

# KTI CHRONICLES

Where Students Are First™

Volume 5 Issue 1

January 2010

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## March Madness Pre-Season!

By: Tracy Stewart, Financial Aid Administrator



**Deadlines are approaching for you to complete your PELL GRANT and STATE GRANT applications!**

**\*\*Some of you may have already received letters in the mail for you to re-apply for your Pell Grant. DO NOT PANIC!! We are ready to assist you—continue reading...**

### What does this mean to you?

\* It means that Financial Aid Staff at KTI is here to assist you in this process. We will help you every step of the way!!! We know how confusing things get this time of year but we will take all the confusion out!

\* We will inform you on specific deadlines and special in-school sessions to process our next year's application (FAFSA) in future memos and in the KTI Chronicles.

### What do you need to do?

- \* **DO NOT complete your FAFSA online!** We will do it here at KTI with you!!!
- \* Wait until we schedule your re-application meeting which will be coming soon
- \* Gather your 2009 income information. Such as:

- 2009 Federal Tax return and W-2's (yours as well as your parents if you are dependent)

*And as applicable:*

- Any proof of untaxed income

- \* Child Support
- \* Public Assistance
- \* Social Security income
- \* Unemployment Compensation documentation

**Any questions? Please see Tracy in the Financial Aid Office!**



## Profile in Success: January Student of the Month

### Affirmations For Success

*Opportunities and advantages come with each door that I open.*

\*\*\*

*Prosperity and success are my natural states of mind.*

\*\*\*

*I have the power to achieve my dreams.*

\*\*\*

*My possibilities are endless.*

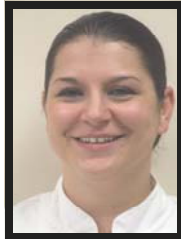
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*I will challenge myself today.*

\*\*\*

*My body is learning to use stress as a motivator.*

\*\*\*



**January's student of the month is Sherri Conn!**

Sherri Conn, a current Culinary Arts Specialist student, was raised in both

South Carolina and Florida. She now resides in Harrisburg.

After high school, Sherri joined the Army and briefly went to Lincoln University while stationed at Fort Leonard Wood in Missouri. After being in the Army for 8 years, she became a stay-at-home mom and then a welder/fork life driver.

She came to KTI because she loves to cook and since she lives so close, its location is very convenient for her.

She especially likes the culinary courses that participate in the restaurant nights because she feels as though it puts everything she has learned together in a situation that is similar to what it will be like in a regular restaurant.

After she graduates, she wants to work in a restaurant for a while and then open her own.

In her spare time, she enjoys cooking, sodoku, and doing mind teaser puzzles.

**Congratulations, Sherri!**



### 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 February 2010 issue, please give your submissions to Kristen Cahill, Career Placement/Externship Coordinator . **Submission deadline is January 18th!**

## Pacific Institute Unit Six: Free-Flowing at a New Level

Our conscious mind gathers information and stores it in our subconscious. It is then the job of our creative subconscious to maintain sanity by resolving conflicts between what our conscious is perceiving and what our subconscious stores.

Simply put, this means that if we have data stored in our subconscious that

we are a "C" student, and we get an "A", our creative subconscious will then sabotage our success in order to maintain the reality in our subconscious that says we are a "C" student.

To prevent this from happening, we need to change what is in our subconscious. We do this by creating affirmations that change what our subconscious believes the

truth to be. Once we do this, our creative subconscious will drive us towards those affirmations so that they become truth.

We will create the world that will match what is in our mind. If we want life to be better, we need to change the world inside our minds.



**"...we need to change the world inside our minds."**

## Faculty Spotlight: Jerry O'Donnell

IT/Computer Instructor



Jerry fell in love with computers during his senior year of high school, changing his career path from architect to computers. After graduating from Penn State with a triple Bachelor degree, he pursued triple employment. While working for the state government and teaching at HACC, Jerry also began his own consulting business.

Eventually the state position disappeared due to change of duties during a budget crisis. This allowed him to expand his consulting business. But after a period of time, even working self-employment can have its challenges and so employment with a consulting firm was the next step. After being the lead tech on the state contract with the consulting firm for nearly seven years, another budget crunch happened.

But as with all apparent disappointing situations, looking to the positive is always the best policy. That eventually led him to full-time teaching at a technical school. And after a change in attitude by the school towards the students of which Jerry always practiced "students first", Jerry sought the big salary. But after a year of the big salary as a contractor to the Federal Government, one realizes that big money does not always equate happiness. One must eventually come back to doing what they love—teaching.

So, in July 2009, Jerry became part of the KTI team and we're very happy to have him here!



### Classifieds

- Have something to sell, swap or give away?
- Looking for a particular item to buy?

If you are interested in composing a classified ad for the newsletter, please give your ads to Kristen Cahill, in Career Placement.

The cost is the best part of all-it's free!

So start cleaning out your clutter and maybe make some cash in the process!

Remember-one person's trash is another person's treasure!



## Winter Weather Driving Tips



- Decrease your speed and leave yourself plenty of room to stop. You should allow 3x more space than usual between you and the car in front of you.

- Accelerate and decelerate slowly and don't stop if you can avoid it.



- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.

- Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first—even at temperatures above freezing.



- Turn on your lights to increase your visibility to other motorists

- Don't pass snow plows and sanding trucks. The drivers have limited availability and you'll likely find that the road in front of them is worse than the road behind.



- Use low gears to keep traction, especially on hills.



# Caring about Our Community

*By: Emily Hsueh, Dental Assistant Specialist student*

## Holiday Cheer: Donations for Our Community

The spirit of the Holiday season is all about giving—it's the gift that warms the heart and feeds the soul. The gift of giving is about being able to help people who are less fortunate through many different channels. This Christmas season, the Community Service Committee held several charitable donation drives for the community, and thanks to the KTI student body, they were all successful!

The first of these drives was the project reaching overseas troops. As a school, we collected hundreds of items to ship overseas, and recently we received word from these troops that all of our boxes were received by them. The troops were so thrilled to receive these items that by the time the seventh box was delivered, we were told that the troops would recognize the box and gather around waiting for them to be opened and distributed!

From the middle of November to December, the school collected toys for needy children. We used two different organizations to reach out to the children—Toys for Tots and Christmas Angels. Toys for Tots collects general toys for numerous children in the community. The Christmas Angels is a program that provides donors with a specific child in need with a Christmas wish-list. Both of these drives were sensational! Thanks to the efforts of KTI students, faculty, and staff, countless children will be able to have a Christmas morning with presents to open that otherwise would not.

Finally our food drive took place from the beginning of December up to just before Christmas break. All of the donations were for the Central Pennsylvania Food Bank. KTI collected various items and all the supplies will be disbursed to families in need.



*Toys for Tots presents under the KTI Christmas tree*



*Students and faculty proudly show off Toys for Tots contributions.*

**The Community Service Committee wants to thank the KTI students for such an amazing effort and for all of their contributions! As a result of this, we were able to make a positive impact on somebody's life this Holiday season.**



# Do you need help with interview skills?

**Stop by the Business Office and see Kristen! Whether you've never interviewed before or just need some practice, she can help!**

## How NOT to Interview

- Not conducting the necessary research on the company and the industry
- Not practicing for interviews
- Not knowing the job requirements
- Improper dress or sloppy appearance
- Giving inappropriate or untruthful answers to interview questions
- Not having questions to ask the interviewer other than "What are the salary and benefits?"
- Poor communication skills and body language
- Criticizing former employers or supervisors
- Not selling yourself, being too passive, lacking enthusiasm
- Not knowing the salary ranges and your worth
- Lack of career direction and goals
- Not knowing how to close the interview
- Overemphasizing money
- Being late to the interview
- Sharing a marked dislike for schoolwork
- Failing to follow up after the interview



## Interview Day Checklist

- I have prepared a list of appropriate questions to ask the interviewer.
- I have my list of references ready should it be requested.
- I have done the necessary research on the company where I'm interviewing.
- My hair is cut, washed, combed, and styled in a professional manner.
- I have bathed and used deodorant.
- My makeup, jewelry, and perfume or after-shave lotion is not excessive.
- My fingernails are trimmed, clean, and if polished, have been freshly done.
- My teeth are clean, and I have used a mouthwash for fresh breath.
- My shoes are clean, neat, and not scuffed.
- My clothes are clean, pressed and styled appropriately for the job for which I'm interviewing. I feel comfortable in them.
- I promise myself that I will not fuss with or rearrange my clothing, hair, etc., once I arrive.
- I promise that I will be myself whatever the circumstances of the interview.
- I will take extra copies of resumes, in case they ask for them. I will also bring my portfolio to assist me in selling my skills and abilities to the employer.
- I have all the necessary tools to complete the application form correctly and neatly should I be asked to fill one out.

# Honors Awarded

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

## Chris Anderson

Outstanding Attendance  
Distinguished Honors

## Ashley Anderson Blyler

Outstanding Attendance  
Distinguished Honors

## A'shlei Andujar

Outstanding Attendance

## Paula Antczak

Outstanding Attendance

## Mark Baer

Outstanding Attendance  
Distinguished Honors

## Joseph Beasom

Outstanding Attendance  
Distinguished Honors

## Leaf Brown

Perfect Attendance  
Distinguished Honors

## Jennifer Casey

Outstanding Attendance  
Distinguished Honors

## Courtney Caudill

Outstanding Attendance  
Distinguished Honors

## Leah Chambers

Perfect Attendance  
Honors

## Connie Cornman

Outstanding Attendance  
Honors

## Shelley Creager

Perfect Attendance  
Distinguished Honors

## Kylee Davis

Outstanding Attendance

## Hannah Diaz

Outstanding Attendance

## Chad Dietrick

Outstanding Attendance

## Cynthia Farrar

Outstanding Attendance  
Distinguished Honors

## Susan Fisher

Perfect Attendance  
Distinguished Honors

## Alyssa Flaherty

Outstanding Attendance  
Distinguished Honors

## Marshall Garrett

Outstanding Attendance

## Carol Gibble

Outstanding Attendance

## Lisa Halsey

Perfect Attendance  
Distinguished Honors

## Ashley Hartlieb

Outstanding Attendance

## Jessica Heckenluber

Outstanding Attendance  
Distinguished Honors

## Alan Hook

Outstanding Attendance

## Emily Hsueh

Perfect Attendance  
Distinguished Honors

## Kristin Jernigan

Perfect Attendance  
Distinguished Honors

## Ashley Johnson

Outstanding Attendance



### 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

# Honors Awarded (cont.)

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

## Larry Kauffman

Perfect Attendance  
Distinguished Honors

## Frank Laurine

Outstanding Attendance  
Distinguished Honors

## Lan Mai

Perfect Attendance

## Brandi Mateer

Outstanding Attendance  
Distinguished Honors

## Jennifer Matteson

Outstanding Attendance  
Distinguished Honors

## Kathy McCrae

Perfect Attendance

## Cathy McNemar

Perfect Attendance  
Distinguished Honors

## Sheri Moats

Outstanding Attendance  
Distinguished Honors

## Cynthia Parmer

Outstanding Attendance  
Distinguished Honors

## Terri Linn Peace

Outstanding Attendance  
Distinguished Honors

## Sereyvat Pheng

Perfect Attendance  
Distinguished Honors

## Tiffany Popp

Perfect Attendance  
Distinguished Honors

## Aida Pronko

Outstanding Attendance

## Ruth Schlusser

Outstanding Attendance  
Distinguished Honors

## Robert Shaffer

Perfect Attendance  
Distinguished Honors

## Andrea Shank

Outstanding Attendance  
Distinguished Honors

## Erica Smith

Outstanding Attendance  
Distinguished Honors

## Julie Smith

Perfect Attendance  
Distinguished Honors

## Christine Stauffer

Outstanding Attendance  
Distinguished Honors

## Martika Taylor

Outstanding Attendance

## Sara Travis

Outstanding Attendance  
Distinguished Honors

## Laine Watson

Perfect Attendance  
Distinguished Honors

## Chelsey Williams

Outstanding Attendance

## Nicole Winters

Outstanding Attendance  
Honors



### 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

## Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

I just got a new computer system for the holidays. What can I do to make sure it stays in good condition?

-New Stuff

Dear Stuff,

There's nothing quite like getting a new PC to make the "Inner Geek" in all of us smile. New equipment always is a plus. While getting it set up, keep a few things in mind.

**Have a "Burn In" period.** Everything is brand new. If you are going to have any problems with the equipment, it is most likely going to be in the first few

weeks. I always recommend leaving the computer turned on 24/7 to determine if you are going to have any problems. After a week or two, if you like, you can then shut the PC off when done for the day.

**Watch the Add-ons.** Most new systems that are purchased from major manufacturers (Dell, HP, Gateway, Acer, etc.) have lots of additional utilities and offers preinstalled. You can go to Control Panel, Add/Remove Programs and remove all of those programs. In addition to gaining disk space, you may also pick up a little bump in performance since the programs will not be nagging you to install the full version.

**Add the programs you need.** You will definitely need protection to go out on the internet. Most new PCs will come with some form of antivirus, usually in the form of a trial version. Norton and McAfee are the most common antivirus providers on new systems, and usually offer protection for 60-90 days from the start. After that time, they will require payment in order to continue using the software. If your budget is a little tight, there are other antivirus options that I've discussed in previous columns. Vast!, AVG, and Microsoft Security essentials are all very good antivirus solutions that are available free of charge. Just

remember that if you change antivirus software, you must remove the old program before installing the new one.

**Move your files.** If you are migrating from an old PC, you'll most likely have old files that you want to put on your new PC. Windows XP, Vista, and Windows 7 all have built in utilities that will help you make this move. All that will needed is a USB cable to connect the two machines. The other alternative here is to burn old files to CDs or DVDs, or use a removable hard drive to copy the files. This is an excellent time to prune out any "old stuff" that you may not need, and is just taking up disk space. Obviously, you want to keep all of the important files you need, but now may be a good time to get rid of some old files that aren't needed anymore.

That should be a good start. Next month, we will take a look at what you can do with the old computer system, since you now have a shiny new one.



## Birthday Watch

The following students are celebrating January birthdays:

Larry Kauffman – January 1st

Lori Eltz – January 4th

Annette Pinto – January 4th

Keith Jefferies – January 5th

Ra'nisha Scales – January 6th

Shirley Rosario – January 7th

Keenan Alexander – January 9th

Sarina Evans – January 11th

Patricia Sowers – January 15th

Alexis Bieard – January 16th

Amanda Brahms – January 16th

Leah Sanger – January 16th

Julian Sariano – January 18th

Alyssa Flaherty – January 22nd

Stefanie Strine – January 23rd

Julie Smith – January 24th

Courtney Caudill – January 27th

Jackie Pierich – January 30th

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

## Placement & Externship Corner

By: Kristen Cahill, Career Placement/Externship Coordinator

**Congratulations to the following graduates who obtained employment during the month of December:**

**Hollie Johnston** – Dental Assistant  
*Dr. Barbara Spangler, DMD*

**Liz Packer** – Dental Assistant Specialist  
*American Dental Care*

**Brenda Hallman** – Medical Assistant  
*Holy Spirit Hospital*

**Brittney Kratzer**– Medical Office Management  
*Geisinger Urology*



## Recipe of the Month: Berry Cheesecake Parfaits

Submitted by: Chef Stiffler



### Ingredients:

- 1 8 oz. pkg. Philadelphia Cream Cheese softened
- 1-1/2 cups cold milk
- 1 3.4 oz. pkg. Jello-O Vanilla Flavor Instant Pudding
- 1-1/2 cups thawed Cool Whip, divided
- 24 Nila Wafers, coarsely chopped
- 1-1/2 cups mixed blueberries and sliced strawberries

**Servings: 8**

### Directions:

1. Beat cream cheese with mixer until creamy
2. Gradually beat in milk
3. Add dry pudding mix and mix well
4. Whisk in 1 cup Cool Whip
5. Layer with wafers, berries and pudding mixture in 8 parfait glasses
6. Repeat layers
7. Top with remaining Cool Whip

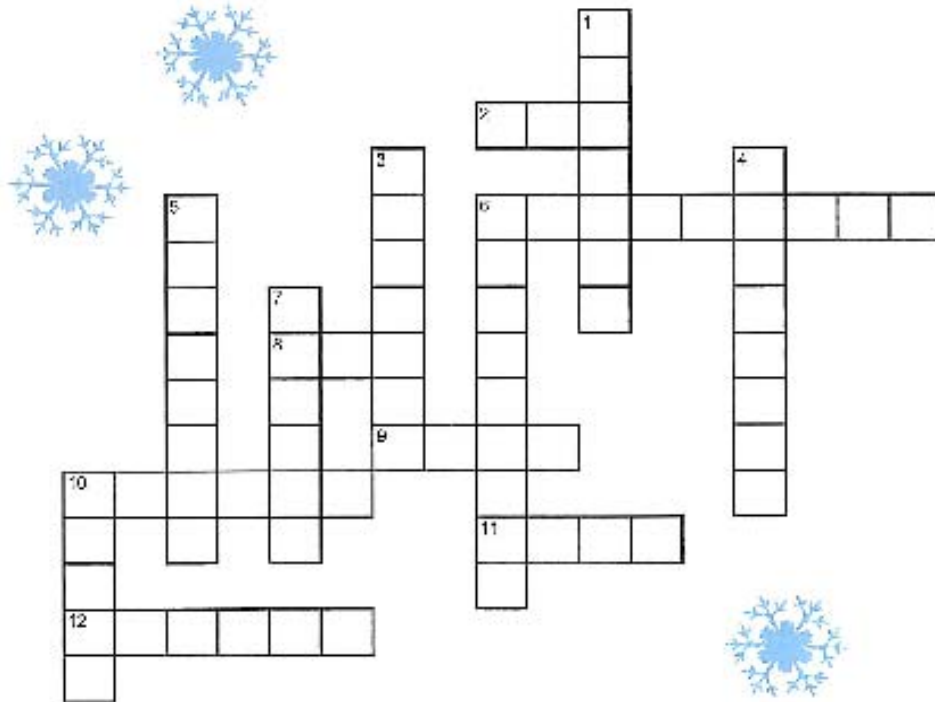
### Make it easy:

Use a plastic bag with small corner cut off to easily pipe pudding mixture into glasses

### Make ahead:

Parfaits can be stored in refrigerator up to 4 hours before serving

## WINTER CROSSWORD PUZZLE



### Across

2. A track or groove made by traffic
6. A small ice crystal of snow
8. Water that has froze
9. Used to slide down snow-covered hills
10. A tool with a handle and scoop, used for moving snow
11. Opposite of hot
12. A winter sport that requires skis

### Down

1. A hole in the road surface caused by traffic or weather
3. You wear these on your hands in the winter
4. A severe storm with strong winds
5. A vehicle used for clearing away snow
6. A fence or row of plants that block snow from drifting onto the roadway
7. The season between autumn and spring
10. Partly melted or watery snow



## CALENDAR OF EVENTS

### January

- 1/1:** New Year's Day – School Closed
- 1/7:** Birthday Celebrations  
12 PM & 7 PM
- 1/8:** New Day Start  
Day Round Table – 1 PM
- 1/12:** End Day Module
- 1/13:** New Day Module
- 1/14:** Evening Round Table – 7 PM
- 1/18:** New Evening Start
- 1/20:** Day Honors – 12 PM
- 1/21:** End Evening Module
- 1/22:** Day Round Table – 1 PM
- 1/25:** New Evening Module
- 1/28:** Evening Honors  
Evening Round Table – 7 PM

### February

- 2/4:** Birthday Celebrations  
12 PM & 7 PM
- 2/11:** Evening Round Table – 7 PM
- 2/12:** Day Round Table – 1 PM
- 2/16:** End Day Module
- 2/17:** New Day Module
- 2/25:** Day Honors – 12 PM  
Evening Round Table – 7 PM
- 2/26:** Meet and Greet for new students  
Day Round Table – 1 PM



# January 2010

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

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 	5	6
7	8	9	10	11 Round Table 7 PM	12 Round Table 1 PM	13
14 	15	16 End Day Module	17 New Day Module	18	19	20
21	22	23	24	25 Day Honors & Round Table 7 PM	26 Meet and Greet & Round Table 1 PM	27
28						