

# KTI CHRONICLES

Where Students Are First™

Volume 4 Issue 9

October 2009

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## KTI's 63rd Commencement Ceremony

By Russell Bedell, Director of Public Relations



*Students eagerly await their graduation*

"I love my line of work, and I have a career that keeps me busy helping people. I have KTI to thank for that!" proclaimed Kendra Trout, and the 81 KTI graduates gathered at the Four Points Sheraton in Harrisburg on Friday, September 25, 2009, nodded their heads in agreement. Selected as Valedictorian, Ms. Trout warmly addressed her fellow graduates and a packed room of friends, family, and KTI faculty and staff during the 63<sup>rd</sup> Keystone Technical Institute Commencement Ceremony.

A proud graduate of the Dental Assistant program, Ms. Trout spoke gratefully of the help she received on her academic journey. "I know everybody sitting here waiting to receive their degrees tonight appreciates the support of their families, friends, classmates, and teachers here at KTI. I know I do."

The evening began under the stewardship of David Drumm,

the Master of Ceremonies and KTI's Director of Student Services. After being welcomed by the President of Keystone Technical Institute, David Snyder, the crowd was treated to an amusing speech by Salutatorian David Ginther, who graduated as a Culinary Arts Specialist. "If you needed something or someone to talk to, the door was always open. No one was ever in their office, but the door was always open," joked Mr. Ginther before giving a heartfelt thanks to "the staff that looks out for and cares for their students."

Just when it seemed that being named David was a prerequisite for speaking at the ceremony, Ms. Trout followed Mr. Ginther before turning the microphone over to the night's Keynote Speaker, State Senator Jeffrey E. Piccola of Pennsylvania's 15th Senatorial District.

"You should collectively and

individually be proud of what you have all accomplished, and today is truly a day for pride and for celebration," declared Senator Piccola. Later in his inspirational speech, he called for the new graduates to "make a commitment to lifelong learning."

When Senator Piccola finished his address, he joined Mr. Snyder at the front of the stage to bestow the degrees and diplomas to the new graduates along with congratulatory handshakes. Mr. Snyder concluded the evening by presenting the Presidential Award to Gregory Marotto, a newly-graduated Professional Massage Therapy Specialist.

**Congratulations to the 63<sup>rd</sup> graduating class of KTI!**



*Kendra Trout gives her Valedictorian speech*



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## Profile in Success: October Student of the Month

### Affirmations For Success

*Success and achievement are natural outcomes for me.*



*I am an intelligent person and I enjoy learning in the classroom.*



*I am grateful for all the wonderful things I already have in my life and those that are yet to come.*



*I am the example of success and triumph.*



October's student of the month is Lan Mai! She is currently a Medical Assistant Specialist student

here at KTI.

Lan was born and raised in Vietnam. When she moved to the United States with her brother, she worked various labor jobs. After her previous employer of eleven years closed, she decided to go back to school in order to prepare for the future.

Lan wasn't sure at first what she wanted to study. Since she knew she wanted to work with people, she

eventually chose to learn more about the exciting world of Medical Assisting.

Her main goal is to graduate with her degree and obtain a Medical Assistant position where she can truly help people.

Looking back on her experience, Lan is happy that she chose to come to KTI. She feels as though the faculty and staff are always available to help—even if it means staying after hours to help her study.

Lan currently lives in Carlisle. In her spare time, she enjoys cooking and going on va

Cong!



### 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 November 2009 issue, please give your submissions to Kristen Cahill, Career Placement/Externshi

## The Pacific Institute Unit Two: Belief is the Key

This unit of the Pacific Institute Training points out that we act in accordance with the truth as we believe it to be, not how it truly is. Our beliefs are what propel us forward, or hold us back. If we change our beliefs, we can change the way we run our lives.

Dr. Tice points out that in the days of Columbus, people thought the world was flat. As a result of

that belief, they'd only sail out so far, because they were afraid they would fall off the edge. Some of us do that same thing. We are afraid that if we go any further, something awful will happen.

We need to be more skeptical of the information and opinions we receive. We need to be careful of what we say to ourselves. If we aren't, we could start believing "truths" that will

keep us from our goals. If we become conditioned to this negative information we don't see our real potential. We block out the true reality. This blocking is called a scotoma, which is Greek for 'blind spot'. We don't see that we are smart enough and good enough.

We need to get past the scotomas. When we do, we can set goals and aspirations far beyond our p:  
n  
"1



## Faculty Spotlight: Gina

Personal Fitness Trainer



Gina Romeo was born in Kingston, NY where she graduated from Kingston High School. She attended Ulster County Community College in Stone Ridge, NY to receive her A.S. in Individual Studies. Many experiences

here, such as an internship coaching a track and field team, working at the college in the fitness facility, and competing at the national level in cross country all made her want to continue her studies to pursue a career in Exercise Science.

Gina then transferred to East Stroudsburg University in East Stroudsburg, Pa to graduate Summa Cum Laude with her B.S. in Exercise Physiology. While completing this, she earned the following credentials from the National Strength & Conditioning Association (NSCA): Certified Personal Trainer and Certified Strength & Conditioning Specialist. At the same time, she worked as a personal trainer at a local YMCA designing and leading exercise programs for the general population. She has also worked at multi-sports training centers working with a variety of athletes.

Wanting to be able to work with all populations, Gina completed her M.S. in Clinical Exercise Physiology at East Stroudsburg University. This program allowed her to travel to

Some clinical experiences she got to take part in are as follows: Diagnostic Stress Testing (Basic, Pharmacologic, and Nuclear), Exercise Programming and Leadership for Special Populations/Geriatrics, Cardiac and Pulmonary Rehabilitation, Electrocardiogram Interpretation, Submaximal and Maximal VO2Max Testing, Diet Analysis, and Inpatient/Outpatient Exercise Prescriptions and Education.

Gina came to work at KTI in July 2009 to help others achieve their goal of becoming a personal trainer. Having gone through smaller schools herself, she recognizes the advantages that small schools have and was immediately attracted to the combination of classroom and "hands-on" portion of the program.

In her free time, she likes to spend time with family and friends. She likes to stay busy by pursuing various professional and personal goals. She currently is studying to take the American College of Sports Medicine's Clinical Exercise Specialist certification.



### 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 Kristen Cahill, 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

## The Optimist Creed

From [www.optimist.org](http://www.optimist.org)

### Promise Yourself:

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.



# Personal Fitness Department Spotlight



## Obesity in Our Country: Affecting Children?!

By: Gina Romeo, Personal Fitness Instructor

Over two thirds of our country is overweight. We hear that almost everyday, and most likely, disregard it. But think about it. That is almost 70% of our country! To get a visual of what that looks like, sit on a bench in a public place (a shopping mall is a great place to do this) and look at the people that pass you by. Out of every 10 people that walk past you, 6 or 7 of them will be overweight.

Out of the 70% that is overweight, approximately 30% are obese. Obesity has a strong association with chronic diseases such as coronary artery disease, high blood pressure, type II diabetes mellitus, and high blood cholesterol. These are all diseases one tends to associate with an older individual. Well, that is not the case anymore. These diseases can actually occur in a child! Obesity is the key here, not the age component.

How did obesity become such an epidemic in this country? Blame tends to be put on the advancements in technology. I once came across a statistic stating that children ages 8-18 years old spend approximately 40 hours per week watching television, playing video games, or being on the computer. Another unfortunate turn of events that may reflect obesity statistics is the fact that physical education classes and sports teams are typically the first things to go when schools need to cut their budget. Another commonly cited cause could be the rise of the fast-food industry. Have you ever watched the movie ‘Supersize Me’? If not, watch it. You may never eat fast food again.

But when you really stop and think about it, how are children supposed to understand how to ‘be healthy,’ if they do not have anyone there to explain it to them? After all, they are only children. They need a role model in their family members. By setting a good example of eating healthy and being physically active, not only will you better your own lifestyle, but you will also be providing your child with an important foundation for achieving his/her own healthy lifestyle.

So what can you do for your children (and yourself)?

- \* Encourage healthy eating habits.
  - Provide healthy snacks for them.
  - Make favorite dishes healthier with simple substitutions.
  - Have them help you cook.
  - Limit soda (I’m sure the dental assistant students will agree with me on this)! Encourage water.
- \* Help them stay active. Keep it fun! Keeping it fun will make it more likely they will adhere to the activity.

\*\*\*\*\*  
\*\*\*\*\*

## How to Set an Exercise Goal

By: Melanie Reynolds, Personal Fitness Student

Goal setting is very important in achieving optimal success. Many times vague goals are set such as “I want to lose 15 pounds.” Using the acronym “S.M.A.R.T.” to create a goal is very helpful because it will create a defined goal that gives

- **S: Specific**– Goals need to be precise and provide details.
- **M: Measurable**– You have to have way to measure.
- **A: Achievable**– Goals should be challenging but still realistic to what you are capable of achieving. This means understanding that losing 5 pounds in one week is not realistic (or safe), but losing 1-2 pounds a week is.
- **R: Reward**– Give yourself a reward along the way or when you reach your milestone of losing weight. Maybe buy yourself a new pair of sneakers you have been wanting.
- **T: Time-Oriented**– Define when you plan on accomplishing your goal.

An example goal using the “S.M.A.R.T.” acronym is: *“I want to lose 20 pounds. I plan on going to the gym 3-4 times a week and working out for 45 minutes. I am going to lose 2 pounds per week. When I lose 10 pounds, I am going to reward myself with a pedicure. I plan to reach my goal in 2 ½ months. If I don’t reach my goal in that timeframe, I will not get discouraged; instead, I will just make adjustments to that goal.”*



# Honors Awarded

Honors were awarded to the following students for the Evening Module ending September 3, 2009:

**Wanda Beckett**

Outstanding Attendance  
Honors

**Amanda Brahms**

Perfect Attendance  
Distinguished Honors

**James Broom**

Perfect Attendance  
Distinguished Honors

**Quyên Bui**

Perfect Attendance  
Distinguished Honors

**Dave Campbell**

Perfect Attendance  
Distinguished Honors

**Nicole Christino**

Outstanding Attendance  
Distinguished Honors

**Sherri Conn**

Outstanding Attendance  
Distinguished Honors

**Jessica Cooper**

Outstanding Attendance  
Distinguished Honors

**Anna Cramer**

Perfect Attendance  
Honors

**Triese Frederick**

Outstanding Attendance  
Distinguished Honors

**Brenda Hallman**

Perfect Attendance

Distinguished Honors

**Penny Hartman-Shutty**

Outstanding Attendance  
Distinguished Honors

**Rebecca Hegenbart**

Perfect Attendance  
Distinguished Honors

**Theresa Hunter**

Outstanding Attendance  
Honors

**Kristina Litz**

Outstanding Attendance  
Distinguished Honors

**Doreen McElroy**

Outstanding Attendance  
Distinguished Honors

**Jody Mecca**

Outstanding Attendance  
Distinguished Honors

**Terri Miller**

Perfect Attendance  
Distinguished Honors

**Debra Myers**

Perfect Attendance  
Distinguished Honors

**Michelle Myers**

Perfect Attendance

**Jackee Palm**

Outstanding Attendance  
Honors

**Summer Penn**

Outstanding Attendance  
Honors

**Jesse Reichert**

Perfect Attendance  
Distinguished Honors

**Joannie Resto**

Outstanding Attendance  
Distinguished Honors

**Krystelle Schramm**

Perfect Attendance  
Honors

**Jamie Slyman**

Outstanding Attendance  
Distinguished Honors

**Susan Smith**

Perfect Attendance

**Barbara St. Louis**

Outstanding Attendance

**Jessica Walters**

Outstanding Attendance  
Honors

**Amy Wise**

Perfect Attendance  
Distinguished Honors



**Congratulations and keep up the 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

# Honors Awarded

Honors were awarded to the following students for the Day Module ending September 14, 2009:

**Keenan Alexander**  
Outstanding Attendance

**Chris Anderson**  
Outstanding Attendance  
Distinguished Honors

**Ashley Anderson-Blyler**  
Outstanding Attendance

**Paul Antczak**  
Perfect Attendance

**Mark Baer**  
Outstanding Attendance

**Arlee Barnes**  
Outstanding Attendance  
Distinguished Honors

**Evelyn Bernal**  
Outstanding Attendance

**Courtney Caudill**  
Outstanding Attendance  
Distinguished Honors

**Vi Chung**  
Perfect Attendance  
Distinguished Honors

**Randy Cook**  
Outstanding Attendance  
Distinguished Honors

**Connie Cornman**  
Perfect Attendance  
Distinguished Honors

**Shelley Creager**  
Perfect Attendance  
Distinguished Honors

**Rebecca Curtis**  
Perfect Attendance  
Honors

**Willis Daniel**  
Outstanding Attendance

**Jill DeBellis**  
Outstanding Attendance  
Distinguished Honors

**Hannah Diaz**  
Outstanding Attendance

**Bentaneios Douglas**  
Outstanding Attendance  
Honors

**Lauriette Dunston**  
Outstanding Attendance  
Distinguished Honors

**Casey Ellenberger**  
Outstanding Attendance  
Distinguished Honors

**Angelica Faller**  
Outstanding Attendance  
Distinguished Honors

**Cynthia Farrar**  
Outstanding Attendance  
Distinguished Honors

**Susan Fisher**  
Perfect Attendance  
Distinguished Honors

**Alyssa Flaherty**  
Perfect Attendance

**Nicole Fink**  
Outstanding Attendance

Distinguished Honors

**Carol Gibble**  
Outstanding Attendance  
Distinguished Honors

**Lisa Halsey**  
Perfect Attendance  
Distinguished Honors

**Ashley Hartlieb**  
Outstanding Attendance  
Distinguished Honors

**Michael Hawk**  
Outstanding Attendance  
Distinguished Honors

**Jessica Heckenluber**  
Outstanding Attendance  
Honors

**Emily Hsueh**  
Perfect Attendance  
Distinguished Honors

**RaeAnn Jacobs**  
Outstanding Attendance  
Honors



**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

# Honors Awarded (cont.)

**Lisa Lincourt**

Perfect Attendance  
Distinguished Honors

**Shelby Lingle**

Outstanding Attendance  
Distinguished Honors

**Lan Mai**

Perfect Attendance

**Brandi Mateer**

Perfect Attendance

**Kathy McCrae**

Outstanding Attendance  
Honors

**Cathy McNemar**

Perfect Attendance  
Honors

**Shelly Mitchell**

Outstanding Attendance

**Sheri Moats**

Outstanding Attendance  
Honors

**Jennifer Noel**

Outstanding Attendance

**Cynthia Parmer**

Outstanding Attendance  
Distinguished Honors

**Terri Linn Peace**

Outstanding Attendance  
Distinguished Honors

**Aida Pronko**

Outstanding Attendance

**Cheyenne Reed**

Outstanding Attendance

Distinguished Honors

**Melody Rivera**

Outstanding Attendance  
Distinguished Honors

**Christopher Roberts**

Perfect Attendance  
Distinguished Honors

**Nina Rumbaugh**

Perfect Attendance  
Distinguished Honors

**Leah Sanger**

Outstanding Attendance  
Distinguished Honors

**Ruth Schlusser**

Outstanding Attendance  
Honors

**Robert Shaffer**

Outstanding Attendance

**Andrea Shank**

Outstanding Attendance  
Distinguished Honors

**Katherine Snyder**

Outstanding Attendance  
Honors

**Erica Smith**

Outstanding Attendance  
Honors

**Casey Soder**

Perfect Attendance  
Distinguished Honors

**Christine Stauffer**

Perfect Attendance  
Distinguished Honors

**Christina Wiles**

Outstanding Attendance

**Scott Zimmerman**

Outstanding Attendance  
Honors

**Congratulations and keep up the fabulous work!**


**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

# Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

A friend recently told me about something called a cookie. He said that websites put these cookies on my

computer to track where I go on the internet. Is he correct? Is this something I should be worried about?

Cookie Monster

Dear Monster,

Cookies are small text files that websites can use to maintain information about you while you are on their site. The main reason cookies exist is to make navigating a website easier and more convenient to the user. They can track pages visited, items chosen and put into an electronic shopping cart, the last time you logged into the site, and so on. It is important to note that

cookies are not programming code, and they cannot be used to run code to infect your computer with viruses or malware.

There are several classifications of cookies. The first classification is persistent vs. session cookies. Session cookies stay on your system for as long as you are visiting the website. As soon as you navigate away from the site, the cookie is removed (expires). Persistent cookies are written to a small file on your hard drive, and remain on the drive until they expire, or are removed by the user. If you've ever returned to a website and had it remember your shipping information, you have experienced what a persistent cookie does.

The other aspect of cookies is first party vs. third party cookies. First party cookies are placed on your system by the website you are visiting, while third party cookies are placed on your system by sites affiliated with the site you are visiting. Confusing? Think of it in these terms; lots of sites have advertising banners on them. The ad sites are the ones that put third party cookies on systems.

Most security consultants have mixed

emotions about cookies. For the most part, they are harmless files that make browsing the web easier. On the other hand, some, including your friend, worry that they are used to track where we go on the web. This is not a reason to disable cookies, or prevent websites from putting them on your PC. In fact, many websites will not function properly if a user has cookies disabled.

The better thing to do with cookies is to periodically remove them. This can be done in your web browser. For example, in Internet Explorer 7 and 8, access the "Tools" menu, choose "Internet Options", and then the "General" tab. Click "Delete..." and make sure the "Cookies" check box is checked. Click "Delete" and cookies are removed from your system. Firefox removes cookies in the same manner; Go to the "tools"



## Birthday Watch

The following students are celebrating October Birthdays:

Nicole Christino – October 1st

Nicole Fink – October 4th

Kerlyne Morquette – October 5th

Nicole Winters – October 6th

Angelica Faller – October 8th

Terri Linn Peace – October 8th

Sheri Moats – October 9th

Kim Lingle – October 12th

Shane Campfield – October 15th

Hollie Johnston – October 16th

Kateleigh Urso – October 19th

Ashley Nelson – October 22nd

Cristina Wiles – October 22nd

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

## Placement & Externship Corner

By: Kristen Cahill, Career Placement/Externship Coordinator

### Students Beginning Externship:

**Jill Debellis**

*Medical Assistant Specialist*

**Lauriette Dunston**

*Culinary Arts Specialist*

**Nicole Fink**

*Dental Assistant Specialist*

**Brenda Hallman**

*Medical Assistant*

**RaeAnn Jacobs**

*Dental Assistant*

**Hollie Johnston**

*Dental Assistant*

**Shelby Lingle**

*Dental Assistant Specialist*

**Terri Miller**

*Culinary Arts Specialist*

**Raquel Ramos**

*Paralegal Specialist*

**Kateleigh Urso**

*Dental Assistant Specialist*

### Recent Graduates Obtaining

#### Employment:

**Lauran Brown– Medical**

*Blue Mountain Family Practice*

**Audrey Rowe– EFDA**

*West Shore Family Dentistry*

**Silvia Santana– EFDA**

*Uptown Family Dentistry*

**Tricia Zimmerman– Medical**

*Women First OB/GYN*

# *Congratulations!*

## Recipe of the Month: Paglia e Fieno (Italian for ‘Straw and Hay’)



8oz of dried fettuccine noodles  
 8oz of dried spinach fettuccine noodles  
 4 oz of diced boiled ham  
 4 oz of fresh or frozen sweet peas  
 2 tablespoons of finely diced onion  
 1 teaspoon of minced garlic  
 1 tablespoon of olive oil  
 1 1/2 cups of light cream or 1/2 & 1/2  
 1/2 cup grated parmesan

Serves 4-6

#### PREPARATION:

1. Cook pasta noodles in rapidly boiling salted water until al dente, shock with cold water and hold.
2. In the same pot preheat olive oil and sauté the onion until transparent and soft. Add garlic and cook briefly.
3. Add ham and peas and cook for 1 to 2 minutes. Add cream and bring to a simmer. Add noodles back into the mixture and toss until they are coated with the sauce and reheated.
4. Put the noodles into a bowl and add the grated cheese and seasonings. Toss until combined and serve.



# HALLOWEEN TRIVIA

- Halloween, referred to as All Hallows Eve, was originally a pagan holiday in which they honored the dead. It was celebrated on October 31 since this was the last day of the Celtic calendar. The celebration dates back some 2,000 years.
- The ancient Celts thought that spirits and ghosts wandered the streets on all Hallows Eve so they began wearing masks and costumes in order to not be recognized as human.
- The jack-o-lantern tradition comes from an old Irish folk tale about a man named Stingy Jack. It was said that he was unable to get into heaven and was turned away from the devil because of his tricky ways. So he set off to wander the world looking for a resting place. For light, Stingy Jack used a burning coal ember in a hollowed out turnip. When the Irish immigrated to the U.S. during the Great Potato Famine of 1845-1850, they found that turnips were not as readily available like they were in the homeland. So they started carving pumpkins as a replacement for their tradition.
- On Halloween, Irish peasants would beg the rich for food. For those that refused, they would play a practical joke. So, in an effort to avoid being tricked, the rich would hand out cookies, candy, and fruit - a practice that morphed into trick-or-treating today.
- Of all the candy sold annually, one quarter of it is sold during Halloween time making it the sweetest holiday of the year.
- The number one candy of choice for Halloween is Snickers.
- Halloween is the second most commercially successful holiday, beat out only by Christmas.
- Of the pumpkins marketed domestically, 99% of them are used as Jack-o-lanterns at Halloween
- The official Orange and Black colors of Halloween came from orange being associated with fall harvest and black symbolizing darkness and death.
- Growing big pumpkins is a big-time and serious hobby. Top prize money for the biggest giant pumpkin is as much as \$25,000 dollars at fall festivals. The current world record for giant pumpkins is 1446 pounds!



## CALENDAR OF EVENTS

### October

- 10/2:** Meet and Greet - 11AM
- 10/8:** Birthday Celebrations  
12 PM & 7 PM  
Eve Round Table - 7 PM
- 10/9:** Day Round Table - 1PM
- 10/14:** New Student Orientation
- 10/15:** New Student Orientation
- 10/16:** Pacific Institute - New Students
- 10/19:** Pacific Institute - New Students
- 10/20:** Pacific Institute - New Students  
End Day Module
- 10/21:** New Day Module
- 10/22:** Eve Round Table - 7 PM
- 10/23:** Day Round Table - 1 PM
- 10/28:** Day Honors - 12 PM
- 10/29:** Halloween Party  
12 PM & 7 PM

### November



- 11/2:** Evening Orientation
- 11/3:** New Evening Start
- 11/5:** Birthday Celebrations  
12 PM & 7 PM
- 11/11:** End of Evening Module
- 11/12:** New Evening Module  
Evening Round Table - 7 PM
- 11/13:** Day Round Table - 1 PM
- 11/19:** Evening Honors - 7 PM
- 11/25:** End of Day Module
- 11/26:** Thanksgiving - School Closed
- 11/27:** School Closed



# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Meet and Greet	3
4	5	6	7	8  Round Table 7 PM	9 Round Table 1 PM	10
11	12	13	14 New Student Orientation	15 New Student Orientation	16 Pacific Institute	17
18	19 Pacific Institute	20 Pacific Institute End Day Module	21 New Day Module	22 Round Table 7 PM	23 Round Table 1 PM	24
25	26	27	28 Day Honors 12 PM	29 	30	31

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Evening Orientation	3 New Evening Start	4	5 	6	7
8	9	10	11 End Evening Module	12 New Evening Mod Round Table 7 PM	13 Round Table 1 PM	14
15	16	17	18	19 Evening Honors 7 PM	20	21
22	23	24	25 End Day Module	26 	27 School Closed	28
29	30 New Day Module	31				