



Volume 07 Issue 03

August 2020

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## Upcoming Events

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



**Leo---Confident, Ambitious, Loyal,  
Generous, Encouraging**



**Virgo---Analytical, Observant,  
Helpful, Precise, Reliable**

Events/Activities during August 2020-----

Aug 9th, Sunday---Bagel Day

Aug 15th, Saturday---National Relaxation Day

Aug 21st, Friday---Senior Citizen Day

International Clown Week, Aug 1 - 7

Safe and Sound Week, Aug 10 - 16

National Sweet Corn Week, Aug 30 - Sep 5

Enjoy life to the fullest

DHS Class of 1956 Stay safe & healthy Take care



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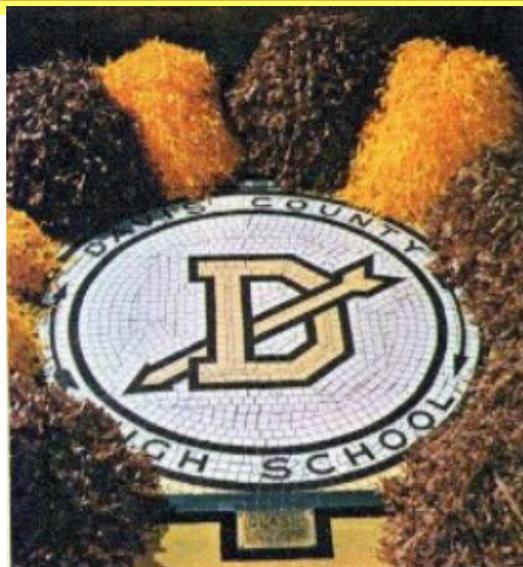
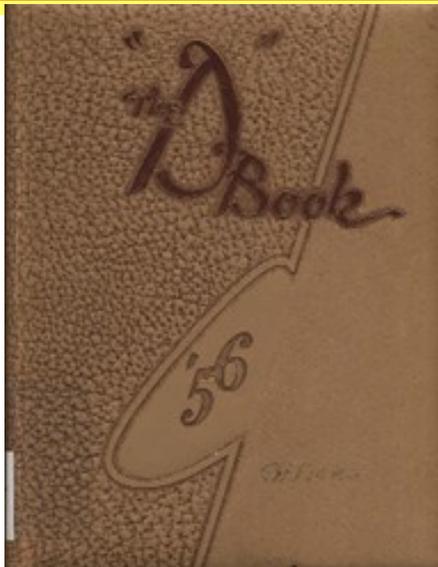
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# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

We have lived through some interesting times, but the current situation in our World presents us with a new challenge that beats anything in our past. Because of the stay at home recommendation, wearing of face masks, groups no larger than 10 and social distancing requirements brought on by COVID-19 we are **unable to conduct our Annual Class Luncheon on September 12, 2020. No way do I want to wear a mask and not be able to hug all of my Classmates.** I know we would all like the World situation to improve as soon as possible, let's think positive and mark our calendars, and keep the weekend of **September 11-12, 2021** clear for our next Class Luncheon at Dear Old Davis High School on **Saturday, September 11, 2021. Please stay active, get a good night's sleep and eat healthy food. Let's all celebrate our Class Luncheon in 2021, it is possible, go for it.**

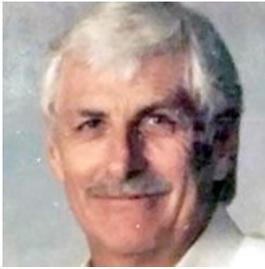
**NOW**, with sorrow I have to announce that we have lost three of our beloved Classmates, **M. Jack Cullimore** (obituary on page 3), **Lewis Thayle Wakefield** (obituary on page 3) and **DiAnne Fry Campbell** (obituary on page 5). Our thoughts and love go out to their family members, bless them with strength/health during these troubled times. Wouldn't it be wonderful if we went a whole year without any Classmate deaths and no obituaries in our newsletter. We can do it, do you remember the saying, "Cooperate and Graduate" - all of you cooperate and we will hold a graduation ceremony at our Class Luncheon on Saturday, September 11, 2021. Thanks for your cooperation in advance, stay safe and healthy.

Quite often, I'm asked the question, "has any of our Classmates or their families had any complications with the COVID-19 virus?" I hope not, but I would sure like to hear from you if COVID-19 has affected you or any members of your family. Send me full details and pictures that I can share with our Classmates. I hope you and your family members are practicing good COVID-19 prevention measures, keep that nasty virus as far away as possible.

I'm happy to report that George is doing good, the only thing that frustrates him is the hard time he is having with his speech. He is doing speech therapy once a week and his teacher says he has made great progress. We are doing okay, have had non-stop company all summer. We were taking food to about six people every night since the middle of March, until all our company started coming, so I quit doing that and I feel bad. I have done some cleaning and organizing but have 2 year's supply of that left! I don't know what to do with all this stuff? I have sent pictures and letters to people that I have collected over the years and they seem happy to get them. It's been a fun walk down memory lane, thanks to all of you for making it possible.

We usually take two months during the summer to participate in our Class Luncheon and visit family members and friends throughout all of the Western States. Because of the virus and no Class Luncheon this year, we have cancelled our trip. Please stay in touch and take care of yourselves, thinking positive, we will see you in September 2021. 

## Jack Cullimore/Lewis Wakefield

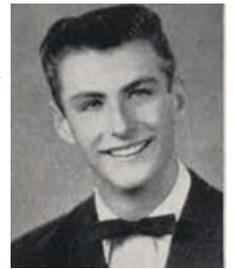


### M. Jack Cullimore

M. Jack Cullimore, 81, passed away on February 6, 2020, at his home in Ilwaco, Washington, after a cruel battle with ALS. He leaves behind his beloved wife Margarita, an extended family and a lifetime of friends who loved him dearly. Jack was born in Salt Lake City, Utah, and spent his childhood in Southern Idaho and Utah. Jack was a

graduate of Davis High School, the University of Utah and Woodberry University. He joined the Army, where he served six years, some of the time in Iran. He went on to a very successful career in graphic design in Southern California, establishing long-term relationships with widely known clients such as Sunkist Growers and Fruit Growers Supply. Jack was fun and funny, a firm friend who never met a stranger. He was always the one people turned to for advice and a supportive shoulder. Jack was also incredibly generous with his time and his abilities. Quietly and asking nothing in return, he undertook charitable projects large and small in the communities where he lived. He was passionate about his work and equally passionate about his favorite pastime ... flying. Jack's family and friends enjoyed many exciting flying adventures in his Grumman Tiger.

A Celebration of Life remembering Jack was held on February 15, 2020 at the First United Methodist Church, Astoria, Oregon.



### Lewis Thayne Wakefield

Lewis Thayne Wakefield, 81, passed away June 23, 2020, from an accidental fall from a ladder while trimming trees in his yard. Thayne was born October 25, 1938 in Ogden, Utah to Lewis Edgar and Ada Wangsgard Wakefield. He was the eldest of six children. He was educated in Davis County: Layton Elementary, North Davis Jr. High, and graduated from Davis High in 1956. Later he received an Associate

Degree from Weber College.

Thayne enjoyed his younger years helping his grandfather and uncle on their farm in Huntsville during the summer. He also liked going with his dad to work as he drove a full size semi. After he finished his schooling, he joined the U.S. Air Force in 1961. He is a Vietnam Veteran. His Air Force service helped him get a job at HAFB as an electronic technician. He enjoyed his job so he stayed with it until he retired. In 1977, he bought a home in North Ogden and has lived there the remainder of his life. Thayne is survived by two sisters: LouAnn and Colleen, and three brothers: Lance, Theron, and Randy. He is also survived by two special nieces and two special nephews and their spouses: Wendy and Dan, Jill and Jim, Sam and Milena, and Andy and Tara. He also enjoyed spending time with the third generation: Kate, Abram, Ollie, Mae, Emilia, Andrea, and Anna.

Because of the COVID-19 Virus, a private graveside service was held July 2, 2020. Interment, Lindquist's Memorial Park at Layton, 1867 North Fairfield Road. Services entrusted to Lindquist's Layton Mortuary.



**(Sylvia's Report Cont On Page 5)**

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

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

As Sylvia mentioned in her report, "we are **unable to conduct our Annual Class Luncheon on September 12, 2020. No way do I want to wear a mask and not be able to hug all of my Classmates.**" I fully agree with her, no way do I want to gather with our wonderful Classmates hiding behind masks and not be able to give everyone of them a BIG hug. I spent several years in Law Enforcement so when I see someone wearing a mask, my mind immediately asks, "are they a burglar or a robber about to commit a crime?" In Washington, DC it was against the law to cover your face with anything, now everyone wears a mask, Law Enforcement Officers have a new challenge---Bless them all. Now is the time to mark your calendars, and keep the weekend of **September 11-12, 2021** clear for our next Class Luncheon at Dear Old Davis High School on **Saturday, September 11, 2021**. The plan is to hold our 2021 Class luncheon at Dear Old Davis High School. We would meet in the Commons Area and have lunch catered in. In the meantime, I would appreciate your comments/recommendations on what type of food we should cater in for our luncheon - thanks.

To complicate things more, we just lost one of our "Classmate Luncheon/Reunion Elves," Diane Fry Campbell. Diane and Glen have played an active role in the planning, coordinating and conducting of our luncheons and reunions. I would like to take a moment to extend my love and heartfelt thank you, thank you, thank you to DiAnne (Fry) and Glen Campbell. I hope to visit Utah sometime this year and thank Glen personally, I'm sending DiAnne a copy of this Class Newsletter for her reading enjoyment.

Since we are not getting together for our Class Luncheon this year, I would love to hear from you. What's going on in your lives, what are you doing for excitement? If you are traveling, tell us about your trips, include some pictures. Are any of you involved with the home schooling of your children and grandchildren? One of my sons and our daughter-in-law live in Brussels, Belgium, someday I hope to share an article and pictures of our visit with them, looks like it won't happen this year, hopefully next year ---stay tuned. Send articles/pictures/updates to **dhsdart1956@gmail.com** or to Sylvia at **sylvia.jutila@gmail.com**.

If you are not well or experiencing some type of illness and have been afraid to go to the hospital for fear of catching the virus, you need to rethink that strategy. All hospital emergency departments are taking special precautions to ensure your safety. My wife and I can vouch for them, have visited four times this year. Only problem we have encountered is the side effects with the medicine they sent us home with.

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.

## DiAnne Fry Campbell

### DiAnne Fry Campbell

Our sweet mom, DiAnne Fry Campbell was born May 7, 1938 in Ogden, Utah and passed away there on Tuesday, August 18, 2020, at Intermountain McKay Dee Hospital at the age of 82, after a short illness. Her earliest years were spent in Layton among great friends, and she proudly considered herself an alumni of both Davis, and after moving, Morgan High School. She was more than happy to sing and cheer either school song upon request. It was in Morgan that she met and married her eternal companion Glen Tucker Campbell on September 28, 1956. They raised their family in Bountiful where their lives were filled with good friends and neighbors. In fact, neither of them ever met anyone casually who didn't become a lasting friend. She served faithfully in many callings in the Church of Jesus Christ of Latter-Day Saints, but especially loved teaching and mentoring the youth. After moving to South Weber 20 years ago, they kept all the old friends, and just made a whole bunch of new ones.



Mom loved traveling and never turned down an opportunity for a road trip just about anywhere. She enjoyed sharing vacations with family and treasured friends, and as the best grandparents in the world, took their "grands" on annual trips with all their cousins, developing loving and lasting relationships between them. She was a constant cheerleader for softball, soccer, theatre, and recitals for three generations of family members. She took up painting after retiring and enjoyed classes both in Davis County and in St. George where they have a second home. Mom and dad served an honorable church mission in Riverside, CA where they made new lifelong friends. As the matriarch of all things "family" she has consistently worked at keeping extended relatives in touch with each other. Both she and dad have taught us the value of hard work and service as they are the first to jump in and help when needed. They have been constantly active in their 80's which has made the past 3 months as mom's illness progressed even more heartbreaking.

Mom leaves behind those who meant the most to her. Her husband of 64 years (Glen), children, Teri (Tom) Cowan, Jeffrey (Karen) Campbell, Craig (Denise) Campbell, and Paige Deem. 11 grandchildren, 9 great grandchildren, her big sister Nadine Spencer and her baby sister, Susan Shifflett, beloved nieces and nephews, along with a large extended family. Awaiting her on the other side are her father, her mother, who passed when mom was only 13, and three big brothers who she has desperately missed, but who can surely count on her continued work on their characters. Many other loving family members will welcome her with open arms as well.

A special thanks to the nurses who cared for our mom and to all those who have supported our sweet dad and our entire family during this very difficult time. We are grateful for your love and support.

A viewing was held on Saturday, August 22 from 10:30-Noon in Farmington, with a private graveside service at the South Morgan Cemetery immediately following.



## Life After Lockdown

Life after lockdown should start with this healthy to-do list. COVID-19 lockdowns could ease across the U.S., but is it safe to go back to the gym? Or the doctor? And when it is safe, what should be on your post-lockdown health checklist? As you prioritize your health to-do list, be aware of coronavirus rates in your area, your personal risk from COVID-19 based on your age and medical conditions, and what experts are advising in your area and for your personal care.

### **Reschedule missed procedures or screenings---**

Work with your health care team to reschedule high-priority procedures or screenings, where available. In a recent report, 16 North American cardiovascular societies issued guidance for health professionals on safely reintroducing diagnostic tests and invasive cardiovascular procedures, with an eye to regions with lower rates of infection. The pandemic has taken a toll on cardiovascular care, said cardiologist Dr. Robert Harrington, chair of the department of medicine at Stanford University. We've seen a large drop-off in patients seeking acute care for suspected heart attacks and strokes. There's been a decrease in more elective procedures such as exercise testing, cardiac catheterization and other procedures. Anecdotally, we also hear of people having worsening symptoms at home, with a reluctance to seek care for issues such as heart failure management.

### **Make a catch-up appointment with your primary care doctor---**

People who have missed routine medical care can schedule a catch-up visit, including by telephone or video. Primary care providers will want updates on their patients' health during the pandemic, including any weight or diet changes, depression symptoms, sleep problems, and COVID-19 or other illness. They will want to know how home monitoring of chronic conditions has been going.

### **Take care of your lungs---**

Given that COVID-19 is a respiratory disease, keeping the lungs healthy should be high on the to-do-list.

### **Make a plan for future medical care---**

Any health care checklist can include discussions with family about future health decisions in the case of serious illness, with the goal of recording those wishes in advance care directives.

### **Set and follow through on health priorities---**

The same principles of a healthy lifestyle hold true in our post-COVID world as they did pre-COVID, Harrington said. Individuals will thrive by committing to a lifestyle where they are thoughtful about what they eat, how much they move and how much they sleep. In particular, physical activity can promote both physical and mental wellness. Harrington additionally advises people to take medicines as prescribed and reduce stress through yoga, meditation or other methods. People ready to venture back to the fitness center should evaluate whether the risk of COVID-19 transmission is low or high in their community. Either way, social distancing and masking when near others and using good hand hygiene remain important.

SOURCE: American Heart Association News

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## National Wellness

August is National Wellness Month, a time to focus on self-care, creating healthy routines and stress management. While maintaining your well-being should be a year-round goal, as we enter the eighth month of a global pandemic, maintaining our mental and physical wellness is more important than ever!

There is no denying that the coronavirus has intensified the day-to-day stress and other health imbalances. However, the fact is by following these top five tips we can reclaim control of our health and wellness.

### \* Eat Healthy, Well-balanced Meals

Turning to high-calorie comfort foods and snacks during a stressful time is fairly common. But, did you know that eating healthy can reduce cancer risk, improve your memory, fortify your bones and teeth and boost your mood? Your aim should be to pick a balance of fruits, vegetables, lean meats and healthy fats at every meal.

### \* Exercise Daily---

Just 30-minutes of exercise per day can improve respiratory health, energy, vitality and also protect you from injury. During the pandemic, it's vital to keep moving. Not only does exercise enhance your mood and reduce stress, it can boost your immunity.

### \* Take a Break---

Everywhere we turn it seems there is a barrage of opinions, politics, protests, riots and COVID news on television and social media. It's no wonder that we feel anxious, dissatisfied and irritated. This floodtide of negative news can have an adverse impact on our moods and heighten depression and stress. It's essential that we take a break from this bombardment and build in time to unwind, refresh and find peace of mind.

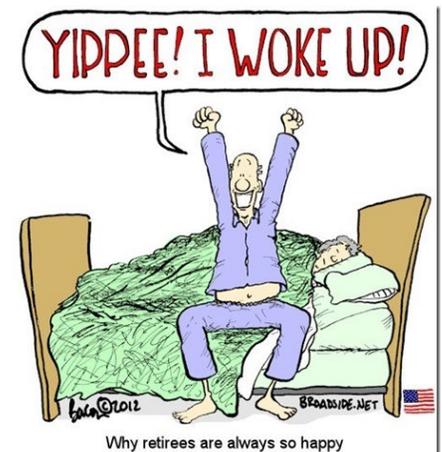
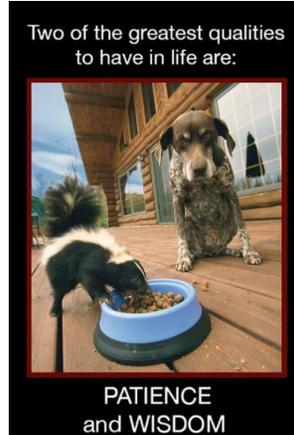
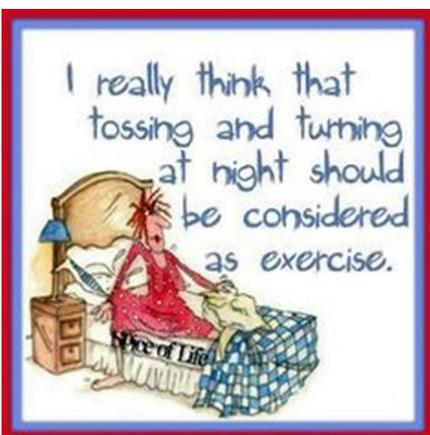
### \* Meditate or Pray---

During times when people are fearful or feel life is out of control (much like today), It's common to turn to a higher power for peace, comfort and guidance. No matter what religion you identify with - or even if you don't identify with any religion, prayer or meditation is known to ease anger, fear and overwhelming feelings of chaos. In fact, studies show that what's good for the mind is good for the body!

### \* Connect With Others---

Can you imagine how isolated some have felt during the pandemic? Especially those that may live alone and are hesitant to venture out of the house due to virus concerns? By staying connected with others, you will find the support to cope with today's difficult and stressful circumstances.

SOURCE: MBK Senior Living



# 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 next Annual Class Luncheon scheduled for Saturday, September 11, 2021 - **mark your calendars.**

\*\*\*\*\*

**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
<b>Jack Cullimore</b>	<b>02/06/2020</b>
<b>Lewis Wakefield</b>	<b>06/23/2020</b>
<b>DiAnne Fry Campbell</b>	<b>08/18/2020</b>

**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 August 20, 2020 our unofficial departed Dart count is 207. 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

