



Volume 05 Issue 06

October 2018

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### Upcoming Events

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



**Libra---Diplomatic, Graceful, Peaceful,  
Idealistic, Hospitable**



**Scorpio---Loyal, Passionate, Dynamic,  
Resourceful, Hospitable**

Events/Activities during October 2018---

Monday, 1st - International Day of Older Persons

Monday, 8th - Columbus Day

Wednesday, 17th - National Take Your Parents  
to Lunch Day

Wednesday, 31st - Halloween (Trick or Treat)

Fire Prevention Week (7 - 13)

Emotional Wellness Month

Positive Attitude Month---Wake up every morning with a  
positive attitude, keep it throughout the day

"Ounce of Prevention Worth Pound of Cure"



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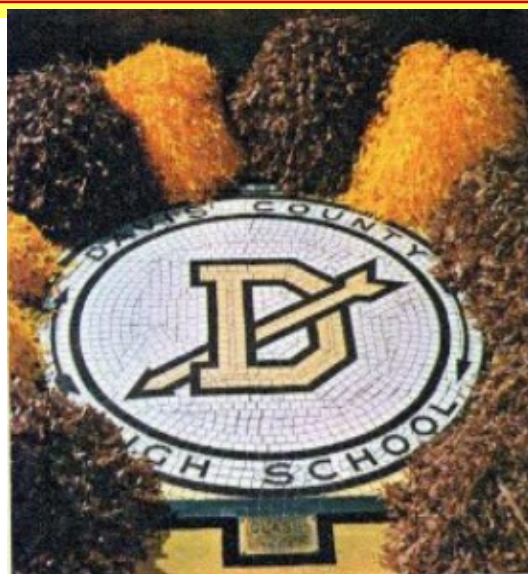
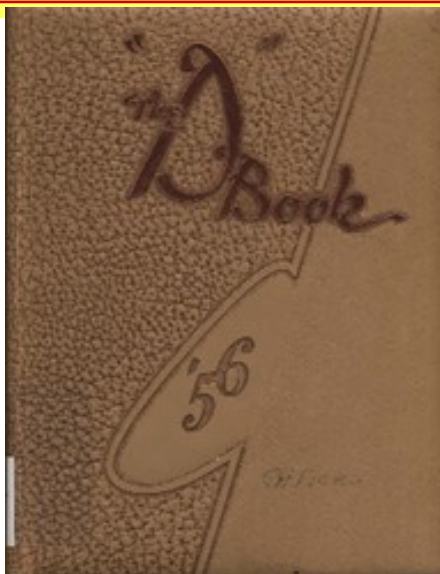
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## Sylvia's Report

## Sylvia Fisher Jutila



### Fellow Classmates,

Summer is over for most of us, a lot of us have also celebrated our BIG **80** Birthday, please send me an article with pictures about the big event/party. Many of us also gathered in Layton for our Annual Buffet Luncheon, thank you to all of you that participated in our Class of 1956 Luncheon on September 14, 2018. It was heart warming to see so many wonderful classmates.

**NOW**---mark your calendar for Friday, September 13, 2019 for our next Class Luncheon, we will put out more information on the luncheon in a few months (mark calendar now). I can't tell you how excited I am, no obituaries this month---YEA! We will use most of this October edition to tell you about the September 14th luncheon and share a lot of photos. Our fellow classmate, Sharon Freeman Cronin has put together an article about the luncheon that I would like to share with you---Thanks Sharon.

The Davis High School class of 1956 celebrated the 62nd anniversary of their graduation by gathering at the Layton Courtyard Marriott on September 14, 2018. Seventy-one classmates and guests participated in the luncheon and enjoyed the visiting, open microphone comments and special presentations. DHS cheerleaders, Robert Miya and Butch Evans, led everyone in the school song with great energy and enthusiasm. Ila and Sylvia shared information about recently deceased classmates and some news from some absent classmates.

Larry set the scene in engineer overalls with a swinging railroad lantern, starting off the day with a train theme (Balled of the Gold and Brown) as we traveled on the Bamberger Railway from the south end of the county to Davis High School. He had name tags printed for participants, a mini office set-up in the corner, and reference materials covering a large table top. Thorough planning and preparation a la Larry!

Larry had a surprise for Ron Winegar. The well-known story about the friendship between Ron and Ken Mano from grade school days to present was recounted and resulted in the presentation of a Class of 1956 Humanitarian Award Lantern to Ron.

More was to follow when Sharon Freeman Cronin took the microphone to call Larry to the front. There had been much chatter about some way to honor all the hard behind-the-scenes reunion work done by Larry over the past few years. Sylvia, Garry Glissmeyer and Sharon plotted for several months on behalf of all their classmates, and e-mails flew fast and furious. Sharon composed a poem about Larry's contributions; read it to him; and presented him with a framed copy. Garry followed up with the gift of a beautiful, original glass sculpture with an engraved base featuring an applicable message and DHS logo. This piece of art is from all of Larry's classmates.

With hope, and a bit of luck, we aim for the second Friday of September, 2019 to reconvene in even greater numbers for our 63rd class reunion. Sharon Freeman Cronin

**Quip of the day: (by Sheldon Child, responding to an observation that he looks the same now as he did in high school): "I didn't think I looked that old in high school!"**

**(Sylvia's Report Continued On Page 3)**



## Sylvia's Report (Cont.)





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

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

### **We made it-----**

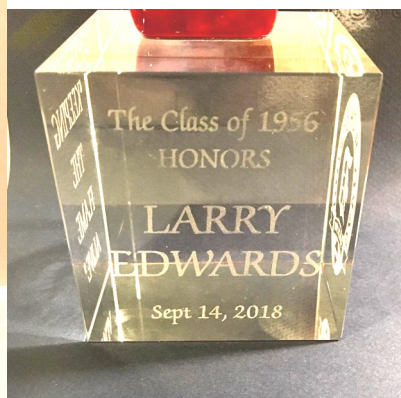
Another fun and rewarding Class Luncheon behind us. My special thanks to all that participated in the September 14, 2018 Class Luncheon. A special plea to all of our Classmates that didn't participate, please mark your calendar for Friday, September 13, 2019 and join us for a wonderful get to gather. I was surprised when I was called up front for a special presentation. My beloved Classmate Sharon Freeman Cronin read a poem she had specially prepared for me then presented me a framed copy. The poem follows---

#### **Flame Keeper**

*To one who toils in the trenches,  
 Who sees a need and steps in,  
 That one who pulls it together  
 And tends to his friends and his kin.*

*The most quiet style of a hero  
 Does the work unrewarded...unsung  
 He reminds us all to remember  
 The ties formed when we were young.*

*We honor the work done on our behalf  
 By a friend we can proudly claim  
 Has kept us close and allied  
 By Keeping Alive That Flame.*



### **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.)





# Optimal Hydration

## Basic Nutrition – Hydration

Optimal hydration is a basic human need. Yet, so many people are chronically dehydrated because they don't know how to hydrate. What should you do to stay hydrated for better health? Optimal hydration is crucial to maintaining every organ and system in your body. Insufficient hydration can have an adverse effect on how your body functions. For example, even a 2% drop in optimal hydration can lead to cloudy thinking and fatigue. Water is an essential component of every cell in your body. For example, the tissue that makes up your lungs is comprised of nearly 90% water. Your blood is more than 80% water. And, your brain is approximately 70% water.

Optimal hydration is necessary for every function in your body. For example, you need to be hydrated in order to eliminate toxins from your body through urination, moving your bowels, and sweating. When you are not properly hydrated, your body reabsorbs toxins. This puts a lot of stress on your liver and can even wreak havoc on your immune system over time. When you are optimally hydrated, it's easier for your body to maintain a normal body temperature and you burn calories at an accelerated rate.

Your body works to maintain optimal hydration by using hormones to control how much you urinate and by giving your brain signals that you are thirsty. Yet, most people live in a state of chronic dehydration. Dehydration happens when you lose more fluid than you take in. Here are five ways you can tell if you are dehydrated:

**Your urine is dark.** When you are hydrated, your urine is clear to straw-colored. It becomes progressively darker the more dehydrated you are.

**You're constipated.** Water is important for digestion and elimination. Dehydration is one of the most common causes of constipation.

**You have a dry mouth.** A dry mouth is one of the first symptoms indicating that you need to hydrate. A sense of thirst may follow.

**You get frequent headaches.** Your brain can actually shrink from dehydration, causing you to get a headache.

**You are tired.** Dehydration can cause muscle fatigue, sleepiness, and general lethargy. When children are dehydrated, they tend to become less active.

Anyone can be at risk for dehydration. But some people are at greater risk than others. For example, your thirst sensation lessens as you grow older, so older people can be at higher risk of dehydration from simply not reading their bodies' signals. If you take medications or perspire a lot due to exercise, working outdoors, or living in a hot, humid climate, you may be at greater risk of dehydration as well. You have probably been told that you need to drink eight glasses of water per day (eight ounces each) and even more if you exercise. This is partially true, but there is a better way to stay optimally hydrated. Eat your water! Believe it or not, eating your water is the best way to get hydration to all of your cells. Water exists in 4 states—solid, liquid, gas, and gel. Research shows that water in plants is far more hydrating than plain water and more apt to get to the right places in the body, including your cerebrospinal fluid (the fluid that bathes your brain), your bloodstream, your gut lining, and your respiratory system.

**(Continued on Page 7)**

## Optimal Hydration (Cont.)

### (Optimal Hydration Continued From Page 6)

Here are four more ways to make sure you stay hydrated-----

**Improve your water.** To ensure you get enough water, add something to your water to make it more hydrating, such as a pinch of Celtic or Himalayan salt, lemons, cucumbers, strawberries, or watermelon.

**Watch your caffeine intake.** Caffeine is one of the most widely consumed psychoactive substances on the planet. And, caffeinated beverages, including coffee, tea, and sodas have a mild diuretic effect, which means they remove water and other nutrients from your body.

**Limit alcohol use.** Alcohol reduces how much anti-diuretic hormone (ADH) your body produces. When you have less ADH available, your body loses more fluid than normal through increased urination.

**Trust your body.** How much water you need varies, depending on many factors, including how much you exercise, whether you drink alcohol or caffeine, how much you travel, and if you take medications. Be sure to trust your body's signals. If you think you need to drink or eat more water, then you do. Be sure to hydrate gradually throughout the day.

**Source: Dr. Christiane Northrup**  
**[www.drnorthrup.com](http://www.drnorthrup.com)**

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### Bamberger Railway

Like so many other interurbans, this line began as a steam railroad in 1891 to connect Salt Lake City and Ogden. It wasn't until 1908 that Ogden was reached. Electrification took place in 1910, and the Salt Lake & Ogden was renamed the Bamberger in honor of its builder, Simon Bamberger. The station on Temple Square was built in 1923.

Passenger service was hourly until the 1950s. Lightweights were added in 1939. But in 1952 the shops burned. Service was cut back, and abandonment came on September 6, 1952. Freight service was always important, and the business continued to grow. During the war, diesels were acquired to supplement the electrics, but after passenger service ended, only diesels were operated.

In 1956, the road was sold to the Murchisons from Texas, and in 1959 it was abandoned. The terminal in Salt Lake City was purchased by the Rio Grande, and the north end of the line was purchased by the Union Pacific, who also acquired the locomotives.

125 was built by Brill in 1932, #22961, as Fonda Johnstown & Gloversville 125. It was sold as Bamberger 125 in 1939 and retired in 1952. The body was sold to Utah Pickle Company.



## Alumni/Association Info

Remind me why there's  
a treat limit again?

Cuz  
I  
don't  
agree



StayCOOL



\*\*\*\*\*

**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



**DHS 1956 Alumni**

**Died**

**Alumni Family Members**

**Died**

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 September 30, 2018 our unofficial departed Dart count is 194.  
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

