef Stuart Hardy welcomed the arrival of his daughter, Josephine Elizabeth Hardy. **17.** Chef Tequannah Harris cooks in the Augusta kitchen for filming of a HC commercial.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	HC	

UPCOMING EVENTS

FACULTY RECOGNITION MONTH August

Augusta and Macon

Throughout the month of August, students, Student Advisory Council, and the Office of Student Services will recognize faculty members for all they have done to create an amazing educational experience!

August 1-5: Thank you!

August 8-12: Breakfast/lunch provided by Student Services

August 15-19: Thanks from the Student Advisory Council

August 22-26: Nominations for faculty member of the year

August 30-31: Faculty member of the year announced

SUMMER HELMS COLLEGE LECTURE SERIES: OPENING A SMALL BUSINESS Augusta and Macon

This seminar features information regarding opening a small business. Resource information will be provided for those interested in learning more.

FOOD DEMONSTRATIONS

Fresh Market Thursdays

4375 Forsyth Road, Macon
(Rivoli Shopping Center)

Wesleyan Market Food
2nd Saturday each month
4760 Forsyth Road, Macon

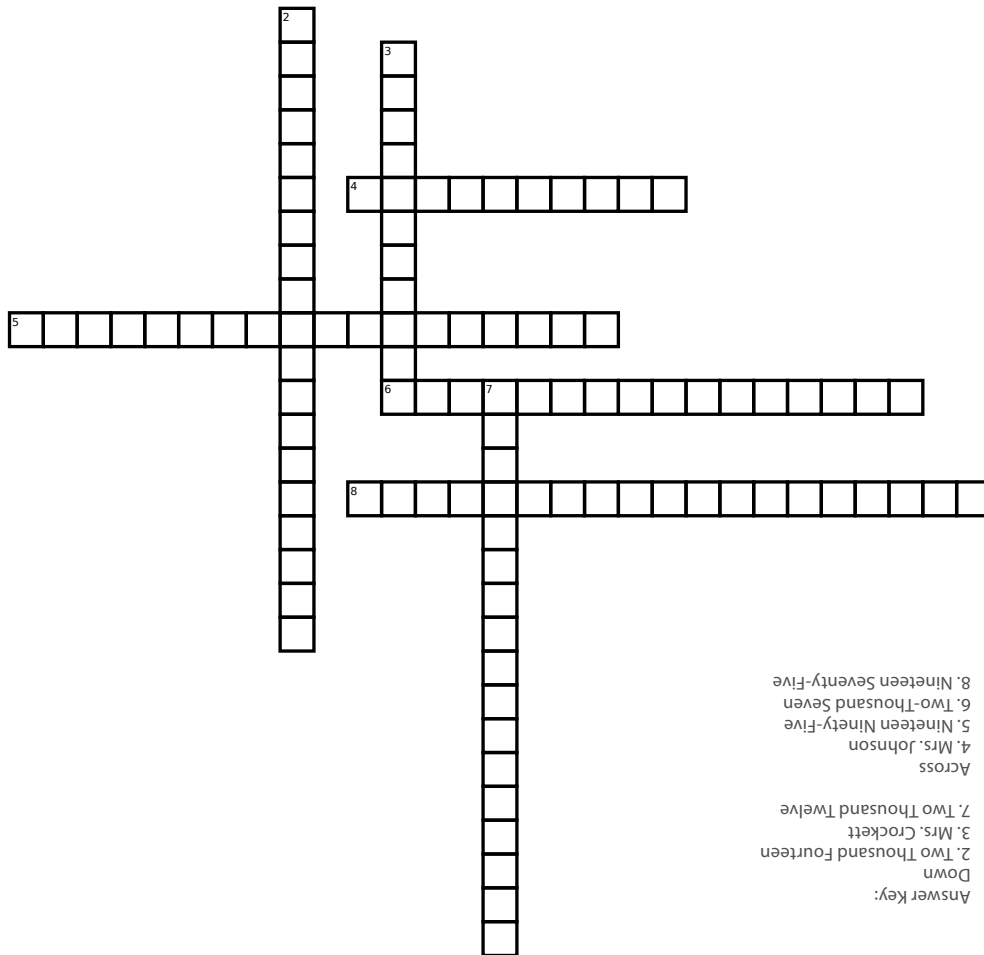
CROSSWORD

Down:

2. Helms College received approval for Associate Degree programs in Culinary Arts for its Macon Campus in what year?
3. Who is the Augusta Campus Student Advisor?
7. Helms College in Augusta opened in what year?

Across:

1. Goodwill Industries was founded in what year by Dr. Edgar J. Helms?
4. Who is the Macon campus student advisor?
5. The first Job Connection office in Macon opened in what year?
6. Helms College opened in what year?
8. Goodwill Industries of Middle Georgia, Inc. was founded in what year?



Answer Key:
Down
2. Two Thousand Fourteen
3. Mrs. Crockett
7. Two Thousand Twelve
Across
4. Mrs. Johnson
5. Nineteen Ninety-Five
6. Two-Thousand Seven
8. Nineteen Seventy-Five



Ann Taylor Get 15% off your full-price purchase both in-store and online. Register on website.

Banana Republic Save 15% on your full-priced, in-store purchases only.

Champ Sports With the Student Advantage Card, you can get 10% off any purchase over \$50 or more.

Club Monaco Both full-priced and sale items are 20% off with your valid college ID. If you're shopping online, submit your email to receive a code.

Dockers Register online to receive a 20% student discount while shopping online.

Eastern Mountain Sports The outdoor outfitter offers 15% off in-store purchases (and 20% off EMS branded merchandise) with a valid student ID.

J.Crew The store offers 15% off when you're shopping in-store. Learn more about the discount on their website.

Jo-Ann Fabric and Craft Stores Whether you need craft supplies for school or for your own hobbies, this craft store offers 10% off on every purchase, plus coupons. Any student 14 or older can join the Student Discount Program.

Levi's Need some new jeans? Luckily Levi's offers 15% off for students. Register to receive that same 15% off for online purchases.

The Limited Receive 15% off every purchase made in-store. Visit TheLimited.com for the details of the discount.

Sam's Club Student discounts vary by location. Plus, get a \$15 gift card when you renew or sign up for a new Sam's Club Collegiate Membership. Besides buying cases of ramen noodles and stocking up on your other favorite food staples, Sam's Club also offers members-only discounts on tire service, an optical center, a pharmacy, and more, depending on your local store.

Sally Beauty Supply If you're in beauty school, you're eligible for reduced prices, offers, and discounts with your beauty school ID and a completed application. Get more information on their website.

TopShop Students get 10% off. Visit their website for more information.

Apple Students and educators save 5% off most purchases; save up to \$200 on a new Mac or a new iPad with Apple's Education pricing. Learn more about Apple's student discounts.

Dell Dell offers discounts on laptops, desktops, and more. www.dell.com

Regal Cinemas Depending on your local theater, you can score a student discount. Check your theater to see if they offer the discount.

Choice Hotels With the Student Advantage Card, you can earn 15% off at participating hotels. Choice Hotels include Comfort Inn, Comfort Suites, Quality Inn, Sleep Inn, Clarion, Cambria Suites, MainStay Suites, EconoLodge, Rodeway Inn, and Ascend.

Greyhound The Student Advantage Discount Card will save you 20% on Greyhound unrestricted walk-up fares or online tickets to thousands of destinations. You'll also save 40% on package shipments sent through Greyhound Package Xpress.

Allstate Single, full-time students can receive up to 20% off for getting good grades. Visit their website for more information.

GEICO Full-time students (ages 16 to 25) can save up to 15% on certain coverages if you have a "B" average. Visit

their website for more information.

State Farm If you're getting good grades, you can save up to 25% until you turn 25 years old. Learn more on their website.

Farmers College students with a 3.0 GPA (out of 4.0), on the Dean's List, on the Honor Roll, or ranked in the top 20% of their class can get a discount on insurance. You'll need to submit proof of eligibility, including a report card, when applying for the discount. Go to Farmers.com for more information.

Travelers If you're a full-time student between 16 and 25 years old, you can receive a discount on your insurance if you have at least a "B" average. Get a quote on their website.

Nationwide Insurance Students between the ages of 16 and 24 who are enrolled in school full-time can receive a discount on insurance. Learn more on their website.

Sprint Students can add unlimited data for an additional \$10 per month. Best Buy and Sprint teamed up for the My Way Student Promotion which gives students 12 months of free talk, text, and 1 GB data with the purchase of a smartphone. Visit Sprint's website for more information.

General Motors College Discount Receive a special discounted price on a Chevrolet, Buick, or GMC vehicle. Visit their website to request an authorization number.

Amazon Student Students receive 50% off Amazon's Prime service, which includes streaming video and unlimited two-day shipping, after a six-month free trial. They also get exclusive offers and discounts and eligibility for sweepstakes and contests.

1800Flowers.com If you need to send a gift, opt for flowers or gift baskets with this discount. With the Student Advantage Card, get up to 20% off on your orders.

FedEx When you're shipping a package, you can earn 20% to 30% off by showing your student ID.

HELMS COLLEGE CHANGES EVERYTHING