



Volume 07 Issue 01

January 2020

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## Upcoming Events

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



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



**Aquarius---Humanitarian, Original,  
Witty, Clever, Inventive**

### Events/Activities during January 2020-----

Happy New Year

Jan 15th, Wednesday---National Bagel Day

Jan 20th, Monday---Martin Luther King Day

Jan 21st, Tuesday---National Hugging Day

Jan 26th, Sunday---Grammy Awards

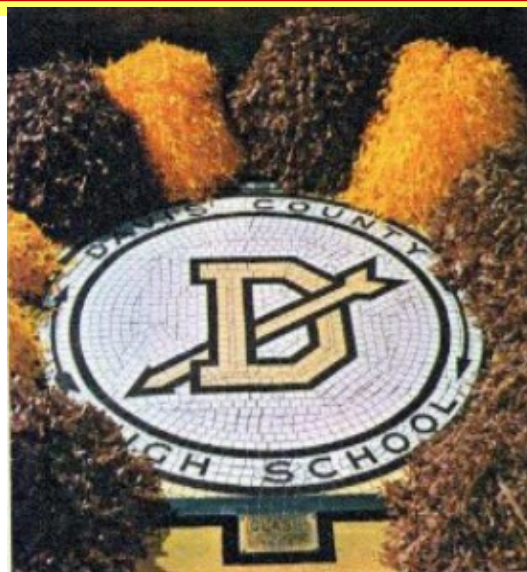
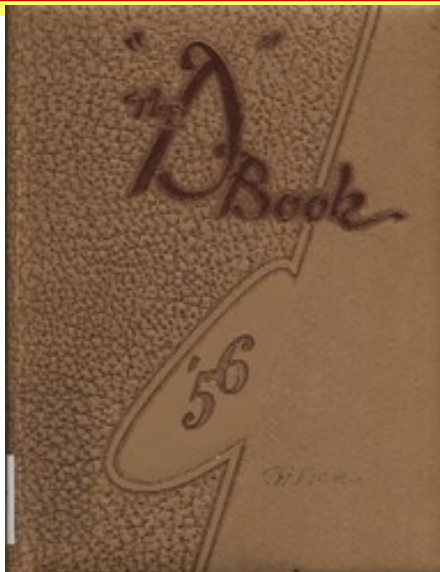
Healthy Weight Week, Jan 19 - 25

Celebration of Life Month

Enjoy January and the New Year to the Fullest



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## Sylvia's Report

## Sylvia Fisher Jutila



### Fellow Classmates,

We have had a wonderful Christmas and I hope all of you did also. Our three daughters and most of their families were here. It has been absolute chaos and perfectly wonderful. The youngest is 1½ and the next youngest is 16, so we didn't have to get up early to see if Santa came. It is Friday, December 27th, the whole group went off to the zoo this morning so I am having a few quiet moments so I can send you an update. I keep saying I need to carry a notebook around to get some of the words George chooses. The speech therapist asked him to name our children and this is what he said: Josephine (Jennie), Diane (Janice), Jill (Jill), Robert (Jim). We didn't get to our 5th child. He asked our grandson if the loaf pan (hot tub) was hot and told our daughter to put her harness (seat belt) on. This morning he made the boat (bed). We get some good laughs and he laughs with us. Most of the time, with a little work, we can figure out what he is saying.

He has made pancakes twice and hasn't lost his touch. He has been doing really great on going through boxes and finding things he can discard. We have a lot of stuff to haul to recycle. With enough time (maybe 10 years) we can get through all of his boxes. This morning I put him to work on his boxes and when I got the kitchen cleaned up I went to find him. He had gone off to the grandsons' room and was sound asleep in the recliner. He is a sneaky guy!

We have been inundated with wonderful gifts of homemade treats. It is a good thing we have a week between Christmas and making New Year's resolutions, so we can hurry and get all the goodies eaten! I got some Christmas letters out, and will get the rest done by summer, I hope!! Best wishes to all of you for a wonderful and productive New Year.

### January 3, 2020, Friday---

Can you believe it's 2020 already? I wanted to tell you of the amazing things that are happening. George started with the hyperbaric treatments on Tuesday, had one more on Thursday and one this morning. He has two more scheduled. When he came out of the first one, he could talk with his normal voice again. That was a miracle. He has spoken with a whisper or very soft voice since his stroke. He is not out of the woods yet, but he clearly understands more and is quite capable of doing everything he needs to. He doesn't do everything I want him to, but Dr. Brinckhaus assured me that a stroke doesn't change that behavior. Rats!!

Yesterday was a day where everything went wrong. I couldn't find one of my prescriptions, who knows where it went? The screw fell out of my sun glasses, I had that repaired. I had lost my newest glasses on Monday and ordered another pair on Monday and found out yesterday that they won't even be ordered until this Monday. George's cardiologist finally called in a prescription for him, 5 days after the visit, so we picked that up. It was medication for blood pressure, I just took his blood pressure and it was low. I took him right over to the office to get it checked and I was right, it was too low (128/74) for him to be taking medication for it. He had his ears washed out, they have to check his ears after a hyperbaric treatment and had a hard time seeing in one ear. They got enough wax out that I could almost make a candle! **(Sylvia's Report Cont On Page 3)**

## Sylvia's Report (Cont.) - George's Stroke

### (Sylvia's Report Cont! From Page 2)

By the time we got out of the office it was dark and I drove two blocks and pulled over. With my old glasses and being dark, I was a danger on the road. I had George drive us home. He was delighted and he did a wonderful job. I will take him into the office Wednesday to see if he can be released to drive. I hope that is the case, we will both be very happy. In my update on page 2 I mentioned the "Hyperbaric Treatments" --- Hyperbaric Oxygen therapy increases the amount of oxygen your blood can carry. An increase in blood oxygen temporarily restores normal levels of blood gases and tissue function to promote healing and fight infection. Strokes cause damage by disrupting the flow of oxygen to the brain, leading to brain cell death. Hyperbaric treatments may be successful in improving physical and mental function after a stroke.

Thanks for all your love and prayers and cards!

Best wishes to all of you for a wonderful and productive New Year.

**ATTENTION all Classmates-----I received the following emergency announcement that I need to pass on, your help is needed to stop this "Attack" - step up and do your part.**

### **SENIORS UNDER ATTACK---**

**It is happening right here in our own Country! We must stop this immediately!**

Have you noticed that stairs are getting steeper and groceries are getting heavier? Everything is farther away, yesterday I walked to the corner and I was dumbfounded to discover how long our street had become!

And, you know, people are less considerate now, especially the young ones. They speak in whispers all the time! If you ask them to speak up they just keep repeating themselves, endlessly mouthing the same silent message until they're red in the face! What do they think I am, a lip reader? I also think they are much younger than I was at the same age. On the other hand, people my own age are so much older than I am. I ran into an old friend the other day and she has aged so much that she didn't even recognize me. I got to thinking about the poor dear while I was combing my hair this morning, and in doing so, I glanced at my own reflection well, REALLY NOW – even mirrors are not made the way they used to be!

Another thing, everyone drives so fast these days! You're risking life and limb if you happen to pull onto the freeway in front of them. All I can say is, their brakes must wear out awfully fast, the way I see them screech and swerve in my rear view mirror.

Clothing manufacturers are less civilized these days. Why else would they suddenly start labeling a size 32 waist pair of pants as 40? Do they think no one notices? The people who make bathroom scales are pulling the same prank. Do they think I actually 'believe' the number I see on that dial? HA! I would never let myself weigh that much! Just who do these people think they're fooling? I'd like to call up someone in authority to report what's going on --- but the telephone company is in on the conspiracy too: they've printed the phone books in such small type that no one could ever find a number in there!

All I can do is pass along this warning-----

### **WE ARE UNDER ATTACK!**

Unless something drastic happens pretty soon, everyone will have to suffer these awful indignities.

**PLEASE do everything you can to help stop this conspiracy.**

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

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

I'm happy to hear our beloved Dr. George Jutila is progressing on his stroke recovery. Sylvia is happy to have him home where she can take care of him and make sure he follows doctors orders (I think she even throws in some of her own). Our thoughts and prayers are with both of them. Please keep us updated on how everything is going.

### **Proposed 2020 DHS Class of 1956 Luncheon -**

How would you like to have lunch at Dear Old Davis High School???? We would meet in the Commons Area and have lunch catered in. The proposed date would be Saturday, September 12, 2020. Now the ball is in your court, please give me your feedback by text message to 703-371-6938 or email to dhsdart1956@gmail.com. Don't be bashful, this is your luncheon, be a part of the planning team. I would like to determine the what, when and where by the end of January 2020, then do the coordination for approval by the end of March 2020. Please mark your 2020 calendar and keep this date open - we want you.

**The few I've heard from liked the proposal. Sure would like to hear from some more of you.**

**Beware -** Now that we are in 2020 I would like to pass on some guidance I received. In the past, I'm sure most of you wrote a date in 2019 like 02/21/19. During 2020 do not use just 20 for the year, always write 2020 for the year - 02/21/2020. Especially on checks, If you use just 20, anyone can put two numbers behind it such as 16, making it read 2016. Your bank could return your check because it has expired resulting in return check fees, service fees and late charges. Make it a habit to use 2020 whenever you write the date on anything.

### **Have a Sense of Purpose In Life---**

Having a high sense of purpose in life may lower your risk of heart disease and stroke. A new analysis defined purpose in life as a sense of meaning and direction, and a feeling that life is worth living. A high sense of purpose is associated with a 23 percent reduction in death from all causes and a 19 percent reduced risk of heart attack, stroke, or the need for coronary artery bypass surgery. Developing and refining your sense of purpose could protect your heart health and potentially save your life. Every individual should ensure that they have a purpose in life for their overall well-being.

Thanks for all of your help and assistance with the Dart Newsletter in 2019, please keep up the good work in 2020. Send articles/pictures/updates to **dhsdart1956@gmail.com**  
 Enjoy life and live every day to the fullest. Good health and happiness, **Colorado Ed**

### **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 - AFIB

### George Jutila's stroke was possibly caused by Atrial Fibrillation --- what is it???

#### Atrial Fibrillation (AFIB)

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, AFIB can increase the risk of a stroke. That's because the irregular and rapid 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, AFIB 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. AFIB is also more common if you have high blood pressure, heart disease or lung disease. If you think you may have AFIB, 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.

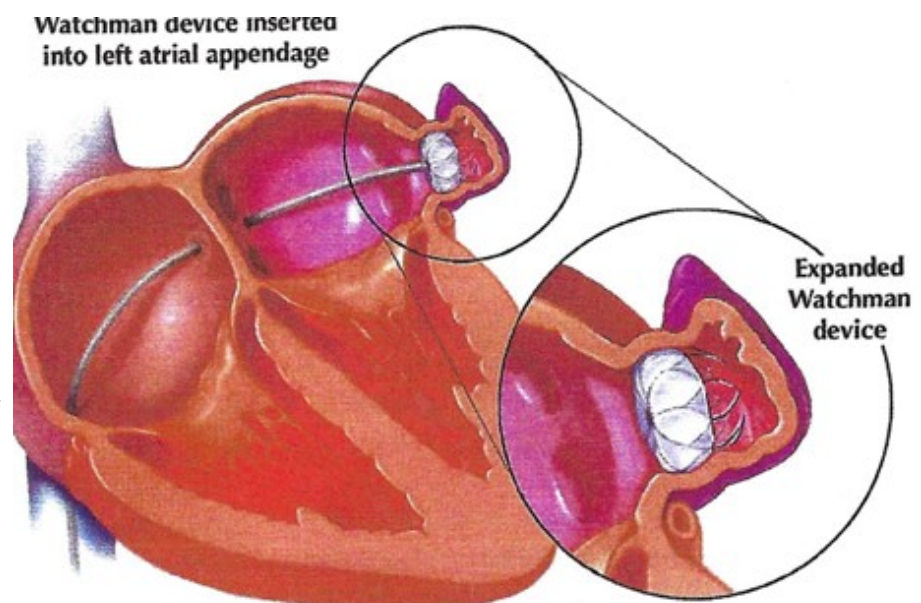
#### Procedure cuts stroke risk with atrial fibrillation-----

Individuals with the heart condition atrial fibrillation (AFIB) 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 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. See Boston Scientific for more information on Watchman device.

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 individuals with AFIB. The mesh is connect-

ed 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 individuals, effectively closing off the left atrial appendage so that blood clots can no longer form there. In research studies, about 90 percent of individuals were able to stop taking anticoagulants within 45 days of the procedure.

**Source:** Mayo Clinic and Boston Scientific



## Generic Drugs?????

### **Generic Drugs: Are You Sure the Ones You Take Are Safe and Effective???**

There's disturbing evidence that some generics are not equivalent to brand-name drugs or may be unsafe. Here's what you should know. Americans have a love affair with generic drugs. At only a fraction of the cost of their brand-name counterparts, generics make medications more affordable for all. Millions of individuals have no problems with the generic drugs they take. But a growing number of disturbing patient experiences and drug recalls have made it clear that some generics are not being manufactured according to the high standards set by the U.S. Food & Drug Administration (FDA). The processes and raw materials that allow generics to be made overseas and sold so cheaply in the U.S. are often substandard, leading to medications that can be contaminated or fail to work like they should.

**What is a Generic Drug?** - In 1984, the U.S. enacted a law that allows generic companies to win FDA approval with limited tests proving their drugs are bioequivalent to the brand-name drug and perform similarly. It may not have exactly the same chemical composition, but it must act the same way in the body and produce the same results. It also must be made in the same format: pill, capsule or liquid. This is why, in theory, generics are considered equivalent to their brand-name counterparts.

**Location Matters** - About 40% of generic drugs are made in India, however, and 80% of the ingredients in all drugs, both generic and brand name, come from India and China. In a recent expose of the generic drug industry by Katherine Eban called *Bottle of Lies*, seemingly insurmountable problems inherent in policing overseas plants that supply these ingredients and manufacture these drugs, coupled with U.S. political pressure to make cheap drugs widely available, has caused the volume of ineffective, sometimes tainted, generic drugs to skyrocket.

**Not as Promised** - Cardiologist Harry Lever, MD, was one of the first Cleveland Clinic physicians to learn he could not assume the drugs his patients were taking would work as expected. In 2008, some of his patients with hypertrophic cardiomyopathy, a disease of the heart muscle that causes it to thicken, suddenly began going downhill after years of being stable. When their pharmacies switched them from the beta-blocker Toprol XL to a generic version of metoprolol succinate, their heart-failure symptoms returned. Dr. Lever researched his patient's pills and noted the switch. He ordered their drugs be obtained from the original manufacturer, and his patients improved. Shortly thereafter, the scenario was repeated with several different drugs. In all cases, when Dr. Lever switched patients back to the brand-name version or to a different generic, they got better.

As patients we all need to be aware of how medications affect us and talk with our doctors if anything seems out of ordinary.

**Source:** Cleveland Clinic Heart and Vascular

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**Social Security Scams** - Changes in Social Security cost-of-living benefits that went into effect January 1st will open the window to a new round of scams, experts warn. "The Social Security impostor scammers will use this as an opportunity to confuse you with messages about your accounts," says AARP. "Remember, the SSA will not call you to demand payment with prepaid gift cards or cash." Under this scam, criminals mislead victims into making cash or gift card payments or wiring money to avoid a phony threat to shut down their Social Security account.

**Source:** AARP Bulletin

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# Start Out New Year With Some Favorites---



## First Kiss



When asked how they managed to stay together for 65 years, the woman replied, "We were born in a time where if something was broke, you fixed it..."

...Not throw it away."

## Gardening with Grandma

Two of the greatest qualities to have in life are:



PATIENCE  
and WISDOM

A teenage granddaughter comes downstairs for her date with this see-through blouse on and no bra. Her grandmother just pitched a fit, telling her not to dare go out like that! The teenager tells her 'Loosen up Grams. These are modern times. You gotta let your rose buds show!' And out she goes. The next day the teenager comes down stairs, and the grandmother is sitting there with no top on. The teenager wants to die. She explains to her grandmother that she has friends coming over and that it is just not appropriate... The grandmother says, 'Loosen up, Sweetie. If you can show off your rose buds, then I can display my hanging baskets.'



Some people are old at 18  
and some are young at 90 ...  
time is a concept that humans created



Why retirees are always so happy



## Alumni/Association Info



Stay active, eat healthy food and get at least seven hours of sleep each night - this equates to better health and more happiness. Join your wonderful Classmates at our Annual Class Luncheon. Read the Class Newsletter for information on our 2020 Cass Luncheon.

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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://dhs.davis.k12.ut.us>

On the home page, click on “**School Information**”---then click on “**About Us**”---then click on “**Alumni**”---first entry on page is “**Class of 1956**”---click on “**Bold**” months---for the 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 December 31, 2019 our unofficial departed Dart count is 202. 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

