

KTI CHRONICLES

Where Students Are First™

Volume 4 Issue 8

September 2009

Inside this issue:

<i>Student of the Month</i>	2
<i>Pacific Institute</i>	2
<i>Faculty Spotlight</i>	3
<i>Faculty Spotlight</i>	3
<i>Massage Department Spotlight</i>	4
<i>Honors Awarded</i>	5
<i>Ask the Computer Expert</i>	6
<i>Birthday Watch</i>	6
<i>Placement & Externship Corner</i>	7
<i>Recipe of the Month</i>	7
<i>Calendar of Events</i>	8

Student Picnic

By Mr. Drumm, Director of Students Services



Students engaging in a friendly game of softball!

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

On August 20, 2009 Keystone Technical Institutes' students participated in the annual student picnic.

Even though the weather was on the gloomy side, the students decided to make the most of it.

Softball, basketball, tennis and volleyball games were played with relish until the food came.

Everyone at the picnic was busy playing something including card games!

For those that were not athletically inclined, the swings offered amusement.

As usual everyone was treated to a tremendous lunch prepared by our culinary students and instructors.

The menu consisted of BBQ pork, chicken breast, baked beans, corn on the cob, watermelon, brownies, and assorted cold salads.

Thank you again to everyone for their continued support to make the annual student picnic a success!



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Profile in Success: September Student of the Month

Affirmations For Success

I am very effective and efficient, especially under stressful conditions.



Taking tests is easy for me because I study and prepare well in advance..



I am calm, relaxed and clear-headed whenever I ask questions in class.



Giving presentations in class is fun and uplifting.



September's Student of the Month is Connie Cornman. She came to KTI in December 2008 and is

enrolled in the Medical Assistant Specialist program.

Born in Carlisle, PA, Connie grew up in Newville and currently resides in Lower Frankford Township. She graduated from Big Spring High School and has obtained an EMT certification.

Connie decided to further her education when the company that she worked at for 22 years closed its doors. She decided she

wanted something better for herself and her family.

Her genuine care for people developed her interest in the medical field. Her future goals and plans are to obtain an in-field position that she truly enjoys and to possibly further her education.

Connie contributes her success to her education, stating "I really feel that this was the best school for me. The teachers and staff really do care about the students; and so does Mr. Snyder!"

In her spare time, Connie enjoys riding motorcycles, playing volleyball, running, and being with her family, friends and husband of 25 years!

Congratulations Connie!

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 October 2009 issue, please give your submissions to Kristin Ergler, Career Placement/Externshi

The Pacific Institute Unit Three: Free-Flowing at a New Level

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

Our conscious mind gathers information and stores it in our subconscious.

It is then the job of our creative subconscious to maintain sanity by resolving conflicts between what are conscious is perceiving and what our subconscious stores.

Simply put, this means that if we have data

stored in our subconscious that we are a "C" student, and we get an "A", our creative subconscious will

then sabotages our success in order to maintain the reality in our subconscious that says we are a "C" student.

To prevent this from happening, we need to change what is in our subconscious. We do this by creating affirmations

that change what our subconscious believes the truth to be.

Once we do this, our creative subconscious will drive us towards those affirmations so that they become truth. We will create the world that will match what is in our mind. If we want life to be better, we need to change the world inside our minds.

"...we need to change the world inside our minds."

Faculty Spotlight:

Massage Therapy Instructor



Michelle Rostagno joined the KTI team on August 3rd, 2009. She joined the Massage Department as an Instructor so she could share her knowledge of the field! She welcomes

the opportunity to help mold great future Massage Therapists!

Originally from Bedford, PA, Michelle has lived in Harrisburg since 2005. She graduated from Bedford High School and continued her education at the University of Pittsburgh at Johnstown where she received a Bachelor of Science Degree in Electrical Engineering.

After graduating college, Michelle worked as an Engineer then moved to the medical field because she wanted something more personal and finally rested on Massage Therapy.

She has a National Certification and is also a Reiki Master/Teacher. In addition to teaching, Michelle has a small group of massage clients.

Michelle also owns a business with her husband called Tezmediar where they make and sell natural products such as soaps, lotions, sugar scrubs, soy candles, neck wraps and more!

Outside of work, Michelle likes to travel with her husband, especially to the beach! She watches a lot of sports including soccer, football and baseball, while rooting for Argentina's Velez, Italy's Lazio, the Steelers and the LA Angels! Her hobbies include anything crafty-making cards and jewelry and scrap-



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

Faculty Spotlight: Tara Barrett

Massage Therapy Instructor



Tara Barrett joined the KTI team in January 2008. She joined the Massage Department as an Instructor because she wanted to challenge herself and help students reach their goals.

Tara grew up in Mechanicsburg, PA and graduated from Mechanicsburg Area Senior High School. Throughout high school, Tara worked at a fitness center; working her way from the child care center to becoming a Manager over a five-year period. During that time she found her interest fitness and decided to go to

Massage Therapy School. She has a fascination on how the body functions and how bodywork can help improve ones' overall health.

Tara received a certification for Massage Therapy in 2003. She stayed in the fitness industry for ten years as a Personal Trainer, Pilates Instructor, Aerobics Instructor, Indoor Cycling Instructor and Senior Specialist.

She is also a Nationally Certified Therapeutic Massage and Bodyworker and has completed continuing education classes in Aromatherapy, Aviana Mindful Touch and Energy Medicine.

Along with her love of Massage Therapy, she has a love for education. She has two Associates of Arts in Business Administration and Business Management as well as two Bachelors of Science in Business Management and Marketing with minors in Global Marketing and Human Resource Management/



Massage Department Spotlight

Investing In Massage Therapy

Massage is a vital part of taking care of one’s self. Massage can boost immunity, help with structural serenity and, in most cases, reduce medical bills of minor or major illness. However, many people believe they can not afford a professional massage nor commit to it’s time requirement.

Let’s face it, it is human nature to desire a quick fix of everything in our daily lives. So, we can all agree that a quick fix of all body illnesses is what we most desire. Who really wants to spend an “X” amount of dollars for a massage when we can just visit our local drug store? What we fail to realize, is that by the time we finish paying for a month’s worth of drugs, we would have afforded an opportunity for one professional massage therapy.

The price of massage has remained pretty stable in recent years, as the cost of movies, meals out, sports events, and even pain-killers has risen. Now ask yourself, “Just which of these has the power to improve your health without long term side effects?” While corporate offices are in the profession of company business, professional massage therapy is in the business of people’s health. This means we see you as a person, rather the drug store sees you as a customer. In a drug store, there is no one who will give you free advice on a good drug to take of your troubles. Additionally, if one drug did not work, corporate looks forward to your next purchase and I am pretty sure you cannot return the merchandise once it is opened. A professional massage therapist is dedicated to you and your

We will try our customer satisfac-

Massage and Stress

personal needs. best to ensure tion ON THE

Massage Therapy is one of the many ways to deal with stress. Massage allows you to take time for yourself and focus on your needs for once. It relaxes the body and reduces the amount of stress hormones that allow the body to deal with stress. When you read over the benefits of massage, notice how much it helps with the signs of stress!

Benefits of Massage:

Physical-Relaxes the body, calms the nervous system, lowers blood pressure, reduces heart rate, slows respiration, loosens tight muscles, stretches connective tissue, reduces chronic pain, improves skin tone, increases blood and lymph flow, speeds to removal of metabolic waste, increase red blood cell count, relieves tired and aching muscles, stimulates the release of endorphins, improves muscle tone, relieves muscle cramps and muscle spasms, increases flexibility and range of motion, promotes deeper more effective breathing, speeds recovery from injuries and illnesses, strengthens immune system, reduces swelling, reduces scarring, improves posture, reduces tension headaches, increases tissue metabolism, and decreases muscular deterioration.

Mental-reduces mental stress, promotes better sleep, calms a bad temper, induces mental relaxation and improves concentration.

Emotional-reduces anxiety, enhances self-image, produces a feeling of well-being and promotes greater creative expression.

FIRST VISIT.



History of Massage Class

Bottom (R-L): Erica Mills, Erica Smith, Mrs. Rostagno, Nicole Santiago

Top (R-L): Becky Curtis, Alysa Flaherty, Jen Noel, Tim Weidenhof Jr.

Honors Awarded

Honors were awarded to the following students for the Day Module ending August 7, 2009:

Randy Cook

Outstanding Attendance

Lauriette Dunston

Perfect Attendance

Distinguished Honors

Sean Duncan

Outstanding Attendance

Distinguished Honors

Joseph Beasom

Outstanding Attendance

Honors

Stacy Drayton

Outstanding Attendance

Rebecca Kritzberger

Outstanding Attendance

Distinguished Honors

Jamie Goss

Outstanding Attendance

Distinguished Honors

Kerlyne Morquette

Outstanding Attendance

Distinguished Honors

Evelyn Bernal

Outstanding Attendance

Caitlin Jacobus

Outstanding Attendance

Distinguished Honors

Andrea Shank

Perfect Attendance

Distinguished Honors

Jill Debellis

Outstanding Attendance
Honors

Aida Pronko

Outstanding Attendance

Connie Cornman

Perfect Attendance

Distinguished Honors

Susan Fisher

Outstanding Attendance

Distinguished Honors

Sheri Moats

Outstanding Attendance

Ruth Schlusser

Outstanding Attendance

Ciera Dent

Outstanding Attendance

Distinguished Honors

Lan Mai

Perfect Attendance

Cynthia Parmer

Outstanding Attendance

Distinguished Honors

Kathy McCrae

Perfect Attendance

Honors

Carol Gibble

Outstanding Attendance

Distinguished Honors

Angelica Faller

Outstanding Attendance

Distinguished Honors

Kateleigh Urso

Outstanding Attendance

Honors

Nicole Fink

Perfect Attendance

Distinguished Honors

Chris Anderson

Outstanding Attendance

Distinguished Honors

Terri Peace

Outstanding Attendance

Distinguished Honors

Ashley Schwab

Outstanding Attendance

Distinguished Honors

Emily Hsueh

Perfect Attendance

Distinguished Honors

Tasha Brady

Perfect Attendance

Distinguished Honors

Gary Shaner

Outstanding Attendance

Distinguished Honors

Randall Lewis

Perfect Attendance



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,

I'm thinking of getting a new computer, but a friend told me about Windows 7.

Ads that I'm seeing right now are still including Windows Vista with the computer. Should I wait until Windows 7 comes out to buy a new PC?

Wondering

Dear Wondering,

Windows 7 is the next operating system from Microsoft, set to be released on October 22, 2009. It will be replacing the Windows Vista operating system. There is a general perception that Vista was a disaster for Microsoft. In some cases this is true; Vista did bog down on older equipment, there were a lot of issues getting drivers for various pieces of equipment, and it did take up a lot of

resources.

That being said, there were also quite a lot of Vista machines and licenses sold in the time that Vista has been out, and many manufacturer's are still selling equipment with Vista installed.

In regards to buying a new machine right now, I would think in one of two ways. If I needed a new computer, I would definitely buy one with Vista on it. Microsoft is going to be offering upgrades to Windows 7 for qualified purchases. This will allow the user to upgrade to the newer operating system at a reduced cost. It is very important that you check the details out with the retailer before purchasing, since the details of what qualifies for the upgrade are rather specific. Microsoft has details at <http://www.microsoft.com/windows/buy/offers/upgrade.aspx>.

The second option is to just wait it out, and purchase a new PC after October 22. After that date, PC's will be shipping with Windows 7 already

installed. If you have a working PC right now, and are just looking to upgrade your equipment, this may be a more valid option. New buyers, however, should not let the operating system delay their purchase. With the right options, an upgrade should be available with very little hassle.

Windows 7 is getting much better reviews from the tech-world than Vista did. It should be interesting to see how we adapt to Microsoft's latest operating system.



Birthday Watch

The following students are celebrating September Birthdays:

Shelia Germaine - September 4

Gary Shaner - September 9

Shelby Lingle - September 9

Casey Soder - September 11

Prince Walker - September 11

Lan Mai - September 14

Amanda Speece - September 14

Doreen McElroy - September 15

Desirae Richards - September 15

Nafessa Peoples - September 16

Silvia Santana - September 16

Andrew Sharp - September 23

Theresa Hunter - September 28

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

Placement & Externship Corner

By: Kristin Ergler, Career Placement/Externship Coordinator

Recent Students Beginning Externship:

Cora Crosson Culinary	Katie Templin	Kevin Lincourt-
<i>Massage Therapist Specialist</i>	<i>Massage Therapist Specialist</i>	<i>Riverview Diner</i>
Shilisa Johnson	<u>Recent Graduates Obtaining Employment:</u>	
<i>Massage Therapist Specialist</i>	Judith Clark-Dental	<i>Shippensburg University</i>
Greg Marotto	<i>Harrisburg Dental Associates</i>	Lisa McManuels-Culinary
<i>Massage Therapist Specialist</i>	Ron Coughlin-Culinary	<i>Hollywood Casino</i>
Shawna Ridley Dental	<i>Hess</i>	Amanda Smeltz-
<i>Massage Therapist Specialist</i>	Shawn Hose-EFDA	<i>Dental Dreams</i>
Ashley Schrinier	<i>Ultra Dental</i>	Katelyn Trego-Childcare
<i>Massage Therapist Specialist</i>	Jessie Kissinger-Dental	<i>Kindercare</i>

Recipe of the Month: Maple Custard with Walnuts

By Lauriette Dunston, Culinary Student



- 1 egg, plus 2 egg whites
- 1/3 cup maple syrup
- 1 tsp. pure vanilla extract
- 1 1/2 cups low-fat milk
- 4 walnut halves

PREPARATION-Serves 4

Working Time: 15 minutes; Total Time: 1 Hour (includes cooling)

In a large bowl, whisk together the egg, egg whites, maple syrup and vanilla extract. Pour in the milk and continue whisking the mixture until the eggs are completely blended in.

Pour the mixture into four 4-ounce baking dishes or ramekins. Microwave the custard on medium, rearranging the dishes every three minutes, just until the custards set about seven minutes in all. Allow the custards to cool to room temperature before transferring them to the refrigerator.

CALENDAR OF EVENTS

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

September 2008

Su n	Mon	Tue	Wed	Thu	Fri	Sa t
		1	2	3 Eve Module Ends	4	5
6	7 School Closed	8 New Eve Module	9	10 Honors 7PM Roundtable 7PM	11 Roundtable 1PM	12
13	14 Day Module Ends	15 New Day Module	16	17	18 No Classes	19
20	21	22 	23	24 Honors 12PM Roundtable 7PM	25 Roundtable 1PM	26
27	28	29	30			

24th - Day Honors Rally-12 p.m.
 Round Table- 7 p.m.

25th -Day Round Table-1 p.m.
 Graduation-6 p.m.

October

1st - Birthday Celebration
 12 p.m. & 7 p.m.

8th - Eve Roundtable-7PM

9th - Day Roundtable-1PM

20th - End Day Module

21st- New Day Module

22nd - Eve Roundtable-7PM

23rd - Day Roundtable-1PM

28th - Honors-Day-12PM

October 2008

Su n	Mon	Tue	Wed	Thu	Fri	Sa t
				1 	2	3
4	5	6	7	8 Roundtable 7PM	9 Roundtable 1PM	10
11	12	13	14	15	16	17
18	19	20 End Day Module	21 New Day Module	22 Roundtable 7PM	23 Roundtable 1PM	24
25	26	27	28 Honors-Day	29 	30	31