



Volume 06 Issue 03

March 2019

Contents

Upcoming Events

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



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



**Aires---Independent, Generous,
Optimistic, Enthusiastic, Courageous**

Events/Activities during March 2019---

Mar 1st, Friday---Retired, Not Retired Day

Mar 5th, Tuesday---International Pancake
Day, Mar 12th, Free IHOP Pancakes Day

Mar 10th, Sunday---Daylight Savings Time Begins

Mar 17th, Sunday---St. Patrick's Day

Mar 20th, Wednesday---First Day of Spring

Mar 22nd, Friday---As Young As You Feel Day

Mar 30th, Saturday---I am In Control Day

Save Your Vision Month---Get regular checkups

Live and enjoy March to the fullest



Sylvia's Report 2
Vision Month/Week

Sylvia's Report (Cont.) 3
Good Ole Maxine

Editor's Desk 4
Time Flying By
Luncheon Pictures

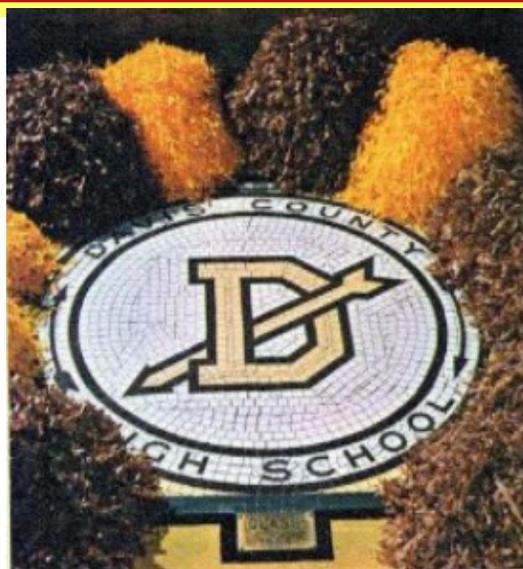
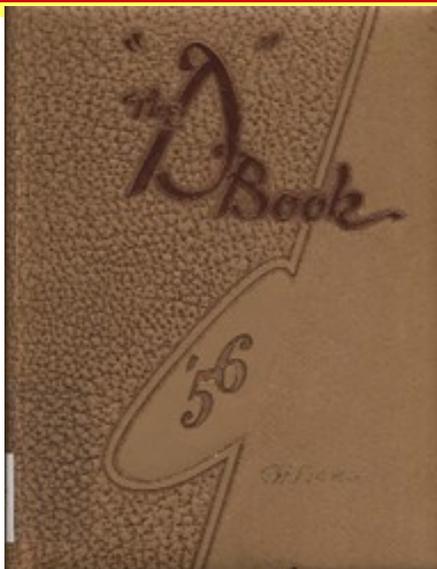
Snow Day - No School 5

Salt Input????? 6

Salt Input (Cont.) 7

Alumni Assoc. Info 8

DHS Website 9
TAPS



Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

Just yesterday, we were celebrating Thanksgiving and Christmas, 2018 is gone and 2019 is flying by, March is here already. In my January Report, I included a personal article ----

I can see again!!!

It has been a very good year for us. My macular degeneration has been stopped. I have vision in my right eye and with cataract surgery, now I can read books, play the piano and love life. George just had cataract surgery in one eye and will have the other one done soon. His doctor said the cataract was very thick and stubborn, I told him that was his Finnish heritage, (just kidding, I love those Finns!).

March is **"Save Your Vision Month"** - **"Save Your Vision Week, March 3 - 9"**

To remind all Americans of the importance of good vision and of the ways we can safeguard our eyesight, on February 23, 1981, President Ronald Reagan signed

Proclamation 4821—Save Your Vision Week

I would like to quote some of the proclamation---

"Of all God's gifts, the ability to see is one of the most precious. It is the sense of sight that saves mankind from living in darkness. It is the sense of sight that permits individuals to communicate with each other and to future generations through literature and art. It enables man to enjoy the magnificence of a sunset and the promise of a rainbow."

"Unfortunately, sight is often taken for granted. Few realize how many of our citizens lose their sight every year. Yet many forms of blindness can be cured if discovered soon enough, and many blinded by accident could have kept their sight had they taken only minor eye safety precautions."

"Each of us has the responsibility to care for that which is ours. Our eyesight and the eyesight of our children should be paramount on the list of personal responsibilities. Money cannot buy it, but a check-up and early care can preserve it."

I urge all of our citizens to join this observance by showing greater concern for preserving vision and preventing eye injury at home, at work, and at play. Also, I call upon educators and communicators, as well as eye care professionals, to stress to the public the importance of eye care and eye safety for Americans of all ages."

What more can I say? Please do everything possible to **save your vision** and share this proclamation information with all of your family members.

"A beautiful eye makes silence eloquent; a kind eye makes contradiction an assent; an enraged eye makes beauty deformed.---This little member gives life to every other part about us."

---Addison

"One of the most wonderful things in nature is a glance of the eye; it transcends speech; it is the bodily symbol of identity."

---Emerson

Sylvia's Report (Cont.)



GOOD OLE MAXINE

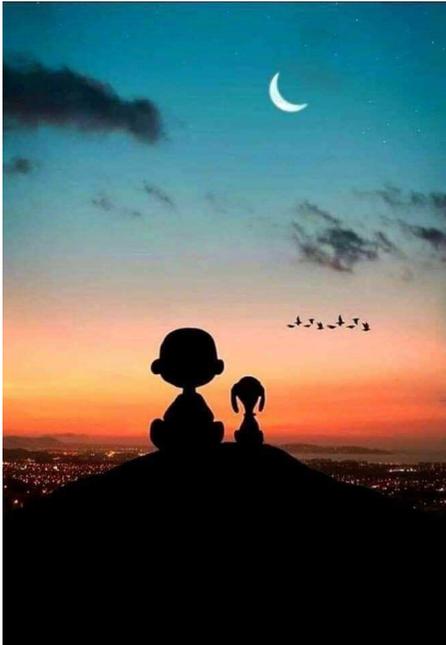
As we progress into 2019, I want to thank you for your educational e-mails over the past year. I am totally screwed up now and have little chance of recovery.

- * I can no longer open a bathroom door without using a paper towel, nor let the waitress put lemon slices in my ice water without worrying about the bacteria on the lemon peel.
- * I can't sit down on a hotel bedspread because I can only imagine what has happened on it since it was last washed.
- * I have trouble shaking hands with someone who has been driving because the number one pastime while driving alone is picking one's nose.
- * Eating a little snack sends me on a guilt trip because I can only imagine how many gallons of trans fats I have consumed over the years.
- * I can't touch woman's handbag for fear she has placed it on the floor of a public toilet.
- * I must send my special thanks for the email about rat poo in the glue on envelopes because I now have to use a wet sponge with every envelope that needs sealing.
- * ALSO, now I have to scrub the top of every can I open for the same reason.
- * I can't have a drink in a bar because I fear I'll wake up in a bathtub full of ice with my kidneys gone.
- * I can't use cancer-causing deodorants even though I smell like a water buffalo.
- * Thanks to you I have learned that my prayers only get answered if I forward an e-mail to seven of my friends and make a wish within five minutes.
- * Because of you, I no longer drink Coca Cola because it can remove toilet stains.
- * I no longer buy fuel without taking someone along to watch the car, so a serial killer doesn't crawl in my back seat when I'm filling up.
- * I no longer use Cling Wrap in the microwave because it causes seven different types of cancer.
- * And thanks for letting me know I can't boil a cup of water in the microwave anymore because it will blow up in my face, disfiguring me for life.
- * I no longer go to the cinema because I could be pricked with a needle infected with AIDS when I sit down. Don't forget about the bed bugs!
- * I no longer go to shopping centers because someone will drug me with a perfume sample and rob me.
- * And I no longer answer the phone because someone will ask me to dial a number for which I will get a huge phone bill with calls to Jamaica, Uganda, etc.
- * I can't ever pick up a dime coin dropped in the car park because it was probably placed there by a sex molester waiting to grab me as I bend over.
- * Oh, and by the way...a German scientist from Argentina, after a lengthy study, has discovered that people with insufficient brain activity read their e-mails with their hand on the mouse. Don't bother taking it off now, it's too late.
- * P. S. I now keep my toothbrush in the living room, because I was told by e-mail that water splashes over 6 feet out of the toilet.

NOW YOU HAVE YOURSELF A VERY GOOD DAY.

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 dhsdart1956@gmail.com

Larry Edwards
 703-371-6938



I think climate change has affected my clock, it is moving too fast, where did January and February 2019 go???. I still have things on my January and February to do list that I haven't completed yet. Oh well, have to work smarter during March and catch up. I think I'm a lot like my two buddies in the picture, I spend too much time enjoying our beautiful Rocky Mountain sunrises and sunsets.

"Make use of time if thou lovest eternity; yesterday cannot be recalled; tomorrow cannot be assured; only today is thine, which if thou procrastinate, thou lovest; and which lost is lost forever. One today is worth two tomorrows." ---Quarles

"We always have time enough, if we will but use it aright."---Goethe
 Please make time for #1-you, take care of yourself and stay healthy. Use your time wisely and live life to the fullest. I look forward to visiting Utah this summer and catching up with all.



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.

Snow Day - No School

Snow Days - I read in the news that Utah took their first snow day in seventeen years and some residents couldn't believe it. In the nine years that I attended schools in Davis County I remember one snow day. The problem was high winds and drifting snow, couldn't open the roads to travel.

The Federal Government is closed for a snow storm.....

OOPS!

I mean the majority of the Federal Government is closed for a snow storm.....

Except for our Military Heroes that serve as Guards at the Tomb of the Unknown Soldier.

They fulfill their duties 24/7/365 regardless of the conditions.

“Unbound courage and compassion joined proclaim him good and great, and make the hero and the man complete.” –Addison



I had the opportunity to live in the Washington, DC area for twenty eight years. The first place I took every out of town visitor was The Tomb of the Unknown Soldier and the changing of the guard. An experience they would enjoy and never forget.

Salt Input?????

When you were a child you were probably told that going in the ocean would help heal your cuts and scrapes faster. Or, perhaps your mother had you gargle with warm salt water to soothe a sore throat. Today, many holistic dentists continue to recommend salt water rinses to heal inflamed gum tissues and mouth sores. Yet, there is a huge debate as to whether salt is good for the rest of your body. For example, many people are told that they need to watch their sodium intake or they risk having high blood pressure. In fact, sodium has long been the villain when it comes to hypertension and heart disease and stroke. The Food and Drug Administration (FDA) warns Americans to consume less than 2,300 mg of sodium per day, less than your kidneys can filter in five minutes! If you use the My Fitness Pal app, you'll notice that it warns you if you come within 1,000 mg of the limit. Other health organizations recommend even less than 2,300 mg. But, sodium is an essential nutrient that your body depends on. And like any essential nutrient, getting the right amount is important for maintaining good health.

Why You're Confused About Salt

There are a few pieces to the salt puzzle that keep people confused. One part of the confusion when it comes to dietary salt is that many people—doctors included—use the words “salt” and “sodium” interchangeably. However, they are not the same. Sodium is a mineral found in salt. Salt is a naturally-occurring compound comprised of sodium and chloride. Then there is table salt, which is created from natural salt but then is refined through a process of heating it to 1,200 degrees Fahrenheit, which destroys most of its beneficial compounds. To use the words sodium and salt interchangeably is not accurate. But, to confuse table salt with natural salt is where you get into real problems, as with any refined foods.

Another area of confusion is the theory behind why salt is bad for you. The theory stating that sodium (and therefore salt) causes high blood pressure stems from the myth that when you eat salt, you get thirsty and drink more water. Your body holds onto the extra water in order to dilute the saltiness in your blood. This results in increased blood volume, which the theory suggests leads to high blood pressure. Therefore, the theory states, a low-sodium diet reduces blood pressure.

However, this theory has never been scientifically supported. In fact, some studies show that salt actually helps your body conserve water and makes you less thirsty. Additional studies show that the connection between salt and high blood pressure is more complicated or even non-existent. The Framingham Offspring Study—an offshoot of the Framingham Heart Study—found that participants who ate a low sodium diet (under 2,500 milligrams of sodium per day) had higher blood pressure than those who consumed higher quantities. And, more recent studies show that there is really no link between salt intake, high blood pressure, and risk of heart disease.

Why You Need Salt

Despite the fact that you will probably continue to hear messages that sodium is bad for you, your body cannot function without enough sodium, and the best way to get enough sodium is through dietary salt. There are many studies that show the adverse effects of too little salt. Some of these adverse effects include insulin resistance and an increased risk of death from heart failure in patients with heart failure, plus an increased risk of death for both type diabetics. Low-sodium or low-salt diets are also associated with elevated LDL cholesterol and triglycerides and low blood pressure (hyponatremia), which can be particularly concerning for certain populations such as athletes and the elderly.

(Salt Input????? Continued On Page 7)

Salt Input????? (Continued)

(Salt Input????? Continued From Page 6)

Symptoms of sodium deficiency from salt restriction or poor salt absorption include dehydration, muscle cramps, headaches, weakness, irritability, and even cognitive decline. In addition, when you restrict salt, your body eventually will start to increase insulin to help your kidneys retain more sodium. Over time this can lead to chronically high insulin levels, a craving for sugar and refined carbohydrates, and a cycle of weight gain, insulin resistance, and even diabetes. By contrast, adequate salt intake can help you to stay hydrated, prevent muscle cramps, support a healthy nervous system and a healthy metabolism, and even help you sleep better.

How Much Salt Do You Need?

According to the American Heart Association (AHA), the minimum physiological requirement of sodium simply to sustain life is 500 mg per day. However, in *The Salt Fix*, author James DiNicolantonio, Pharm. D., says scientists have found that when people's consumption of sodium is unrestricted, they typically consume between 3,000 to 4,000 milligrams per day. This amount holds true for people across all populations, in all hemispheres and climates, and across a range of cultures and social backgrounds. In other words, all humans gravitate toward the same sodium intake range every day.

That said, whether you need to increase your healthy salt intake depends on many factors, including your diet and lifestyle. For example, if you eat a whole food diet, you may benefit from adding more healthy salt to your diet because unprocessed, all-natural foods are low in sodium. In addition, athletes, people who sweat a lot, people who take diuretics and other medications that cause sodium loss, and people recovering from adrenal fatigue can benefit from added natural salt. However, sodium is present in high amounts in processed foods where it is often used as a preservative or a flavor enhancer—think monosodium glutamate (MSG) and “natural flavorings.” And even foods that don't taste salty can have high amounts of sodium, including breakfast cereals and bread.

The Best Natural Salts and How to Use Them

Adding natural salt to your diet is one of the easiest ways to ensure that you get enough sodium and other essential minerals, especially if you are active. The most common natural salts are sea salt, Himalayan salt, and Celtic salt. Each has a unique flavor and mineral composition.

Track your salt intake. If you want to track your salt intake to determine what level is optimal for you, try using an app such as My Fitness Pal. Track your intake when you enter your foods and then take notes regarding how you feel, your energy level, your sleep quality, and more. After a few weeks, you'll notice what amount of salt you need to feel good.

Listen to your body. As with any new protocol, the best way to proceed is to listen to your body. Start by allowing your salt cravings to dictate how much salt you consume and in what form, then be sure to track how you feel.

---Source: Dr. Christiane Northrup (www.drnorthrup.com)

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
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 February 28, 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.

Sylvia - sylvia.jutila@gmail.com
Larry - dhsdart1956@gmail.com

Thanks,
 Larry Edwards

