

Michigan Open
February 11 - 13, 2011

Emily, thanks again for helping us find that parking spot in the Daily Garage; those red and green lights sure were useful, weren't they? Oh, BTW, way to get the meet off to blazing start!

Emily Meilus	1000 free	10:27.17	split
	1650 free	17:17.77	
	200 back	2:08.35	

Why, Mesh, why did you have to play around in the elevator doors in the Daily Garage, make us miss the first shuttle bus, stand in the cold for 15 minutes, and almost cause us to miss our flight? Why?

Matt Eshleman	100 breast	1:08.90	prelims	
		1:08.06	finals	A time
	200 breast	2:27.81	prelims	
		2:23.48	finals	AA time
	100 fly	:57.98		
	200 fly	2:10.75		
	200 I.M.	2:07.90	prelims	
		2:07.25	finals	
	400 I.M.	4:30.55	prelims	
		4:30.46	finals	

In a popular Grimm's fairytale, Hansel and Gretel are taken deep into the forest in the hope they will not find their way out. However, clever Hansel has left a trail of breadcrumbs to show their return path.

On a popular FISH travel trip, Amy and Michelle were taken deep into the state of Michigan to the Michigan Open. However, clever Michelle has left a trail of her possessions to show their return path.

Michelle Owens	500 free	5:26.51	split
	1000 free	11:00.87	split
	1650 free	18:14.85	
	200 back	2:23.79	

We need to have that relay challenge more often, don't we, Amy? Sooner rather than later, I hope, you'll split your 100 back the same way. Perhaps we need to have another Dairy Queen wager?

Amy Owens	50 free	:27.02	AA time
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Hey, Isabella. Retriever Meet : first event - 500 free; last event - 200 fly
 Michigan Open: first event- 1650 free; last event - 400 I.M.
 Great first and last swims; what's happening in between?

Isabella Rongione	1650 free	17:46.65
	400 I.M.	4:47.27 prelims
		4:43.15 finals

Thanks for being my navigator, Elena. Without you, I certainly would have gotten lost.

Elena Marsilii	200 I.M.	2:14.02
	400 I.M.	4:40.00

Ian, nice touch calling your girlfriend right after midnight to wish her Happy Valentine's Day!
What a player!

Ian Russiello	200 free	1:55.15
	500 free	5:05.50
	1000 free	10:40.31 split
	1650 free	17:37.56
	200 fly	2:06.34
	200 I.M.	2:10.97
	400 I.M.	4:28.76

Emma, thanks for liking my music selection, even if you were the only one. Perhaps with the roommates we picked out for you for next year ... you'll enjoy it a little more?

Emma Richer	100 free	:59.23
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Joanne, I've never seen someone so little order so much, or carry so much food around. Ian should be jealous.

Megan, thanks for laughing at just about everything, even if it wasn't funny. Perhaps your teammates learned something. If not, here's an article for them; you've got it mastered!

How to Laugh about Anything

If you cannot laugh, you are in trouble. Life is not fun for you. You take things too seriously and build stress.

If you cannot laugh, you set a negative example for others. People tend to dislike you. No one wants to help you get ahead.

If you cannot laugh, you may not sleep well. You may have health problems.

Fortunately, you can learn to laugh.

A New Laughter Tip

A good way to find joy and laughter in life is to make your problems MORE serious! The trick is to make it more and more and more serious until it becomes utterly and completely ridiculous and the person will explode the whole thing off in laughter.

You exaggerate your troubles or expand your complaints to such hilarious levels that you and others end up laughing.

For example, you go into a bank to cash a check. The bank teller looks at you suspiciously and says, "May I see two forms of ID please?"

You say, "Sure. Here's my driver's license and my credit card."

The bank teller clerk examines your cards without comment. She seems unhappy and very serious.

So you pull out more cards and say, "And here's my library card, BlockBuster video rental card, Star Trek Junior Cadet Club card and my Yo-Yo Association card. My name is on all of them."

The teller tries, but can't stop laughing.