



Volume 06 Issue 02

February 2019

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Upcoming Events

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



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



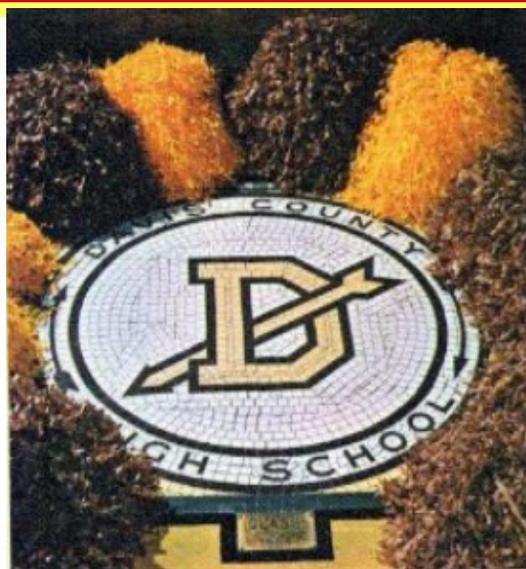
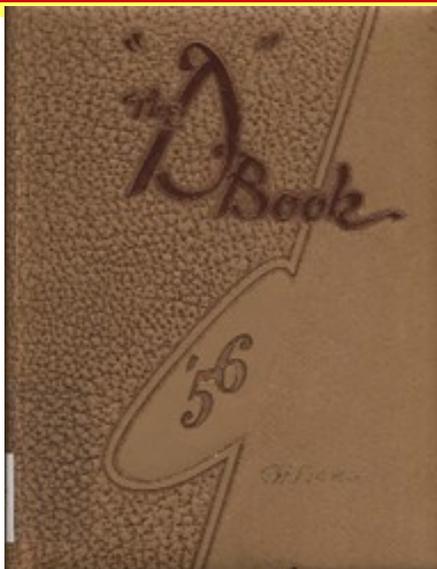
**Pisces---Accepting, Compassionate,
Adaptable, Devoted, Imaginative**

Events/Activities during February 2019---

- 2nd, Saturday - Groundhog Day
- 3rd, Sunday - Super Bowl LIII
- 9th, Saturday - Read In Bathtub Day
- 14th, Thursday - Valentines Day
- 18th, Monday - Presidents Day
- 24th, Sunday - Academy Awards
- Women Heart Week, February 1 - 7
- American Heart Month
- Spunky Old Broads Month
- Love Makes the World Go Round Month



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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

Hallelujah---February, the "Love Makes the World Go Round But, Laughter Keeps Us From Getting Dizzy Month" is here. Share your love with everyone and everything. On February 14th we celebrate "**Valentines Day**" - a special day to express your Love. Don't Forget your Valentine Day Cards, candy, flowers and other special gifts for your special loved ones. Don't limit your Love to just this day, share it every day of the year. Nothing is easier than to love. Love is something when you give it away! The road to a fuller, happier life is open to you. Everyday can be enriched, enhanced, and most of all enjoyed by reaching out and touching the heart of another.

***Let those love now, who never loved before.
Let those who always loved, now love the more.***

Lots of hugs and love I send to all of you.

Because I "Love" all of my Class of 1956 Classmates, it brings deep sorrow when I have to report a Classmate obituary. We have lost another one, it is with regrets and sorrow I have to announce the death of our Class Valedictorian, Classmate -----**Evelyn Ilene Ricks Barnett**



Evelyn Ilene Ricks Barnett

Ilene passed away on January 17, 2019 in Bountiful, UT. Ilene was born in Salt Lake City on November 29, 1937 to Lewis Arthur Ricks and Violet McBride Ricks. She spent her early years in Salt Lake City and Cache Valley before moving to Bountiful in the fourth grade. Ilene attended Bountiful High School and graduated from



Davis High School as valedictorian. She completed some classes at the University of Utah and LDS Business College. She married Jack Arnold Barnett on September 12, 1958 in the Salt Lake Temple. As a couple, Jack and Ilene lived a number of places, including over 35 years in Bountiful, 15 years in Farmington, and eight years in Boise, ID. They are the parents of seven children. Ilene loved her family and was always deeply involved in her children's lives, volunteering at schools and serving in the Parent Teacher Association. Ilene loved to give, especially to her children and grandchildren. She will be fondly remembered for her generosity and the wonderful family events she hosted, including her famous Easter egg hunt. An avid reader, Ilene was a lifelong learner and pursued many interests. She loved painting, art, calligraphy, and the theater. She enjoyed tennis both as an observer and as a competitive player. Ilene was an active member of The Church of Jesus Christ of Latter-day Saints, serving continually and faithfully in many callings, including a church-service mission on Temple Square with Jack .and as a temple worker in the Bountiful Temple. Ilene is survived by her 7 children: Susan (Greg Stephens); Don (Diana); Mike (Shelly); Jim (Julia); Julie (Rodney Clark); Kristine (John Wadsworth); and Jenny, as well as by 23 grandchildren and 6 great-grandchildren. She is preceded in death by her husband Jack Barnett (DHS Class of 1954) on September 13, 2018, her parents Lewis Ricks and Violet Ricks, her grandson Brian Barnett, and her brother Martin Ricks. Funeral services were held January 26, 2019 in Farmington. Interment at the Bountiful City Cemetery.

(Sylvia's Report Continued On Page 3)

Sylvia's Report (Cont.)



Speaking of sweet--we have a new little See's store back in the very spot where my office used to be when I worked for the American Cancer Society (ACS). About 4 years ago, the ACS office was moved to a much less desirable location up the street because the Discovery Shop (ACS resale shop) was doing such a business they needed the whole building. Then ACS moved the office to a downtown location that was even worse and

there was no room for our See's Candy. The Discovery Shop manager got permission for us to build a little store inside her shop, we pay rent as a percentage of our sales. I have sold See's Candy for 51 years now. I was in Eureka 4 days this week with See's stuff. From the profit we help cancer patients with travel expenses and pay for mammograms for uninsured women. We will go to Santa Rosa next week and pick up about \$1500 worth of candy that we can't get from the quantity order catalog.

I was invited to the See's 75th Anniversary Party in Southern California. There were several hundred people at the party in a large theatre. Warren Buffet (who owns See's) and Charlie Munger came on stage in an old See's Delivery wagon and answered questions that had been submitted earlier. One of the questions was, "What do you want people to say at your funeral." They discussed that for a few minutes and then Warren Buffet said, "I want people to look in my casket and say, 'That's the oldest looking corpse I have ever seen.'" They will soon be celebrating their 100th birthday.

Our little See's Community Fund is one of their largest non-profit partners. The last year that we had the business in the old American Cancer Society Office at this prime location, we sold \$210,000 worth of candy! We reopened in November and I think we will easily sell that much this year!

The Secret Ingredient is "Love".

Love encompasses a variety of strong and positive emotional and mental states, ranging from the most sublime virtue or good habit, the deepest interpersonal affection and to the simplest pleasure. An example of this range of meanings is that the love of a mother differs from the love of a spouse, which differs from the love of food. Most commonly, love refers to a feeling of strong attraction and emotional attachment. Love can also be a virtue representing human kindness, compassion, and affection, as "the unselfish loyal and benevolent concern for the good of another". It may also describe compassionate and affectionate actions towards other humans, one's self or animals. ---Wikipedia

The cure for all the ills and wrongs, the cares, the sorrows, and the crimes of humanity, all lie in that one word "love." It is divine vitality that everywhere produces and restores life. To each and every one of us, it gives the power of working miracles if we will. ---L.M. Child

I have enjoyed the happiness of the world; I have lived and loved. ---Schiller

Love looks not with the eyes, but with the mind. ---Shakespeare

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One of my favorite months of the year has arrived - *February* - Why is it a favorite, because of the word "Love." The word Love has played a key part in my life, I found myself writing and talking about Love quite often. My Seminary graduation speech was on Love. It wasn't until my Army assignment at the Presidio of San Francisco that the light come on. My Administrative Sergeant was gifted with the pen, writing and drawing. Every document I worked on, I had to initial or sign, my initials are *LVE*. Every time the Sergeant saw my initials he would make my initials look like this, "*LOVE*" --- my close connection to "Love" was right under my nose and I didn't really see it, but lived it every day. While we were in the San Francisco area, back in the 1970s, we would go to the craft shows at the local parks. Boy did I get excited when we went to a booth where they were selling belts , there was a 2" belt with a big buckle with "Love" on it. I still have it, I'll wear it to our 2019 Class Luncheon. In the meantime, I want all of you to tell all of your family and friends how much you love them every time you see or talk to them ---it is rewarding.

I have something else exciting I want to share with you, it was triggered by my "Love" for my DHS Class of 1956 Classmates and it occurred in February 2014. It is time to sing----

"Happy Birthday to the DHS Class of 1956 Dart Newsletter"

The first edition of the Newsletter was published in February 2014. There has been some growing pains, but we made it. Five wonderful years. It is my plan that with your assistance we will continue for many years to come---please send in your articles and pictures, classmate news and anything else you would like to see in the newsletter (nothing involving politics and/or politicians - please). Thanks for all your support and kind words.

Sweet News for Valentine's Day---Studies on the impact of chocolate consumption on cardiovascular disease have given conflicting reports, so a new study looks to set the record straight. A review of 23 studies on the subject found that eating chocolate can potentially reduce the risk of cardiovascular disease, but there's a catch: That's only true if you eat 100 grams of chocolate or less per week. That means you'll need to eat it sparingly and, of course, keep in mind that the darker the chocolate, the less sugar it has.

Step Away From the Late-Night Snacks---Columbia University study found that people who ate 30% or more of their calories after 6PM had higher levels of fasting blood sugar, higher levels of insulin and higher blood pressure. Eating late is bad for waistline, hard on heart.

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.

Less Germs In 2019

Less Germs In 2019

You and your grocery list are heading to the store, there is a possibility you could be returning home with more than you bargained for. Grocery stores are a breeding ground for bacteria that can hitch a ride in your grocery bags – or on you.

Do you protect yourself?

* Shopping Cart Handles---A study of 85 random shopping carts found that 50% carried *E. coli*, and 72% contained coliform bacteria. Since 80% of germs are transferred by our hands, wipe cart handles down with the sanitizing wipes available at the entrance of most stores.

* Child's Seat in the Shopping Cart---As cute as kiddos are, leaky diapers and funny noses can leave the child's seat covered in germs. Germs can be easily transferred to anything you lay on the seat, wipe it down with sanitizing wipes.

* Produce Aisle---Think of all the people who touch and squeeze produce. Choose produce that's free of cuts or tears, which provide a welcome entrance for germs. Be sure to rinse your fresh produce under running water.

* Meat and Seafood Counters---Don't buy packages of meat, poultry and seafood that aren't completely sealed or have tears in the wrapping. An added precaution, grab some extra plastic bags from the produce section. Use them to double-bag your meat and seafood items before you put them in your shopping cart.

* Self-Checkout and Credit Card Touch Screens---A study showed 50% of self-checkout touch screens had fecal bacteria on them, even more concerning, some had a staph bacteria. After you check out, use some hand sanitizer.

* Reusable Bags---Residue left behind from items like leaky milk cartons, broken eggs and drippy packages of meat can make your reusable bags one of the germiest things you encounter on your shopping trips. And leaving those bags in the trunk of your car on a hot day creates an especially fertile breeding ground for bacteria. After each use, wash your reusable bags in soap and water. Mark your bags for specific types of products to avoid cross contamination. Don't use your bags for anything other than groceries.

Protect yourself by taking a few precautions.

Source: *How Gross Is Your Shopping Cart*---Michael Bartiromo
The 10 Germiest Things In The Grocery Store---Karen B. Gibbs



No Falls During 2019---Please

According to a report released by the Utah Department of Health, each week, about 200 Utahans 65 years of age or older suffer a fall and receive medical help. First, for their injuries at an emergency room, then about a third of those people require hospitalization. Such falls are the "leading cause injury-related death" and hospitalization for Utahans in that age group, according to the department.

About one-third of Utahans 65 and older are expected to have a fall of some kind this year, said Sheryl Gardner, falls prevention specialist for the Utah Department of Health. "Our goal is to help seniors remain healthy and independent. One fall can be the beginning of a downward health spiral that may include limited mobility, dementia from a head injury, and complications from major surgeries like blood clots and seizures." "Even minor falls can impact a person's sense of safety and well-being."

About three Utah seniors die each week from a fall, the department said. Utahans ages 65 and older account for 77.8 percent of fall-related deaths within the state as of 2016, according to the agency. The department's report found that despite this prevalence, fall hospitalizations among seniors were noticeably more common nationally every year from 2008 to 2016. The rate of fall deaths in Utah was also lower in 2016 compared to national data. In 2014, more than \$121 million was paid in medical expenses resulting from falls suffered by a person 65 or older in Utah, with more than \$112 million of those costs paid by Medicare. "More than half of Utahans aged 65 (or older) who were hospitalized due to a fall were discharged to residential care or a rehabilitation facility. (Of those patients), only 24 percent were able to return home," according to the report. The report also shows that from 2014 to 2016 the rate of fatal falls was by far the highest among Utahans 85 and older compared to other seniors — in fact more than three times that of Utahans ages 80 to 84 years old, which had the next highest rate.

Gardner stressed that seniors should understand that falls are preventable. "Older adults want to stay active, independent, and safe in their homes, but many worry about their risk of falling. ... Falling is not a normal part of aging and older adults have the power to prevent a fall."

Utah health officials also stressed several fall prevention methods as part of the new report:

- * Exercise regularly to improve strength, balance and coordination. Free or inexpensive exercise programs and fall prevention classes are offered at some senior centers and local health departments around the state.
- * Talk with a doctor to help assess the risk for falling and report prior falls.
- * Review medications with a medical provider to better learn which drugs or drug combinations may cause dizziness or sleepiness.
- * Get annual vision and hearing checkups.
- * Remove hazards around the home, such as rugs, books, papers and clutter, with particular attention to stairs and walkways. Ensure there is adequate lighting throughout the house. Put in grab bars by showers and toilets.
- * Talk with family members about the risks of falling and enlist their help in staying safe.

Source: Ben Lockhart, KSL.COM

Can I Borrow 5\$?



A woman came home from work late, tired and irritated, to find her 5-year old son waiting for her at the door.

SON: 'Mummy, can I ask you a question?'

MUM: 'Yeah sure, what it is?' replied the woman.

SON: 'Mummy, how much do you make an hour?'

MUM: 'That's none of your business. Why do you ask such a thing?' the woman said angrily.

SON: 'I just want to know. Please tell me, how much do you make an hour?'

MUM: 'If you must know, I make \$20 an hour.'

SON: 'Oh,' the little boy replied, with his head down.

SON: "Mummy, may I please borrow \$5?"

The mother was furious, 'If the only reason you asked that is so you can borrow some money to buy a silly toy.

The little boy quietly went to his room and shut the door.

The woman sat down and started to think. Maybe there was something he really needed to buy with that \$5 and he really didn't ask for money very often. The woman went to the door of the little boy's room and opened the door. 'Are you asleep, son?' She asked.

'No Mummy, I'm awake,' replied the boy.

MUM: 'I've been thinking, maybe I was too hard on you earlier'. 'It's been a long day and I took out my aggravation on you. Here's the \$5 you asked for.'

The little boy sat straight up, smiling. 'Oh, thank you Mummy!' he yelled. Then, reaching under his pillow he pulled out some crumpled up bills.

The woman saw that the boy already had money.

The little boy slowly counted out his money, and then looked up at his mother.

'Why do you want more money if you already have some?' the mother asked.

'Because I didn't have enough, but now I do,' the little boy replied.

'Mummy, I have \$20 now. Can I buy an hour of your time? Please come home early tomorrow. **I would like to have dinner with you.'**

The mother was crushed. She put her arms around her little son, and she begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that \$20 worth of your time with someone you love.



Alumni/Association Info



WE WANT YOU!



**Annual Buffet Luncheon
Layton, Utah
September 13, 2019**



Classmates, go to your 2019 calendar right now and mark this important date, now make a reminder and post it on your refrigerator door. Now start planning and preparing for this important function.

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
Irene Ricks Barnett	01/17/2019
Alumni Family Members	Died
<p>Our heartfelt sympathy to the family of those who have passed to their eternal rest. May all those who grieve be comforted.</p> <p>Note: As of January 31, 2019 our unofficial departed Dart count is 199. We miss them all.</p>	

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.

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Larry - dhsdart1956@gmail.com

Thanks,
 Larry Edwards

