

## *Merry Christmas And Happy New Year to All From the Hall's 1992*

There have been some changes this past year. More and more we have come to recognize that neither of us nor the home and grounds in which we live are immortal.

Consider the plumbing. It is now 36 years old. We used the very best pipe, valves, and fittings made by the Crane Co. upon building the home. Amazingly, the plumbing problems have been minor. Occasional "O" ring gasket replacement heads the list of problems. Outside the house the Globe type Crane valves in the lawn sprinkling system still seat well and securely shut off the water.

However the valves are manually operated and there are nine of them to open and close. Five are on the south side of the house and four are on the north.

I conservatively estimate that each valve has been turned on and off 8,640 times. Multiplying this figure by the number of valves equates to 77,760. Since my wrist has to do a 180° rotation seven times to open or close a valve, the total wrist operations can be calculated by multiplying 77,760 by 2 x 7 which equals 1,088,640 individual twists. Is this why I'm getting arthritis in my wrists?

These surprisingly large numbers motivated me to do something about this situation.

I hired a company to convert my manual valves to electric. This is easily done now days, at least with the Crane valves, by screwing out the upper part of the valve and replacing it with a solenoid plunger.

The conversion was made and the main valve was turned on. Every one of the plastic solenoid valves blew its top and had to be replaced. You see our city water pressure is 100 pounds per square inch (p.s.i.). But the installation of a reducer valve set at 60 p.s.i. solved the problem.

There are some analogies above that relate to my heart. The valves in my heart open and close over three hundred million times a year! But my blood pressure is too high and consequently could cause some other things in my system, including heart valves to "blow their tops."

There is nothing comparable to a water pressure reducing valve that could work in my circulatory system to reduce my blood pressure.

Heart attacks are caused by poor circulation to the heart itself. If the arteries in the heart could be opened up there would be a greater supply of oxygenated blood for the heart muscles.

Roto-rooters, Lasers, and balloons are currently being used to open up the heart's arteries.

In mid-February I was given a treadmill test that indicated a partial plugging of a heart artery. On February 24th, while I was mildly sedated, Dr. Frischknecht performed an angiogram on my heart which I watched on a TV screen along with the doctor. What the doctor saw, however, disturbed him and almost instantaneously a team assembled and I was put to sleep.

After I came to, I was told that an important artery was 80% closed, that they had worked hard to do a "roto-roter" job on it but could not get the instrument past a sharp turn in the artery. Consequently, they did a "balloon job" (angioplasty). This consists of sending a thin elastic balloon into the artery and expanding it with air pressure. This compresses the fatty plaque against the artery wall and also stretches the artery. All these procedures are performed through a main artery catheter in the groin that extends all the way up into the heart.

After this procedure, the doctor turns his attention to medicines that lower blood pressure.

Certain snakes kill their prey by injecting a venom that drastically lowers the victims blood pressure. This gives the chemist a starting point to design other drugs that may be useful.

Blood pressure lowering drugs currently on the market have notoriously bad side-effects. A sampling of trade name drugs that have been tried on me include: Cardizem, Tenex, Dynacirc, Clonidine, Vasotec, Zestril, and Altace. Most of them lower my blood pressure but make me deathly ill. I've struggled with them for eight months.

However, two trips in September to the emergency room at the hospital finally got the doctors off on another tack—treat me with benzodiazepines (mild tranquilizers). My blood pressure is now under control and things are fine.

(over)

Well, after spending all this time on my health problems let's talk about some other things. Ida-Rose is in rather good health. She has the blood pressure of a 20 year old. We have both changed our eating habits and we exercise five days a week. We walk two miles a day at the BYU Smith Field house which has a rubberized indoor track. I manage two miles in 35 minutes. Ida-Rose is a little slower.

Iola Spencer, Ida-Rose's sister died at her Brownwood, Texas residence on September 8, 1992. She was 75. Her husband preceded her in death by about 7 years.

The "Schenectady Reunion," primarily comprising L.D.S church members formerly employed at General Electric who have retired and moved back to Utah, was held at our home this year. About forty persons attended and we all had a great time reminiscing, eating, and singing.

We're all proud to say that we know former Schenectady GE employee Ray Noorda who has so successfully built NOVELL, the world's largest networking company, located right here in Provo. Ida-Rose's turn now

The Family: Sherlene and Dan Bartholomew have moved to Provo where Dan is working on the Church scripture program. Son Daniel returned from his mission in Guatemala and joined his sister at the BYU. So far their search for housing has met with zero success, but we trust this will not last forever.

Tracy Jr: Tracy Huntington returned from his mission in Haiti and joined sister Mary at BYU. Robert is going to UVCC nearby, and Zina Flew to Belgium for her mission. At her mission farewell her brothers and sisters and a few friends formed a wonderful chorus. That's a talented bunch.

David: Has own company. Brother Tracy works with him. It would seem they are even better at diamond synthesis and press design than their father (don't tell Tracy I said that.!) Oldest son Mark is on a mission in Florida, and son #2 Stephen is preparing his papers for a mission. Michael is threatening to be even taller than Stephen. Emily is going to be a beautiful tall blond like her mother.

We'd like to freeze Barbara, but I guess she wouldn't like her progress impeded.

Liz: Liz decided to not teach this year so she could stay home and do some long delayed remodeling on their home. Marty progressed to become a manager of a division at Hewlett and Packard. We wish him the best success in this new position and hope it doesn't wear him out. Gregory, # 1 son left for a mission in Texas and Emily became a freshman at BYU. Erin changed from violin to viola so that she could join a community orchestra for youth. She's getting so pretty. John is still our champion soccer player.

Virginia: She is still her ward Relief Society President, and even with her church work and their seven children she finds time to continue to decorate her home beautifully. She even found time to go up to New Jersey and help Sherlene with her packing. Nathan, Warren, and Jonathan are growing like weeds and threaten to tower over their parents. Sarah Elizabeth and Rose Ellen seem to hold their own with their five brothers. Fortunately, Fletcher and Roland, our youngest grandsons, are younger than their sisters and therefore easier for them to manage. Barry is the family's successful attorney.

Charlotte: Husband Bryan has his own Civil Engineering business, which is growing. They live in Lake Oswego, Oregon, near the beautiful Mormon Temple. We can't believe how those Weight children are growing.

Nancy: In August, while Virginia and family and Sherlene were visiting in Provo, Nancy and her husband Doug surprised and thrilled us all by announcing that they had decided to take their family to the temple to be sealed. We were all together in the temple to see the Mecham family, Nancy and Doug and their children Carli Anne, Chelsey Kaye and Douglas Allen Jr. join hands to be sealed as a family over the altar of the temple. *What a happy day!*

*We wish you health and happiness during the Christmas season and in the year to come.*

*Tracy & Ida-Rose Hall*