

# KTI CHRONICLES

WHERE STUDENTS ARE FIRST™

Volume 3 Issue 7

Student Appreciation Picnic and Night Buffet!

July 2008

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## BILL TO LICENSE MASSAGE THERAPY PASSES PENNSYLVANIA HOUSE OF REPRESENTATIVES!

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For the past sixteen years, there has been an ongoing effort to pass legislation in Pennsylvania that would license massage therapists. On June 24, 2008, HB 2499 (for the licensure of massage therapists) passed in the House of Representatives



the credentialing process. This is a big step for massage therapy in Pennsylvania and will help to increase

by a vote of 193 to 5! This is the first in the long effort toward licensure that a bill has made it to a vote! The bill has now been sent to the Consumer Protection and Professional Licensure Committee and it will soon go to the state senate, where it reportedly has good support as well. Following Senate approval, it will go to Governor Rendell for his consideration. At long last Pennsylvania is on the road to recognize massage as a viable and legitimate profession!

the acceptance of massage in a state where many people still associate it with massage parlors. Bob Caton, spokesman for Representative McCall said: "After so many years of almost getting it done, it's nice to see the bill to treat massage therapists as the health-care professionals they are, finally moving into position to become law."

A copy of the bill can be found at <http://www.legis.state.pa.us/>. When you are on that page, locate on the upper right "Find Legislation By" and click on "Bill Number" and enter HB 2499. You can express your support for the bill by contacting your state senator and telling him or her (by phone or letter) that you are in favor of licensure for Massage Therapists and asking to vote for HB 2499 when it reaches the state senate. You can find you state senator on the same website by using the "Find Member By" box in the top right corner. Be informed by checking out the bill and be involved by urging your state senator to support HB 2499!



***Affirmations  
For  
Success***

Always bear in mind that your own resolution to success is more important than any other one thing.



Positive thinking is the key to success in business, education, anything that you can mention. I go out there thinking that I'm going to complete every pass.



"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

**Pacific Institute Unit Fourteen: Putting Life on a Want-To**

Have you ever heard the expression that there are only two things you have to do in life—die and pay taxes? Well, really, you don't even have to pay taxes. That is what this chapter of the Pacific Institute discusses—have to's and want to's.

Most of what we do in life is based on our motivation. Restrictive Motivation comes into play when we do something because of fear. Most of us grew up with this type of motivation. Remember mom telling you that if you didn't do the dishes, you couldn't watch TV? You didn't really want to do the dishes, but you knew that

if you didn't, you couldn't do something you wanted to do. Fear can be a powerful motivator, but with it can come resentment. This, in turn, causes to feel pushed, and when we are pushed, we push back. We do the dishes, but we complain about it, and may accidentally break a few in the process. In addition, we procrastinate and find creative ways to avoid, the "have to or else" chore.

Constructive motivation, however, releases the energy within us. It's based on free will. The "or else" consequence is gone. You are doing something because you want to, not because you have to. hate

We to get up in the morning to go to school, because we have to, but we are fine with getting up in the morning to go to Hershey Park, because we want to. See the difference? By controlling our self talk and approaching the duties of life as things we want to do rather than have to do, we can change our lives. We will find creative solutions to problems and ultimately have the kind of life we want.



**Profile In Success: July's Student of the Month**



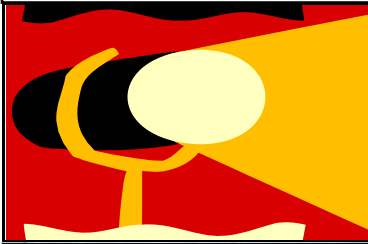
Marissa is a very outgoing student who is always one of the first to volunteer or lend a helping hand to anyone. She also plays a very important role with perspective students who are looking to start a career at KTI. She volunteers her time for the Tips and Techniques program in the evening.

Marissa is very energetic. While coming to school she still finds time to be a wonderful mother, work, study and set a very positive atmosphere for her fellow classmates. She is in school everyday smiling with a positive attitude about everything. She will always have something encouraging to say to everyone. She has a great sense of humor and a wonderful outlook on life. She is looking forward to starting her career as a medical assistant so she can make a difference in patient's lives by helping them.



The medical department is nominating **Marissa Witman** as student of the month.

## Faculty Spotlight: Mrs. Elaine Harp, Medical Department



Mrs. Harp graduated from Keystone Technical Institute in 1987 when the school was known as the Academy of Medical Arts and Business. She has worked in the medical field continuously since then, first as a Medical Assistant then as an instructor.

As a Medical Assistant, Mrs. Harp worked in the field of Internal Medicine, Family Practice, and Gastroenterological Services. Realizing the importance of the Medical Assistant to Physicians and Hospitals, Mrs. Harp decided that she would like to try training others to do what she did. This led her back to the KTI, but this

time as a teacher rather than a student. She fell in love with the work and never considered doing anything else.

Mrs. Harp is sincerely committed to seeing future Medical Assistants that come to KTI for their training as dedicated and caring to the people that need them most—the sick patients. She enjoys working with both day and evening students and feels that this work is one of the most rewarding experiences of her life. Mrs. Harp looks forward to many more years at Keystone Technical Institute helping students achieve their dreams.

## Baby Boomers Seek Health Preserving Benefits of Massage

By Sky Yoder



As the post-World War II generation known as the Baby Boomers reach their sixties and beyond, they are looking for ways to preserve their health and prevent aging. One of the major ways they seek to meet these ends is by including massage in their regular care routines. Research has proven many benefits of massage; with improved circulation, the elimination of waste products and relief from stress being three of the major ones which benefit all of us, especially as we begin to feel the effects of aging.

Research states that between 1990 and 2000, more than half of the US population (56%) was in the 45 to 64 year old age bracket. As this group continues to age, they become a prime group in which to market massage services. This population is just one of the groups that are considered in the 2<sup>nd</sup> year massage course "Massage for Special Needs" the critically ill

and post-surgical patients, AIDS patients, those in Hospice as well as the often much stressed caregivers of all these populations.

Students in this course get the opportunity to develop their skills in treating and relating to the aging population by a series of five field trips to the Manor at Oakridge, just north of the Oakhurst Plaza on Linglestown Road. Residents in this independent living facility range in age from the late sixties to over 100! While there are specific massage techniques that are more appropriate for this geriatric population, students learn that many of the soft skills that are discussed in various Pacific Institute modules help them to be able to relate to and even develop friendships with the interesting individuals they encounter in this class activity. This experience also opens their awareness of this group as a target population for massage services as they begin to develop their own massage practices.



# Honors Awarded

**At the Day Honors Rally on July 8th, the following awards were presented:**

<p><b>Karen Goede</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Deanna Heath</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Jennifer Henry</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Kelly Ebling</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Briana Souchak</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Angela Schaar</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Stephanie Barbush</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Monique Supplee</b> <i>Honors</i> <i>Outstanding Attendance</i></p>	<p><b>Judith Clark</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Amber Gillaugh</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Kristina Haskins</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Morgan Houser</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Jessie Kissinger</b> <i>Honors</i> <i>Outstanding Attendance</i></p> <p><b>Kayla Reber</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Max Acuna</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Stacey Swingler</b> <i>Honors</i> <i>Outstanding Attendance</i></p>	<p><b>Marissa Witman</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Tricia Zimmerman</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>David Ginther</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p> <p><b>Kevin Lincourt</b> <i>Honors</i> <i>Outstanding Attendance</i></p> <p><b>Carissa Seiber</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Amine Hallami</b> <i>Honors</i> <i>Outstanding Attendance</i></p> <p><b>Ailene McIntire</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Kendra Trout</b> <i>Distinguished Honors</i> <i>Perfect Attendance</i></p>	<p><b>Rebecca Prescott</b> <i>Distinguished Honors</i> <i>Outstanding Attendance</i></p> <p><b>Ankit Patel</b> <i>Outstanding Attendance</i></p> <p><b>Leigh Miller</b> <i>Outstanding Attendance</i></p> <p><b>Megan Magbie</b> <i>Outstanding Attendance</i></p> <p><b>Kisha Phillips</b> <i>Outstanding Attendance</i></p> <p><b>Eric Plank</b> <i>Outstanding Attendance</i></p> <p><b>Jessica Meyer</b> <i>Outstanding Attendance</i></p> <p><b>Letitia Brooks</b> <i>Outstanding Attendance</i></p> <p><b>Mia Tate</b> <i>Outstanding Attendance</i></p> <p><b>Shannon Baker</b> <i>Outstanding Attendance</i></p> <p><b>Jennifer Ruiz</b> <i>Outstanding Attendance</i></p> <p><b>Lindsay Sabo</b> <i>Perfect Attendance</i></p>
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# Externs and Career Placement

By Jen Sites, Career Services



**The following students will start externship this Module:**

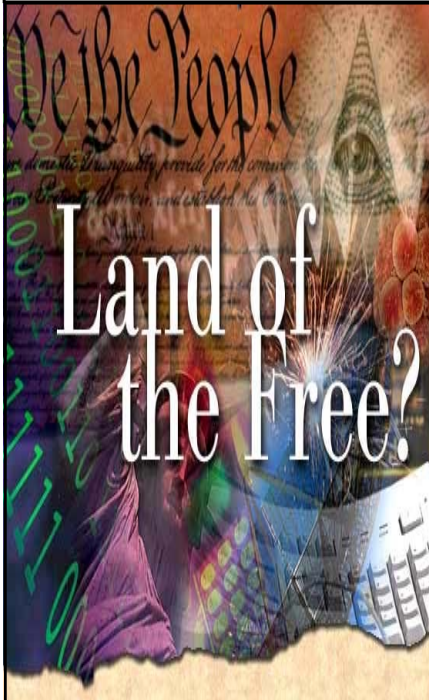
<p><b>Kerie Knoble</b></p> <p><b>Sabrina Handshew</b></p> <p><b>Kiera Dawson</b></p> <p><b>Angela Schaar</b></p> <p><b>Amine Hallami</b></p> <p><b>Lynda Sandsjo</b></p> <p><b>Tia Muldoon</b></p>	<p><i>Medical Assistant Specialist</i></p> <p><i>Paralegal Specialist</i></p> <p><i>Professional Massage Therapist Specialist</i></p> <p><i>Professional Massage Therapist Specialist</i></p> <p><i>Paralegal Specialist</i></p> <p><i>Medical Office Management</i></p>	 
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**The following graduates have recently started their careers:**

<p><b>Jennifer Reynolds</b>—<i>Child Care Specialist</i></p> <p>Self-Employed</p> <p><b>Dawn Zimmerman</b>—<i>Child Care Specialist</i></p> <p>Tobyhanna Army Depot Childcare</p>	 
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# The Dean's Den

By Eric Slater, Dean of Education



You could go for months reading July 4<sup>th</sup> bumper stickers. The central theme on all of them is freedom. That is the word that I want to devote this Dean's Den. Let's define the word freedom as, *"the condition in which an individual has the ability to act according to his or her own will."*

Each and every one of us has the ability to act according to our own free will. Those of you who are now reading this article have chosen to continue your education allow yourself to utilize your abilities to their fullest extent. Your future will be only limited to what you allow yourself to be. In the United States we have been given the chance to be successful, and provide for our family and ourselves. Your education will enable you to reach for the sky and only fail if you allow it to happen.

There are people all over the world who would do anything to have the freedom we are blessed with. Take this gift of freedom and use it wisely.

## Birthday Watch

Stefanie Cowles	July 31
Shalee Aleman	July 18
Amine Hallami	July 18
Rakiesha West	July 03
Shannon Baker	July 13
Amber Gillaugh	July 09
Laura Lovett	July 17
Joseph Sanks	July 28
Jason Chinsammy	July 17
Jessica Meyer	July 25
Cheryl Scott	July 29
Rhoda Sims	July 11
Leila Cosner	July 02
Tricia Zimmerman	July 08
Dave Campbell	July 13
Saadia Gaston	July 27
Jamie Slyman	July 05



A birthday is just the first day of another 365-day journey around the sun. Enjoy the trip.

## Recipes of the Month: Grilled Sea Bass with Fennel

By Chef Richard King, Culinary Arts



### Ingredients

1(Fish) 2-3lbs sea bass, dressed (you can substitute red snapper or sea trout)  
Salt and freshly ground black pepper  
Fennel stems  
2 tbsp. Extra virgin olive oil  
2 tbsp. Anisette

### Procedure

Rinse fish thoroughly and dry. Season inside and out with salt and pepper, stuff a fennel stem. Prepare a charcoal or gas fire. Brush the fish with the olive oil and place on rack. Grill about 6 to minutes on each side. To serve sprinkle the fish with the anisette liquor and place on a bed of sliced, grilled fennel bulbs.

## Ask the Computer Expert

By George Vujasin, Network Administrator

Dear Computer Expert,

I would like to know how and what would I need to do to check the history after the history has been cleared?

Inquisitive Mind

Dear Inquisitive,

This is a question that I often get from parents who want to monitor their children's Internet activity.

Most users are aware that you can erase your Internet History from within Internet Explorer. But most are also unaware that within the Windows system files is a file named "index.dat" that keeps a database of information. Index.dat files have been around for years, and have caused considerable controversy. The file's existence is to store information on Internet usage, e.g. a master database of sites visited. They also serve the purpose of storing information that the use puts into the browser, making features like Auto Complete possible. Privacy advocates have contended that this is an invasion of a user's privacy, and have offered many "solutions" to get around the index.dat file. While there are programs and methods to clean out or delete the file, the fact remains that it is a system file and will be recreated by Windows each time the



Settings\<<User Name>\Local Settings\Temporary Internet Files\ Content.IE5. Fortunately, there are programs available that

will do this look up for you and allow you to see what is in an index.dat file. If you search the term "view index.dat contents," you will find a variety of programs that will allow you to look up the file on your system. One example of what a program like this can do can be found

at <http://www.acesoft.net/winspy/faq.htm> (the download link is at the top of the page). Once you install the program, you will be able to look up a variety of information on the particular user. One important note here is that the index.dat file will simply show sites visited; it will not give you dates and times that the user was on the site, as that information is recorded in the history file.

Internet security, especially where children are involved, is of utmost importance in today's world. One other avenue to consider is monitoring and/or site blocking software. Both can be found easily through searches such as "monitor online activity," and can be installed without the user knowing that it is there. If questionable or objectionable sites are found, then site blocking software such as Cyber-Sitter can be used to block access altogether.

## HISTORY OF INDEPENDENCE DAY



Independence Day, or the Fourth of July is the adoption by the Continental Congress on July 4, 1776, of the Declaration of Independence, proclaiming the severance of the allegiance of the American colonies to Great Britain. It is the greatest secular holiday of

the United States, observed in all the states, territories and dependencies.

Although, it is assumed that the Continental Congress unanimously signed the document on the 4th of July, in fact not all delegates were present and there were no signers at all. Here is what really happened.

The congressional delegate from Virginia, Richard Henry Lee, introduced in the Continental Congress, on June 7, 1776, a resolution "that...body declare the United Colonies free and independent States, absolved from allegiance to or dependence on the Crown or Parliament of Great Britain..." On June 10 a committee of five, headed by Thomas Jefferson (the actual writer), was appointed to prepare a declaration suitable to the occasion in the event that the Virginia resolution was adopted. Jefferson's version was revised by Benjamin Franklin and John Adams before it went to the Congress where they did some editing of their own.

Congress approved the resolution July 2; the declaration composed by Jefferson and amended by his committee was adopted July 4. That evening John Hancock ordered

Philadelphia printer John Dunlap to print 200 broadside copies of the agreed upon Declaration that was signed by him as President and Charles Thomson as Secretary. These were distributed to members of the Congress and distributed to the 13 colonies and elsewhere. The Declaration was read in the yard of the state house July 8. New York did not even vote on it until July 9. The signing was even more gradual, and it is somewhat misleading to speak of the "fifty-six original signers of the Declaration of Independence".

By August 6, most of those whose names are on the document had signed, but at least six signatures were attached later. One signer, Thomas McKean did not attach his name until 1781! Some of those who signed were not even in Congress when the Declaration was adopted, and some who voted for it in Congress never did get around to signing it. Robert R. Livingston was one of the committee of five; he helped to frame it; he voted for it; and he never signed it.

The first anniversary of the declaration was observed only in Philadelphia, Pa., by the adjournment of Congress, a ceremonial dinner, bonfires, the ringing of bells and fireworks. In 1788, after the requisite number of states had adopted the constitution, Philadelphia celebrated July 4 by elaborate festivities, including a grand procession.

Boston, Mass., first observed the day in 1783, and thereafter this celebration replaced that of the Boston Massacre, March 5. The custom spread to other cities and states, where the day was marked by parades, patriotic oratory, military displays and fireworks. In present time, games and athletic contests, picnics, patriotic programs and pageants, and community fireworks of pyrotechnic expertise are characteristic of the 4th of July.

### 10 Surprising Facts About the Fourth of July



Everyone loves Independence Day, the quintessential American holiday, full of parades, picnics, and ... surprising facts? You bet! Be the life of the party--share a few of these tasty nuggets of knowledge with your fellow picnickers this year.

1. Independence Day commemorates the formal adoption of the [Declaration of Independence](#) on July 4, 1776. However, it was not declared a legal holiday until 1941.



2. [Fireworks](#) were made in China as early as the 11th century. The Chinese used their pyrotechnic mixtures for war rockets and explosives.



3. [Uncle Sam](#) was first popularized during the War of 1812, when the term appeared on supply containers. Believe it or not, the U. S. Congress didn't adopt him as a national symbol until 1961.

4. There are many precise rules for taking care of the [American flag](#). And speaking of flag traditions, we're sorry to report that contrary to legend, historical research has failed to confirm that Betsy Ross sewed the first flag.



5. Not all members of the [Continental Congress](#) supported a formal Declaration of

Independence, but those who did were passionate about it. One representative rode 80 miles by horseback to reach Philadelphia and break a tie in support of independence.



6. The first two versions of the [Liberty Bell](#) were defective and had to be melted down and recast. The third version rang every Fourth of July from 1778 to 1835, when, according to tradition, it cracked as it was being tolled for the death of [Chief Justice John Marshall](#).



7. The American national anthem, the "[Star-Spangled Banner](#)," is set to the tune of an English drinking song ("To Anacreon in Heaven").

8. The iron framework of the [Statue of Liberty](#) was devised by French engineer [Alexandre-Gustave Eiffel](#), who also built the Eiffel Tower in Paris.











9. The patriotic poem "America the Beautiful" was published on July 4, 1895 by Wellesley College professor [Katharine Lee Bates](#).

10. Father of the country and architect of independence [George Washington](#) held his first public office at the tender age of 17. He continued in public service until his death in 1799.

**July**

4th—Independence Day  
 7th—Classes Resume  
 8th—Honors Rally  
     12pm & 7pm  
 10th—Birthday Celebration  
     12pm & 7pm  
 10th—Evening Round Table  
     7pm  
 11th—Day Round Table  
     1pm  
 16th —Tips & Techniques  
 22nd—New Evening Start  
 24th—Evening Round Table  
     7pm  
 25th—Day Round Table  
     1pm  
 28th—New Day Start  
 28th—End of Evening Mod  
 29th—New Evening Mod  
 30th—End of Day Mod  
 31st—New Day Mod








**July 2008**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
NO CLASSES						
6	7	8 	9	10 	11 	12
13	14	15	16 Tips & Techniques	17	18	19
20	21	22 	23	24 	25 	26
27	28 	29 	30 	31 		

**August**

5th—Birthday Celebration  
     12pm & 7pm  
 7th—Evening Round Table  
     7pm  
 8th—Day Round Table  
     1pm  
 12th—Honors Rally  
     12pm & 7pm  
 21st—Student Appreciation Picnic—8:30a to 2pm  
 21st—Evening Round Table  
     7pm  
 22nd—Day Round Table  
     1pm

**August 2008**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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	27	28	29	30
31						