

KTI CHRONICLES

Where Students Are First™

Volume 4 Issue 7

August 2009

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Meet the Faculty Day

By Russ Bedell, Director of Public Relations



Mr. Drumm kicking off Meet the Faculty Day!

The Greek author and philosopher Plato wrote, "The beginning is the most important part of the work." That may be the case, but it's also true that starting something new can also be a little daunting when you don't know what to expect. Luckily for a group of students about to launch their studies at KTI, that didn't have to be the case.

The Student Activity Center was packed with new students and their families the morning of July 17 for the school's Meet The Faculty Day. Designed to give the newest members of our KTI community a chance to learn what we do here, the event familiarized them with the new faces they'll see every day.

More than just introducing new students to the teachers

hands-on activities, ranging from an introduction to hand massage to instruction in bandaging fingers, complete with simulated blood courtesy of red markers.

Topping off the event was a fantastic lunch of gourmet pizzas and salad prepared by the Culinary Arts department. New and current students, friends, family, faculty, and staff mixed and mingled and thoroughly enjoyed the delicious meal.

who will guide them through their programs, though, Meet the Faculty Day is an opportunity to get into the classroom and experience some of the lessons and activities awaiting them.

"I was very pleased with the turnout," said David Snyder, President of KTI. "We were able to show our new students and guests what KTI is all about and answer everyone's questions. It was a great way to show our "Students Are First" philosophy directly."

The day began with Mr. Snyder welcoming the assembled students and their guests, encouraging them to explore the school, and introducing the KTI Faculty and Staff. Afterwards, the students split up into their programs and headed to the classrooms and labs for

"Meet the faculty day is a large and growing success here at KTI. It was a wonderful sight looking across the activity center with about a hundred chairs lined up with our new students and guests" commented Chef Stiffler, Culinary Instructor.

"I introduced the new MBIC students to our MAS students and we had a nice talk about goals and difficulties to overcome in the coming months. We had a wonderful conversation at lunch and everyone left with a warm feeling of making new friends" stated Mrs. Harp, Medical Instructor.



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Placement & Externship Corner

By: Kristin Ergler, Career Placement/Externship Coordinator

*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.*

The following students are beginning their externship:

Kerlyne Morquette

Medical Billing & Insurance Coding

- Elite Staffing

Stacey Drayton

Medical Billing & Insurance Coding

- Darowish & Associates

Carmen Mendoza

Medical Assistant Specialist

- Family First Health

Congratulations on completing your coursework and good luck on your externship!

The following graduates have recently obtained full-time positions in their fields of study:

Letitia Brooks

Medical Assistant Specialist

- Dr. Francis Brescia

Jennifer Milliken

Medical Assistant Specialist

- Family Medicine of Spring Grove

Braulio Figueroa-Galarza

Culinary Arts Specialist

- Hershey Lodge

Ailene McIntire

Culinary Arts Specialist

- Shippensburg University

Chaalyce Benjamin

Dental Assistant Specialist

- Dental Dreams

Tammie Edgcomb

EFDA

- Joan Werleman DDS

Angela Lippold

EFDA

- Susquehanna Dental

Tonya White

EFDA

- Marinak & Glossner DDS

The Pacific Institute Unit Three: Lock-On/Lock-Out

By: Lou Tice, *Thought Patterns for a Successful Career*

This unit of the Pacific Institute Training talks about our perceptions, and how we act based on these perceptions.

Human beings behave and act not in accordance with the truth, but rather the truth as they believe it to be. These beliefs affect how we see, how we hear, how all our senses process information.

Additionally, humans can only consciously perceive one thing at a time.

Therefore, if I have a negative belief about myself, I will “lock-on” to that belief and “lock-out” the positive things that I am hearing about myself. So if I lock-on to the idea that I am dumb at math, I lock-out my ability to learn it.

We have to change what we believe to be the truth in order to improve our lives. You have to remember one thing: sometimes the absence of “the truth,” not the truth will set you free. When you lock-on to something, you are building scotoma to other information, and you don’t know you are doing it.

The problem is that you don’t realize you have the scotoma. You always think you are hearing and seeing the truth.

You need to lock on to your future and the type of life you want to lead. It’s time to lock-out the things that interfere with what you want.

“...sometimes the absence of “the truth,” not the truth will set you free.

Staff Spotlight: Jaime Floyd



Jaime Floyd joined the KTI Team on May 26th, 2009. After seeing the bond of the staff/faculty and their students, she could not turn down the opportunity to become a part of the school.

Jaime grew up in the Elizabethtown/Hershey area and graduated from the Lower Dauphin School District. She now lives in Middletown. Wanting a small school, not too far away from her friends and family, Jaime attended Lebanon Valley College in Annville. She majored in Digital Communications and minored in both Business Administration as well as Art and Art History. It was also there that she met her college sweetheart and will be getting married in 2011.

Outside of work, Jaime enjoys spending time with those that are closest to her. She likes to watch movies, go window shopping, sing and dance. Although she admits that she's not

Prior to working at KTI, Jaime spent a few years in senior living. Her most recent job was as the Director of Sales and Move-Ins at a retirement community in Camp Hill known as The Woods at Cedar Run. It was there that her interest in Admissions developed and grew. Helping people make a needed change to their life is something that Jaime feels strongly about.

So whether it's helping an elderly person make a new home for themselves or encouraging an individual to come back to school in order to better their career, Jaime is always happy to help!



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 September 2009 issue, please give your submissions to Kristin Ergler, Career Placement/Externship Coordinator in the Business Office or email them to kergler@kti.edu. **Submission deadline is August 24, 2009.**

Profile in Success: August Student of the Month



August's Student of the Month is Gary Shaner. He came to KTI in March 2009 and is enrolled in the Computer Network & Internet Technology program.

Originally from Emeigh, PA, a small coal mining town north of Altoona, Gary now resides in Dover, PA. He graduated from Northern Cambria High School and continued his education at Penn State Altoona for two years.

Prior to enrolling at KTI, Gary was working in the retail industry. His interest in computers is what brought him to KTI! His future goals and plans are to find a position within a small company and help it grow.

Gary contributes his success to his education, stating "I am very happy with the educational programs here; the instructors are first rate and very accessible." Gary also stated that he "was looking for a school that would provide real world experience that I can use in my new career; Keystone definitely does that!"

In his spare time, Gary enjoys woodworking and building computers.

Congratulations Gary!



Dental Department Spotlight

The Side Effects of Oral Piercings

By: Kateleigh Urso

From hairstyles, clothing, tattoos and jewelry, today's youth are making a fashion statement. But those that want to look cool with oral piercings may be looking to their Dentists and Physicians for help afterwards.

Common symptoms after oral piercing include pain, swelling, infection, an increased flow of saliva and injuries to the gum tissue. If a blood vessel was in the path of the needle during the piercing, severe and difficult-to-control bleeding can result. For some, chipped or cracked teeth, blood poisoning or even blood clots can occur. For many, the swelling of the tongue is a common side effect. In extreme cases, a severely swollen tongue can actually close off the airway and prevent breathing.

If the jewelry becomes loose in the mouth, it can become a choking hazard, and if swallowed, can result in injury to the digestive track or lungs. Individuals with piercings, especially long-stem tongue jewelry (barbells), have a great risk of gum disease than those without oral piercings. The jewelry can come in contact with gum tissue, causing injury, as well as a recession of the gum tissue, which can lead to loose teeth and tooth loss.

Unfortunately, many young people with oral piercings don't realize that these alarming side effects could happen to them. So, skip the mouth jewelry and let your health smile make your fashion statement!

How Drinking Soda Effects Your Teeth

By: Nikki Fink

The average American drinks around fifty seven gallons of soda a year; it consists mostly of filtered water and refined sugar and full of caffeine which makes it highly addictive. Unfortunately soft drinks are unhealthy for your teeth, especially when consumed in excess. The sugar in soda combines with bacteria in your mouth to form acid. The acid then attacks and weakens tooth enamel. These attacks last up to twenty minutes. When the tooth enamel is damaged, cavities begin.

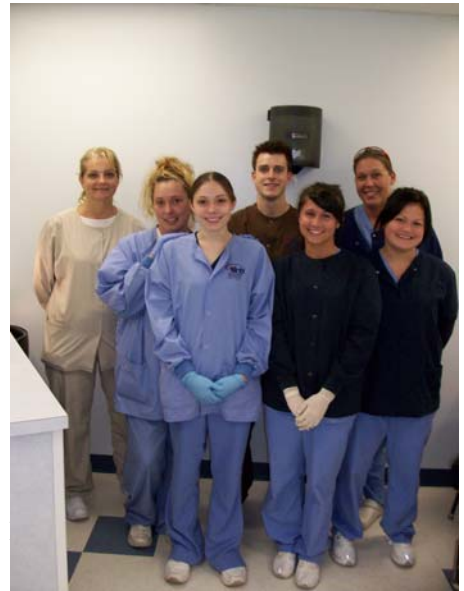
This is why it is important to drink soda in moderation and rinse your mouth with water to dilute the sugar and acid. Brushing with a fluoride toothpaste also helps remove bacteria build-up.

Preventive Dentistry

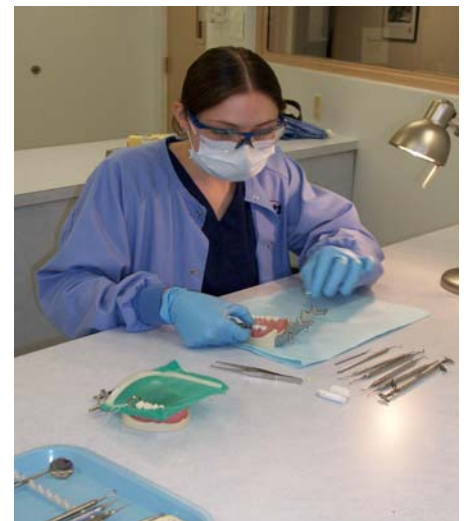
By: Teri Peace

We all have teeth-and we want to keep them for life! The purpose of preventive dentistry is to help each of us keep our teeth and gums healthy today and everyday. You always hear to brush and floss daily by anyone in the Dental field, because they are the two important factors of preventive dentistry.

It is not necessary to brush and floss after every time you eat, but it is most important to do so at night before you go to bed. Doing so at night takes the food particles out of your teeth from what you ate that day and bathes your teeth with fluoride. You may not know, but 80% of cavities start in between your teeth; food gets trapped in between your teeth and starts to rot if they are not flossed. Keep in mind that floss with more wax will leave a wax residue build-up in between your teeth, which is not good as well. Finally, preventive dentistry means less extensive and less expensive treatment by your Dentist!



Dental Assisting III with Mrs. Runk!



Cortney Caudill, Dental Student



Shelby Lingle, Dental Student

Honors Awarded

Honors were awarded to the following students for the Day Module ending June 26, 2009:

Perfect Attendance

Aaron Folk
Brenda Maynard
Connie Cornman
Lauriette Dunston
Kelsey Kennedy
Prashant Chahwala
Terri Peace
Emily Hseuh
Ruth Schlusser
Lan Mai
Kathy McCrae

Outstanding Attendance

Aaron Folk
Amanda Kocher
Angelica Faller
Chris Anderson
Courtney Caudill
Jill Debellis
Nichole Minium
Sheri Moats
Tiffany Popp
Randy Cook
Marcela Kurtz-Acosta
Richard Sieger
Micah Cayaban
Brandon Curry
Joseph Beasom
Kateleigh Urso
Ashley Nelson
Susan Fisher
Ciera Dent
Cynthia Parmer
Carol Gibble
Brittany Gooden
Evelyn Bernal
Caitlin Jacobus

Honors

Amanda Kocher
Jill Debellis

Marcela Kurtz-Acosta
Brandon Curry
Ciera Dent

Distinguished Honors

Angelica Faller
Brenda Maynard
Chris Anderson
Connie Cornman
Lauriette Dunston
Prashant Chahwala
Terri Peace
Richard Sieger
Joseph Beasom
Emily Hsueh
Susan Fisher
Brittany Gooden
Caitlin Jacobus

Honors were awarded to the following students for the EVE Module ending June 26, 2009:

Perfect Attendance

Jody Mecca
Sherri Conn
Krystelle Schram
Kacey Wynn
Brenda Hallman
Dave Campbell
Jackee Palm
Barbara St. Louis
Amy Wise
Anna Cramer

Outstanding Attendance

Terri Miller
Jason Dick
Jessica Walters
Alex Buckner
Cheryl Scott
Crystal Evans
Summer Penn
Penny Hartman-Shutty
Tiyenne Green
Medina Long

Nicole Christino
Triease Frederick
James Broom
Theresa Hunter
Susan Smith
Linda Manigault
Shannon Heimbach
Amanda Speece
Rhoda Sims
Elizabeth Figueroa

Honors

Sherri Conn
Jessica Walters
Brenda Hallman
Summer Penn
Amy Wise
Theresa Hunter
Linda Manigault
Elizabeth Figueroa

Distinguished Honors

Terri Miller
Krystelle Schram
Alex Buckner
Crystal Evans
Dave Campbell
Penny Hartman-Shutty
Tiyenne Green
Medina Long
Nicole



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

KTI's Annual Summer Picnic!

What do you get when you mix Koons Park, fabulous food, and KTI students, staff and faculty? A really great time!

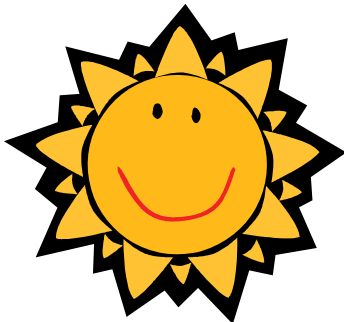
What: Summer Picnic

When: Thursday, August 20, 2009

Where: Koon's Park in Linglestown (Directions will be posted)

Cost: \$2.00 per student

We have a lot of fun activities planned such as softball, tennis, and basketball. Please remember to sign up for the events when they are posted!



The menu will include:

- Pulled Pork BBQ
- Chicken
- All the side dishes you can imagine
- Dessert and drinks will also be included.

We will take attendance in the morning prior to leaving for Koons Park.

Watch for more information as it is posted!



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 Kristin Ergler, 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!

Placement & Externship Corner II

By: Kristin Ergler, Career Placement/Externship Coordinator

Recently, several employers in the area offering full-time and part-time positions visited KTI to set up informational tables during lunch:

Hollywood Casino-Grantville, PA

Hires various hospitality positions including Cooks and Wait Staff

- Competitive Wages
- Opportunities for Advancement
- Flexible Schedules

Log on to www.hcpn.com and apply today!

Hilton-Harrisburg, PA

Hires various hospitality positions including:

- Room Attendants
- Line Cook
- Bell Attendant
- Dishwasher
- House Attendant
- Food Runner

Apply Today!
www.hiltonharrisburgjobs.com

FedEx-Lewisberry, PA

Hiring Package Handlers

- Up to \$11.50/hr to start

For tour and application information, contact:

717-932-8239

UPS-Harrisburg, PA

Hiring Package Handlers

- \$8.50/hr to start with raises

Learn More at www.upsjobs.com

Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Readers,

Last month, I answered a question from a reader who was getting spam from her own email account. I explained what was happening, and reassured her that

nothing was wrong with her account, that no hack had occurred, and that her information was relatively safe. This month, we are going to take a further look into spam, and what precautions should be taken.

The sad short answer to what can be done to eliminate spam is; not a whole lot. Spam exists simply because people are still making money from it, plain and simple. The longer answer is that, although you will never eliminate all spam from your email, you can take steps to minimize how much you get. Let's take a look at some things you can do to accomplish this.

First and foremost, NEVER reply to spam. Most spammers will give you the option to "not receive any future emails from us, just click here and..." This is a trick that they have used for years to

get legitimate addresses. You think you are getting rid of the mail coming in. In reality, what you are doing is confirming to the spammer that you have a valid address. They usually will then sell your address to other spammers, who will then send you more spam.

Use multiple email addresses. If you are using only one email address, you are opening up yourself to multiple spam issues. Generally, you should have one address that you only give out to your family and closest friends, one for business purposes, and one that is considered a "throw away" address; that is, one that you use when you know you are going to be hit with a lot of spam. Many websites require an email for registration purposes, to send you results of a survey, quiz, etc. Using a throw away address for purposes like this can help you minimize the spam that is coming through on your main address. A throw away address can be checked periodically and emptied as needed.

Limit your email address' exposure. If you post information or comments on line, say in bulletin board forums or comment sections, do not post your email, or do not write it in a normal fashion. The reason for this is simple; many spammers use "bot" (short for robot) programs that go out to sites and search out email

addresses in public forums. The conventional method of writing email addresses makes it easy for bot programs to pick up addresses. For example, do not write your.name@youremail.com. Rather, write it as your.name AT youremail DOT com. People will be able to read your email, but the bots won't.

Spam is an ongoing problem in today's electronic world. With a few tricks though, you can at least minimize its effects on your mailbox.



Birthday Watch

The following students are celebrating August Birthdays:

Sean Duncan-August 6

Leigh Miller- August 6

James Broom- August 7

Barbara St. Louis- August 11

Elizabeth Figueroa- August 12

Susan Smith-August 12

Carmen Mendoza-August 13

Linda Manigault-August 15

Judith Clark-August 18

Melodee Reeves-August 20

Brandon Curry-August 21

Erin Arlotta-August 24

Marcela Kurtz-Acosta-August 25

Nichole Minium-August 28

Medina Long-August 29

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

A Friendly Reminder: Dress Code at KTI!

At KTI we not only strive for you to master the skills of your trade but we also want you to master the skills of professional dress. We all can become complacent to dress, especially during the hot, summer months. As a reminder, the following policies for dress code need to be enforced:

- ◆ All uniforms must be kept clean and neat (no wrinkles)
- ◆ All shirts that are worn underneath the students uniform must only be white in color and should not be visible at the sleeves or the bottom of the scrub top.
- ◆ Uniforms should be worn at appropriate length around the waist.
- ◆ Students that are not in uniforms should also remember that open toed shoes are not allowed unless the shoe has a heel and strap.
- ◆ No open toe shoes are allowed in the labs or the culinary kitchen. No exceptions!!
- ◆ All hair must be pulled up when entering the culinary kitchen regardless of your program.
- ◆ Hair must be pulled up in all labs during lab classes.
- ◆ Allied Health students must wear white sneakers, white clogs with a strap or white medical shoes that are clean and dedicated to school.

Thank you all for your continued support

of the KTI Dress Code!



Recipe of the Month: Poached Chicken Breast with Tarragon



4 Boneless-Skinless Breasts
 1 1/2 oz. Whole Butter
 TT Salt & White Pepper
 4 fl. Oz. White Wine
 1 pt. Chicken Stock
 1 Bay Leaf; Fresh Tarragon Sprigs
 1/4 tsp. Dried Thyme
 1 tsp. Dried Tarragon
 1 oz. Flour
 4 fl. Oz Heavy Cream

PREPARATION-Serves 8

Trim any rib meat & fat from the breasts. Cut the breasts into two pieces, removing the strip of cartilage that joins the halves. Select a pan that will just hold the breasts when they are placed close together. Rub the pan with approx. 1/2 oz butter. Season the chicken breasts with salt & white pepper & arrange them in the buttered pan, presentation side up. Add the wine, stock, bay leaf, thyme & dried tarragon. Cut & butter a piece of parchment paper & cover the chicken breasts. Bring the liquid to a simmer & reduce the temp to poach the chicken. Make a blond roux with 1 oz butter & the flour; set aside to cool. When the breasts are done, remove them from the liquid. Thicken the liquid with the roux. Add the cream. Simmer & reduce to the desired consistency. Strain the sauce through cheesecloth & adjust the seasonings. Serve each half breast napped with approx 2 fluid oz sauce; garnish each portion with a sprig of fresh tarragon.

CALENDAR OF EVENTS

August

- 3rd -New Student Orientation
- 4th –New Student Orientation
- 5th - New Start/New Student Professional Development
- 6th - Birthday Celebration
12 p.m. & 7 p.m.
New Student Professional Development
- 7th - Day Module Ends
New Student Professional Development
- 10th - New Day Module
- 13th - Eve Round Table-7 p.m.
- 14th - Day Round Table-1 p.m.
- 17th –Day Honors Rally-12 p.m.
- 20th –Student Picnic
- 27th -Eve Round Table- 7 p.m.
- 28th -Day Round Table-1 p.m.
- 31st –New Night Start

September

- 3rd - Eve Module Ends
Birthday Celebration
12 p.m. & 7 p.m.
- 7th– School Closed-Labor Day
- 8th - New Eve Module
- 10th - Eve Honors Rally-7 p.m.
Round Table– 7 p.m.
- 11th- Day Round Table-1 p.m.
- 14th - Day Module Ends
- 18th –No Classes
Faculty In-Service Day
- 24th - Day Honors Rally-12 p.m.
Round Table– 7 p.m.
- 25th –Day Round Table-1 p.m.
Graduation-6 p.m.

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
			New Start	Birthday Celebrations 12:00 - 7:00	Day Module Ends	8
	New Day Module			Round Table 7:00pm	Round Table 1:00pm	15
	Day Honors 12:00					22
				Round Table 7:00pm	Round Table 1:00pm	29
						30
						31

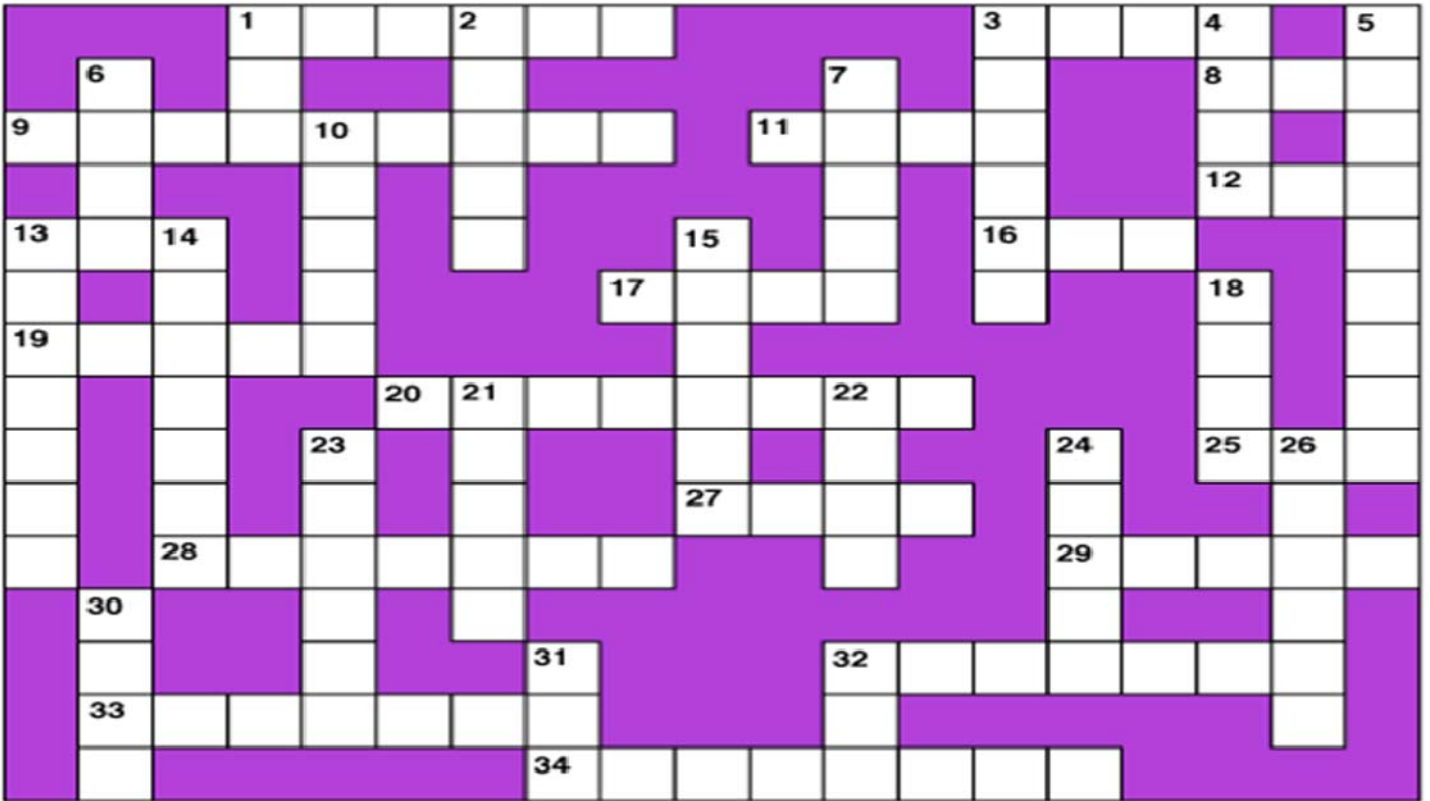


September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	End of Module Evening		5
				Birthday Celebrations 12:00 and 7:00pm		12
	School Closed Labor Day	New Evening Module		Honors Evening 7:00pm	Round Table 1:00pm	19
	End of Module - Day	New Day Module		Round Table 7:00pm	No Classes Faculty Inservice Day	26
				Honors Day	Round Table 1:00pm	33
				Round Table 7:00pm	Graduation 6:00pm	40
						47
						54



SUMMER CROSSWORD



ACROSS

- 1. Light rain
- 3. String _____
- 8. Single
- 9. Jumping & hopping game
- 11. Summer month
- 12. Have lunch
- 13. Very warm
- 16. City home for wild animals
- 17. Summer month
- 19. Sandy spot
- 20. Water sport
- 25. Used to pave roads
- 27. Relax

- 28. Step back
- 29. Very humid weather
- 32. Warm weather foot wear
- 33. _____ storm
- 34. Thrilling

- 10. Capture
- 13. Leisure activities
- 14. Follows a car
- 15. June 21
- 18. Always do your _____
- 21. Pools are full of this
- 22. Birds home
- 23. Suntan _____
- 24. Hot & _____
- 26. Summer month
- 30. Better _____ than never
- 31. _____ you sleeping?
- 32. Take a seat

DOWN

- 1. Short form of sister
- 2. Time piece
- 3. Cool wind
- 4. Musical symbol
- 5. Summer month
- 6. Go it alone
- 7. Weather word

Across

1. Shower

3. Bean

8. One

9. Hopscotch

11. June

19. Beach

17. July

16. Zoo

13. Hot

12. Eat

Down

1. Sis

2. Watch

3. Breeze

4. Note

5. September

14. Trailer

13. Hobbies

10. Catch

7. Sunny

6. Solo