



HAPPY HALLOWEEN

A Real SPOOKTACULAR





Exploring Costa Rica



By Margaret Riel

Bud and Margaret started their journey to Costa Rica with a few glitches, but after that everything was picture perfect. At the rental company we got a list of things not to do and Bud laughed at one restriction-- “do not cross rivers.” We set out to find our hotel for the first (paid) night on Playa Flamingo. Within a few hours the road disappeared into a stream of

rapidly moving water with a barely visible road on the other side. In the darkening skies, we tried a few different ways to get to Playa Flamingo but each time we faced river crossings. So, we changed our plans and appeared at our all-inclusive hotel in Playa Hermosa a day early.

This turned out to be a great choice and we were quickly in vacation mode, kayaking in the pacific, zip-lining over the canopy of a rainforest, boat tours of nesting birds, and lounging around the swimming pool.



Playa Hermosa – View from our room.



Bud conquering fear of heights on a zip-lining experience



Bird watching at Palo Verdes Park



When we joined the sunset hike, the sky cleared and we were treated to a spectacular sunset.

Sunset on Playa Hermosa

At night, there was singing and dancing and drinking. This was our first experience of an all-inclusive stay and it was great having food and drinks included, most of it buffet style. One night we were invited to dine in a very elegant restaurant in a private sitting with amazing service and food.



In a trip to nearby Playa Coco, we were walking on the beach and approached an area where a small river flowed into the ocean. And there was a person with a boat who was happy to ferry us across and refused any money. However, on our return, the man with the boat was gone and so we had to wade across holding our phones and stuff above our heads. Later fellow tourists asked if we had worried about alligators in the rivers. I guess sometimes it is better not to know.

After 5 days of living in a rain forest above the Pacific, we took off to the middle of the country and stayed at the Volcano Lodge near La Fortuna. This hotel had units located in a gorgeous garden of plants and flowers one might see in formal gardens in Hawaii.

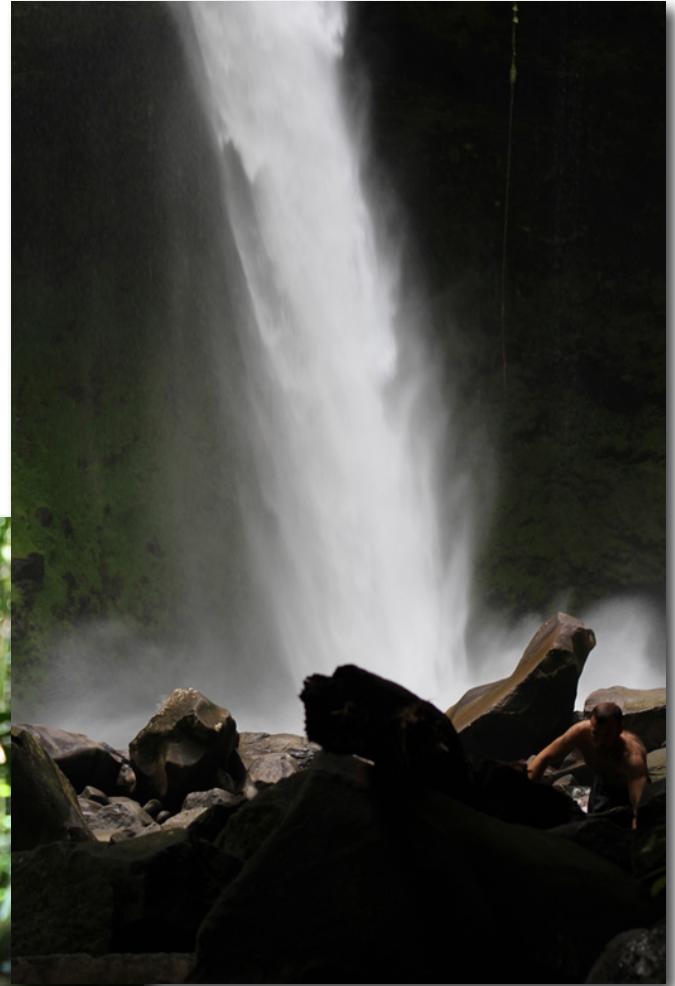


Flowers and waterfall into hot springs at Volcano Lodge

Every path was through flowers of all colors. And a few years ago, the Arenal Volcano came out of a 500-year sleep and erupted. Currently it is again resting with steam surrounding the cone and hot springs everywhere. Our hotel had multiple pools of steamy hot mineral water with lounging seats and tables built into the natural sides of the pools. They had small waterfalls lit up at night in rotating different colors, with jacuzzi jets that could be turned on or off.

During the day, we took hikes around the volcano and waded to waterfalls. La Fortuna Falls were 500 feet down and made an impressive sound and spray. We also went on a coffee tour where we learned how to plant coffee trees, identify quality coffee beans, and become “coffee snobs.” If you are lucky, Bud might make you a cup of Costa Rican coffee at Thanksgiving.





La Fortuna Waterfalls



HAPPY THANKSGIVING!

November 23rd, 11:00 am

Margaret and Bud's Home



Hiking to the Volcano

Francie's Updates

Hey Everybody!! October 20th, 2017

Wow, who could believe time is going by so fast, we are so close to the holidays it is unbelievable. I am not loving the shorter days but it all comes as a package and I'm just glad to be here.

So here is what I am looking at. Brett's stem cells engrafted, and his immune system is now 97.5% mine. That is a good thing, never hurts to have some younger stem cells circulating in your body. I have to say my skin is looking pretty good, ha-ha. The bad news is my cancer is still stronger. Sometimes it sucks to be an over achiever! I just had to have the most aggressive cancer. My bone marrow biopsy showed Myeloma cells were present, but only 3% which is a very good thing. So, plan of action.

Went to see Dr. Rossi at the Proton Therapy Center. It is an amazing facility and I was impressed with the whole set up. But the wheels of medicine and insurance are rolling very slowly and my Doctors want me to get moving to keep the cancer from running away again. Once I get approval, they will have me come in for a mapping and will chart out the "recipe" for me. Then I would go in every day for about 2, to 2 ½ weeks for a treatment. The side effects, if you've ever watched a drug commercial on tv, could be pretty bad, but so far I have been able to get through with not many of them.

Since they don't want me sitting around growing cancer while the wheels turn, I started back on an oral chemo yesterday called Pomalyst. For those interested here is the down low on that specific drug:

Pomalyst®

Generic name: Pomalidomide

Pomalyst® is the trade name for the generic chemotherapy drug pomalidomide. In some cases, health care professionals may use the generic drug name pomalidomide when referring to the trade name drug Pomalyst®.

Drug type: Pomalyst® is classified as an "immunomodulatory agent with antineoplastic activity," and an "anti-angiogenic agent." (For more detail, see "How this drug works" section below).

What Pomalyst Is Used For:

- For treatment of multiple myeloma who have received at least two prior therapies including lenalidomide and bortezomib and have demonstrated disease progression on or within 60 days of the last therapy.

Note: If a drug has been approved for one use, physicians may elect to use this same drug for other problems if they believe it may be helpful.

How Pomalyst Is Given:

- As a capsule by mouth. Capsules should be stored in a cool, dry place and protected from light.
- Swallow capsules whole with water 1 time per day, at about the same time.
- Do not break, chew or open the capsules. Do not open the Pomalyst® capsules or handle them any more than needed. If you touch a broken capsule or the medicine in the capsule, wash your hands right away with soap or water.
- Pomalyst® can be taken with or without food.
- If you miss a dose of Pomalyst®, and it has been less than 12 hours since your regular time, take it as soon as you remember. If it has been more than 12 hours, skip your next dose. Do not take 2 doses at the same time.
- In order to receive this drug, there are strict

guidelines that you must follow. You will be required to participate in a special program called the Risk Evaluation and Mitigation Strategy (REMS) Program. You will be asked to fill out a questionnaire before you receive the medication, and every month, while you are taking the drug. Only certain pharmacists and doctors may prescribe or dispense this medication. Patients must sign a Patient-Pre-scriber agreement and comply with the REMS requirements.

- Do not share Pomalyst® with others.
- You should not smoke cigarettes while taking Pomalyst®. Smoking cigarettes during treatment may affect how well Pomalyst® works.

The amount of Pomalyst® you will receive depends on many factors, including your general health or other health problems, and the type of cancer or condition being treated. Your doctor will determine your dosage and schedule.

Side Effects:

Important things to remember about the side effects of Pomalyst®:

- Most people do not experience all of the side effects listed.
- Side effects are often predictable in terms of their onset and duration.
- Side effects are almost always reversible and will go away after treatment is complete.
- There are many options to help minimize or prevent side effects

There is no relationship between the presence or severity of side effects and the effectiveness of the medication.

The following side effects are common (occurring in greater than 30%) for patients taking Pomalyst®:

- Severe life-threatening human birth defects if taken during pregnancy (see precautions).
- Fatigue
- Weakness
- Low white blood cell count

- Anemia
- Constipation
- Nausea
- Diarrhea
- Shortness of breath
- Upper respiratory infections
- Back pain
- Fever

These side effects are less common side effects (occurring in about 10-29%) of patients receiving Pomalyst® :

- Neuropathy (numbness and tingling)
- Dizziness
- Confusion

A serious but rare side effect of Pomalyst® is blood clots forming in the legs or lung. Call your provider right way if you experience shortness of breath, chest pain or arm or leg swelling.

Pomalyst® is not to be taken during pregnancy. This type of medication has can cause severe life-threatening birth defects.

Not all side effects are listed above. Some that are rare (occurring in less than 10% of patients) are not listed here. However, you should always inform your health care provider if you experience any unusual symptoms.

Self-Care Tips:

- Take this medication in the evening before bedtime. This may help to minimize daytime drowsiness.
- You may experience drowsiness or dizziness; avoid driving or engaging in tasks that require alertness until your response to the drug is known.
- Keep your bowels moving. Your health care provider may prescribe a stool softener to help prevent constipation that may be caused by this medicine.
- Drink 2 to 3 quarts of fluid every 24 hours, unless you were told to restrict your fluid intake, and maintain good nutrition. This will decrease your chances of being constipated, and prevent dehydration.

- You may be at risk of infection report fever or any other signs of infection immediately to your health care provider.
- Wash your hands often.
- Avoid sun exposure. Wear SPF 15 (or higher) sun block and protective clothing.
- In general, drinking alcoholic beverages should be kept to a minimum or avoided completely. You should discuss this with your doctor.
- Do not donate blood while you are taking this medication.
- Don't share your pills with anyone!
- Get plenty of rest.
- Maintain good nutrition.
- If you experience symptoms or side effects, be sure to discuss them with your health care team. They can prescribe medications and/or offer other suggestions that are effective in managing such problems.

Monitoring and Testing:

You will be checked regularly by your health care professional while you are taking Pomalyst®, to monitor side effects and check your response to therapy. Periodic blood work to monitor your complete blood count (CBC) as well as the function of other organs (such as your kidneys and liver) will also be ordered by your doctor. For females of child-bearing potential a negative pregnancy test may be required monthly before the next month's prescription for Pomalyst® is given.

How Pomalyst Works:

Pomalyst®'s exact mechanism of action on cancer cells is not clear. It may act by inhibiting the growth of new blood vessels (angiogenesis) in tumors, enhancing the status of the immune system, or decreasing cytokine and growth factor production.

In normal tissue, new blood vessels are formed during tissue growth and repair (i.e. a healing

wound), and during the development of baby during pregnancy. Blood vessels carry oxygen and nutrients to tissue that are necessary for growth and

survival. In cancer, tumors need blood vessels in order to grow and spread. Through a complex process, endothelial cells (which line the blood vessels) are able to divide and grow and create new blood vessels. This process is called angiogenesis and it occurs in both healthy tissue and in cancerous tissue.

Additionally, Pomalyst® is known to have various effects on the immune system (immunomodulatory agent), which may contribute to its therapeutic effect. Pomalyst® may also alter the production and activity of cytokines (growth factors) involved in the growth and survival of certain cancer cells. There may be an effect on the genes that direct the cell's growth and activity particularly those associated with cytokines (growth factors), apoptosis (cell death), and metabolism. Pomalyst® enhances T cell- and natural killer cell-mediated immunity. Additionally, Pomalyst® has an effect on lenalidomide-resistant multiple myeloma.

Note: We strongly encourage you to talk with your health care professional about your specific medical condition and treatments. The information contained in this website is meant to be helpful and educational, but is not a substitute for medical advice.

I will also be getting an infusion of Kyprolis:

Kyprolis™

Generic Name(s): Carfilzomib

Kyprolis™ is the trade name for the generic drug Carfilzomib. In some cases, health care professionals may use the generic name Carfilzomib when referring to the trade name Kyprolis™.

Drug Type:

Kyprolis™ is a targeted therapy. Kyprolis™ is classified as a Proteasome Inhibitor. (For more detail, see "How this drug works" below).

What Kyprolis™ Is Used For:

- Treatment of multiple myeloma

Note: If a drug has been approved for one use, physicians may elect to use this same drug for other problems if they believe it may be helpful.

How Kyprolis™ Is Given:

- As an intravenous/IV (into the vein) infusion.

The amount of Kyprolis™ that you will receive depends on many factors, including your height and weight, your general health or other health problems, and the type of cancer or condition you have. Your doctor will determine your exact dosage and schedule.

Side Effects:

Important things to remember about the side effects of Kyprolis™:

- Most people will not experience all of the Kyprolis™ side effects listed.
- Kyprolis™ side effects are often predictable in terms of their onset, duration, and severity.
- Kyprolis™ side effects will improve after therapy is complete.
- Kyprolis™ side effects may be quite manageable. There are many options to minimize or prevent the side effects of Kyprolis™.

The following side effects are common (occurring in greater than 30%) for patients taking Kyprolis™:

- Low blood counts. Your white and red blood cells in addition to your platelets may temporarily decrease. This can put you at increased risk for infection, anemia and/or bleeding.
 - o Platelet nadir : about day 8 of cycle
- Fatigue
- Nausea
- Shortness of breath

- Diarrhea
- Fever

These are less common side effects (occurring in about 10-29%) of patients receiving Kyprolis™:

- Upper respiratory infection
- Headache
- Cough
- Swelling
- Increased kidney function tests (creatinine)
- Vomiting
- Constipation
- Back pain
- Difficulty sleeping
- Muscle aches
- Chills
- Muscle spasms
- Numbness and tingling in hands and feet
- Weakness
- Low potassium
- Low magnesium
- High blood pressure
- Arm and leg pain
- Dizziness
- Increased liver enzymes (AST)
- Pneumonia
- Poor appetite
- High blood sugar
- High calcium
- Low phosphorus
- Chest wall pain
- Low Sodium

Not all side effects are listed above. Side effects that are very rare -- occurring in less than about 10 percent of patients -- are not listed here. But you should always inform your health care provider if you experience any unusual symptoms.

Self-Care Tips:

Monitoring and Testing:

- You will be checked regularly by your doctor while you are taking Kyprolis™, to monitor side effects and check your response to therapy.

Periodic blood work will be obtained to monitor your complete blood count (CBC) as well as the function of other organs (such as your kidneys, lungs, heart and liver) will also be ordered by your doctor.

Because drug toxicity is seen, periodic physical examinations and review of your symptoms, which includes a check of your reflexes, is necessary.

How Kyprolis™ Works:

Targeted therapy is the result of about 100 years of research dedicated to understanding the differences between cancer cells and normal cells. To date, cancer treatment has focused primarily on killing rapidly dividing cells because one feature of cancer cells is that divide rapidly. Unfortunately, some of our normal cells divide rapidly too, causing multiple side effects.

Targeted therapy is about identifying other features of cancer cells. Scientists look for specific differences in the cancer cells and the normal cells. This information is used to create a targeted therapy to attack the cancer cells without damaging the normal cells, thus leading to fewer side

effects. Each type of targeted therapy works a little bit differently but all interfere with the ability of the cancer cell to grow, divide, repair and/or communicate with other cells.

There are different types of targeted therapies, defined in three broad categories. Some targeted therapies focus on the internal components and function of the cancer cell. The targeted therapies use small molecules that can get into the cell and disrupt the function of the cells, causing them to die. There are several types of targeted therapy that focus on the inner parts of the cells. Other targeted therapies target receptors that are on the outside of the cell. Therapies that target receptors are also known as monoclonal antibodies.

The third broad category of targeted therapies is called anti-angiogenesis inhibitors. These thera-

pies target the blood vessels that supply oxygen to the cells, ultimately causing the cells to starve.

Research continues to identify which cancers may be best treated with targeted therapies and to identify additional targets for more types of cancer.

Kyprolis™ targets and inhibits the proteasome enzyme complex within the cell. Proteasome is part of the cellular machinery and has many functions within the cell, such as it helps to control the level of many of the proteins that help to regulate cell division and cell survival. By interfering with it's function this can lead to apoptosis (cell suicide). In the laboratory, it has been shown that cancer cells are more susceptible to the effects of proteasome inhibitors, than normal cells are. In multiple myeloma, Kyprolis™ works by blocking the activation of certain molecules that allow plasma cells to "nest" in the bone marrow.

Note: We strongly encourage you to talk with your health care professional about your specific medical condition and treatments. The information contained in this website is meant to be helpful and educational, but is not a substitute for medical advice.

Ok, there are my 2 weapons of mass destruction I started yesterday, while we wait on the radiation approval. Dr. Mahindra may start me on regular radiation therapy if we can't get this going quickly enough. Dr. Hutchins said not to feel so badly if we don't go the proton route, there are pluses and minuses about both. Radiation energy causes changes in the cells that injure or destroy them. That's true for both normal cells and cancer cells. The difference between X-rays and protons is that proton therapy deposits much less radiation in the normal tissues that are not being targeted. That is my first choice, but it is a little more aggressive going in so who knows. I have put my medical care in a very good place with some very good people. I know that my job is to make each day a great one,

and with all your prayers and support, I am doing just that. So that brings us to how am I doing.

Since my last letter I have had some serious pain issues. I have been on pain management since last December 15 mgs of morphine in the evening and 15 at night. Unfortunately that is not enough. so we have had to play around with the dosage so that I don't have a lot of pain, but I can still drive safely. The pain is in my legs mostly and at times was debilitating. It got so bad last Friday I went into urgent care and they knocked it down with some Dilaudid, which is some pretty strong stuff. I decided that I needed to take the same advice I give everyone else, stay ahead of the pain, it's easier to stop it from coming than once it's settled in.

So that is better. I also had a small growth on my side taken off and it was, as my Doctor suspected, Plasmacytoma a tumor of plasma cells. The cells are identical to those seen in multiple myeloma, but they form discrete masses of cells in the skeleton (solitary plasmacytoma of bone; SPB) or in soft tissues (extramedullary plasmacytoma; EP).

It was in the soft tissue not the bone so that is good. Kind of like a bunch of Myeloma rowdies all clustered together hanging out so we could get rid of them altogether. It was a very simple procedure, and not close enough to my waistline to be hurting afterwards. It was very interesting, they stitched me up with dissolving sutures and then put a kind of super glue over the top so no bandage or anything over it. Miracles of modern medicine!

I am on a lot of different drugs as well, and so far the dry mouth is the worst side effect. My energy level varies, but for the most part, I get around pretty good. I am enjoying the beautiful days and am looking forward to the Holidays. I figure liv-

ing in a 55 and over community that we will not be getting any trick or treaters, but who knows?

Marianne, the kids Godmother, is coming out to stay with me for close to a week at Thanksgiving. I'm so excited to have her here. Bryce and Bridget will be home with the McCarthy's, Brett and Corinda will come here too.

That about wraps it up, I need to get ready to go get my nails done with my sis Carol, oh the joys of retirement!!

Love and Gratefulness to you all - me

Bryce got into the New York times, he is moving up!!!!

New Your Times (November 7, 2017)... GREENWICH GRILLE Harold Moore, who is the chef and a partner in Harold's Meat & Three in Hudson Square, has opened another restaurant, this time in the West Village. His affinity for serving comfort food is showcased here, as it was at the now-defunct Commerce, where he was the chef and a partner for many years. Start with deviled eggs, move on to a kale salad, then dig into chicken potpie, beef stroganoff, rotisserie chicken, short-rib chili or a côte de boeuf for two, all the while struggling to save room for his towering coconut cake. Bryce Sorem, who worked with Mr. Moore at Commerce, will be in the kitchen day-to-day: 33 Greenwich Avenue (10th Street), 646-609-3615.



The Hartmans always enjoy a reason to celebrate and October just seems to be one of our biggest months of joy. Matthew, Scott and Ana all turn a year older during this spooktacular month.

We began the celebrations in Old Town for Matthew. He turned 19, yes...I said 19 years old, this month. I find it hard to believe that we have a great grandchild this old but then again, I couldn't be prouder of him. He attends SDSU and seems to love it. Anyways, we celebrated with the family in Old Town. Matthew was all smiles as we sat around and let him tell us stories of his new life in the dorms.



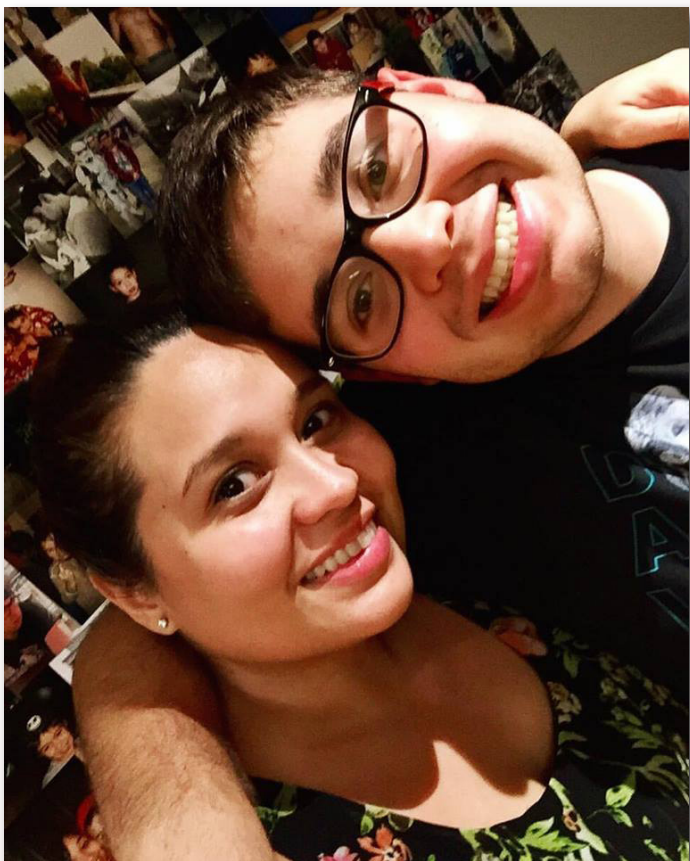
Next, Scott's girlfriend, Krissy, organized a small friends and family breakfast brunch at the Hartman household. It was suppose to be a surprise, which it was hard to do with Scott under our feet.

But his long time friend, Thomas, took Scott hiking in the morning. When he returned the house was fully decorated with big silver happy birthday balloons over the fireplace. I suppose that was a dead giveaway that something was happening. So he knew there was going to be a celebration but he did not know who would show up. So each time the door opened Scott was surprised by the person!

It was a potluck of amazing foods that did not disappoint. Two cheers for Krissy for making Scott feel so special on his birthday.

Ana was a bit more low key about her birthday. She just wanted to spend it in Old Town with her immediate family. They bopped around Old Town. My heart was touched when I found out that Matthew lit a candle in Bruce's memory.

Happy birthday to one and all!



New Jersey News –

November 6, 2017

Hello from the Rios family! We have had a busy start to the school year! Benicio is in first grade and enjoying every minute of it. He is following in my footsteps this year, and is in the school play! It is a production of Peter Pan and he plays a lost boy. The production is next week, and he is loving the experience so far.

Sofia and Mateo are also attending preschool full time this year. Miguel and I thought we would get a few minutes of peace and quiet during the day; boy, were we wrong. With school, comes a plethora of activities, volunteer opportunities, fundraisers and more.

We let each kid pick one extracurricular activity. Mateo is playing soccer (but his favorite part is sitting on the ball). Benicio is doing cub scouts and just loves it, although it turns out that it is as much work for Miguel as it is for Ben. Sofia has started ballet which she adores and is quite good at, if I do say so myself.

My educationally inclined family will be pleased to hear that, even though I didn't become a teacher, I am spending most of my spare time at Ben's elementary school anyway. I got some crazy idea in my head about helping out and next thing you know, I am the PTO president. I also just accepted a part time job as a lactation consultant, so my hours are going to increase significantly. Oh yeah, I am also attending Chamberlain College of Nursing online to acquire my Bachelor of Science in Nursing or BSN, because, apparently, in my line of work, one baccalaureate degree is just not enough. I have the option to continue on to a Master's program but I am still debating the pros and cons of that. Between the kids, school, and work, my new motto seems to be: Sleep is for the weak!



Miguel is working diligently on fixing up the house. As you homeowners out there know, (welcome to the club, Jason!) this is no easy feat. His current project is our front stairs, which included pouring a new foundation. He is doing it all himself, and I am constantly amazed at how many things he knows how to do! He is also training hard at Brazilian Jiu Jitsu which is new for him. It will probably surprise no one, that at his first competition he brought home not one, but two first place medals! We are so lucky to have such a dedication, talented, master-chef of a husband and dad around.

That's all the news that's fit to print from this side of the country. Here are some pictures of our cheerfully-chaotic life. Hope everyone is well and sleeping more than I am!

Jessica



Riel Bowl 27

December 30th - Bob & Listy's Home

Veterans Day

Honoring All Who Served



This was only 1.5 years ago, but in 20 years I'm going to look at this photo and think "dang, I was rockin' it. Happy Veterans Day to all the veterans in my life... of which there are many! Love you all! We share a special bond!"



Chef Bryce's Meatball Competition

By Bridget McCarthy



Refinery Rooftop in the Refinery Hotel hosted the “Movember Ball” meatball competition to raise funds and awareness for The Movember Foundation. Bryce prepared 400 meatballs for the competition. They were unique and not your typical Italian meatball, but a Korean inspired meatball. As you can see in the picture, his meatballs sat in a Korean bao, similar to a pork bun.

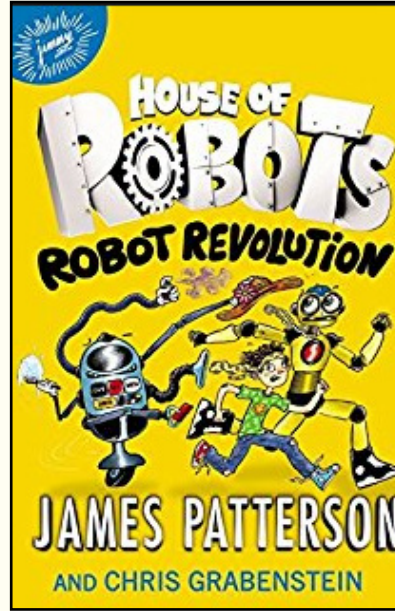
My mother and father joined me to support Bryce in this event, and though we are probably bias, we all thought Bryce’s meatballs were the best. They were certainly the most unique and creative, and the flavors were incredible. Though Bryce

didn’t win it, it was a lot of fun and a great way for Chef Bryce to get his name out there all for a good cause! We were all so proud.

FAMILY SHORTS



Never underestimate the power of timely recognition of people in the work place. It need not be elaborate. A pat on the back, a handshake and thank you, or a small token- goes a long way. Standing duty as watch officer with a 5-person crew, I had to evacuate a part of my hospital twice and take care of the mess from a fire, in the middle of the night last Wednesday/Thursday. It was absolutely my job that night. But knowing the Director of the hospital recognizes and appreciates my leadership, meant the world. - Michelle



Corbin has his own blog page where he reviews books. Here is one that is from the House of Robots.

Perhaps this will be the start of articles from the great grandchildren :)

This book is about a kid who has a really smart mom that can build robots and his dad draws robots. I made a connection to Sammy because I got overwhelmed and my dad is a mechanic. Sammy's mom made a robot which helped Sammy and his sister. My dad is making me a space ship that I pretend it helps me



Little miss Quinn is 4 months old, and still our ray of sunshine. She is gonna be tall! New this month: Rolling back over! Front to back, putting herself to sleep(!), using her giraffe pacifier for soothing and sleep, giggles/laughs, enjoying the outside world- the moon, trees, and shadows. She's also outgrowing the co-sleeper and rock and play- as she is always rolling over and starting to wiggle! Mama is desperately trying to squeeze her into 3-month clothes and holding on tight to all of the moments! We all are continuously adjusting to this life of little sleep, lots of love, and so much energy from the little beings. Blake is still in love with her and is crazy as ever!