

KTI CHRONICLES

Where Students Are First™

Volume 3 Issue 10

GET YOUR FLU SHOT AT KTI—SEE PAGE 7 FOR DETAILS

October, 2008

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KTI Promotes Literacy and Learning

By Carrie Beshara, Evening Medical Assistant Specialist Program

Keystone Technical Institute's Childcare students will be hosting a Reading Fair every Saturday in October from 9:00-11:00 am. There will be activities for the children, as well as snacks. The Childcare students will be reading books to the children that match with the theme for the day.

One of the Childcare students participating in the Reading Fair is Linda Manigault. Linda enrolled in the Childcare Specialist Program because she noticed the children in her neighborhood needed guidance and a positive influence in their lives, which she feels she can provide once she has the proper training. Linda feels this is her purpose in life.

Linda and the other Childcare students feel that the fair is an excellent way to get children involved in reading at an early age. It will also provide the



KTI Childcare Students and Mrs. Mock

students with a great opportunity for hands-on experience with the children. Linda herself is looking forward to seeing the children smile and having a good time. She hopes that this fair is a success and the children will want to come back.

Jonathan Kozol, an educational writer, noted that about 50% of adult Americans are not able to read over an eighth grade level. Linda feels that is a very sad commentary, because there are many opportunities available for adults and

children to read better. She is hopeful that KTI's Reading Fair will encourage children to read and not become part of that statistic.

Childcare students aren't the only ones who are participating in the Reading Fair. Culinary students will be making snacks and Mr. Drumm plans on grilling up some mean hotdogs.

The Reading Fair sounds like it will be a great time for all, so bring your children and join in on the fun!



Pacific Institute Unit Seventeen: If It's To Be It's Up To Me

Affirmations For Success

I enjoy my life and my relationships with other people.



I am my own expert, and I am not affected by the negative attitudes and opinions of others.



I have a broad awareness of what is going on around me—especially the opportunities that will help me reach my goals.



Forethought is our imagination looking forward. It is using our imagination to see what we want in the future.

Forethought creates the future before it happens. When we write our affirmations, we are projecting our imaginations into future areas that are important to us.

By seeing ourselves being what we want to be, achieving what we want to achieve, we become dissatisfied with the old.

We throw our creative subconscious out of order.

Remember, the purpose of the creative subconscious is to keep order, so it is going to move us in the direction of our goals.

To make this all work, we need to write down our affirmations in a one sentence definition. Describe the goal as if it has already happened. The more we repeat these goals, the more we can

visualize them. The better our visualization becomes the more our subconscious will push us in the direction we need to go so that these goals become our reality.

Forethought creates the future before it happens.

The key is to see ourselves where we want to be. The more we do this, the closer we come to reaching our goals.

Profile In Success: David Ginther, October Student of the Month



October's Student of the Month is **David Ginther**, who is enrolled in the day Culinary Arts Specialist Program.

Dave grew up here in Pennsylvania, and al-

ways felt that his career path would deal with cars—either racing them or working on their engines. While he still enjoys racing, his direction in life changed. He decided he wanted to be a chef.

Dave is beginning his path to success by studying hard and learning everything he can. He feels that as long as he doesn't lose focus, that success will continue as he enters his new career. Dave's advice to other students: "Take the passion you have for your career; make the most of it, and strive to be the best." Dave also notes that the

opportunity for a good life is out there for every, but you have to wok for it.

Dave takes his own advice. It is for this reason that his instructors nominated him for Student of the Month.

Chefs Stiffler and King both say that Dave is a leader in the classroom and one of the first students to volunteer for extra projects. He is someone everyone can count on to be here and to do a great job. Dave's success is beginning here at KTI and will continue on into the future.

Placement and Externship Corner

By Jen Sites, Career Services

The following students are beginning their externships:

Joe Sanks

Culinary Arts Specialist

Max Acuna

Professional Massage Therapist

Stephanie Barbush

Professional Massage Therapy Specialist

Charmaine Helman

Professional Massage Therapy Specialist

Carissa Seiber

Professional Massage Therapist

The following students were recently gained employment:

Christine Lucas

Culinary Arts Specialist
The Hershey Lodge

Monique Supplee

Dental Assistant
Periodontal Associates

Ana Melendez

Professional Massage Therapy Specialist
Self Employed

Best wishes to all of our externs and congratulations to those newly employed !

Faculty Spotlight: Kelly Locy, Evening Medical Instructor



Kelly Locy is new to Keystone Technical Institute, but not

to the Medical Assisting field. She graduated from the Medical Assistant Program of Tidewater Community College in Virginia Beach, Virginia in

1999 and has worked in the field for a number of years.

Currently, Ms. Locy is employed during the day by the Mechanicsburg School District. In addition she is coach of the Mechanicsburg Senior High Varsity Cheerleaders, and is also a Mary Kay Cosmetic Consultant.

In spite of her already full schedule, Ms. Locy could not pass up the opportunity to

teach here at KTI. "I think this is a great way to share my knowledge of the field and see it impact others after students enter the workforce," says Ms. Locy.

Ms. Locy is particularly happy to be here at KTI because of the warm welcome she received from the students. She looks forward to continuing her teaching career here.

CLASSIFIED ADVERTISEMENTS

PILLOWS FOR SALE

Handmade Fleece Pillows with Fringe. Size: 18 x 18. Two for \$35. Steelers, Packers, Colts and Ravens available. Call **Kendra Trout** at 756-7516

FLU SHOTS

Date: Tuesday, October 21st
Time: 11:00 am-12:pm and 5:30pm-6:30pm
Cost: \$18.00
Cash or Check Accepted

READING FAIR

Children wanted for KTI's reading fair, every Saturday in October from 9 am-11am. Bring a child and join the fun. Best of all it's free! See **Mr. Drumm** for details.

Honors Awarded

At the Honors Rally, the following awards were presented for the Day Mod ending September 4, 2008

Karen Kelly Goede

Distinguished Honors and Perfect Attendance

Ailene McIntire

Distinguished Honors and Perfect Attendance

Brenda Maynard

Distinguished Honors and Perfect Attendance

Brittney Kratzer

Distinguished Honors and Perfect Attendance

David Ginther

Distinguished Honors and Perfect Attendance

Deanna Heath

Distinguished Honors and Perfect Attendance

Karen Krogler

Distinguished Honors and Perfect Attendance

Kendra Trout

Distinguished Honors and Perfect Attendance

Lindsay Sabo

Distinguished Honors and Perfect Attendance

Tricia Zimmerman

Distinguished Honors and Perfect Attendance

Amber Gillaugh

Distinguished Honors and Outstanding Attendance

Erin Arlotta

Distinguished Honors and Outstanding Attendance

Jessica Hunt

Distinguished Honors and Outstanding Attendance

Kayla Reber

Distinguished Honors and Outstanding Attendance

Kristina Haskins

Distinguished Honors and Outstanding Attendance

Marissa Witman

Distinguished Honors and Outstanding Attendance

Prashant Chahwala

Distinguished Honors and Outstanding Attendance

Aaron Folk

Honors and Outstanding Attendance

Briana Souchak

Honors and Outstanding Attendance

Jessie Gould

Honors and Outstanding Attendance

Laura Lovett

Honors and Outstanding Attendance

Carlos Hernandez

Perfect Attendance

Drew Gardner

Perfect Attendance

Kelsey Kennedy

Perfect Attendance

Max Acuna

Perfect Attendance

Shannon Baker

Perfect Attendance

Shilisa Johnson

Perfect Attendance

Amanda Kocher

Outstanding Attendance

Ashley Nelson

Outstanding Attendance

Ashley Schriener

Outstanding Attendance

Brenda Vazquez

Outstanding Attendance

Carissa Seiber

Outstanding Attendance

Dominique Craig-Evans

Outstanding Attendance

Elizabeth Packer

Outstanding Attendance

Eric Plank

Outstanding Attendance

Gabriel Flores

Outstanding Attendance

Gregory Marotto

Outstanding Attendance

Jennifer Ruiz

Outstanding Attendance

Jessie Kissinger

Outstanding Attendance

Katie Templin

Outstanding Attendance

Leticia Brooks

Outstanding Attendance

Kevin Lincourt

Outstanding Attendance

Madeline Roadcap

Outstanding Attendance

Marcela Kurtz-Acosta

Outstanding Attendance

Meg Minichbach

Outstanding Attendance

Micah Cayaban

Outstanding Attendance

Nichole Minium

Outstanding Attendance

Meg Minichbach

Outstanding Attendance

Nicole Miller

Outstanding Attendance

Samantha Minnich

Outstanding Attendance

Shawna Ridley

Outstanding Attendance

Congratulations and keep up the fabulous work!



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

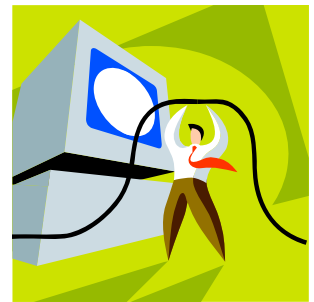
megabytes (MB) or, more increasingly, gigabytes (GB). Some examples of specifications could be that a computer has 256MB, 512MB, or 2GB. The more RAM you have in a machine is usually a good thing, since you have more power to complete tasks. As the computer starts up, loads the operating system, and 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 pro-

grams 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.

Birthday Watch

The following students are celebrating October Birthdays:

- Megan Magbie..... October 02
- Drew Gardner..... October 03
- Lisa McManuels October 07
- Sabrina Handshew October 08
- Kisha Phillips..... October 10
- Michelle Cermanski..... October 10
- Charmaine Helman October 19
- Ashley Nelson October 22

The students, staff, and faculty of KTI would like to wish all the celebrants a very Happy Birthday!



Recipe From Home Contest A Big Hit!

By Chef Richard Stiffler, Culinary Arts Department

With programs like the Iron Chef and Top Chef, the Food Network has whetted our appetites for Culinary Competitions. In the spirit of this, Chef King decided that the Culinary Students would show off their own creativity and participate in a Recipe from Home Contest.

The idea was to allow the students to make their own creations for a day instead of being bound by the Chef's choices. Since the students are studying cold

foods this module, the decision was made that the recipe would have to be a sandwich.



David Ginther shows off his award.

The non-culinary students, faculty and staff were the judges. Everyone got to sample and vote for their favorite. It was a difficult decision since the sandwiches themselves were so different. Choices ranged from a turkey club to very nontraditional dessert-like sandwiches.

It was surprising how many different variations there were on the sandwich theme. Most people didn't realize how

many different types of filling could be put in a sandwich.

After many trips to the table to sample and resample the offerings, a winner was chosen—David Ginther.

David prepared the "Ultimate Cheese Steak", which is the featured recipe this month. For his efforts, David received a certificate along with many accolades from students staff and faculty.

David's instructors and fellow students were not surprised by his win. There were many comments to the effect that Dave is a creative, hardworking individual who strives to do a great job.

Recipe of the Month: The Ultimate Cheese Steak

By David Ginther, Culinary Arts Student

You asked for it, you got it—Dave Ginther's award winning Cheese Steak recipe!

INGREDIENTS

- 8 oz Thin Sliced Sirloin Steak
- 4 oz Cooked Onions and Sliced Red and Green Bell Peppers
- 2 slices White American Cheese
- 1 tsp. minced fresh garlic
- 1 tsp. butter
- 2 Tbs. of Mayo
- 12 inch sub roll

1 tsp. Spice Mix

SPICE MIX

- 1/8 tsp Sea Salt
- 1/8 tsp Fennel
- 1/8 tsp Crushed Coriander
- 1/8 tsp. Black Pepper
- 1/8 tsp. Paprika
- Dash of Crushed Red Pepper

PROCEDURE

Add teaspoon of butter to a sauté pan.

Add onions, garlic, and peppers. Cook over a medium hot burner for 2-3 minutes.

Add steak. When steak is just brown, add spice mix.

Continue to cook for approximately 3-4 minutes.

Add cheese to top. Allow to melt.

Put all ingredients on a 12" sub roll.

Enjoy!

Culinary Buffet is a Treat for the Tummy



On September 18th, as part of their Hot Foods II midterm,

the Evening Culinary Arts students presented a buffet for KTI students, staff, faculty and guests.

The entrées included Chicken Cordon Bleu, Herb Crusted Top Round with Burgundy Au Jus, Shrimp Scampi, Crab Stuffed Tilapia and Bacon Wrapped Pork

Chops with Sauce Chasseur. Side dishes such as Mushroom Risotto, Linguini Alfredo, and Duchess Potatoes were also available, along with salad, vegetables, soups and, of course, desserts.



The food was fit for a king, and everyone who participated ate like one. There were many compliments, not just on the taste of the food, but also on the professionalism of the students and the beautiful visual display.

By the end of the evening, the students served more than 40 paying guests. It was one of the most successful culinary meals to date.

For those of you who missed this culinary delight, don't worry.

Chefs Stiffler, King and Kennedy promise that there are more incredible meals in KTI's future. We are all looking forward to them!

We Want Your Blood

By Karen Altland, Medical Department

FACT: Someone needs blood every two seconds.

FACT: Only 37% of the U.S. population is eligible to donate blood and less than 10% do so annually.

FACT: One pint of blood can save up to three lives.

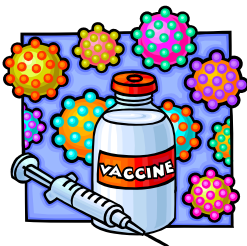
FACT: On **OCTOBER 15TH**, from **1:00-3:15** and **5:00-6:30** the Central Pennsylvania Blood Bank will be here for a blood drive.

Your support will help save lives. If you, a friend or a loved one needed blood you would want it to be there. The rarest blood type is the one not on the shelf when it's needed by a patient because there is no substitute for human blood.

The bottom line is that blood donation takes only about an hour of your time, and it is all about life. See Mrs. A today to sign up to save a life!



Get Your Flu Shot !



On Tuesday, October 21st, from 11:00 am to 12:00 pm and again from 5:30 pm to 6:30 pm, Any Lab Test Now

will be coming to KTI to administer Flu Shots.

The cost is \$18.00 and is open to KTI students, staff, faculty and their family members. Children must be at least 12 years old to receive the shot.

If you are interested in taking advantage of this opportunity, please sign up by October 15th, 2008. There is a sign up sheet in the Student Activity Center. You will pay Any Lab Test Now directly

when you receive your shot. They accept cash or check.

The flu season will soon be upon us. Get prepared and save yourself and your family from being sick. Remember, you get the most out of your education when you are here everyday. Don't let a bout with the flu hurt your attendance!

CALENDAR OF EVENTS

















October

- 1st—New Evening Module
- 2nd—**BirthDay Celebration**
12 pm & 7 pm
- 4th—KTI Reading Hour
- 8th—New Day Start
- 9th—Evening Round Table —7 pm
- 10th—Day Round Table—1 pm
- 10th—End Day Module
- 11th—KTI Reading Hour
- 13th—Honors Rally —7 pm
- 13th—New Day Module
- 18th—KTI Reading Hour
- 20th—Honors Rally —12 pm
- 23rd—Evening Round Table—7 pm
- 24th—Day Round Table —1 pm
- 25th—KTI Reading Hour
- 29th—Halloween Party










November

- 6th—**BirthDay Celebration**
12 pm & 7 pm
- 13th—Evening Round Table —7 pm
- 14th—Day Round Table —1 pm
- 17th—New Day Module
- 21st—**Movie Night**—7:30 pm
- 26th—Honors Rally —12 pm
- 27th—**Thanksgiving—No Classes**
- 28th—**No Classes**

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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	

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13 	14 	15
16	17 	18	19	20 	21 	22
23	24	25	26 	27 	28 	29
30						