

## *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. Although we used the very best pipe, valves, and fittings made by the Crane Co. upon building the home, all of the lawn sprinkling valves leak and are difficult to shut off and turn on. Five of these manually operated valves are located 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. Frischknect 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-rooter" 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.

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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.

In August, while Virginia and family and Sherlene were visiting in Provo, Nancy and her husband Doug surprised us all by announcing that they had decided to take their family to the temple.

There were no dry eyes as we witnessed this sacred event wherein Nancy and Doug and their children: Carli Anne, Chelsey Kaye and Douglas Allen Jr. were sealed together as a family for time and all eternity.

Ida-Rose's green house is still flourishing and providing orchids to give to those who are ill or for birthdays, weddings, and other special events.

In the family history and genealogy area, Ida-Rose is still active. Son David has supplied her with an IBM clone computer with "Windows" and the "PAF" genealogy program.

We still do a lot of travelling between our home in Provo and our farm house in Payson where we are growing evergreen trees. Next year our trees will be large enough to sell so we have put up some signs. The signs are green and white with a background of evergreens. They say:

HALL'S TREES.

In early November, Ida-Rose and I transplanted 1,000 two and one half year old, top quality, absolutely beautiful scotch pine trees to replace about 1,000 trees that have died. These trees were grown in Plains, Montana.

About thirty trees were large enough to be sold as Christmas trees but we are saving them for nursery stock. We probably have about 2,500 trees growing in pots and about 2,000 growing in the field at this point in time.

In late November, a number of us former missionaries to Zimbabwe and South Africa had the privilege of being at a "get-together" with our former Mission President, Lowell D. Wood and his wife Lorna. Elder Wood has now been called as one of the newer members of the Quorum of Seventy. About ten years have gone by without many of us having seen each other. It was good to have the opportunity of reminiscing about those times in the mission field.

I still keep an office and small laboratory at the BYU. I am heating strong bases with carbonates in the molten state in an attempt to release the carbon from the carbonate. I would wish for the carbon to come out as diamond but it hasn't. The carbon comes out as a black substance that seems to be completely amorphous.

I practice the piano about once per year. At Ward Conference time, I am usually asked to dress up in wild, old-time clothes and a bowler's hat and play some old-fashioned tunes.

If it were not for this, any ability that I ever had would disappear.

We have a new tax in Provo and whoever thought this one up just had to be a genius. It's called a "Rain Gutter Tax". You pay a monthly tax according to the area of your roof!

Companies not only have to pay according to roof area but also must pay, in addition, a tax according to the area of it's driveways and parking area. The city says they need the money for more storm drains. In this desert with a 12" annual rainfall? I think Not.!

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

*Tracy & Ida-Rose Hall*