

# KTI CHRONICLES

## Where Student Success Comes First™

Volume 5 Issue 4

April 2010

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## KTI's Annual Easter Egg Hunt a Success

This year's event, held on March 27th, was a big success! In fact, it was the biggest turnout we had so far!

The event started with a visit from the Easter Bunny, which gave the children (and some current students!) the opportunity to sit on the Easter Bunny's lap and get their pictures taken. Refreshments were then served and candy was passed around to the kids.

For the main event, the children split up into their age groups and hunted for the Easter eggs. After the eggs were found, everyone met in the student center for prize announcements. Everyone had a blast and it truly was a day to remember!

**THANK YOU to all the volunteers and committee members that helped to make this event so successful.**

**A very special thank you goes to Leaf Brown, a Dental Assistant Specialist student, who made the Easter Bunny costume!**



*The stuffed animals have a conference about KTI's Annual Easter Egg Hunt.*



*The Easter Bunny with a big bowl of candy to hand out to the kids.*



*Some of the kids get together after a successful afternoon of hunting Easter eggs.*



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**Affirmations For Success**

*Brick walls are there for a reason— it makes us prove how bad we want something.*

\*\*\*

*I deserve to be happy and successful.*

\*\*\*

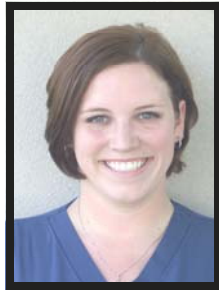
*Today is a new day and yesterday is now behind me.*

\*\*\*

*I will use my stress to motivate me.*

\*\*\*

**Profile in Success: April Student of the Month**



**April's student of the month is Emily Hsueh!**

**Program:**  
Dental Assistant Specialist

Emily was born and raised in Carlisle. She graduated from Big Spring High School and still resides in Carlisle, this time with her husband instead of her parents!

Before coming to KTI, Emily worked various dead-end, unsatisfying jobs. She also moved around a lot while her husband was in the Navy. She lived in California and Philadelphia but now has plans to stay in Carlisle for good.

Emily enrolled here at KTI after realizing that she was tired of working jobs that she hated.

She wanted a career but didn't know how to decide on one or how to get started. A person that she admires gave her good advice: "Look in the newspaper. Look at what is in demand now during the economic crisis. If there is something you think you will like, find a school and take a chance."

Now, Emily is at the cusp of graduating and is so glad she followed that advice. She found a career choice that suits her in ways she never thought of and finds it fun and interesting, too!

After she graduates, she plans on taking the exam to become a licensed Expanded Functions Dental Assistant as well as become a Certified Dental Assistant.

On the weekends, Emily is always on the move. She likes to visit family and friends and spend time with her husband. She also enjoys being outdoors, going out to eat, cooking, and drawing.

Looking back at her time here at KTI, Emily definitely thinks that she made the right choice. She said, "Our teachers are phenomenal. They give us more than just a 'how to' - they give us life lessons."

"I'm really grateful for everything I have learned and have had the opportunity to do. I want to thank KTI, the teachers, and especially my dental instructors for setting me up to have an awesome career that I'm really excited to start."

**Congratulations, Emily!!**



**Pacific Institute Unit Nine: Building My Self-Image**

Most of us talk to ourselves in unflattering ways. We call ourselves stupid; we tell ourselves that we can't have what we want, that we aren't worthy. If our friends talked to us like this, we wouldn't have them in our lives.

As we keep telling ourselves we aren't good enough, our subconscious starts to believe it, and we act this way. We need to

make a conscious effort to stop criticizing ourselves. We must learn to tell ourselves what we do want. By doing

this, we will create growth inside of ourselves.

Most of us were taught that it is wrong to think well of ourselves.

Well, that is wrong. Our subconscious is a literal mechanism, by telling ourselves we are not good, our subconscious begins to believe it. The definition of humility is truth, so we need to

be truthful with ourselves and acknowledge when we do something well. We need to believe in ourselves and our abilities if we are going to change our lives.

**"We must learn to tell ourselves what we do want."**



# Staff Spotlight: Mark DyKema

Director of Admissions



Mark came to KTI recently from the state of Florida. His background in post-secondary education has included management positions in admission,

Director of Financial Aid, Assistant Director of Development, and Instructor. In addition, Mark has held several assistant and head coaching positions at three colleges.

As a college student in the state of Missouri, Mark double-majored in Physical Education and Sociology. After his freshmen year, he joined the US Army and was stationed in Frankfurt, Germany for three years. He was fortunate enough to be able to play baseball and football for the United States Air Force all-star teams traveling throughout Europe. After his discharge from the service, he returned to the same college in Missouri to complete his BS degree. Mark received several playing honors in both baseball and football, including 1st Team All-American.

After graduation, he was drafted by the Pittsburgh Pirates and played for three years in their minor league system. He was released due to injuries and returned to his alma mater to take on the head baseball coaching position and joined the admissions staff. He then moved to Iowa and Arizona to continue his career in post-secondary education management.

Mark met his wife Susan in Florida. She is a native of Pennsylvania and is really excited to be able to return home to be close to her family. Mark says, "I am very fortunate to be on the team here at KTI. Many schools I have been involved with say that their students come first and for the most part, it was not true. Here at KTI, not only is 'where students come first' our motto, but we live it each and every day. If I have not met you, please stop by my office and say 'hi!'"

Welcome to KTI, Mark!

We're glad you've joined us!

## 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 treasure!



## The following Culinary students earned their ServSafe Certificates last month:



- Paula Antczak
- Rebecca Herrold
- James Trent
- Nathan Yovanovic



# CONGRATULATIONS!!!



## Why You Should Be A Good Communicator – Part 2

**By: Mark F. Wagner, General Education Instructor**

As a good communicator, I try to examine my skills and look for areas of improvement. I suggest everyone perform a self-diagnosis and look for weaknesses in their written and spoken skills. A few basic rules are: keep your message simple, clear, and concise. Do not use words that will confuse or dilute your message. However, do not be too simple, thus leaving the intended audience asking questions.

For example: "Go get me that over there." Do not speak like this! This will confuse your intended audience and require additional questions. Try this instead: "Mike, please hand me the small white box labeled *paper clips* in red print." You have identified to whom you are speaking, exactly what you are requesting, and the method of delivery (by hand, not throwing).

Once you have mastered the clear and concise method of speaking, you can work on your sequence and timing of communication. Keep your line of questioning sequential; doing this allows one sentence to build on the previous sentence, working towards a common message. Always think before you talk; some

times are better than others for asking your question.

A good piece of advice is getting to know your audience. There are two parts of communication, the sender and the receiver, or the speaker and the listener. A lot can be learned by listening, and paying attention to details. Some people are more approachable in the morning, while some need their first cup of coffee. You can improve your overall communication skills by knowing when to listen, and when to talk. Choose your style of communication very carefully; do not talk down to your audience, but do not overwhelm them with complicated terms.

It is always important to select the proper tone of voice. Remember, your tone is equally as important as your message in spoken communication. Try to separate yourself from your emotions if you are angry. Proverbially speaking, once you ring the bell, you can't go back to silence.

The most rewarding part of good communication is achieving success in relaying your message. Speaking

effectively to diverse groups of people can be enhanced with practice and preparation. With effective communication, I think you will observe results that are both satisfying and effective.



## The Importance of Preventative Dental Procedures

**By: Emily Hsueh, Dental Assistant Specialist Student**



Most insurances do not provide coverage for preventative procedures, and I think this is a mistake. I believe investing in these procedures would benefit the patients more. To be more specific, I want to focus on the amount of coverage provided for sufferers with Temporomandibular Joint Dysfunction (also known as TMJ Dysfunction). I have a lot of experience dealing with this issue as not only am I a sufferer, but also a student in the Dental Assistant Specialist program.

Most companies offer coverage for several dental procedures including up to \$1,000 for reparative TMJ surgery. I propose that if they would include preventative measures in their coverage they would prevent the need for surgery. An overnight dental-splint (commonly called a nighttime mouth-guard) is designed to hold the maxillary (upper jaw) and man-

dibular (lower jaw) teeth slightly apart. In doing this, it also is holding the Temporomandibular Joint slightly open, allowing the meniscus to drift back into place over time, therefore healing the dysfunction. The average total cost of an overnight dental-splint is approximately \$500, half that of the surgery. If you, as a patient, can provide preventative measures early on, it will eliminate the vast majority of painful symptoms.

Bruxism causes more than just TMJ dysfunction. Bruxism also results in abrasive wearing of cusps, leading to decay, cusp fracture, severe bruising of the periodontium, and the list goes on. It's my understanding that at first, it seems as though you're saving money, since the abrasive wear, decay, and fractures can be repaired with amalgam or composite fillings. The costs are usually covered, and if not, it is only an average of \$100 to \$300 per restoration. But the thing to consider is that Bruxism severely affects all posterior (back) teeth. Imagine the cost of

those restorations for each of those twenty teeth. This is only multiplied by the fact that without a dental-splint, it is virtually guaranteed to happen again since there is no existing product stronger than enamel. And sometimes, the damage requires expensive root canal treatment and crown treatment. In most cases, patients require more than one crown, costing an average of \$800. This is sometimes covered and sometimes it is not covered.

Preventative treatment, like providing coverage for overnight dental-splints, would save your teeth and your budget in the long-run. I know this for a fact, as I am proof. Since I invested my money into an overnight dental-splint, my TMJ dysfunction has healed and the wearing of my cusps has not shown any progression. In my experience, most patients won't opt for this treatment because of the out-of-pocket expense. I believe that if you invest at least \$500 for this treatment, you could have the same results that I had.

## Train Your Brain

*From: The Patriot-News; Monday, March 15, 2010*

**Whether you're in fifth grade or knee-deep in your final year of college, there's little doubt that homework remains one of the banes of your existence. But studying, though it does involve hard work, needn't be a chore or an endless source of frustration. Here are some tips from local experts to help you improve your study habits.**

**Find a comfortable place to study:** It can be in the bedroom or at the dining room table, as long as it's a clean, clutter-free space to do your work every day. Don't study on the bed or in front of the TV. Pick a place where your tools and notes are ready so you don't have to hunt around for them. And make sure your work area is well lit.

**Have a set study time:** We are creatures of habit. Set aside an hour or two when you come home from school to study and make it part of your daily routine. Stick to this schedule no matter what.

**Have a plan of attack:** Don't just dive into the material without thinking about what you're going to be doing. Take a step back and figure out your weaknesses. What areas are you confused or unsure about? That should be your focus rather than the stuff you already know pretty well.

**Keep distractions to a minimum:** Turn off the cell phone and TV. Don't be tempted to go Web surfing. Stay away from your Facebook page.

**Stay positive:** Rather than focus on what you don't know about a particular subject, concentrate on how much you do know.

**Don't cram:** Start studying a few nights before. Spread your studying over time. For instance, if your test is on Friday, start reviewing your notes on Tuesday. Cramming the night before means a lot of guesswork and worrying when it's time to take the test.

**Stay focused:** Don't let your mind wander while the teacher is talking. More importantly, learn to identify what the essential

information is and what isn't. A lot of information will be thrown at you in class, and learning to identify what's important is one of the keys to success.

**Develop good note-taking skills:** Be legible. Trying to write things down quickly ends up in notes you can't read. Learn how to use outlines or mapping (a visual format similar to a flow-chart) to make your notes easier to follow. Be sure to leave room in the margins to add something later.

**Review your notes right away:** If you have time, go back over your notes when you get home and rewrite them in a neater, more organized fashion. Doing this means you'll remember the information 85 percent better than if you wait until test time. It's also easier to see if you missed something and have to ask the teacher.

**Note cards are your friends:** Whether you're trying to remember vocabulary words, chemical formulas or algebra equations, write the question down on one side of a note card and the answer on the back. Then have a friend or family member quiz you.

**Don't be afraid to ask questions:** Get beyond the idea that your questions are stupid.

**Be patient:** It's easy to get frustrated, but if you're struggling, take a step back and try to find out what the problem is. Frustration exists when there's a gap between what you are being asked to do and your level of knowledge. Filling in that gap leads to a greater degree of confidence, which leads to motivation.

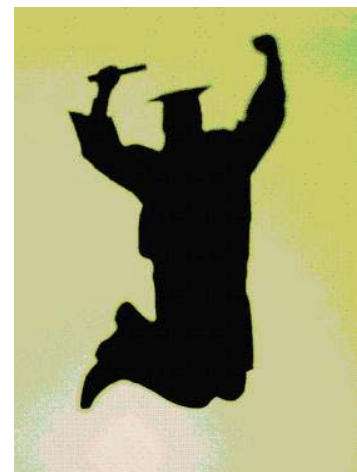
### Interview Questions of the Month

**Tell me about a problem you confronted and how you solved it.**

*Think of something related to work, school, or volunteering. Tell it as a story. Give lots of detail. The manager wants to see how you define the problem, identify options, and decide on a solution.*

**How long do you plan to work here?**

*"A long time. This is the job that I have been looking for."*



## To all Current Students, Faculty and Staff:

The Admissions Department is excited to announce the new "KTI Student Fan Club." We commend you for your hard work and the commitment you made to enter into your new chosen career training.

A significant number of our student body has been recommended and referred by a current student, faculty, staff or graduate. These students generally are those who have superior attendance, above average grades and will most likely graduate. We would like to recognize those who have referred someone to KTI that has applied for admission and started class.



**The following page will outline how to become a "KTI Fan Club Member", the different levels of membership and how members are recognized.**

An admissions advisor will also come around to your classroom to explain in more detail how you can turn in your referrals. We are all looking forward to a large membership, a campus that will continue to grow, and in the process, continue to provide all students the opportunity to receive an outstanding post-secondary education.

We look forward to the kick-off of the "KTI Student Fan Club" and making the club fun and exciting for everyone.

Lisa Seifert

Kenya Mauli

Savannah Ruth

Laura Swensson

Rob Martens

Mark Dykema

### Reminder from Mr. O'Donnell:

**The A+ Team is no longer accepting computers for free check-ups due to the fact that the Diagnostic class is over.**

**An announcement will be made when this service is offered again in the future.**

**Thank you for your participation!**

# KTI STUDENT FAN CLUB



## How to become a KTI Student Fan Club Member:

- ◆ After you turn in your first referral to the Admissions Department's referral box (located next to the Business Office), you will be qualified as an "official member" with the status of "**BRONZE**". After you turn in three referrals, you will become a "**SILVER**" member and after five referrals, a "**GOLD**" member. Your student ID badge will reflect the different colors of membership levels.
- ◆ If one of your referrals actually starts school, you will have the distinction of being a "**PLATINUM**" member. You will receive a \$100 gift card, a special polo shirt and a "**PLATINUM**" colored ID badge. You can even go double and triple "**PLATINUM**" by having the honor of two or three referrals start school at KTI!
- ◆ A very special ceremony and lunch will be held quarterly to recognize all club members. In addition, a special board with photos and testimonials will be hung in the hallway recognizing all club members.

## Who is eligible to become a member?

- ◆ Future students who have enrolled, current students, faculty, staff and alumni.

## Why become a KTI Fan Club member?

- ◆ KTI stresses the fostering of an educational environment to those qualified students who choose to be a part of a higher education institution.
- ◆ No one knows better than current students, faculty, staff and alumni whether or not a student can succeed at KTI. Traditionally speaking, the referrals who become students are the ones who have superior attendance, receive above average grades, most likely become graduates and most importantly control their future through educational success.
- ◆ By submitting referrals, you are a key person in helping KTI promote how education can help them the same way it helped you, helping the community and supporting the employers of Central PA and beyond.



# Honors Awarded

Honors were awarded to the following students in March:

**Ashley Anderson Blyer**

*Outstanding Attendance  
Honors*

**Carol Arp**

*Perfect Attendance  
Honors*

**Maria Aviles**

*Outstanding Attendance  
Honors*

**Jasmine Baer**

*Outstanding Attendance  
Honors*

**Shelly Banks**

*Outstanding Attendance  
Honors*

**Ellen Barkos**

*Outstanding Attendance  
Distinguished Honors*

**Deborah Black**

*Outstanding Attendance  
Distinguished Honors*

**Brian Blais**

*Outstanding Attendance  
Distinguished Honors*

**Tasha Brady**

*Outstanding Attendance  
Honors*

**Janet Brennen**

*Perfect Attendance  
Honors*

**Shannon Brodisch**

*Perfect Attendance  
Distinguished Honors*

**Brent Brown**

*Outstanding Attendance*

**Leaf Brown**

*Outstanding Attendance  
Distinguished Honors*

**Laura Bubb**

*Outstanding Attendance  
Honors*

**Quyên Bui**

*Outstanding Attendance  
Honors*

**Angela Cassell**

*Outstanding Attendance*

**Vi Chung**

*Outstanding Attendance  
Distinguished Honors*

**Shelley Creager**

*Perfect Attendance  
Distinguished Honors*

**Sherri Conn**

*Outstanding Attendance  
Distinguished Honors*

**Crystal Cook**

*Outstanding Attendance  
Distinguished Honors*

**Rebecca Curtis**

*Outstanding Attendance  
Distinguished Honors*

**Loretta Dreibelbis**

*Outstanding Attendance  
Distinguished Honors*

**Janeeá Dunlap**

*Outstanding Attendance  
Honors*

**Lori Eltz**

*Outstanding Attendance*

**Sarina Evans**

*Perfect Attendance  
Distinguished Honors*

**Christine Farley**

*Perfect Attendance  
Distinguished Honors*

**Kayla Fidler**

*Outstanding Attendance  
Honors*

**Susan Fisher**

*Outstanding Attendance  
Distinguished Honors*

**Alyssa Flaherty**

*Perfect Attendance  
Distinguished Honors*

**Bridget Franzone**

*Outstanding Attendance*

**Carol Gibble**

*Outstanding Attendance  
Distinguished Honors*

**Sherrin Graby**

*Outstanding Attendance  
Distinguished Honors*

**Lisa Halsey**

*Perfect Attendance  
Distinguished Honors*

**Sheri Haney**

*Outstanding Attendance  
Honors*

**Ashley Hanus**

*Outstanding Attendance  
Distinguished Honors*

# Honors Awarded (cont.)

**Ashley Hartlieb**

*Outstanding Attendance  
Distinguished Honors*

**Shelby Heck**

*Outstanding Attendance  
Distinguished Honors*

**Jessica Heckenluber**

*Perfect Attendance  
Honors*

**Lisa Hicks**

*Perfect Attendance  
Distinguished Honors*

**Ashaki Howard**

*Outstanding Attendance  
Honors*

**James Hower**

*Perfect Attendance  
Distinguished Honors*

**Emily Hsueh**

*Perfect Attendance  
Distinguished Honors*

**Kaitlin Hummell**

*Outstanding Attendance  
Honors*

**Theresa Hunter**

*Outstanding Attendance  
Distinguished Honors*

**Wanda Jackson**

*Outstanding Attendance*

**Ashley Johnson**

*Outstanding Attendance*

**Larry Kauffman**

*Outstanding Attendance  
Distinguished Honors*

**Shannon Lamberson**

*Perfect Attendance  
Distinguished Honors*

**Jessica Lehman**

*Outstanding Attendance  
Honors*

**Aubrey Leitzel**

*Outstanding Attendance  
Honors*

**Randall Lewis**

*Outstanding Attendance  
Distinguished Honors*

**Lan Mai**

*Perfect Attendance  
Honors*

**Brandalynn Mann**

*Outstanding Attendance*

**Brandi Mateer**

*Outstanding Attendance*

**Kathy McCrae**

*Outstanding Attendance  
Honors*

**Doreen McElroy**

*Outstanding Attendance  
Distinguished Honors*

**Cathy McNemar**

*Outstanding Attendance*

**Jody Mecca**

*Outstanding Attendance  
Distinguished Honors*

**Amie Metzger-Comp**

*Perfect Attendance  
Distinguished Honors*

**Martisa Montilla**

*Outstanding Attendance  
Honors*

**Victoria Moreta-Quiroz**

*Outstanding Attendance  
Distinguished Honors*

**Ashley Morris**

*Outstanding Attendance*

**Andrew Ober**

*Perfect Attendance  
Distinguished Honors*

**Jackee Palm**

*Outstanding Attendance  
Distinguished Honors*

**Cynthia Parmer**

*Perfect Attendance  
Honors*

**Nafeesa Peoples**

*Outstanding Attendance*

**Erika Perez**

*Outstanding Attendance  
Distinguished Honors*

**Sereyvat Pheng**

*Perfect Attendance  
Distinguished Honors*

**Annette Pinto**

*Outstanding Attendance*

**LeAnne Powell**

*Outstanding Attendance  
Distinguished Honors*

**Juanita Proctor**

*Outstanding Attendance  
Honors*

**Aida Pronko**

*Outstanding Attendance  
Distinguished Honors*

**Jenna Pyle**

*Outstanding Attendance  
Honors*

**Jesse Reichert**

*Perfect Attendance  
Distinguished Honors*

# Honors Awarded (cont.)

**Joannie Resto**

*Outstanding Attendance  
Honors*

**Melanie Reynolds**

*Outstanding Attendance*

**Dorian Rhodes**

*Outstanding Attendance  
Distinguished Honors*

**Ann Rivera**

*Perfect Attendance  
Distinguished Honors*

**Samantha Rivera**

*Outstanding Attendance  
Distinguished Honors*

**Christopher Roberts**

*Outstanding Attendance  
Distinguished Honors*

**Kelsey Roberts**

*Perfect Attendance  
Distinguished Honors*

**Nina Rumbaugh**

*Outstanding Attendance  
Distinguished Honors*

**Katherine Sanders**

*Outstanding Attendance  
Honors*

**Ruth Schlusser**

*Outstanding Attendance  
Honors*

**Cheryl Scott**

*Outstanding Attendance*

**Amber Sechrist**

*Outstanding Attendance  
Honors*

**Gary Shaner**

*Outstanding Attendance  
Distinguished Honors*

**Jason Slagle**

*Perfect Attendance  
Distinguished Honors*

**Erica Smith**

*Outstanding Attendance  
Distinguished Honors*

**Janelle Smith**

*Outstanding Attendance  
Honors*

**Julie Smith**

*Outstanding Attendance  
Distinguished Honors*

**Susan Smith**

*Outstanding Attendance  
Honors*

**Casey Soder**

*Outstanding Attendance  
Honors*

**Nicole Sollers**

*Perfect Attendance  
Honors*

**Christine Stauffer**

*Outstanding Attendance*

**Martika Taylor**

*Outstanding Attendance  
Honors*

**James Trent**

*Perfect Attendance*

**Thomas Wacker**

*Perfect Attendance*

**Jennifer Wagner**

*Perfect Attendance  
Honors*

**Jessica Walters**

*Outstanding Attendance  
Distinguished Honors*

**Catherine Warfel**

*Outstanding Attendance*

**Laine Watson**

*Outstanding Attendance  
Distinguished Honors*

**Timothy Weidenhof Jr.**

*Outstanding Attendance*

**Amy Wise**

*Outstanding Attendance  
Distinguished 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

## Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

*Occasionally my computer speakers make a buzzing noise. Nothing goes wrong with the system, but the buzz can be annoying at times. What is this, and what can I do about it?*

*-Tired of Noise*

Dear Tired,

Most likely you have a cell phone that you are placing near your computer system. Certain cell phone systems emit Radio Frequency (RF) signals that can interfere with speaker systems. Some cell carriers are more pronounced than others, most notably AT&T and T-Mobile. This comes down to a matter of how the carrier transmits information to ensure that the phone receives its signals.

At the other end of this issue are the speakers themselves. The wires used in lower end speakers do not have shielding in them, and this allows the buzz or chatter to sneak through. Any device, from computer speakers to clock radios to CD players, can be affected. As you observed, there is no damage occurring to your system, but it can be rather annoying.

So what can be done? One of the obvious answers is to buy speakers with shielded wires. Other options include a magnetic device called a ferrite donut. This small piece of magnetized iron slips around the wires and helps cut down on interference. Another option that I have read about, but not tried, is to

rest the cell phone on a piece of aluminum foil when it is near a computer. The last and perhaps simplest of options would probably be to just move the phone further away from the speakers, thereby lessening the interference.



## Birthday Watch

**The following students are celebrating April birthdays:**

Jenna Pyle – April 2nd  
 Amanda Saul – April 2nd  
 Paula Antczak – April 3rd  
 Jillian Wenclawiak – April 3rd  
 Carol Gibble – April 4th  
 Janelle Smith – April 6th  
 Brian Blais – April 8th  
 Ashaki Howard – April 8th

Laine Watson – April 9th  
 Katherine Sanders – April 10th  
 Randy Cook – April 11th  
 Jessica Lorick – April 14th  
 Crystal Cook – April 15th  
 Charles Hunter – April 16th  
 Andrea Shank – April 17th  
 Nicole Sollers – April 18th  
 Herbert Henry III – April 20th  
 Ashley Johnson – April 20th  
 Alan Hook – April 22nd

James Hower – April 23rd  
 Angela Prince – April 24th  
 Sandra Bretz – April 25th  
 Debra Myers – April 27th  
 Kristin Jernigan – April 29th

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

## Placement & Externship

By: Kristen Cahill, Career Placement/Externship Coordinator

**Good luck to the following students who started their externships in March:**

### **MBIC**

*Kelly Attick  
Loretta Goodling  
Angela Prince*

### **Medical Assistant Specialist**

*Wilda Martinez*

### **Dental Assistant Specialist**

*Nafeesa Peoples*

### **Culinary Arts Specialist**

*Shane Campfield*

### **Child Care Specialist**

*Susan Smith  
Hope Wiley*

### **Massage Therapy**

*A'shlei Andujar  
Cora Crosson  
Erika Dones  
Sarina Evans  
Christine Farley  
Nate Givler  
James Hower  
Wanda Jackson  
Taryn Miller  
Erika Perez  
Amanda Saul  
Angela Turner  
Sara Travis  
Alexis Washington*



**Future externs will now be formally recognized in special Pinning Ceremonies!**

**The first ceremony will be on Tuesday, April 27th at 1:00 PM and will recognize those starting externships on May 3rd!**

**Congratulations to the following graduates who recently started their new careers!**

**Chris Anderson**– Dental  
*Dr. Brice D. Arndt, DDS*

**Dave Campbell**– Medical  
*Keystone Technical Institute*

**Courtney Caudill** – Dental  
*Colonial Dental Group*

**Connie Cornman**– Medical  
*Dr. Francis X. Brescia, D.O.*

**Stacy Drayton**– Medical Billing/Coding  
*Safe Haven Quality Care*

**Sean Duncan**– Culinary  
*Highlands Grill at the Hershey Links*

**Tiyenne Greene** – Paralegal  
*PA House of Representatives*

**Jennifer Matteson**– Massage  
*Self-Employed*

**Dawn McCoy** – Medical Billing/Coding  
*Pinnacle Health System*

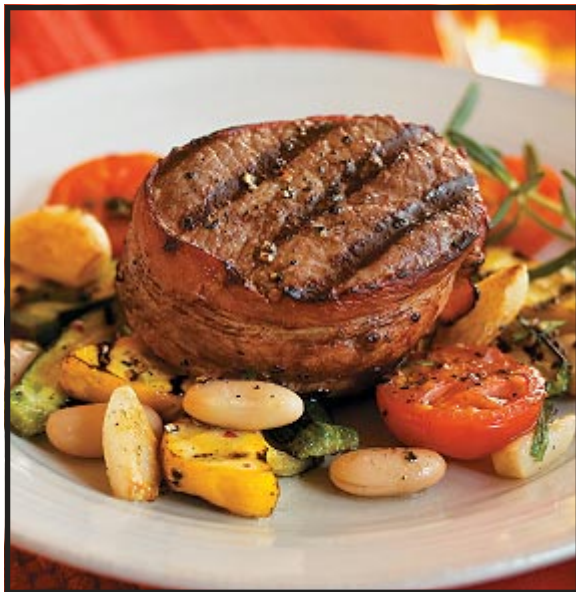
**Terri Linn Peace**– Dental  
*Progress Dental Center*

**Melodee Reeves**– Medical Billing/Coding  
*Pinnacle Health System*

**Andrea Shank**– Medical  
*Elizabethtown Family Health Center*

# Recipe of the Month: Top Sirloin with Onions and Carrots

Submitted by: Chef Stiffler



**Start to finish:** 1 hour

**Makes:** 4 servings

## Ingredients:

4 slices of bacon  
 4 small onions, peeled and cut into 1-inch slices  
 4-8 cloves of garlic, crushed  
 8 small white or orange carrots, halved lengthwise  
 4 small red potatoes, cut up ( 1 pound )  
 3/4 cup beef broth  
 1 tablespoon brown sugar  
 1 teaspoon dried thyme, crushed  
 1 1/4 pounds boneless beef top sirloin steak, cut 1 1/2 to 2 inches thick  
 1/4 teaspoon salt  
 1/4 teaspoon black pepper  
 Snipped fresh thyme (optional)

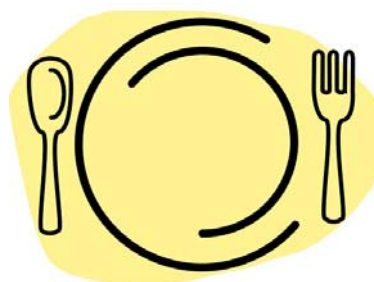
## Directions:

1. In a 12-inch skillet, cook bacon over medium heat until crisp. Remove from skillet; drain bacon on paper towels. Drain all but about 1 tablespoon of the drippings from the skillet.
2. In the skillet brown onions on both sides, about 3 minutes per side. Remove onions; set aside. Add carrots to skillet; cook about 5 minutes or until light brown, turning occasionally. Remove skillet from heat. Carefully add potatoes, broth, brown sugar, and half of the dried thyme. Return onions to skillet. Return skillet to range top. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or until vegetables are tender.
3. Meanwhile, preheat boiler. Season beef with remaining dried thyme, salt, and pepper. Place meat on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 25 to 27 minutes for medium rare or 30 to 32 minutes for medium, turning once halfway through broiling. Cut into 4 pieces.
4. Remove vegetables from skillet with a slotted spoon. Gently boil the juices, uncovered, 1 to 2 minutes or until slightly thickened. Divide steak, vegetables, and bacon among 4 dinner plates. Spoon juices over. If desired, sprinkle with fresh thyme.

**Nutrition Facts per serving:** 364 cal., 9 g total fat (2 g sat. fat), 37 mg chol., 562 mg sodium, 44 g carbo., 2 g fiber, 25 g pro.

**Daily Values:** 50% vit. A, 48% vit. C, 8% calcium, 25% iron

**Exchanges:** 1 1/2 Vegetable, 2 1/2 Starch, 2 Very Lean Meat, 1 1/2 Fat



## CALENDAR OF EVENTS

### April

- 4/1:** Birthday Celebrations  
12 PM & 7 PM
- 4/2:** Good Friday – School Closed
- 4/8:** Evening Round Table – 7 PM
- 4/9:** Day Round Table – 1 PM  
Graduation – 6 PM
- 4/14:** Day Honors – 12 PM  
Evening Honors – 7 PM
- 4/22:** Evening Round Table – 7 PM
- 4/23:** Day Round Table – 1 PM
- 4/27:** Externship Pinning Ceremony – 1 PM
- 4/29:** End of Day Module
- 4/30:** In-Service Day – No Classes

### May

- 5/5:** Birthday Celebrations  
12 PM & 7 PM
- 5/13:** Evening Round Table – 7 PM
- 5/14:** Day Round Table – 1 PM  
Meet & Greet for New Students
- 5/19:** Day Honors – 12 PM
- 5/24:** New Start– Evening
- 5/27:** Evening Round Table – 7 PM  
End of Evening Module
- 5/28:** Day Round Table – 1 PM
- 5/31:** Memorial Day – School Closed



# April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2 Good Friday- School Closed	3
4 	5	6	7	8 Round Table 7 PM	9 Round Table 1 PM GRADUATION 6 PM	10
11	12	13	14 Day & Evening Honors	15	16	17
18	19	20	21	22 Round Table 7 PM	23 Round Table 1 PM	24
25	26	27 Externship Pinning Ceremony	28	29 End Day Module	30 No Classes	

# May 2010

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