

KTI CHRONICLES

Where Students Are First™

Volume 4 Issue 6

June/July

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Restaurant Day

By Richard Seiger, Marcela Kurtz-Acosta, and Kayla Fraizer-Culinary Students



“On April 15, 2009, the Hot Foods II class held a “Restaurant Day” as a practical exam. In attendance were the students, staff, and administration of the school. The menu was conceptualized and executed by the class with Kevin Lincort and Lauriette Dunston as Executive and Sous Chefs (respectively).

The weeks leading up to Restaurant Day involved a lot of planning. As the Executive Chef, Kevin did a very good job in trying to anticipate any difficulties. He was very open to suggestions and ideas, but was firm enough to make his own

decisions and stuck by them. Kevin did an excellent job of conducting himself as if this project was a service at his own restaurant.

One of the unique aspects of our Restaurant Day was the development of the menu. After three weeks of debating on the menu items, the class as one body, made a final decision as to what would best suit the students, faculty and their own abilities.

The day before service was used to prep as much as possible. Each student had specific assignments to complete; everyone was focused and completed

their assignments with precision. Even though there were unforeseen problems that arose, as with all services, the team rallied together behind the management team and overcame the difficulties.

The day of service went well from the start, with each student working diligently on preparing their assigned dishes. We were ready for service on time (even a little early!) and reported to our assigned stations. Overall, the day was a success and raised a great deal of money to be donated to Josh’s wheelchair. A big thank you to all those who participated and





The Pacific Institute Unit Eight:

By Lou Tice, *Thought Patterns for a Successful Career*

Reflective Questions

Who are two positive wizards in my life? How have those individuals influenced me?



Have I ever experienced a negative wizard? What impact did that person have on my life?



In what ways do I limit myself because I have listened to others tell me what was wrong with me?



What are examples of rite of passage situations in my life?



We self regulate how good we are and how are life goes. We do this through our self talk.

Self talk is a three dimensional form of thought that encompasses words, pictures and feelings. We speak to ourselves and these words trigger pictures. We record the pictures in our mind, then we record how we feel. An opinion we form about ourselves through our self talk becomes part of our self image. It becomes our version of reality.

If our self talk is running wild with images we have of ourselves from years

ago, it is like these things are happening to us all over again. We become what we believe we are. So if our self talk tells us we are always late, we will always be late. Imagination multiplied by vividness equals are reality.

Therefore, to have the lives that we want for ourselves, we need to use the affirmation process to vividly imagine our perfect life. Then it becomes our reality. We also have to control negative self talk. We need to build a positive image for ourselves by using positive self talk.

We become what we believe we are

Recent KTI Blood Drive Success!

By: Karen Altland, Medical Instructor

On Tuesday, April 28, 2009 KTI had another blood drive. Once again, the students came through with their dedication! We received 26 pints; what a successful blood drive!

Students were running around trying to get everyone to donate! Even the students who could not donate brought in food and helped to assist the donors back from the blood mobile.

There were quite a few first-time donors. I know it is very hard to put your arm out to donate, but the reward for donating blood is SAVING LIVES! One pint of blood will save the lives of four babies! What a special gift to give that does not cost you anything!

You did it once again KTI students! Thanks to your dedication, in May 2009, KTI students won FIRST PLACE in the College Challenge

Award for the third year in a row...Wow!!

A big thank you from the bottom of my heart for being such dedicated students. KTI Students



YOU ARE #1!

Profile In Success: June Student of the Month



The student of the month for June 2009 is Chris Anderson. He came to KTI in December 2008 and is enrolled in the Dental Assistant Specialist program.

Chris was born in Denver, Colorado and has lived in Mechanicsburg, PA since he was six years old! He graduated from Cumberland Valley High School in 2003. Prior to enrolling in KTI, he studied a few semesters at HACC, worked at Red Lobster, and was a Drummer in a traveling cover band called Echoburn.

With no prior interest in working in the dental field, Chris' curiosity brought him to KTI. According to Chris, "After researching the opportunities in the dental field, I became very interested and couldn't wait to start school."

According to Chris, he contributes his success to the "nicest, most caring teachers and staff that any student could ask for!" In the future, Chris aspires to become an Expanded Function Dental Assistant and work in a busy practice.

When he's not at KTI, Chris still makes time for his love of music by practicing his drumming techniques. He's also a "sucker" for cars, stating "If anyone ever wants to talk cars, I'm down!"

Congratulations Chris!



Submissions

- Are you creative?
- Do you have an interest in writing?
- Is there something you would like to share with the student body?

If you are interested in contributing to the August 2009 issue, please give your submissions to Kristin Ergler, Career Placement/Externship Coordinator in the Business Office or email them to kergler@kti.edu. **Submission deadline is July 22, 2009.**

Profile in Success: July Student of the Month



July's Student of the Month is Lauriette Dunston. She came to KTI in October 2008 and is enrolled in the Culinary Arts Specialist program.

Originally from New York, Lauriette was raised in a lot of different areas including Trinidad, Philadelphia, Harrisburg, Coatesville, and Reading, PA. She graduated from Reading Area High School and continued her education at California University of PA, where she received

a Bachelor of Science degree in Elementary & Early Childhood Education.

Prior to enrolling at KTI, Lauriette was a Preschool Teacher for the Capital Area Headstart Program and was a Family Research Coordinator for Rejoice Inc. Foster & Adoption Agency. After deciding to embark on her dream to open her own bakery and restaurant, she came to KTI!

Lauriette contributes her success to her education, stating "I have really enjoyed my time here. The education that I am receiving is well-rounded, which I feel will have me ready to

In her spare time, Lauriette enjoys cooking (of course!), swimming, and reading cookbooks and cooking magazines. When she is able, she also enjoys riding horses.

Congratulations Lauriette!



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Medical Department Spotlight

Anatomy & Physiology 101

By: Cynthia Parmer, Sheri Moats, & Ciera Dent

Anatomy & Physiology work together to compliment each other. The mod of this class begins with atom building blocks to the organ system and learning all of the directions with planes of the body. This class reviews everything to do with the stages of cell development: Interphase, Prophase, Metaphase, Anaphase, and Telephase.

Other topics include the axial and appendicular division for the skeletal system. Students also learn new languages including Greek, Latin and of course, Medical! Although this class may seem difficult, the creation of projects assist students in learning the functions of the body by identifying the body landmarks and understanding the skeletal and muscular system. In the most recent Anatomy & Physiology class, some stu-

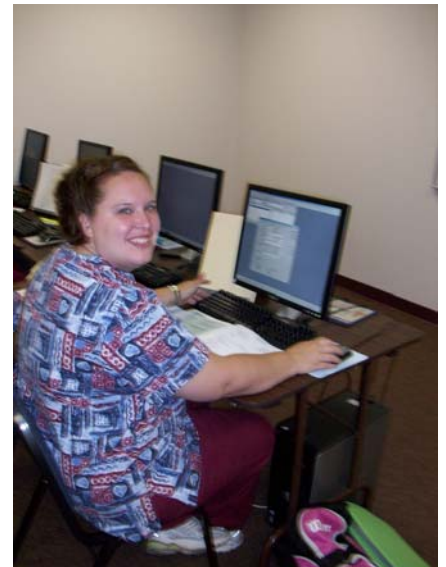


MBIC is No Joke!

The medical billing and coding career field is for someone who wants to work in health care, but would prefer to work in more an administrative role—instead of with patients.

Medical Billers are responsible for making sure that everyone is being billed correctly. Every duty performed in a medical office has a particular code assigned to it, and it needs to be coded properly in order for proper billing, which brings in the responsibilities of a Medical Coder.

It's like translating a whole new language into codes to create communication between physicians, health plan organizations and patients!



The Importance of Vitals

By: The Second Year Medical Class

One of the many responsibilities of a Medical Assistant is to obtain a patients' vitals. This includes recording the patients' height, weight, pulse, temperature, respirations, and blood pressure. Vital signs provide a gateway to the patient's overall health status, as well as assisting the doctor with a proper diagnosis. If the patient has an increased pulse, temperature and respiration count, the physician will use this information to determine what is wrong with the patient. Height and weight are obtained so the patients' growth patterns can be monitored. Most people know what a blood pressure is, but not why it is taken other than the simple reason—because the doctor requests it. A patient's blood pressure reading will let the physician know if they are too stressed out or if they are hypertensive, which is very threatening to a person's general health. What we are trying to say is, they don't call them vitals for nothing!



Honors Awarded

Honors were awarded to the following students for the Day Module ending May 25, 2009:

Aaron Folk
Perfect Attendance

Amanda Kocher
Outstanding Attendance

Andrea Shank
Distinguished Honors
Outstanding Attendance

Angelica Faller
Distinguished Honors
Outstanding Attendance

Ashley Nelson
Outstanding Attendance

Brenda Maynard
Honors
Outstanding Attendance

Brittney Kratzer
Distinguished Honors
Perfect Attendance

Chris Anderson
Distinguished Honors
Outstanding Attendance

Connie Cornman
Honors
Outstanding Attendance

Courtney Caudill
Distinguished Honors
Outstanding Attendance

Cynthia Farrar
Distinguished Honors
Outstanding Attendance

Lauriette Dunston

Perfect Attendance

Erin Arlotta
Distinguished Honors
Outstanding Attendance

Gary Shaner
Distinguished Honors
Outstanding Attendance

James Latyon
Outstanding Attendance

Jamie Goss
Outstanding Attendance

Jill DeBellis
Outstanding Attendance

Karen Krogler
Distinguished Honors
Perfect Attendance

Kateleigh Urso
Outstanding Attendance

Kelsey Kennedy
Outstanding Attendance

Kerlyne Morquette
Honors
Outstanding Attendance
Melodee Reeves
Outstanding Attendance

Nichole Minium
Outstanding Attendance

Nicole Fink
Perfect Attendance

Nicole Winters
Outstanding Attendance

Prashant Chahwala

Distinguished Honors
Perfect Attendance

RaeAnn Jacobs
Distinguished Honors
Perfect Attendance

Shelby Lingle
Outstanding Attendance

Sheri Moats
Outstanding Attendance

Shilisa Johnson
Distinguished Honors
Outstanding Attendance

Tasha Brady
Distinguished Honors
Outstanding Attendance

Terri Linn Peace
Distinguished Honors
Outstanding Attendance

Tiffany Popp



Key:

Distinguished Honors-4.0 GPA & 90% Attendance

Honors-3.5-3.99% GPA & 90% Attendance

Perfect Attendance-100% Attendance

Outstanding Attendance-90-99% Attendance

Placement & Externship Corner

The following students are beginning their externship:

Linda Manigault

Childcare Specialist

Lisa Runkle

Childcare Specialist

Rhoda Sims

Childcare Specialist

Micah Cayaban

Culinary Arts Specialist

Aaron Folk

Culinary Arts Specialist

Marcela Kurtz-Acosta

Culinary Arts Specialist

Meg Minichbach

Culinary Arts Specialist

Nichole Minium

Culinary Arts Specialist

Richard Sieger

Culinary Arts Specialist

Ashton Goodling

Dental Assistant Specialist

James Layton

Dental Assistant Specialist

Elizabeth Packer

Dental Assistant Specialist

Erin Arlotta

Medical Assistant Specialist

Alex Buckner

Medical Assistant Specialist

Prashant Chahwala

Medical Assistant Specialist

Kelsey Kennedy

Medical Assistant Specialist

Amanda Kocher

Medical Assistant Specialist

Brenda Maynard

Medical Assistant Specialist

Ashley Nelson

Medical Assistant Specialist

Madeline Roadcap

Medical Assistant Specialist

Cheryl Scott

Medical Assistant Specialist

Brittany Kratzer

Medical Office Management

Karen Krogler

Medical Office Management

Catherine Carmenatty

EFDA

Shawn Hose

EFDA

Audrey Rowe

EFDA

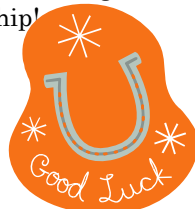
Silvia Santana

EFDA

Dimitri Tarchyla

EFDA

Congratulations on completing your coursework and good luck on your externship!



The following graduates have recently obtained positions in their fields of study:

Ashleigh Thomas

Childcare Specialist

Eugene Futrel

Culinary Arts Specialist

Jason Chinsammy

Culinary Arts Specialist

David Ginther

Culinary Arts Specialist

Dayasha Pina

Paralegal Specialist

Jennifer Beecher

Medical Assistant Specialist

Carrie Beshara

Medical Assistant Specialist

Jenna Pisanek

Dental Assistant Specialist

Kristina Haskins

Dental Assistant Specialist

Melissa McCaffery

Dental Assistant Specialist

Tiffany Belker

EFDA

Stephanie Harris

EFDA

Eilene Lenherr

EFDA

Ellie Ravago

Professional Massage Therapist

Attention Medical & Childcare Programs: New Externship Regulations

Pinnacle Health medical offices and many Childcare centers are making changes in order to improve the safety of their patients and children, as well as their staff. Currently their policy requires a student/externs to provide a Pennsylvania criminal background check, as well as a child abuse clearance form.

Effective August 1, 2009, all student/externs will be required to have a Federal Criminal Background report (finger print clearance). Please do not wait until the last minute to complete the applications, as they make take a few weeks to be completed and returned to you. Background checks must be dated 1 year or less from the date scheduled to begin externship.

Please do not let these requirements scare you away from doing your externship in these offices. Pinnacle is a large presence in our community here; there are many opportunities for externships and employment. We at Keystone Technical Institute are here help you through this process.

You can access these forms at the following locations:

Federal Criminal Background- fingerprints submitted to PA Department of Public Welfare through Cogent Systems, their contracted vendor.

Pennsylvania has entered into a contract with Cogent Systems to

be the provider for conducting the fingerprint based national criminal history record checks. Individuals

must register on-line at https://www.pa.cogentid.com/index_dpw.htm or may call (888) 439-2486.

Once registration is complete, the individual may go to any Cogent location throughout the state to have their fingerprints electronically scanned. The fingerprints are sent to the FBI for processing and then back to the Department of Public Welfare where the results will be interpreted and a letter with the results will be mailed to the individual or the requesting agency (depending upon the payee). Currently this complete processing takes no longer than 6 weeks.

The above site will give various locations in PA where the fingerprints may be completed. The home address listed on the application does not determine the site which may be used for fingerprints. Fingerprints may be obtained at any site listed. The web site will also detail the hours of operation, whether appointments must be made, and what to bring to the site. Payment (\$36) may be made with a credit card online at registration. Payment may also be made at the site with a Money Order or Cashiers Check made to COGENT SYSTEMS.

No cash or personal checks or electronic payments will be accepted at the site. Agencies may make billing arrangements and that process is also detailed on the web site.

Pennsylvania Criminal Background- <https://epatch.state.pa.us/Home.jsp>

Using the link listed above, you will be able to print your criminal background out immediately, pending no record being found. If you have a record they will mail you your certificate and a list of related charges. There is a \$10.00 fee for the criminal background, payable on the website using a credit card.

Pennsylvania Child Abuse Clearance-

<http://www.dpw.state.pa.us/Resources/Documents/Pdf/FillInForms/DPWchildabuse.pdf>

You will need to print and mail this form along with \$10.00 to the address provided. This clearance cannot be completed electronically, it must be done via mail with the application you download online.

If you have any questions or concerns regarding this process, please stop by the career placement office and speak with Kristin Ergler.

**SUGGESTION:
MAKE COPIES OF
EVERYTHING BE-
FORE MAILING IT.**

Ask the Computer Expert

By George Vujasin, Network Administrator



Dear
Computer
Expert,

I have been
getting spam
email from
myself! When
I check my
mail, I am

getting various spam messages, but some of them have my email address in the "From" field. Has my email account been hacked and taken over?

Concerned

Dear Concerned,

The good news here is that your email account has not been hacked and/or compromised in any way. The bad news here is that there is very little that you are going to be able to do about this problem.

What is going on when you receive a message from yourself (yourname@your.email provider) is

a process that is known as "spoofing," or more precisely, "From-spoofing" - sending email that appears as if it's coming "From:" someone that it's not. Spoofing is a technique that is used in just about every bit of spam you see today. Spammers are trying to hide where the email comes from and are doing so very effectively.

The From: address is meaningless on spam; it tells you absolutely nothing. To determine where spam is coming from requires more detailed analysis of the email headers; the information that the email contains regarding the sender and receiver. Even with header information, it is still mostly impossible to determine who is sending the spam, because the spammers are always changing the location of where they are sending email.

When you see your own address spoofed in the From: field of spam, it's happening for one of two reasons;

1. They're trying to spam *you*, and know that it's unlikely you'll block email from yourself.
2. They're trying to spam someone

else, and what you're seeing is a bounce message indicating that the original spam was rejected by its intended recipient. Since the email looks like it came "From:" you, you get the bounce message.

So what can be done about this? Unfortunately, not a lot. Spam technology changes practically on a daily, sometimes hourly basis. You can safeguard and limit the amount of spam you receive, but you will never completely eliminate it. Next month, we will take a look at steps you can take to minimize the impact that spam has on your email accounts.



Birthday Watch

The following students are celebrating June & July Birthdays:

June

Jill DeBellis - June 2
Amy Wise - June 5
Greg Marotto - June 6
Shilisa Johnson - June 7
Shawn Hose - June 9
Quyên Bui - June 10
Kristina Litz - June 11
Quinlan Snyder - June 12
Jennifer Miller - June 13
Raquel Ramos - June 16
Jamie Longwell - June 17

Micah Cayaban - June 18
Karen Krogler - June 18
Evelyn Bernal - June 18
Ashley Schwab - June 19
Jessica Cooper - June 19
Jamie Smart - June 23
Deanna Heath - June 26

July

Susan Fisher - July 2
Jamie Goss - July 3
Rakiesha West - July 3
Jamie Slyman - July 5
Ashton Goodling - July 6
Catherine Carmenatty - July 7
Tricia Zimmerman - July 8

Rhoda Sims - July 11
Shannon Baker - July 13
Dave Campbell - July 13
Brenda Maynard - July 22
Meg Minichbach - July 24
Dawn McCoy - July 24
Tonya White - July 25
Saadie Gaston - July 27
Cheryl Scott - July 29

Happy Birthday and best wishes to all of you from the students, staff, and faculty of KTI!

What You Can Do to Prevent Identity Theft!

Think before you respond!

Do not be so trusting or quick to give out personal information unless you are sure of with who you are dealing. If you receive a request either over the phone or through your email asking you to verify or give personal or account information, STOP, and call the company.

Also, if someone asks for your social security number (SSN), do not automatically think it is needed. You do not have to give it. Employers and financial institutions need it, but not all businesses do.

With some businesses, such as a doctor's office, your SSN is merely a part of general record keeping or used as an account number or ID number. Ask if there is a law that requires you to give it to them and/or if another number may be used in its place. When you receive the answers to these questions, you can then decide whether you want to share your SSN.

If You're a Victim Call...

The Police. Get a copy of any police report or case number for later reference.

The Financial Institutions you're dealing with such as your bank, credit union, and credit card company. Close any accounts that have been fraudulently accessed or opened.

The Three Major Credit Bureaus:

Equifax - 800.525.6285.....www.equifax.com

Experian -800.397.3742.....www.experian.com

Recipe of the Month: Pineapple-Teriyaki Glazed Pork Chops

By Richard Sieger, Culinary Student



INGREDIENTS

4 Center-Cut Pork Chops
 32 oz. Pineapple Juice
 1/2 c. Chunky Apple Sauce
 1 ea. Small Shallot, Diced
 1 c. Lite Soy Sauce
 1 c. Dark Brown Sugar
 1/8 tsp. Ground Ginger
 1 tbsp. Sesame Seeds
 Salt & Pepper

PREPARATION

Preheat oven to 375°. Lightly sprinkle both sides of each pork chop with salt and pepper, set aside. In a medium saucepan, combine pineapple juice, apple sauce and shallot and bring to a boil. Reduce heat to medium and simmer, stirring occasionally, until reduced by about 1/3.

Next, add soy sauce, brown sugar, ginger and pepper flakes and simmer for another 10 minutes (or until sauce has the consistency of good, thick gravy).

Cover the pork chops with pineapple teriyaki sauce and bake until desired doneness is reached. Plate the chops and lightly sprinkle with sesame seeds. Serves 4.

CALENDAR OF EVENTS


July

- 1st - No Classes
- 2nd - No Classes
- 3rd - School Closed/No Classes
- 6th - New Day & Eve Modules
- 9th - Birthday Celebration
12 p.m. & 7 p.m.
- 9th -Eve Round Table
7 p.m.
- 10th - Day Round Table
1 p.m.
- 16th - Day Honors Rally
12 p.m.
Eve Honors Rally
7 p.m.
- 17th –Meet the Faculty Day
Family Movie Night
- 23rd - Eve Round Table
7 p.m.
- 24th - Day Round Table
1 p.m.

August

- 5th - New Start
- 6th - Birthday Celebration
12 p.m. & 7 p.m.
- 7th - Day Module Ends
- 10th - New Day Module
- 13th - Eve Round Table
7 p.m.
- 14th - Day Round Table
1 p.m.
- 17th –Day Honors Rally
12 p.m.
- 27th -Eve Round Table
7 p.m.
- 28th -Day Round Table
1 p.m.

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Classes	2 No Classes	3 School Closed No Classes	4 
5	6 New Day & Evening Modules	7	8	9 	10 Round Table 1:00PM	11
12	13	14	15	16 Honors 12PM & 7PM	17 	18
19	20	21	22	23 Round Table 7:00PM	24 Round Table 1:00PM	25
26	27	28	29	30	31	1 August

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 New Start	6 	7 Day Module Ends	8
9	10 New Day Module	11	12	13 Round Table 7:00PM	14 Round Table 1:00PM	15
16	17 Day Honors	18	19	20	21	22
23	24	25	26	27 Round Table 7:00PM	28 Round Table 1:00PM	29
30	31					