



John Larsen <theclaw56@gmail.com>

A letter from Dad: 26 Mar 2012

John Larsen <john@larsen-family.us>

Mon, Mar 26, 2012 at 12:49 AM

Reply-To: john@larsen-family.us

To: Phillip Larsen <phillip.larsen@myldsmail.net>

Cc: Joyce Larsen <joyce@larsen-family.us>

Mabel Greenville wants to be friends with you on Facebook.

Uni itapua · Buenos Aires, Argentina

77 friends · 88 photos · 18 Wall posts

No Mutual Friends. Wonder why she requested.

Hello Dear Phillip,

It's very late Sunday evening, getting close to midnight. It has been a full day with a lot more travel miles on it than I wanted to do. We had the family birthday celebration as you can see from the attached pictures. Bradford came up. Adam came with Heather. Rachel wanted to be with us for the candle race so that meant a trip right after church for me and Julia to go get her. Joyce had her regular PPI with President Coopriider so she didn't get home until after we did. Then she started in on the birthday dinner preparations. She did a great job and the dinner was really yummy. It took her longer than she expected so we ate rather late. That put all the rest of it later too. Then there was the return trip to take Rachel back up to SNHU. We didn't get back from that until 11:30 PM. Needless to say, we're all kind of tired right now and running on empty.

I usually don't have much to put on a birthday wish list or a Christmas wish list.

However, this time I did have some suggestions. Almost everything I received was saxophone related. I got reed holders, drying swabs, reeds, a mouth piece cleaning brush, and my favorite candies. You can see the loot in the attached pictures.

The DVDs with pictures you sent arrived last Monday in the mail. I spent a bunch of hours Sunday organizing them. I did it the same way as for the last bunch you sent.

They are in separate folders by date. It took me a little while to figure out what was going on with the two DVDs. At first I thought you had just made two copies of the same directories, but then I figured out that you had included a bunch of video files on one DVD that weren't on the other. I was able to sort it all out and get everything where it belongs.

Saturday was my birthday. I turned 56 years old. Weird. That means 56 years ago I left the spirit world and was sent to earth for my mortal probation. We went to the temple in the morning and Heather came along. After the session we ate in the temple cafeteria and then came home. I kind of just puttered around doing whatever I felt like during the afternoon. In the evening Joyce, Julia, and I went to the church for the General YW Broadcast. I set up the projector and took it down when it was all over.

Last Wednesday morning I woke up with an extreme case of vertigo. It was really weird. I had gotten out of bed at my normal time of 5:45 and went downstairs so I wouldn't get in Julia's way. After my morning trip to the bathroom I was looking closely at the audio mixer that was taken apart on my work bench. I was leaning my head down and from side to side to get a better look at the power supply circuit board.

While doing this the room started to kind of spin around even though I was sitting on a chair. I sat up and after several seconds the feeling passed. I then remembered that I had been having these vertigo episodes in the middle of the night, but forgot about them when I was fully awake. In the night I would be lying on my back and would then roll over to my left side. The room would start spinning and spinning, but since I was in bed I didn't worry about it. I then went upstairs and told Joyce about what was going on. To see if it was really happening I got on the bed on my back and flipped to my right side. After a few seconds my eyes start spinning like they do when someone has been spinning you on a swivel chair around and around and then stop you suddenly. The episode lasted about 90 seconds. I then flipped onto my back and was okay. Then I flipped to my right side and the room started spinning. Joyce had to take Julia to seminary so I was by myself for awhile. I continued doing various tests and got myself so messed up that I threw up. Fortunately I was able to stumble to the bathroom before it all came out. I did some more tests and had to race to the bathroom again to throw up one more time. That was it. I just stayed in bed until after 8:00 AM when the clinic opened up. I called and made an appointment for 11:00 AM and Joyce drove me there. Vertigo can be a symptom of a stroke and some other serious issues. However, in my case all the testing and analysis that they did proved to the doctor that it was really just vertigo. That is caused when the small calcium crystals that float around in the semicircular canals in the inner ear get all piled up in one spot instead of floating around. That messes up the signals being sent to the brain and causes the sensation of things moving even though you're standing or sitting stationary. The doctor prescribed a couple of medications, one for nausea and one for dizziness. I filled both of them, but I haven't taken any of them yet. I hate taking drugs unless it is the only way. In addition to the drugs the doctor gave me some exercises to do. I've been doing those and it seems to have helped.

I stayed home the rest of the day on Wednesday taking it easy. I used the time to fix the audio mixer that had been damaged the Friday before. I was able to replace the

electrolytic capacitors in the power supply and that did the trick. The mixer now works better than it has in several years.

Wednesday evening there was a concert at the high school. Joyce and I went to that and enjoyed hearing the various choirs and the band. Julia did a great job.

Thursday I went to work as normal and in the evening I took the audio mixer back to the church and installed it. This was probably almost the worst time for something to go wrong with the mixer. The stake play is Easter weekend and they are getting into crunch time with the rehearsals. I'm glad that I was able to fix the mixer quickly.

This coming weekend is General Conference. It doesn't seem possible that six months has gone by, but it has. As we have done for the past many years, we will go to the church for all the sessions. On Saturday we'll go to Ruby Tuesdays and take the 4 missionaries living in Clock Tower with us. Elder Stephens was here six months ago and he is still here! That will make two times that a missionary has been able to go to Ruby Tuesdays with us twice in a row.

Sunday evening I fly to Egypt again. I'll be there most of the week and will fly back on Friday arriving in Boston about 5:40 PM. I'll miss the last session of conference, but I'll get the mp3s and listen to it several times over the next couple of months.

Well... it's coming up on 1:00 AM now. I'd best close this out and head to bed.

I love you!

Dad

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John R Larsen <john@larsen-family.us>

<http://larsen-family.us>

28 attachments

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