

KTI CHRONICLES

Where Students Are First™

Volume 3 Issue 4

April, 2008

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KTI Students Get Empowered

The right to vote is very important. Women and people of color fought long and hard to get this right. Registering to vote



empowers people because it gives them a say in government. Our country was founded on the principle of democracy and to function properly everyone needs to



vote. Only then does the majority rule.

Pennsylvania plays a particularly important role in this year's primary. The Democratic candidates are so close that Pennsylvania's 158 delegates could determine who will run for president

on the Democratic ticket.

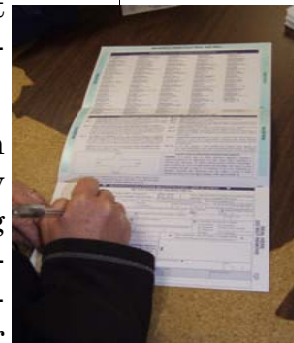
On March 18th, the day and evening paralegal students sponsored a voter

registration day. Not only did they sign up voters, they also offered a wealth of information on the three candidates.

Armed with information and voter registration cards,



Keystone Technical Institute students will be making an impact at the polls, letting the people in power know how they feel about the issues.



No matter who ultimately wins the election KTI voters are winners

in the governmental process!





Pacific Institute Unit Eleven: I'm Worth It!

Affirmations For Success

*Success and
achievement
are natural
outcomes for
me.*



*I attract
success and
prosperity
with all of my
ideas.*



*My
personality is
radiant with
confidence,
certainty and
optimism.*

Self-esteem is an estimate of our self-worth. Our appraisal of our own self-worth is very important. After all, if we don't believe that we are worthy of an education, a job, a good standard of living, no one else will believe it either.

When we have low self-

esteem we believe that anything is okay; that we are not worthy of achieving our dreams. For this reason we must build self-esteem. We need to be proactive and do this ourselves. We can't sit around and wait for others to applaud us.

The best way to build our

self-esteem is to use our self-talk. We can do this by creating affirmations that will draw to us the things we deserve.

A side benefit is that by changing how we feel about ourselves, we become better people. We value others because we look good to ourselves and don't need to beat others down to feel better about ourselves.

**Our appraisal of
our own self-
worth is very
important**

Profile In Success: April Student of the Month

April's Student of the Month is Jennifer Henry, who is enrolled in the Medical Assistant Specialist Program.

Jen is an excellent team player whose leadership abilities inspire her fellow students. She is very enthusiastic and is

always the first person to volunteer for everything. She always has a smile on her face and has something nice to say about everyone.

Jen takes her education very seriously. She will be a great asset to the Medical Field!



The Dean's Den

Eric Slater, Dean of Education



Saw another great bumper sticker yesterday that said **More Costly than a Good Education is the Lack of One.**

When you hear people

complaining about the cost of education today, this bumper sticker really hits the nail on head. Nothing you invest in during your life pays back more money to you than your education. Cars, clothes, and furnishings lose value. Yes, a home is a great investment that can appreciate in value, but in order

to make the payments, you need a good education.

When you stop and think about another famous quote, "They can take your home from you; they can take your car from you, but no one can take your education from you." That makes the cost of education the best investment you can make.

Honors Awarded

Certificates of Achievement were awarded to the following students for the Day Module ending February 28, 2008:

Amber Gillaugh
Distinguished Honors and Perfect Attendance

Karen Goede
Distinguished Honors and Outstanding Attendance

Rebecca Prescott
Distinguished Honors and Outstanding Attendance

Kayla Reber
Distinguished Honors and Outstanding Attendance

Angela Schaar
Distinguished Honors and Outstanding Attendance

Amine Hallami
Honors and Perfect Attendance

Jennifer Henry
Honors and Outstanding Attendance

Stefanie Cowles
Outstanding Attendance

Jessie Gould
Outstanding Attendance

Nathan Henry
Outstanding Attendance

Kisha Phillips
Outstanding Attendance

Emily Steele
Outstanding Attendance

Marissa Witman
Outstanding Attendance

Certificates of Achievement were also awarded to the following students for the Night Module ending March 13, 2008:

Vicky Elia
Distinguished Honors and Perfect Attendance

Jane Kinkley
Distinguished Honors and Perfect Attendance

Lisa Runkle
Distinguished Honors and Perfect Attendance

Rhoda Sims
Distinguished Honors and Perfect Attendance

Kelly Ebling
Distinguished Honors and Outstanding Attendance

April Good
Distinguished Honors and Outstanding Attendance

Lisa Martin
Distinguished Honors and Outstanding Attendance

Jennifer Neubold
Distinguished Honors and Outstanding Attendance

Lynda Sandsjo
Distinguished Honors and Outstanding Attendance

Katelyn Trego
Distinguished Honors and Outstanding Attendance

Dawn Zimmerman
Distinguished Honors and Outstanding Attendance

Ronald Coughlin
Honors and Outstanding Attendance

Tia Muldoon
Honors and Outstanding Attendance

Ellie Ravago
Honors and Outstanding Attendance

Tanya Sweigart
Perfect Attendance

Carrie Woodring
Outstanding Attendance

James Barber
Outstanding Attendance

Kimberly Bryner
Outstanding Attendance

Alexandra Buckner
Outstanding Attendance

Michael DiGiacomo
Outstanding Attendance

Brandie Jackson
Outstanding Attendance

Paola Huber
Outstanding Attendance

Andrea Klinger
Outstanding Attendance

Lisa McManuels
Outstanding Attendance

Jennifer Milliken
Outstanding Attendance

Patricia Neff
Outstanding Attendance

Rakiesha West
Outstanding Attendance

Congratulations to all of our award recipients!

Keep Up The Great Work!

Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

I recently started using Internet Explorer 7, and it is still opening links in separate windows when I click them. I am wondering how you set it up to use tabs. Are there any other features I need to know about?

Dora the Explorer

Dear Dora,

Internet Explorer 7 (IE7) introduced the tabbed browsing feature for the first time in a Microsoft product. Tabbed browsing allows you to look at several different web sites within one IE browser window.

IE7 should be set up to use tabs by default. If for some reason it is not, it is an easy feature to activate. After opening IE7, go to the

“File” menu and choose “Internet Options.” In the lower quarter of the dialog box, you will see the Tabs section. Click the “Settings” button to choose your tab settings. The “Enable Tabbed Browsing (requires restarting Internet Explorer)” check box should be chosen in order to take advantage of the tabs feature. Other options are available. Some to consider are “Always open pop-ups in a new tab” and “Open links from other programs in: A new tab in the current window.” Choosing these two options will help IE7 operate more securely.

IE7 also has several security features built in to it. One is a more sophisticated mechanism to prevent pop-ups, with which most IE users should be familiar. A new addition to IE7 security is the Phishing Filter. *Phishing* (pronounced just like *fish*ing) is a term used to describe various ways that hackers can attempt to get

information from you. Commonly in Phishing, a hacker sends a user an email, usually under the guise of a bank or credit card company, saying that the user has a problem with his/her account, and needs to log on to a web site to correct the problem immediately. Of course, in a case like this, the user is giving his/her information to a criminal, putting them in serious risk.

The Phishing Filter is available off of the “Tools,” “Phishing Filter” menus. Available options include checking sites individually, or having IE7 working in the background at all times. IE7’s Phishing Filter connects to databases at Microsoft to determine if the questionable site has been reported as a Phishing site. If a site is suspect, you will receive a warning in the browser window. While not 100% accurate all of the time, IE7’s Phishing Filter is very effective at helping internet users protect their private information.

Placement and Externship Corner

By Kelly Daniels, Career Services

The following graduates have recently accepted positions in their fields:

Jayne Rhodes
Pinnacle Health

Brandie Jackson
Carlisle Prison

Kelly Sloan
Dr. Rastogi’s Office

Rodina Roberts
Colonial Dental Group

The following students have started their externships:

Desiree Dalton
*Professional Massage Therapist
Specialist Program*

Amanda Dintaman
*Professional Massage Therapist
Program*

Ellie Ravago
*Professional Massage Therapist
Specialist Program*

Ana Melendez
*Professional Massage Therapist
Specialist Program*

Lisa Martin
*Professional Massage Therapist
Specialist Program*

Anna Schneider
*Professional Massage Therapist
Specialist Program*

Jennifer Reynolds
Child Care Specialist Program

Dawn Zimmerman
Child Care Specialist Program

Jennifer Neubold
*Medical Assistant Specialist
Program*

Congratulations and Good Luck to Everyone!

Faculty Spotlight: Karen Altland



Karen Altland, or Mrs. A, as her students call her, has an Associate's Degree in Medical Assisting. She worked in

Family Practice before the love of teaching took over her life. She received her teaching certificate from American Medical

Technologist and won the Teacher of the Year Award four times. Mrs. A was also featured in Dan Rather's book, "The American Dream."

Mrs. A loves teaching and finds everyday to be a rewarding experience. She enjoys educating students and watching them grow as individuals as they go through school.

The goal of teaching is to give

the students the education they need to get a job in their chosen field. Students are not just a number in Mrs. A's classroom. She gets to know each one as a person. When talking about teaching and her students, Mrs. A says, "No one cares how much you know, until they know how much you care. I genuinely care about each and every student graduating."

The Power of Laughter

By Carrie Woodring, Evening Medical Assistant Specialist Program



We've all heard that "laughter is the best medicine," but now it has been scientifically proven, according to Dr. Berk of Public Health, Inc. in California.

Laughter strengthens the immune system and lowers levels of stress hormones like cortisol and epinephrine. After a good bout of laughter, blood pressure drops to a healthier level.

The theory of laughter's restorative powers is supported by a

growing number of researchers. Studies have shown that a good laugh not only helps your spirit, but also gets your blood pumping.

Laughter helps blood vessels function better by causing the vessels to relax and expand and carry oxygen to the heart and brain. As such, laughing could ultimately reduce the risk of cardiopulmonary disease.

Those of you who are trying to get in shape should note that a good belly laugh also exercises the dia-

phragm and even works the shoulder muscles.

Socially, laughter is contagious. So bringing more laughter into your own life will also bring it into the lives of others. Laughter can also help form closer relationships with friends and loved ones.

So the next time Mr. Slater stops by to tell one of his jokes, just laugh. It will do you both some good.

Another Successful Blood Drive

By Karen Altland, Medical Department

Roll up your sleeve and save a life. This was the slogan for the blood drive, and it is so very true. Blood saves lives, and there is a need for donors. Ten minutes of your time, and a pint of your blood, can truly mean that someone else will live a longer life.

As always, when the blood mobile pulled in, Keystone Technical Institute students were ready, willing and able to roll up their sleeves and save lives.

Thanks to each and every one of you who participated in this month's blood drive, whether you

gave blood, brought goodies, or walked the donors, your efforts saved someone's life today.



The Medical Assistant

By Jennifer Henry, Medical Assistant Specialist Program



The AAMA (American Association of Medical Assistants) has been around for over 55 years. This organization was named in 1956 in Kansas City, Kansas by the Kansas

Medical Assistants Society. The AAMA was formed to help all of the dedicated health care professionals reach higher goals based on commitment, caring, and through professional and personal values. The first president of the AAMA was Maxine Kline, who was a CMA-A in Kansas. She was elected in 1957. She was also the same woman who started The Scholarship Fund with a \$200 contribution. After this donation, they proceeded to name the entire Scholarship after her. So far the AAMA has come a long way with carrying the same goals and ambitions it had over 55 years ago. So far, the AAMA has held over 50 annual conventions all over the United States with the most recent taking place in 2006 in Milwaukee, Wisconsin.

What is a Medical Assistant? Even though the Medical Assistant cannot diagnose patients themselves, they have an excessive amount of responsibilities that help to form that judgment. Medical Assistants are generally responsible for all of the work

that the physician may not have time to do on his own. For example, clinical work such as explaining treatment procedures to patients; preparing a patient for examination; assisting the physician during examinations; collecting and preparing laboratory specimens; performing laboratory tests themselves (urinalysis, hematology); taking blood; giving injections and administrative work such as, taking telephone calls; talking to the patients before they see the physician; updating and filing patient records; completing insurance forms; handling appointments; billing and book-keeping.

Back in the day (1950's and earlier), Medical Assistants did not have a specific name or a group that they belonged to. They also did not have a high rate of certifications either. In fact, they learned all of these techniques through on the job training. Traditionally, Medical Assistants worked at physician offices, ambulatory care centers, and some urgent care facilities. Currently, MA's are able to work in just about any field that they wish. Some areas include, plastic surgery, emergency room, pediatrics, podiatry, and many more. The medical field is rapidly growing. In fact, from 2002-2012, it is estimated that Medical Assisting is to be the single fastest growing career.

Medical Assistants are very important in the aspects of medical care. We help the physician in diagnosing and treatment for others as well as save them

valuable time that they may or may not have. Last but not least, they serve as a direct link between the physical therapist, physician, and other healthcare professionals wherever it is needed.

The average starting salary for an Medical Assistant is \$26,160. Experienced, registered Medical Assistants receive the highest salaries.

I can honestly say that I am proud to say that I am going to be an MA. There is so much for me to look forward to. My career opportunities are never ending and the money is going to be great. The best part of it all is the practical part. I am sure that a lot of you have heard me talk about it throughout the year, and to tell you the truth it is not as bad as it seems. It is a great feeling when I take blood or give injections because it gives me a sense of pride and accomplishment. I will always take pride in what I have learned and done here at KTI as well as what I will do in the future. I just wanted to dedicate all of these feelings to the Medical teachers here at KTI, Mrs. Harp, Mrs. Beaver, and Mrs. A because without any of you, I wouldn't even know what all of the excitement and pride was about. In June, I will be taking on the challenge and hopefully completing my externship at a special needs patient care facility. That has always been my dream and since I will be extremely confident when I leave KTI behind, I am excited and anxious to see what is in store for me.

Birthday Watch

The following students are celebrating birthdays this month:

Netriss McDaniels April 1

James Barber April 4

Brandie Jackson April 4

April Tinto April 5

Anjum Abdullah April 8

James Kitchings April 8

Alexandra Buckner April 22

Elizabeth Harding April 24

Jenna Eyer April 25

Paola Huber April 29

Tiffany Carr April 30

Best wishes to all of you from the Keystone Technical Institute Students, Staff and Faculty!



Dandelion's and Spring



Spring is a time of new life and beauty after the long cold days of winter. It's time

to garden and enjoy the outdoors.

One of the first plants that is noticeable during spring is the dandelion. While many people call it a weed and try to eradicate it from their lawns, the truth is that these are very useful little plants.

The Dandelion originally came from Asia where it played an important role in both food and medicine. Arabian physicians, even before the year 1000, used this plant as a medicine. The Dandelion has not established itself in the wild in the Southern Hemisphere. Dandelions made their recorded appearances in Canada with the French in the 1700's where it was used in salads and as a health remedy.

This plant also appeared in New Mexico, USA when Spanish people brought it over for a medicine and food source, they called it chicoria. Germans brought the plant to Pennsylvania in the 1850's and used it as an early spring infusion of nutrition and vitamins. The English also brought the plants over to cure liver problems and other illnesses. Native Americans soon started to see benefits from the plants and started to grow them for the same uses as others. The plant is grown in India and is used mainly for a remedy for liver problems. Most recently the dandelion root is being grown and exported to Russia for use in medical remedies.

Interesting Facts

The word Dandelion comes from the French name for the plant **dents de lion**. This means **teeth of the lion** and refers to the jagged edges of the leaf of the plant.

The other French name for this

plant is **pis-en-lit**, in English this means wet the bed. Dandelions deserve this name because their greens, when eaten, remove water from the body. So eating the greens could cause someone to well... you can guess the rest. Not recommended for a bedtime snack.

The dandelion first came from Asia but it now calls the entire planet home!

Each year fifty-five tones of coffee substitutes made from roasted Dandelion roots are sold in England, Australia and Canada.

The Dandelion provides an important food source to bees. The pollen from this plant helps bees out in the spring because it flowers early and the flowers continue through to the fall providing constant food. In fact no less than 93 different kinds of insects use Dandelion pollen as food.

The Dandelion seeds are important food to many small birds.

Recipe of the Month: Vegetable Lasagna

By Chef Richard Stiffler, Culinary Arts Department

The time between winter and spring is perfect for this healthy favorite.

INGREDIENTS

2 tbsp. chopped onion
1 clove garlic, minced
1 tsp. olive oil
1 1/2 c. peeled, diced tomato
2 c. peeled, diced eggplant
1/2 c. chopped green pepper
1 sm. zucchini, diced
1/4 lb. fresh mushrooms, chopped
1 tsp. dried whole oregano
1 bay leaf
1/4 tsp. pepper
1/4 tsp. salt
Package of uncooked lasagna

1/8 tsp. salt
2 eggs, beaten
1 c. lowfat cottage cheese
1 tbsp. chopped fresh parsley
Vegetable cooking spray
1/2 c. (2 oz.) shredded Mozzarella cheese
1 tbsp. grated Parmesan cheese

PROCEDURE

Sauté onion and garlic in hot olive oil in a large skillet 2 minutes. Stir in next 9 ingredients; cover, reduce heat, and simmer 10 minutes. Remove bay leaf; set vegetable mixture aside.

Cook lasagna according to package directions, reducing salt to 1/8 teaspoon. Drain noodles, and cut in

half crosswise; set aside. Combine eggs, cottage cheese, and parsley; set aside.

Coat an 8-inch square baking dish with cooking spray. Place 4 noodle halves in dish. Spoon half of cottage cheese mixture over the noodles. Spread half of vegetable mixture over cottage cheese mixture; sprinkle with half of Mozzarella. Repeat layers, ending with noodles.

Cover baking dish, and bake at 350 degrees for 20 minutes. Sprinkle with Parmesan; cover and bake an additional 5 minutes. Serves 6.









CALENDAR OF EVENTS












APRIL

- 1st—**Birth**day Celebration— Noon & 7 pm
- 7th—**Day Mod Ends, Book Distribution**
- 8th —**New Day Mod Begins**
- 10th—**Evening Round Table**—7 pm
- 11th —**Round Table** —1 pm
- 15th — **Day Honors Rally**—Noon
- 22nd—**PA Primary**—**VOTE!**
- 24th—**Evening Round Table**—7 pm
- 25th—**Round Table** —1 pm

MAY

- 1st—**Birth**day Celebration— Noon & 7 pm
- 8th—**Evening Round Table**—7 pm
- 9th —**Round Table** —1 pm
- 12th—**Day Mod Ends, Book Distribution**
Evening Orientation and Professional Development
- 13th—**New Day Mod**
- 15th—**Professional Development ends**
Evening Book Distribution
- 19th—**New Evening Mod**
- 20th —**Day Honors Rally**—Noon
- 22nd—**Evening Round Table**—7 pm
- 23rd—**Round Table** —1 pm
- 26th—**Memorial Day**

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