

Medical Information Services

Happenings

A Quarterly Publication For and About MIS Staff



Winter Edition
2005

Welcome to our new staff!



Meet our new staff! They are:

Back Row: Cassandra Nichols, RMU; Angela Trotter, RACU; J. Patrick Cochran, KEC. Front Row: Srivani Tummala, RMU; Kathleen McPhail, CTS.

Inside This Edition of the MIS-Happenings:

Calendar of Events

Words to Motivate & Inspire

MDA Shamrock Kick Off

Love Our Department Day

SNOW Day Memories

Accreditation Corner

Work Smart/Work Safe!

Milestone Anniversary Banquet

RA/ARUs Adoption!

2005 Holiday Service Project

Bulletin Board

You're Supers

Winter Sports

Winter Recipes

Winter Crafts





The following staff have been honored with "You're Super" between October and January, some with multiple awards.

Recipients for the upcoming quarter (December through March) are invited to attend the upcoming Employee Recognition Quarterly Reception on Thursday, March 30th. Congratulations on your outstanding performance! YOU'RE SUPER!!!!

Bob Baitinger - Payor Liaison
Gerianne Balasick - RMU
Elizabeth Beaudrie - Coding
Gail Bradner - Coding
Gwen Blackford - Coding
Karen Bogard - Compliance
Stephanie Bowens - RA/ARUs
Gail Bradner - Coding (2)
Kim Buti - RA/ARUs
Kellie Carpenter - RMU (3)
Mary Beth Collins - Coding
Diana Czaplewski - Coding (2)
Abdirashid Gary - RA/ARUs
Irene Grant - Coding
Norma Hagadorn - RACU/ROI
Kellyann Hartnett - Coding (2)
Joann Harvey - CTS (2)
Ann Hubbard - CTS
Joanna Hoffman - CTS
Jody Karamol - Record Availability
Janice Kelley - RACU
Donnajean Lieder - Payor Liaison (2)
Diane Lipp - Coding
Lori Lublin - CTS
Karen Maki - Administration
Carol Matlega - Administration
Jennifer McKinney - RMU (3)
Renee Mitchell - RMU
Lubna Musa - RACU
Diane Nicholls - CTS
Dewona O'Brien - Kellogg ARU
Kathy Offman - CTS
Cheryl Pastor - Coding
Patricia Pokoyoway - Coding
Abdur Rahman - PSL
Diane Repshinska - CTS
Deborah Richardson - Coding
Stacey Robertson - RMU Manpower (2)
Jeannette Schuler - Coding (2)
Alam Shahabuddin - PSL
Cathy Siemasz - Coding (2)
Sarah Slezak - RA/ARUs

Are you using our recognition programs?
It is a fast and easy way to show a colleague they are valued. Just click on "Employee Recognition" on the UMHS home page or visit:

<http://www2.med.umich.edu/cfusion/recognition/youresuper/superform.cfm>

Milton Stephens - RMU
Vani Tummala - RMU
Charlotte Walton - Coding
Judy Webb - PSL
Diane Wells - RMU
Joanne Whitfield - RACU
Rhonda Wilson - Coding (2)



Do you know a Shining Star?

If you work with someone who shines in the areas of Service, Teamwork, Achievement and Respect for Individuals, consider nominating them for the Shining Star Award.

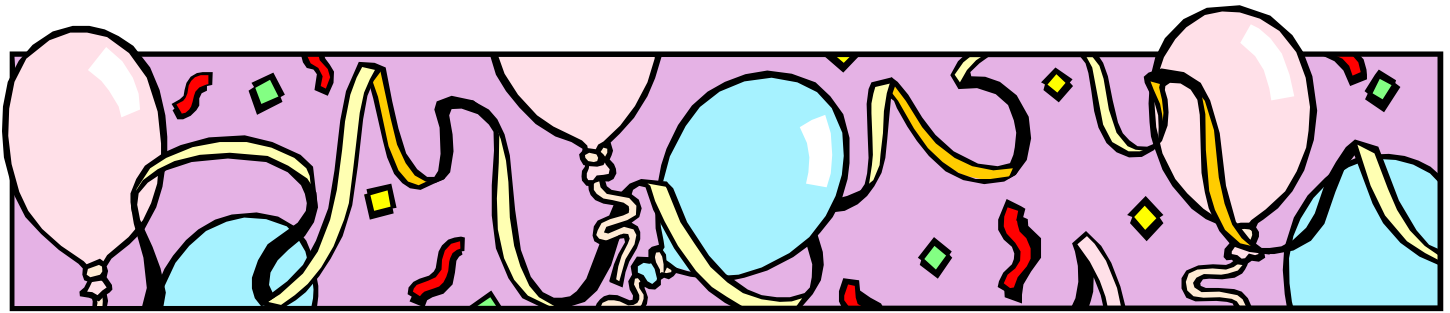
Nomination forms are available on the Employee Recognition website. Plan to give examples of the STAR criteria. Additional examples may include how the nominee contributes to the success of others, how the mission of the UMHHC has been enhanced by the nominee's contribution, the nature of the nominee's relationships with others inside and outside the UMHHC, and how the nominee has demonstrated personal and professional growth.

Go ahead! Nominate a worthy colleague for this prestigious award.

Selections are made by the Employee Recognition Committee.

Staff chosen as Shining Stars receive several awards and are honored at an upcoming Employee Recognition Reception.





Wow, what a Milestone Anniversary Celebration!

On Wednesday, January 18, over fifty honorees and their guests attended the Third Annual Milestone Anniversary Banquet. Invitees included those who celebrated their first, fifth, tenth, fifteenth, twentieth or twenty-fifth year anniversary with the University of Michigan sometime in 2005.

After a delicious meal that was nothing short of a feast, staff were thanked by Chief Administrator Rosanne Whitehouse and certificates were awarded. Guest speakers included twenty year honorees Sylvia Calhoun, Bob Chopko and Diana Lipp who inspired everyone with a few very special memories!

Be sure to congratulate our honorees, and thank them for their loyalty and dedication to our organization!

Twenty Five Year Milestone Anniversary

Ann Hubbard, Medical Transcriptionist

Twenty Year Milestone Anniversary

Sylvia Calhoun, Health Information Associate
Robert Chopko, Senior Systems Analyst
Diana Lipp, Medical Coding Specialist
Felicia Mullice, Health Information Analyst

Fifteen Year Milestone Anniversary

Delphine Frank, Medical Coding Specialist
Christopher Hardy, Supervisor
Marian Landis, Medical Transcriptionist
Carol Leone, Medical Transcriptionist
Patricia Nazaruk, Medical Transcriptionist

Ten Year Milestone Anniversaries

Renee Bell, Medical Transcriptionist
Joyce Evans, Medical Transcriptionist
Anita Jacobs, Health Information Analyst
Brenda Lochinski, Medical Transcriptionist
Diane Nicholls, Medical Transcriptionist
Jennifer Patrick-Zakosky, Health Inf. Associate
Stephanie Bruneau, Medical Transcriptionist
Virginia Reigle, Health Information Analyst
Evelyn Shaw, Medical Transcriptionist
Cathy Siemasz, Medical Coding Specialist
Deborah Slater, Clinical Documentation Spec
Charlotte Walton, Clinical Documentation Spec
Jacqueline Wysocki, Medical Coding Specialist

Five Year Milestone Anniversaries

James Conway, Health Information Associate
Diana Czaplewski, Medical Coding Specialist
Ning Du, Health Information Associate
Janice Kelley, Health Information Associate
Tammi Kelly, Medical Transcriptionist
Juanita Loular, Health Information Associate
Lori Lublin, Administrative Assistant
Renee Mitchell, Health Information Associate
Anne Rammelkamp, Medical Transcriptionist
Deborah Richardson, Medical Coding Specialist
Roger Sheffrey, Health Information Associate

One Year Milestone Anniversaries

Karen Bogard, Document Imaging Coordinator
Kellie Carpenter, Health Information Associate
Kim Ford, Administrative Specialist
Kellyann Hartnett, Supervisor
Kelly Huff, Health Information Analyst
Jody Karamol, Health Information Associate
David Maki, Health Information Associate
Vicki McGettigan, Health Information Associate
Lubna Musa, Manager
Jeannette Schuler, Administrative Assistant
Retha Gail Spaulding, Administrative Assistant
Tyran Steels, Health Information Associate
Kristen Trenkle, Health Information Associate
Rhonda Wilson, Medical Coding Specialist



There's always something to look forward to in MIS! Watch for these upcoming events and activities!

January:

Milestone Anniversary Banquet: January 18
Mid-Year Performance Planning and Evaluations
Winter 2006 Edition of MIS-Happenings Published
NCAC Weight Watchers at Work Starts: January 20

February:

Muscular Dystrophy Shamrock Sales Kick Off: February 9
MIS Love Our Department Day: February 17
CARE Team Trash Treasures and Treats Sale: February 22
MIS New Employee Orientation: February 23

March:

National Employee Recognition Day: March 3
MDA Shamrock Sales: March 13 – 17
Buddy System and Lunch: March 20 - 24
Employee Recognition (You're Super) Reception: March 30

April:

MIS New Employee Orientation: April 18
Administrative Professionals Day: April 26
Take Your Child to Work Day: April 27



Health Information Management
Hearts. Minds. Spirit.
GET INVOLVED!



Health Information Management Kick Off Approaching!

Very soon, the department that we know as **Medical Information Services** will officially become **Health Information Management**. With the new name will come a new look and logo, and a public event in the Towsley Link is being planned to get the word out.

The name "Health Information Management" best reflects the future of our business, and the name change will help us focus attention upon the other changes taking place in health information.

The change will not only involve logistical ones such as signage and policies, it will involve all staff as we transition to thinking of ourselves as the gatekeepers for quality health information in all forms, both today and in the ever-changing future.

Welcome to Health Information Management!

Muscular Dystrophy SUMMER CAMP "The Best Week of the Year"



With our MDA Kick Off coming up on Thursday, February 9th, spring can't be far away! It's time to start selling shamrocks and raising money to send some local kids to camp!

Since 1955, MDA has built bridges and knocked down barriers for youngsters with neuromuscular diseases by providing an unforgettable week at MDA summer camp. Campers say the week they spend at MDA camp is "the best week of the year." For many, it is the first time they have felt *just like everyone else*.

Since 1999, MIS has chosen MDA as one of our annual service projects. From that first year when we raised \$120, we have increased our donations to a high in 2005 of \$3,165. That was enough to sponsor FIVE children with a full scholarship for camp... and then some!

As always, we need your help. And there are lots of ways to help! Join us at our Kick Off, or just grab a handful of shamrocks to sell or buy a Cool and Casual button. You'll be glad you did!



Unit-Based Safety Program to Debut!

How safe is your work unit... and how much safer can you make it?
Very soon you will be able to find out!

The Wellness Team is excited to introduce their newest safety program, Work Smart/Work Safe. The unit-based program will include twice a year safety inspections, ergonomics coaching, and action planning to work smarter and safer. And maybe even some great prizes!

Be watching for more details!

MIS BULLETIN BOARD

Health Information Analyst Bob Baitinger received his RHIT credentials in December 2005. Congratulations Bob on this achievement!

Kim Ford was selected in November by the Medication Safety Committee as a Medication Safety Champion for her work in standardizing pre-printed forms. Great work Kim!



Yet Another Best-Ever Holiday Service Project!

Medical Information Services continues to outdo ourselves year after year on our annual **Holiday Service Project**, this year hitting a grand total of \$6000 worth of donated cash and goods to four worthy organizations.



A cart full of gifts for Donna and family

Friends in Deed will receive **\$1560.00**, and the **Humane Society of Huron Valley** **\$500.00**, enough to sponsor a cage for a year. Our MIS staff donated another **\$170.00** in holiday coupons to **Mott/Womens Social Work**. The piles of presents and gift cards given to our adopted Donna and Sharee families have been valued at a minimum of **\$2000.00**. Donations to **Bortz Health Care** included 137 gift bags of personal items, 150 lap robes (!!!) and boxes of stuffed animals, gifts and holiday decorations valued easily at another **\$1000.00**.

Team members Jessica Prins and Joanne Whitfield

This year's Holiday Service Team included **Kim Bagazinski, Mary Benfield, Stephanie Bowens, Kim Ford, Kathy Greene, Joey Hoffman, Ann Hubbard, Jody Karamol, Jae-Min Lee, Donnajean Lieder, Lori Lublin, Renee Mitchell, Dewona O'Brien, Lynne Peirce, Jessica Prins, Jeannette Schuler, Sara Spears and Joanne Whitfield**. Special helpers included **Joann Harvey, Rose Marie Sitko, Irene Grant and Angela Trotter**, as well as CTS manager **Diane Repshinska** and the entire **Central Transcription Services** who sponsored a successful bake sale which funded several of items on the wish lists.



Team members Joanne Whitfield, Jessica Prins and Jody Karamol



Behind the scenes were many special holiday angels who purchased Wish List gifts... who donated their holiday coupons... who worked the Crafting Clinic and donated fleece for lap robes... who donated items for our Nacho Bars and feasted at our Nacho Bars... who supported the Bake Sale... who purchased items for Bortz or the Humane Society... who donated items for the Not So Silent Auction... and who purchased more and more Barbies and all the other wonderful things we were selling.

Once again, this tremendously generous department changed the lives of a huge number of people. Including the lives of several of us. As one staff member reflected on her visit to Bortz, "THIS is Christmas!"

-Lynne Peirce

Love Our Department Day 2006!

It's time for one of our most fun days of the year! No, not Valentine's Day... **LOVE OUR DEPARTMENT DAY!**



Throw on your most comfy pair of jeans and your most broken-in sweatshirt and head in to work on Friday February 17th prepared to do some down and dirty (literally!)... activities!

The morning will find cleaning supplies in abundance throughout MIS in Taubman and NCAC and trash bins just begging to be filled. Lunchtime? Stacks of hot pizza and frosted Valentine's Day cookies. And that afternoon.. the satisfaction of looking around your area and finding it neat, sparkling and organized... with the faint aroma of Whistle green spray cleaner and pepperoni still drifting through the air.

Ah... it doesn't get any better than this!

At least not until you come in Monday morning and say, in shock... "Is this really my office?????" That satisfied Cheshire Cat smile will creep onto your face and stay there for many days and months... at least until the time that another Love Our Department Day is needed!

Love Our Department Day is brought to you by your MIS Leadership Team and the Wellness Team.

It's a great day. ENJOY!

RA/ARUs ADOPTS A HALLWAY



This program was posted in the Bulletin and I thought it would be a fun thing to do. It is basically the same thing as the Adopt a Highway program. Teams are made up and put in charge of keeping an assigned hallway clean. I sent out an email looking to make a team and received responses from 7 of our members. The members consist of Kim Buti, Maria Korosso, Marie Makushik, Jody Karamol, Stephanie Bowens, Verna Weathers and Melissa Kuznicki.

We were assigned the hallway from the Mott Entrance to Towsley to Med Inn. Twice a day we walk our hallway and pick up any trash we may find. If we find spills or any hazardous materials, we call Environmental Services to let them know where it is and they take care of the problem. (By the way, if you ever need their services the number is easy: CLEAN.)

A sign will be posted somewhere along our assigned hallway with our department name, so be sure to look for it. We also will have a photo in the March issue of Inside View so look for us there!

Since this is a pilot program we only committed to 3 months. We started on December 12, 2005, and will go through March 12, 2006, at which time we will decide if our team wants to continue.

-By Melissa Kuznicki



THE ACCREDITATION CORNER

This is a new section of the newsletter designed to provide information about the impact the Accreditation process has on the MIS (HIM) department. In this issue, I will provide some history and show how the Accreditation started.

The first permanent hospital established in the Americas was Jesus of Nazareth Hospital in Mexico in **1554**. It was founded by Cortez and is still in operation today.

The first American hospitals were called almshouses and were built for the poor and homeless. The oldest was Pennsylvania Hospital established in **1752** in Philadelphia. To help pay for health care, the patients performed menial tasks such as scrubbing floors or serving food to other patients (imagine that). Wealthy Americans received health care in their homes.

The first school in America dedicated to training physicians was founded in **1765** in Philadelphia. Prior to this, training consisted of being an "apprentice" with an older physician.

In **1847**, the American Medical Association (AMA) was founded for the purpose of improving medical education and the ethics of practicing medicine.

In **1848**, The American Hospital Association (AHA) was founded to promote public welfare by improving health care in hospitals.

In **1910**, Abraham Flexner published a report identifying serious problems with medical education leading the AMA to begin accreditation of medical schools.

The American College of Surgeons (ACS) was founded in **1913** for the purpose of establishing standards of care for hospitals and recognizing that the hospitals have high ideals.

The ACS established the Hospital Standardization Program in **1917** which began testing basic standards of care.

In **1919**, The ACS adopted the *Minimum Standards*, which identified factors essential to proper care and treatment of the hospital patient.

The Hospital Survey and Construction Act (Hill-Burton Act) was passed in **1946** providing funding for the construction of health care facilities and equipment based on state need.



In **1952**, Joint Commission on Accreditation of Hospitals (JCAH) was founded. It adopted the Hospital Standardization Program from the ACS. In the late **1980's**, Joint Commission changed its name to the Joint Commission of Accreditation of Health Care Organizations (JCAHO) as we know them today. Thus began the Accreditation Process.

-Margaret Hennings

Michigan Wolverines Winter Athletics

By Jeremy Muha

So you're a little footballed out after a long season. Or maybe you took my advice last time and took in a few lesser known Michigan sports, but now the season has changed and you're up for something different. Well the University of Michigan athletic department has the cures for what ails you.



Men's Basketball

The Wolverines are off to an 11-2 start to the season including wins over Notre Dame and Purdue. The team's two losses are to nationally ranked UCLA and Indiana in close games. Watch seniors Daniel Horton, Graham Brown and the rest of the Wolverines at Crisler Arena this season. As of press time, you will have five opportunities to see the Wolverines at Crisler in the regular season.

Women's Basketball

The lady Wolverines started the year with a 6-6 non-conference record. Leading scorer and rebounder Ta'Shia Walker from Lansing already has a Big Ten Player of the Week honor to her credit this year.

The Wolverines also feature sophomore Katie Dierdorf, daughter of former Michigan footballer, NFL Hall of Fame lineman and TV color analyst in football. The Wolverines will have four remaining home games at Crisler Arena as of press time.

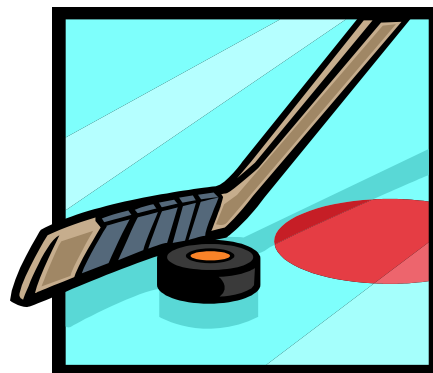
Gymnastics

The men's gymnastics team is ranked sixth in the GymInfo preseason coaches poll this year. There are two Michiganders on the team: Derek Croad from Jackson and Daniel Rais from Livonia. Senior Justin Laury finished fifth on the all-around at the NCAA Championships last year. The team has two more home meets at Cliff Keen Arena.

After a fifth place finish last year at the NCAA meet, the women are again picked fifth in the poll. Megan Moore (Rochester Hills) is the only Michigander on the team this year. Senior Jenny Deily has been an 8-time All-American. Michigan has three remaining home meets at Cliff Keen Arena this year, as well as hosting an NCAA Regional.

Ice Hockey

As of January 9th Michigan is ranked #8 in NCAA Division I ice hockey by the United States College Hockey Online poll. With over half the season accounted for, the Wolverines have a 13-7-1 record. The Wolverines are led by senior captain Andrew Ebbett and leading scorer and assistant captain T.J. Hensick, who has scored 30 points in 21 games. Freshman Billy Sauer has started 16 games and has a record of 10-5-1 so far. The Wolverines have several players of local interest, including Pioneer High grads Danny Hardig and Jack Johnson (not the singer), second leading scorer this season so far, and Huron grad Chris Fragner. Four players from Livonia are also members of the team. The Wolverines have six remaining home games as of press date at Yost Ice Arena.

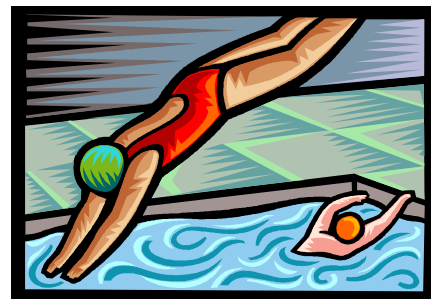


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Michigan Wolverines Winter Athletics, Continued:

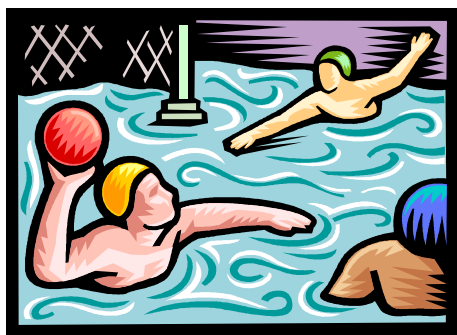
Swimming and Diving

The men's swimming and diving team is ranked 4th in the latest CollegeSwimming.com Division I poll. Senior Peter Vanderkaay has won two national player of the week awards and has top five times in four events. Three men from area high schools include Kyle Howard (Huron), Kyle Schroeder (Milan) and Bryan Vessels (Dexter). The men will still have one home meet, against Ohio State on January 28 at 1 p.m. at Canham Natatorium. The women's team is ranked 15th in the nation. Kaitlyn Brady has three top ten times this year. Members of the women's team with local ties include Ellen Van Cleeve (Pioneer), Wendy Sheih (Huron), Hannah Smith and Lindsey Smith (Dexter).



Indoor Track and Field

The 2005 indoor season saw Michigan's men finish 9th at the NCAA Championships. The 2006 edition includes 21 athletes with freshman eligibility. Junior Stann Waithe and seniors Andrew Ellerton and Rondell Ruff return from the 2005 NCAA winning distance medley relay team. The 2006 squad features several local athletes, including Troy Nalli and Lex Williams (Dexter), and Kevin Peterman (Livonia). The women's team returns 32 letter winners to the 2006 roster. Nicole Edwards and Sierra Hauser-Price return from the first place distance medley relay team from the 2005 NCAA Indoor Championships. Athletes of local interest include Natasha Luppov (Huron High), Jenifer Horn (Ypsilanti-Lincoln), Jamie Barbour (Dearborn), Courtney Doyle (Brighton), Jackie Gaydos (Allen Park), Kiersten Isgrigg and Samantha Smith (South Lyon), Tiffany Ofili (Ypsilanti), Linda and Lisa Montgomery and Heather Sirko (Livonia), and Jennifer Mehl (Novi). Each squad has one home indoor meet this year after press date, on February 18th.



Water Polo

The women finished first in the College Water Polo Association poll in 2005 and eighth in the National Collegiate Women's Top 20 poll. Michigan finished sixth at the NCAA Championships, hosted by the Wolverines. Third Team All-American Shana Welch returns for her junior season for the Wolverines. She will be joined by 19 freshman and only nine upperclassmen. Local talent on this year's roster includes three Pioneer grads: senior Lindsey Hitchcock, redshirt freshman Kate Bizer and true freshman Carrie Stover. Carrie Frost from Saline is also a team member. The season starts on February 4-

5 with the Michigan Kickoff six-team invitational at Canham Natatorium. There will be three more home meets throughout the season./

Wrestling

The fifth-ranked Wolverines hope to continue their early season success well into the 2005-06 season. Michigan is 5-1 this season, and all six matches have been against top 25 teams. The Wolverines have beaten the numbers 9, 10, 11, 12 and 21-ranked teams and only lost to #14 Nebraska by two points. The Wolverines are led by two fifth-year-senior captains Ryan Churella and Greg Wagner, both two-time All-Americans. Churella's brother Josh is also on the team. The brothers graduated from Novi High, as did J.R. Muldoon. Other local talent includes Hassen Berri and Rob Sulaver (Dearborn), Jeff Marsh (Dexter), James Tobias (Manchester), and Cody Waters (Adrian). Michigan has four more home meets at Cliff Keen Arena this year.

Directions, schedules, and other information can be obtained at <http://mgoblue.com>



INSPIRATION AND MOTIVATION

By Margaret Hennings

What is inspiration? It is defined as the stimulation of the mind or emotions to a high level of feeling or activity. To me an inspiration makes me look beyond the everyday. It challenges me to go farther, to see past what everyone else does and do what I can to make things better.

What is motivation? This is defined as an inducement of incentive. To me, motivation is a force that makes me see to do more, to go the extra mile, to make my life and the lives of everyone else better.

There are many ways we are inspired or motivated each day. Sometimes it is with a kind word from a friend, co-worker, or manager. Sometimes it is a story we have read, or a song we heard on the radio. There are books to buy, such as the *Chicken Soup for the Soul* series which have inspiring stories about ordinary people or pets doing extra ordinary things. Norman Vincent Peale offers many books on positive thinking and motivation. There are websites to visit that offer positive or motivational thoughts for the day, such as: www.greatday.com.

As members of management, we continually look for ways to provide inspiration and motivation to staff. We work as a team with our staff to get to know them and discover what makes them tick. We discover what inspires them and motivates them to perform at their peak. We want them to be satisfied in their job and to have the desire to give the team 100%. We want them to enjoy working with us and our organization.

We also receive inspiration from our staff. They can provide us with ideas to make things work better, they can be role models for us in the way they tackle their daily challenges. They can inspire and motivate their coworkers without even realizing they have done so.

As parents, we are continually looking for ways to provide inspiration and motivation to our children. We tell them stories of our childhood trying to get them to search inside themselves to find their own strength. We love them for who they are and get to know each one as an individual and help them learn and grow. We try to motivate them to do well in school, to succeed, and do their best in sports, dance, and social events. Hopefully they will, in turn, inspire their peers to succeed as well.

As people, we continually look to our friends and family to provide inspiration and motivation to us and we wish to return the favor. We might be inspired by a friend's story about their parent or sibling, by someone's struggle with a disease, or trying to go back to school and sticking it out even though they have a family and children or taking care of an ill parent.

We might inspire them by a simple word of encouragement. "Just think of where you will be when you finish school." We can let them know we are there for them in a time of need, "I am a good listener, if you ever need to talk." We can help them by offering to sit with the child or the parent to give them a break. That simple act of kindness and compassion may provide them with the inspiration to make it one more hour or one more day, or through one more class.

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INSPIRATION AND MOTIVATION, CONTINUED:

BY MARGARET HENNINGS

Here are some ways we can continue to inspire and motivate ourselves and others.

Never stop growing. Remember we always have something new to learn. We can never know all there is to know. Keep an open mind and receive great benefit from new challenges. The joy of life is in the journey. The fulfillment of life is in the growing. Learn what you can and cannot do. You may not be able to control all things. Accept what you cannot do and free up time and energy for what you can do. Be at peace with what you can and cannot change. Remember the Serenity Prayer? Help me to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Take responsibility. When you run away from responsibility, you place control in the hands of those who will accept the responsibility. You limit your control and your options. Take responsibility, and use that responsibility to move your world forward and take positive control. **YOU CAN!** You can learn, adapt, adjust and persist. You decide what must be done and take action to make it happen. You can dream incredible, meaningful dreams and then make them real. You may stumble and fall, but if you keep getting up, you can find a way through the difficult times. **YOU** can create value and appreciate beauty. **YOU** can follow your highest vision.

The above thoughts taken from the Daily Motivator website, Ralph Marston, author.

CONSIDER THESE FACTS:

After Fred Astaire's first screen test, the memo from the testing director of MGM, dated 1933, said "Can't act! Slightly bald! Can dance a little!" Astaire kept that memo over the fireplace in his Beverly Hills home.

An expert said of Vince Lombardi: "He possesses minimal football knowledge. Lacks motivation."

Walt Disney was fired by a newspaper editor for his lack of ideas. Walt Disney went bankrupt several times before he built Disneyland.

Thomas Edison's teachers said he was too stupid to learn anything.

Albert Einstein did not speak until he was four years old and didn't read until he was seven. His teacher described him as "mentally slow, unsociable and adrift forever in his foolish dreams." He was expelled and refused admittance to Zurich Polytechnic School.

Henry Ford failed and went broke five times before he finally succeeded.

Babe Ruth, considered by sports historians to be the greatest athlete of all time and famous for setting the home run record, also holds the record for strikeouts.

Richard Hooker worked for seven years on his humorous war novel, *M*A*S*H**, only to have it rejected by 21 publishers before Morrow decided to publish it. It became a runaway bestseller, spawning a blockbusting movie and highly successful television series.

Facts found on Chicken Soup for the Soul Featured Story Archives website, Jack Canfield and Mark V. Hansen.

Remember, you never know who is looking to you for inspiration and motivation or who you may receive inspiration from. Think about it? Have you inspired someone recently? Have you been inspired by someone recently?

SNOW DAYS! Some (BRR!) Wintry Memories...



This is a "snow day" story. School wasn't closed, but back when I was a kid (sounds like something my mom would say) when we did have lots of snow. The city workers would go through with their snow plows and clean the streets and there would be these huge snow banks along the curbs. To a kid in kindergarten or first grade they sure seemed huge. I was at the corner crossing the street one day on the way home from school and the snow bank was there..... evidently the schools didn't clean the corner crossing very well. Instead of me walking over the snow bank like anyone else would have, I slid down the snow bank! My sister was walking home with me.... thought it was so funny.... so she went home and told my mom and dad. Now that I think about it..... we did have a tad more snow back then....but I was a kid, and didn't think twice about sliding down the snow bank... I would do it again.

-Kim Buti

Well, maybe not the most fun, but certainly memorable. When I was a freshman here at the U, we had one of the coldest Michigan days in history. As many know who have been associated with the academic side of the University, the U does not blanketly cancel classes.....so this day of 62 below wind chill was no exception....yes, 62 below. So, I put on an unbelievable number of clothing layers and went off to class. The cold was due to rain then a quick freezing which turned every major street and sidewalk into ice, some 2-3 inches thick,....the ice storm of 1993. The few of us who braved it, slipped, slid, and literally had to lock arms with strangers to navigate some of the more hilly walking paths to central campus. I particularly had fun because my freshmen dorm was on the top of Hill Street. Of course, we braved the elements just to find out that many of our professors didn't make it either, but we had some great stories over coffee/cocoa back at the dorm. Come to think of it.... I didn't see many upper classmen out there that day.....duh! Well, you live, you learn... :o)

-Ramona Ward

Oh what sweet memories... I woke up to go to school one morning, and as I gazed out the window, I saw the blanket of fresh fallen snow. I rolled back into bed, and I planned my day. I knew there would be no school so I went thru the day with my plans. First I would have breakfast with my family, this would be a pancake day, then chores in the home, then I would make sure to study any and everything for the days that we would be out of school, that way mom said "you will be caught up on all your work". I loved school, so it was no problem for me (my brother was a different story) to complete my school work. The rest of the day was ours to do as we pleased. We gathered all the neighborhood kids together and went to HUNT PARK. The biggest hills in town to go sledding (so we thought). We had a ball, then when it got late, we had to come home, it was still fun, cause our back yard had a hill also, so we continued to sled safely in our own back yard, and mom and dad were able to see us from the kitchen window. OH the memories.

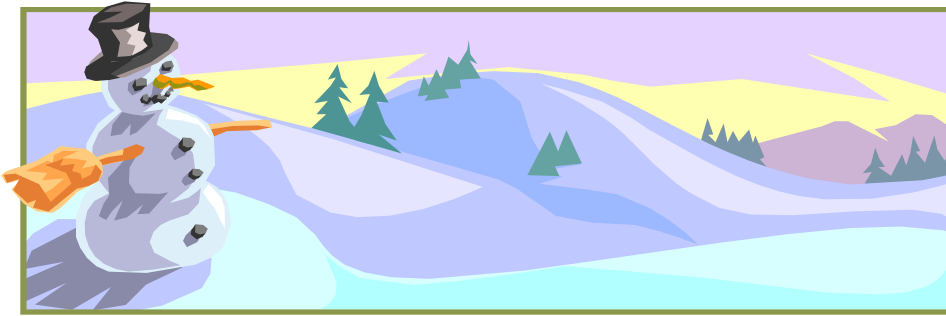
-Renee Mitchell



I don't recall any specific days, but I remember that if I knew it was going to snow or was already snowing, I would set my alarm to go off at exactly 7:00 am, so I could listen to WJR for the school closings on the little radio I had by my bed, so half the time I knew before my parents that there would be no school that day, and much of the time, my parents would let my brother and I sleep longer and not bug us to get up like they normally would. Most of the time I was more interested in the extra sleep and being able to watch *The Price Is Right* than the chance to play in the snow, but that was welcomed also.

-Jeremy Muha

SNOW DAYS! More (BRR!) Wintry Memories...



The year was 1962, and my mother had only been a licensed driver for 5 years. We rarely had snow in Dunwoody, GA, but we did get the occasional ice storm that closed down everything. One morning, since the roads were like ice rinks, we didn't have to hoof it to school and were we glad!

We horsed around outside with brooms for balance and our rain galoshes on, sliding around like we were playing hockey (I really didn't know what hockey was back then, but my older brother was always making up games for us to play, so I went along). I don't remember what the necessity was, but a little later in the day my mom had to drive my younger brother somewhere, maybe to get his monthly allergy shot. She was afraid to drive on the ice but managed to get her '56 Chevy out of the driveway and head down the street. Just a few houses down, there was a quick drop in the road, the kind of hill we had to stand up on our pedals when biking up, weaving from side to side to make the grade. My mother, being nervous and inexperienced, hit her brakes at the top of the hill, and the car made donuts all the way to the bottom! Fortunately, there were really nice granite curbs on the road, so she didn't end up in a ditch, but she was terrified and worried about my brother's reaction to the scare. He, on the other hand, must have been shocked by my mother's fear, for surely she screamed, but he rose to the occasion and in best 8-year-old boy style "broke the ice" with the comment, "WHERE MOMMA, THAT WAS FUN!! LET'S DO IT AGAIN!!!!" I still don't remember how they got the car back up the hill, but the errand was cut short after they took their spin. After that, I always respected my brother for his bravery and total class at turning the situation around. After we moved to Michigan in 1963, he was the one who shared his discovery with me that we could dig tunnels into snowdrifts and crawl inside the most amazing blue caves! I never would have imagined!

-Carol Konrad

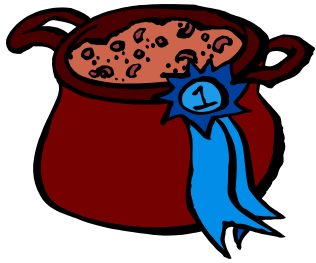
When I was growing up, we lived WAY out on Waters Road... WAY out in the country, which is now only about a mile from the Saline Ann Arbor Road Meijers. Who would have dreamed...

When we woke up to the wonderful news that the snow was so deep that the busses couldn't run or the Ann Arbor schools were closed, my four brothers and sisters and I knew that we would be in for a rare treat. It was one of those snows that would make our road nearly impassable... except, of course, for sleds. In the rare case a car would venture out, it would be a neighbor down the road who was fully expecting the Erskine tribe to be on their saucers, toboggan or homemade bobsled that Daddy had made in the garage.

When our mittens were completely soaked and smelling like wet sheep, we would go into the house and hang them next to the big brown gas stove that heated the house (that was before we had a furnace!) Then we would lean up next to the stove until the rest of our clothes and hair were dry. When our mittens were stiff as a board, they would be back on... and we would be off again.

-Lynne Peirce





A Couple of Chili Recipes!

Kim Buti's Chili

Prep: 20 minutes

Cook: 20 minutes

12 ounces ground beef
1 cup chopped onion (1 large)
 $\frac{1}{2}$ cup chopped green sweet pepper
2 cloves garlic, minced
1 $14 \frac{1}{2}$ - ounce can tomatoes, cup up

1 15-ounce can dark red kidney beans, rinsed
1 8-ounce can tomato sauce
2 to 3 teaspoons chili powder
 $\frac{1}{2}$ teaspoon dried basil, crushed
 $\frac{1}{4}$ teaspoon pepper

In a large saucepan cook ground beef, onion, sweet pepper, and garlic till meat is brown and onion is tender. Drain fat. Stir in undrained tomato, kidney beans, tomato sauce, chili powder, basil, and pepper. Bring to boiling, reduce heat. Cover and simmer for 20 minutes. Makes 5 cups (4 main-dish servings).

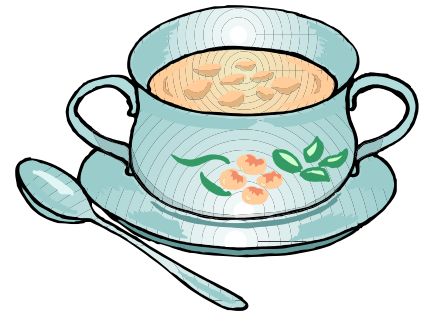
Slow-cooker directions: Cook meat, onion, sweet pepper, and garlic as above. Drain fat. In a $3\frac{1}{2}$ to 4 quart electric slow-cooker combine meat mixture, undrained tomatoes, beans, tomato sauce, chili powder, basil, and pepper. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

HINT: I alter the menu a little by using 1 lb. (16 oz.) ground beef since that is how I buy it. I also use Del Monte $14 \frac{1}{2}$ oz can of diced tomatoes. It's easy and they come added with spices (garlic & onion or basil & onion) which adds a little more zing to it.

-Kim Buti

Lynne's "Almost As Good As Carol Konrad's" White Chili

1 tablespoon vegetable or olive oil
2 medium onions, chopped
2 garlic cloves, minced or pressed
2 cans (4 ounces each) chopped green chilies
1 tablespoon plus 1 teaspoon ground cumin
Cayenne pepper or hot pepper sauce to taste
4 to 6 cups chicken stock
4 cups cut up chicken (this can be whole boneless pieces freshly cooked in the stock and chopped, leftovers or from a rotisserie chicken)
3 cans (16 ounces each) Navy or Great Northern beans
 $\frac{1}{4}$ cup fresh chopped flat leaf parsley
1-2 teaspoons dried cilantro or $\frac{1}{4}$ cup fresh chopped cilantro (or to taste.. I love lots!)
Salt and pepper, to taste
Grated sharp cheddar cheese if desired and sour cream for garnish.



Heat oil in a large saucepan over medium-high heat. Add the onions and garlic, and cook until slightly softened. Add the chilies, cumin and cayenne and cook for about five more minutes. Add 4 cups of the chicken stock, the beans and the chicken and cook over low heat for about 1 hour, adding stock if necessary. If using pre-cooked chicken, cook about 30 minutes to blend flavors. Add parsley and cilantro, season with salt and pepper. Serve with grated cheese, if desired. Great made the day ahead. Makes 8-10 servings.

-Lynne Peirce



Valentines Day Dinner and Dessert

Easy Chicken Parmesan

- 4 boneless chicken breasts, pounded to 1/2 inch thickness
- 1 egg
- 1/2 cup milk
- seasoned bread crumbs
- 8 slices mozzarella cheese, or more
- 1 jar (16 oz) spaghetti sauce
- Parmesan cheese

PREPARATION:

Whisk together the egg and milk. Dip the chicken breasts in milk and egg mixture and then in bread crumbs. In a skillet with a little olive oil over medium-high heat, brown on both sides until golden. Set chicken in a baking dish. Slice 8 pieces of mozzarella cheese and put two on each chicken breast. Pour 1 jar of your favorite spaghetti sauce over all. Sprinkle with Parmesan cheese and a little more mozzarella and bake at 350° for about 25 to 30 minutes, or until bubbly. Serve with spaghetti, garlic bread and a nice green salad.

Valentine's Day Pie

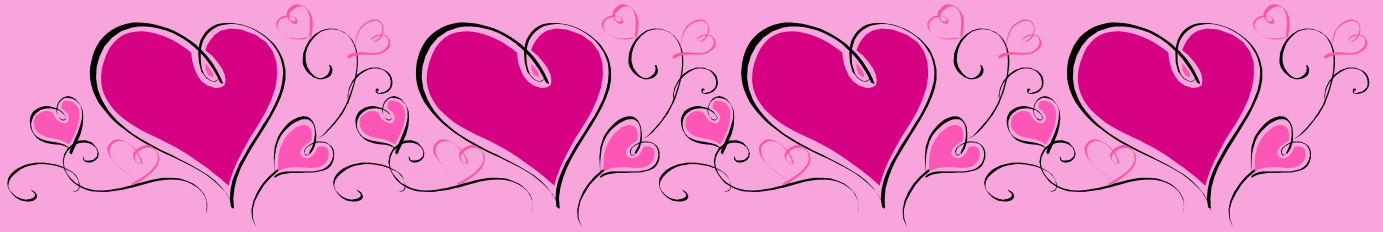
1 c Water
1 - 3 oz pkg Strawberry Gelatin
1 pt Vanilla Ice Cream (2 cups)
1 Chocolate flavored crumb pie shell
Milk chocolate kisses

In a 4-cup glass measuring cup stir together water and gelatin. Cook, uncovered, on 100% power (high) for 1 1/2 to 2 minutes.

Add vanilla ice cream to the hot gelatin mixture, stirring till ice cream is melted. Chill mixture for 35 to 30 minutes, stirring twice during chilling (the mixture should mound when you drop it from a spoon.)

Pour chilled ice cream mixture into pie shell. Chill about 4 hours or till ice cream is set. 4. Arrange milk chocolate kisses in a heart shape atop pie. Serves 8.

-Joey Hoffman



Valentines Day Sweet Treats

Valentine's Day Belgian Waffles with Cherry Sauce

Cherry Sauce:

1/4 cup sugar
2 tsp cornstarch
1/8 teaspoon cinnamon
1/2 cup orange juice
2 cups sweet cherries, pitted and halved
1 teaspoon grated orange peel
Sweetened whipped cream

Waffles:

2 cups flour
2 tablespoon Sugar
1 1/2 teaspoon baking powder
1/2 teaspoon salt
2 cup milk
1/2 cup melted butter/margarine
4 eggs, separated

For Cherry Sauce: Combine sugar, cornstarch and cinnamon; add orange juice, cherries and orange peel. Bring to a boil over medium high heat; boil until thickened. Serve warm cherry sauce over waffles; top with sweetened whipped cream.

For Waffles: Combine flour, sugar, baking powder and salt. Combine milk, melted butter and egg yolks. Add to dry ingredients; stir just to moisten. Fold in stiffly beaten egg whites. Bake in waffle iron according to manufacturer's directions.

TIP: Belgian waffles can be made ahead and frozen in freezer proof plastic bags or aluminum foil. Toast frozen waffles in toaster oven or bake at 325 degrees for 12-15 minutes.

Reference:http://freebiesandstuff.freeyellow.com/valentines_day/recipes/candy_recipes.html

-Submitted by Synthia Winnie

Valentine's Day Cinnamon Pecans

1 cup sugar
1/2 cup water
3 teaspoon cinnamon
1 dash salt
3 1/2 cup pecans

Combine sugar and water. Cook to soft ball stage. Add cinnamon and salt and mix well. Add the pecans. Stir until it hardens. Pour out and let cool.

Reference: http://freebiesandstuff.freeyellow.com/valentines_day/recipes/candy_recipes.html

-Submitted by Synthia Winnie



The Craft Shop

Favor Candles

Submitted by Synthia Winnie

Materials Needed

Pillar Candle (your choice of color)
White lace and optional trimmings
Photo Copy of loved one (if this is a wedding gift a photo of the happy couple)
Small amount of candle wax (clear/white)
Paint Brush

Instructions

This project is an ideal valentine gift or wedding favor, is easy to make and looks stunning. You will need a photo copy of a picture of your loved one or the happy couple, you can cut down on costs by photocopying with black and white, but color is also very nice. If you have imaging software and a scanner you can also scan and print these images. You could tint the images with a hue of pink or red, to match your table settings.

Let's begin:

Start by: Trimming your Image of the couple into a nice oval shape. Melt some wax in a small pan, you will only need a tablespoon or less of wax for each candle. Once your wax is melted, using a paint brush, you will need to work quickly. Press the image flat against the candle and start by brushing the wax around the edges of the image, this will seal the image to the candle and make it secure.

Once your image is stuck to the candle you can start decorating it, using a nice lace, white if your candle is white, run it around the bottom of the candle and secure with small metal pins or with hot wax. Don't add decoration to the flame end of the candle as this will cause it to flare when and if burned.

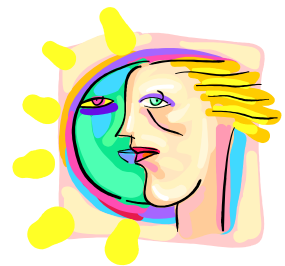
Use bead trimmings and rosettes for extra decoration.

These are great projects for showers, it helps you with the workload and gets everyone working together for the special day.

Source: <http://www.craftbits.com/viewProject.do?projectID=121>

Sugar Scrub

Submitted by Synthia Winnie



Materials:

3 T. Sugar in the Raw, 2 T. white sugar, 2 T. brown sugar, 3 T. Epsom salt, 1 T. Sea Salt, 1/2 tsp. olive oil, 2 T. vegetable glycerin, 2 vitamin E capsules, 1 T. essential or fragrance oil

Instructions:

1. Add dry ingredients and mix well
2. Add oil, vitamin E and glycerin. NOTE*-slice vitamin E capsules and squeeze out the liquid.
3. Mix until wet, and ingredients stick together
4. If it's too crumbly, add a little more glycerin and fragrance
5. Put in jar or plastic container

Source: Naturesgrace <http://www.craftbits.com/viewProject.do?projectID=364>