

"We enhance the careers of our members through professional and personal growth"

AULD LANG SYNE

Here are the English lyrics to all five verses of Rabbie's "Auld Lang Syne."
Happy New Year, and here's to auld lang syne!

Should old acquaintance be forgot,
and never brought to mind?
Should old acquaintance be forgot,
and old lang syne?

CHORUS:

**For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne.**

And surely you'll buy your pint cup!
and surely I'll buy mine!
And we'll take a cup o' kindness yet,
for auld lang syne.

CHORUS

We two have run about the slopes,

and picked the daisies fine;
But we've wandered many a weary foot,
since auld lang syne.

CHORUS

We two have paddled in the stream,
from morning sun till dine;
But seas between us broad have roared
since auld lang syne.

CHORUS

And there's a hand my trusty friend!
And give me a hand o' thine!
And we'll take a right good-will draught,
for auld lang syne.

CHORUS

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SOMETHING TO THINK ABOUT

The best preparation for tomorrow
is doing your best today.

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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



A New Year and New Thoughts - IFSEA New Year's Resolutions!

Happy New Year to everyone and we hope that you have had a wonderful and joyous holiday season with family and friends. Off to the last year of this decade and hard to believe the conclusion of the second decade of the 21st century. Only seems like a short while ago that we were all set to see the “Y2K” explosion happen on New Years eve 2000. So much for reminiscing, time to get going on the New Year's Resolutions for IFSEA for 2019.

First and foremost, the number one – three resolutions are to continue to stay on course with our three cornerstones of focus:

Students with support of students and our culinary competition and Worthy Goal Foundation scholarships. The Worthy Goal trustees made the greatest contribution in 2018 of over \$25,000 in scholarship awards last spring and we are hopeful we will continue to see that total and thank the trustees for their continued support of the future of our industry.

Military support and sponsorships of the Culinary Competition as well as the enlisted Aide of the Year award program. Our over 60-year support of the military food service processes and programs continue to be highly recognized by our military members and branches. We will continue to support these programs along with the “homeless vets” support and training.

Certification processes and certification programs. Our over 40-year history of certifying food service professionals, students and military continues to evolve. During 2018 we have been working hard to reinvigorate these programs and processes, we are looking forward to new processes and growth in this area.

Additional resolutions will include more participation and attendance during the spring at the National Restaurant Association Convention in Chicago. Our first-year effort this past May was not a success and we are working to create a better “meet up” and location for our IFSEA friends and members.

Financial stability for IFSEA. Working to network and gain industry support to continue our now 118-year old organization by increasing membership, board involvement and sponsorships. Not new news here, but every new and renewal member helps to support the processes for students, scholarships, and our military efforts.

Succession Plan. Attracting new members to help us look at a sustainability plan for our board and eventual succession plan will be paramount over the next 2-3 years. Ed Manley, Dave Kinney and I have this as a large priority to begin to network and identify this succession plan. More to follow on this over the months to come.

That's it for resolutions, now we need to make sure the resolutions don't get dusty and we execute. Off to the races and Happy New Years!

IFSEA DEVELOPMENTS
THE DIRECTOR OF DEVELOPMENT
ED MANLEY, MCFBD, MCFE, CHP



So, what developed during this pivotal year in IFSEA? With an active board and a very busy Executive team, we have infused some life back into the grand ole' lady. Reminded by an off-Broadway play, called, This One's For the Girls, a musical history of women in music, I think about the ladies I've known through my 43 years with IFSEA – from Kae de Brent Hodges, Lorraine Drexel and Margaret Reese to Toye Jessica Tong and all those in between – just a few, Mary Ellen Thomas, Beverly Lowe, Rosemary Bass, Laurel Schutter, Dr. Joan Johnson, Faye Asano, Belle Wiggins, Coz DeJong, Judith Manley and so many more. I was reminded of a few of those names came from a wonderful 100-year history of the world and IFSEA in it, written by our Chairman, which you can see at <https://www.ifsea.org/files/125670065.pdf>. I had forgotten about it, what a wonderful read.

The year IFSEA was founded, 1901, they issued the first Nobel Peace Prize; the U. S. turned Cuba over to the Cuban citizens, Australia had less than 2 million residents, Kaiser Wilhelm ran Germany. We go back a LONG way – the NRA, ACF and everyone else, didn't exist yet. So, I just think those lady's past and present, would be pleased with the work being done so the second hundred years can be written by someone not yet born. Thanks to everyone who has helped with work or with "attaboy's", it has been a team effort to be sure. Special thanks to Richard Weil, who has carefully guided the ship through some turbulent waters. I won't bore you with what has been done, if you haven't noticed, then we need to do more, quickly.

The work continues, we need more help, we need more members from which comes the NEXT group of ladies and men who will do great things. Tonight, I attended a Boat Parade party at the home of an immensely wealthy gentleman who graduated from the Cornell hotel school 6 years before I did. Obviously, he studied harder. Lee Pillsbury (not of the dough boy family) at one point owned the most hotels of any INDIVIDUAL in the world. As I left, I acknowledged to him all the people he went to school with, that I had just met, who were still integral to his life, and his comment was, "the more you do for people, the more they will do for you." His OMG mansion on the Fort Lauderdale intracoastal and "yikes look at that" yacht didn't speak for this man's life; his continued support of family and friends does. His friends told me he gave \$15 million to Cornell, to develop entrepreneurship among young people. So, I urge you to keep giving - to family, friends, co-workers and IFSEA, because the pay-back will be greater, in one way or another. And I send greetings for a Happy New Year, and best wishes for a wonderful, healthy and successful 2019. Let's git 'er done!

? Did ? You ? Know ?

Superstition says these foods will bring you luck in the new year!

Will eating peas and greens bring luck in 2019?

Southern food chef Virginia Willis said there was only one year out of her life when she didn't eat collard greens and black-eyed peas. And that year didn't go so well for her.

Black-eyed peas and collard greens are traditional dishes to eat on Jan. 1, with the hope that peas will bring luck and the greens will bring money throughout the year.

The cuisine is popular among southern food lovers. In fact, a dish called hoppin' john, which combines rice, black-eyed peas and sometimes collard greens, can be found on plenty of southern restaurant menus. "We didn't grow up calling it hoppin' johns," said Willis, a Georgia native. "It wasn't cooked together. It was a pot of greens and a pot of rice and a pot of black-eyed peas."

Traditionally, ham hock is used to flavor the peas and the greens. But Willis put her own vegetarian spin on the dish, replacing the black-eyed peas with Sea Island red peas and exchanging the smoked ham hock with a Parmesan rind. She usually completes this meal with cornbread.

"The southern application of peas and rice definitely comes from West Africa," she said. During slavery, Willis said, slave masters favored the West Africans who knew how to produce rice so it could be grown on their plantations in America.

But it wasn't West Africans who started the myth about eating collard greens and black-eyed peas on New Year's Day. Adrian Miller, an expert and historian on southern food who published two books on the subject, said those ideas originated in Europe.

"What's so interesting is that white people started to think black people came up with this," he said. Germans would eat pork, lentils, cabbage and dumplings on New Year's Day, Miller said. The pork represented health and prosperity because pigs always looked for

ward and never backward. Lentils represented gold. Cabbage and collard greens represented paper money.

And the dumplings represented silver dollars. Miller also mentioned that in Europe, black-eyed peas meant good luck and having coins. It also represented a black eye or evil eye, and eating it signified conquering it. Miller eats black-eyed peas and collard greens every New Year's Day for the enjoyment – not because the myths hold true for him. "Every year you hope it's going to be different, but I just think it's fun," he said.

Here's a list of other traditional foods that are eaten to celebrate the new year:

- Soba noodles: In Japan, the soba noodle has to be slurped whole without breaking the noodle before chewing, according to Today.com. The noodle represents a long and prosperous life.
- Grapes: CNN reported that the people of Spain munch on grapes when the clock strikes midnight on Jan. 1. The grapes represent the coming months of the new year.
- Fish: The scales on a fish represent coins, according to Reader's Digest. Fish also represents abundance because they travel in schools.
- Pomegranate: The juicy fruit is a popular New Year's Eve food in the Mediterranean region. Reader's Digest also reported that the people of Greece traditionally smash the pomegranate against the front door at midnight. The more seeds come out, the more lucky the household will be.
- Doughnuts and bagels: MarthaStewart.com said circular-shaped foods represent the year coming full circle.

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Recipe Box

Vaselopita—Greek New Years Cake

Serves 12



1 cup butter
2 cups white sugar
3 cups all-purpose flour
6 eggs
2 teaspoons baking powder
1 cup warm milk (110 degrees F)
1/2 teaspoon baking soda
1 tablespoon fresh lemon juice
1/4 cup blanched slivered almonds
2 tablespoons white sugar
1 25 cent coin

Preheat oven to 350 degrees F (175 degrees C). Generously grease a 10 inch round cake pan.

In a medium bowl, cream the butter and sugar together until light. Stir in the flour and mix until the mixture is mealy. Add the eggs one at a time, mixing well after each addition. Combine the baking powder and milk, add to the egg mixture, mix well. Then combine the lemon juice and baking soda, stir into the batter. Pour into the prepared cake pan.

Bake for 20 minutes in the preheated oven. Remove and sprinkle the nuts and sugar over the cake, then return it to the oven for 20 to 30 additional minutes, until cake springs back to the touch. Gently cut a small hole in the cake and place a quarter in the hole. Try to cover the hole with sugar. Cool cake on a rack for 10 minutes before inverting onto a plate.

Serve cake warm. Each person in the family gets a slice starting with the youngest. The person who gets the quarter in their piece, gets good luck for the whole year!

Banana Crepes

serves 6



1 cup all-purpose flour
1/4 cup confectioners' sugar
2 eggs
1 cup milk
3 tablespoons butter, melted
1 teaspoon vanilla extract
1/4 teaspoon salt
1/4 cup butter
1/4 cup packed brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup half-and-half cream
6 bananas, halved lengthwise
1 1/2 cups whipped heavy cream
1 pinch ground cinnamon

Sift flour and powdered sugar into a mixing bowl. Add eggs, milk, butter, vanilla, and salt; beat until smooth.

Heat a lightly greased 6 inch skillet. Add about 3 tablespoons batter. Tilt skillet so that batter spreads to almost cover the bottom of skillet. Cook until lightly browned; turn and brown the other side. Repeat process with remaining batter, grease skillet as needed.

Melt 1/4 cup butter in a large skillet. Stir in brown sugar, 1/4 teaspoon cinnamon and nutmeg. Stir in cream and cook until slightly thickened. Add half the bananas at a time to skillet; cook for 2 to 3 minutes, spooning sauce over them. Remove from heat.

Roll a crepe around each banana half and place on serving platter. Spoon sauce over crepes. Top with whipped cream and a pinch of cinnamon.

Recipe Box

Chocolate Peppermint Cheesecake serves 16



- 1 1/4 cups chocolate cookie baking crumbs
- 1/4 cup butter, melted
- 3 –8 ounce packages PHILADELPHIA Chocolate Brick Cream Cheese, softened
- 3/4 cup white sugar
- 1 teaspoon peppermint extract
- 3 eggs
- 1/2 cup whipping cream
- 1 tablespoon white sugar
- 1 candy cane, crushed

Heat oven to 350 degrees F (175 degrees C).

Mix baking crumbs and butter; press onto bottom of 9-inch springform pan.

Beat cream cheese and 3/4 cup sugar in large bowl with mixer until blended. Add extract; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended; pour over crust.

Bake 40 to 45 minutes or until centre is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

Beat cream in separate bowl with mixer on high speed until soft peaks form. Gradually add remaining sugar, beating until stiff peaks form; spoon over cheesecake. Sprinkle with crushed candy.

Italian Cream Cake serves 10



- 1/2 cup margarine, softened
- 1/2 cup shortening
- 2 cups white sugar
- 5 egg yolks
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1 1/3 cups flaked coconut
- 1 cup chopped pecans
- 5 egg whites
- 8 ounces cream cheese
- 1/2 cup margarine, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 8 inch round cake pans.

Beat egg whites until they form stiff peaks.

In a large bowl, cream 1/2 cup margarine and shortening till light. Add white sugar, and beat till fluffy. Beat in egg yolks. Stir together flour and baking soda, and add alternately with buttermilk into the creamed mixture; mix well after each addition. Stir in 1 teaspoon vanilla, coconut, and 1 cup pecans. Fold in stiffly beaten egg whites. Spoon into prepared pans.

Bake for 25 to 40 minutes. Cool in pans for 10 minutes. Remove to wire rack to cool completely.

Combine cream cheese, 1/2 cup margarine, confectioners' sugar, and 1 teaspoon vanilla in mixer bowl. Beat till smooth. Add coconut if desired. Frost the cooled cake. The remaining 1/2 cup pecans can be stirred into frosting or sprinkled onto the cake after it is frosted.



Holiday dinners present a prime time to try new wines with favorite recipes of old. Will it be ham, turkey, goose, or prime rib? If you are looking for new wine options to complement your holiday meal, then look no further, check out our unique selection of versatile whites and diverse reds that are sure to enhance your Holiday gathering, varietals picked for both their presence and adaptability.

Wines to Serve with Ham

Baked, smoked, or honeyed hams beg for wines with a dash of sweet. A German Riesling with a touch of residual sugar, made lighter in style and a bit lower in alcohol, will hop on the ham pairing wagon with plenty of food-friendly acidity and crowd-pleasing palate appeal. Alsatian Rieslings tend to bring more body, significantly less sugar, and a richer palate profile than their German wine cousins and are capable of handling a wide range of pork-themed options with a wine focus on weight and pairing presence. Red wines that can accommodate ham happenings tend to be lighter in body and overall style. Beaujolais, Pinot Noir (especially from Burgundy or California's Russian River Valley), and Spain's Tempranillo grape often exhibit subtle tannins with an easier going pairing profile.

Red Wines for Ham: Beaujolais Nouveau , Pinot Noir, Zinfandel, Tempranillo

White Wines for Ham: Riesling and Gewurztraminer

Wines to Serve with Turkey

Turkey on its own presents a fairly straightforward pairing partner, but who really eats turkey solo? Herb-filled stuffing, roasted veggies, rich sauces, and an assortment of savory sides manage to make their way alongside the bird. It's these sides and sauces that must be taken into account when working out the best wine pairings. Sauvignon Blanc is hands-down one of the top white wine picks for turkey and savory sides, as it tends to bring its own herbal tones to the table.

Red Wines for Turkey: Pinot Noir , Zinfandel , Syrah/ Shiraz, Beaujolais Nouveau

White Wines for Turkey: Sauvignon Blanc, Viognier, Riesling, Gewurztraminer

Wines to Serve with Duck

When it comes to pairing wines with duck, considerations have to be made for the unique, fatty profile along with the innate gaminess of the meat. The wines of

France have a long and storied pairing partnership with a variety of duck preparations. As local foods paired with local wines make a trendy comeback, there's an underlying synergy between "historical" regional pairings and the red wines of Burgundy, Bordeaux, as well as the reds of the Rhone Valley will handle the elements of roasted, smoked, or braised duck. If the duck is served with a fruit-based sauce then the wine pairing gears will shift towards the white wine trails. Gewurztraminer, Riesling, and Sauternes will make their mark on the fruit-themed duck pairing profiles.

Reds to Pair with Duck: Zinfandel , Red Burgundy, Tempranillo

Whites to Try with Duck: Gewurztraminer, Sauternes

Wines to Serve with Prime Rib

Prime rib makes a serious play for a variety of red wines. A big, bold Cabernet Sauvignon from California, a playful Lodi Zinfandel, a rustic Tempranillo from Spain, a refined red from Bordeaux, a Barbaresco or Barolo from Italy—all of these varietals can mix and mingle with a slice of prime rib and bring out subtle nuances in the pairing depending on the regional roots. White wines will have a tough time keeping up, but if you are hard pressed and must venture to the white grapes, try a full-throttle White Burgundy (Chardonnay) to keep pace with the rich textures and greater ratios of protein and fat.

Red Wines to Pair with Prime Rib: Cabernet Sauvignon, Zinfandel, Shiraz, Tempranillo, Carmenere, Malbec, Merlot, Bordeaux blends, Rhone Valley blends, Barolo, Barbaresco

Whites for Prime Rib: Typically white wines have a difficult time holding up to the bold flavors found in red meats, so while it is possible to enjoy white wines with red meats, it may be challenging to find a perfect match.

January is...



January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days. The first day of the month is known as New Year's Day. It is, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter) and the warmest month of the year within most of the Southern Hemisphere (where it is the second month of summer). In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.

Ancient Roman observances during this month include Cervilia, and Juvenalia; celebrated January 1, as well as one of three Agonalia, celebrated January 9, and Carmentalia, celebrated January 11. These dates do not correspond to the modern Gregorian calendar.

January (in Latin, Ianuarius) is named after the Latin word for door (ianua), since January is the door to the year and an opening to new beginnings. The month is conventionally thought of as being named after Janus, the god of beginnings and transitions in Roman mythology, but according to ancient Roman farmers' almanacs Juno was the tutelary deity of the month.

Traditionally, the original Roman calendar consisted of 10 months totaling 304 days, winter being considered a month-less period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added the months of January and February, so that the calendar covered a standard lunar year (354 days). Although March was originally the first month in the old Roman calendar, January became the first month of the calendar year either under Numa or under the Decemvirs about 450 BC (Roman writers differ). In contrast, each specific calendar year was identified by the names of the two consuls, who entered office on May 1 or March 15 until 153 BC, from when they entered office on January 1.

Various Christian feast dates were used for the New

Year in Europe during the Middle Ages, including March 25 (Feast of the Annunciation) and December 25. However, medieval calendars were still displayed in the Roman fashion with twelve columns from January to December. Beginning in the 16th century, European countries began officially making January 1 the start of the New Year once again.

Historical names for January include its original Roman designation, Ianuarius, the Saxon term Wulfmonath (meaning "wolf month") and Charlemagne's designation Wintarmanoth ("winter / cold month"). In Slovene, it is traditionally called prosinec. The name, associated with millet bread and the act of asking for something, was first written in 1466 in the Škofja Loka manuscript.

According to Theodor Mommsen, 1 January became the first day of the year in 600 AUC of the Roman calendar (153 BC), due to disasters in the Lusitanian War. A Lusitanian chief called Punicus invaded the Roman territory, defeated two Roman governors, and killed their troops. The Romans resolved to send a consul to Hispania, and in order to accelerate the dispatch of aid, "they even made the new consuls enter into office two months and a half before the legal time" (March 15).

Garnet is the birthstone for January.

The most well known color is red, However, it comes in many colors Including yellow, gold, reddish brown and green.



What Does “Auld Lang Syne” Really Mean?

By Brandon Spektor

Historians call it “the song that nobody knows.” And yet, we’ve all tried to sing it.

The short answer: “Auld Lang Syne” is the title and key phrase of a 1788 Scots poem by Robert Burns, typically sung on New Years Eve around the world. The phrase “auld lang syne” literally translates to “old long since,” and basically means, “days gone by.” The original, five-verse version of the poem essentially gets people singing, “lets drink to days gone by”—an appropriate toast for the New Year.

The fun answer: Sometimes deemed the most famous “song that nobody knows” by music historians, “Auld Lang Syne” is a piece of the long oral tradition of getting drunk and singing. The nostalgic phrase “auld lang syne” (meaning, literally, “old long since”) has appeared in Scottish song as early as 1588, but it was poet hero Robert “Rabbie” Burns who gave us the version we prefer to butcher every January 1st.



You’ve probably heard Rabbie Burns even if you don’t recognize the name; in addition to “Auld Lang Syne,” Burns penned famous romantic phrases such as “My love’s like a red, red rose that’s newly sprung in June,” and wrote the essential “Address Tae The Haggis”—by far the loveliest poem ever spoken about eating sheep guts. To Scots in particular, Burns is no less legend-among-men than the warrior hero Cúchulainn, having written the unofficial Scottish National Anthem, kickstarting the Romantic movement and, most importantly, giving people lots of triumphant lyrics to slur while they drink. An annual Burns Supper is held around the world on January 25th in his honor (book your haggis ceremony table now!) and, naturally, he has a whiskey cocktail named after him.

When Burns turned in the manuscript of “Auld Lang Sine” in 1788 he was quick to cite the Scottish oral tradition as his muse. “The following song, an old song, of the olden times,” he’s said to have remarked, “has never been in print, nor even in manuscript until I took it down from an old man.” Burns embellished the old ballad with a few verses of his own (mostly adding lines about drinking, like “we’ll take a cup of kindness yet,” and “we’ll take a right good-will draught”), and the ballad quickly became a standard for the Scottish New Year celebration of Hogmanay.

As Scots immigrated around the world, they took the song with them. Eventually North American English speakers translated Burns’ dialect into the common lyrics we know today, made famous in part by Guy Lombardo and His Royal Canadians, who performed the song on New Year’s Eve from 1939 until about 1977. It’s his version that plays after the ball drops in Times Square every year.

This year, when the big ball drops, replace the words “old lang syne” in your head with “days gone by” and you’ll be able to sing along with confidence, knowing the song’s true meaning. And know also, when you refill your glass with a twinkle of nostalgia in your eye, you’re doing exactly what Rabbie Burns would have wanted.



*May 2019 bring you
enough happiness in your life to keep you
Sweet,
enough trials and errors to keep you
Strong,
enough success to keep you
Trying,
enough faith to give you
Courage,
and enough determination to
make each day a good day to remember.*

How different snowfall amounts affect different regions of the country:

Accumulation:	East Coast:	The South:	Wisconsin:
Flurries, > 1 Inch:	Commute times increased by 25-50%	Mild panic and a general sense of doom.	Start to think about wearing long pants... Maybe...
1-4 Inches:	Travel advisories issued.	Schools Closed.	Have to brush the snow off the grill before cooking out or tailgating before the Packer game.
4-8 Inches:	Air traffic diverted, Flights delayed or cancelled.	Stores emptied of bottled water, bread and other emergency provisions.	Roads get salted. Walking the dog becomes a bit more labor intensive. (The dog loves it though...)
8-12 Inches:	Continuous reporting on CNN/ The Weather Channel about this year's "SNOWMAGEDDON."	State of Emergency Declared.	Everyone stocking up on beer cause lines at liquor stores to become even longer than usual.
12-24 Inches:	Schools closed, as well as businesses, airports, hospitals, and all non-essential Government services.	Federal Disaster Declared. National Guard called in.	Minor Traffic Delays.
24-36 Inches:	Total travel ban enforced.	Complete societal breakdown.	Yoga Classes Cancelled.
36+ Inches	Jim Cantore spotted.	Nothing left alive except for small burrowing mammals which will eventually evolve and repopulate the region.	SNOW DAY! YAY!!! (Except for you. You still have to go in to work)