

# KTI CHRONICLES

Where Students Are First™

Volume 4 Issue 3

March 2009

## Inside this issue:

<i>Pacific Institute</i>	2
<i>Student of the Month</i>	2
<i>Honors Awarded</i>	3
<i>Placement &amp; Externships Corner</i>	3
<i>Scholarship Opportunity</i>	4
<i>The Community Service Committee</i>	5
<i>Faculty Spotlight</i>	5
<i>Study, Stress, and Lifestyle</i>	6
<i>Let Music Help you Through School</i>	7
<i>Recipe of the Month</i>	7
<i>Ask the Computer Expert</i>	8
<i>Birthday Watch</i>	8
<i>Calendar of Events</i>	9

## Graduation: We Made It!

By David Drumm, Director of Student Services



From L to R: Dawn Zimmerman, Karen Goede, State Representative Ron Marsico, Mr. David Snyder, & Mr. David Drumm

“We made it!” This was the cheer from 72 graduates at Keystone Technical Institute’s 62<sup>nd</sup> graduation ceremony held at the Four Points Sheraton on February 6, 2009. 575 guests, State Representative Ron Marsico, and State Representative Sue Helm joined in on the celebration.

Excitement filled the room as graduates put on their caps and gowns. In a few moments, they would partake in a rite of passage signifying the successful completion of hard work. With a degree in hand, a future of endless possibilities awaits.

Mr. David Snyder, President of Keystone Technical Institute and Mr. David Drumm, Director of Student Services, opened the ceremony. Following Mr. Snyder and Mr. Drumm were Dawn Zimmerman, salutatorian, and Karen Goede, valedictorian. The graduates sat in awe as State Representative Ron Marsico delivered the keynote speech.

The “We made it!” mentality built as the ceremony transitioned into the issuance of program degrees and diplomas. Each graduate had his or her moment, walking up to receive a degree or diploma from

Mr. Snyder and a congratulatory hand shake from State Representative Ron Marsico. With degrees and diplomas in hand, Mr. Snyder conferred the academic awards upon the graduate class. It was finally official and “We made it!” echoed again throughout the room.

Tim Weir of *Weir Photography* captured every moment of the ceremony for graduates to cherish for many years to come. Thank you to all the students who helped out with ushering and the *Kiss the Donkey* campaign.

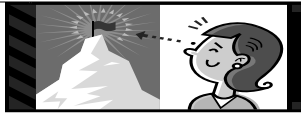


James Barber  
Presidential Award Recipient



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## The Pacific Institute, Unit 21: Rites of Passage

By Lou Tice & Dr. Joe Pace, *Thought Patterns for a Successful Career*

### Reflective Questions

Who are two positive wizards in my life? How have those individuals influenced me?



Have I ever experienced a negative wizard? What impact did that person have on my life?



In what ways do I limit myself because I have listened to others tell me what was wrong with me?



What are examples of rite of passage situations in my life?



Throughout your lifetime, you will experience many rites of passage, such as a wedding ceremony or graduation ceremony. A rite of passage is a ritual that marks a change in a person's social status. An authoritative figure, such as a president, priest, or chancellor, is granted power to be the agent overseeing this change. The special occasion is marked by a vow, or one-time affirmation, which causes you to act differently. A one-time affirmation made with great emotion can change you forever.

L. Frank Baum's novel, *The Wizard of Oz*, provides a

**A Vow: One statement of fact, made with tremendous emotion, can change you forever.**

great example in showcasing the power of a one-time affirmation. On her journey to the Emerald City, Dorothy meets a Scarecrow who desires a brain, a Tin Man who desires a heart, and a Cowardly Lion who desires courage. The Scarecrow, Tin Man, and Cowardly Lion join Dorothy on her quest to find the Wizard of Oz in hopes of acquiring these traits. The Wizard of Oz, a supposedly powerful authoritative figure, uses a one-time affirmation declaring that the Scarecrow has brains, Tin Man has heart, and Cowardly Lion has courage. These traits were always present, but it took this statement of fact to change the behavior and mind set of the characters.

Like the Scarecrow, Tin Man, and Cowardly Lion, you already have these traits inside of you. The trick is for you to actually believe in yourself and your abilities without the need of a third party affirmation. You will come across many "negative wizards" in your life. Do not listen to the negative affirmations of these pessimistic people. Doing so will only hinder your ability to achieve your goals.

Do you ever get a song stuck in your head? Remember the song from *The Wizard of Oz*? Instead of singing "I'm off to see the wizard," rephrase the song to say "I'm off to be the wizard, the wonderful Wizard of Oz. I'm off to be the wizard because of the wonderful things I do."

## Profile In Success: March Student of the Month



March's Student of the Month is Kevin Lincourt. He came to KTI in May 2008 and enrolled in the Culinary Arts Specialist program.

Kevin grew up in West Fairview, PA. He attended East Pennsboro High School in Enola. Prior to enrolling in KTI, he served as a volunteer firefighter for over 30 years.

With no prior working experience in the food industry, Kevin's passion for cooking brought him to KTI. According to Kevin, "I wanted to become a chef, prepare complex entrées in a professional setting, and allow others to enjoy my creations."

Over the course of his studies, faculty members have seen him grow into an excellent student. He has also noticed the change within himself and regularly helps others in accounting and restaurant design. He contributes his success to the excellent education facilitated by well

trained chefs at KTI.

In the future, Kevin aspires to be a Sous Chef. He enjoys preparing meat dishes. A pork tenderloin glazed with honey mustard sauce and sage is his specialty. He recommends serving this entrée with garlic potatoes.

Kevin currently resides in Wormleysburg, PA with his wife and eleven year old daughter. He continues to serve as a firefighter volunteer while completing his program.

# Honors Awarded

Honors were awarded to the following students for the Day Module ending February 5, 2009:

Kayla Frazier  
*Outstanding Attendance*

Aaron Folk  
*Distinguished Honors*  
*Perfect Attendance*

Nicole Minium  
*Perfect Attendance*

David Ginther  
*Distinguished Honors*  
*Perfect Attendance*

Marcela Kurtz-Acosta  
*Outstanding Attendance*

Sean Duncan  
*Honors*  
*Outstanding Attendance*

Tashayanna Spruill  
*Outstanding Attendance*

Angelica Faller  
*Distinguished Honors*  
*Outstanding Attendance*

Karen Krogler  
*Distinguished Honors*  
*Perfect Attendance*

Chris Anderson  
*Distinguished Honors*  
*Outstanding Attendance*

Jennifer Casey  
*Distinguished Honors*  
*Outstanding Attendance*

Courtney Caudill  
*Distinguished Honors*  
*Perfect Attendance*

Nicole Fink  
*Distinguished Honors*  
*Outstanding Attendance*

Melissa McCaffery  
*Distinguished Honors*  
*Outstanding Attendance*

Elizabeth Packer  
*Outstanding Attendance*

Erin Arlotta  
*Honors*  
*Outstanding Attendance*

Prashant Chahwala  
*Honors*  
*Outstanding Attendance*

Connie Cornman  
*Outstanding Attendance*

Jill DeBellis  
*Outstanding Attendance*

Deanna Heath  
*Perfect Attendance*

Amanda Kocher  
*Outstanding Attendance*

Brenda Maynard  
*Honors*  
*Outstanding Attendance*

Leigh Miller  
*Honors*  
*Outstanding Attendance*

Lindsay Sabo  
*Outstanding Attendance*

Andrea Shank  
*Outstanding Attendance*

Tricia Zimmerman  
*Outstanding Attendance*

Lauriette Dunston  
*Distinguished Honors*  
*Outstanding Attendance*

Congratulations and keep up the fabulous work!

## Placement and Externship Corner

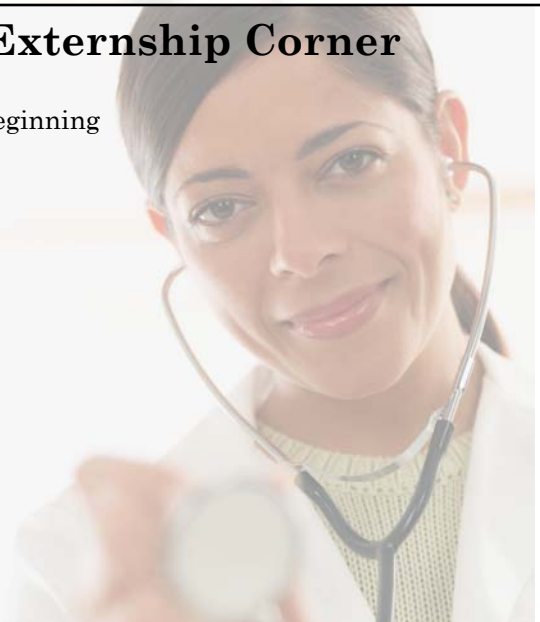
The following students are beginning their externships:

Jessie Gould  
Medical Assistant Specialist

Dominique Craig-Evans  
Medical Assistant Specialist

Amanda Martin  
Medical Assistant Specialist

Letitia Brooks  
Medical Assistant Specialist



**EXECUTIVE WOMEN INTERNATIONAL®**  
**The Leading Connection for Business Professionals**

**Harrisburg Chapter**

**2009 ASIST Scholarship Applications**

**NOW BEING ACCEPTED**

**SUBMISSION DEADLINE**

**APRIL 1, 2009**

**ASIST SCHOLARSHIP**

Executive Women International's (EWI) Harrisburg Chapter is pleased to announce the 2009 Adult Students in Scholastic Transition Scholarship Program (ASIST). The ASIST scholarship award program is part of EWI's International Business Career Development Scholarship Program. The Harrisburg Chapter awards two \$2,000 scholarships in honor of Delores Cackovic Kolakowski, a chapter representative, and Carole A. Taylor, the chapter's chartering president. To qualify, an applicant must:

- \* Live or attend school in the Harrisburg, PA area.
- \* Be a "non-traditional" adult student at a transitional point in his or her life.
- \* Exhibit a positive direction in his or her career path while overcoming challenges in pursuit of personal goals.

Scholarship funds are raised through various chapter fundraisers throughout the year. They are also supplemented by the financial support of member firms, representatives, and other solicited sponsors throughout Cumberland, Dauphin, Lancaster, Lebanon, Perry, and York. Two award recipients will be selected this year and will receive a scholarship award of \$2,000. Scholarship awards are distributed directly to the educational provider on behalf of the award recipient.

Download the ASIST Scholarship Application at **[www.ewiharrisburg.org](http://www.ewiharrisburg.org)**. Please see Tracy Stewart in the Business Office if you need assistance in completing the application. **Deadline to submit your application is April 1, 2009.**

Submit completed applications to:

Nancy Varricchio  
Harrisburg, PA Chapter  
207 Senate Ave.  
Camp Hill, PA 17011



## The Community Service Committee: *Kiss the Donkey & Wheels for Wheels*

By Cheryl Scott, Medical Assistant Specialist

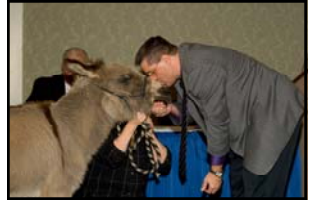


From L to R: Eeyore & Chef Stiffler

faculty members and administrative team members were chosen as candidates to participate in the *Kiss the Donkey* campaign. Collection jars were placed in the Student Activities Center. The jar with the most money would decide the fate of who would kiss the donkey on graduation day. As a bonus, whoever had the most money in their

raised \$267.

A second fundraising campaign, *Wheels for Wheels*, was hosted on February 22, 2009 at the Wheelz of Fire skating rink in Harrisburg. Joshua and his family attended the skating party and met KTI students dedicated to helping his cause. Another \$267 was raised during this event.



The Community Service Committee extends a huge thank you to the KTI student body for donating to this worthy cause.



The Community Service Committee dedicated a lot of time and effort to raising funds for Joshua, a thirteen year old boy suffering from cerebral palsy and in need of a new wheelchair. Joshua is the nephew of committee member, Greg Marotto. Unable to purchase a new wheelchair with health insurance, Joshua needed to find other methods of funding to raise \$3500.

jar had the opportunity to select another faculty member or administrative team member to kiss the donkey.

On graduation day, Chef Stiffler was selected to kiss the donkey. Chef



Stiffler had a secret pact with Mr. Snyder. If he chose

Dennis Fields, KTI's Bursar, as his companion to kiss the donkey, then Mr. Snyder would also do the same. The *Kiss the Donkey* campaign

The committee pursued its first fundraising campaign. From January 9, 2009 through February 6, 2009, ten

### 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 April issue, please give your submissions to Christine Papandrea in the Business Office or email them to [cpapandrea@kti.edu](mailto:cpapandrea@kti.edu). **Submission deadline is March 20, 2009.**

## Faculty Spotlight: Sharon Lloyd, Day General Education Instructor



Sharon Lloyd came to KTI in December 2008. She has met incredible students at KTI who motivate her to become the best instructor that she can be.

Originally from Germany, Sharon lived in several places before settling down in Lebanon County. The opportunity to experience different cultures at an early age contributed to her love of travel. To date, she has traveled to France, Italy, Rome, Spain, and, of

course, Germany.

Sharon was involved with yearbook and the school newspaper during her time at Annville-Cleona School District. After high school, she enrolled at HACC's Lebanon campus where she began to appreciate her instructors who took the time to care about their students. She was encouraged to write and had a poem published in *The Wildwood Journal*. Her passion for writing resulted in a transfer to Millersville University where she earned her B.A. in English with a minor in Journalism.

In her attempts to become a professional writer, several stories were sold to local newspapers. However, she decided to go back to school to become a teacher. Upon the successful completion of Penn State's Teacher Certification program, she taught English at a local high school. Sharon currently lives in Dauphin County with her husband, Noel, and three cats. During her spare time, you can find her at a Hershey Bears game, strolling through Hershey Park, visiting local museums, or watching musicals.

## Study, Stress, and Lifestyle: Can I Have a Life and Still Get Decent Grades?

By Christy Cael, ABMP Education Program Manager, *Knead to Know*

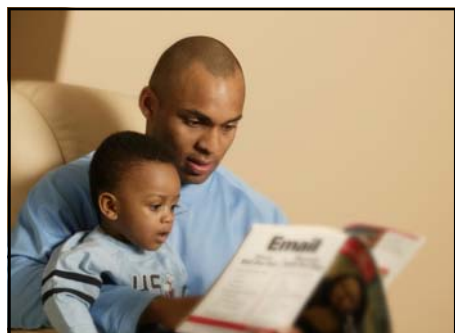
Pursuing your education while balancing work and home life can be a real challenge. Whether you're just starting school or already in the thick of things, now is a good time to develop healthy strategies.

### Recruit Support

A crucial ingredient to your success in school and the transition to a new profession is support from your friends and family. Start with a conversation about why you are going to school, what it means to you, and how it will affect your life. This adventure will impact their lives and it is important to hear their thoughts and feelings about your new endeavor. Real concerns that your loved ones may have include: division of your attention, their own increased responsibility at home, and less time together.

Now it's time to strategize. Make a plan for managing your resources, completing daily chores, and reconnecting with friends and family. Create a master plan that includes school, work, home life, and fun. Set regular times to connect with people in your life who understand your purpose and are invested in your success. Regularly remind them that they—and their contributions and sacrifices—are important in your life and worthy of your attention.

Unforeseen events will come up and conflicts will arise. A particular school subject may require more study time than anticipated. Your work schedule might change, creating conflicts with chores, childcare, or prearranged activities. Be flexible. Negotiate new solutions. Agree to have regular meetings to address issues, re-evaluate your master plan, and prevent negative feelings from escalating. Scheduling time for conversation may also prevent you from being blindsided



right before a big exam or at the end of a long day.

### Get Organized

A calendar or planner that consolidates all of your plans (for home, school, and work) is an essential tool for organizing your life. Whether you prefer a paper or electronic planner, choose one that can hold all of the information you need, but is still portable. Keep your calendar with you at all times, so it's available if you add an assignment, change a study date, or cancel a meeting.

Update your calendar on a daily basis. There is a lot to keep track of in school; writing it down frees your mind to attend to other things. Remember to schedule time for self-care, fun, and connection with your friends and family. Synchronize calendars with your support people. Regular communication about the upcoming week or month can identify potential conflicts and help you strategize.

### Affirm Yourself and Your Goals

Set positive goals for yourself to help identify what is important and establish your intention. Ideally, goals are realistic, measurable, specific, and time-bound. You must believe that you can accomplish your goal, understand when it has been achieved, and set a deadline to help you stay motivated. Set smaller goals that help you accomplish your larger ones. For example, "I will study for 30 minutes after dinner every weekday" will help you accomplish your larger goal of "I will finish the quarter with at least a B average."

Examples of clear goals include:

- "I will be prepared by reading the chapters before we meet for class."
- "I will get eight hours of sleep and have breakfast so I am attentive and clearheaded."
- "I will complete my anatomy homework on Fridays so I can spend time with my family on the weekends."

Once you've set your goals, affirm your commitment to them. Negative self-talk ("I'll never understand this mate-

rial") can sabotage your efforts and propagate low self-esteem ("I am stupid"). Recognize this pattern in yourself and develop methods for arresting the process. Positive affirmations ("I am willing and able to learn new ideas and skills") can reverse the downward spiral.

Increase the potency of your affirmations by saying them out loud or writing them down. This makes your statements more concrete and creates accountability for your thoughts and feelings. Reevaluate your affirmations as you accomplish greater goals. Achievements will redefine your perception of possibility. What you think is possible today may be very different from what you imagined a month or year ago.

### Pursue Self-Nurturing

Nurturing yourself helps maintain your energy and enthusiasm as you juggle added responsibilities and demands. Begin by identifying your core characteristics. Different personalities recharge their batteries in specific ways. Some need alone time, while others reenergize by interacting with others. Some connect with nature. Tools such as a Myers-Briggs personality test can help identify how you interact with the world and how to best nurture yourself. Make a list of activities (like exercise, exploring new places, listening to music, meeting new people, playing with pets, reading, socializing) that replenish your personal resources. Regularly engage in and dedicate time for these activities.

Identify nurturing activities that take varying amounts of time or resources. Short, inexpensive activities should be pursued throughout the week; longer, more resource-heavy activities may be special occasion events. Pursuing these will help ensure your longevity in the process of school and life transitions, so go ahead and write them in your calendar. In pen!


It is possible to have a life while succeeding as a student. Support, organization, affirmation, and nurturing are all key elements to balancing your school, work, and home life. Revisit your purpose in making this life transition and be on the lookout for useful tools and mentors along the way. You don't have to go it alone.


## Let Music Help You Through School


By Christy Cael, ABMP Education Program Manager, *Knead to Know*


Evidence suggests that listening to music trains the brain to organize incoming information. This skill may be applied to processing new information and facts, which can be particularly helpful during school. Music may both create context for new information, helping with memory recall, and affect moods.


Try the following tips to let music help you while you study:

 Allow music to create an attitude adjustment when you need a change of mood.

 Listen to fast tempo selections before study sessions to stimulate the mind.

 Listen to slower, calmer music to ease test anxiety or stress.

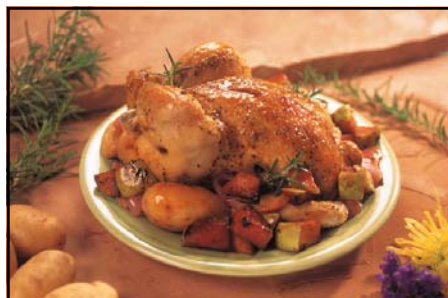
 Train your brain by listening to complex compositions, such as classical or baroque pieces.

 Use background music to set the stage for remembering.



## Recipe of the Month: Roast Chicken (A La Chef)

By Chef Stiffler, Culinary Arts Instructor



### INGREDIENTS

1 large roasting chicken  
(rinsed/dried)  
1/2 cup salad oil  
1 tsp. liquid smoke  
1 tbsp. vinegar  
Garlic Cloves  
1 Onion  
Favorite seasonings & spices (salt,  
pepper, onion powder, garlic  
powder, mesquite, etc.)

### PREPARATION

Preheat oven to 350°. Mix salad oil, liquid smoke, and vinegar. Rub mixture on the outside and underneath the skin of the chicken.

Next, use your favorite seasonings and spices to make a dry rub. Rub mixture on the outside and underneath the skin of the chicken.

Place several cloves of garlic and quartered onion inside the chicken. Roast, uncovered, for 1 1/2 hours or until done (165°-180°F). Baste several times while roasting.

Serve with your favorite side dish, such as roasted vegetables.

# Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

The hard disk drive in my system is getting full. Windows Explorer is telling me that I only have a few gigabytes of space left. What can I do to gain more disk space?

### Spaced Out

Dear "Spaced Out":

With computers being used for more multimedia purposes, disk drive space can certainly become an issue. We will explore a couple of options that are available.

The first thing you want to take a look at is the files and programs that are taking up space on the drive. This takes a little bit of time and self reflection. Examine what is taking up space and decide if you really need it. Then reexamine the situation. If there are programs or files that you have not used in several years, keep in mind that they are taking up space. Ask yourself, "Do I REALLY need this?"

In the case of data (music, pictures, and various documents that you create), you can always burn them to a CD or DVD and store them safely. In the case of programs, you are faced with uninstalling them to open up space on the drive.

The next consideration is adding a second hard disk drive to your system. A quick internet search will point out the various drive manufacturers and models available. We will take a look at two options here—an internal disk drive and an external disk drive. Of the two, an internal disk drive will give you slightly better performance and speed, but will require you to open up the machine for installation. The overall steps involved vary from machine to machine, but involve the same basic steps:

1. Mount the drive and secure it to the chassis of the machine.
2. Connect the drive interface and power cables.

While it is not that difficult to add a drive in this fashion, if you are not comfortable with the insides of a PC,

you should have a technician take care of this for you.

A quicker option is to purchase an external hard disk drive that plugs into a Universal Serial Bus (USB) connector on your system. These drives plug in like a Flash Drive or Digital Camera connector. Since external hard disk drives are larger devices, they usually come with their own power supply. Installation is very simple. Plug the drive in and Windows XP or Vista will detect it. The operating system will recognize the device just like any other hard drive and will allow you to copy or save new files. External hard drives are a fast, economical way to increase disk space.



## Birthday Watch

The following students are celebrating March Birthdays:

Jennifer Dherit  
March 1<sup>st</sup>

Kollene Saenz  
March 2<sup>nd</sup>

Angela Lippold  
March 5<sup>th</sup>

Melissa McCaffery  
March 9<sup>th</sup>

Tashayanna Spruill  
March 10<sup>th</sup>

Anji Baldwin  
March 11<sup>th</sup>

Stephanie Maisonet  
March 12<sup>th</sup>

Jessica Walters  
March 13<sup>th</sup>

James Layton  
March 18<sup>th</sup>

Rocklyn Spriggs  
March 29<sup>th</sup>

Melinda Whire  
March 29<sup>th</sup>

Tasha Brady  
March 30<sup>th</sup>

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

**CALENDAR OF EVENTS**

**March**

- 5th - Birthday Celebration  
12 p.m. & 7 p.m.
- 10th - Day Orientation
- 11th - Day Start
- 12th - Eve Round Table  
7 p.m.
- 13th - End of Day Module  
Day Round Table  
1 p.m.
- 14th - Scholarship Testing
- 16th - New Day Module
- 25th - Night Start
- 26th - Eve Round Table  
7 p.m.  
Day Honors Rally  
12 p.m.
- 27th - Day Round Table  
1 p.m.

**April**

- 2nd - Birthday Celebration  
12 p.m. & 7 p.m.
- 9th - Dress Down Day  
Eve Round Table  
7 p.m.
- 10th - No Classes/School Closed
- 20th - End of Day Module
- 21st - End of Eve Module  
New Day Module
- 23rd - Eve Round Table  
7 p.m.
- 24th - Day Round Table  
1 p.m.
- 30th - Day Honors Rally  
12 p.m.  
Eve Honors Rally  
7 p.m.

# March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 	6	7
8	9	10 DAY ORIENTATION	11 DAY START	12 EVE	13 DAY	14 
15	16 	17	18	19	20	21
22	23	24	25 NIGHT START	26 EVE	27 DAY	28
29	30	31				

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4
5	6	7	8	9 EVE	10 NO CLASSES SCHOOL CLOSED	11
12	13	14	15	16	17	18
19	20 END - DAY MODULE	21 END - EVE MODULE	22	23 EVE	24 DAY	25
26	27	28	29	30 