

KTI CHRONICLES

Where Students Are First™

Volume 3 Issue 11

November, 2008

Inside this issue:

<i>Pacific Institute</i>	2
<i>Student of the Month</i>	2
<i>Honors Awarded</i>	3
<i>Holiday Buffet</i>	4
<i>Career Day</i>	4
<i>Placement & Externships</i>	4
<i>Community Service Committee</i>	5
<i>Ask the Computer Expert</i>	5
<i>Blood Drive Big Success</i>	5
<i>Snow Policy</i>	6
<i>Recipe of the Month</i>	6
<i>Thanksgiving Feast</i>	7
<i>Staff Spotlight</i>	8
<i>KTI Students Shine</i>	8
<i>Birthday Watch</i>	8
<i>Special Offer</i>	9
<i>Calendar of Events</i>	10

KTI Halloween Madness

Halloween is more than a holiday at KTI, it's an EVENT! Everyone looks forward to the decorating, the costumes, the games and the fun.



day. The **Evening Culinary Students** won third prize and also received a dress down day.

The fun continued with a lunch time

costume party. Students, staff and faculty alike dressed up for the festivities. A panel of judges chose winners for both day and night based on category. The winners were as follows:

As always, KTI students started preparing for the big day with a window decorating con-



Funniest Costume

Dave Ginther
Tiffany Cooley

Scariest Costume
Niki Miller
Krystelle Schramm

Most Original
Ashley Nelson
Cheryl Scott

Best Overall
Dave Ginther
Cheryl Scott

tests. The judges had a difficult time deciding who the winners would be, but after much deliberating, the **Day Culinary Students** took first prize, which was a pizza party. The **Day Medical Students** were proud second prize winners of a dress down



In addition to the costume contest, students also had the op-



portunity to play games such as the toilet paper spin, apple pass, and air ball. The winners received KTI T-shirts.



KTI provided hot dogs, but students, staff and faculty added favorite dishes to create a feast fit for a goblin. It was a spooktacular day.



All the winners received KTI hoodies as prizes.



Pacific Institute Unit Eighteen: My Better Future

Affirmations For Success

*Success and
Good fortune
flow toward
me in a river
of abundance.*



*Success and
achievement
are natural
outcomes for
me.*



*Happiness is
welling from
inside me day
and night.*



*I study and
comprehend
quickly.*



Lou Tice tells us that it is normal to know how we are going to get where we want to go. We really don't need to know the "how" to set our goals. Truthfully, if we demand to know "how" first, we will usually set our goals to match our current abilities. By doing this we don't grow much.

Our minds are so powerful that we don't need to know "how" to grow in order to set and

achieve our goals. We will invent the way if we have the goal. In other words, the goal comes first and then we see. The important thing is

to keep visualizing the end result.

If we set the goals our subconscious will invent the how. We will find information and opportunities all around us that was probably there before, but that we didn't see, because, before we

set the goal, we didn't need it.

We need to feel confident that we can set goals beyond our current "know how." We can keep ourselves going by setting smaller goals along the way. This provides us with new energy and new drive.

By writing our goals and anticipating achieving them we can become whatever we want. The key is visualization and controlling our self talk. All that we need to create a better future is our ability to set a goal.

...the goal comes first and then we see.

Profile In Success: November Student of the Month

November's Student of the Month is David Campbell who is enrolled in the Evening Medical Assistant Specialist Program

Dave is a professional musician. He plays classical guitar. Anyone who heard him perform at the Evening Culinary Students' recent Restaurant Night is aware how talented he is.



But Dave wanted something more than applause in his life. He is looking for a career that will allow him time with

His family and friends. He chose the medical field because it would not only give him more regular hours, but also because it is a profession where he can help others.

Dave is always the first to volunteer to help. When he makes a commitment he lives up to it. All these qualities will make him a success!

Honors Awarded

Honors were awarded to the following students for the Evening Module ending September 30th, and the Day Module ending October 10th:

Amanda Speece

Distinguished Honors and Perfect Attendance

David Campbell

Distinguished Honors and Perfect Attendance

Shannon Heimbach

Distinguished Honors and Outstanding Attendance

Ashley Figueroa

Distinguished Honors and Outstanding Attendance

Elizabeth Figueroa

Distinguished Honors and Outstanding Attendance

Tiffany Cooley

Distinguished Honors and Outstanding Attendance

Aris Ramos

Distinguished Honors and Outstanding Attendance

Raquel Ramos

Distinguished Honors and Outstanding Attendance

Medina Long

Distinguished Honors and Outstanding Attendance

Tiyenne Greene

Distinguished Honors and Outstanding Attendance

Mariann Manley

Distinguished Honors and Outstanding Attendance

Tammy Mather

Distinguished Honors and Outstanding Attendance

Karen Krogler

Distinguished Honors Perfect Attendance

Kendra Trout

Distinguished Honors and Perfect Attendance

Erin Arlotta

Distinguished Honors and Perfect Attendance

David Ginther

Distinguished Honors and Perfect Attendance

Brittney Kratzer

Distinguished Honors and Outstanding Attendance

Aaron Folk

Distinguished Honors and Outstanding Attendance

Ailene McIntire

Distinguished Honors and Outstanding Attendance

Kristina Haskins

Distinguished Honors and Outstanding Attendance

Prashant Chahwala

Distinguished Honors and Outstanding Attendance

Tricia Zimmerman

Distinguished Honors and Outstanding Attendance

Terri Miller

Honors and Perfect Attendance

Ashleigh Thomas

Honors and Outstanding Attendance

Ronald Coughlin

Honors and Outstanding Attendance

Dayasha Pina

Honors and Outstanding Attendance

Amanda Martin

Honors and Outstanding Attendance

Alexandra Buckner

Honors and Outstanding Attendance

Amelia Snyder

Honors and Outstanding Attendance

Krystelle Schramm

Honors and Outstanding Attendance

Micah Cayaban

Honors and Perfect Attendance

Marcela Kurtz-Acosta

Honors and Perfect Attendance

Brenda Maynard

Honors and Perfect Attendance

Deanna Heath

Honors and Perfect Attendance

Carissa Seiber

Honors and Outstanding Attendance

Meg Minichbach

Honors and Outstanding Attendance

Elizabeth Packer

Honors and Outstanding Attendance

Lindsay Sabo

Honors and Outstanding Attendance

Leigh Miller

Honors and Outstanding Attendance

Tanya Sweigart

Perfect Attendance

Anna Cramer

Perfect Attendance

Kevin Lincort

Perfect Attendance

Kelsey Kennedy

Perfect Attendance

Cheryl Scott

Outstanding Attendance

Jamie Slyman

Outstanding Attendance

Max Acuna

Outstanding Attendance

Katie Templin

Outstanding Attendance

Erik Plank

Outstanding Attendance

Nichole Minium

Outstanding Attendance

Amanda Kocher

Outstanding Attendance

Congratulations to all the award recipients!

KTI Celebrates the Holidays in Style

On December 11th, Keystone Technical Institute will host a holiday buffet for the day and evening students.

The meal will include traditional favorites such as turkey, as well as great side dishes and desserts. It will

be prepared by our own Culinary Arts Students and served by the staff and faculty.

This event is more than a meal. It is an opportunity to share fun and food with the friends we've made. It is also a chance to reflect on all the

good things that have happened to us over the year.

The buffet has become a tradition here at KTI. For many, the people here have become family and a meal always tastes better when shared with those we love and care about.

Career Day is on the Way

By Jen Sites, Career Services

Wonder what the future has in store for you? Anxious about what employers are looking for in their employees? Want more information about your career field?

All these questions and more can be answered on November

12th at KTI's second annual career day.

Employers from every program will be here to give you the inside track on landing that all important job. It is your opportunity to ask questions, and find out what really goes on in the office, the lab,

or the kitchen.

In addition, there will be presentations on interviewing, dressing, and resume writing.

Whether you are just starting or almost finished with your classes, Career Day will benefit you!

Placement and Externship Corner

By Jen Sites, Career Services

The following graduates recently obtained permanent employment:

Danielle Brinser
Medical Assistant Specialist
Associated Cardiologist

Rebecca Prescott
Paralegal Specialist
Gerber and Associates

Christine Lucas
Culinary Arts Specialist
Hershey Lodge

James Barber
Culinary Arts Specialist
Hershey Lodge

Jessica Bollinger
Culinary Arts Specialist
Hershey Lodge

Angela Schaar
Professional Massage Therapy Specialist
Self Employed

Jessica Meyer
Medical Assistant Specialist
Lebanon Plastic Surgery

The following students will their externships in November:

Jason Chinsammy
Culinary Arts Specialist

Elizabeth Harding
Dental Assistant Specialist

Sammantha Minnich
Medical Assistant

Erik Plank
Medical Assistant

Congratulations and good luck to everyone!



Community Service Committee

By Karen Altland, Medical Department

A new and exciting committee has been formed at KTI. The community service committee is a group of students that have come together to commit themselves to servicing the community.

The committee has come up with some great ideas that will really help others and be a lot of fun as well, but they need your help and dedication to make it happen.

The current committee members are:

- Nichole Minium Culinary
- Brenda Maynard Medical
- Prashant Chahwala Medical
- Ailene McIntire Culinary
- Jessie Kissinger Dental
- Kendra Trout Dental
- Cheryl Scott Medical
- Jennifer Ruiz Massage

Upcoming events for the holiday season include:

- ✧ Toys for Tots
- ✧ Christmas Angels
- ✧ Food Bank

The committee is interested in all your ideas, so please feel free to submit them to any committee member. New members will be added, so see Mrs. A if you're interested.



Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

What is the difference between physical memory and available memory?

Enquiring Minds Want to Know

Dear Enquiring,

Personal computers utilize two kinds of memory, RAM (Random Access Memory) and ROM (Read Only Memory). ROM is permanent storage on the computer, e.g. the hard drive. Once something is written to ROM, it has a permanent home on your computer. RAM, on the other hand, is only active while the computer is powered on. For this reason, RAM is also sometimes referred to as volatile memory, in that once the power is turned off, whatever information was in that memory is lost. Therefore, ROM is used for storage, and RAM is used to actually run the programs that the PC uses.

Physical memory is the total amount of RAM installed in a computer. It is measured in either megabytes (MB) or, more increasingly, gigabytes (GB). Some examples of specifications could be that a computer has 256MB, 512MB, or 2GB. The more RAM you have in a machine is usually a good thing, since you have more power to complete tasks. As the computer starts up, loads the operating system, and starts running programs, more RAM is put into use.

Available memory comes down to math. It is the amount of RAM you have left to run programs on your computer. This number will change as you open and close programs on the computer. For example, say you have a computer with 1GB of RAM installed. The physical memory therefore is the 1GB. Now, when you start the computer up, Microsoft Windows XP may use up to 300MB of that memory to run itself. With this example, your available memory comes down to

700MB. Now let's say you start up Internet Explorer, and that program uses 50MB; you now have 650MB of available memory. Available memory will always be changing, depending on what programs are running. Physical memory, on the other hand will always be a constant number based on how much memory is installed. Some programs use very little memory. Others, such as games, picture, and video editing programs tend to use a lot of memory.

One quick way to check on how much memory your computer is using is to use the Windows Task Manager. This applet can be opened by right-clicking on the Taskbar, and choosing Task Manager. Click on the Performance tab, and you will see a block marked Physical Memory (K). This block will show you how much memory is installed, and how much of that memory is available.

Blood Drive Big Success

By Karen Altland, Medical Department

October 15th was a banner day for the Central Penn Blood Bank because KTI students worked to collect a total of 37 pints of blood.

This was one of the best blood drives KTI has had. If not for the dedication

of the students, we could never have achieved this success. Everyone helped, and all the contributions were appreciated. Students gave blood, walked donors, and provided food with one goal in mind—saving lives.

Each pint of blood saves 3 lives. Wow! KTI students did it once again. You deserve a big thank you and a round of applause.



What Do I Do If It Snows

By David W. Snyder, President

In the event of inclement weather, the following guidelines will be used to determine the events of the day:

Prior to 6:00 a.m., an assessment will be done of the roadways in the Lower Paxton Township Area. Based on that assessment, one of four actions will be taken:

1. Nothing - School operates on normal schedule
2. One-Hour Delay—School begins at 9:30. If your class does not start until 10:00, you report at 10:00.
3. Two-Hour Delay—School begins at 10:30. If your class starts later than that, you report at the time you have class.
4. Closed - No Classes

If we close for day classes, we will be closed for night classes as well. Night classes will not

be delayed. They will either be held according to schedule or canceled, with a decision being made at 4:00 p.m.

Information on KTI's status can be found by monitoring the following media:

Television

WGAL (NBC 8), WHP (CBS 21), WHTM (ABC 27), WPMT (Fox 43), WLYH (CW 15)

Radio

WHYL 960, WHP 580, WRVV 97.3, BOB 94.9, WLAN 96.9, KISS 99.3

Internet

www.whptv.com,
www.cw15.com,
fox43.trb.com,
www.abc27.com,
www.wgal.com,

www.whylradio.com,
www.whp580.com,
www.river973.com,
www.bobradio.com,
www.wlan.com,
www.993kissfm.com

You may also call the school and listen to our answering machine. The telephone number at Keystone Technical Institute is (717) 545-4747.

Please note that KTI is not guided by other school closings, and assessments will be made independent of the public school systems. You should plan for us always being open and having classes.

Always check the delay status before you leave in case the delay status changes

Cranberry Walnut Stuffing

By Chef Richard Stiffler, Culinary Arts Department

This simple and easy recipe will become a family favorite. It is a tasty addition to any thanksgiving feast.

INGREDIENTS

1/4 cup butter or margarine
 2 stalks celery, sliced
 1 onion, chopped
 1-2/3 cups chicken broth
 1/2 cup cranberries
 1/2 cup chopped walnuts
 1 14-ounce package herb seasoned stuffing mix
 1/2 cup butter or margarine
 2 teaspoons paprika

DIRECTIONS

Preheat oven to 325°F. Spray a roasting pan and rack with non-stick vegetable spray.

In a large saucepan, melt butter. Add celery and onion; cook until tender. Add chicken broth. Heat to a boil. Remove from heat. Stir in cranberries and walnuts. Add stuffing mix and mix lightly.

Spoon the stuffing mix into neck and body cavities of the turkey. Fold loose skin over stuffing. Tie ends of drumsticks together. Place

the turkey, breast-side up, on the rack in prepared roasting pan.

In a small saucepan, melt butter; stir in paprika. Brush generously over the turkey.

Roast 2-1/2 to 3 hours or until juices run clear when a fork is inserted in the thickest part of thigh next to body.

Makes 12 servings.



A Thanksgiving Feast To Remember

As Thanksgiving approaches, we are all looking for new dishes or twists on traditional ones to add to our holiday feast. A few students from the Culinary Department is helping with the quest by sharing their favorites with you.

If you have any interesting or special recipes that you would like to share, please feel free to submit them to Mr. Drumm. We would love to add them to next month's newsletter.








Pumpkin Pie—*Courtesy of Terri Miller*









 *This is my favorite quick and easy Thanksgiving Dish!*

Ingredients:

- | | | | |
|---|----------------------|---------|--------------------------|
|  1 | 9 inch Pie Crust | 1 | 16 oz can of Pumpkin |
|  3/4 Cup | Sugar | 1 tsp | Ground Cinnamon |
|  1/2 tsp | Ground Nutmeg | 1/2 tsp | Ground Ginger |
|  3 | Slightly Beaten Eggs | 1 | 5 oz can Evaporated Milk |
|  1/2 Cup | Milk | | |

Directions:

-  1. Combine Pumpkin, sugar, cinnamon, ginger and nutmeg in a mixing bowl
-  2. Add eggs and beat lightly until combined
-  3. Gradually stir in both milks and mix well
-  4. Put the pie shell on the oven rack and carefully pour filling into a pie shell
-  5. Bake in a 375° oven for 50 minutes
-  6. Cool on a wire rack and refrigerate within 2 hours



Baked Corn—*Courtesy of Kevin Lincourt*

This is an old fashioned recipe that is a favorite in my family. The green bell peppers are optional, but they make a great addition.



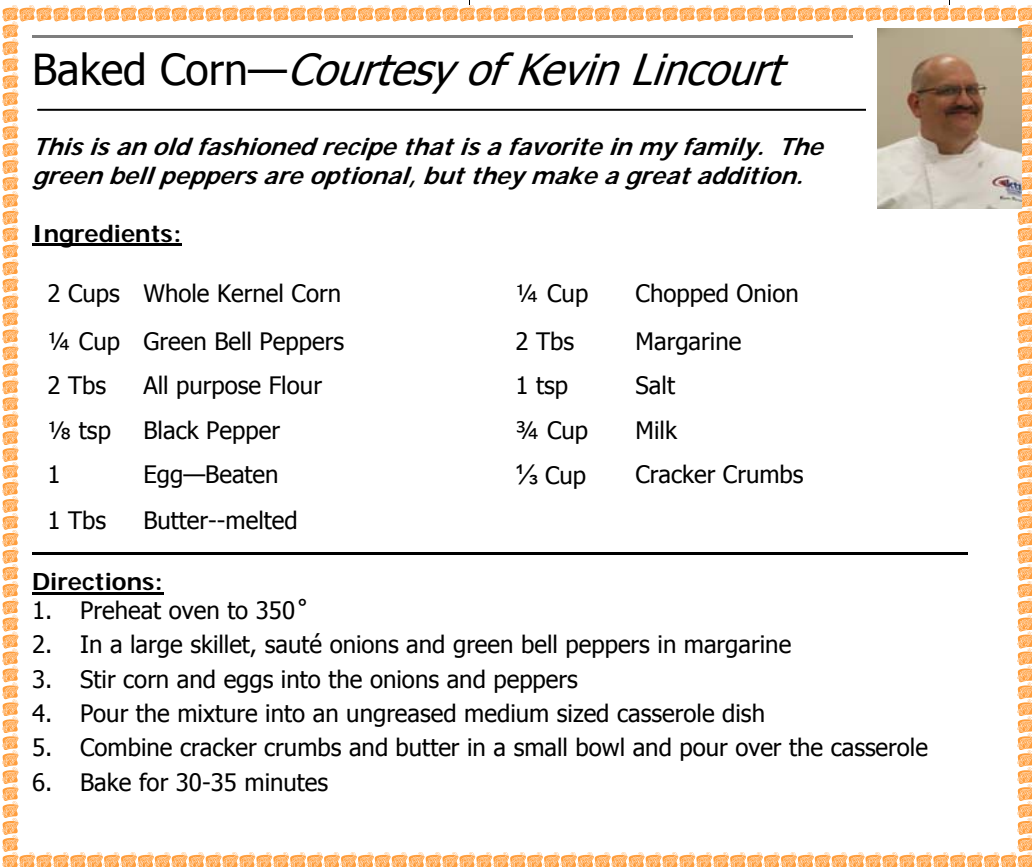
Ingredients:

- | | | | |
|---------|--------------------|---------|----------------|
| 2 Cups | Whole Kernel Corn | 1/4 Cup | Chopped Onion |
| 1/4 Cup | Green Bell Peppers | 2 Tbs | Margarine |
| 2 Tbs | All purpose Flour | 1 tsp | Salt |
| 1/8 tsp | Black Pepper | 3/4 Cup | Milk |
| 1 | Egg—Beaten | 1/3 Cup | Cracker Crumbs |
| 1 Tbs | Butter--melted | | |

Directions:

1. Preheat oven to 350°
2. In a large skillet, sauté onions and green bell peppers in margarine
3. Stir corn and eggs into the onions and peppers
4. Pour the mixture into an ungreased medium sized casserole dish
5. Combine cracker crumbs and butter in a small bowl and pour over the casserole
6. Bake for 30-35 minutes

**H
E
R
E
I
S
T
O
R
Y**



Staff Spotlight: Jen Sites, Registrar and Career Services Coordinator



If you need books, schedules, transcripts, a job, or an externship, Jen Sites is the person you need to see.

Ms. Sites job description seems to be a mile long and is

still growing, but she always finds time to help students with their needs. This year that has been an even more amazing accomplishment since she was also busy planning her wedding, which took place on October 18th.

Ms. Sites is an experienced multi-tasker. She manages to create the schedule for the mod, keep track of each and

every student, find externships and help solve the day to day problems of students and faculty alike.

So if you need help, don't be afraid to ask! Ms. Sites is happy to be of service to you. She embodies KTI's core value: "Where Students are First."

Thank you Mrs. Humphrey!

KTI Students Shine at York Expo

By Karen Altland, Medical Department

Practicing skills in a real world setting helps students learn. It also benefits others.

At the recent York Senior Expo, KTI students had the opportunity to show off their skills and provide valuable services and information to the older members of our community.

Medical students **Ashley Nelson, Erin Arlotta, Kelsey Kennedy,**

Niki Miller, Amanda Kocher, Madeline Roadcap, Prashant Chahwala, Brenda Maynard, Alicia Landis and Lauran Brown helped by taking blood pressures and handing out pamphlets about health. Dental students **Kristina Haskins** and **Missy Mcaffery** gave brushing and flossing demonstrations. Massage Therapy student **Stephanie Barbush** gave chair massages throughout the day.

All the efforts were greatly appreciated. The seniors attending the expo enjoyed interacting with the students and were amazed at their knowledge and kindness. As always, KTI students made a great impression.



Birthday Watch

The following students are celebrating birthdays this month:

Max AcunaNovember 5

Tiffany Belker.....November 6

Ashleigh Thomas ..November 11

Jessie Gould.....November 14

Morgan Houser.....November 15

Kelsey Kennedy.....November 18

Lisa Jones.....November 19

Tanya Sweigart November 19

Eugene Futrel..... November 20

Kerie Knoble..... November 20

Hope Wiley November 23

Jacob Smith November 24

Dayasha Pina November 26

Shawna Ridley November 28

Amanda Kocher November 29

Jeffrey Becker November 30

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



PLATINUM

HEALTH & FITNESS CENTER

7015 Jonestown Road, Harrisburg, PA 17112

Phone: 717-652-7490 Fax: 717-920-3354

www.platinumhfc.net

Invites
all Keystone Technical Institute
employees, students and family
members to participate in this
special offer.*

- \$29.00 Processing Fee
 - \$19.99/month
 - No Contracts
- 31 day notice to cancel

* Must show affiliation ID

Membership Includes:

- Childcare
- Group Fitness/Cycling Classes
- Personal Training Session
- Silver Sneakers Program

Sneakers
Fitness Program



Club Offerings:

- Executive Locker rooms
- "Ladies ONLY" exercise room
 - Free Weights
 - Nutritional Shake Bar
 - Cardio Equipment
- Stand-up Tanning Bed

CALENDAR OF EVENTS

November

- 4th—Election Day
- 6th—Birthday Celebration
12 pm & 7 pm
- 12th—Career Day—9 am to 2pm
- 13th—Evening Round Table —7 pm
- 14th—Day Round Table —1 pm
- 14th—Day Book Distribution
- 17th—New Day Module
- 21st—Movie Night—7:30 pm
- 26th—Honors Rally —12 pm
- 27th—Thanksgiving—No Classes
- 28th—No Classes

December

- 1st—New Night Start
- 4th—Birthday Celebration
12 pm & 7 pm
- 6th—Birthday Celebration
12 pm & 7 pm
- 11th—Evening Round Table —7 pm
- 11th—Holiday Party — 12 pm & 7 pm
- 12th—Day Round Table —1 pm
- 15th—Honors Rally—7 pm
- 23rd—End Day Module
- 24th— January 1st—No Classes
- 29th—New Day Start
- 30th-31st—Professional Development

January

- 2nd—Classes Resume

November 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						

December 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 			