

RIEL FAMILY NEWS LETTER

VOL. 1 NO. 3 JUNE, 1991 PRICE 1 CENT THE COPY-FREE TO FAMILY

BUD CELEBRATES HEMICENTENNIAL - SURPRISE PARTY HUGE SUCCESS

On Sunday, May 28th Margaret, with the help of her four conniving sisters pulled off a surprise party to celebrate Bud's 50th birthday. All of the guests, each decked out in a costume representing one of the past five decades, assembled at 6:00 PM, awaiting Buds return home. Complete surprise was achieved by both Bud and the guests, in that he cleverly entered home via the side door, thus surprising not only himself, when he saw the guests, but also surprising the guests who all had assembled at the front door to await his arrival.

The party was organized into five segments, representing the five decades of his life, from 1940 to 1989. Each segment, starting with the 80s was celebrated with activities appropriate to that era. The five sisters hourly changed into costumes representative of that time, and food, games, dancing and music were enjoyed throughout the evening. The 80s era was celebrated with a wine and cheese tasting session, and as the party moved backward in time food and drinks were served. The menu included barbecued chicken, grilled hamburgers and hot dogs, all expertly cooked by Jose. Various side dishes also were available, along with an assortment of desserts. In addition to jello and fresh fruits, the highlight of the dessert table was the beautiful birthday cake baked and decorated by Francie.

The "groovie" 60s were celebrated with dancing to recorded music, which resulted in a visit by the police. They left, however, after Grandma invited them to join the party. The 40s decade was celebrated with big band swing music plus a live saxophone player. Card games were played by the late stayers, and the party broke up at about 11:30. All of the guests, including family plus many of Margaret and Bud's friends had a most enjoyable evening, and we look forward to the next 50s party. We all owe a special vote of thanks to Margaret, Francie, Carol, Elizabeth and Roberta for all the effort they put in to make the party such a great success. Finally, we all extend to Bud a most HAPPY BIRTHDAY wish, and many more to come.



"Please, Margaret, being 50 is no laughing matter"

VACATION NEWS - BENESCH FAMILY TOURS GREAT SOUTHWEST

Right after the Easter celebration (see last months account) the Benesch clan packed their "survival kits" and bravely took off on an odyssey which took them around the southwestern part of the country. The first stop was at Laughlin, and a night of fun and games at the big casinos. There were kids quarters for the video games, and grown ups change for the other machines. An early start the next morning got the group headed for the Grand Canyon, where the first visit was to the caverns. Next came an ascent to the high country and an overnight stay above the snow level. After a romp in the snow, it was on to the main attraction, the canyon itself. After a



couple of days of canyon viewing it was off to Sunset Crater, Walnut Creek Indian Reservation, Sedona and Phoenix. After a stay with friends the gang headed for Sherman Oaks, and a visit with grandparents. The final leg led to San Diego and home.

RUNNY NOSE DEPARTMENT

Mount Helix - By RFNL Reporter Bruce Hartman - As you know, in January I was diagnosed as having "Graves Disease" (same thing that President Bush has) and have been taking medication to control my heart and thyroxin in my blood. The medication, propylthiouracil, was proving to be ineffective, after approximately four months of therapy, at reducing the size of my thyroid. On May 22, I went into Grossmont Hospital's Nuclear Medicine Section and was given 20 MCi of radioactive iodine in the form of a single \$700.00 capsule. This radiation therapy will, over a period of 6 to 8 weeks, kill my thyroid by melting it away. On May 23, however, I experienced an adverse reaction to the radiation therapy. While at home I began to experience severe chest pains and increased heart rate (132 at rest) along with dramatic swelling in my thyroid, to the point of being unable to move my neck. I contacted the doctor and was told to return to the hospital immediately. I was told that at that point that I was at risk of having a heart attack and was treated with medication to bring my heart under control and prednisone to decrease the swelling in my neck. Once under control I returned home where I am at rest. My family has been wonderful in supporting me while I have been feeling poorly, and due to my high levels of radiation I am not allowed near anybody for 5 days which has meant Birdy has had to do everything for the family without my help. On Friday, May 24, the strain of worry for me and work load started to show as she spent much of the day teary-eyed, but all in all she is holding together pretty well. I look forward to Sunday when the radiation level will be low enough to give her a hug... a well deserved hug. Hopefully, I will begin to feel better (maybe even normal) in about 2 months according to my doctor, when I will begin taking a thyroid replacement drug. Once the proper dosage is determined I will remain on a daily dose of thyroid replacement for the rest of my life needing only annual blood tests to maintain proper levels of thyroxin in my blood.

THANKS, Bruce, for this account of your condition. We all are praying for a full and speedy recovery. Hang in there, Birdy, and CALL US if you need help!

BIRTHDAY CALENDAR

There were two birthday celebrants in May, Curtis and Michelle. After lunch, Grandma and Curtis took off for the Wild Animal Park, to see the dinosaur exhibit. We understand both were very impressed. Michelle was treated to a visit to the zoo, and also a shopping spree at Nordstroms. Recreational shopping is a Riel girls mania (inherited from you know who), so look out, Bruce, and don't sign any credit card application forms.

JUNE BIRTHDAY SCHEDULE

Elizabeth Gillingham	June 3	33
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Roberta Hartman	June 3	33
Bruce Hartman	June 5	32
Christen Castro	June 14	15

SPECIAL NOTICE - BIG PROMOTION FOR BOB GILLINGHAM

Word was received a few days ago that after a protracted delay the official announcement was made that Bob will take over as principal of Francis Parker Lower School next fall. He has been the "front runner" since it was announced that the position was open, but the school officials decided to evaluate a number of other candidates before making a final decision. We were confident, all along, that the job was his, but the official news was most welcome. Congratulations, Bob, and best wishes for continuing success in this most important new responsibility.

SPECIAL NOTICE - FIRST COMMUNION FOR THREE GRANDCHILDREN

On May 11th Brett Sorem received his first communion at a special service held at St. Colomba Church. After the ceremony there was a reception in the church hall, where refreshments were served to family and friends. First communion for Curtis and Michelle Hartman was on May 26th, at Santa Sophia Church. After the service the children were treated to ice cream. Congratulations, children, on this important step in your spiritual and moral development.

SPORTS NEWS - BRETT SOREM MAKES MEMORIAL DAY ALL STARS TEAM

Brett Sorem was one of only 14 Tecolote League players out of a total of 150 candidates who made the Memorial Day all stars team. A series of three games were played, and Brett's team won all three, by scores of 15-0(Julian), 10-8(North City) and 5-3(Mira Mesa). Brett played both outfield and pitcher, and the coach reported that Brett was the player of the series.



ALL STAR OUTFIELDER BRETT SOREM

May 25, 1991

Dear Editor (Dad)

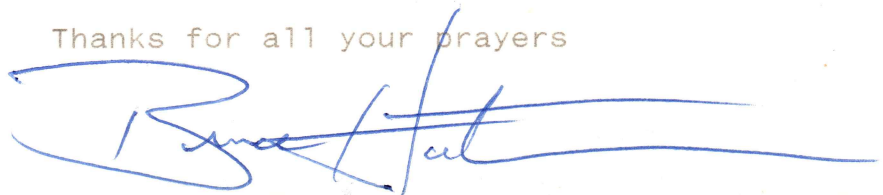
Just a quick note to bring you up to speed on my thyroid condition/therapy for your "family health" section of the Riel Family News Publication.

As you know, in Jan. I was diagnosed as having "Graves Disease" (same thing that President Bush has) and have been taking medications to control my heart and levels of thyroxin in my blood. The medication, propylthiouracil, was proving to be ineffective, after aprox. four months of therapy, at reducing the size of my thyroid. On May 22, I went into Grossmont Hospital's Nuclear Medicine Section and was given 20 MCi of radio active Iodine in the form of a single \$700.00 capsule. This radiation therapy will, over a period of 6 to 8 weeks, kill my thyroid by melting it away. On May 23, however, I experienced an adverse reaction to the radiation therapy. While at home I began experiencing severe chest pains and increased heart rate (132 at rest) along with dramatic swelling in my thyroid, to the point of being unable to move my neck. I contacted the doctor and was told to return to the hospital immediately. I was told at that point that I was at risk of having a heart attack and was treated with medications to bring my heart under control and prednisone to decrease the swelling in my neck. Once under control I returned home where I am to rest. My family has been wonderful in supporting me while I have been feeling poorly, and due to my high levels of radiation I am not allowed near anybody for 5 days which has meant Birdy has had to do everything for the family without my help. On Fri. May 24, the strain of worry for me and work load started to show as she spent much of the day teary-eyed, but all in all she is holding together pretty well. I look forward to Sunday when the radiation level will be low enough to give her a hug... a well deserved hug. Hopefully, I will begin to feel better (maybe even normal) in about 2 months according to my doctor, when I will begin taking a thyroid replacement drug. Once the proper dosage is determined I will remain on a daily dose of thyroid replacement for the rest of my life needing only annual blood tests to maintain proper levels of thyroxin in my blood.

The only other health news I have is, (as May has not been a good month for me), during the first week of May I had Knee surgery performed on my left knee. It was a very simple surgery, removal of a torn cartilage, with a quick recovery and only minor discomfort.

That's about all from the Hartman household. Everyone else is well and happy. I am looking forward to seeing you at Craig and Michelle's First Holy Communion Sun, May 26, at Santa Sophia Church.

Thanks for all your prayers



THE IMAGING CENTER
Grossmont Hospital
Nuclear Medicine Section
619/589-3900

Name of patient: HARTMAN, Bruce

Please show this form to every physician consulted about this patient.

The above patient was treated on 22 MAY with 20 MCi of I-131
in the form of RADIO IODINE.

RADIATION SAFETY PRECAUTIONS ARE NECESSARY UNTIL 5-29-91.

RADIATION SAFETY INSTRUCTIONS FOR OUTPATIENTS RECEIVING I-131 THYROID THERAPY

Intimate personal contact, to include sexual intercourse, sleeping with another person, kissing, dental work and hair cutting, etc., must be avoided for five days after the therapy dose is administered.

- A. The patient must remain at a distance greater than three feet from people over 45, except for brief periods.
- B. Stricter precautions must be observed for people under 45, to ensure that they will not be exposed to more than 0.50R per year from the radioactive individual. People under 45 (especially babies and young children) should not be allowed in the same room, or at a distance not less than nine feet from the patient for more than a few minutes a day.
- C. The toilet must be flushed at least twice each time it is used by the patient, and the patient's hands must be thoroughly washed.
- D. Should the patient vomit within 24 hours after oral administration of a therapeutic dose of a radioactive isotope, the Nuclear Medicine section should be notified immediately.
- E. The patient should not share eating utensils, drinking cups or glasses with anyone.
- F. The patient should not prepare or handle food for the consumption of others for at least three days.
- G. If the patient is to be hospitalized at Grossmont or another hospital, the Nuclear Medicine Sections at both Grossmont and the other hospital must be informed immediately.

April 15, 1991
Carol Benesch

VACATION TIME!

"Are the suitcases packed?" "Coffee machine off?" "Doors and windows locked?" Mail, newspapers, phone machine...all taken care of! The final question, "Have you all used the bathroom?" and we're off! Yes, it's family vacation time. The station wagon is tightly packed with every possible item a family of five may need on a eight day vacation. Each child has carefully packed and repacked a survival kit that will fit in their allocated space, each one having to face the dilemma of what to eliminate after their spot is filled.

We finally leave an hour later than hoped, but sooner than expected, wondering what we must have forgotten. The first hour we're all doing just great settling into our new home away from home and getting everything just so. Then early on into the second hour the youngest asks that infamous question "Are we almost there?" We all chuckle a little and nicely say, "We still have quite a long way to go." "Why don't you try to sleep a little?" After exhausting all they brought for the whole trip, about 15 "are we almost theres?" or "how many more hours?" and two bathroom breaks, we reach our first destination, Laughlin, Nevada!! We go through the formalities of dinner, but realize between the car munchies and the excitement of all the night lights, we skip the "You need to take 3 more bites of this and 4 more of that" and head off for some fun.

Walking through the many different hotels, we fear all of our frequent warnings about wasting quarters in video games quickly losing their validity. We head straight to the arcades telling them how wonderful vacations are and while they are sinking their "entertainment money" into their machines, we wonder off and sink our "entertainment money" into ours! None of us reaching our fulfillment, but all of us reaching the bottoms of our pockets (or cups), we go to our rooms. A departure time is set, good-nights are said and lights go out!

"It's eight o'clock, we over-slept, get out of bed!" "We've got places to go, people to meet, things to see!!" UGH! There's always a couple morning people in the group. It's just unfortunate when it's the driver. Keeping with the excitement of our vacation, even the sleepy-heads (myself included) hop up and get ready for a new day.

Off again, this day promises to be a little less driving than the day before. We reach our destination with half as many "are we almost theres" and "how many more hours". We have a quick lunch and are ready to tour the Grand Canyon Caverns. The underground caverns are great but our tour guide is less than excited about his job and ^{knows} less than we know after reading a 25 cent pamphlet. He keeps telling us he will find out and get back to us--I'm not sure when, but I don't see too many people ask for his phone number. The kids enjoyment is not tempered by the "outrageous" admission price, (ignorance is bliss), so their

reaction was a little different from ours. Spirits are still high because we are "on vacation" and having fun together!

It is off in the car again. Right before I can feel the questions beginning, we start to see snow on the side of the road. Snow on a mountain is one thing, but a cars-stop away, brings more excitement then the short distance left to the highlight of the trip, the Grand Canyon. Feeling the pressure of the "never-getting-to-play-in-the-snow" syndrome and having to live in sunny San Diego, we quickly alter our plans and find a hotel with plenty of snow all around. At this point, we realize all we had to do was take a trip to Mt. Laguna, a couple hours away versus this two day drive!!! Needless to say after the shorts are off and the sweats on, the kids have a great time doing the traditional snow things; snowball fights, snow angels and the snowman that is always much harder to make than it looks on tv. With lips trembling and frozen feet, we finally convince the kids how good a hot bath will feel. While the kids are in the bath, we quickly find a spot by the heater for shoes to dry. Being a native San Diegan, a second pair of shoes was not high on my needs list. The shoes are finally dry and it is off to dinner. The excitement level is falling and fatigue rising, we know dinner has to be quick. The dinner IS quick but not necessarily out of choice. The restaurant is out of most everything that we want which doesn't sit well with five hungry, tired people. It is time to stop reasoning, forget about the waste, get back to our rooms and into our beds!!

Once again, the early birds are up and ready to head out. Keeping with the old vacation spirit, I find myself in the car again not quite as rested as usual and without that first cup of coffee. No sooner have we started the engine, the questions begin..."How many more hours?!!" I quickly turn around...see three pairs of big excited eyes, and giant smiles, take a deep breath and say " I'll let you know when we are almost there!!" At this point, my perceptive husband finds the nearest restaurant and we make a stop for breakfast. I had my coffee, the rest had their fill and we are happily on our way.

Before entering the park we stop and see the movie "The Hidden Secrets of The Grand Canyon" on the world's largest screen. I had seen so many pictures and documentaries on the Grand Canyon that I didn't feel as though I had missed anything by not seeing the realthing up to this point. I was all proven wrong! That first glance into this GRAND canyon is incredible! You can't even imagine the magnitude of that first unforgettable feeling you get looking over the edge. Unfortunately, the second feeling you get--as the children go running to the snow-covered edge to look down--is even greater but not at all enjoyable (to say the least.)

The next two days are pretty much the same, seeing the Grand Canyon from many different look-outs; always with an uneasy feeling that someone may step out too far!! This may have something to do with my daughter. Within the first five minutes of our arrival, she runs to the snow covered edge, jumps up on the wall full of excitement, forgets about the one mile drop to the bottom. She didn't drop but both of our stomachs did!!

On our last night at the Grand Canyon, we plann on watching

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the sunset. Due to another restaurant adventure (I could have written this whole paper just on this one dinner) we missed the sunset by about ten minutes. "But wait!" "The next best thing to a sunset is a sun-rise!!" says the early bird! With that old vacation enthusiasm, I agree to get up at 5:00 A.M. and join the group in a "once in a lifetime adventure!"

There are two things that don't sit very well with me, getting up early and cold weather. The alarm clock goes off at 5 a.m. and it is 26 degrees outside. Everyone else is busily getting ready for this exciting trip while I'm bundling up, reminding myself that this is vacation...This is FUN!!

The view is breath-taking (almost as much as the cold air) and worth seeing but, it sure feels good once we get into the warm village cafe. We take a couple last looks at the canyon and it is off to our next stop, Pheonix. We brake the trip up with stops at Sunset Creater, Walnut Creek Indian dwellings and Sedona. We reach our friends house in the afternoon and are looking forward to two days in the same place. The time goes by quickly and it is back to our car for a long drive to L.A. to my in-laws. The sights are limited, we've seen our feel of cacti, fast food has lost it's appeal and we are losing our vacation spirit! We make it again and enjoy two days with Grandma and Grandpa.

We leave Thousand Oaks and head for home and an end to our vacation. The usual three hour drive seems very short and before anyone asks either dreaded question, we were pulling into our driveway telling all about our favorite parts and not once mentioning the long drive!!!