

KTI CHRONICLES

Where Student Success Comes First™

Volume 5 Issue 8

September 2010

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KTI Annual Summer Student Picnic

by Russ Bedell, Director of Public Relations

The author Henry James wrote, "Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language." At the 2010 KTI Summer Picnic on August 26, it would have been



hard to find anybody who disagreed.

On one of the most gorgeous days of the summer, the students, faculty, and staff of Keystone Technical Institute gathered to play games, blow off steam, relax, and feast on a



smorgasbord of great food. Numbering upwards of 250 people, the assemblage seemed to appreciate both the weather and

the company, skillfully navigating around construction detours to Koons Memorial Park in Linglestown.

Everywhere one looked, a variety of activities were being enjoyed, from softball, volleyball, and basketball to board games and card games. A



spirited rumble of flag football even managed to veer from its status as a non-contact sport to coat the enthusiastic participants with dirt, grass, mud, and smiles.

The gathering devoured an impressive spread of food provided by the KTI Culinary Arts team from a menu including pulled pork, baked beans, grilled chicken, macaroni and cheese, potato salad, and pasta salad.



Thanks again to all who arranged, coordinated, cooked for, and took pleasure in an unforgettable day!



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See Page 8 for more Picnic Photos!



Profile in Success: September Student of the Month

Affirmations For Success

Everyone who got where he is has had to begin where he was.

“There is always room in your life for thinking bigger, pushing limits and imagining the impossible.”

The past is the past. Let’s focus on tomorrow and what a great day it will be.



September Student of the Month is Vi Chung!

Program: Computer Network & Internet Technician

Vi was born at Cooper Hospital in New Jersey. He was then raised on the streets of Philadelphia and currently resides in Mount Joy with his grandmother.

He graduated high school from the Franklin Learning Center in Philadelphia. Before making the decision to join KTI, Vi was enrolled at the new Harrisburg University downtown on Market Street. He completed two semesters

there and had a horrible learning experience.

Vi joined the CNIT/ Networking program because he enjoys working with computers, tearing them apart, building computer networks and troubleshooting endless issues.

Vi’s future plans include starting up an enterprise with his high school buddies to provide innovative support and incremental productivity for the automotive, computer and electronic industries.

About Keystone Technical Institute, Vi said, “The education that I receive at KTI compared to Harrisburg University is like night and day. My favorite course was Windows Server 2003

because that course was the core of how business networks are built and how they continue to keep businesses going.”

In his spare time, Vi likes to build and tune game computers and hopes to someday tune sports cars for automotive racers.



Pacific Institute Unit Thirteen:

The Next Time

So much of our belief system is based on our own self-image. We identify with a particular trait and act accordingly. For example, we may be the smart one, the athlete, the bad kid, the not so bright student. Once enough people tell us that this is who we are, we believe it.

To create more positive results in your life, replace “if only” with “next time”.

Our minds adjust to this self image. So, if we are the not so bright student, and we get an A on a test, we will be sure to a D on the next one so that we fit back into

the self image that we have of ourselves. The A was just a fluke. We become comfortable with our beliefs about ourselves. In order to

get past these beliefs, we must change our self image. It isn’t easy. We need to start with affirmations and when we

catch ourselves behaving in a manner that is inconsistent with the self image we want to develop, we need to forgive ourselves, tell ourselves that this is not like us, and tell ourselves to do better. We need to practice

this with other people in our lives, also. Our children, our spouses, our friends, our coworkers will all benefit if we stop stereotyping them and pushing them into a category that will effect their beliefs about themselves. When they are late, or break curfew, or spend too much money, we need to tell them that they are better than this behavior and that next time, we know it won’t happen. We need to accentuate the positive to make ourselves and the other people in our lives better than we currently are.

Staff Spotlight: Lynette Turner

Director of Student Services



Ms. Turner grew up in York, PA and currently resides in Lebanon. She attended William Penn High School in York and then received her bachelor's degree at Central Pennsylvania

College. She went on to earn her Master's degree at Eastern University.

Before joining us at Keystone Technical Institute, Ms. Turner was working in Student Services and as an Instructor at another business school in Lancaster. She decided to join our team here to help the students be successful in their new career choices.

When asked what she liked about KTI, Ms. Turner replied, "The friendly atmosphere of the students and faculty. I feel very much at home here already."

In her spare time Ms. Turner enjoys traveling, playing golf, gardening, reading and spending time with her three grandchildren. She invites everyone to stop by, say hello and see pictures of her grandchildren: John (age 6), Gretchen (age 3) and Lea Beth (age 2).



Classifieds

- Have something to sell, swap or give away?
- Looking for a particular item to buy?

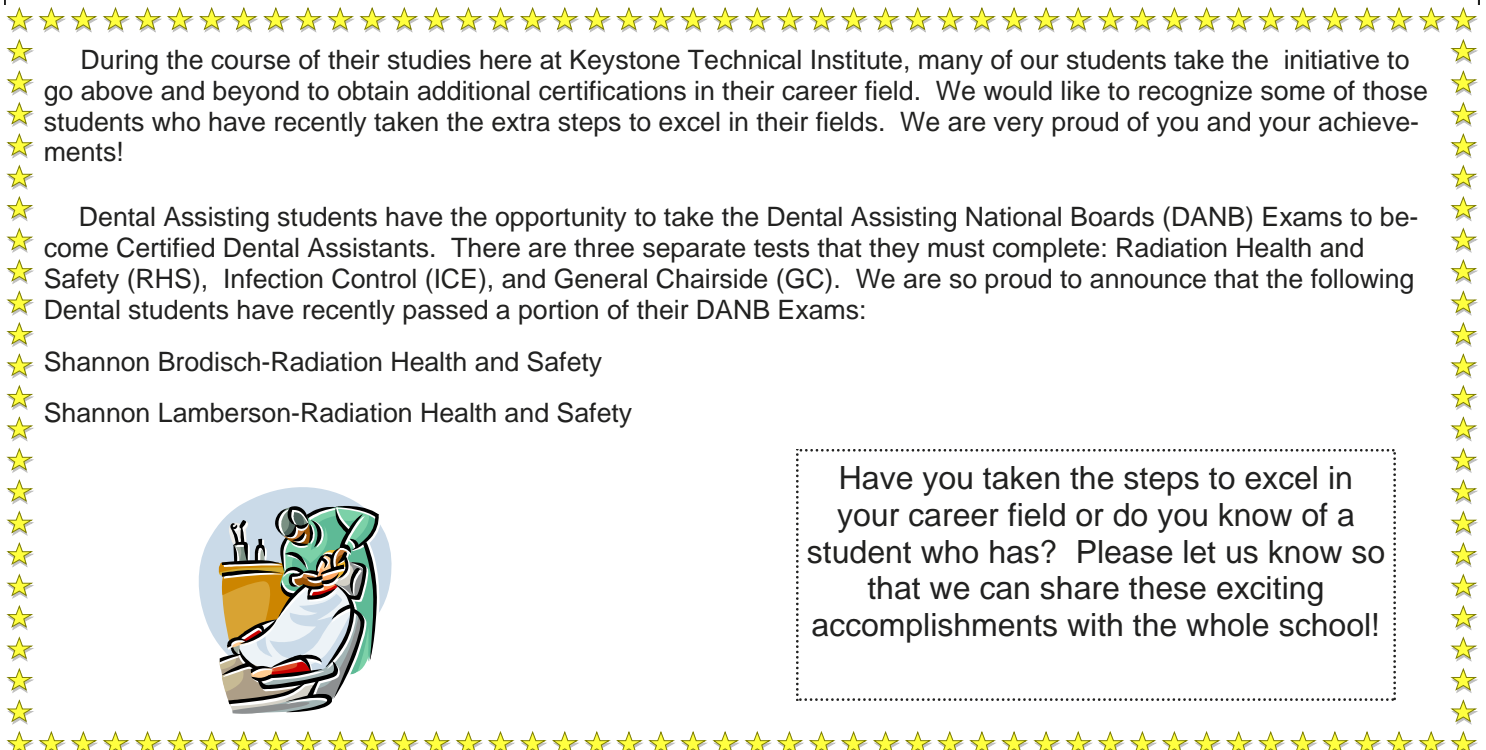
If you are interested in composing a classified ad for the newsletter, please give your ads to Shandy Perlman, at the front desk.

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!

Student Accolades



During the course of their studies here at Keystone Technical Institute, many of our students take the initiative to go above and beyond to obtain additional certifications in their career field. We would like to recognize some of those students who have recently taken the extra steps to excel in their fields. We are very proud of you and your achievements!

Dental Assisting students have the opportunity to take the Dental Assisting National Boards (DANB) Exams to become Certified Dental Assistants. There are three separate tests that they must complete: Radiation Health and Safety (RHS), Infection Control (ICE), and General Chairside (GC). We are so proud to announce that the following Dental students have recently passed a portion of their DANB Exams:

Shannon Brodisch-Radiation Health and Safety

Shannon Lamberson-Radiation Health and Safety



Have you taken the steps to excel in your career field or do you know of a student who has? Please let us know so that we can share these exciting accomplishments with the whole school!

Four Ways to Earn Respect at Your First Job (or at your Externship)

From: *Monster.com*

When you've worked so hard to get that first job after college, the last thing you want is to screw it up. Sadly, new grads do it all the time. The problem rarely stems from lack of knowledge or poor technical skills. It often goes back to something simpler: Your persona in the workplace, particularly during your first few weeks on the job. Remember the spot on your second-grade report card that said "works and plays well with others"? This skill is still important, because it's shockingly easy to make an awful first impression on your new colleagues — the kind that will taint your reputation the entire time you're with the organization.

How do you save yourself and perhaps even your career? Here are four key attitudes and behaviors.

You Don't Know What You Don't Know

"You may be a smart cookie, but you're still a relative newbie in the business world," says Alexandra Levit, author of [They Don't Teach Corporate in College](#).

So tread lightly when it comes to sharing your groundbreaking ideas, especially when you're the new person.

"Resist the temptation to jump in and take over projects or to assume that you know how things should be done," Levit says. "Older colleagues with more experience will perceive this behavior as arrogance and will quickly dismiss your valuable input."

A Sincere 'Thank You' Goes a Long Way

Isn't it nice to hear "thank you" once in a while? Your coworkers feel the same way. So does your boss.

"Your manager is a human being who likes to feel appreciated, just as you do," says Susan Stern, president of Stern + Associates, a public relations and marketing firm in Cranford, New Jersey. "That means that if your manager takes you to lunch, gives you a gift, bonus or raise, or even hosts a company party, you should reply with a heartfelt 'thank you.'"

Few Go Above and Beyond

You'll be amazed by the number of clock-watchers you'll be working with. These workers do only what's asked of them and put in their 40 hours a week, not a second more. Their indifference can be your gain if you simply offer to take on additional assignments or put in extra time once in a while.

"Happy volunteers rack up points," says Stern. "Companies are always impressed with junior staffers who are willing to pay their dues, roll up their sleeves and pitch in to help. By exhibiting this type of can-do attitude and leaving your ego at the doorstep, you'll show management that you're committed to hard work, advancement and the team effort."

Listening Is Highly Underrated

"This should be an obvious one, but many entry-level workers are anxious to prove their knowledge, and they speak without listening first," says Mary Harris, a corporate etiquette and protocol consultant in Fort Lauderdale.

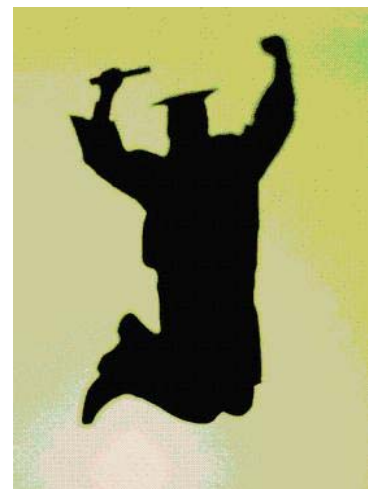
The unintended result: An image of a snotty know-it-all with no regard for more-experienced colleagues. So above all, learn to really listen, says Marjorie Brody, head of Jenkintown, Pennsylvania-based Brody Communications and coauthor of [Help! Was That a Career Limiting Move?](#)

"When you understand what people are saying to you and need of you rather than always focusing on your own agenda, you garner respect from your colleagues as someone who is attentive and cares," she explains.

Interview Question of the Month

Why do you want this position?

Here's where your research about the company will help you stand out among the other candidates. Explain how you've always wanted the opportunity to work with a company that... provides a vital public service, leads the industry in innovative products, whatever... find something specific about that company that you can tie in with your answer. Explain how your qualifications and goals complement the company's mission, vision and values (use specific examples). If you are applying for a position in a company for which you already work, explain how you'll be able to apply and expand on the knowledge and experience you've gained from your current position, and will be able to increase your contributions and value to the company through your new responsibilities.



Ask the Computer Expert

By George Vujasin, Network Administrator



Dear Computer Expert,

Recently, when I start my computer it makes a grinding or buzzing sound. It's not anything that is very loud, and it even goes away a short time after running for a while. What could this be?

Noisy

Dear Noisy,

It appears that you are having an issue with one of the fans inside your PC. Cooling is a critical function in today's hardware. Processor chips, power supplies, memory, hard

drives, and even video cards can all generate a lot of heat. So much heat that, unattended, could cause damage to the system. The fans that manufacturer's put into computers are simple in their design. They spin very fast and can have a few problems over time, so simple and some a little more complex.

The first thing to do is get a can of compressed air, available at many outlets. Next, inspect the inside of the PC for dust. Most computers open easily; usually the only tool you need is a Phillips head screwdriver. You only need to open one side of the computer. If you open the computer and see a lot of dust, proceed to the next step. If the PC is extremely dusty, you may want to do this next step outside. Attach the nozzle to the can of air and, using short bursts, blow the dust off of the components inside the computer. The can should be held upright to prevent the accelerant from spraying on the components, making them appear "frosty." Pay close attention to any fans that you see on the inside. The main processor, the power supply, and a lot of video cards all have fans now days. Use the nozzle to blow out any dust that may be near the center of the fan. You may also take the nozzle along the vents of the power supply and do the same thing.

It is important to use just the compressed air for cleaning. Do not be tempted to reach in with a dust cloth to clean the inside, the air will be enough. Also, do not be intimidated if the inside of the machine is very dusty; there is a lot of static electricity on the inside of a computer, so any dust, pet dander, or smoke will be drawn to the surfaces of the components. So even the best house keeper may have a very dusty computer!

Once you have everything dusted out, close the cover and restart the machine. Take notice to how it sounds when starting. If dust was the issue, these steps should take care of the noise. If, however, you still hear the same sounds when starting the computer, dust might not be the problem, and a fan may need replacement. This should be done by a qualified technician.



Birthday Watch

The following students are celebrating September birthdays:

Terri Eutz – Sept. 2nd
 Sheila Germaine – Sept. 4th
 Toni Adams – Sept. 6th
 Sharon Sloat – Sept. 7th
 Brent Brown – Sept. 8th
 Chandra Shoemaker – Sept. 8th
 Gary Shaner – Sept. 9th
 Colleen McElroy – Sept. 11th
 Samantha Miller – Sept. 11th
 Casey Soder – Sept. 11th

Prince Walker – Sept. 11th
 Roger Cantelupe – Sept. 12th
 Mireille Rivera – Sept. 12th
 Sharae Early – Sept. 13th
 Antwan Morrison – Sept. 13th
 Shawn Reisch – Sept. 13th
 Cortney Wilson – Sept. 13th
 Lan Mai – Sept. 14th
 Doreen McElroy – Sept. 15th
 Desirae Richards – Sept. 15th
 Kynisha English – Sept. 16th
 Amie Metzger-Comp – Sept. 16th
 Nafeesa Peoples – Sept. 16th
 Davina Oumarou – Sept. 17th
 Sara Travis – Sept. 17th
 David Litschi – Sept. 20th

Ashley Morris – Sept. 20th
 Jayde Proctor – Sept. 20th
 Terrell Thrasher – Sept. 21st
 Shelbie Hook – Sept. 23rd
 Heather Berdanier – Sept. 26th
 Shelly Banks – Sept. 28th
 Theresa Hunter – Sept. 28th
 Randy McAllister – Sept. 28th
 Raynel Mickle – Sept. 30th
 Rodica Spitler – Sept. 30th

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

Placement & Externship

Congratulations and Best of Luck to our Externs

Congratulations to the following students who started their externships at the end of August:

Culinary
Shelly Mitchell

Medical Assistant
Keith Jefferies

Good luck to the following students who are going to be starting their externships in September:

Culinary
Marshall Garrett
Alan Hook

Dental
Leaf Brown
Sereyvat Pheng
Julie Smith
Laine Watson

Medical Assistant
Leah Chambers
Samantha Miller
Tasha Miller
Lori Ramirez
Kambrea Snoko
Martika Taylor

Good luck to the following Massage Therapy students who have begun their externships. The PMTS students complete two externships during their course of study here at KTI:

(First Externship)
Shawna Beltz
Jasmine Gonzalez
Randy McAllister
Antwan Morrison
Shawn Reisch
Cheryl Scott

(Final Externship)
Alyssa Flaherty
Erica Smith
Jessica Walters



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**

Honors Awarded

The following Day students received Honors for the month of August:

Carol Arp

Distinguished Honors
Outstanding Attendance

Albina Aydinova

Outstanding Attendance

Jasmine Baer

Distinguished Honors
Outstanding Attendance

Shelly Banks

Honors
Outstanding Attendance

Ellen Barkos

Distinguished Honors
Outstanding Attendance

Dwight Baublitz

Honors
Outstanding Attendance

Shawna Beltz

Perfect Attendance

Susan Bianchi

Distinguished Honors
Perfect Attendance

Janet Brennan

Distinguished Honors
Outstanding Attendance

Shannon Brodisch

Distinguished Honors
Outstanding Attendance

Brent Brown

Honors
Outstanding Attendance

Leaf Brown

Honors
Outstanding Attendance

Colleen Campbell

Distinguished Honors
Outstanding Attendance

Angela Cassell

Distinguished Honors
Outstanding Attendance

Leah Chambers

Distinguished Honors
Outstanding Attendance

Vi Chung

Distinguished Honors
Outstanding Attendance

Crystal Cook

Distinguished Honors
Outstanding Attendance

Rebecca Curtis

Honors
Outstanding Attendance

Duane Delarm

Distinguished Honors
Outstanding Attendance

Loretta Dreibelbis

Distinguished Honors
Outstanding Attendance

Pamela Elliott

Honors
Outstanding Attendance

Alyssa Flaherty

Honors
Outstanding Attendance

Alisha Flemister

Distinguished Honors
Outstanding Attendance

Samantha Gladfelter

Outstanding Attendance

Jasmine Gonzalez

Outstanding Attendance

Sherrin Graby

Distinguished Honors
Perfect Attendance

Marcia Hall

Distinguished Honors
Outstanding Attendance

Brea Hammes

Distinguished Honors
Outstanding Attendance

Alan Hook

Distinguished Honors
Outstanding Attendance

Melissa Haubert

Distinguished Honors
Outstanding Attendance

Kaitlin Hummel

Honors
Outstanding Attendance

Kevin Jacquell

Distinguished Honors
Outstanding Attendance

Nicole Kelsey

Outstanding Attendance

Shannon Lamberson

Outstanding Attendance

Dennis LaRose

Honors
Outstanding Attendance

Eric Lavia

Honors
Outstanding Attendance

Jessica Leab

Perfect Attendance

Randall Lewis

Distinguished Honors
Outstanding Attendance

Honors Awarded Continued...

Randy McAllister
Distinguished Honors
Outstanding Attendance

Shelly Mitchell
Distinguished Honors
Outstanding Attendance

Sereyvat Pheng
Honors
Perfect Attendance

Juanita Proctor
Honors
Outstanding Attendance

Alana Randall
Distinguished Honors
Outstanding Attendance

Christopher Roberts
Outstanding Attendance

Bonnie Ruch
Distinguished Honors
Perfect Attendance

Nina Rumbaugh
Outstanding Attendance

Denise Schindler-Ready
Honors
Perfect Attendance

Amber Sechrist
Distinguished Honors
Outstanding Attendance

Gary Shaner
Distinguished Honors
Perfect Attendance

Chandra Shoemaker
Distinguished Honors
Perfect Attendance

Beth Simmons
Distinguished Honors
Perfect Attendance

Jen Sipe
Distinguished Honors
Outstanding Attendance

Jason Slagle
Outstanding Attendance

Julie Smith
Distinguished Honors
Outstanding Attendance

Kambrea Snoke
Honors
Outstanding Attendance

Nicole Sollers
Distinguished Honors
Perfect Attendance

Rodica Spitler
Distinguished Honors
Perfect Attendance

Carrie Stine
Distinguished Honors
Outstanding Attendance

Christina Stone
Distinguished Honors
Outstanding Attendance

Eric Tarter
Honors
Outstanding Attendance

Adam Venhuizen
Outstanding Attendance

Tom Wacker
Outstanding Attendance

Jen Wagner
Distinguished Honors
Perfect Attendance

Laine Watson
Distinguished Honors
Outstanding Attendance

Timothy Weidenhof Jr.
Outstanding Attendance

Megan Wise
Honors
Outstanding Attendance

Jessica Wysincavage
Distinguished Honors
Perfect Attendance

Stacy Zinn
Distinguished Honors
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

Recipe of the Month: Roast Brined Pork Loin with Date & Gorgonzola Stuffing

Submitted by: Chef Stiffler

Ingredients:

6 oz Pitted Dates, Chopped (other fruit may be used)
 1 tsp Butter
 1/8 tsp Dried Rosemary
 3 fl oz Water
 2 oz Gorgonzola Cheese
 3 lb Pork Loin, Center Cut, Boneless
 2 qt (or as needed) Brine*
 Add Salt, Pepper, Ground Coriander to taste
 (Yields 8 Portions)

*Brine

1 Gal Water
 4 oz Salt
 3 oz Sugar
 2 Bay Leaves
 2 tsp Dried Thyme
 4 Whole Cloves
 1 tbsp Peppercorns

Procedure:

1. In a saucepan, briefly cook the dates in butter until slightly softened.
2. Add the rosemary and water. Cook until the mixture forms a thick paste. Cool.
3. When the date mixture is completely cool, add the gorgonzola and mix in well.
4. If the loin has a fat covering, trim the excess fat from it, leaving only a thin covering. If the loin was purchased without a fat covering, trim off all silverskin.
5. Marinate in enough brine to cover, refrigerated, 24 hours.
6. Stuff the meat. This can be done in either of two ways:
 - A) Butterfly the meat. Spread the date mixture inside and refold the meat to enclose the stuffing. Tie the meat well.
 - B) Poke a hole lengthwise through the center of the loin with a clean, sanitized spoon handle or similar rod-shaped item. Force the date mixture into the hole so it fills the hole completely.



7. If the loin has no fat covering and was trimmed of silverskin in Step 4, oil the surface well. Season the surface of the meat lightly with salt, pepper and ground coriander. Hold in the refrigerator until ready to cook.
8. Preheat the oven to 425 degrees. Place the roast in the oven. After 10 minutes, reduce the heat to 325 degrees. (The initial roasting at high heat is optional; its purpose is to help brown the roast.) Continue to roast until the internal temperature is 160 degrees.
9. Remove from heat and let stand in a warm place at least 10 minutes before slicing.

Serve with your favorite rice, pasta or potato.

Pictures from the Student Picnic



A special THANK YOU to Dave Campbell, Dr. Hart, Brian Stephenson and the Culinary Students and Faculty for making the picnic a wonderful success!

(Eric Tarter, Colleen Campbell, Amylynn Patterson, Miss Locy, Kyea Sheppard & Brittani Zamboni)



Mrs. R lending a hand to Students



Angela Cassell, Mrs. A, Mrs. Purvis, Cheryl Scott and other students hanging out and playing cards

Mrs. Deterling and students playing volleyball



Faculty serving students lunch



Faculty and Students playing Apples to Apples

Check out the Student Activities Bulletin Board outside of Ms. Turner's office for more pictures!



PFT student Nate Givler hitting a home run

KTI's 65th Graduating Class

You are all invited to join us in celebration of Keystone Technical's 65th graduating class. On Friday, September 17 at 6pm at the Four Points Sheraton in Harrisburg we will be celebrating the achievements of several of our students. We wish all our graduates much success and we have high hopes for their futures.

Child Care Specialist

Elizabeth Figueroa
Shannon Heimbach
Linda Manigault
Susan Smith
Amanda Speece
Hope Wiley

Computer Network Technician

Cynthia Barnes
Justin Haines
Charles Hunter
Marlin Hunter Jr.
Andrew Ober
Julian Lee Sariano
Mary Saul
Kenneth Shepherd

Computer Network & Internet Technician

Anji Baldwin
Tasha Brady

Culinary Arts Specialist

Joseph Beasom
LaKeisha Burnett
Shane Campfield
Randy Cook
Brandon Curry

Dental Assistant Specialist

Jennifer Casey
Cynthia Farrar
Emily Hsueh
Nafeesa Peoples
Ashley Schwab

Expanded Functions

Dental Assistant

Bonnie Craig
Alyson Cramer
Victoria Fraley
Kim Lingle
Cortny Miller
Jackie Nolt
Naomi Seidler
Brandi Simmons
Sharon Sloat
Tammy Wolfe

Medical Assistant

Mandy Bowsman
Larry Kauffman
Maria Perez-Aviles

Medical Assistant Specialist

Ciera Dent
Susan Fisher
Carol Gible
Lan Mai
Wilda Martinez
Kathy McCrae
Sheri Moats
Cynthia Parmer
Tiffany Popp
Aida Pronko
Ruth Schlusser
Nicole Winters

Medical Billing & Insurance Coding

Kelly Attick
Loretta Goodling
Jackie Pierich
Annette Pinto
Angela Prince

Medical Office Management

Anna Cramer

Paralegal Specialist

Medina Long

Personal Fitness Trainer

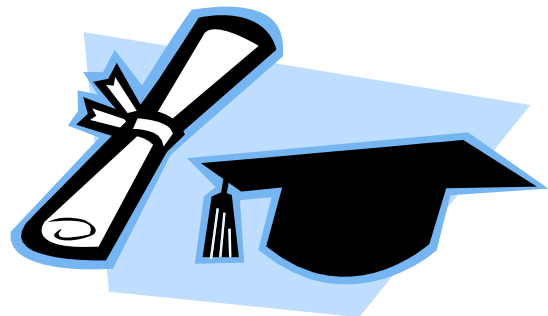
Melanie Reynolds
Darrell Saul
Prince Walker

Professional Massage Therapist

Nate Givler

Professional Massage Therapy Specialist


Cora Crosson
Wanda Jackson



“Education is not received. It is achieved.”

CALENDAR OF EVENTS

September

- 9/2:** Birthday Celebrations
12 PM & 7 PM
- 9/6: School Closed** 
HAPPY LABOR DAY!
- 9/7:** CAT Meeting 3:15 PM (rm. 103)
- 9/9:** Day Honors – 12 PM;
Evening Round Table – 7 PM
- 9/10:** Day Round Table – 1 PM
- 9/14:** OPEN HOUSE 10AM-7PM
- 9/17:** Graduation 6 PM
- 9/23:** Evening Round Table – 7 PM
- 9/24:** Day Round Table – 1 PM
- 9/30:** New Day Module

October

- 10/1:** New Student Meet & Greet
11AM-1PM
- 10/5:** CAT Meeting 3:15 PM (rm. 103)
- 10/7:** New Start-Evening;
Birthday Celebrations
12 PM & 7 PM
- 10/11:** New Start-Evening
- 10/12:** OPEN HOUSE 10AM-7PM
- 10/14:** Evening Round Table – 7 PM;
New Evening Module
- 10/15:** Day Round Table – 1 PM
- 10/27:** Halloween Party
- 10/29:** New Start-Day



Start thinking of ideas for the Halloween Window Decorating Contest -Coming in October!

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4
5	6 SCHOOL CLOSED	7 CAT Meeting	8	9 Honors Round Table 7 PM	10 Round Table 1 PM	11
12	13	14 OPEN HOUSE	15	16	17 Graduation	18
19	20	21	22	23 Round Table 7 PM	24 Round Table 1 PM	25
26	27	28	29	30 New Day Mod		

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Meet and Greet	2
3	4	5 CAT Meeting	6	7  New Start-Evening	8	9
10	11 New Start-Evening	12 OPEN HOUSE	13	14 Round Table 7 PM New Mod-Eve.	15 Round Table 1 PM	16
17	18	19	20	21	22	23
24	25	26	27 Halloween Party	28 Round Table 7 PM	29 New Start-Day Round Table 1 PM	30
31 						