



September 2013

RFNL 271



Noah Joins The Family



Noah Knows, He's Going to be Special

By Carol Benesch

Little Noah did not want to be left out of his family's late August special events: Linus and Lucy's birthday (29th), Jason's birthday (30th) and Jason's and Chavva's Wedding Anniversary (31st). As a matter of fact, he wanted to be first. On August 25, two days before his due date, Noah Charles Benesch arrived!

Chavva went into labor at 9:30 PM on Aug. 24th, they went to Sharp Grossmont Hospital at 2:30 AM, and Noah was born at 9:14 AM, less than 12 hours after the start of labor! About as smooth sailing as it could have gone.

By 3:30 AM, we had a room full of anxious relatives: Sandi, (Chavva's mom), Rachael, DJ, Heidi, (Chavva's sister, brother and sister-in-law), Jeff and Carol all joined Jason in the private birthing room with momma Chavva, waiting for Noah to make his formal appearance. Every time a nurse came

Noah Charles Benesch

Born August 25th at 9:14 AM

6 lbs. - 13 ozs. 20 inches





in, Chavva was a little closer to delivering! At 6:30 AM, we were sent out and told that Noah would probably arrive by breakfast. And sure enough, in true Benesch form, Noah was out in time for breakfast! At 6lbs, 13oz., he was a very handsome little fella from the get go.



He is cute as a button and lucky as can be to have two very happy, loving parents to watch him get bigger and stronger every day. Reports are that he loves to eat and poop regularly, and already has developed a strong soccer kick, with either leg. When he isn't sleeping or eating, he's being adored by his very attentive 80 lb. brother and sister, who give him the occasional lick of approval. :-)



5555 Grossmont Center Dr.
La Mesa, CA 91942

Direct Line to Room (619) 740-6006
Room 06

Date: August 25th, 2013

Very Good Care Means.....

Welcome Chavva, Jason &
Baby Noah!!

6 lbs 13 oz
20 inches
at 09:14

Family Contact

Name: Jason # _____

OB: Vu (Wittgrave) RN: Tiffany

Ped: Snyder CNA: _____

Blake Nikolaus Riel - Makes an Early Arrival !!

Around 4:30 in the afternoon of Friday, September 6, 2013 Blake Nikolaus Riel decided to make his entrance into the world. Weighing in at only 4 ½ pounds he showed up a bit earlier than planned but sometimes you just have to go with the flow. Kinds of like surfing, when the wave comes in, you just have to catch it!

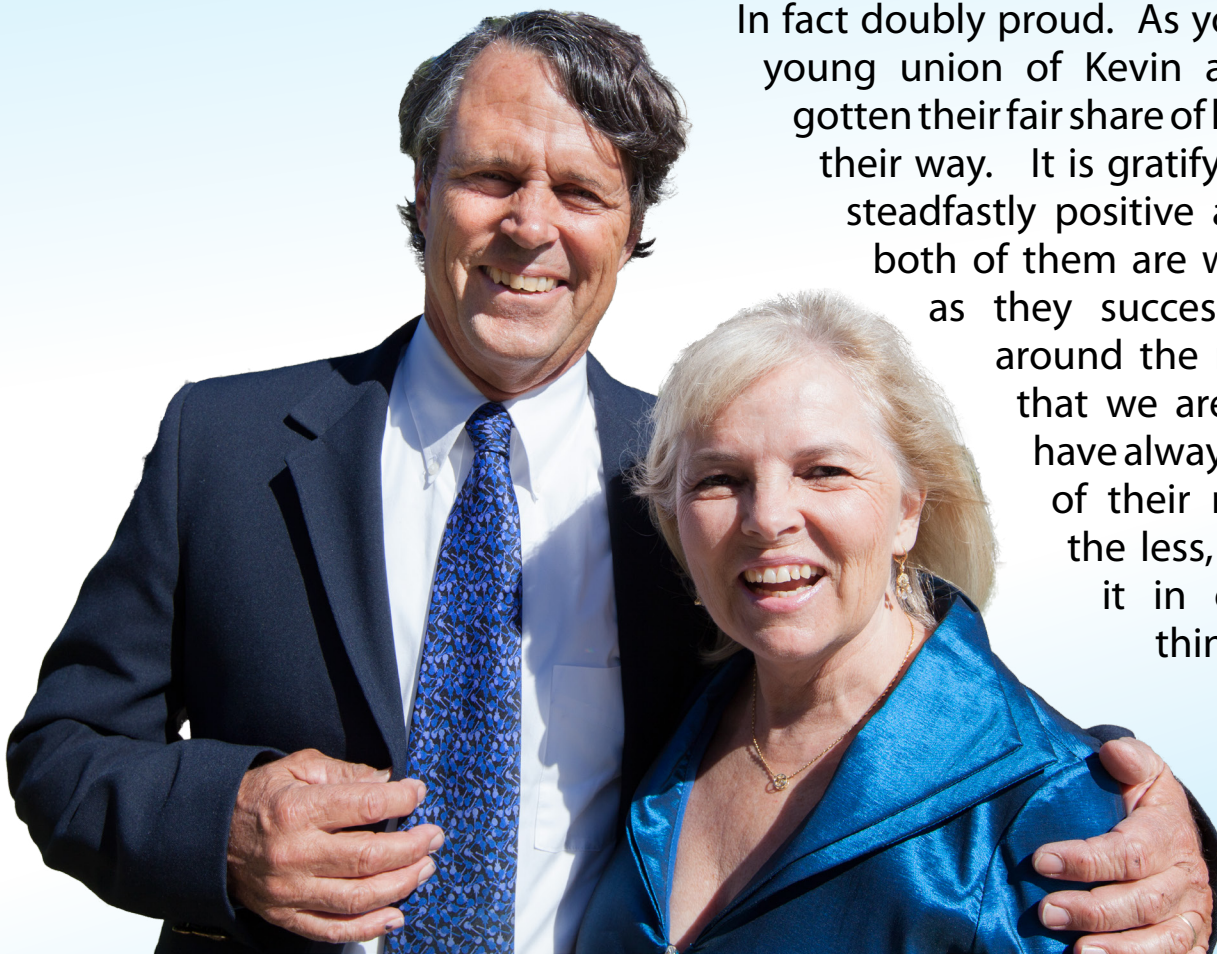
Blake had a few issues that have been taken care of and he is doing just fine. We expect that he will be home with Kevin, Nichole and his best new friend, Skip the wonder dog, before too long (3-4 weeks). We will have a full story and pictures in next month's issue of the RFNL.

The Proud Grand Parents - Ed and Jan

Our many thanks to all in the family for expressing your concerns, and sending your prayers, for Blake Nikolaus Riel, the newest member of our clan. He needs a few more weeks in the hospital to heal and bulk up; and then he will be ready to rumble. And yes we are proud.

In fact doubly proud. As you all know the young union of Kevin and Nicole has gotten their fair share of life's hurdles put their way. It is gratifying to see how steadfastly positive and supportive both of them are with each other as they successfully navigate around the negative. Not that we are surprised; we have always seen it in both of their natures. None the less, to actually see it in operation is a thing of beauty.

Ed and Jan -





Keeping Track of the Second Generation...

By Listy Gillingham

We are so proud of our three kids who are all working and enjoying the “family business” of education. Kristy is now a veteran teacher at Francis Parker Middle School teaching English to 7th graders. This is her first year without being the Yearbook Adviser and with two young babies at home, probably a nice reduction of workload for her.

David is still at High Tech Middle School, but he starts his first year as an Intern Teacher of math and science to 7th graders as well. He loves the challenge of project-based learning and is enjoying learning the ropes as he tackles a full-time job as a teacher. He is also happy to not be the After School Director and as he is now finishing his day at a much earlier time. He is also right across the street from Cousin Matthew Hartman (Craig and Ana’s son) who is attending High Tech High School with Gracie Gillingham (another cousin).

Annie is officially placed in a student teacher assignment in South Bay where she is working at an elementary school (2nd grade). She is working on her bilingual credential (elementary) and is enjoying all the “teaching stories” that come with the job. It’s fun to see them all following our lead into a career that has brought so much joy to both me and Bob.

Seamus Keith is still working for Nypro, but the name may be changing as the company is being re-organized. He is a project engineer and his company deals with plastic injection. He is moving up in the company and now has management responsibilities which require him to travel a bit. Not easy for Kristy, but they are making it work! Rugby, their dog, is enjoying their new house by helping Liam learn how to best serve his needs by playing with him. And Braeden... he is just starting to roll around, exploring his new world!

Congratulations to Dr. Megan Riel-Mehan!

By Margaret Riel



On September 6, 2013, Megan presented her Exit Talk to faculty, graduate students, family, and friends at the Chemistry and Biochemistry Department of the University of California, San Francisco. This event marked the completion of Megan's PhD, awarded after 5 years of arduous graduate study.



In her dissertation project, Megan developed a methodology to assist researchers study how cells process information in response to their environments. More specifically, she designed a cross-linking molecule that connects protein substrates to their corresponding kinases. This tool will allow researchers to map the internal communication network of cells, which is important because when this network goes awry, cancer cells can develop. Her publications will become the basis of additional research in the Keven Shokat lab at UCSF.

Her presentation had three parts: in the first part, she used videos, animations and a participatory demonstration to help her non-scientific audience understand the signaling process that takes place at the cellular level; in the second part she talked to the scientists describing the details of her molecular methodology, and she ended by characterizing her journey through grad school using humorous photos over the past years and thanked those who supported her in her process.



Left: Keven Shokat,
Megan's PhD advisor;

Middle: Megan;

Right: Graham Johnson,
her new mentor

On September 9th, Megan started a new job, as a Post Doctoral Fellow in Graham Johnson's lab at UCSF. In her new position, Megan will pursue the visualization of biological and chemical processes. The visualization of the structure inside of cells, promises to provide a deeper understanding of critically important biological and chemical processes. Specifically, improved visualization is helpful to researchers demonstrating their findings to scientific and lay audiences, applying for grants, and making science accessible to the next generation of scientists in colleges and high schools.



The Top 10 List of Things you Might Not Know about Bob Riel

By Francie Sorem

Editor's note: Francie has joined the RFNL staff as a featured columnist. She will be providing "Things you might not know about ..." from time to time, as she will have plenty of opportunity to interview you while she cuts your hair. So be prepared next time you visit her at the salon, you too may be the subject of her next column. Thank you Francie! And welcome aboard.



10. My favorite food growing up was Kraft Macaroni and Cheese. It doesn't get any better than that.
9. My favorite food as an adult is a good rib eye steak. And I was wrong. It gets a lot better than Mac and Cheese.
8. My favorite boyhood idol was San Diego Quarterback John Hadl. I had a picture of him on the wall in my room.
7. My favorite toy growing up had to be my mitt and a baseball. I loved playing little league and having some time with Dad to play catch out front of the house on Lyndon road.
6. The first Musical Group to catch my ear had to be when the Beatles sang on the Ed Sullivan show. The sisters were all excited about it and I couldn't think what could be so great about a band of bugs.
5. My first job was as a paperboy when I was only 10, but by 15 I was a bagger for the local grocery store, Kmar.
4. The sports I participated in the high school years were swimming and water polo
3. My biggest fear as a young boy was definitely lightening. There was no way I was going neither outside nor near water during a storm.
2. The most amazing thing I have ever made would have to be my culinary expertise with a prime rib. But then you guys really all know that don't you?
1. And the number 1 thing you probably don't know about me is that when I was a young boy, Dad had a short wave radio. I was fascinated by it and wanted to figure out how it worked, so I took it apart and then quickly realized there was no way I was getting all those wires back in the right places. I was so scared to be found out that I took the radio and hid it in the canyon. Sorry Dad, I'm sure you thought it was one of the other kids and not me.



Francie travels to Nashville for Hair Color Expo

Behindthechair.com sponsored a multi distributor hair show dedicated to the Art of Color. Along with fellow stylist Amy Nicoletti, Francie travelled to The Grand Ole Opry Gaylord Resort in historic Nashville Tennessee. The Event showcased well known Hair Designers from all over the world with the latest and the greatest Hair colors and techniques. Lots of flat screen monitors displayed art of inspirationally focused work as part of the Masquerade Ball Sunday Night.

After the event, and with a free day in Nashville, Francie and Amy checked out the Grand Ole Opry. "I was pretty fascinated to learn that the Grand Ole Opry was not a place but started as a radio show back in the 30's" said Francie. "The first Opry House was the Ryman Theater in downtown Nashville but in the 70's they moved it to the current home." In the picture you can see that Amy and I are standing on a circle of lighter wood. Here is the story behind that:

The six-foot circle of dark, oak wood in the Opry House stage is shiny but clearly well worn. Cut from the stage of the Opry's famous former home, the Ryman Auditorium, this circle gives newcomers and veterans alike the opportunity to sing on the same spot that once supported Uncle Dave Macon, Ernest Tubb, Patsy Cline, and others. Many things about the Opry have changed over the years - its members, the sound of its music, even its home. But there's always that oak-solid center to remind every singer or musician who steps inside that



they take part in something much larger than themselves, that wherever they go they have a connection to the legends and the giants who came before them.

As that wooden circle is the heart of the stage, the Opry's heart is its music and its members - a broad scope of styles by a wide range of artists.

When you stand on the circle it creaks a little just as if the ghosts of yesterday were talking to you. Pretty cool experience.

Margaret has Retired (sort of)

Margaret recently retired from Pepperdine University where she helped a small number of people learn how to engage in action research on the way towards their Masters in Art degree. So now, she should be done with teaching. However if you look on Facebook, you will see that she is starting an open course on action research where she is teaching people who are not pursuing a degree. So she must like teaching as she is continuing in a context with no payment. If you want to follow along you can see her videos appear every few weeks on:

<http://ccar.wikispaces.com/Action+Research+Tutorial>

or you can watch on Youtube. She is one of four editors on an International Handbook on action research. Bud and Margaret have plans for travel with a trip to Peru in Dec. She plans to play golf on Mondays with YaYa and spend more time in her garden.

Action Research Tutorial

Action Research Open Online Course

Action Research is always a collaborative process. But it is also helpful to interact with other action research colleagues as you work through your process. So invite a few friends to work with you as you engage in an [action research learning circle](#).

Each section in the action research tutorial will begin with a brief video which will point to the resources available. Each section will have both resources and activities. This tutorial will assume a year long process and the videos and resources will be created over the 2013-14 school year.

T1 VIDEO



T1: Overview of Action Research # Sep, 2013

FAMILY SHORTS

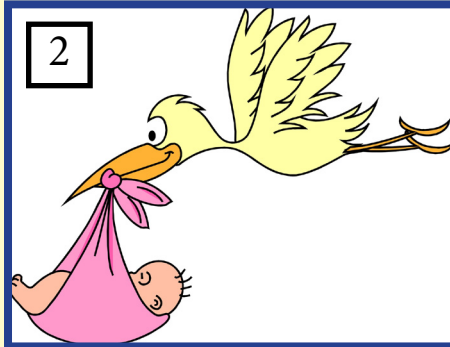


In their first triathlon relay, Tim's team, Tri-Cher-Atops, finished in 5th place in their division! The race was called the Big Kahuna - Santa Cruz Half-Ironman and was held on September 8. It is a long course triathlon consisting of a 1.2-mile swim, a 56-mile bike and a 13.1-mile run. They finished the race at: 5 hours, 33 minutes and 20 seconds. Congratulations to Tim and his team members. BTW nice shirt Tim, glad to see you're still supporting the Chargers!

Grandma's Brag Sheet

Each month we will feature pictures and quotes from the grandma about their grandchild. The question is can you match the picture to the grandma? The answers will be in next month's RFNL. If you think this is easy be careful kids looks change a lot in the first few years and what if there was some photoshopping going on?

- A. My Grandbaby is going to be a girl !!
- B. My Grandbaby is playing soccer, so now I'm a soccer Grandma !
- C. My Grandbaby and his parents live far away but I still get to see him almost every month !
- D. My Grandbaby is going to day care with his big brother !
- E. My Grandbaby is far away but I can always see him on Skype !
- F. My Grandbaby is just a drive up the highway and I love the trip to see her !





RBFF DRAFT RESULTS

Jason's Draft Report Card - A

Having the top pick in the draft doesn't always lead to championships. But, in this case, there is reason for optimism. RG3PO parlayed their overall No. 1 selection into this year's top draft, projected to finish in first place in Riel Bowl League with a mark of 13-1-0 (1,628 points). With their first five picks, RG3PO focused on balance, selecting QB Tom Brady (25th overall), RBs Adrian Peterson (1st) and Ryan Mathews (48th), and WRs Demaryius Thomas (24th) and Jordy Nelson (49th). They ended up with one of the most prolific quartets of WRs in the league, as they added Thomas, Nelson, Mike Wallace, and Emmanuel Sanders.

Kevin's Draft Report Card - B

Corresponding with a solid draft slot (fifth overall), rivers' cowgirl had a stellar showing. With a mark of 10-4-0 (1,539 points), they're projected to finish third in Riel Bowl League. rivers' cowgirl loaded up on ballcarriers early, using three of their first five picks to scoop up RBs LeSean McCoy (first round), Chris Johnson (second round), and Giovani Bernard (fifth round). They have the worst quartet of WRs in the league, as they picked up Randall Cobb, Kenbrell Thompkins, Josh Gordon, and Alshon Jeffery for their fantasy stable.

Brett's Draft Report Card - B+

When a bottom-half draft slot yields top-half results, that's the sign of a strong effort by the GM. Such was the case with Band Wagon Robbers, which flipped its ninth overall pick into a projected fifth-place finish in Riel Bowl League (8-6-0, 1,563 points). With their first five picks, Band Wagon Robbers focused on balance, selecting QB Colin Kaepernick (33rd overall), RBs Lamar Miller (40th) and Montee Ball (57th), and WRs Calvin Johnson (9th) and A.J. Green (16th). They have the most prolific foursome of WRs in the league, as they picked up Johnson, Green, Lance Moore, and Sidney Rice for their fantasy stable.

Chris's Draft Report Card - B

A mediocre draft slot can often result in a mediocre draft performance. Picking 12th overall, Its not a Fluker is projected to land in eighth place in Riel Bowl League with a record of 5-9-0 (1,527 points). With their first five picks, Its not a Fluker focused on balance, selecting QB Drew Brees (12th overall), RBs Alfred Morris (13th) and Darren McFadden (37th), and WRs Reggie Wayne (36th) and Antonio Brown (60th). They landed the best tandem of QBs in the league, as they scooped up Brees and Eli Manning.

Alan's Draft Report Card - B

AZ Devils parlayed a solid draft slot (second overall) into a respectable performance. With a mark of 9-5-0 (1,548 points), they're projected to finish fourth in Riel Bowl League. With their first five picks, AZ Devils focused on balance, selecting QB Russell Wilson (47th overall), RBs Doug Martin (2nd) and Maurice Jones-Drew (26th), and WRs Brandon Marshall (23rd) and Dwayne Bowe (50th). They landed the top combo of RBs in the league, as they scooped up Martin and Jones-Drew to carry the load.

Dustin's Draft Report Card - B

Although they selected 10th overall, Big Daddy came through with a solid draft performance. They're projected to finish with a record of 10-4-0 (1,540 points), placing them second in Riel Bowl League. Big Daddy jumped on ballcarriers early and often, using their first three selections to grab RBs Marshawn Lynch (10th overall), Matt Forte (15th), and Reggie Bush (34th). Corresponding with that strategy, they landed one of the highest-scoring trios of RBs in the league.

Nate's Draft Report Card - B-

A mediocre draft slot can often result in a mediocre draft performance. Picking seventh overall, naterade is projected to land in sixth place in Riel Bowl League with a record of 7-7-0 (1,508 points). naterade jumped on ballcarriers early and often, using their first three selections to grab RBs C.J. Spiller (7th overall), David Wilson (18th), and DeMarco Murray (31st). Corresponding with that strategy, they landed the top set of RBs in the league.

David's Draft Report Card - C+

Morning Woodhead was unable to capitalize on their fortuitous draft position. Despite selecting third overall, they're projected to finish 10th in Riel Bowl League with a mark of 4-10-0 (1,483 points). Morning Woodhead loaded up on pass-catching weapons early on, using four of their first seven selections to acquire WRs Andre Johnson (second round), Wes Welker (fourth round), Anquan Boldin (sixth round), and Cecil Shorts (seventh round). In spite of that positional emphasis, they landed one of the worst sets of WRs in the league.

Robert's Draft Report Card - B-

Despite selecting in the top half of the first round (fourth overall), Charger Bob looks a little soft on paper. They're projected to finish ninth in Riel Bowl League with a record of 4-10-0 (1,496 points). With their first five picks, Charger Bob focused on balance, selecting QB Peyton Manning (21st overall), RBs Ray Rice (4th) and Darren Sproles (45th), and WRs Julio Jones (28th) and Hakeem Nicks (52nd). They landed one of the top combos of TEs in the league, as they picked up Jason Witten and Owen Daniels for their fantasy stable.

Bryce's Draft Report Card - C

The poor draft position for Norv Turnover proved too great an obstacle to overcome. After selecting 11th overall, they're projected to finish 11th in Riel Bowl League with a record of 4-10-0 (1,461 points). Norv Turnover opted for balance early, selecting QB Cam Newton (35th overall), RB Trent Richardson (11th), WR Dez Bryant (14th), and TE Vernon Davis (59th) within the first five rounds. They ended up with the lowest-scoring tandem of QBs in the league, as they added Newton and Brock Osweiler

Michael's Draft Report Card - B-

A mediocre draft slot can often result in a mediocre draft performance. Picking eighth overall, Deadweight is projected to land in seventh place in Riel Bowl League with a record of 7-7-0 (1,495 points). Deadweight loaded up on ballcarriers early, using three of their first five picks to scoop up RBs Arian Foster (first round), Stevan Ridley (second round), and Eddie Lacy (fourth round). In conjunction with that drafting strategy, they ended up with one of the top four-somes of RBs in the league.

Frank's Draft Report Card - C

Despite selecting in the top half of the first round (sixth overall), Frank 'N Berries looks a little soft on paper. They're projected to finish 12th in Riel Bowl League with a record of 3-11-0 (1,441 points). Frank 'N Berries stocked up on pass-catching weapons early on, using three of their first five selections to pick up WRs Victor Cruz (second round), Marques Colston (fourth round), and Steve Smith (fifth round). They ended up with the worst quartet of RBs in the league, as they scooped up Frank Gore, BenJarvus Green-Ellis, Mike Tolbert, and Shonn Greene for their rotation

Riel Bowl Fantasy Football

Week one of Riel Bowl Fantasy Football is in the books and Charger Bob, AKA Uncle Robert, is in first place thanks to his quarterback who scored over 70 points! Jason and David are separated by six-hundredths of a point, while Bryce had a really tough week with most of his team under performing.

However it's a long season and anything can happen. One thing is for sure by next month's issue of the RFNL we will know who the contenders are and what teams are just pretending.

Rank	Team	Manager	W-L-T	Pts For	Streak
1	Charger Bob	Robert Riel	1-0-0	179.18	W-1
2	RG3PO	Jason Benesch	1-0-0	148.62	W-1
3	Morning Woodhead	David Gillingham	1-0-0	148.56	W-1
4	Big Daddy	Dustin Benesch	1-0-0	135.82	W-1
5	Frank 'N Berries	Frank Riel	1-0-0	130.72	W-1
6	AZ Devils	Alan Sorem	1-0-0	97.40	W-1
7	River's Cowgirl	Kevin Riel	0-1-0	126.76	L-1
8	Band Wagon Robbers	Brett Sorem	0-1-0	120.78	L-1
9	Its not a Fluker	Chris Riel	0-1-0	117.68	L-1
10	Deadweight	Mike Mehan	0-1-0	108.98	L-1
11	naterade	Nate Riel	0-1-0	93.58	L-1
12	Brodea	Bryce Sorem	0-1-0	79.90	L-1