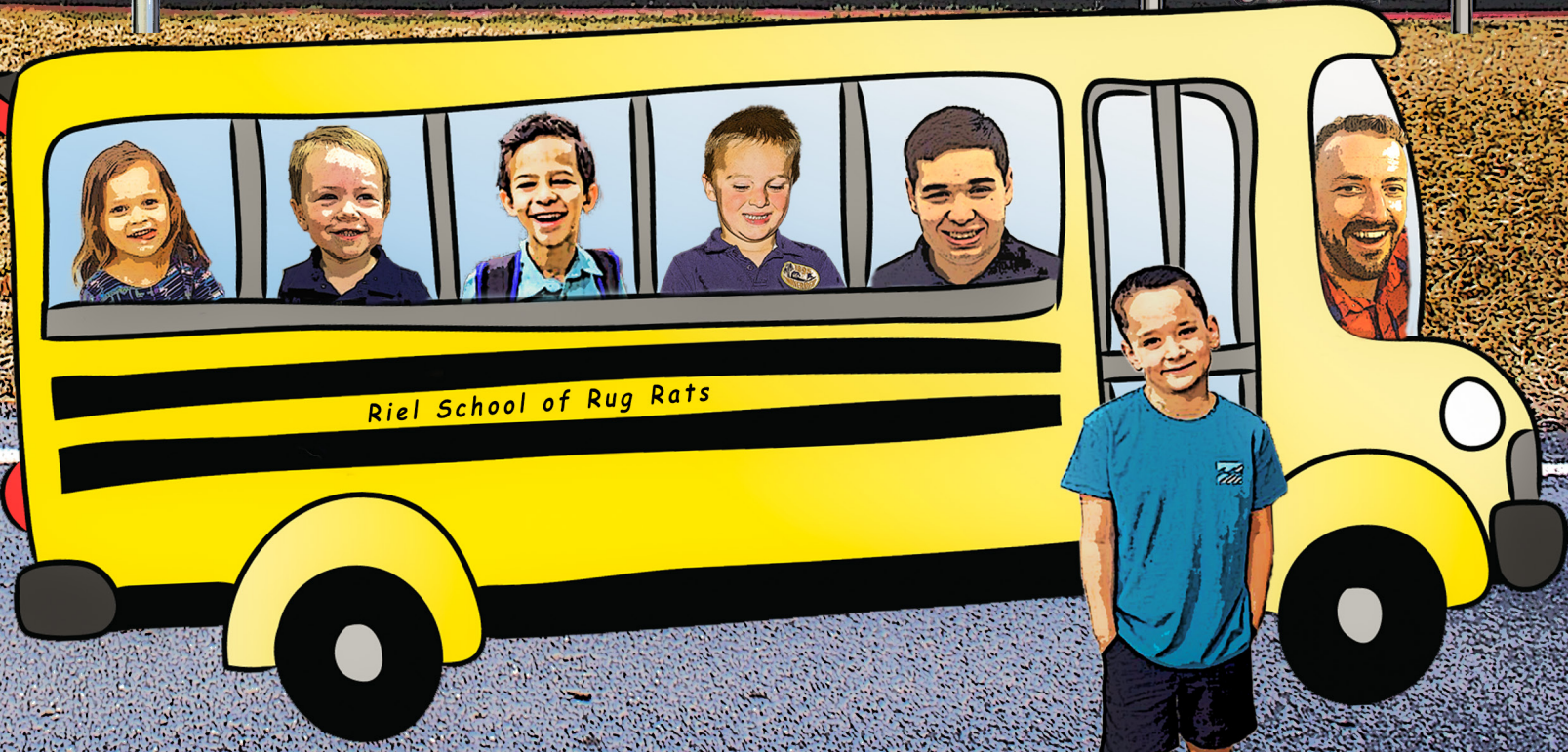


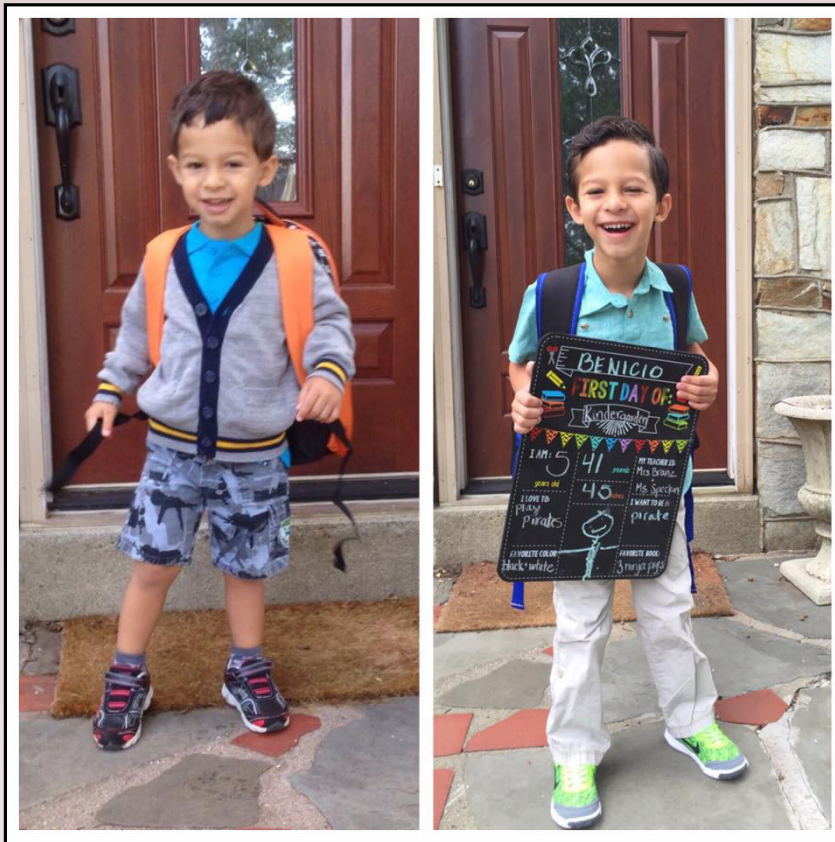
R F N I

September 2016

Issue No: 307



Benicio Starts Kindergarten!

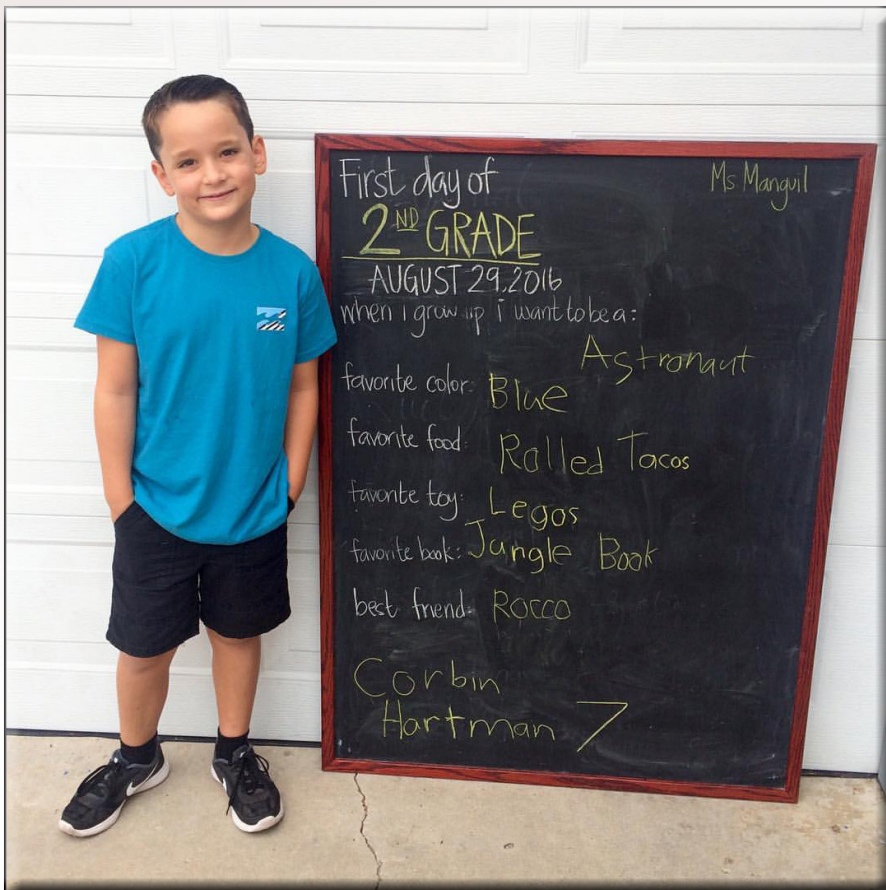


On September 6th, Benny began Kindergarten at James Monroe Elementary, "Home of the Wise Owls".

My first retirement trip (thanks to Jeff's VA job) was to New Jersey to watch Benny start kindergarten! I never got to watch my own kids start kinder, because I was always welcoming my new classes, so this was very special for me. Benny's excitement to get on a bus with his neighborhood friend Ariana meant Jessica and I couldn't be helicopter parents and had to say goodbye as he happily climbed up the steps to the bus. It was both a happy and a sad moment.

His Kindergarten is only from 9-11:30, so it wasn't long until we made the walk back down the street to meet the bus and a very happy "Green Light" (great behavior) Kid!! Benny will be taking a bus until January when his new neighborhood school will be completed. The school burnt down a few years ago and they are finally finishing it up. When it's finished, Ben will be able to walk to school instead of taking a bus.

The office got a kick out of Benny when he was introduced to the Owl mascot, he turned and asked the principal, "What kind of owl is it?" He looked at everyone else and as they chuckled a little, they admitted they didn't know, but would find out, and they better because he will ask again. He loves his new teachers and I know he will love every day at school.



The Hartmans will be spending lots of time at school this year starting off with Birdy Hartman who tells us that she will be teaching Kindergarten at Francis Parker Lower School forever! But she does have a few other family members to report on:

Curtis Hartman is the Social Science Department Head at St. John Bosco High School.

- Matthew Hartman Senior - High Tech High
- Corbin Hartman 2nd Grade - Little Explorers School
- Cora Hartman Junior Kindergarten - Montessori School
- Owen Lane Preschool
- Rhys Lane Daycare
- Josie Hartman Preschool

The whole Gillingham family is either attending, teaching or overseeing operations at schools in San Diego. Not too surprising, it can be broken down by generations:

The oldies but goodies:

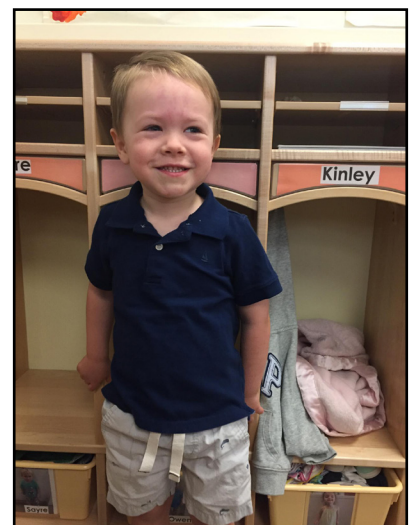
Bob Gillingham Principal – Francis Parker Lower School
 Listy Gillingham Principal – Patrick Henry High School

The next Generation:

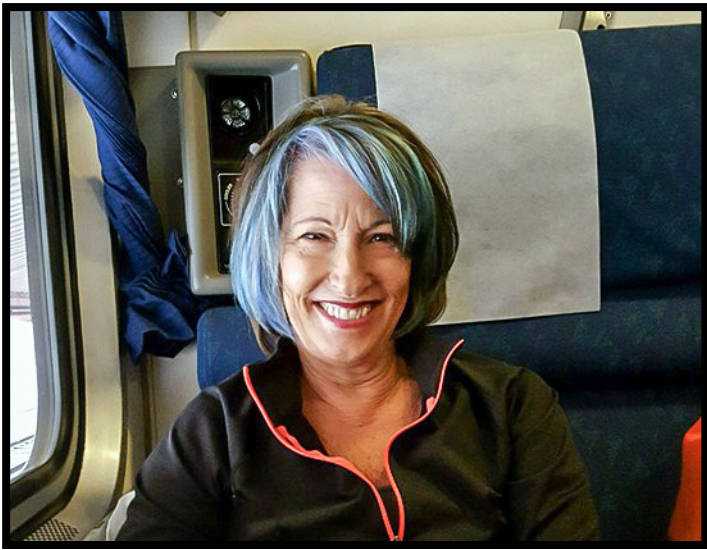
Kristy Keith 6th Grade English - Francis Parker Middle School
 David Gillingham 5th Grade – High Tech Elementary
 Annie Gillingham 1st Grade Immersion – River View Elementary

The Grandkids:

Liam Keith Junior Kindergarten - Francis Parker Lower School
 Braeden Keith Preschool – Vista Grade Church
 Riley Keith Day Care – Cathy’s home



Ashley MacMitchel-Mehan aka Mrs. Mac, or Mrs. M&M teachers in a third-fourth grade loop at Eagle Crest Elementary, in Longmont, CO. And Emily has started preschool.



Francie Travel News and Updates

August 18, 2016

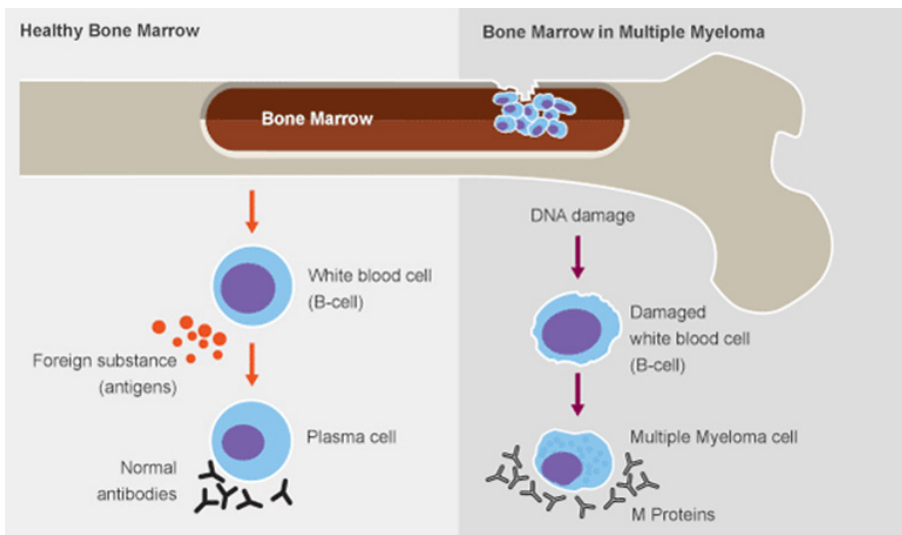
Not too many changes since last week so this will be pretty short. My lab numbers are holding steady, my red blood cells are down just a bit, but that can be expected since I had a blood transfusion a few weeks ago to boost them.

I had the monthly Zometa infusion added in this week to move calcium from my blood to my bones. For my science minded friends, I am going to give a brief explanation of what I have and the chemo I am using and what they are doing for me. I pulled my information off of the Multiple Myeloma Research Foundation. <https://www.themmr.org/multiple-myeloma/>

What is Multiple Myeloma?

Multiple myeloma is a hematological (blood) cancer that develops in the plasma cells found in the soft, spongy tissue at the center of your bones, called bone marrow. Plasma cells are a type of white blood cell responsible for producing antibodies (immunoglobulins) which are critical for maintaining the body's immune system. Through a complex, multi-step process, healthy plasma cells transform into malignant myeloma cells.

Myeloma cells result in the production of abnormal antibodies, or M proteins. A high level of M protein in the blood is the hallmark characteristic of multiple myeloma. Additionally, all myeloma cells are identical to each other and produce large quantities of the same specific M protein (for example, IgG or IgA). The M proteins offer no benefit to the body, and as the amount of M protein increases, it crowds out normally functioning immunoglobulins. This ultimately causes multiple myeloma symptoms such as bone damage or kidney problems.



In healthy bone marrow, B-cells, a type of white blood cell, develop into antibody-producing plasma cells when foreign substances (antigens) enter the body. In multiple myeloma, DNA damage to a B-cell transforms the normal plasma cell into a multiple myeloma cell. The cancerous cell multiplies, leaving less space for normal blood cells in the bone marrow, and produces large quantities of M protein.

Multiple Myeloma typically occurs in bone marrow with the most activity, which is the marrow in the spine, pelvic bones, ribs, and area of the shoulders and hips. In addition, groups of myeloma cells cause other cells in the bone marrow to remove the solid part of the bone and cause osteolytic lesions, or soft spots in the bone, resulting in weakened bones and increasing the risk of fractures. Although common, these lesions or other signs of bone loss do not occur in all patients with myeloma.

What is Zometa infusion used for?

This medication is used to treat high blood calcium levels (hypercalcemia) that may occur with cancer. Zoledronic acid is also used with cancer chemotherapy to treat bone problems that may occur with multiple myeloma and other types of cancer (such as breast, lung) that have spread to the bones.

Zoledronic acid is a type of drug called a bisphosphonate. It's used to treat osteoporosis. This is a condition when the bones become thinner or weaker. Some illnesses, like myeloma or secondary cancer of the bone, can cause weakness in the bones.

Just as a note: My regular treatment each week is with Velcade, Revlimid and dexamethasone.

How is Velcade used in multiple myeloma?

Velcade is used in all stages of myeloma. Velcade® (bortezomib, Takeda Oncology) is used as initial therapy in patients who are candidates for [high dose chemotherapy](#) and [stem-cell transplant](#) as well as those who are not.

When used for as first-line treatment, Velcade is typically used in combination with dexamethasone, another anti-myeloma drug, or as part of a 3-drug combination. Examples of commonly used 3-drug combinations include Velcade-Revlimid® (lenalidomide, Celgene)-dexamethasone (VRD) or Velcade-cyclophosphamidedex (VCD or CyBorD/Cybord). Velcade is used alone or in combination with a variety of anti-myeloma drugs for the treatment of relapsed and/or refractory myeloma. Velcade may be used in patients who had previously responded to treatment with Velcade and who have relapsed at least 6 months after completing prior Velcade treatment.

When used as [maintenance therapy](#), Velcade has also been shown to improve response rates following initial therapy, with or without high-dose chemotherapy and stem cell transplant, in early studies. Velcade continues to be studied in combination with other approved myeloma drugs and in combination with new drugs in development.

How does Velcade work?

Velcade inhibits the growth and survival of myeloma cells, leading to cell death. Data also suggest that Velcade may significantly improve bone disease in myeloma patients. Velcade's beneficial effect on bone disease appears to be independent of whether or not a patient's myeloma responds to Velcade.

How is Revlimid used in multiple myeloma?

Revlimid is used throughout all stages of multiple myeloma. The combination of Revlimid® (lenalidomide, Celgene) and dexamethasone, also called Revlimid-dex, is approved by the FDA for the treatment of patients with multiple myeloma. Revlimid-dex has been shown to be effective in both newly diagnosed myeloma and in disease that has relapsed or become refractory to current therapies.

Revlimid has also been shown to extend remission and survival time when used as maintenance therapy following high-dose chemotherapy and stem cell transplantation. Further, Revlimid is also being studied in combination with other myeloma drugs as well as other new drugs in development.

How does Revlimid work?

Revlimid works in multiple ways to slow or kill myeloma cells, although the exact way in which it works is not completely understood. It directly affects the tumor cells. It is also known to affect the blood vessels and other substances surrounding a tumor (known as the tumor microenvironment) which help to feed the cancer cell's growth. Recently it has been shown in studies the Multiple Myeloma Research Consortium (MMRC) helped to fund that Revlimid and other IMiDs bind a protein in myeloma cells called cereblon. This binding triggers myeloma cell death. In some studies, higher levels of cereblon are associated with better outcomes after treatment.

So there you have a little tutorial on what is going on inside me. It is not a curable disease, but it is a controllable one. I feel better every day with very few side effects from the drugs i am taking. Thank goodness for all of the research in the past few years that have developed a much better prospect of treatment.

I Am looking forward to having my good friend Belynda coming out from Virginia to spend 4 days with me. We are planning on enjoying all the good things that San Diego has to offer. Also, the Final Cut is doing great with Leonor at the helm. I have been dropping by to visit from time to time, hope to catch some of you there!!!

Thanks again for all of you who have reached out to me, I definitely appreciate all the good thoughts and wishes not to mention the prayers, cards, gifts, flowers and letters. I am so blessed to have so many people in my corner.

August 25, 2016

Hey Everyone,

As per usual, I have been feeling pretty good and have been enjoying the freedom that comes with retirement. I have been feeling pretty strong and continue to respond well to my therapies. My blood count levels are all on the low side of normal, which is good considering the chemo is targeting some of the good cells as well as the bad ones.

I have started the last round of chemo before the stem cell transplant that will be occurring in the later part of October. Before that time arrives I am on whirlwind of travel adventures! Monday the 12th of September I will arrive in Nashville with Lyle for the American Fire Sprinkler Association Yearly Convention. There I will get to see the many friends that I am fortunate enough to visit several times a year. Having to miss the last meeting makes this an even more special event! But, since I need to return home for chemo here is my daunting travel schedule:



- Monday 9/12 arrive in Nashville staying at Grand Ole Opry Resort
- <http://www.marriott.com/hotels/travel/bnago-gaylord-opryland-resort-and-convention-center/>
- Wednesday 9/14 Depart Nashville for home for chemo on Thursday
- Friday 9/16 Return to Nashville
- Sunday the 18th fly to NYC to see Brett, Bryce and Bridgit and attend Amotz's and Shanah's (#Shamotz) haha
- Tuesday 9/20 return home.
- Saturday 9/24 depart for Fort Lauderdale with Leonor for Behind the Chair color, cut and style show.
- Wednesday 9/28 return home.
- Tuesday 10/11 depart for Lanai, Hawaii with my Lylie
- Friday 10/14 depart for Kauai when Rico and Linda from Louisiana will be joining us (YAY!!!!!!)
- Friday 10/21 returning to San Diego

Saturday 10/22 stem cell mobilization begins...

This is where the pedal hits the metal. All the partying ceases and we get to the serious stuff of me accepting there really is something wrong with me. Or I could just say that I pick up the fight again and move forward.

What is stem Cell Mobilization?

Stem Cell Mobilization

In the past, a bone marrow harvest (a surgical procedure) was the only way to collect stem cells for a transplant. Today it is now possible to collect stem cells from the peripheral blood (from the bloodstream).

If you donate your own stem cells for use in transplant, it is referred to as an autologous stem cell transplant. In order to undergo an autologous transplant, you must have enough stem cells collected to proceed to transplant.

Mobilization

Stem cell mobilization is a process whereby stem cells are stimulated out of the bone marrow space (e.g., the hip bones and the chest bone) into the bloodstream, so they are available for collection for future reinfusion. The cells are then preserved, frozen and stored until the time of transplant. Some preferred characteristics of a mobilization regimen include:

- *Mobilizing enough stem cells for transplant. This allows for recovery of red blood cells, white blood cells, and platelets when the stem cells are re-infused into your body.*
- *Minimizing the number of days of apheresis (cell separator).*
- *Reaching target collection of stem cells in the first mobilization attempt*

This is the beginning of the process; we will go into what happens next as we get a little closer. But we can pretty much rule out lunch dates for the end of October and half way through November. Until then, I am going to continue to embrace the fact that I am feeling pretty good most of the time and enjoy all of my travels and visits with various friends and family members.

It is always great to get to see all of you, but there is one thing I would like to mention. In the moment of reuniting, most everyone is so happy to see me the first order of business is a big hug from them. This is a wonderful reaction and makes me feel so special, but in the earnestness of the moment, most people do not realize that my ribs still hurt me and the hugs can be quite painful. Just wanted to share that with you, so that I can spare my ribs a little bit of discomfort. (spare ribs, get it, ha-ha?)

That's all for now, I am sure you are looking forward to your medical studies each week on Multiple Myeloma, haha!

I appreciate the lunches and visits; you guys are all my heroes!

September 8, 2016

Last week after my Chemo visit we took off for a trip to San Luis Obispo on the train. It was a pretty quick visit, just 2 days, but we took the train up and spent some time on the journey, not the destination. The weather was pretty perfect and upon arrival cabbled down to Avila Beach and spent the night at the La Fonda Hotel. It was a great boutique hotel with a lot of cool amenities, I would definitely recommend a stay there.

The rest of the week was spent having Lunch with quite a few good friends and catching up on what is going on with my life. Not all have read the news so there was some updating to do. I still get the occasional phone call from clients looking to get their hair cut, it is always a bit of a shock for them to:

1. Lose their hairdresser
2. Hear the Cancer word before another person's name

As far as my medical status goes, all the numbers stay about the same or are moving down when they should and up if it is expected. I do have a little bit of an elevation in my Liver enzymes, so I am adding Broccoli, cauliflower and cabbage to my morning juice. And drinking lots of water, yuck!!!!!!!

I did have to deal with a sty in one of my eyes, and some very uncomfortable swelling in the other eyelid this week which was pretty uncomfortable. I found some pretty interesting information on the following link which seems to keep the latest info available on the Velcade chemo I am taking. I did not have this information when I saw an Ophthalmologist on Friday, and he gave me a salve with a steroid and some other ingredients that have taken down the swelling, especially on my right eyelid. It was pretty uncomfortable and I am feeling much better today.

Here is the link:

<http://www.myelomabeacon.com/news/2016/05/10/myeloma-morning-velcade-eyelid-inflammation-styes-aging-race-weight/>

I will drop in part of the article that relates to the Velcade here:

Velcade-Related Eye Inflammation, Styes, And Doxycycline

We start today's review of new multiple myeloma research articles with a study by three Belgian physicians. The authors discuss a somewhat rare – but very bothersome – side effect of Velcade: blepharitis, or inflammation of the eyelids. The article describes the side effect, focusing on two specific cases of it, and documents how treatment with the antibiotic doxycycline may help control the side effect ([see abstract](#)).

Based on the number of case reports that have appeared in the literature since it was first reported two years ago, it appears that blepharitis and other related side effects are

not uncommon among people being treated with Velcade. Indeed, a number of Beacon readers have described the side effect in the Beacon's discussion forum; see, for example, [this discussion](#) started two years ago, which includes comments by two Beacon Medical Advisors, and a [separate discussion](#) started late last year.

The authors of the new Belgian study note that, when blepharitis occurs in patients being treated with Velcade, it usually starts about two or three months after the patient begins Velcade therapy. The inflammation seems more likely to affect the upper eyelids than the lower eyelids, and it generally includes the development of styes.

In some cases, the inflammation and styes can be controlled with treatments – including antibiotics – applied to the eyes. However, this does not always work, and up until now it has not been uncommon for patients to have to stop their Velcade therapy because the blepharitis becomes so severe.

Thus, the authors sought a way to make it possible for patients suffering from severe blepharitis to continue Velcade treatment. The authors believe the antibiotic doxycycline may be one possible solution to the problem. Two of the authors' patients developed severe blepharitis while on Velcade therapy, and the blepharitis responded only marginally to treatments applied directly to the eyes, such as antibiotic eye drops. The doctors then tried having the patients take one 100 mg capsule of doxycycline each day.

In both patient, the doxycycline was able to control the blepharitis after about two months. The blepharitis was not completely eliminated, but it was reduced so that it was mainly just redness. The patients did have to continue on the doxycycline, however, for an extended amount of time – up to 10 months in one case.

The study authors note that it is not yet clear why some patients treated with Velcade develop blepharitis. They add that “it has been hypothesized that the proteasome blocking action of [Velcade] enhances the release of pro-inflammatory cytokines, which incite systemic inflammation, as reflected in skin rashes, and ocular inflammation, in the form of blepharitis.”

If this hypothesis is correct, cases of blepharitis could start appearing in multiple myeloma patients being treated with Kyprolis (carfilzomib) or Ninlaro (ixazomib), given that those drugs also are proteasome inhibitors like Velcade.

There will probably not be a lot to tell medically for the next few weeks since I am on the countdown till the transplant time. I do need to tell you that once that happens, in late

October, there will be no visits while I am in the hospital except for my immediate family. I am going to be very immunity compromised for some time and will keep you posted as to when I will return to my somewhat excellent shape.

The good news is that when I am in Hawaii I am going to have to gain at least 10 pounds to prepare myself for the loss of weight I will probably have while in the Hospital, so I can guarantee you there will be a lot of ice cream consumed during those 2 weeks.

On Monday we leave for Nashville and I will get to have some time with our fire sprinkler friends we meet up with 4 times a year. I missed the trip in July so I can't wait to see everyone this week. Brett is coming with me and then we have a stopover in NYC to visit with Bryce and Bridget for a few days.

I am still going to the gym about 5 times a week, I am on the treadmill walking at 4 miles per hour with an incline of 11%, for 3 miles. I feel it is making me stronger and hopefully healthier.

Thanks again for all the support that has been coming my way, it is definitely something that cheers me up and keeps me positive. I love you all... Me

The following is a copy of a letter I sent to the CEO of Behindthechair.com, every year I travel to a hair show that is part retreat, part business building and part educational. She gave up a 6 figure salary to start an online company for hairdressers before smartphones were a reality. Everyone told her she was crazy to invest in such an industry of slackers but she proved them wrong and brought out the best in many (though there still are a lot of slackers hahaha!) I sent an email in the morning and received this response by the afternoon. I was very touched by it and it is nice to know that the people I worked with still remember me all these years later. I know Leonor and I will have a wonderful time!

here is the copy of the letter I sent to behind the chair. the link is to the show to give you some scope of what the show is about... <http://www.behindthechair.com/theshow/>

Dear Mary,

This year will be my fourth time attending this great show that you have given life to. I have spent many years in this industry and have attended a lot of events, some from the stage and some from a seat. As I was sitting in your audience in New Orleans last year, I gave a great deal of thought about shows in general and what makes an event memo-

rable. I discussed some of it one night in the bar with you when I told you how impressed I had been in the growth of a particular company from one year to the next and coincidentally that company had several representatives there with you so I had the opportunity to tell them directly. I felt very honored to be in such great company.

As I sat in the audience, listening to Mark Bustos's story, and being so moved by his kindness and generosity, my mind wondered, as it often does, and I thought about why I keep coming back to this show in particular. When I tried to get my friend to return this year, she said to me "it's a lot of money to spend to see the same people, more or less, each year, I would rather invest in a different event".

I thought about what she said and came to this observation. Here is why I keep returning. It's not so much the presenters that you have, though you can see they are carefully selected to accomplish a well-rounded and highly professional team. It's what the act of returning and leaving my mind open for three days to not only accept what is directed to me, but opening up my thoughts and inspirations to accept the ideas that your event brings out in me. I feel it is a vehicle in which I am able to educate myself by having the amazing talent on stage lead me to a path in which I am able to choose the destination. The balance of science, beauty and art mixed in with compassion, empathy and a pursuit of excellence makes this show something that I look forward to each year. I have watched it grow and morph into something that is so public and so private at the same time.

As I sat in my seat, I committed myself to not only bring myself back this year, but also, as a Christmas gift, to bring my assistant, Leonor, as well. I know it is a lot of money, but then she is that special to me that making this career investment for her would give me as much joy as it will for her. She was so surprised, I know she never expected such a wonderful opportunity, we have both been anticipating the event ever since December.

Little did I know that my life would change so drastically between then and now. On July 1st, I was diagnosed with an aggressive form of Multiple Myeloma, somehow in the middle of my never sick a day of my life existence, Cancer found me. I am responding well to my treatments and am going to have a stem cell transplant in October, that will hopefully put me in remission. That is when I will lose all my hair in the battle to save my life. It should be such a no brainer, what's a little hair? But it is a death in a way, every time someone tells me how much they like my hair, I am reminded of how temporary everything is in this world. You just never know what is in store for you.

I told my Doctor that this trip was very important to me and I did not want to let Leonor down by not attending with her. She has never even been on a plane so the trip from California to Florida will be a milestone in her life. Since I had to retire from a lifetime behind the chair, she has not only taken over my clients' hair needs, and my salon, but she comforts them, keeps them informed, all the while dealing with her own grief and it is amazing what a great job she is doing. I know that this event will be life changing for her and help her to continue to take on the change my life has made on hers. Luckily my chemo days are on Thursdays so I will not have to miss out!

I want to thank you for giving me the opportunity to give to her as well. As her mentor, slave driver and friend I could not have conceived a better way to help her to build a bridge to this new life for both of us. It will be so special for me to share in the inspiration, knowledge and joy that she will receive from this gift. I just wanted you to know that the BTC Color, Cut and Style show is a life changer and I thank you from the bottom of my heart and soul for providing this venue that is the perfect balance of information, inspiration and just a lot of fun to go to. Your path in life was your destiny that you saw even when others did not. I am so glad that my path gets to cross yours every once in a while. Thanks for all you have added to my life!

Looking forward to a great show, surrounded by friends in the industry who have become a family to me. I worked with ISO Joico for many years and being able to see everyone is a great gift to me - Francie Sorem

Dear Francie—

I'm not sure if you remember me—I used to be the editor of Modern Salon Magazine, I've worked as a copywriter with Joico, and I interviewed you several times. I also work with Dilek quite a bit and I know you are dear friends. I'm now working with behindthechair, and wanted to reach out on behalf of the entire BTC team regarding your powerful letter. Mary shared it with all of us and we were all so incredibly touched by your eloquence, your story and your spirit. We are so deeply honored that you are traveling to the show, and we will do everything we can to make sure your experience with Leonor is all you hope and deserve and more.

Mary was also so moved by your note, that she was inspired to incorporate a portion of it in her letter that will appear in the show program. It dovetails perfectly with the show theme of "Light." I've pasted the program letter below and would like to ask if you are comfortable with us sharing your name and your story. If not, we completely understand! If so, we are honored to do so.

Please let me know your thoughts. We are all sending you love and light and look forward to embracing you in Ft. Lauderdale!

Jackie

Jackie Summers
Senior Editorial Consultant
Behindthechair.com

[Mary's letter]

“Only that day dawns to which we are awake.”

The world is getting dark.

It's time to shine a light.

When I was thinking about our theme for this year's show, I was personally struck by the reality that the more connected we have become, the more disconnected we actually are.

This disconnection has allowed a darkness to seep into our everyday lives, tempting us to turn our backs on the light that once filled us. But, sadly, when we choose to turn our back on the light, we cast our shadow onto those closest to us, but, ironically, the largest shadow we cast....is upon ourselves.

It's why this year's COLOR, Cut & Style is so important. It will allow us to spend time together and reconnect to the positivity that we all collectively share each year. It will remind us of the light in each of us, and how, by being together, we can reignite each others' flames, bringing more light to the surface.

Only that day dawns to which we are awake.

We need to wake up to the power of words—which bring joy...or sadness.

We need to wake up to the power of touch—offering closeness...or harm.

We need to wake up to the power of light. We can either give it...or take it away.

Life is always a choice. Light is always a choice.

For some of you, this is your first year at COLOR, Cut & Style. Many of you are with us year after year. And, when people ask “what's so different about this show?”, we often say, “well, you just had to be there.” It is hard to explain, but I received a letter this morning from Francie Sorem

who explains her experience this way: “This will be my fourth time coming to COLOR, Cut & Style. I keep returning because it's the act of leaving my mind open for three days to not only accept what is directed to me, but opening up my thoughts and inspirations to accept the ideas that your event brings out in me. I feel it is a vehicle in which I am able to educate myself by having the amazing talent on stage lead me to a path in which I am able to choose the destination. I just wanted you to know that the COLOR, Cut & Style show is a life-changer and I thank you from the bottom of my heart and soul for providing this experience.”

Francie also shared with us that she was recently diagnosed with a rare cancer, and despite currently undergoing chemotherapy, she will still be traveling all the way from California to share this experience with her assistant for the first time—a long time promise that she will be fulfilling this year. It's humbling to know that even in Francie's personal darkness, she is choosing to pull another hand into the light.

It reminds us that at the darkest part of every night, dawn will always appear, offering us the gift of light and the promise of a new day.

Welcome to COLOR, Cut & Style 2016.

Mary

Dear Jackie,

I feel so honored by your request, of course you can use my name and my story, I feel such an over-whelming happiness to be a part of our great industry and this is such an amazing gift of kindness to me. I am so excited to see Dilek and all the great people I have had a privilege to work with throughout the years, including yourself. Please tell Mary how much I appreciate her recognizing me and my commitment to mentor-ship. I know that Leonor will view this as the trip of a lifetime.

Francie



ASK ANNIE

RFNL Travel Editor

This summer Kevin and I backpacked in Europe for 2 weeks (his first time travelling to Europe, too!). We found some reasonable roundtrip tickets to Dublin from New York and decided to base the trip off of that. We weren't committed to any particular place at first and just wanted to see what made the most sense. We checked out RyanAir and EasyJet flights to and from Dublin. With that, we ended up with the following plan:

Dublin- Rome
Rome- Malaga
Malaga- Dublin

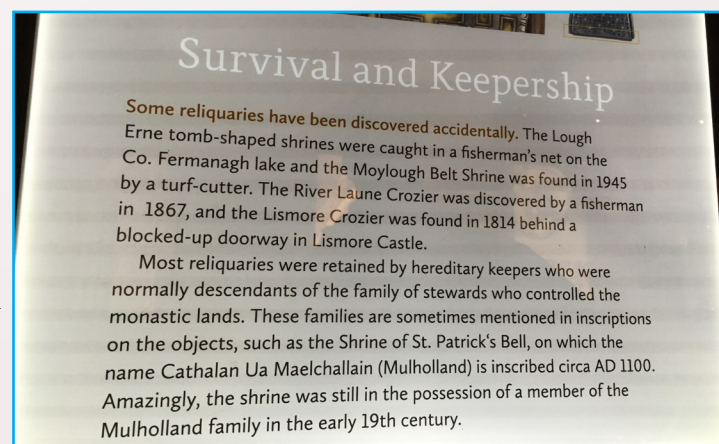


With that set in stone, we decided to fill in the gaps with other stops along the way. We also decided that we were going to just take backpacks to give us the luxury of moving around quickly and freely and not lugging suitcases on cobblestone streets.

I am going to break down our trip by country (because then I get more bonus points from Uncle Robert) so we will start with Ireland!

We started in Dublin, to take Kevin back to his Irish roots. As soon as we arrived, late at night, we went to Fitzsimmons, one of the many bars that has live music every night of the week. The musicians in Ireland are incredible and you can find great music and singing along anywhere in Temple Bar. The streets in Temple Bar are mostly pedestrian (I think most cars don't even want to bother with pushing through the people) and they are always so lively day and night.

On our first full day in Dublin, we went straight to the National History Museum to see the St. Patrick's Bell, which has Kevin's last name written on it in Gaelic! Apparently one of his ancestors took care of the bell back in the day? Something like that. Regardless, he was feeling pretty famous. We took some selfies.





From there, we clearly had accomplished a lot of sightseeing and deserved a drink. So, we walked over to the Guinness factory. Luckily, though it did rain it would stop pretty quickly so we got good at ducking in places and waiting it out. We spent the afternoon at the Guinness factory learning how to pour a perfect pint and tasting the OG Guinness (it does taste better). At the factory you can take a tour, do a taste test, pour your own pint and get a certificate and have a peer at their 360 degrees bar that has...you guessed it! 360 degree views of Dublin.

On our way back into Temple Bar (the Guinness factory is a bit out of the way), we said our hellos to the Mollie Malone statue (famous for her song, Alive, alive Oh!). We made our way to O'Neill's for

dinner and beers. Here you can get traditional Irish stews, shepherds pies, etc. We were entertained with Irish dancing (yes, I did partake) while eating our traditional food. So much clapping, spinning and stomping! This is my favorite part of Ireland- you can never be bored because there is always so much going on in every place that you stop to have a drink. So, there's really no excuse not to stop!

The next day, we headed to Galway for a day trip. Galway was a cute, water-front town that had delicious food and a beautiful river walk but not really much else. We had some amazing fish and chips and corned beef sandwich at the Kings Head Pub. Soon it started to rain so we headed back to Dublin. It was only a few hour bus ride so it was definitely worth seeing another part of Ireland. Back in Dublin we had the most delicious mussels at Porterhouse. I am obsessed with mussels and Ireland had many! Porterhouse was a cool bar because it seems small but as soon as you head up one staircase it leads to another and another level of more tables and chairs and bars and music.

On our last day in Dublin, we went straight to the Jameson factory in the morning because...why not. We had a tour of the old factory and they explained the process of making whisky then had us try three different kinds. The morning ended with a ginger and whiskey drink. Not too bad! I actually really enjoyed the tour (not so much the whiskey, but that's me!).



Our last stop in Dublin was St. Patrick's Cathedral. It was very beautiful, especially the impressive facade and green lawn outside. Kevin purchased some rosaries for his family (such a good son!) and then we headed to the airport.

Overall, Ireland was a great way to start the trip. You cannot go wrong with a trip to Dublin because the people are so nice, the food is so good and beer is even better (did I mention the music??). I have now been to Dublin 3 times and have loved it every time. Next time, I will tell you about our adventures in Italy and our recommendations there!



Bud receives the 2016 Lifetime Achievement Award for the Practice of Sociology.

During their meetings which were held in Seattle this past August, the American Sociological Association selected Bud Mehan for their 2016 Lifetime Achievement Award. This award recognizes the work that Bud has done both in the academy and in the field of education. He continues to be active working on a project in Southeast San Diego called GroundWork, an environmental and educational non-profit organization. It provides exciting, inquiry-based, learning experiences for low income children in an outdoor setting.



Margaret receives the 2016 Eduardo Flores Leadership Award

Eduardo Flores was one of the founders of the Action Research Network of the Americas and this award acknowledges an individual who embodies Eduardo's leadership.

Margaret Riel was one of the five "network initiators" who worked together to form the Action Research Network of the Americas (ARNA). Margaret immediately recruited new members and launched a website to use as a platform to spread the word about the inaugural conference and to highlight the steps being taken to build a strong network. From the beginning Margaret has served diligently and tirelessly and has mentored new members, helping them to find meaningful involvement in ARNA. She has provided steady leadership for all four years of ARNA's existence and has demonstrated repeatedly the qualities associated with the legacy of Eduardo Flores.

Riel Bowl Fantasy Football

Once again it's time for football... Riel Bowl Fantasy football that is. The draft was held at 9:30pm (pacific daylight savings time) on Sunday the 4th. This was a bit of a challenge for the east coast participants like Bryce because it was already after midnight when we started.

Michael provided a web based conference room so everyone could join in and talk smack about each other's picks. And many of the participants had video working so we could see them as well. This led to the first group decision of the night, which required Brett to put on a shirt. Let's face it, some of us had just finished eating!

To the right you will see the results after week one but keep in mind it's early in the season and it's still to soon to tell who will be crowned this year's champion. Good luck to all managers and may the best Riel (preferably one that lives in Alpine) win!

Standings										Current Standings v
Standings	Schedule	Playoffs	All Time							
Rank	Team	W-L-T	Pts For	Pts Agnst	Streak	Waiver Bdgt	Waiver	Moves		
1	Krombopulos Michael	1-0-0	178.82	111.36	W-1	\$100	7	-		
2	Ah nice marmot	1-0-0	137.42	91.80	W-1	\$100	12	2		
3	naterade	1-0-0	134.10	97.94	W-1	\$100	6	-		
4	Frank 'N Berries	1-0-0	133.84	122.46	W-1	\$100	8	-		
5	Operation DeportDean	1-0-0	119.20	104.02	W-1	\$100	1	-		
6	Deadweight	1-0-0	104.08	90.66	W-1	\$100	4	-		
7	Your not the Bosa me	0-1-0	122.46	133.84	L-1	\$100	3	-		
8	Big Ben_esch	0-1-0	111.36	178.82	L-1	\$100	9	5		
9	Big Daddy	0-1-0	104.02	119.20	L-1	\$100	2	1		
10	AZ Devils	0-1-0	97.94	134.10	L-1	\$100	10	1		
11	Charger Bob	0-1-0	91.80	137.42	L-1	\$100	5	-		
12	Shadynasty	0-1-0	90.66	104.08	L-1	\$100	11	-		

Last standings update: Mon Sep 12 11:54pm PDT