



October 2016

Issue No: 309

# Brian & Drew Are Joined by the Unbreakable Vow





## Brian and Drew - September 17, 2016



Usually a wedding date is selected because it works with the location you're having it at, or maybe it's the best time for all the friends and family, or it may even represent a special date in someone's life. However, in this case September 17th represents the 9th month with  $\frac{3}{4}$  of its days passing or in other words 9- $\frac{3}{4}$ .

That might not mean a whole lot to some people but if you know anything about the book and movie series "Harry Potter" then you know that 9- $\frac{3}{4}$  is the train platform that Harry Potter left on to his life changing education at Hogwarts School of Magic. Brian and Drew selected this date knowing full well that it would be just as life changing for them as they start out on their new life together. They also knew that since they both loved the series so much that the wedding would have to be a Harry Potter themed event.



So the Riel clan converged upon Queen Creek, Arizona during the 3rd weekend of September to celebrate this

wonderful occasion. Many made it out on Friday early enough to join in on the rehearsal dinner held at Famous Dave's BBQ in Mesa Arizona. There was plenty to catch up on as many friends and family had not seen each other for quite some time. And of course there was plenty of food and drinks. Many enjoyed the deep fried dill pickle slices along with all the BBQ chicken, pork and beef.





On Saturday the 17th, at 4:00pm the guest started to arrive at the outdoor park location. Yes, that's right, an outdoor wedding, in Arizona, during the summer. But fortunately it wasn't that hot (only 105) and there was a slight breeze cooling things off. Also the actual ceremony only took about 20 minutes. It almost was a little too short as they forgot to exchange the rings but caught themselves right after being announced as Brian and Drew Riel. So with rings on fingers and wands in hand, Brian and Drew walked into their new life together.

Next it was off to Brian and Drew's home for the reception. They had the backyard setup to resemble the great hall at Hogwarts, complete with the sorting hat so that the guests could be placed into their proper "Houses".

Each guest was given a wand of their own (unless you were a muggle or squib) then, guided by the house prefect, to their house table.





As many of you know it is a RFNL tradition to report on the food served at these events and while there were many of the usual things to eat, there were also some new items never before seen at a Riel function. There were Pumpkin Pasties, Bertie Bott's Every Flavor Beans, Chocolate Frogs, Fizzing Whizzbees, Lemon Drops, Sugar Quills, Liquorish Wands, Droobles Best Blowing Gum and Cauldron Cake just to name a few.



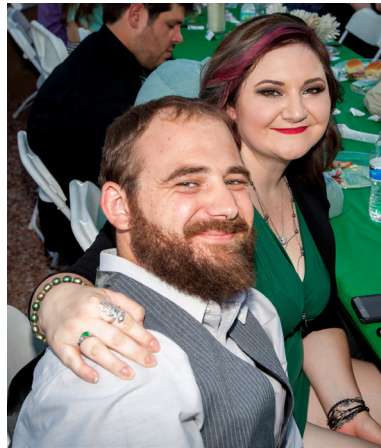
There was also a Harry Potter trivia test to see who knew the most about the series. There were winners from each house and they all got a special gift based upon which house they were from.

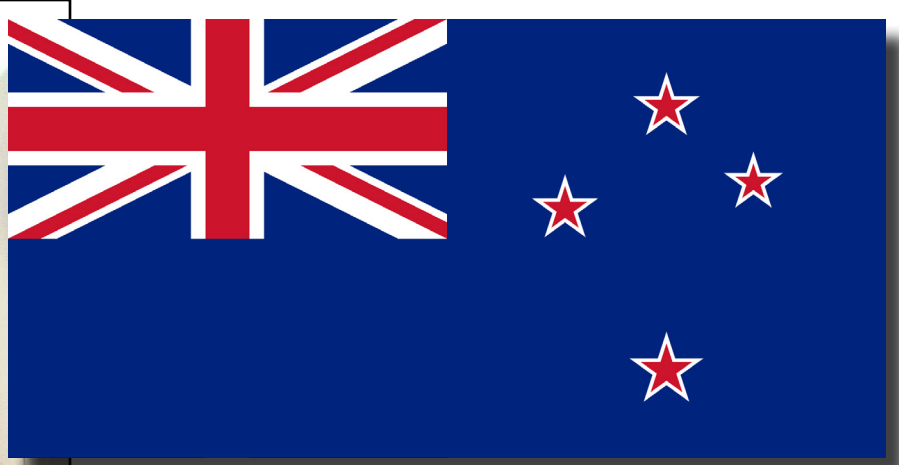




This was a very fun, night with everyone participating in the action. Many wands were seen flashing about and more than just a few spells were placed upon the guests. There were several very heart felt toasts given by both friends and family. Then of course there was the dancing that started up afterwards.

Karla and I, along with Brian and Drew, want to thank everyone who made the long journey out to Arizona to join us for this special occasion. The support of family can never be understated and it was really great to have such a complete turnout!





## **Dustin, Lauren and Family move to NZ “It’s Been Great”**

By Dustin Benesch

Hi Family and Friends,

As many of you know, Lauren and I have recently made the move to New Zealand. There are a lot of reasons why, but it was mainly to be closer to her family and amazing mother, Alix Bradley. We are

nearing the end of our first week here in NZ and things have been great/crazy/exhausting/exciting all in one. Since Facebook (and reprinting in the RFNL) seems to be the most efficient way to disseminate info to my friends and relatives, I thought I would share a bit about my first impressions of NZ:

- The people here are extreeemmmeeely friendly. I haven't felt one ounce (I mean gram) of localism since I landed. I've chatted up every person I've met and everyone is great and says welcome and gives great advice and has made the transition super easy. One quick example: We were at this great pool/hot spring in Waiwera (north of Auckland) and a big, rugby looking bloke (already picking it up) sat down in the pool next to us with his two kids. If his size wasn't intimidating enough, he had the word "SAVAGE" tattooed across his back. 5 minutes after getting in, he's chatting me up asking me where I'm from telling me about how he used to live in Colorado and telling me a story of how he and his friends got kicked out of a Vegas casino on New Year's Eve. Nicest guy, and just one of many I've met so far this week.

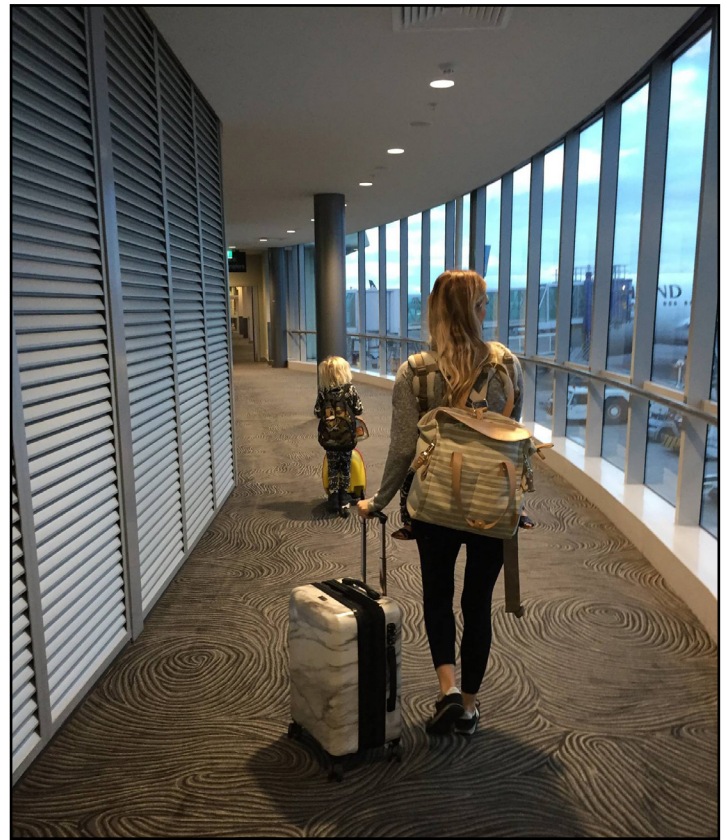
- Driving on the left is crazy. Although I'm getting fairly comfortable, there still are times I'm pulling out of a driveway and have no clue which direction I should be looking for oncoming traffic. Also, roundabouts are extremely efficient compared to 4-way-stops and I don't know why there aren't more in the States.

- The food here is delicious. It's fresh and (mostly) organic, and everyone cooks and it's great. I've never seen egg yolks that are so golden/orange and freaking delicious. You know where your food comes from because you literally see the cows/sheep/chickens grazing as you drive outside the city in

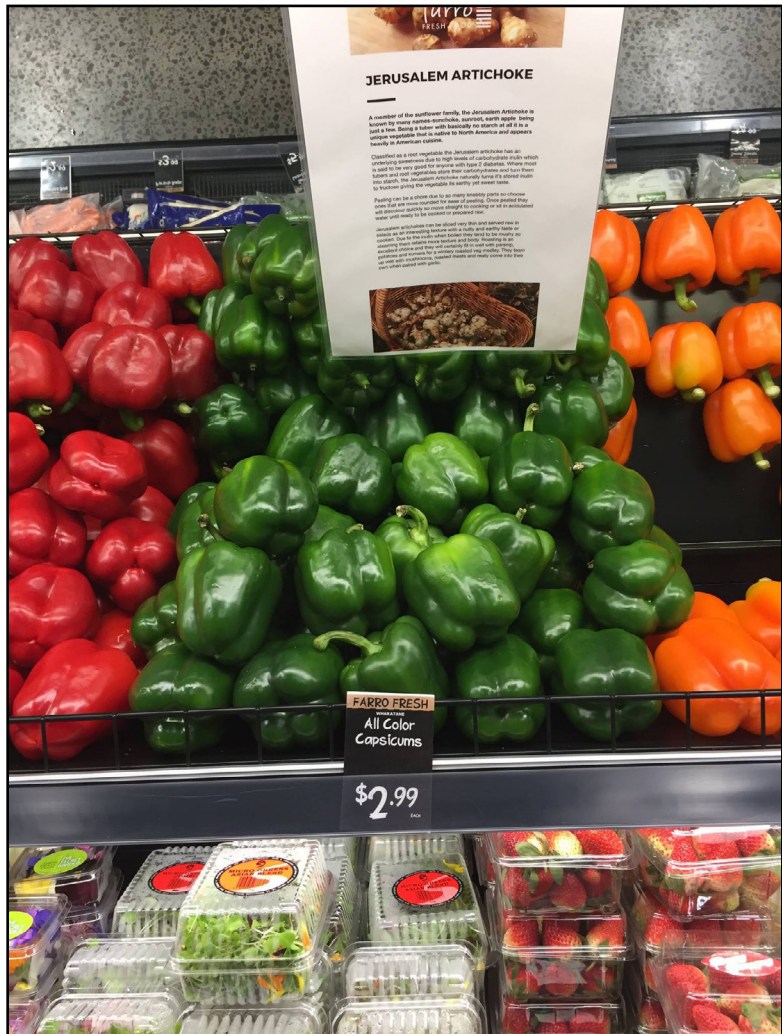
open pastures with tons of green grass. Although there is no Mexican food, I did see El Paso taco shells and seasoning at the grocery store tonight as well as Uncle Ben's Mexican rice so I think I can make do.

- NZ's bureaucracies/businesses have been a breeze to deal with. We first experienced this with the Visa process where we could actually call a number and speak with someone who could answer all our questions. We were able to change ownership and register our car in about 10 minutes at AA (NZ's version of AAA). Bank accounts were free and easy to open. We didn't even need to put in a minimum deposit to get the accounts setup, and no overdraft fees or other random charges. There are 0 commitment phone plans. The guy at the Vodafone store at the mall probably thought we were crazy as we kept on trying to figure out where the hidden fees were (there were none, cancel anytime and they simply refund your cash for the prorated month).

- The internet is slow and data is definitely not unlimited. We are on the highest phone plan and it only allows 15GBs of data a month for Lauren and I. Lauren



accidentally updated all her apps over cellular and it used 500MBs of data in about 15 minutes. We are learning quickly. The benefit of this is that no one really walks around looking down at their phones. It's like pre-IPhone days.



All-in-all the move has been great so far. The hardest part has been leaving my friends and family back home. Mom and Dad, Jason and Jessica, I miss you guys and your families immensely. Hopefully you can come visit soon. Same thing with all my friends, book your flights and come visit. Any Benesch's or Riel's who can make it to NZ you have a place to stay!

Thanks so much John and Rebecca for putting us up and dealing with our crazy kids for our first few days here. Tanya, Fin and Casey Grieve and Loren Morris looking forward to seeing you guys as well as the rest of the NZ family. Lauren never checks her Facebook so feel free to contact me and I can pass along any messages. And of course, thanks Alix for everything!

More NZ updates and pics coming soon!

# Francie Travel News and Updates

**September 21st, 2016**

This was a week of tremendous ups and a few downs as well. On the down side, the eye thing was extremely painful and am sure was exacerbated by taking 9 flights in 13 days. The pressure of being in the air surely has caused some of the swelling. For those of you who have forgotten, I have several chalazions on my eyes, a side effect of the Velcade chemo I have been taking. They are very painful but have definitely gotten better this week. Between the Doxycycline antibiotic I am taking, hot compresses and stopping the Velcade, I am hoping to get



some relief from this annoying and irritating side effect.

On the upside I am in the air and visiting friends all over the place. We have been having some great times, and as always, I still feel I live a gifted and fortunate life. From Nashville to NYC to Fort Lauderdale, I love the changing landscapes and the welcoming arms of friends I don't always get to see.

My numbers continue to improve and my liver enzymes are finally in the black I'm sure thanks to the broccoli cauliflower and cabbage I have added to my spinach, beet, celery and apple juice not to mention the oatmeal and all the seeds I throw in. Delicious!!!!!! The liver numbers are disguised as ALT and AST. Those watching the glucose the only reason for the big change is whether I remember to take my dexamethasone before the test, it always sends up the number.

I met with Dr Mason, my stem cell transplant surgeon, and got the low down on that new adventure, will fill you in when we get closer to Oct 23rd. Before that comes along I will get some R&R in Hawaii.

So, I am making the most of each day, as should all of you. As I sit in my hotel room watching a movie with Leonor before we attend a great hair show tomorrow morning, I am happy I am able to enjoy this wonderful opportunity, though I miss my Lylie back IN SD. He continues to try to do everything in his power to make my life easier. Now if he can just keep my plants from dying during the Santa Ana winds this week before I return that would be amazing!!!!

In the words of the Desiderata by Max Ehrmann - "With all its sham, drudgeries and broken dreams it's till a wonderful world. Be cheerful, strive to be happy!" It is the mantra I follow, happy week to all of you!!!!

**October 1st, 2014**

I'm three months into this journey and it has not been horrible. But that doesn't mean there haven't been challenges, because that would not be true.

This last week was a series of highs and lows, peace and pain, ups and downs. The eye thing was definitely the worst thing I have had to deal with. So painful, and when it wasn't about the pain it was the inconvenience of the treatment. Not only was the daily maintenance time consuming, but the inability to see half the time along with the sensitivity to light was a little rough.

I had a great time in NYC, visiting with my kids and hanging out with their friends, but the eye thing definitely kept me on pain pills. They didn't really take the pain away but it definitely made me not care that they hurt as much. But the very worst thing was not being able to wear eye makeup. Now I am sure there are a lot of you who think that is ridiculous but it is important to me and I hated going out "undone". Especially to a hair show, in Fort Lauderdale the following week. oh horrors, does it get any worse than that? Ha Ha, ok I know I'm a little whiny, but what the heck, every once in awhile you just have to say "F@#&\* it, this really does suck!!!!"



This marks the 3rd week since I have been off the Velcade chemo which is about how long it takes for this side effect to go away. And the bumps on my eyes are definitely going away. The pain is gone and I actually got to wear eye makeup today, a milestone that is probably only important to me.

But other than the inconvenience of having to wear sunglasses during the hair show in Florida because my eyes were so light sensitive, I had a great time with Leonor seeing all my great friends that I have not seen in so long. Prior to the show I had written a letter to Mary Rector Gable, the amazing woman who has put this show on every year for 5 years now (see last month's RFNL).

Wow, I can't tell you how special the BTC team was to us at the show. We were extended the courtesy of using their private room to rest and eat throughout the weekend and made us feel very welcome and appreciated.

And all my friends from all those years working from the stage were so supportive, kind and pretended that I looked OK without my makeup on!!! It was very special and just goes to show you that the support of those, who you have spent a lifetime trying to earn respect from, do not forget you. They lift you up and carry you forward. It was a great feeling to be there.

Ok, enough of the sappy stuff, let's move forward. Today, I feel great. My ribs no longer hurt me, my eyes are almost 100% and my numbers are all moving in the right direction. I have gained a few pounds in anticipation of my transplant stay at Scripps Green Hotel and Resort in La Jolla, and I anticipate gaining a few more in Hawaii when we go there on the 11th. I can't wait to eat all those Malasadas every day and have some great meals as well.

Before I leave, I am going to knock out a bone marrow biopsy to see how it looks since my last one in early July, and infuse a few chemical cocktails to keep my stem cells up and running. I am returning on the 21st and will start harvesting stem cells on the 22nd.

All my prayer warriors, it wouldn't hurt if you put out a couple extra positive supplications on my behalf that my stem cell numbers are huge and easily harvested. It is what I am hoping for. So those of you who in the beginning would ask me each week what to concentrate on, this is it. They will need to extract enough for 2 transplants because this is probably my best shot to get what I might need later. I hope everyone is doing great, my thoughts and prayers go out to you for all of the things that all of us suffer through while sharing in this wonderful thing called life. There are many who are walking a tougher path than mine and I

think of them whenever I get the craziest thought that I should feel sorry for myself. The bad days are what gives us the contrast to see how great the good ones are. I have so much to be thankful and grateful for, I hope that all of you can feel the same way.

Take care and love one another, and I will try to tough it out in Hawaii for a couple of weeks hahahah and then I will return to do battle, armed and dangerous.

### **October 07, 2016**

Today I walked through Scripps Clinic and Scripps Green Hospital to take 6 different pre-transplant tests. I found it a little frightening, that just walking back and forth, I ran into 4 people who work there that know me and greeted me kindly. Now I could see that as a sign that I am here a little too often, but I chose to see it as what a great network of medical professionals I have entrusted my health to that see me, recognize me and often, hug me. Aw the power of perception!!!

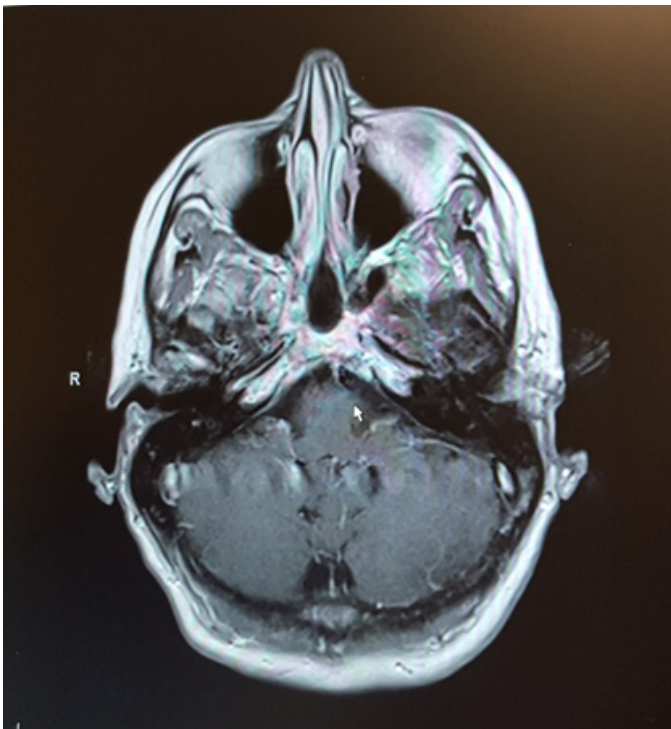
Lots of good things, lots of not so good things this week so let's knock out the bad ones and get onto the good parts.

A chalazion repeated on my left eye, I thought I was done with that issue, but it seems to not be a very bad one and is getting better so that is no big deal. The big deal was that I noticed a numbness on my left chin area from below the lip on that side to just past center and down to bottom of chin on both sides. It is not painful, nor visible to others, like the stupid eye thing, so I figured it was not a big deal. However, my ever vigilant Dr. Hutchins wanted me to have an MRI to rule out some serious complications:

1. A stroke (not a good option)
2. A lesion from my myeloma extends to a tumor in or near the mandibular and causes a depression of the nerves which in turn causes the numbness. (definitely not a good option!)

She ordered a MRI, which of course the insurance company did not want to put through before I left for Hawaii, so Dr. Hutchins got me to go to the emergency room, since my head had been hurting for a couple of days, and get that MRI. Everyone was great and I was very scared since my last one was not a good experience, but Beverly took good care of me and this time I did not have to hold my breath so it was a lot easier than the last time.

My results showed no stroke, no tumor great news.



Ordered by HUTCHINS MD, IRENE M  
Verification Required  
Collected/Examined 05Oct2016 09:56AM  
Resulted 05Oct2016 09:56AM  
Last updated 05Oct2016 10:32AM  
Accession SCTW1465003990

**Results Hx:**  
Filters Applied: Only last 10 dates are displayed. [Click here to view all results.](#)

| Item Name             | Goal | 05Oct2016<br>9:56 AM | 21Sep2016<br>3:00 PM | 15Sep2016<br>12:01 PM | 08Sep2016<br>11:17 AM | 01Sep2016<br>12:16 PM | 25Aug2016<br>11:10 AM | 18Aug2016<br>2:53 PM | 11Aug2016<br>2:27 PM | 04Aug2016<br>12:02 PM | 01Aug2016<br>7:37 AM |
|-----------------------|------|----------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|-----------------------|----------------------|
| Sample Status         | New  | NON-FASTING          | NON-FASTING          | NON-FASTING           |                       | UNKNOWN               |                       |                      |                      | NON-FASTING           |                      |
| Sodium                | New  | 143                  | 140                  | 143                   | 140                   | 141                   | 140                   | 142                  | 144                  | 143                   | 142                  |
| Potassium             | New  | 4.2                  | 3.7                  | 4.2                   | 3.8                   | 3.6                   | 4.7                   | 3.8                  | <b>3.3</b>           | <b>3.8</b>            | 3.7                  |
| Chloride              | New  | 107                  | 102                  | 107                   | 103                   | 104                   | 107                   | 107                  | 105                  | <b>110</b>            | <b>109</b>           |
| Glucose               | New  | *76                  | *85                  | <b>*128</b>           | *86                   | *96                   | *103                  | <b>*175</b>          | <b>*193</b>          | <b>*185</b>           | *87                  |
| CO2                   | New  | 28                   | 28                   | 26                    | 28                    | 24                    | 27                    | <b>21</b>            | 25                   | 23                    | 26                   |
| BUN                   | New  | 12                   | 9                    | 14                    | 9                     | 9                     | 13                    | 14                   | 13                   | 16                    | 9                    |
| Creatinine mg/dL      | New  | 0.6                  | 0.6                  | 0.6                   | 0.6                   | 0.6                   | 0.7                   | 0.6                  | 0.6                  | 0.7                   | 0.6                  |
| Anion Gap             | New  | 8                    | 10                   | 10                    | 9                     | 13                    | 6                     | 14                   | 14                   | 10                    | 7                    |
| Calcium               | New  | 9.1                  | 9.7                  | 9.7                   | 8.6                   | 8.6                   | 9.2                   | 9.4                  | 9.4                  | 9.0                   | <b>7.6</b>           |
| Albumin               | New  | 3.8                  | 4.1                  | 4.1                   | 3.8                   | 4.3                   | 3.9                   | 4.2                  | 4.6                  | 4.2                   | 3.5                  |
| AST                   | New  | 27                   | 35                   | <b>37</b>             | <b>43</b>             | <b>45</b>             | <b>39</b>             | <b>66</b>            | <b>79</b>            | <b>47</b>             | 35                   |
| Protein, Total        | New  | 6.3                  | 6.5                  | 6.5                   | <b>6.0</b>            | 6.6                   | <b>6.2</b>            | 6.5                  | 7.1                  | 6.8                   | <b>5.8</b>           |
| Bilirubin, Total      | New  | 0.5                  | 0.6                  | 0.6                   | 0.7                   | 0.7                   | 0.8                   | 0.7                  | 0.7                  | 1.1                   | 0.8                  |
| ALT                   | New  | 52                   | 51                   | <b>54</b>             | <b>60</b>             | <b>56</b>             | <b>61</b>             | <b>80</b>            | <b>61</b>            | <b>76</b>             | <b>86</b>            |
| Alk phos              | New  | 102                  | <b>144</b>           | <b>151</b>            | <b>136</b>            | <b>161</b>            | <b>192</b>            | <b>260</b>           | <b>353</b>           | <b>469</b>            | <b>421</b>           |
| GFR Calc, Non-African | New  | >60                  | >60                  | >60                   | >60                   | >60                   | >60                   | >60                  | >60                  | >60                   | >60                  |
| GFR Calc, African     | New  | *>60                 | *>60                 | *>60                  | *>60                  | *>60                  | *>60                  | *>60                 | *>60                 | *>60                  | *>60                 |
| Osmo calc             | New  | 295                  | 288                  | 298                   | 288                   | 291                   | 290                   | 299                  | 303                  | 302                   | 292                  |

\* indicates comments or annotations. Hover \* or Report to view full result. Right click on result to view in new window.  
Edit Audit Task Annotate QVerify Verify... Review Print/Fax\* Copy Copy Selected

**Results Hx:**  
Filters Applied: Only last 10 dates are displayed. [Click here to view all results.](#)

| Item Name          | Goal | 05Oct2016<br>9:56 AM | 21Sep2016<br>3:00 PM | 15Sep2016<br>12:01 PM | 08Sep2016<br>11:17 AM | 01Sep2016<br>12:16 PM | 25Aug2016<br>11:10 AM | 18Aug2016<br>2:53 PM | 11Aug2016<br>2:27 PM | 04Aug2016<br>12:02 PM | 01Aug2016<br>7:37 AM |
|--------------------|------|----------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|-----------------------|----------------------|
| WBC                | New  | 6.8                  | 4.8                  | 5.9                   | 4.6                   | 6.5                   | 5.3                   | 7.9                  | 7.6                  | 6.2                   | 4.3                  |
| RBC                | New  | <b>3.62</b>          | <b>3.47</b>          | <b>3.66</b>           | <b>3.24</b>           | <b>3.40</b>           | <b>3.09</b>           | <b>3.23</b>          | <b>3.47</b>          | <b>3.19</b>           | <b>2.54</b>          |
| HGB                | New  | 12.3                 | <b>11.9</b>          | 12.2                  | <b>11.3</b>           | <b>11.4</b>           | <b>10.5</b>           | <b>11.1</b>          | 12.0                 | <b>11.0</b>           | <b>8.6</b>           |
| HCT                | New  | <b>35.0</b>          | <b>34.1</b>          | <b>35.8</b>           | <b>31.9</b>           | <b>33.8</b>           | <b>30.2</b>           | <b>31.3</b>          | <b>33.9</b>          | <b>30.7</b>           | <b>24.8</b>          |
| MCV                | New  | 97                   | 98                   | 98                    | 99                    | 99                    | 98                    | 97                   | 98                   | 96                    | 98                   |
| MCH                | New  | 34                   | 34                   | 33                    | <b>35</b>             | 34                    | 34                    | 34                   | <b>35</b>            | 34                    | 34                   |
| MCHC               | New  | 35                   | 35                   | 34                    | 35                    | 34                    | 35                    | 36                   | 35                   | 36                    | 35                   |
| RDW                | New  | 13.5                 | <b>13.7</b>          | <b>14.0</b>           | <b>13.9</b>           | <b>14.4</b>           | <b>14.4</b>           | <b>14.7</b>          | <b>14.7</b>          | <b>15.1</b>           | <b>15.3</b>          |
| Platelet Count     | New  | 198                  | 211                  | 194                   | 173                   | 192                   | 182                   | 206                  | 196                  | 197                   | 193                  |
| PRELIM ABS NEUT CT | New  | 4.54                 | 3.67                 | 5.42                  | 3.09                  | 5.91                  | 4.48                  | 7.41                 | 7.01                 | 5.74                  | 2.37                 |
| Neutrophils        | New  | 67.2                 | <b>77.1</b>          | <b>92.1</b>           | 66.9                  | <b>91.0</b>           | <b>83.8</b>           | <b>93.6</b>          | <b>92.7</b>          | <b>92.8</b>           | 54.9                 |
| Lymphocytes        | New  | <b>21.2</b>          | <b>17.0</b>          | <b>6.3</b>            | <b>18.1</b>           | <b>6.4</b>            | <b>8.7</b>            | <b>5.0</b>           | <b>6.4</b>           | <b>5.5</b>            | 29.4                 |
| Monocytes          | New  | 9.5                  | 4.3                  | 1.0                   | 9.4                   | 1.6                   | 6.1                   | <b>0.9</b>           | <b>0.5</b>           | 1.2                   | <b>13.1</b>          |
| Eosinophils        | New  | 0.9                  | 1.3                  | 0.2                   | 5.1                   | 0.9                   | 1.4                   | 0.4                  | 0.3                  | 0.4                   | 1.8                  |
| Basophils          | New  | 1.2                  | 0.3                  | 0.4                   | 0.5                   | 0.1                   | 0.0                   | 0.1                  | 0.1                  | 0.1                   | 0.8                  |
| Absolute Neut Ct   | New  | 4.54                 | 3.67                 | 5.42                  | 3.09                  | 5.91                  | 4.48                  | 7.41                 | 7.01                 | 5.74                  | 2.37                 |
| Absolute Lymphs    | New  | 1.43                 | <b>0.81</b>          | <b>0.37</b>           | <b>0.84</b>           | <b>0.42</b>           | <b>0.47</b>           | <b>0.39</b>          | <b>0.49</b>          | <b>0.34</b>           | 1.27                 |
| Absolute monos     | New  | 0.64                 | 0.20                 | 0.06                  | 0.44                  | 0.11                  | 0.33                  | 0.07                 | 0.04                 | 0.08                  | 0.57                 |
| Absolute Eos       | New  | 0.06                 | 0.06                 | 0.01                  | 0.24                  | 0.06                  | 0.07                  | 0.03                 | 0.03                 | 0.02                  | 0.08                 |
| Absolute Baso      | New  | *0.08                | *0.01                | *0.02                 | *0.03                 | *0.01                 | *0.00                 | *0.01                | *0.01                | *0.01                 | *0.04                |
| Differential Type  | New  | Auto                 | Auto                 | Auto                  | Auto                  | Auto                  | Auto                  | Auto                 | Auto                 | Auto                  | Auto                 |

CC Dr: P. F.

EXAMINATION: MR BRAIN WITH AND WITHOUT CONTRAST

PROCEDURE DATE AND TIME: 10/5/2016 17:09:00  
CPT: 70553 MR BRAIN WWO

HISTORY: 64-year-old female with clinical history of acute facial numbness and headache. Previous history of multiple myeloma.

COMPARISON EXAM (S): None.

TECHNIQUE: Routine without and with 7.5 ml Gadavist: 5 ml injected IV and 2.5 ml discarded.

**FINDINGS:**

The there are multiple not expansile enhancing lesions present within the calvarium consistent with the clinically reported history of multiple myeloma.  
The precontrast imaging demonstrates heterogeneous signal in the calvarium.  
Diffusion weighted imaging is within normal limits within the brain parenchyma.  
Susceptibility weighted imaging is within normal limits.  
Coronal STIR imaging through the orbits is within normal limits. The Postcontrast imaging reveals heterogeneous enhancement of the calvarium. There is no abnormal enhancement within the seventh and eighth nerve complexes.  
Negative paranasal sinuses.  
Bilateral mastoid partial opacification.

Report generated in SpeechQ  
TECHNOLOGIST: 142735

Dictated: 10/05/2016 17:19..... DOUGLAS JOSEPH BATES MD  
Trans: 10/05/2016 17:19 by: 133587  
Final Report - Electronically Signed on 10/05/2016 17:19

ICD CODE 1 - R20.0 ICD CODE 2 - ICD CODE 3 -  
ICD CODE 1 - R20.0 ICD CODE 2 - ICD CODE 3 -

In the second report, the only ones that are in red:

RBC (red blood cells normal range 4.0 to 5.2, pretty close ),

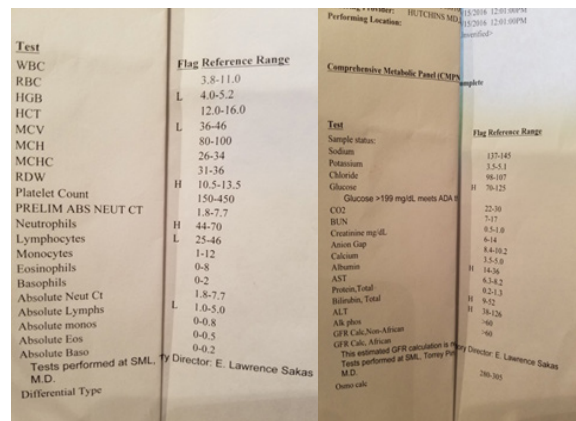
HCT (hemotocrit, The hematocrit is the proportion, by volume, of the blood that consists of red blood cells, back to red blood cells again, haha normal count 36-46. oh so close!

Lymphocytes (Lymphocytes are an important part of the immune system. They help fight off diseases. normal range 25-46, definitely improving since August 1st)

Bad news is we are not sure why the numbness is happening. I have found some correlations to the Revlimid I am taking, but I will leave that up to Dr. Hutchins to figure out.

The good news about that day is my blood work came out quite positive. Please notice that for the first time in this whole experience, all my numbers in the first report are in the black!!!!

*If anyone wants to compare other normal ranges they are shown on the side charts.*



Now all that happened on Wednesday.

Thursday was the dreaded Bone Marrow Biopsy. Now if any of you need to have this done, I would like to definitely recommend Dr. Hutchins. aside from the needle numbing the area, I pretty much felt nothing the rest of the time. I am sure it didn't hurt that I took a pain pill or two before I left home, but come on a girl's gotta do what a girl's gotta do! Lyle took a pretty gross picture of the bone marrow in a pool of blood but I decided to err on the side of good taste and not include it.

A bone marrow biopsy can take about 60 minutes. Bone marrow is the spongy tissue inside your bones. It's home to blood vessels and stem cells that help produce:

- red and white blood cells
- platelets
- fat
- cartilage
- bone

There are two types of marrow: red and yellow. Red marrow is mainly found in your flat bones such as your hip and vertebrae. As you age, more of your marrow becomes yellow due to an increase in fat cells. Your doctor will extract red marrow, usually from the back of your hip bone. And the sample will be used to check for any blood cell abnormalities.

Hopefully it will show lots of stem cells that are healthy and ready to be harvested!!

Today, Friday, I got to have an echocardiogram, Pulmonary tests, EKG, have about 10 vials of blood drawn and about 25 x-rays from the tip of my toes to the top of my head. It went by pretty quickly and so when I return from Hawaii on the 21st, I will be ready to get those growth factor shots.

My stem cells are mostly in my bone marrow and only a few are in my blood. the growth factor shots, will cause my stem cells to move out of my bone marrow and into my blood where they can be collected. 10 days before the start of collection, I will get one shot of a growth factor under my skin once each day for 4 days before the collection of my stem cells.

I will save the rest of the info for next week so my update is not just about how much fun I am having in Hawaii, hahah.

On the good side this week, I got so many positive emails and texts. Danyelle, I can't tell you how much your letter to me meant, thank you so much for the words you gifted

me with! I have not seen her in many years, it is nice not to be forgotten.

And all of you who send your prayers and good thoughts are the reason that I stay so positive. A big shout out to hubby Lyle, I got pretty down about the MRI and what the findings might represent. The last time I went to urgent care at Scripps I didn't go home for a week. So I was sitting there kind of freaked out and he came in and said the right thing. When I shared how worried I was about what could be wrong he started laughing and said "Francie, you already have cancer, how much worse can it get?" I needed to share in that laughter and that belief that all will work out. Thanks, Lyle for picking me up when I was down. It's always better to be where I am today, grateful, thankful, blessed

**October 10th, 2016**

Hey Everyone,

I know I've used up my allowed email time with you this week, but I need to leave this with you before I go to Hawaii tomorrow.

As most of you know, I have been hustling to restore my body to fully operational while I do battle with this cancer. And over the past three months I have brought my numbers back to a point where I could be considered a healthy person. My liver and kidney function, low range of normal. Platelets, normal. Red Blood Cells, close too normal. I am on the treadmill keeping in shape and last Saturday I thought I was well enough to throw in a few pushups. Unfortunately, I came close to cracking my upper left rib bone and it is so sore, it is hard for me to breathe. Being that I am at a higher risk of blood clots, I have to take deep breaths even though each one feels like it is ripping through my chest. I suck it up and move forward because that is what I have to do.

But today, I found out no matter how strong I am, right now this cancer is stronger than me, and I am not at a place yet where I can have the stem cell transplant. The Myeloma in my bone marrow is about half of what it was when I got sick in July. But that is not good enough. My lambda light chain result went back from 7 to 14.5 again. Because of the insidious eye thing I had to go off my chemo 4 weeks ago because I was dangerously close to an infection. While my guard was down my cancer started creeping back towards me.

Well F you Cancer!

I am going to Hawaii, on an accelerated steroid for a week

and a half, and If I have to come back early to start a new chemo I will. I am not done with you; you do not own me. It is a serious setback mentally for me, but it is not over and done.

So there you have it, it's not pretty right now, but don't worry Dr. Hutchins and I got his thing. I have to accept that having a "very aggressive type " of Melanoma has its drawbacks and this is one of them.

I will get back to you when I start my new chemo and you prayer warriors can get back to work, hahaha, it takes a village.

But other than that, did I tell you I'm going to Hawaii tomorrow?



**October 13th, 2016**

Hey Everyone,

Aloha from Hawaii, thanks for all the well wishes. I am doing much better now and even though I am not sure of ordered treatment yet, I will know by the time I return from Hawaii on the 21st. Here's what you need to know for now:

- The reason the transplant is not on for now is because even though the bone marrow biopsy shows improvement that would have been acceptable a year ago, my Doctors feel it needs to be better. Having to go off the Velcade because of the eye thing probably set me back a bit. But we are waiting to find out what the new regimen will be (more on that later), and how long it will last

- I will be receiving at least 2-4 protocols of a stronger chemo that hopefully will target the factor 7 deletion strain of Myeloma I am fighting. At this time, we are looking at about 6 to 12 weeks before I am ready for transplant, not a bad thing, I just will be in a better place to harvest at that time.

- We are hoping the new chemo added to the revlamid and the dexamethazone I am already taking will do the trick. The good news is that I am a pretty healthy person with the mother of all Myelomas hunting me down. Now that may not sound good but I am strong enough to do this and have a great team of doctors who want everything optimum before I undergo this harvesting and transplant.

- I also get to keep my hair a little longer and may not be down for thanksgiving.

- I am having a great time in Hawaii and when Rico and Linda arrive on Saturday, I will be toasting the sunset with them and a good bottle of champagne.

- I will return to treatment on or about the 24th at which time I will send you a full report

Thanks for all the concern from all of you, I am doing great and expect to continue to do so

Xoxox - me



# ASK ANNIE

RFNL Travel Editor

## Part II of Eurotrip 2016: Italy

After an amazing time in Ireland, we were ready to immerse ourselves even further into European culture. We flew into Rome at night and headed straight to get some pasta! We went to Campo di Fiori and had some of the best pasta (al dente, of course) that I have ever tasted. The noodles are so delicious!! We were so excited to be sitting in a piazza in Italy in awe of the fact that hours before we were in Ireland. Europe is the best.



The next day, we woke up bright and early to check out the Colosseum. We were a little nervous that we hadn't booked tickets but since we got there early it was fine. We really enjoyed touring the Colosseum but I am unsure if we enjoyed watching people take awkward selfies with selfie sticks more. Still up for debate. We spent the day walking all over Rome, seeing the Trevi fountain, Spanish steps, Piazza del Popolo, Piazza Navona (wine break!), and finally the Pantheon. Rome can be a little overwhelming so we picked the spots that we really wanted to see, walked all over to check them out and then decided we deserved a break. So we found a cute little café called Mimi e Coco and had the most delicious meat and cheese platter with our wine. This food was SO good.



The Eurocup (or some soccer event) was happening while we were in Italy so we found a sports bar to watch the game. We ended up in a crowded room in the upstairs of a bar with a bunch of Italian men. The room was silent except for when goals were scored and suddenly everyone would break out in either screams or cheers. Italy won but no one seemed to be too phased by it. We had dinner in Trastevere (on the other side of the river). It has a bunch of super cute little restaurants on tiny roads that you can wander through. Ended the night with some gelato because it's ge-lot-o fun! Oh!!

On our last day in Rome, we woke up early to go to the Vatican. I told Kevin he had to wear pants because...Pope. He was dying of heat on our walk there. So needless to say we did not stay long. It was pretty incredible to be where the Pope gives mass and lives.

After changing into normal summer clothes again, we headed to the train station to catch a ride to Naples. As soon as we arrived in Naples, we went straight for pizza. We went to Sorbilla and had the most delicious pizza of our lives for so cheap! I still can't get over it. I think it was only \$6 for the whole pizza. We each got one because when in...Naples! We walked around Naples a bit after lunch but it was soooo hot and the streets are sooo narrow and the cars go by wayyy too close. So with all of that we decided to hang out in AC for a while to cool down and not be killed by an Italian motorist.



We headed back out for dinner and I have to say there was something about this restaurant that makes me want to tell you to go to Naples just for the food. We went to Il Gobetto (means Hunchback in Italian). It is a cute family-owned, traditional Italian restaurant. The waiters are rushing around yelling

things but all so happy and constantly carrying the most delicious plates of food. We had gnocchi, fried anchovies, linguini with mussels, and a \$3 bottle of wine! Now that I think about it, maybe it was the \$3 bottle of wine that made me love the place. Regardless, you should go there. And have their baba for dessert (Italian rum soaked bread)- melts in your mouth!



Naples was a serious success but we were super excited to be heading to the Amalfi coast the next day. We took an early morning ferry to Capri to start off the adventure. Upon arriving in Capri, we immediately went to the Blue Grotto. It is definitely an over priced, tourist attraction but it was totally worth it. You take a boat to the side of the island. From there, you step into tiny row boats (only fit up to 4 people all squished to-

gether). The “captain” rows you over to the tiny opening of the cave in the side of the island. He grabs a rope and tells you to lay down in the row boat. When the tide goes down, he ducks and pulls you into the cave and the wave sucks you in and then rises again to shut the hole you just came through. It was crazy! But then inside, the water is the most amazing blue and all the “captains” start singing as you row around the cave. It was seriously incredible.

After the grotto adventure, we took a funicular up to the town of Capri (on top of the mountain). The town is a white painted maze of alleys and tunnels that lead to cute shops and restaurants. Capri is also known for its lemons so we checked out a lemon grove restaurant where the entire place is covered in lemons!

From Capri, we took a ferry to Positano (be careful of the ferries in the off season though, you probably couldn't go this way because they wouldn't be running). We knew that our B&B in Positano was going to be a climb but I don't think we really knew how much. It was staircase after staircase up and up with our backpacks on our backs in the Italian summer heat. We were sweating and dying by the time we arrived but it was worth it for the view! The place was called Casa Teresa. We had a balcony overlooking the steep set up of the town all the way down to the water. We had the most delicious seafood dinner at Da Vincenzo (amazing octopus!)- I would highly recommend it! But make reservations wherever you go because it turns out Positano is a small town!

We spent the next day on the beach. From our B&B, there was also a short cut of steps down to a private beach, but by short cut I mean 365 steps down. The beach was perfect, not crowded and had everything you could need/ want. There are little restaurants on the beach where you can get pretty cheap food and drinks, too. You can even take a boat over to the main beach and back. We spent the evening checking

out the little boutique shops and eating delicious food and treats!



The next day we headed back to Rome to catch our flight to Malaga, Spain. We took a ferry to Salerno and then a train to Rome. It was a long day of travel but the best part was the calzones we found at a little Italian deli near the train station. Italy was an amazing place to visit with the sights, food and wine but Spain was still our favorite! Next article I will tell you all about the place I love most!

# FAMILY



# SHORTS



**Halloween Time** be sure to send in the pictures of your costumes, who know maybe you will be on next month's cover!



October is a busy month for the Riel family we have or will be celebrating the following milestones:

Ed's 68th birthday, Katy's 30th Birthday, Michelle and David's 5th Anniversary, Matthew's 18th Birthday, Scott's 31st Birthday, Liz and Richard's 39th Anniversary, Lyle's (Jr) 31st Birthday, Ashley's 33rd Birthday and Ana's 33rd Birthday.

But next comes November and an oddity for the family... not one single birthday, wedding or any other special date occurs during this month!

## Riel Bowl Fantasy Football

After more than a quarter of the season it's starting to become clear who the contenders are and who are just pretenders. The biggest surprise so far has been Big Al's team which is only one game out of first place! Frank and Jason are in the lead but it's still way too early to predict the who will make the playoffs.

One thing is clear, Jason is really working his team with almost 40 roster moves so far. He has worked the system to keep his team in first place even though he has had a tough schedule. In fact, so far he has had the third most points scored against his team. What about the other two teams with harder schedules? They both have the worst record in the league! Great job Jason!

| Rank | Team                 | W-L-T | Pts For | Pts Agnst | Streak | Waiver Bdgt | Waiver | Moves |
|------|----------------------|-------|---------|-----------|--------|-------------|--------|-------|
| 1    | Big Ben_esch         | 4-1-0 | 608.30  | 581.24    | W-4    | \$57        | 8      | 39    |
| 2    | Frank 'N Berries     | 4-1-0 | 570.94  | 574.38    | W-3    | \$100       | 7      | 5     |
| 3    | Krombopulos Michael  | 3-2-0 | 578.60  | 560.44    | L-1    | \$100       | 6      | 3     |
| 4    | AZ Devils            | 3-2-0 | 578.28  | 533.82    | W-2    | \$100       | 9      | 2     |
| 5    | Ah nice marmot       | 3-2-0 | 569.36  | 546.34    | W-2    | \$92        | 11     | 22    |
| 6    | 1 2 3 Times a Lacy   | 3-2-0 | 527.10  | 541.66    | L-2    | \$82        | 3      | 3     |
| 7    | Charger Bob          | 2-3-0 | 561.98  | 569.64    | W-2    | \$100       | 4      | 6     |
| 8    | Shadynasty           | 2-3-0 | 554.76  | 558.68    | L-2    | \$100       | 10     | 2     |
| 9    | naterade             | 2-3-0 | 545.96  | 556.84    | L-2    | \$100       | 5      | 3     |
| 10   | Operation DeportDean | 2-3-0 | 529.66  | 515.64    | W-1    | \$100       | 1      | 6     |
| 11   | Big Daddy            | 1-4-0 | 576.16  | 629.60    | L-3    | \$56        | 12     | 13    |
| 12   | Your not the Bosa me | 1-4-0 | 568.74  | 601.56    | L-2    | \$92        | 2      | 11    |