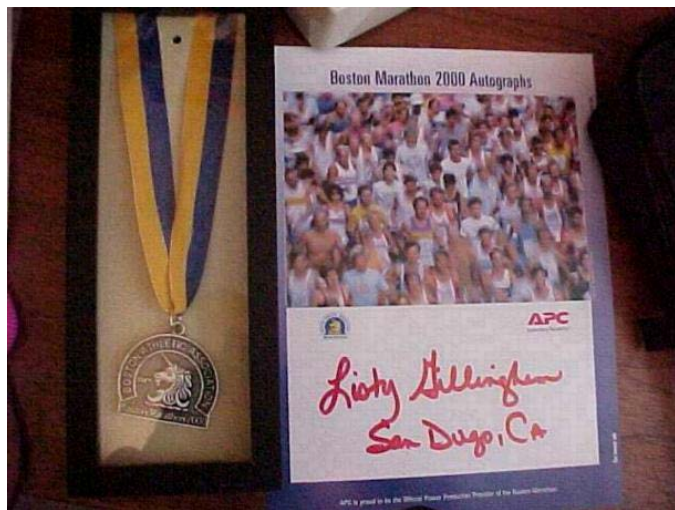




Listy runs in Boston Marathon

Bob and Listy enjoy holiday in Boston

The big sports news for this month is the story on Listy and Bob in Boston for the big marathon. Listy has been training for years



in order to qualify for this most famous of all the marathon races. We have the following on the spot report from Listy herself, which we print as follows.

I'm back, and here's the total report:

I survived....hurray! The run was the most exciting run I've ever done for lots of reasons, but most of all because of the number of people involved and the quality of the runners. Everyone was fit and ready to run (no wimpy walkers in your way) even on heartbreak hill. That was impressive. The start was slow, but what do you expect when you are in the 13th corral? Usually (for SD) I'm in the 5th corral with a variety of runners. In Boston I'm in the 13th and they're almost all women (age 40) because we all had the same qualifying time...weird...but good. One third of the field was women, 2/3 rds men (in comparison to SD with over 50% women)...I usually end up in the top 25% in SD....in Boston I was in the top 66%....(just a little different placing)....but I did place and made the newspaper cut even in Boston (they report the top 13,000 runners....out of 18,000 qualifying runners).

Running downtown towards the finish was amazing....thousands of people in layers lined the sidewalks, balconies, etc. You felt like a winner/competitor/athlete in just running.

The weather was not Listy-friendly...strong head winds and very cold (wind chill factor brought it down to the 20's), but people still lined the entire course and I just decided to enjoy the experience and high five as many kids hands as I could as I was running along. Coming into the finish, I saw Bob and gave him and all the other people near him the "high five-I've made it-victory slap" before running the last four blocks to the big finish...what an experience...one I'll never forget.

Having Bob there made all the difference. Wish you all could have been there because seeing it live is nothing like what you've read or heard about. It was weird running through Wellsley College (half way point). I had heard about the women screaming, but I didn't expect to hear the echo before I got there...that was really cool as was running by Boston College and all the little towns.

*That's my full report...
Listy*

We had a chance to talk to Listy and Bob after they came home, and he reported that he was so enthralled by the marathon experience that he decided to go into training at once,

to qualify for next years race. After a week of training, however, he said that he may scale down his ambition to something more modest, perhaps the New York Marathon.

Whatever happens in the future, however, we are so proud of Listy and the dedication she exhibited in meeting the race requirement. When asked if she was going to retire from the marathon circuit she replied "Cowles Mountain here I come!!!"

The trip home was another matter, however. Their flight home was delayed, then cancelled, and they finally made it home about a day later than scheduled. Anyway, welcome home!!



The Riel Family Newsletter

Catch the News

May, 2000

Family celebrates Easter at Lake Murray Park



The Riel Family Newsletter

Catch the News

May, 2000

St Patrick's Day celebration at Merica home in Vista

Grandpa and Grandma were pleased to be invited, along with Bud and Margaret, to enjoy a party at the home of Michael and Lynda, celebrating this happy Irish holiday. Even though Michael, Aunt Isa, and Grandma are Greek and Lynda and her relatives are Italian, we all entered into the spirit of this Irish



holiday. There was lots of food and drinks, and we all enjoyed an evening of good food and conversation. It was especially nice to have another chance to visit with Aunt Isa, and hear the latest news from the Merica



family. She showed us an article published in the British edition of Harper's magazine that was written by Isa's oldest daughter, Marie Fairweather. She described some of her observations as an infant in Tehran appeared in the October issue of RFNL, although she was misidentified at that time. Michael has promised that he would send me a copy, for a review in a future RFNL. It was a great evening, and we thank Michael and Lynda for inviting us.



Birthday celebrations (finally!)

After a slow start, Grandma and Grandpa finally got things going on the birthday front. Brian Riel celebrated his 11th with a trip to the Zoo. We enjoyed lunch at Albert's Restaurant in the zoo, followed by a bus tour. We then took in the Seal Show and a tour of the Children's Zoo. It was a great day for all of us! Jessica was next, celebrating her 17th birthday. Jessica, Dustin, Carol, Grandma, and Grandpa all



enjoyed lunch at a new place, Curries and Bugles, a pub located at the site of the old Eric's Rib Place on Taylor Street, near Old Town. Then Grandma, Grandpa, and Jessica took in a movie, Sculls, which was pretty good. Finally, we celebrated with Robert (43rd birthday) and his family, having lunch at Black Angus on Friars road. We extend a great big HAPPY BIRTHDAY wish to Brian, Jessica and Robert!!!



Robert (43rd birthday) and his family, having lunch at Black Angus on Friars road. We extend a great big HAPPY BIRTHDAY wish to Brian, Jessica and Robert!!!

Birthday calendar for May

Curtis Hartman	May 2	16
Michelle Hartman	May 17	18
Bud Mehan	May 28	59
Bob Gillingham	May 31	45

The Riel Family Newsletter

Catch the News

May, 2000

Francie creates new hair style for ISO

TECHNIQUE On the fast track with ISO's DI-Lateral Design Wrap

Diamonds are a curl's best friend. Just ask Francie Sorem, creator of the DI-Lateral Design Wrap, ISO's newest technique debuting this spring. "The purpose of the wrap is to use color design and incorporate it with the wave — two services at the same time. Diamond patterns are taken across the hair in a harlequin pattern. You get two directions of curl, and each different direction of hair has a different hue pattern," says Sorem.



The result? A bumptier, "clashing" curl with complementary color, perfect for lending a tousled, more natural look — especially to finer hair. The whole tech-



Francie Sorem

nique takes fewer than 12 rods.

The tools? ISO Option 1, 2, 3 or EXO and ISO-Daniel Gavin GlossTones™ semi-permanent color. Any ISO wave can be used for this technique depending on the client's hair type. ISO EXO wave is ideal because its thermalizer works so well with larger wrap designs and for hair that's off the scalp. The wrap is part of ISO's continuing educational focus.

The write up shown above was part of a hand out given at a recent hair show in which Francie demonstrated her new technique. She will be hitting the road again, this time to Reno on May 21-23, where her new style will be one of the features of the program. Because of her dedication and consistent contributions to ISO's educational program, she has become a contributing member of the company's creative force, the ISO Artistic Council.

As busy as she is, Francie recently found time to shop (with help from Lyle) for a new car. After much wheeling and dealing she settled on a white Mitsubishi, shown on page 2 with the Easter picnic photos.

Travel news

Birdy and Bruce spent a couple of days in Las Vegas, recently. We understand they did not break any of the casinos, but in spite of that they had a great time. Margaret was in New Orleans recently, and

reported that she had a fine time, except for a few minor problems she has been having. In New Orleans her purse was stolen, including credit cards, driver's license, etc. Shortly after getting home her new car was hit while parked, resulting in some fairly extensive damage. Also, Megan's bill fold was stolen at school, and she also experienced a minor fender bender on her car. Other than the above, everything is fine at Margaret's house.

The big travel news, however, is that Jan is back from her big vacation in England and Scotland. Jan, along with her mother, brother, and his wife, met Kevin in England, and they toured the country, visited with some relatives and friends, and saw the sights. She took many pictures, which were not available for this issue. However, we will have a full report plus photos, in the June issue of RFNL.

Some sports news

Katy and Brian are both active in their school swimming program. Michelle also is swimming at her school, Monte Vista. Curtis is playing volleyball, and Scott is on the track team, both at Francis Parker. Megan is on her school's relay team, and they recently won a first place in their last track meet.

Snow falls once again on Mission Hills on April 1st.

As you can see in the photo, there was a light dusting of white stuff, mostly on the stairs in our home on Lyndon Road. It was determined that some person unknown spiked the morning



paper with paper punch-outs, which slowly sprinkled out as Grandpa carried the paper down the stairs early in the morning. The paper did not

predict snow, but it did!

Late news flash - Robert has been invited by the Department of Labor to speak at an International Symposium in Guam. He will be describing the Electrical Worker Union's apprentice training program. See the June issue for more details.