Saluting Women in Business

Every year in March, The Baytown Sun publishes a special edition to celebrate Women’s History Month and highlight contributions to the community made by women.

There are many more stories to tell than can fit in this section, so we want to hear from you for next year’s edition.

We enjoy getting to know each of you a little better and telling your stories. We hope you enjoy reading about these women in business.

Re&E Cosmetology & Barber School

Instructors ~
Robertia Hector & Carmen Fraser
Year-Round Registration

Jue & Thu 9AM-4pm | Wed & Fri 9AM-10pm | Sat 9am - 1pm
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FIGHT CANCER

Pamela Medellin, M.D.
Deepa Sashital, M.D. Ph.D.

Texas Oncology


www.TexasOncology.com

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Through specialized programs, clinical trials and a commitment to challenging conventional thinking, our comprehensive team of cardiovascular specialists is improving outcomes and providing better options for heart and vascular care in your community.

Our doctors specialize in treating a wide spectrum of cardiovascular diseases and disorders, including:

• Coronary artery disease
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And, you can be confident that we are taking every necessary precaution to keep you safe throughout your visit.

To find a doctor or schedule an appointment, visit houstonmethodist.org/debakey/baytown or call 713.DEBAKEY.
For Houston Methodist Baytown Hospital neurologist Dr. Olga Brusil, helping to prevent stroke in women is a personal matter.

"Women are at a higher risk for stroke than men, and this higher risk might be related to several factors," Brusil said. "Women are more likely than men to have atypical vascular symptoms, which can make it difficult to recognize when someone is having a stroke. They’re also more likely than men to brush off symptoms and delay getting help."

A stroke happens suddenly without warning, and the results can be devastating. That’s why it’s important to recognize stroke symptoms and act quickly.

Risk factors that may contribute to stroke include:

• High blood pressure during pregnancy increases the risk of stroke, with the highest risk during the third trimester and postpartum. Preeclampsia (a condition in which blood pressure rises sharply during pregnancy) doubles women’s stroke risk and quadruples the risk of high blood pressure later in life. The risk is small for women who don’t have other risk factors, but it is significantly higher for women who smoke, have high blood pressure or have a history of migraines.

• Migraine headaches with aura (sensory disturbances, such as flashes of light, blind spots and other vision changes) may increase the risk of stroke in younger women.

• Atrial fibrillation can increase stroke risk in women over age 75. "Atrial fibrillation is more common in women than in men, and the condition is associated with a higher stroke risk," Brusil said. "Women are more likely than men to be diagnosed with atrial fibrillation, and if they’re diagnosed with atrial fibrillation, they’re also more likely than men to be prescribed blood-thinning medication." Atrial fibrillation can increase the risk of stroke by two to four times.

• Birth control pills can increase the risk of stroke. "Women who smoke, have high blood pressure or have a personal or family history of stroke should limit birth control pill use," Brusil said. "Women who want to use hormonal birth control should discuss the option with a healthcare provider.’"

Women are more likely than men to brush off symptoms and delay getting help. "It’s crucial to familiarize yourself with these symptoms and act quickly," Brusil said. "If you or a loved one experiences any of the following symptoms, call 911 and seek immediate attention—even if you’re not sure it’s a stroke."

Common stroke symptoms for both men and women:

• Face drooping
• Arm weakness
• Speech difficulty
• Sudden vision problems
• Trouble walking or lack of coordination

• Severe headache with no known cause

Unique stroke symptoms in women:

• Confusion, disorientation or memory problems
• Fatigue
• General weakness
• Nausea or vomiting

Houston Methodist Baytown Hospital has earned the American Heart Association/American Stroke Association’s Get With The Guidelines-Stroke Honor Roll Elite Plus Achievement Award, recognizing the hospital’s commitment to ensuring stroke patients receive timely and leading-edge treatment for stroke.

Brusil earned her Doctor of Medicine degree from the Crimea Medical Institute in Simferopol, Russia, and completed her residency in neurology at the Kaiser Permanente Medical Center/VCA in Los Angeles, where she was the chief resident. She completed a fellowship in neuromuscular disorders/clinical neurophysiology at the University of Tennessee Chattanooga. She also completed a fellowship at the Albany Medical Center, Northwestern University in Chicago. Board certified by the American Board of Psychiatry and Neurology, she joined the medical staff at Houston Methodist Baytown Hospital in 2020.

Brusil offers a full range of neurological services, including nerve conduction studies, electromyography, with injections to treat migraines, neck and back pain treatments, headache management, epilepsy and seizure disorder treatments, and treatment of movement and neurologic disorders.

Houston Methodist Baytown Hospital is taking every necessary precaution during the coronavirus pandemic to keep our staff members safe, including, screening all patients, ensuring only one caregiver is in the office, wearing masks and personal protective equipment (PPE) while providing patient care, reorganizing waiting rooms and check-in lines to ensure social distancing, and implementing additional sanitation processes to disinfect all equipment and surfaces.

To schedule an appointment, visit houstonmethodist.org/baytown or call 832-556-6650.

Dr. Olga Brusil
Dr. Sara Edeiken

Dr. Olga Brusil encourages women to lower stroke risk. Dr. Olga Brusil

Dr. Sara Edeiken's Brings Expertise in Treating Vascular Disorders. Dr. Sara Edeiken

Dr. Sara Edeiken treats a wide range of vascular conditions as a vascular surgeon at Houston Methodist Baytown Hospital, one of the most common being peripheral vascular disease (PVD). PVD commonly involves the buildup of plaque in the peripheral arteries, i.e. those outside your heart. As the arteries become blocked, they are less able to transport nourishing blood to the area, legs and other body parts. PVD sometimes rans its course silently until the blood vessels become so clogged that treatment is required to avoid permanent damage to the surrounding tissue and limbs.

PVD commonly occurs in the legs. Symptoms often include a cramping pain (called claudication) when they walk. This is a message from your muscles that they’re not getting enough nutrients to do their job properly. "In addition to claudication, PVD sufferers may also experience numbness, tingling, or weakness in the legs; foot pain that wakes the patient from sleep; pale, red, or blue skin discoloration of the extremities; changes in skin temperature; wounds that are slow to heal; or pain, impotence, and loss of leg hair," Edeiken said.

Edeiken says PVD is diagnosed through the use of several diagnostic tests, including doppler ultrasound, the ankle-brachial index, which compares blood pressure in the ankle and arm, and angiograms involving a special dye being injected into the artery to detect blockages.

PVD treatment includes a combination of therapies, including lifestyle changes like quitting smoking and making more exercise, as well as keeping blood pressure and cholesterol levels in check. An angioplasty—the insertion of a tiny balloon that is inflated inside the blood vessel—may also be performed.

"In some cases, patients may need bypass surgery to build detours around the blocked and damaged vessels so the blood can continue to reach and nourish various parts of the body," Edeiken said.

Edeiken earned her medical degree from the University of Maryland School of Medicine in Baltimore and completed her residency at the University of Tennessee Chattanooga. She also completed a fellowship at the Albany Medical College in Albany, NY. Board certified in general and vascular surgery and by the American Board of Surgery, Edeiken joined the medical staff of Houston Methodist Baytown Hospital in 2019.

Edeiken offers treatment for a wide range of vascular conditions, including aortic and peripheral aneurysms, arterial artery disease, dissection, limb salvage and wound care.

To ensure your safety, Houston Methodist Baytown Hospital is taking every necessary precaution during the coronavirus pandemic to keep you and our staff members safe, including, screening all patients, ensuring only one COVID-19 symptoms are seen in the office; wearing masks and personal protective equipment (PPE) while providing patient care; reorganizing waiting rooms and check-in lines to ensure social distancing, and implementing additional sanitation processes to disinfect all equipment and surfaces.

To schedule an appointment, visit houstonmethodist.org/baytown or call 832-556-6650.

Dr. Sara Edeiken

Dr. Sara Edeiken brings expertise in treating vascular disorders.

Dr. Sara Edeiken

Dr. Sara Edeiken

The Baytown Sun is accepting nominations for 20 under 40, the young professionals under 40 years of age, whom you know that deserve a little recognition for their hard work, volunteerism and community service.

We understand the impact this diligent group has on the future of our community. They are leaders of tomorrow.

Please email your nominations to: carol.skeews@baytownsun.com

Later in the year, when our lives get back to a more normal routine, we will plan a special edition and ceremony to honor them.

In the meantime, during the coronavirus challenge, stay home and be safe.
Zoe Milian Barinaga
ExxonMobil Baytown Chemical Plant Process Manager

10 things you didn’t know about Zoe

1. I was born and raised in South Florida to parents who emigrated from Cuba, both arriving with just a change of clothes. My mom, an only child, was sent alone at 14 years old as part of a program called Peter Pan, which was a mass exodus of nearly 15,000 unaccompanied Cuban children to the U.S. and was in part funded by Esso Standard Oil Company (eventually becoming ExxonMobil Corporation).

2. I grew up in a diverse, lower income neighborhood of Miami and look back on those years fondly. Elementary school represented a time in which I learned English, shaped my interest in math and science, grew my love of ballet, and developed a very strong sense of values and principles.

3. With parents emphasizing education my whole life, I graduated as valedictorian of my high school. I continued my education at the University of Florida, graduating with honors and receiving a bachelor’s degree in chemical engineering, along with being recognized in the University’s Hall of Fame. While working at the Baytown Chemical Plant, I obtained my MBA with a concentration in international business from Houston Baptist University.

4. I have been married to my husband, Juan Carlos, for more than 25 years and we have been bringing out the best in each other for over 30. Our journey has included living in three different continents, raising three kids, supporting each other through career changes and remodeling five homes (yes, I have tiled floors and molded walls!).

5. Our greatest joy comes from our three children. Zoe Isabella is a sophomore at the University of Florida (Go Gators!), Analys is a senior in high school and Cristian a sophomore in high school. As a family, we enjoy growing in faith, traveling, playing games and biking.

6. I began my professional career in 1994 with Exxon Chemical Company at the Baytown Chemical Plant. I held a variety of plant roles and was the Technical & Financial Manager at the Houston Olefins Plant.

7. After returning from living in Belgium, I transitioned into several positions at our campus in Spring. My most recent business role was as the Global Polypropylene Marketing Manager. After an expat assignment in Singapore, I returned to the Baytown Chemical Plant as the Process Manager, where I am responsible for the operations of the site.

8. I have been able to stay true to my priorities and balance work and home life. I took an extended leave of absence of five years to focus on my family when my children were young.

9. Family and community are important to me. For more than 15 years, I have served as a board member of the Gulf Coast Waste Disposal Authority, the Education Foundation of Harris County, the University of Florida Chemical Engineering Advisory Board and the Corpus Christi Catholic School Education Council. I am also active in the community through STEM activities and as a science ambassador, establishing the first robotics program at a local school with my husband.

10. Home life is rich with three generations of Cuban tradition living under the same roof. With my siblings, I help care for my father and disabled mother. Language and heritage have been and continue to be a priority for the extended family.

Texas Oncology’s Dr. Sashital provides local, quality care cancer treatments

Dr. Deepa Sashital is board certified in medical oncology, hematology and internal medicine.

Dr. Deepa Sashital has been practicing in Baytown since 2007. She joined Texas Oncology and has been an integral part of the team. She not only has a medical degree, but also a Ph.D. degree from UConn in Connecticut. She is triple boarded in medical oncology, hematology and internal medicine. She has an interest in genetic testing.

Genetic testing can help determine if you have an increased risk for certain types of cancer including breast, ovarian, colorectal, endometrial (uterine cancer), stomach cancer, pancreatic, biliary tract, small bowel pancreas, brain or sarcomas. While you can’t inherit cancer, you can inherit a higher risk for developing it.

Dr. Sashital can provide an in-depth assessment for patients with a strong personal or family history of cancer. Genetic testing provides early detection, reduces cancer risk and saves lives. Early detection is one of the most important things you can do to protect your health.

Our healthcare providers with training in genetics can help determine if genetic testing is right for you, as well as analyze your risk for hereditary cancer syndromes. After testing, they’ll evaluate your results, make recommendations, and, if needed, assist with follow-up care.
Rivon brings wealth of experience, knowledge to realty

Thursday, March 25, 2021

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REALTOR
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Your home shouldn’t just be perfect; the town should be too. I can help you find the home with that hometown feel.”

R&N Cosmetology & Barber Schools

Robertta Hector and Emmanuel Hector are owners of R&N Cosmetology & Barber School at 808 Park Street, Baytown, and Robertta’s Hair and Nails at 57 Schilling Ave. in Baytown.

They came to Texas in 1979/1980 from Aruba, a Dutch Island in the Caribbean, after Robertta retired from Chicago Emmanula worked in Houston, traveling all over the Caribbean and all over the world, quite a stretch from her hometown of Double Bayou, Texas (near Anahuac). A graduate of Anahuac High School, Terry also attended and graduated from Lee College here in Baytown.

Terry is a member of St. Paul United Methodist Church in Double Bayou, which is a church founded by her great-great grandfather and 12 other former slaves over 54 years and have three grown sons, Joseph 53, Leslie 50 and Ronald 44.

The schools have proudly graduated quite a few students now working in various salons in Baytown and neighboring towns. Some of the graduates took it a little further and opened their own businesses. Among the businesses the graduates have opened are: Gaby’s Salon, Fatima’s Salon, Mercedes Salon, O’Kiss Salon, Osiel Barber Shop, Sandra Salon (Baytown), Anichi’s on Texas Avenue, Lisa Liles Salon, Caprice, Platinum, Handsk and Princess Nails, Inberial Barber, Raucher Sharp I & II Barber Shop and Trintex Salon.

The couple operates the school without government funding or student loans. Students may start at different times so the school does not operate with semesters. Students are taught individually and take their state board exams individually.

Rivon’s love for the real estate business was born out of the frustration of not being able to find a realtor who was “Investor friendly”. A real estate investor herself, she struggled to find just the right person to point her in the direction of rental properties that were within her target budget and were suitable for a new investor.

A real estate agent and resides in Addison, Texas.

In September of 2013 the couple opened R&E Barber School at 808 Park Street, Baytown, and Robertta’s Hair and Nails at 57 Schilling Ave. in Baytown.

They created at Texas in 1979/1980 from Aruba, a Dutch Island in the Caribbean, after Robertta retired from Chicago, Emmanuel retired from Chicago, Terry’s love of travel has taken her all over the world, quite a stretch from her hometown of Double Bayou, Texas (near Anahuac). A graduate of Anahuac High School, Terry also attended and graduated from Lee College here in Baytown.

Emmanuel and Robertta Hector, owners of R&E Cosmetology and Barber Schools

Terry is a Real Estate Agent for Realty Associates. She states “call me for all of your real estate needs, whether selling, purchasing or if you need investment property management. I can help you find a home with that hometown feel.”

Emmanuel and Roberta Hector, owners of R&E Cosmetology and Barber Schools

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Greter Baytown celebrates the lifestyle, career and good works of people in our unique communities. Writers and designers each month share compelling, interesting stories about the people and places that make our hometowns special places to live, work, explore and relax.

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At Chevron Phillips Chemical, we are proud to recognize the contributions of women who enable us to be one of the world’s top producers of petrochemicals and plastics. We strive to offer all our employees the freedom and flexibility they need to achieve both personal and professional growth, including our support for programs that offer career development for women. We actively promote equal opportunity employment because we believe strength and innovation are born from diversity and inclusion.

Performance by design. Caring by choice.™
Lakesha D. Holmes has been practicing law for over sixteen years. In 2017, she founded the Law Office of Lakesha D. Holmes, PLLC. She concentrates her practice in business planning, estate planning and probate law. Her practice includes estate planning, providing estate administration and probate services to executors, heirs and in matters involving probate, estates and trusts, general business matters, formation and financing of business ventures, and entity choice and formation considerations for business entities. She has integrated the latest technologies into her practice with a focus on designing legal services that provide fast, flexible and practical solutions for her clients.

Lakesha received her Juris Doctor from Thurgood Marshall School of Law in Houston, Texas and her Bachelor of Arts degree in Political Science with a concentration in Electional Politics from Spelman College in Atlanta, Georgia. Prior to starting her own practice, Ms. Holmes was a senior attorney at Total Petrochemicals and Refining USA, Inc. and prior to that, she was an associate at Thompson & Knight, LLP. Ms. Holmes serves on the Lee College Alliance Board, and is a member of a number of local organizations, including the Baytown Chamber of Commerce and Top Ladies of Distinction, Inc.

The Law Office of Lakesha D. Holmes offers a spectrum of legal services including:

Estate planning and probate:
- Last Will and Testament
- Probate and Estate Administration
- Powers of Attorney
- Trusts

Business Matters:
- Entity selection
- Business Organization and Structuring
- Corporate Governance
- Business Contracts
Faith Community Hospice
“To Comfort Always”

The Center for Hospice Care was started in the early 1990’s by San Jacinto Methodist Hospital to provide terminally patients with the utmost quality and compassion.
Cynthia Patterson, BSN, RN and Carol Mendelovitz, LMSW, NCBF worked at this hospice and dreamed of what it would be like to run their own hospice someday.
By 2004, Cindy and Carol remained in contact with each other and had experienced leadership duties for several different hospices and agencies.
The concept of hospice was not new to Baytown, but Faith Community Hospice remains the only freestanding hospice that is locally owned and operated.
A team of dedicated nurses, aides, social workers, chaplains, and office workers bring the same devotion and passion to patients and families as Cindy and Carol.
Their commitment to the community served is noticeable and their goal and philosophy “To Comfort Always” is a passionate cry you might hear in the office as how to make the lives of their patients, family members and staff better.
Pain management and symptom control are the main focus of care. Each week the team meets to explore to see if any other methods, drugs, or treatment would benefit the patient and support the family.
The team works closely with all physicians in the community as well as the medical directors; Dr. Michelle Fredricks, Dr. Greg Terry and Dr. Kory Guidry.
Providing quality of service in a timely, compassionate and loving manner, Faith Community Hospice has been recognized for a number of years as The Baytown Sun’s Readers’ Choice Award.

South Team
From left Paul Southerlin, Robie Irwin, Faith Community Hospice Owner Cynthia Patterson, Ralph Hawkins, Kim Craig, Zella Johnson and Doris Bennett

North Team 2019
From left standing, Erin McIntyre, Felicia Hawkins, Tammy Johnson, Sarah Charles, Paul Southerlin, Shirley Russo, Marcia Deckott, Tina Schmaltz and Doris Loften. Seated in front row from left, Natasha Randolph, Kathy Anderson, Carol Mendelovitz, Robbie Polk and Shoelanda Mitchell.

Relay for Life Teams

Faith Community Hospice LLC
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“To Comfort Always”
Decades of experience providing Hospice Care to our community.

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- Inpatient care provided at Liberty-Dayton Hospital and San Jacinto Methodist Hospital.
- Referrals taken 24 hours a day, 7 days a week.
Beyond that, there is a great group of women that work with me and do such an amazing job. She says, “Remember the health benefits, both physical and mental, of utilizing a hot tub. "It can help individuals by combining the benefits of exercise, giving you a workout that is fun, refreshing and easy on the joints. “

Artistic Procreations is open Friday, Saturday and Sunday. Hours vary depending on the event. The last time that can be booked is 9 p.m. on a Friday or Saturday or 6 p.m. on a Saturday. To book a painting party event, contact her through Instagram, instant messaging or at her website: Artisticprodesign.com. Digital prints are available through Etsy at Artisticprodesign. Delencia Collins West. The walls of Artistic Procreations are filled with her paintings. One can buy an original painting or a digital print. To download a digital file, the file is $19.99 and the client can take it anywhere and print it in the size of choice. Digital prints are available through Etsy at ArtisticoProcreation, Delencia Collins West. Artistic Procreations can be found on Facebook and Instagram and at her website: artisticprocreationstudio.com.

On the other hand, Holly Jackson received her real estate license in 2006 at 29 years old and became a real estate broker. She chose to partner with REMAX ONE because of its respected brand name, as well as their cutting-edge technology tools. Holly is a Broker Associate at RE/MAX One located at 10525 Eagle Drive in Mont Belvieu. She opened the office in 2011, moved to the current 5000 square foot building in 2015, and remained the Broker/Owner until December of 2016. She purchased her REMAX Premier office with RE/MAX ONE allowed Holly to focus on her real estate business and building a team of professionals to service those clients’ needs. Holly and her team work with the Baytown Chambers Area county and beyond, serving those client’s needs.

Holly Jackson

Baytown Sun

Thursday, March 25, 2021

UPCOMING “BOB” ALLIANCE SPOTLIGHTS:

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Women in Business

ARTISTIC PROCREATIONS, DELENCIA WEST

BY Carole Skewes

Artistic Procreations is owned and operated by Delencia Collins-West. She hosts paint parties either in the studio or can bring a mobile paint party to you. Her studio is located at 123 W. Defee, #9 in the Defee Mont Hotel building, which can accommodate 10-40 guests.

Delencia is an independent artist and has purchased fixtures and commission projects. This build is a 60-80 square feet of space that is used for parties, classes and events. She holds a bachelor of fine arts degree from the Art Institute of Houston. “My purpose is to take whatever vision is and bring it to life for you,” said Delencia. “That may be memories of a lost loved one, or possibly a new baby in the family.”

“Tell me what you want to do,” said Delencia. “I will create for you what you want to paint that way it is more sentimental to you. I can make it easy enough for anyone to paint.”

Artistic Procreations is open Friday, Saturday and Sunday. Hours vary depending on the event. The latest time that can be booked is 9 p.m. on a Friday or Saturday or 6 p.m. on a Saturday. To book a painting party event, contact her through Instagram, instant messaging or at her website: Artisticprodesign.com. Paintings by Delencia are available through Etsy at Artisticprodesign. Delencia Collins West.

Delicia says, “I hold a bachelor of fine arts degree from the Art Institute of Houston. It is the perfect design for people who want to paint that way it is more sentimental to you. I can make it easy enough for anyone to paint.”

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Shay’s Jewelry serving Baytown for 44 years

Gemologist Sharon Gorman Rogers opened Shay’s Jewelry and Fine Gifts in 1978. She works with her daughter, Gigi Cockrell, her grandson, Brandon Gorman, Linda Peña, store manager, Rachel Streitmann and Sony Truong. Shay’s Jewelry has been supporting and serving Baytown and surrounding communities for 44 years and with the involvement of the Gorman family plans to continue for many more.

We have been in our new location four years now at 6503 Garth Road on the opposite end from Saltaire restaurant in front of Burlington. We thank all our customers for their support and cannot wait for you all to shop with us.

Rogers says, “We strive to be servant leaders and hope the support of our local charities displays how much we care for our community. Service League of Baytown, Rotary Club of Baytown, Baytown Chamber of Commerce, West Chambers County Chamber of Commerce, Baytown Junior Forum, American Diabetes Association, American Cancer Society, Bay Area Relay for Life, Bay Area Homeless Shelter, St. Joseph’s Catholic School, Lee College Foundation, Baytown Little Theatre, Toys for Tots, Trinity Episcopal Church, Pilot Club of Baytown, West Chambers County Pilot Club, Redeem Houston, Pregnancy Resource Center, Guerrero Medical Center, Alzheimer’s Association, Habitat for Humanity, Sirens Club, Baytown Symphony, Project Blue, The Wetlands Center and various local athletic teams.”

Rogers added, “Our specialty is custom work. We love colored stones. We create custom jewelry and one-of-a-kind pieces. “We have the biggest selection of colored stones in the Houston area. We specialize in the Texas Star (Blue Topaz five-pointed star) in all sorts of sizes from 8 mm up to 15 mm. We love different creations. “Nobody will beat our service and our unique jewelry.”

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The Daily Tribune 1929
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(Pelly News 1927-1929, Tri-City News Herald 1927,
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Tri-Cities Sun – July 19, 1931 (weekly)
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Robin Forrest, 33 years in industry

Robin Forrest has been in the air conditioning and heating industry for 33 years. She started at the bottom cleaning and maintaining air conditioning systems and worked her way up to the sales department. There she learned how to design the perfect system available for a customer’s home and needs. Robin was very attentive in making sure the system was properly sized for each individual home.

Lowering utility cost and producing proper air flow throughout the house so the system became a comfort system and not just an air conditioning system has always been important to her.

Ainsworth has been a local A/C company in Baytown since 1947. Ainsworth services Baytown and surrounding areas. Robin purchased the company in 2003. With 33 years under her belt, she was able to assemble a team of men and women who shared the same passion for serving her customers as she did.

“We all know that systems can break down 24/7 and when you get home from work after 5 p.m., the last thing you want to do is come home to a hot house. That's why Ainsworth has someone on call 24/7 – 7 days a week,” said Robin.

"To my off time, I spend time with my horses and attend competitions throughout the United States. I've always had a passion for them. I've even competed as far away as Australia, but these days I try to keep closer to home."

As the years go by Robin spends most of her time in the office taking care of the business operations. Her husband, Junior Forrest, is now the one who does the outside sales and comfort systems. Since his retirement from Exxon in 2015 Junior spends all of his time educating himself on new technology and high efficiency comfort systems. Robin's son Kyle Forrest, who spent 5 years with Ainsworth & Co., now works for Lennox Industries. We are truly a family owned business.

Originally from Augusta, Georgia, Robin moved to Texas in 1978. It was 1988 when she entered the HVAC industry.

“I love customer service and being there when someone needs us,” said Robin. “Texas heat is brutal. The more I learned about the industry, the more I realized a trained professional could recognize old designs and updates to the new standards and requirements of today’s high-efficiency systems.”

"We all know that systems can break down 24/7 and when you get home from work after 5 p.m., the last thing you want to do is come home to a hot house. That's why Ainsworth has someone on call 24/7 – 7 days a week,” said Robin.

Robin Forrest, 33 years in industry

Ainsworth & Company Air Conditioning and Heating

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Empowering women

ExxonMobil is proud to support female leaders within our industry and continues to make contributions to the advancement of women. By hiring and promoting more women, we are better positioned for success today and in the future. We are proud of the efforts taken to help women achieve their full potential as leaders and will continue to support educational initiatives, like Introduce a Girl to Engineering Day, that provide women with more information about skilled career opportunities within our industry.

We will continue to encourage and inspire the next generation of women in industry and empower them to achieve their career goals.