

KTI CHRONICLES

WHERE STUDENTS ARE FIRST™

Volume 3 Issue 7

August 2008

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A New Start and a New Beginning

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"You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and they don't even know it!

"There is a giant difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty year old. If I am eight-seven

A new module just started, and with the new mod came new students. These "future graduates" began their education with Pacific Institute training. Keystone Technical Institute uses this training so frequently because it provides a framework to help us reach our goals. Changing our career, our comfort zones, and our lives is difficult. At times we are not self determined enough to move past obstacles, and, in fact, put even more roadblocks in our way. The Pacific Institute training helps us to change that. One of the first points made in this training is that we are never too old, too stupid, too busy, too anything to achieve our dreams. To illustrate this point, consider the following speech given by an eighty seven year old woman after she completed her Bachelor's Degree:

"We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy and achieving success.

"You have to laugh and find humor each and every day.

bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change.

"Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets." (Chicken Soup by Jack Canfield, Mark Victor Hansen, Kimberly Kirberger and Dan Clark.)

Embrace change, create affirmations, and move towards your goals. If you do this you can truly live your life without regrets. Hindsight is 20-20 and it hurts to look back on life thinking I should have, or I could have. Coming to school, finishing school is a big change and somewhere in our minds we all have a little voice telling us to go back to the way things were. If we go back, it was a choice, not a failure. The road leads to regret. Go boldly forward with determination and confidences to a better life.



Pacific Institute Unit Fifteen: Making the Pictures Match

Affirmations For Success

“Experience is what you get when you don’t get what you wanted”



“Most of what we learn, we learn indirectly”



Brick walls are there for a reason: They let us prove how badly we want things

This unit discusses the principles of Gestalt Psychology and how we can use it to obtain our goals. Gestalt psychology is based on two important principles. First, that every human being is working in order in his or mind, and second, that the human mind tends to perceive entire patterns or configurations rather than bits and pieces.

Now, let’s talk about how these principles work. Remember the conscious, the subconscious. We expect that picture to match what we perceive on the conscious level. If the two realities don’t match, we get angry and upset. Our creative subconscious then helps us move to make the two realities match. So, if we’ve been told that we are losers, that we will never make it through school, and our

subconscious believes that, even if we are doing well on a conscious level, our creative subconscious will help us sabotage what we are achieving on the conscious level. We know our good grades are a fluke, and the next test we take will end in a much lower grade, because that is what we expect. This has to happen to make the picture match, and allow our minds to have order.

By writing and repeating our affirmations, we create a reality in our subconscious that is different that the reality we perceive. For instance, if we create an affirmation that we are punctual and studious, repeating that affirmation will create a picture in our mind. Our creative subconscious will then push our conscious mind towards that reality. We know this works. Have you ever been in a room where

something is out of place? You can’t settle down until you find what’s wrong and fix it. That is our creative subconscious trying to reconcile our two realities—the one in our head and the one we are perceiving.

We need to tap into these principles in order to succeed. We need to create the life we want in our subconscious. Affirmations help us do that. Once we create our perfect life, and actually visualize it in our minds, our creative subconscious will push our conscious mind to move towards that life. The real key here is combining our affirmations with visualization while controlling our self talk. If we can do that, there are no obstacles that will prevent us from reaching our goals.



Profile In Success: August's Student of the Month



August’s Student of the Month is Marianne Manley. Marianne is enrolled in the Medical Office Management program. She has always been interested in the medical field, but did not want to be a nurse or a doctor. Marianne tried several other fields of study, but still remained interested in medicine, which led her to KTI and the Medical Office Management program.

Marianne has excellent grades and an excellent attendance record. As a mother of three and grandmother of one, this makes her schedule very hectic, but she continues to follow her dream. She is looking forward to graduation and working in the medical field.

Staff Spotlight: Christine Nolen, Student Massage Center



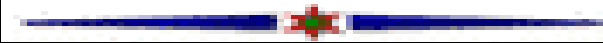
“Where the spirit does not work with the hand, there is no art.”—Leonardo da Vinci

When Christine thinks of her profession, this is a quote that comes to mind. As the Manager of KTI’s Student Massage Clinic Christine uses her hands and spirit to help. Not only does she work with the clients that come through the center’s doors every day, seeking relief from pain and exhaustion, she also uses these same skills to work with the student interns. As a graduate from KTI, Christine is well aware of the difficul-

ties and the joys of this job, and works hard to help both interns and clients.

Being a Massage Therapist is not easy. As both a Manager and a Therapist, Christine knows this. Often the students need a pat on the back after dealing with difficult clients. At other times they need Christine’s healing hands to help with their own pain and stress. This is a very physical profession that requires body strength and good health as well as a great attitude. As Manager, Christine provides all of this.

Sometimes Christine gets stressed also, but her belief in her job and her profession keeps her going. Massage is a way of life that she practices daily. Christine sincerely hopes that her clients and her interns feel how much she cares about all of them.



Our Body The Universe Within

By Tanya M. Sweigart



The medical department had the opportunity to see the exhibit “Our Body the Universe Within”. This exhibit is a must see for anyone interested in the medical field. It’s an amazing and educational exhibit containing 12 actual human bodies and over a dozen organs. This exhibit gives a revealing look at the

world’s most complex machines.

This highly recommended exhibit gives visitors the chance to look at the human anatomy by taking a look “under the skin”, letting them look at what normally only doctors and scientist are aloud to look at first hand.

The actual human specimens are preserved through a polymer impregnation process that replaces fluids with polymers that prevent decay and decomposition. The specimens allow the general public to have a deeper understanding of the body’s form and function, and a stronger appreciation of the uniqueness of our individual body. The unique method used to preserve the specimen is sometimes referred to as plastination, but is a process in which the body’s water and fat is replaced with reactive plastics. The polymer plastic is initially pliable, enabling the specimens to be placed in different life-like positions (as they would appear in everyday life) and then hardens after infusions.

Organs are identical to there preservation state down

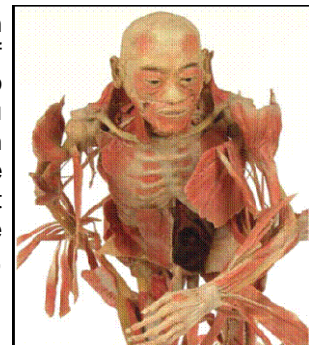
to the microscopic level. The specimens are completely dry and odorless; they present the human body in a dramatic, artful and insightful way, providing visitors with a “real experience”.

All of the life-like figures contained in this exhibit originate from China and have been provided consistent with the laws of China.

As usual, there have been some great controversy as to how these specimens actually got donated; let me set the record straight for you. They are not owned by the exhibitors but are provided by a Chinese foundation that promotes education and medical research of the human body.

Although, we do not have or know the specific identity of each anatomical specimen, they have been donated through medical schools and other research facilities in China to promote education, science, and medical research.

If I have interested you in seeing this, see pictures of this amazing exhibit and to get more information you may do a Google search on “Our Body the Universe Within”. This exhibit is at the Whitaker Center till the end of August. Go see it, you’ll also be amazed.



The Classifieds Are Coming



Have something to sell, swap or give away? Looking for a particular item to buy? The answer to your dilemma is coming to the KTI Chronicles. Students can compose their ads and give them to Mr. Drumm. The ads will then run in the next edition of the KTI Chronicles.

The rules are simple. You must be a student to participate, and

your ad must be G rated. The KTI Chronicles staff reserves the right to edit the ad with the student's permission or not place it. 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!

Externs and Career Placement

By Jen Sites, Career Services



The following students will start externship this Module:

Kisha Phillips

Dental Assistant Specialist



The following graduates have recently started their careers:

Debbie M. Yeagley—*Medical Office Management*

Francis Henry Health Center, LLC



Jennifer Reynolds—*Child Care Specialist*

Stepping Stone, Inc.



Richard Schaeffer—*Culinary Arts Specialist*

The Drexel Group



Are You Stressed Out

By: Marianne Manley

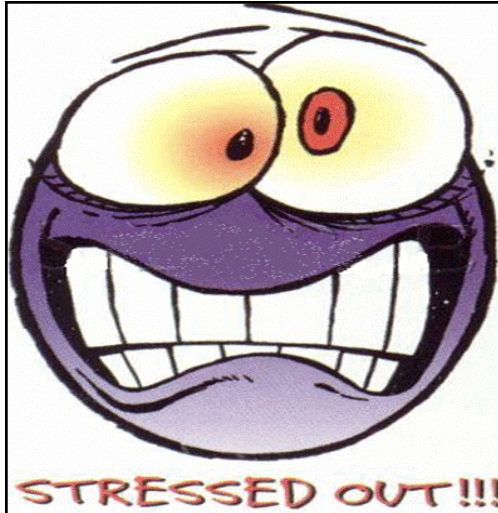
Guess what, you are not the only one.

I am a single mom who works full-time, and goes to school full-time. I had a dream and I followed it. Going back to school again put a lot of stress back into my life.

Not just worrying about my grades and school, I also had all of my job and home related worries.

But I have a dream of a career that would support me and my children, so I am following it. Yes, it put stress on me, but I did not allow it to deter me

with what I wanted for myself.



Besides the things keeping me busy with school, my daughter decided to make me a grandmother. For the last two months of her pregnancy she was in and out of the labor and delivery at the hospital between 5-8 times. All of which just added to the daily amount of stress I already had. Happy to

say now that she had her baby boy maybe I can get back into stride.

Looking at the end result of everything I am going through, I feel it is all worthwhile. So my advice to you if you have a dream GO FOR IT!!!!

Birthday Watch



Andrea Klinger	August 27
Steven Lebo	August 23
Rebecca Prescott	August 09
Ronald Coughlin	August 06
Tony Frazier	August 21
Michael DiGiacomo	August 13
Linda Manigault	August 15
Letitia Brooks	August 21
Mia Tate	August 30
Tabitha Johnson	August 05
Jennifer Troutman	August 29
Jessica Troutman	August 29
Judith Clark	August 18

Recipes of the Month: Grilled Sea Bass with Fennel

By Chef Richard Stiffler, Culinary Arts



Ingredients

- 5 large bell pepper
- 1 ½ raw ground beef or (1lb. beef / ½ lb. pork)
- 1 cup cooked rice
- ¼ cup Italian bread crumbs
- 2-3 oz shredded mozzarella
- 2-3 tbsp. grated parmesan
- Salt and pepper to taste
- ½ tsp ground Italian seasoning
- 2 eggs
- 2 tbsp Marsala
- 1 jar spaghetti sauce

1. Cut the stem end of the peppers, slice in half (length wise), pull out the seeds, and rinse.
2. Boil a pot of water and blanch the pepper halves (about 2-3 minutes), drain, and cool.
3. Place the peppers into a greased cake pan.
4. With a spoon or scoop, fill each pepper with liberal serving of the meat, cheese, rice mixture.
5. Top with the spaghetti sauce
6. Bake in a moderate (about 325-350°F) oven approximately 30 minutes. Then sprinkle with cheese, place back in the oven until the cheese melts. Serve with cold wine and a Marsala--Italian vinaigrette.

Stuffed Peppers

- 5 Serving if whole
- 10 Serving if halves

Ask the Computer Expert

By George Vujasin, Network Administrator

Dear Computer Expert,

How do I set up my own home network?

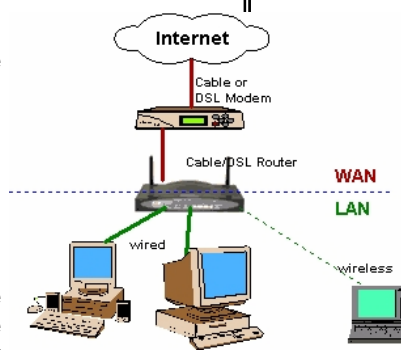
Getting Wired

Dear Wired,

This is an excellent question, since Small Office Home Office (SOHO) networks have become quite popular over the past few years due to lower priced technology. As more families own more computer equipment, home networks are the smartest way to share resources. This is also a fairly complex question, so I will break my answer into two parts. This month, we will look at hardware and getting it hooked up, and next month we will run the software to get things running.

The first thing you want to consider is; what will you be sharing? Most home networks are looking to share an internet connection or a printer. Windows XP and Windows Vista provide very easy methods to share out these to options. In addition, it is also possible to share resources such as folders, files, audio, and video on PCs.

The second item to consider is the configuration (the "techie" term here is topology) that you will use. The two obvious candidates here are wired vs. wireless. Both will use the same basic hardware; their biggest differences being that one uses a wire to connect, and the second uses a wireless device to make its connection. Both have their pros and cons. Wired technology is cheaper and relatively simple to set up. Its biggest con is running the initial wires through



walls, or having wires lying around the room. For that reason, wireless technology is becoming more popular. Wireless technology allows you the freedom to roam from room to room in your residence without being tethered to a cable. Its biggest drawbacks are cost (though prices are coming down) and security, since you are broadcasting a weak radio signal.

The two main components that can be used to connect two or more PCs together are hubs and routers. A hub will allow a basic connection between two or more devices, which are made by plugging a device into a port on the hub. Hubs come in many forms, allowing anywhere from five up to twenty-four connections. Routers, the device that you will need to share an internet connection, are a little more sophisticated. A router will have a port to plug your modem (cable or DSL) into, and usually several ports to plug PCs in. There are also wireless routers that will broadcast a weak signal to a wireless PC. Keep in mind that if you wish to go wireless, you will have to get a wireless card for a desktop PC, or have a laptop with wireless capability. All PCs will connect to the router to use an internet connection.

The common method to connect everything together is as follows. First, turn everything off. Second, connect the router to the modem, and then connect the PC's to the router. After that turn the router on, followed by the PCs. Now your hardware is in place. Next month, we will look at the various Windows features that will allow you to share resources on your home network.

Celebrate Happiness Happens

In 1999 the Society declared August 8th as Admit You're Happy Day (now Happiness Happens Day). Thanks to the response of not-so-secretly-happy people from around the world, the celebration was expanded to include the month of August in 2000.

There are two purposes of the month:

- **Recognize and express happiness**
- **Don't rain on other people's parades**

Although the purpose of the month hasn't changed—its name has—to Happiness Happens Day and Month. This name change better reflects the meaning of the month—reminding people that despite global and personal chaos that happiness still happens.

If you want to celebrate **Happiness Happens Month & Day** here are a few ideas:

- In August on the 8th (the official Happiness Happens Day) or anytime during August for Happiness Month wear your SILVER shades, donate your SILVER coins—pay someone's toll, bus or subway fare, buy a soda, or take up a donation for your favorite charity, or pass out SILVER kisses. Why SILVER? Because not-so-secretly happy people have a way of finding SILVER lining in even the darkest clouds.
- **Host a Happiness Happens Celebration** Have a theme party with everyone wearing something from their favorite era (even if they didn't live in it this lifetime) or pick your favorite era; make up a happy trivia game that includes things that happiest things about your city, county or state; but most important have fun.
- **When tucking your kids in for bed at night**, take turns listing the happy moments you experienced that day.

What is Your Happy IQ?

True or False

- _____ 1. Children between the ages of six and ten and adults in their 20's report the highest degree of happiness.
- _____ 2. Women are more likely than men to recognize and express feelings of happiness.
- _____ 3. Certain traits and temperaments, notably extroversion, are genetically influenced and predispose individuals to experience happiness.
- _____ 4. People report greatest enjoyment not by mindless passivity, but when un-self-consciously absorbed in mindful challenge.
- _____ 5. Married men report a higher degree of happiness than married women.
- _____ 6. A diet rich in fruit consumption increases one's chances of life satisfaction and happiness.
- _____ 7. Marriage is conducive to happiness and happiness is conducive to marriage.
- _____ 8. Religion is corrosive to happiness because it creates an obsessional neurosis that entails guilt, repressed sexuality, and suppressed emotions.
- _____ 9. Happiness is the absence of distress and conflict, just as physical health is the absence of disease.
- _____ 10. Gifted children are happier when raised in a family environment that combines stimulation and nurturance.

1.False 2.False 3.True 4.True 5.False 6.True 7.True 8.False 9.False 10.True

Less than 5 correct

Your Happy IQ is sad. We recommend reading the *100 Simple Secrets of Happy People* by Dr. David Niven

6 – 8 correct

Your Happy IQ is very content. Keep smiling and sharing your happy moments.







9 – 10 correct

Your Happy IQ is positively exuberant! Keep making the world a happier place.

August

- 7th—**Birthday Celebration**
12pm & 7pm
- 7th—**Evening Round Table**
7pm
- 8th—**Day Round Table**
1 pm
- 14th—**Honors Rally**
12pm & 7 pm
- 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						

September

- 1st—**No School**
- 4th—**Birthday Celebration**
12pm & 7pm
- 4th—**End Day Mod**
- 8th—**New Day Mod**
- 11th—**Evening Round Table**
7pm
- 12th—**Day Round Table**
1 pm
- 15th—**Honors Rally**
12pm & 7 pm
- 25th—**New Evening Start**
- 25th—**Evening Round Table**
7pm
- 26nd—**Day Round Table**
1pm
- 30th—**End Evening Mod**

September 2008

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