



to double your donations this month. Last month we raised the needle by \$150.00. These donations were matched - **dollar for dollar** by our generous Matching Classmates. **Don't let their donation go to waste! Only if YOU donate do we get the matching funds. The deadline for matching donations is - November 15th!**

A huge Thank You to **Bob Falschi** for his generous donation - he mailed his check directly to EB College Fund. If you mail a check, please remember to put Titan Trust - Class of 1964 in the Memo so we get the credit.

Once again: What is the Titan Trust - Class of 1964? It is the name of the account we have set up with East Bay College Fund (soon to be known as Oakland Promise). Read about the Oakland Promise here. Every child who wants to go to college, should have the promise of getting there.

**If you send a check directly to EBCF, please send us an email stating your donation amount so that we can match those funds.**

Press the Donate Here Button or Write a Check

**Donate Here  
The Titan Trust**

In the memo of your check, write:

**Titan Trust - Class of 1964**

Address: East Bay College Fund  
300 Frank H. Ogawa Plaza #430,  
Oakland, CA 94612

Do you have a sibling, child or grandchild that went to Skyline? We are looking for other alumni who would be interested in supporting the Titan Trust as their Class Project: Contact Susan Pate or Carol Szymkiewicz





### **Kasper Dates**

2551 MacArthur Blvd,  
Oakland, CA 94602

**November 4th**

**December 9th**

**Please note: Treasure Island now requires a two week advance notice for 2+ persons and SIX weeks for groups (aa us), so please let Shayne know if you are wanting to “fine dine” on **February 11, 12, or 13.****

**Karen (Kiki) Rawlins wrote that she is dreaming of a milk chocolate shake at Fenton’s. Please let Tom ([tdtom7@aol.com](mailto:tdtom7@aol.com)) know if you want to join her and what your available dates are for the rest of the year.**

**Below please find more Life Stories from our classmates.  
To share yours, please send to Shayne.**

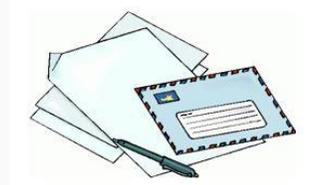


### **Fred Runo**

Attended Laney Campus - Oakland City College '64-'65. Joined the Army in Nov. '65. Served in Camp Casey, Korea, '66-'67, Nha Trang, Vietnam, '68-'69, and Germany in between. Got out for 5 years and attended Cabrillo Jr. College in Aptos off and on while working as a carpenter for my dad. Re-enlisted in the Army in '74 as a German Linguist and served 9 years in Augsburg and Berlin, Germany and some in Texas and Virginia as well as 4 years at the Defense Language Institute (Monterey - '94 to '98). Retired as a Chief Warrant Officer 4 after 6 years in the 125th MI Battalion, Schofield Barracks, HI. Married for 30 years, 3 daughters, 6 grandkids. Loved living in Hawaii, but had to move to DC so my wife could be closer to her family. I'm now a GS-14 with the Defense Intelligence Agency. We have a house in Bethany Beach, DE, and my wife and I spend almost every weekend there.

### **Al Newman**

I used to live on Skyline Blvd. Left Skyline High in '64, Joined the Navy and got out in '67, went to Laney College part time and worked in construction, then I bought the family machine shop business, and now I am a rigger (machinery mover) with my own trucks and equipment. Now living in Castro Valley, soon to retire... I always wanted to be a cop when I grew up. My family and friends thought that was a crazy idea. As it turns out, they were right. My addiction is NASCAR and dirt track auto racing. I started out in racing in 1984 as a track official in Grass Valley, CA, and have worked at Marysville, Petaluma, closed Baylands in 1988, and then Antioch Raceway.



The Williams Family and Sunshine  
the Yellow-bellied Marmot  
Taking a risk to save something at-risk



Story and Artwork by  
Jennifer Foreman de Grassi Williams

Hi Everyone- The next in the series of children's books is now finished and on Amazon ~ very exciting! This is book number 10, not counting the hardback book 'Tail, Scales, Fur, Purr, Oink' that includes books 1-7. Book number 11 is almost complete also and will post when available. Hope you enjoy the story about our adorable Sunshine.

**Jennifer Foreman Williams**

The average length of a hug between two people is 3 seconds. But the researchers have discovered something fantastic. When a hug lasts 20 seconds, there is a therapeutic effect on the body and mind. The reason is that a sincere embrace produces a hormone called "oxytocin", also known as the love hormone. This substance has many benefits in our physical and mental health, helps us, among other things, to relax, to feel safe and calm our fears and anxiety. This wonderful tranquilizer is offered free of charge every time we have a person in our arms, who cradled a child, who cherish a dog or a cat, that we are dancing with our partner, the closer we get to someone or simply hold the Shoulders of a friend.



A famous quote by psychotherapist Virginia Satir goes, "We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth." Whether those exact numbers have been scientifically proven remains to be seen, but there is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are some reasons why we should hug::

### 1. STIMULATES OXYTOCIN

Oxytocin is a neurotransmitter that acts on the limbic system, the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. It is the hormone responsible for us all being here today. You see this little gem is released during childbirth, making our mothers forget about all of the excruciating pain they endured expelling us from their bodies and making them want to still love and spend time with us. New research from the University of California suggests that it has a similarly civilising effect on human males, making them more affectionate and better at forming relationships and social bonding. And it dramatically increased the libido and sexual performance of test subjects. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. CULTIVATES PATIENCE

Connections are fostered when people take the time to appreciate and acknowledge one another. A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustle-bustle place and we're constantly rushing to the next task. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. PREVENTS DISEASE

Affection also has a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

#### 4. STIMULATES THYMUS GLAND

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

#### 5. COMMUNICATION WITHOUT SAYING A WORD

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being or animal. Not only can they feel the love and care in your embrace, but they can actually be receptive enough to pay it forward to others based on your initiative alone.

#### 6. SELF-ESTEEM

Hugging boosts self-esteem, especially in children. The tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born our family's touch shows us that we're loved and special. The associations of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our Mom and Dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self love.

#### 7. STIMULATES DOPAMINE

Everything everyone does involves protecting and triggering dopamine flow. Low dopamine levels play a role in the neurodegenerative disease Parkinson's as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling, and it's also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target. The presence of a certain kinds of dopamine receptors are also associated with sensation-seeking.

#### 8. STIMULATES SEROTONIN

Reaching out and hugging releases endorphins and serotonin into the blood vessels and the released endorphins and serotonin cause pleasure and negate pain and sadness and decrease the chances of getting heart problems, helps fight excess weight and prolongs life. Even the cuddling of pets has a soothing effect that reduces the stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

#### 9. PARASYMPATHETIC BALANCE

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch and which are in contact with the brain through the vagus nerve. The galvanic skin response of someone receiving and giving a hug shows a change in skin conductance. The effect in moisture and electricity in the skin suggests a more balanced state in the nervous system – parasympathetic.

Embrace, embrace with your heart.~~





## November

- 01 Barbara Bowles Holt
- 03 Clint Rylee  
Karen Dodge Wetherbee
- 04 Steve Whitgob
- 05 Sheila Oxley
- 06 Barbara Renouf
- 08 Sidney Cummings  
Joel Kuechle
- 11 Joetta Christopher
- 10 Barbara Smith Stott  
Jennifer Foreman Williams
- 11 Tom Smith
- 12 Lorrie Miller  
Marlene Siegel Anthony
- 13 Carol Vierra Szymkiewicz
- 14 Tom LaMarre  
Kent Willis
- 15 Carlee Wells King  
Joann Torbutt
- 17 Cathi Trebotich Beaubien
- 19 Gayle Smith
- 20 Ron Wofford
- 21 Nancy Klinkner Mulligan
- 26 Christopher Perry
- 27 Diane Breen Helman  
Rick Steen
- 28 Diane Squaglia Fly
- 29 Jeff Prevost
- 30 Calvin Brugge



## December

- 02 Peggy Tisdell Cross
- 03 John Lyman
- 04 Dennis Bushnell
- 07 Dennis Cooney  
Judy Tonini Rezendes
- 09 Susan Buikema
- 12 Marsha Standish  
Margaret Pachner  
David Walker
- 17 Joe Peak  
Jan Descombes Bassett
- 17 John Hills (95)**
- 18 Jon Rawitzer
- 25 Pete Ramos  
Valerie Ranche
- 26 Linda Conradi  
Joan Fieberhouse Bannon
- 27 Phil Bateman  
Diane Breen Helman

You are receiving our new format for the the Skyline News Note. Please share your thoughts about how you like/dislike it. Send messages to [carol@george-carol.com](mailto:carol@george-carol.com)



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