



Affirmations For Success

Every cell in my body vibrates with energy and health.

Today I will conquer my fears.

Yesterday is over and today is a brand new day.

I prosper whenever I turn and deserve prosperity of all kinds.

Profile in Success: May Student of the Month



May's student of the month is Tasha Brady!

Program: Computer, Network & Internet Technology

Tasha was born in Yuma, Arizona and then raised in Littlestown, PA. She graduated from Hanover Senior High School and now resides in Camp Hill, PA.

Prior to attending KTI, Tasha worked a lot of factory and fast food jobs. Wanting to go back to school, she looked at a lot of other courses at other schools before making her final decision.

She decided to enroll in the Computer, Network and Internet Technology program here at KTI because she has always liked computers and wanted to learn more about them.

After Tasha graduates at the end of the summer, she hopes to obtain an excellent career as an Information Security Specialist. She also wants to continue her education as far as she can.

When asked what she thinks about her experience at KTI, Tasha feels as though she is receiving a great education. She says, "The small classes are great for giving individual attention to students." Her favorite courses so far were A+ and Information Security.

In her spare time, Tasha enjoys bicycling, reading, walking, and hiking. Her true passion, however, is playing the guitar.

Congratulations, Tasha!!



Pacific Institute Unit Ten: My Future is Up to Me

Self-talk builds beliefs. Our beliefs then control our attitude and our actions.

There are four levels of self-talk. One is negative resignation. This is when we tell ourselves that we shouldn't try, because it won't work.

The second level of self-talk only serves to make us feel guilty, but doesn't change us. An example of this is when we say we should study or we should be more

helpful, but we don't do anything about it.

The third level of self-talk is when we say that we are stopping our negative behavior now. This tends to not be good enough because once we make a mistake we will go back to our old habits.

The fourth level of self-talk is the way we need to talk to ourselves. We need to tell ourselves what we want to do in the future. When we slip, we remind ourselves that we are better than that and next time we're

going to do things differently. In this way, we get a picture of ourselves doing the right thing. Our mind then moves us towards the new picture.

One thing we have to remember: control your self-talk or your self-talk controls you.

"Control your self-talk or your self-talk controls you."



Staff Spotlight: Chef Kennedy

Culinary Instructor



Chef Kennedy was born in Chambersburg Hospital and then grew up in Shippensburg, PA. One month after he graduated from high school, he enlisted in the Air Force with the Air National Guard.

He has been in the military now for 16 years and has served in both northern and southern watch along with Operation Enduring Freedom.

After basic training and military tech school, he enrolled in a Culinary school where he doubled majored in Culinary Arts and Food and Restaurant Management. There he achieved numerous awards along with two Associates Degrees.

Later on, Chef Kennedy saw an ad in the paper for a part-time position as an instructor in the culinary department here at KTI and thought that it would be a good way to give back to the students. He decided to come to KTI since he has a strong passion for cooking and has taught in a military setting for many, many years. He wanted to help those with a passion for what he loved to do and help them succeed in a culinary career.

He feels as though he made a great choice and hopes that his career here at KTI is long-lived and wants to encourage and support his fellow culinarians along the way.

Chef Kennedy has been married for seven years and currently lives in Harrisburg, PA. In his spare time, he enjoys watching TV, playing basketball, and vacationing to exotic places and countries with his wife.



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!

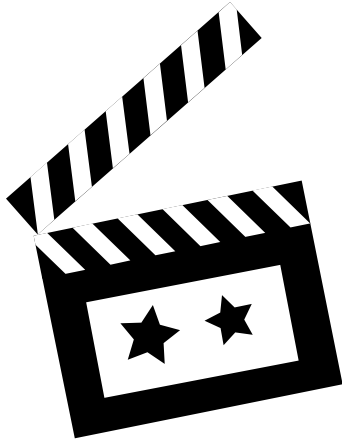
So start cleaning out your clutter and maybe make some cash in the process!

Remember-one person's trash is another person's treasure!



☆ A very special THANK YOU goes out to the Culinary students for providing KTI's Advisory Board with a wonderful meal on April 27th! GOOD JOB!





CASTING CALL!

Attention all Students!

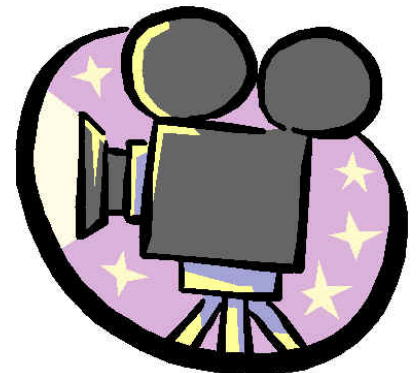
On Friday, June 11th, we will be shooting TV commercials right here on campus using our students, faculty, staff and graduates. **That's right, we're using our own talent on TV!** Everyone is welcome to participate (no appearance fees will be paid). The first step for those who would like to participate is to submit your name to Mark Dykema, Director of Admissions.

You will be invited for a screen test, which includes a brief read on camera. **This will take place on Thursday, May 13th from 3-6 PM.**

There will be opportunities for:

- * Leads
- * Back-up Support
- * Participation in a still photo shoot

Don't be shy– get involved! Have fun!



Technology Etiquette

From: Susquehanna Business Life (Spring/Summer 2010)

Here are some straightforward “manners for the millennium” that will help keep that fragile peace among individuals in our techno-society.

1. **On the road, again.** Not only is it dangerous for you to talk and text while driving, it’s hazardous to other drivers. It is illegal in many states (soon to be in PA) because it disrupts a driver’s focus and concentration. Put it away when you’re on the road.
2. **Loud is the new obnoxious.** Voices carry. Keep yours down in public, in “private,” in general. Better yet, take it outside/to another room or just save it for later.
3. **Earpieces.** See #2 above. Unsettling to those around you and confusing. Exactly who are you talking to?
4. **Keep your distance.** Personal space is a tricky thing. Invading it forces others to move, but invading it with noise and conversation eliminates that possibility. Remaining 10 to 20 feet from the nearest person is acceptable to most.
5. **We don’t want to know ...**all about your latest business deals/relationships/future plans. Lack of discretion can have serious consequences in unexpected and unimaginable ways. Even if you don’t consider it confidential, someone else may. And we definitely don’t want to hear your music, through your earphones or your own rendition.
6. **Now is not the time.** There are many situations where it’s inappropriate to hear a ringing phone. That’s why cell phones have vibrate and silent settings. Don’t be afraid to use them. Same goes for iPods and mp3 players. Use common sense and respect obvious no-tech zones.
7. **Alternative vocabulary, aka texting.** Not everyone likes it, not everyone does it, not everyone wants to pay for it. Ask before you text. It’s the courteous thing to do. And use real words!
8. **The new “do not disturb” sign: earbuds.** If you wish to be left alone around friends and family, just say so. In public, others will get the message quickly. And take both of the earbuds out when it’s appropriate to be interacting with others.

Students in Action: KTI’s Graduation



Above: The daughter of Salutatorian Tiyenne Greene joins her on stage as she receives her degree.

Top right: Rocklyn Spriggs, Sean Duncan, Lauriette Dunston, and Nichole Minium (all culinary graduates) eagerly await the ceremony.

Bottom right: Admissions Advisor Rob Martens hands one of the first students he enrolled (Valedictorian Deb Myers) her degree.



How to Turn Your Internship Into a Full-Time Job

From: CareerBuilder.com

Internships have always been encouraged among college students but they've never been more important than in the current economy. In this competitive job market, the first thing employers are looking for is relevant experience. Internships help not only to build skill sets and establish successful track records, but they also offer great networking opportunities to land a full-time position after graduation. Furthermore, 59 percent of employers said that they are likely to hire their college interns as full-time, permanent employees, according to a new survey from CBcampus.com.

Many students in internships don't know what hiring managers are looking for in potential full-time candidates. When asked which factors were among the most important in influencing their decision to hire an intern permanently, employers cited the candidate's aptitude to produce timely, quality work (77 percent); critical-thinking and problem-solving skills (76 percent); and level of professionalism (73 percent).

If you're looking to turn your internship into a full-time gig, here are five tips to help you:

1. **Treat your internship like an extended job interview – because it is!** Arrive on time, beat (or at the very least meet) deadlines and consistently deliver strong work.
2. **Seek out challenges.** Employers want employees who show initiative and a desire to learn and develop. The majority of employers (59 percent) are more likely to permanently hire an intern who asks for more responsibilities.
3. **Ask good questions.** Employers know you don't have all the answers. In fact, 46 percent said candidates who come to them with thoughtful questions have a better chance of getting hired full-time.
4. **Remember the golden rule.** Always be respectful, address co-workers courteously and don't get caught up in office gossip.
5. **Leave a positive impression.** Show enthusiasm for the projects you're working on and the company overall; don't complain; and refrain from e-mailing, texting, or talking to friends!

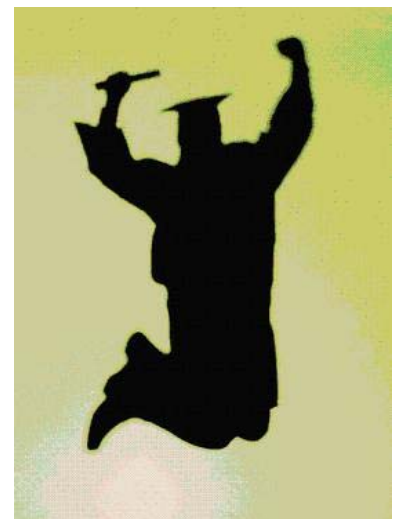
Interview Questions of the Month

Tell me what you know about our company.

Before you go on the interview, visit that company's website. Get an overview of the company's key products and services. Google the company name for news. Find out who they are, what they do, and why they matter to you.

Have you ever had a disagreement with your boss?

Answer "yes" and you're a troublemaker, answer "no" and you're a wimp. Find the middle ground: "Sure we disagreed. But we worked well together. For example..."



Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

Help! I had some files on my computer that were deleted by accident. Is there any way to get them back?

-Panicked

Dear Panicked,

This is one of those questions that can have either good news or bad news as the answer. I'm happy to say that most of the time it is good news. First, let's go to the obvious. If you haven't emptied

your Recycle Bin in Windows, simply highlight the file(s) in the Recycle Bin, right click the selection and choose "Restore Files." The files will then be back in their original location, and your problem is solved.

If you have already emptied your Recycle Bin, it's a little more complicated, but not a lost cause. To understand what is going on, let's take a look at what happens when you delete a file. When you delete a file in Windows, you do not actually remove the entire file. Instead, Windows removes a portion of the file called a header, which then makes the space that the deleted file used on the hard drive available for other programs to use. As long as no other program needs the space to save a new file, all of the file information stays on the drive. This is how we are able to recover deleted files in most cases.

There are programs that will recover deleted data. A quick search of "file recovery software" will yield quite a few results. Some programs can be quite expensive, but there are also freeware solutions available. Two freeware programs that come to mind immediately are Piriform software's

Recuva, at www.piriform.com/recuva, and EASEUS Deleted File Recovery at www.snapfiles.com/get/easusdfr.html. Both programs will start up, scan your system for recently deleted files, and then give you various options to recover.

The important thing to remember when a file is accidentally deleted is to not panic. If possible, shut down the system until you are ready to attempt a recovery. This will minimize the chance that the system will overwrite any free space on the hard drive. When you get the software, boot up the computer, install the software, and follow the directions to recover any lost files. Good luck!



Birthday Watch

The following students are celebrating May birthdays:

Meisha Grady – May 1st
 Brent Phillip – May 1st
 Jesse Reichert – May 2nd
 Cynthia Barnes – May 3rd
 Shannon Heimbach – May 3rd
 Emmyshia Wright – May 3rd
 Janet Brennan – May 4th
 Leaf Brown – May 6th

Kambrea Snoke – May 7th
 Amanda Morris – May 8th
 Chasity Armstrong – May 10th
 Pamela Schramm-Rudy – May 11th
 Cora Crosson – May 12th
 Ann Rivera – May 13th
 Wanda Jackson – May 17th
 Laura Bubb – May 18th
 Aubrey Leitzel – May 18th
 Christine Stauffer – May 18th
 Holly Gutshall – May 19th
 Brea Hammes – May 21st
 Robert Arthur – May 22nd

RaeAnn Stouffer – May 22nd
 Cynthia Farrar – May 23rd
 Triease Frederick – May 24th
 Thomas Wacker – May 26th
 Scott Zimmerman – May 26th
 Robert Shaffer – May 27th
 Passion Williams – May 27th
 Tara Mackey – May 30th

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 May:

Culinary Arts

Joseph Beasom
LaKeisha Burnett
Randy Cook
Brandon Curry

Dental

Emily Hsueh
Jessica Lorick
Ashley Schwab

Medical Assistant

Mandy Bowsman
Ciera Dent
Susan Fisher
Carol Gibble
Larry Kauffman
Lan Mai
Kathy McCrae
Cynthia Parmer
Maria Perez Aviles
Aida Pronko
Ruth Schlusser

To all current students:

Remember that you cannot begin your externship until you...

- ◆ **Have at least an 80% attendance rate**
- ◆ **Have earned a minimum of a 2.0 cumulative G.P.A.**
- ◆ **Have passed all of your courses**

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

Victoria Fraley – EFDA

Pediatric Dental Care & Orthodontics

Kimberly Lingle – EFDA

Verber Family Dentistry

Cortny Miller – EFDA

Allcare Dental & Dentures

Deb Myers – Massage

Self-Employed

Tammy Patton- EFDA

Dr. Lou Gingrich

Summer Penn – Medical

Holy Spirit Hospital

Krystelle Schramm – Massage

Once Upon A Rose

Rocklyn Spriggs – Culinary

Texas Roadhouse

Tashayanna Spruill – Massage

Self-Employed

April Tadley – Medical Billing/Coding

Gillaspy Chiropractic Center



Recipe of the Month: Gazpacho Soup

Submitted by: Chef King

Ingredients:

- 1 lb. 8 oz. tomatoes, cored, and diced
- 1 lb. 4 oz. cucumbers, peeled and diced
- 8 oz. green peppers seeded and diced
- 8 oz. red peppers seeded and diced
- 1 lb. diced onions
- 24 fl. oz. of tomato juice
- 4 cloves of minced garlic
- 1 tsp. minced jalapeno pepper
- 2 fl. oz. extra virgin olive oil
- 3 fl. oz. white wine vinegar
- 2 tsp. of salt
- 1 tsp. black pepper
- 6 oz. of garlic croutons

Procedure:

1. Combine all ingredients (except croutons) and purée in a food processor.
2. Serve chilled and with croutons sprinkled on top.



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	5			8	6			
2								3
	3		7					
		1		6		8		
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4								7
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8			6				3	2

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CALENDAR OF EVENTS

May

- 5/3:** New Day Module
- 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

June

- 6/2:** Birthday Celebrations
12 PM & 7 PM;
New Student Orientation
- 6/3:** New Day Module (new programs);
New Start – Day
- 6/8:** New Day Module (old programs)
- 6/9:** Evening Honors – 7 PM
- 6/10:** Evening Round Table – 7 PM
- 6/11:** Day Round Table – 1 PM
- 6/14:** Evening Orientation
- 6/15:** New Start – Evening
- 6/23:** Day Honors – 12 PM
- 6/24:** Evening Round Table – 7 PM
- 6/25:** Day Round Table – 1 PM



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					

June 2010

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