



Volume 04 Issue 08

December 2017

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## Upcoming Events

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



**Sagittarius---Honest, Philosophical,  
Optimist, Independent, Generous**



**Capricorn---Ambitious, Responsible,  
Patient, Resourceful, Loyal**

**Events/Activities during December 2017---**

Sunday, 17---Clean Air Day

Thursday, 21---1st Day of Winter

Monday, 25---Christmas Day

Thursday, 28---Pledge Allegiance Day

Sunday, 31---New Years Eve

**MERRY CHRISTMAS & HAPPY NEW YEAR**

**Look On the Bright Side Day (Every Day of Your Life)**

May 2018 be a wonderful year of good health,  
happiness and Everlasting Joy!



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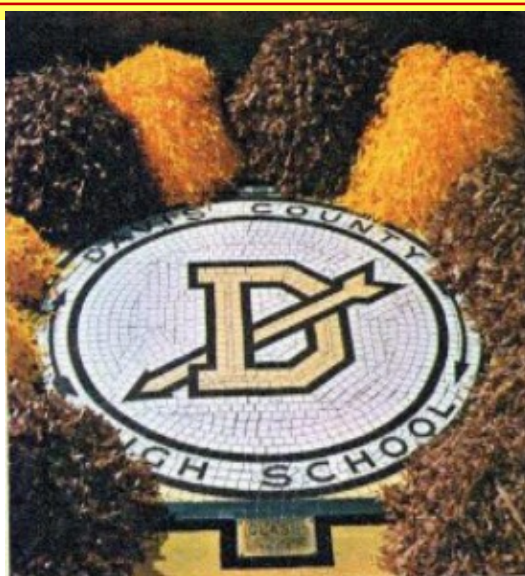
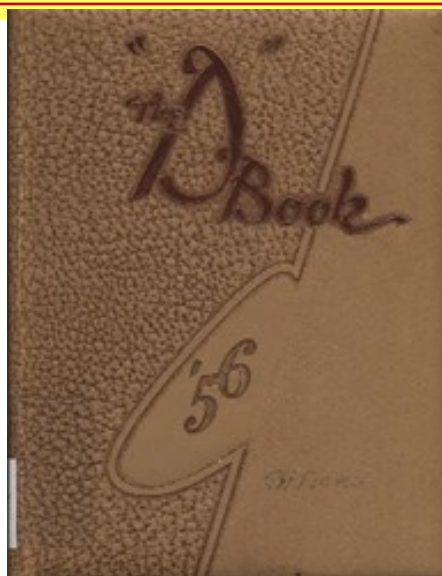
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# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

At our 2017 Annual Classmate Luncheon on September 15, 2017 it was very evident that *Shyrl and Myron Kipp* were not present. Being concerned, I called Shyrl and found out that she was feeling under the weather and had to cancel at the last minute. We were scheduled to honor Shyrl at the luncheon for all of her dedicated years of support to the Class of 1956. Still concerned about Shyrl, I stopped by her home in Farmington the next day and presented her with her dozen red roses and thanked her for all of her support. I was shocked at Shyrl's physical health, she had lost a lot of weight. Just as I feared, it is with deep sorrow that I announce the death of our wonderful Classmate---

## *Shyrl Mary (Spackman) Kipp*



April 9, 1938 ~ December 9, 2017

Shyrl Kipp was born in Murray, Utah. She passed away on December 9, 2017 in Bountiful, Utah. She married Myron Lee Kipp on August 17, 1957. She worked for JC Penney. She enjoyed flowers and gardening. She was a member of the LDS Church.

She is survived by her husband and children, Christy (John) McDonald, Rex Kipp, Debi (Roy) McKendrick, Brian Kipp and Cynthia Kipp Schultz ,

6 grandchildren, 11 great grandchildren.

Funeral services were held at the Rock Chapel, 272 North Main, in Farmington on Friday, December 15, 2017.  
Interment at the Farmington City Cemetery.

In lieu of flowers, please donate to a charity of your choice.



I would like to pass on new contact information for our Classmate **Pat Benton**.

Pat no longer resides in South Weber. You can now contact/visit Pat at ---

Fairfield Village

Room #1203

1205 North Fairfield Road

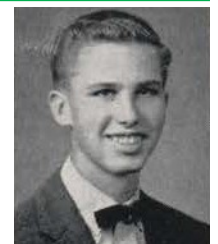
Layton, Utah 84041

801-927-5152



Please stop by and spend some time with Pat---extend our love and best wishes.

I would also like to pass on that our Old Master Painter **Garry Glissmeyer** is having major back surgery on Monday, December 18, 2017. Garry's surgery will take place in the Penrose Main Hospital in Colorado Springs, CO. We wish Garry a very successful surgery and pleasant recovery. I'll contact Garry in a few days for a report on how everything went and how his recovery is going.



## Sylvia's Report (Cont)

I received this photograph of our Classmates, Farmington Elementary 5th Grade Class. Shyrl Kipp was helping me come up with the names of each student in the photo, when we lost her. I need your help with this task, please examine the photo and send names and location in photo to Larry at [dhsdart1956@gmail.com](mailto:dhsdart1956@gmail.com). Also identify what year this picture was taken and name of Teacher. If any of our Classmates have a copy of this photo, please e-mail it to Larry (this copy has a bad scratch mark on it).

We will run photo with names in future newsletter---get those names in.



### Farmington Elementary

LEARNING FIRST ! Learning Today - Leading Tomorrow



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*Merry Christmas*  
*Happy New Year To All*

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

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

I still can't believe that the hands on our clocks and watches do not move faster as we get older. I remember when I was younger that I would get up early, spend 10 - 12 hours working, spend evening with family and friends then go to bed. Now I get up early, spend a few hours working, have dinner with family, then it is time to go to bed already. Everything I didn't accomplish today will just have to wait for tomorrow. I learned the hard way while stationed at Fort Benning, GA that you never use the excuse, "I never had time" for not doing something, It cost me a military letter and a weeks restrictions. The U.S. Army taught me that you prioritize everything then start at the top of the list.

Now that 2017 is on its way out, it is time to start prioritizing 2018---

- \* #1 on your list should be, take care of number 1. Stay healthy, physically and mentally
- \* #2 should be to assist all of your family members and friends in staying healthy
- \* #3 is to live a positive life and enjoy every day to the fullest
- \* #4 is to send in your Classmate articles/pictures for publishing in our Newsletter
- \* #5 is to 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 will be published in the March 2018 Newsletter and we will start taking registrations in April 2018. Please post it on your calendars now to keep the time open for this special occasion.

Another WIN/WIN situation---lots of good food, 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.

Thanks for all of your assistance with our Newsletter during 2017. Keep those articles/pictures coming during 2018. See a Classmate death notice or obituary, send it in.



**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.

# WATER vs COKE

## Water

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger
3. Even MILD dehydration will slow down one's metabolism 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on computer screen or printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

## Coke

1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coke into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coke.
5. To clean corrosion from car battery terminals: Pour a can of Coke over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coke to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

**(Water vs Coke Continued on Page 7)**

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## KEEPING YOUR HEART FROM AGING PREMATURELY

The more your heart ages, the higher your risk for heart attack. You may think that your heart is as old as you are, but it's possible that your heart is aging faster than your chronological age. Half of adult men and 20 percent of adult women in this country have a heart that is five years older than their chronological age, says the Center for Disease Control and Prevention. The more your heart ages, the higher your risk for heart attack, stroke and other related problems. Aging hearts are more likely to have stiffer, calcified arteries, thickened and stiffer muscle tissue, abnormalities in the conduction system and dysfunctional valves.

The genes you inherit from Mom and Dad may play a role, but risk factors for heart disease are what cause a heart to age prematurely. The more risk factors you have--and the more severe they are--the more your heart ages. While some of these cannot be modified, the majority are under your control says cardiologist Michael Rocco, MD. These risk factors include-----

- \* **Chronological age**---Heart disease risk begins to rise after age 55, as your blood vessels begin to stiffen and a lifelong buildup of plaque in the arteries.
- \* **Gender**---Men get heart disease about ten years earlier than women. Women are generally protected by estrogen until after menopause.
- \* **Family history**---Your risk of heart disease is higher if your father or brother was diagnosed with it before age 55, or your mother or sister before age 65.
- \* **Blood pressure**--- Blood pressure beyond 120/80 mm Hg ages your heart.
- \* **Cholesterol**---The higher your cholesterol level, the older your heart.
- \* **Smoking**---Any smoking raises the risk of heart attack. Exposure To secondhand smoke can be dangerous too.
- \* **Weight**---Being overweight or obese taxes your heart.
- \* **Diabetes**---Diabetes or prediabetes puts you at greater risk for heart problems.

Turn back time, you are never too old to reduce your risk factors---and your heart's age. Dr. Rocco recommends the following things you can do to help your heart stay young.

- \* Take care of your chronic diseases or conditions (blood pressure, cholesterol level).
- \* Maintain a normal weight.
- \* Be active, the heart needs exercise to keep it in shape.
- \* Do not smoke. It is absolutely necessary to protect your heart.
- \* Don't drink a lot of alcohol.
- \* Get regular checkups. An ounce of prevention is worth a pound of cure.
- \* Don't ignore unusual symptoms. Listen to your body, if you develop any unusual symptoms contact your physician immediately.

Take care of your body and your body will take care of you. We all drive cars and know what will happen if we do not take care of them. Treat your body the same way, develop a positive maintenance schedule and follow it.

A good theme for 2018---**Love Your Life**

Start out by "Loving Yourself"-----Do everything possible to take care of your body (physical and Mental). Make sure everything you do is a positive ---dump all of those negative things you have been doing. Enjoy your family members and close friends, they care about you. Enjoy every day of your life to the fullest, don't forget our Classmate Luncheon on September 14, 2018---**see you there.**

## Water vs Coke & Hand Washing Done Right

### (Water vs Coke Continued From Page 5)

8. To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

### FOR YOUR INFORMATION:

The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

To carry Coca-Cola syrup! (concentrate) the commercial trucks must use a hazardous Material place cards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

**Now the BIG question, what's in your glass?????**

### Hand-Washing Done Right

One of the best ways to prevent illness is to wash your hands often and well. Washing your hands removes germs that are picked up throughout the day from everything you do and prevents them from being transmitted to your mouth, eyes or nose, or to other people. To get the most protection, follow these tips-----

- \* Wet your hands with clean, running water. It can be warm or cold.
- \* Lather well with liquid, bar or powder soap. Soap is better than just water alone.
- \* Rub your hands vigorously for at least 20 seconds---or hum the happy birthday song through twice, remember to scrub all surfaces.
- \* Rinse well with clean, running water.
- \* Wet hands are more germ-friendly than dry ones. Dry your hands with a clean or disposable towel.

Whenever an alcohol-based sanitizer is available, use it for disinfecting your hands. Talk to your grand children about how important frequent hand washing is necessary. While in school they encounter many other children that are carrying all kinds of germs. To protect their selves and to not bring the germs home to other family members or to Grandma and Grandpa's house, wash those hands many times during the day and first thing when they arrive home. Germs are one thing that you do not want to share.



## Alumni/Association Info



Bugs & Lola look forward to another fun, exciting year (2018) with the DHS Class of 1956, they really enjoyed 2017. They send their best wishes and encourage everyone to stay healthy. One of their main concerns is that we avoid the harmful effects of long-term stress. To remember that stress is something we can actually do something about. There are a number of effective strategies we can use to reduce stress and buffer ourselves against its debilitating effects. Use the following strategies to cope with stress, minimize its effects on daily life and recover from setbacks. \* Walk away---Avoid distressing thoughts, situations and relationships as much as possible. \* Cultivate optimism--Strengthen your ability to turn away negative thoughts and focus on the positive side. \* Take decisive action--Set goals, organize, and focus on problems you can solve. \* Protect your body--Avoid the negative physical consequences of stress by getting plenty of sleep and eating a nutritious, low-calorie diet. \* Work out regularly--10 - 15 minutes of brisk exercise. \* Don't isolate--Turn to family and trusted friends for advice and support when feeling distressed. \* Harness the *relaxation response* (RR)---a state of deep rest characterized by a lower respiratory rate, reductions in blood pressure, and lower oxygen consumption. Hugs and love until we meet again, *Bugs and Lola*

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**Have you joined the Alumni Association? See Membership Registration Form below—fill it out and mail today\*\*\*\*\***

### 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



<b>DHS 1956 Alumni</b>	<b>Died</b>
<b>Shyrl Spackman Kipp</b>	<b>12/09/2017</b>

<b>Alumni Family Members</b>	<b>Died</b>
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<b>DHS Teacher</b>	<b>Died</b>
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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 December 10, 2017 our unofficial departed Dart count is 183.

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

