



Volume 05 Issue 03

May 2018

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Upcoming Events

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



**Taurus---Dependable, Persistent, Loyal,
Patient, Generous**



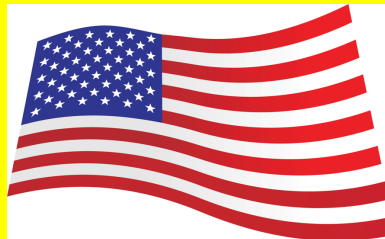
**Gemini---Energetic, Clever, Imaginative,
Witty, Adaptable**

Events/Activities during May 2018---
Tuesday, 1---May Day
Sunday, 13---Armed Forces Day
Sunday, 13---Mother's Day
Tuesday, 22---62nd Anniversary, DHS

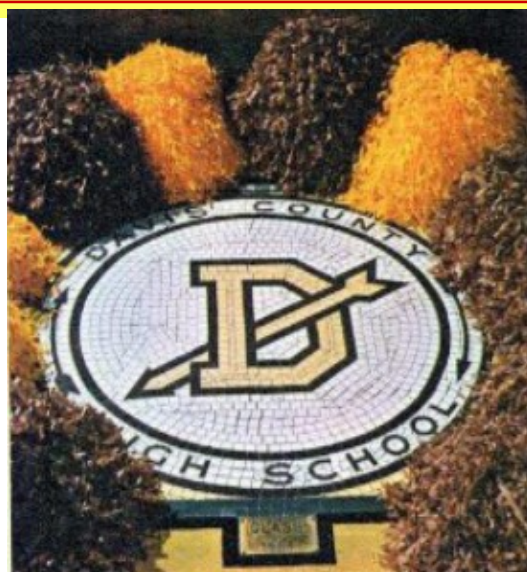
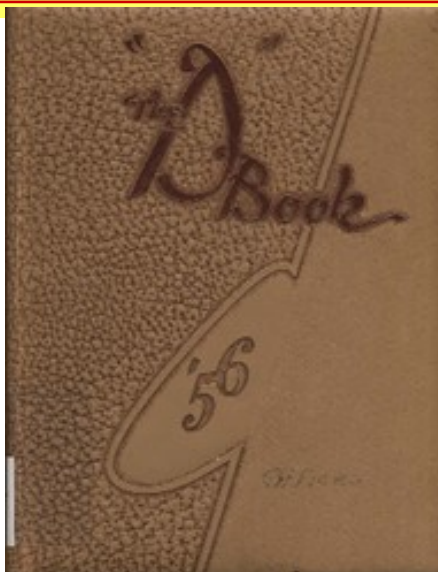
Class of 1956 Graduation---
Monday, 28---Memorial Day



Wednesday, 30---National Senior Health and Fitness Day
Older Americans Month---live it to the fullest
Family Reunion Month (Mother's Day to Father's Day)
Family Wellness Month---motivate family to live healthy



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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

Spring has sprung, May has arrived and flowers are starting to bloom. I'm happy to say, no obituaries in this month's article. **I would like to share some Classmate update information with you---**



Dick Madsen---I received a note from his wife Tiffany, she said in March Dick fell and broke his hip. He had surgery then in Rehab for two and a half weeks. He can only toe touch with his left leg. He is slowly recovering, reading the class newsletters to pass time away. He sends his love to all of his classmates. Thanks Tiffany for letting us know. Tell Dick that is not a very creative way to spend his 80th year!! I hope he recovers quickly and then you travel to Utah in September for our Class Luncheon!! This turning 80 stuff is a challenge!



Sharon Freeman---Latest additions to my family tree are fraternal twins & my ninth & tenth great-grandchildren. These boys are miracles of modern science, thanks to frozen eggs, vasectomy reversal & a wonderful surrogate in Boise, ID.

The boys weighed in at 7 & 7 1/4 pounds at birth, so were impressive specimens from the get-go, boarding a plane at two days old to fly home to California.

I missed last September's reunion because of cancer surgery & the ensuing unpleasantness (you know: "treatment"), but all that is over with & the attached photo shows me trying to look glamorous on my 80th birthday. So I'll See You in September—that's a song, remember?

Sharon Freeman Cronin, Valley Springs, CA



Cardiovascular Exercise for Those Over 60

The older we get the more important it is to incorporate exercise into our daily routine. This is necessary to maintain cardiovascular health and maintain muscle mass. Since we are over 60, you might want to take it easy at first, then do stamina. Warning: It may be too strenuous for some. Always consult your doctor before starting any exercise program!

Scroll Down

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Now Scroll Up

That's enough for the first day.

Great job. Have a glass of wine.

Sylvia's Report (Cont.)

Jantzen

Davis Dart

VOL. XXX

KAYSVILLE, UTAH, MAY 22, 1956

NO. 9

Congratulations Graduates
For Summer Vacations and Swim Wear See—

JANTZEN'S

at *Clay's*

IN BOUNTIFUL

"Love Letters"?

By Jeannine Pope

"Dear John,"

"Have You Heard" the news? "I Believe" it goes like this: "Little Blue Riding Hood" was "Crying In the Chapel" because her mother wouldn't let her have the "Doggie in the Window." But soon "Johnny (Is the Boy for Me), came into the chapel and told her to quit crying and "Pre-tend" she had the doggie and she said, "Will You 'Tell Me a Story'?"

He said yes and so they sat down "Side by Side" to tell a story.

He began, "I am 'The King of Broken Hearts' because the one I love loves me not. I'm 'Trying' to forget her but it does no good I'm still 'Downhearted'."

"Oh," said Blue Riding Hood.

"I have talked to her and no matter how much I tell her I love her with all my 'Heart and Soul' she just keeps saying, 'Auf Viedersehen Sweetheart!'"

So much about the news of the town; Now something about "You, You, You."

How have you been? Just always remember "You Belong to Me!"

The weather is fine. No rain, no clouds, just plenty of sunshine even poor little robin doesn't mind "Walking to Missouri."

Mom and pop are fine; so is sis, although some woman said "Hey Joe" to her boy-friend and now all she says is "Tell Me Why?"

Well it is getting late so I must say "Via Con Dios" my darling, so till "I Waltz Again With You" "Don't Let the Stars Get in Your Eyes" and I'll be "Yours" lovingly

"Ruby"

"P. S. I Love You."

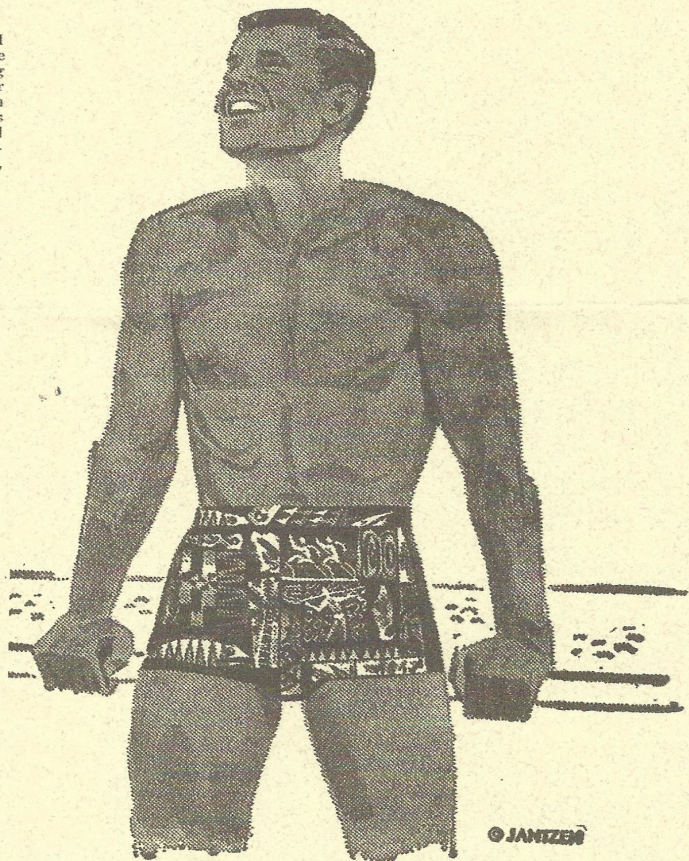
© JANTZEN

"Wolf in Sheep's Clothing" printed cotton sheath has a monopoly on good looks. Boned bra has openings for bra Accents pads. New double-shirred Crinkelpuff* bra and front. Off-on straps. Three Wolf Bait color combinations. 9-15, 10-18, 10.95.

*Patent Pending

**BRAILSFORD-
BIGGS**

Department Store
LAYTON PHONE 488
"S. & H." Green Stamps



© JANTZEN

1M-36 PRINT LIDOS—Jantzen cuts skin-fit swim trunks with a sharp eye for brevity. Perfectly tailored, there's a handy pocket for coins and keys, elasticized at sides, zip front with button tab closing. You have a wide choice of splashy he-man printed suits with faille backs, in six different color combinations, 28-38, \$5.95.

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 5, I am ready to start taking registrations. 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 to celebrate this big birthday, or what you did on this special day. Keep those articles/pictures coming in during 2018, keep your Classmates updated.

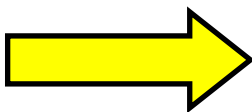
On Page 3, I managed to copy an original "Davis Dart Newspaper" dated May 22, 1956. It brought back some wonderful memories for me. Not only did we graduate, it was also a special date for me---**my Birthday** 😁

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

On Page 7 you will find an article titled, **Four (4) Ways Your Heart Can Get In Trouble (And What To Do)**. Take care of your heart, stay healthy and see you on September 14, 2018.



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.

Our Children

School Shootings

Every time we have another school shooting, the first thing that comes to my mind is the wonderful quote from our popular Utah resident, *Stephen R. Covey*. Most of you remember him as the author of "The Seven Habits of Highly Effective People" - one of my favorite books.

He has one quote that I really love, it is also the answer to a lot of our problems in our World today. Our Media World should put it out everyday for the World to see and to respond to.

CHILDREN

**"If we do not teach our
children, society will.
And they---and we---
will live with the
results"**

-Stephen R. Covey



Another one of my favorites is, "The Praying Hands" with the word LOVE, by our very own Classmate, Garry Glissmeyer. Thanks Garry

Ways Heart Can Get In Trouble

Four (4) Ways Your Heart Can Get In Trouble (And What To Do)

Your heart is a powerful pump. The muscular organ sends oxygen and nutrients coursing through your bloodstream to keep organs, tissues and cells humming. What happens when disease disrupts this process? Repercussions are felt throughout the body. Heart disease can manifest as a problem with plumbing, wiring, structure and/or muscle. You can have more than one of these problems at a time.

Coronary Artery Disease: Clogged Plumbing

The problem: Plaque --- composed of fats (lipids), calcium and other materials --- can collect on the walls of your blood vessels. It may build up in the coronary arteries that nourish your heart. The clogged, narrowed artery can't deliver enough oxygen or nutrients to the heart muscle, painful cramps, called angina, develop. When plaque completely clogs the coronary arteries, or they can't deliver enough oxygen to fuel the heart, a heart attack occurs.

The fix: Medications can help to reduce fats in the blood and lower blood pressure, reducing the risk of heart attack. A balloon-tipped catheter, threaded into the narrowed coronary artery, can open it up and restore blood flow. Often, a tiny metal scaffold (stent) is used to hold the vessel open. Bypass surgery can bridge diseased coronary vessels using artery grafts from the chest, leg or arm, delivering oxygen and nutrients once again to starved heart tissue.

Arrhythmias: Bad Wiring

The problem: Electricity powers your heart. Impulses synchronize each heartbeat to move blood from your heart's filling chambers (atria) to its pumping chambers (ventricles), then out to your lungs and body, and back again. When this electrical pathway is disturbed, impulses can misfire or travel the wrong route. Your heart can beat too fast (tachycardia) or too slow (bradycardia), or quiver (fibrillation).

The fix: For bradycardia, implanting a pacemaker sends electrical impulses to speed up the slow heart. For atrial fibrillation and supraventricular tachycardia, medications help control heart rhythm and prevent risky blood clots.

Valve Disease: Faulty Mechanics

The problem: Valves keep blood moving in one direction through your atria and ventricles. As each chamber fills with blood, a valve opens; as each chamber empties, it closes. Damage from infection, structural changes or congenital defects can narrow a valve or make it leak, causing the heart to pump less blood and to work harder to meet the body's needs.

The fix: Medications may ease symptoms but don't cure the problem. Valve disease doesn't go away. As it progresses, faulty valves must be repaired or replaced. This can be done using minimally invasive keyhole surgery or robotic surgery in properly selected patients.

Heart Failure: A Weak Pump

The problem: Over time, coronary artery disease, other heart diseases, diabetes and high blood pressure can weaken the heart. The heart's ability to move blood through your body can also deteriorate suddenly after heart attack or infection. Symptoms like breathlessness on exertion, swelling, fatigue and mental dulling can compromise your quality of life.

(Heart Troubles Continued on Page 8)

Alumni/Association Info

(Heart Troubles Continued From Page 7)

The fix: Doctors first treat any underlying disease with medications or bypass surgery, valve surgery or catheter treatments to improve blood flow. Medications can boost heart function by dilating blood vessels and lowering blood pressure, and help the kidneys to eliminate excess fluid. Pacemakers help to improve the electrical function of faltering ventricles. Implanted defibrillators prevent ventricular arrhythmia and sudden death.

Whether you have a plumbing, wiring, structural or muscle problem, a heart-healthy diet, exercise, quitting smoking and drinking moderately (if at all) will help you feel your best.

Source: Cleveland Heart and Vascular Team

<https://cle.clinic/2v2ilJH>

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
-----------------------	------

DHS Teacher	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 April 30, 2018 our unofficial departed Dart count is 186.
 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
 Larry - dhsdart1956@gmail.com

Thanks,
 Larry Edwards

