



Volume 05 Issue 04

August 2018

## Contents

### Upcoming Events

*Happy Birthday to all the August Darts!*  
It is your special day, live it to the fullest.



**Leo---Confident, Generous, Loyal,  
Optimistic, Ambitious, Encouraging**



**Virgo---Analytical, Observant,  
Helpful, Precise, Reliable**

Events/Activities during August 2018---



\*\*\*\*\*Making preparations for our annual  
Class Luncheon in Layton, UT on Friday,  
September 14, 2018.

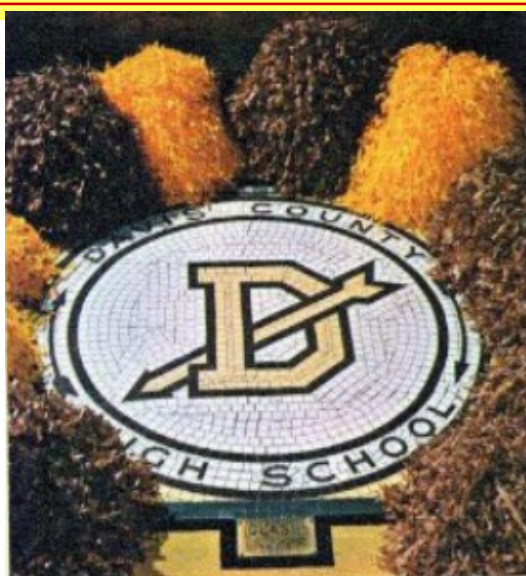
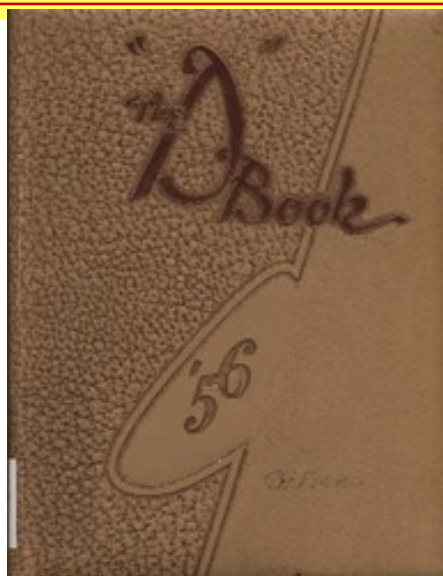
\*\*\*\*\*Sending in "Registration Information"

\*\*\*\*\*Calling all of my classmates to encourage them to go to  
our Class Luncheon so we can discuss life after Dear Old  
Davis High and exchanges hugs.

\*\*\*\*\*Getting lots of exercise and sleep so I'm full of pep and  
vinegar for our Class Luncheon on September 14th. SEE Page 3



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# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

Hope you are enjoying the summer months, your children and grand children, vacations, and life in general. Send me an article with pictures on the exciting events in your life---don't forget that BIG 80 Birthday Party.

It is with regrets and sorrow that I have to announce the death of one of our beloved Classmates in this months article---**Pat Benton**



### **Patrick Carl Benton 12/25/1937 – 7/10/2018**

Our Papa, our Dad, passed away surrounded by people who loved him. Patrick was born to Robert and Katherine Scott Benton in Alabama on December 25, 1937. The oldest of six children, he graduated from Davis High School in 1956, joined the U.S. Army in 1957, and was honorably discharged in 1962.



He married Jo Ann Jensen on May 16, 1956, they were married for 55 years until her passing in 2011. They had two children Patrick Carl Jr. and Katherine Jo.

He loved to be outdoors. Some of his favorite hobbies were hunting, fishing, and gardening. One of his greatest joys was passing on his love of nature to his family. He also enjoyed cooking big meals and delicious pies. Patrick loved telling jokes, he was funny and loved to make people laugh. He was a great story teller, though often exaggerated and sometimes slightly inappropriate, his stories were truly the best. He had a way of making everyone feel special and will be missed by so many.

Patrick is survived by his children Patrick Jr. (Janel) Benton, Katherine Jo (Bryan) Bennett; 14 grandchildren and 16 great grandchildren including a grandson, Paul Carl Bennett and a great grandson, Ridge Patrick Beckstead that will carry on his names. Siblings Joyce (Vern) Hill, Judy (Brent) Cook, Joe (Sheryl) Benton, many nieces and nephews. Preceded in death by his wife Jo Ann, his parents and his brothers, Robert and Mark.

Funeral services were held Saturday, July 14, 2018 at Lindquist's Kaysville Mortuary. Interment, Kaysville City Cemetery.

Special note at end of his obituary---If you have them, wear your jeans, boots and hats. Pat was a cowboy at heart.

As we pass the mid year mark of 2018, our BIG 80th year, and prepare for our Annual Classmate Luncheon on September 14th I want to extend a special thank you to all of my wonderful Classmates. We had lots of fun growing up and going to school together, especially to Dear Old Davis High. Then we went our separate ways for the next chapter in our lives. A lot of us stayed in touch over the years with our reunions and luncheons. It was fun and exciting to see familiar faces and exchange hugs and stories. I do not like posting Classmate obituaries in our newsletter, please take care of yourself and stay healthy. Come to our Class Luncheon and visit with the mother of one of our classmates. Valerie Burke's mother, Audrey Burke Carr has participated in our last two luncheons and we look forward to seeing her again this year (98 years old), she is living proof that there is life after 80 for us. Please put forth extra effort to participate in our class luncheon on September 14th and share some quality time with your wonderful DHS Class Of 1956 Classmates.

## Sylvia's Report (Cont.)

We return to Courtyard Marriott (Layton) on Friday, September 14, 2018 for our “Annual Class of 1956 Buffet Luncheon.” **Now, mark your calendar and register-----**

# 62nd Class Reunion

## Do Not Procrastinate!!!!



# WE WANT YOU!

**Don't hesitate---register today! Please join us!**

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**Annual Class of 1956 Buffet Luncheon**—Waiting another five years before we meet again is not right. We should renew our friendships and enjoy each other more often. I mentioned in my October Newsletter column that we discussed the possibility of meeting annually for a simple buffet luncheon with ample time to visit. NOTE: Most Davis High Classmates older than us have switched to an annual luncheon, they report that they are really enjoying it, and highly recommend it. We took a vote at our 60th reunion and a majority of the Classmates voted that we switch to “Annual Luncheon Format.” It was recommended that we stay in the month of September and hold it locally in Davis County. We held our first annual luncheon in September 2017. Everyone enjoyed the good food, good friends and good conversation.

Here are the details for our second annual luncheon. **Date:** Friday, September 14, 2018

**Dress:** Casual

**Location:** Courtyard Marriott, 1803 Woodland Park Drive, Layton, UT

**What:** Buffet Luncheon

**Cost:** \$30.00 Per Person (Pay at luncheon, cash or check please)

**Time:** Assemble at 12:00PM, Buffet Lunch 1:00—3:00PM, Socialize 3:00—5:00PM

**Lodging:** Those traveling in from out of town are encouraged to stay overnight at Courtyard Marriott, we have set up a special nightly rate for Thursday and Friday. Courtyard Nightly Fee: \$94.00 a room. Call Courtyard directly on 801-217-2300 to make reservation and put a hold on room. Tell reservation clerk that you are with DHS Class of 1956.

## Annual Buffet Luncheon Reservation Details-----

Please provide names of those attending, a contact phone number and any severe food allergies.

### Three ways to make reservation

\* Send e-mail to **[dhsdart1956@gmail.com](mailto:dhsdart1956@gmail.com)**

\* Send text message to **703-371-6938**

\* Call **703-371-6938** (if no answer, please leave recorded message)

Please mark your calendar, make reservations **now**, put copy of this notice on fridge or bulletin board--- **see you in September**—**stay healthy.**

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**Colorado Ed's Desk**  
**dhsdart1956@gmail.com**

**Larry Edwards**  
**703-371-6938**

### Reminder to ALL-----

**Mark** your 2018 calendar for our 62nd Class Reunion (Annual Buffet Luncheon)---**post** a reminder somewhere that you will see it every day. We will **meet** on Friday, September 14, 2018 at the Courtyard Marriott in Layton, UT. Assemble at 12:00 noon, eat lunch/visit 1:00PM - 3:00PM then visit and collect hugs until 5:00PM. Please come prepared to take the Microphone (open MIC time) and share some memories with your Classmates. Full details on our 2018 Class Luncheon and **registration** information is found on Page 3, I am taking registrations---do it now. If you are staying overnight at Courtyard Marriott, please make your reservations now before rooms are all gone.

Please post this special occasion on your calendars now to keep the time open. Another WIN/WIN situation---lots of good food, good friends, good conversations, great HUGS and the opportunity to see my new "Smile"---you don't want to miss our 2018 Class Luncheon.

**Warning**---Judge Sylvia will issue warrants for all Classmates that do not show up on Friday, September 14th. Then Buckskin Jim will form a Posse and start rounding you up for your day of reckoning in front of Judge Sylvia.

We made it----2018 is the big "80" year for us, send me your articles/pictures about what you are going to do/or did to celebrate this big birthday, share this special day with your Classmates.

Keep those articles/pictures coming in during 2018, keep your Classmates updated.

***"Good friends are like quilts, they age with you, yet never lose their warmth"***

We have reached that point in life where we never know when we will lose another Classmate. Take care of yourself, stay healthy and participate in our annual DHS Class of 1956 buffet luncheon. Join your fellow Classmates for lots of BIG hugs, good conversation, good food and lots of wonderful memories. Bring your pictures and scrap books to share with everyone. Some of our Classmates have lived in Utah all their life and others have traveled all over the United States and World, share these wonderful experiences.



**WE WANT YOU!**



**Annual Buffet Luncheon**  
**Layton, Utah**  
**September 14, 2018**

### HELPING HANDS

Please notify us about a fellow alumni or family member who is seriously ill, in a hospital, or care facility. We need your help so we can extend our love for them. Notify Sylvia at **Sylvia.jutila@gmail.com** or Larry at **dhsdart1956@gmail.com**.

In **school** you're taught a lesson and then given a test,  
 In **life** you're given a test that teaches you a lesson.

## Sylvia's Report (Cont.)

### Story of Life

On the first day, God created the dog and said:

'Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.'

The dog said: 'That's a long time to be barking. How about only ten years and I'll give you back the other ten?'

So God agreed.

On the second day, God created the monkey and said:

'Entertain people, do tricks, and make them laugh.. For this, I'll give you a twenty-year life span.'

The monkey said: 'Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did?'

And God agreed.

On the third day, God created the cow and said:

'You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family.. For this, I will give you a life span of sixty years.'

The cow said: 'That's kind of a tough life you want me to live for sixty years... How about twenty and I'll give back the other forty?'

And God agreed again.

On the fourth day, God created humans and said:

'Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years.'

But the human said: 'Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?'

'Okay,' said God,

'You asked for it.'

So that is why for our **first twenty** years we eat, sleep, play and enjoy ourselves ... For the **next forty** years we slave in the sun to support our family ... For the **next ten** years we do monkey tricks to entertain the grandchildren ... And for the **last ten** years we sit on the front porch and bark at everyone.

Life has now been explained to you.

There is no need to thank me for this valuable information. I'm doing it as a public service.

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## Our Drum Corps/Need for Water

# 1949

# WHO REMEMBERS

### Sole Cub Scout Drum Corps In Utah Drills Regularly



The six members of Cub Scout Den 4, Bountiful, have organized the only Cub Scout drum corps in Utah as a part of the national Cub Scout program for March.

The scouts in their colorful uniforms with their drums of various sizes are practicing under drum major Larry Lyncheget, with their progress noted by Mrs. Dale Nebeker, den mother.

In addition to young Lyncheget, the members are Max Bryden, Jerry Burningham, Lee Nebeker, Harvey Price, Jr., and Gordon Tovey.



# PLAYING IN THE CREEK?

### Speaking of "water," how much do you need to drink for a healthy life?????

During the summer - and year round - our bodies crave water. There is no way to live without it. But just how much do we really need every day to stay healthy? It's hard to find an exact amount because it's variable based on your age, where you live, whether it's hot and humid, or cold and dry. Are you male or female, more active or less active. Water

keeps the mind and body healthy, transporting nutrients, removing waste, regulating body temperature and keeping the cells working. Our bodies are 55 - 78 percent water. It is suggested that men have about 3.7 liters daily (15, 8 ounce glasses). Women should have about 2.7 liters daily (11, 8 ounce glasses). But drinking water isn't the only way to stay hydrated. Most people get about 20 percent of their water from food. Listen to your body and brain, don't ignore their signals that you are thirsty. Dehydration can begin within just a few hours of heavy exercise or extreme heat. Often, it happens with little notice, and by the time a person responds to their thirst they already are behind on a healthy water balance. Work with your doctor to make sure you are paying attention to hydration and keeping a healthy balance.

Source: American Heart Association

# Atrial Fibrillation (AFIB) Update

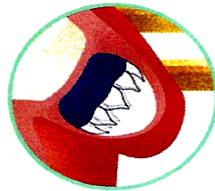
## Special Report

### Atrial fibrillation

Chances are you've felt your heart skip a beat, race or flutter inside your chest at one time or another. Having an occasional heart palpitation is normal. But if you begin noticing that you have a racing or irregular heartbeat on a more regular basis, you may have a heart rhythm problem known as atrial fibrillation.

Left untreated, atrial fibrillation can increase the risk of a stroke. That's because the irregular and rapid beating it causes can allow blood clots to form in the left upper chamber of the heart (left atrium). These clots can then be swept through your bloodstream and lodge in a brain artery. With atrial fibrillation, some people may experience racing or pounding sensations in the chest, or even dizziness or fainting. However, atrial fibrillation often can go unnoticed.

Although atrial fibrillation isn't limited to one age group, you're at greater risk if you're 65 or older. Atrial fibrillation is also more common if you have high blood pressure, heart disease or lung disease. If you think you may have atrial fibrillation, try checking your wrist pulse for 60 seconds to see whether your heart rhythm seems regular. A regular pulse will have a consistent beat, while an irregular one tends to feel erratic and unpredictable. To be sure, talk to your doctor.



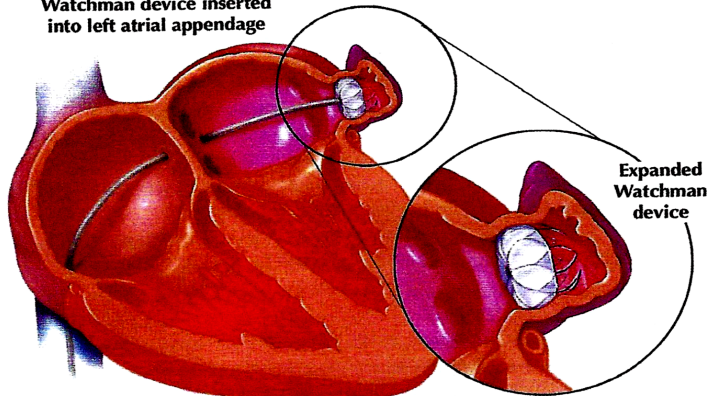
**WATCHMAN**  
permanently closes off  
this part of your heart to  
keep those blood clots  
from escaping.

### Procedure cuts stroke risk with atrial fibrillation

People with the heart condition atrial fibrillation are at dramatically higher risk of strokes. Some of them can't take anticoagulant medications commonly used to reduce stroke risk — such as warfarin (Coumadin, Jantoven), dabigatran (Pradaxa), rivaroxaban (Xarelto) and apixaban (Eliquis) — because of bleeding risks or other factors. A surgically implanted device called a Watchman was approved by the Food and Drug Administration in 2015 to significantly reduce stroke risk while avoiding anticoagulants and the risks that come with them.

In the procedure, a surgeon threads a small mesh device through an incision in the leg and implants it into the heart's left atrial appendage. The left atrial appendage is where the majority of blood clots that lead to stroke form in people with atrial fibrillation. The mesh is connected to a number of small metal prongs, forming a cage-like trap that can expand once implanted. Within 45 days of the procedure, heart tissue grows over the device in most people, effectively closing off the left atrial appendage so that blood clots can no longer form here. In research studies, about 90 percent of people were able to stop taking anticoagulants within 45 days of the procedure.

Watchman device inserted  
into left atrial appendage



Expanded  
Watchman  
device

Source: Mayo Clinic Health Letter

## Alumni/Association Info

I'm constantly asking for our Classmates to send me stories and pictures of their "Life After Dear Old Davis High School" (1957 - Present). One of our Classmates sent in one of the highlights of his life.

"Thinking back a few years, living in Florida, I remember Hurricane Matthew. I was ready for it but my wife was not.

When the wind reached a screaming pitch with the trees snapping and threshing, the horizontal streaming rain, flying roofing iron and destroyed fences as well as the unnerving sound-levels, my wife was rooted to the spot. She stared and stared through the glass of the window. Immovable, with her nose pressed to the windowpane, the stark fear in her eyes will stay with me forever.

Fortunately, as the eye of the storm arrived and the winds temporarily lessened, I was able to open the door and let her in."

### DAVIS HIGH ALUMNI ASSOCIATION MEMBERSHIP REGISTRATION

Name \_\_\_\_\_

Graduating Class \_\_\_\_\_ (Women, please include maiden name)

Spouse's name \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Phone#: \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Interests/Talents \_\_\_\_\_

I am willing to participate on a committee: Yes \_\_\_\_\_ No \_\_\_\_\_

**To register, complete this form and mail to:**

**"Home of the Darts"**

**Davis High Alumni Association**

**325 South Main**

**Kaysville, UT 84037**



*"It's the little things in life that bother us.  
You can sit on a mountain but not a tack"*

## “Class Tidbits”

### \*\*\*\*\*IMPORTANT NOTICE/INFORMATION\*\*\*\*\*

Our Class of 1956 Dart Newsletter is now available on the Davis High School Website. This will allow those classmates without an e-mail address and all other Davis High graduates access to the newsletter. To get to the newsletter follow these instructions: Davis High School Website----- <http://www.davis.k12.ut.us>

On the home page, click on “Organizations”---then click on “Alumni Davis High”---scroll down this page until you see Class of 1956---click on “Class of 1956”---then click on the monthly newsletter you want to see/read. **Please help us get this information out.**

***“You don’t stop laughing because you age.  
You age because you stop laughing”***

## TAPS

## MEMORIAM



DHS 1956 Alumni <b>Pat Benton</b>	Died <b>07/10/18</b>
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Alumni Family Members	Died
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DHS Teacher	Died
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Our heartfelt sympathy to the family of those who have passed to their eternal rest. May all those who grieve be comforted.  
**Note:** As of July 31, 2018 our unofficial departed Dart count is 187.  
We miss them all.

### Fellow Alumni---

It is an honor and privilege to put together this Class of 1956 “Davis Dart” newsletter. It is your newsletter, please provide me feedback and most important provide me alumni news, articles, photos, etc. Update all of your classmates on your life after Dear Old Davis High School. Don’t be bashful, be proud of what you have accomplished and share all these wonderful moments with your classmates.

Please send your text input to both Sylvia and Larry.  
Send your photos and art work directly to Larry.

Sylvia - [sylvia.jutila@gmail.com](mailto:sylvia.jutila@gmail.com)  
Larry - [dhsdart1956@gmail.com](mailto:dhsdart1956@gmail.com)

Thanks,  
Larry Edwards

