



Volume 07 Issue 04

November 2020

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Upcoming Events

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



**Scorpio---Loyal, Passionate, Dynamic,
Resourceful, Hospitable**



**Sagittarius—Honest, Philosophical,
Optimist, Independent, Generous**

Events/Activities during November 2020-----

Nov 1st, Sunday---Daylight Saving Time Ends

Nov 3rd, Tuesday---Election Day - VOTE

Nov 11th, Wednesday---Armistice/Veterans Day

Nov 14th, Saturday---Loosen Up, Lighten Up Day

Nov 17th, Tuesday---Parents Day

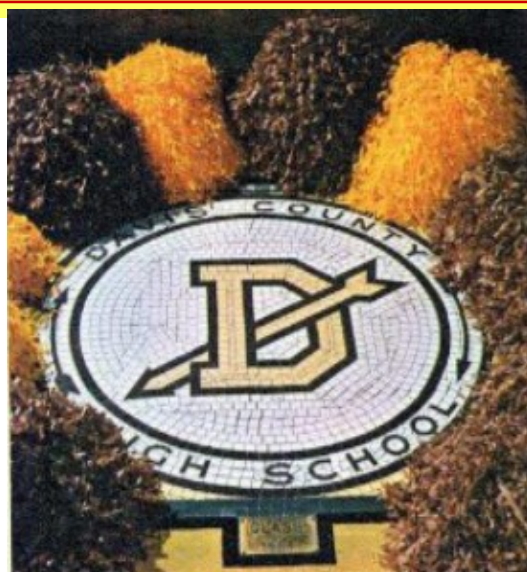
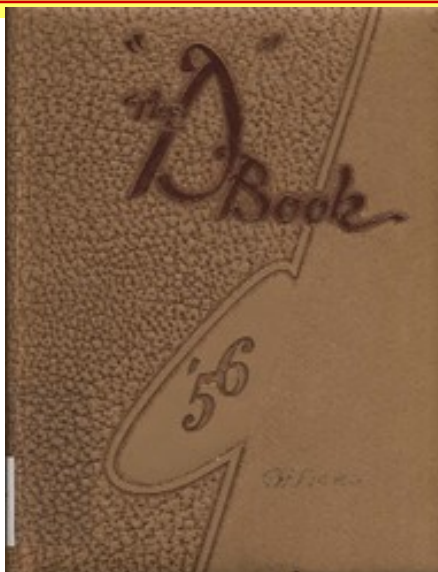
Nov 26th, Thursday---Thanksgiving Day

World Kindness Week, 8 - 14

Nat'l Family Week, 22 - 28



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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

The crazy situation our World is in continues, COVID-19 was starting to go away then it rebounded. This has put a negative spin on the economic side of our World. Then school starts for our children and grandchildren, of course they all wanted to be back in the classroom with all of their friends. Most of those that did go back to the classroom are slowly going to online virtual learning due to classmates testing positive for the virus. Who knows what tomorrow will bring? How blessed we were to enjoy all of our beautiful classmates at dear old Davis High. I hope we have the opportunity in 2021 to enjoy each other at our Annual Class Luncheon, please stay safe and healthy. 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. If all of this wasn't enough, along comes Mother Nature with some negative weather patterns like floods, droughts, fires, high temperatures, hurricanes and early winter in some areas. All of the fires here in California have been scary and destructive.

November brings one of my favorite holidays, "Thanksgiving."



This will be one of the hardest Thanksgiving Days in our lives, not being able to spend the day with lots of our families and friends. Enjoy it to the fullest under these strange conditions.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough" --Oprah Winfrey

"Gratitude opens up your heart and your mind allowing you to reflect on the good that has happened to you which in turn makes you happy and drives contentment in your life"

--Bola Onada Sokunbi

"Before you sleep, ruminate on things that you can give thanks for, and end your day on a positive note in order to sleep happy and wake up happy" --Ryan Help

One thing that I will always be thankful for is all of my beautiful, wonderful DHS Classmates.

We are a unique group, living through some good times and some hard times, always staying together and looking out for each other. The only time I feel sorrow is when one of our Classmates departs for the other side. I've done everything in my power to stop this from happening, but I need your help to stay healthy as possible and celebrate each passing year with us.

Now comes the hard time for me, it is with deep sorrow that I have to announce the passing of two of our Classmates, **Duane W. Nye "Buddy"** and **Lawrence Alvin Smith**.

Buddy Nye's obituary is located on page 3.

Lawrence Smith's celebration of life is located on page 5.

Our thoughts and love go out to their family members, bless them with strength/good health during these troubled times.

Duane W. Nye "Buddy"

(Sylvia's Report Cont. From Page 2)



Duane W. Nye "Buddy"

July 8, 1937 - August 26, 2020

Buddy, 83, was a good, kind man who was loved by all. He was born July 8, 1937, in Tabiona, UT to Ronald and Alta Nye. He was given the nickname Buddy from his not so older brother who just loved his little buddy, his pal. The nickname stuck and he became a good buddy to all who knew him.



Buddy graduated from Davis High School in 1956. Shortly after graduation he joined the Navy and was a very proud Seabee, stationed in Okinawa. When he returned home he married the love of his life, Lynette Fausett, his high school sweetheart. They were married April 26, 1960, which was later solemnized in the Salt Lake Temple. They were the proud parents of two children, Todd and Kelly Jo.

Buddy was very faithful to his church, becoming a High Priest in the Clearfield 3rd ward. His faith in God never wavered and we are blessed in the knowledge that he is now with his Savior. Construction was always in his blood, following in the footsteps of his dad, whom he loved dearly. He was a member of Local 3 for most of his life. In his later years he worked at Hill Air Force Base on the snow removal crew, always running the big machines until his retirement.

He loved being a grandpa and great-grandpa, devoting his life to his family. He loved camping, fishing and family reunions, never missing a single one. He became the family historian and kept all the records in order. Oh how we will miss you our Dear Buddy.

Surviving are his wife, Lynette, son Todd (Tiffany) and daughter Kelly Jo Fournier. His four grandchildren and four great-grandchildren. His brothers, Glade (Fran), Randy (Charlotte) and sisters DeLila Bingham, Diane (Steve) Whipple.

He was preceded in death by His parents, one brother Dick Nye and one sister Patsy Sill.

In his usual unselfish way he has donated his body to the University of Utah. A family memorial service was held at his sister DeLila's residence in Portage, UT.

Reporters interviewing a 104-year old woman: : "And what do you think is the best thing about being a 104?" the reporter asked.... She simply replied, "No peer pressure."

Benefits of growing older---

In a hostage situation you're likely to be released first. Kidnappers are not very interested in you. People call at 9AM and ask, "Did I wake you?" There's nothing left to learn the hard way. Things you buy now won't wear out. You can eat dinner at 4PM. You no longer think of speed limits as a challenge. You have a party and the neighbors don't even realize it. You sing along with the elevator music. Your joints are more accurate than the National Weather Service. Your secrets are safe with your friends because they can't remember them either. You send money to PBS.

---Terry Becci

(Sylvia's Report Cont. On Page 5)

Colorado Ed's Desk
dhsdart1956@gmail.com

Larry Edwards
703-371-6938

Oh what a beautiful morning, Oh what a beautiful day --- Oh how I wish everything was going my way??? I don't know which year has been the worst for me, 2008 or 2020??? Looking forward to better days in 2021 and beyond. Was planning on doing a lot of travel during 2020, furthest I got away from Colorado Springs was Denver. Our son Todd and daughter-in-law Cheryl live in Brussels, Belgium, was hoping to spend some time with them. My Bionic Wife Eleanor started encountering bone against bone pain in her left shoulder. That crazy virus we are having to live with put a hold on all elective surgeries. Then come a break and on September 14, 2020 she received a "Reverse Full Shoulder Replacement" on left shoulder. On Page 6, I go into detail on surgery, with pictures. Now here we are trying to figure out what to do for Thanksgiving and Christmas??? Family scattered in Belgium, Virginia, South Carolina, Wisconsin and Colorado, and travel out of the picture for us. With all of the lockdowns occurring, we probably won't even get to go to "Mimi's" for their Thanksgiving Dinner - don't like take out anymore. Don't even want to think about Christmas for awhile. Hope you all have a fun, exciting **Thanksgiving**, stay safe and healthy.

As Sylvia requested, please mark your calendars and keep the weekend of September 11 - 12, 2021 open for our *proposed* Class Luncheon on September 11, 2021. Let's all think positive, I will stay in touch with the Davis County School District as we progress through 2021. Hopefully by July 2021 we will be able to determine yes or no on a Class Luncheon in September 2021. I love to plan ahead so I would appreciate your comments and/or recommendations on what type of food we should cater in for luncheon - thanks.

What's happening in your World? I'm sure you have some good material/pictures for an article for our Newsletter. Has the COVID Virus affected anyone in your family? I'm sure most of us are retired (whatever that means), so we haven't lost a job and our only source of income. How are you surviving the current situation? How are your children and grand children surviving these hard times? Share your stories with your Classmates. Send articles/pictures/updates to **dhsdart1956@gmail.com**.

I've always put "**Education**" at the top of the list for a successful America. Our children eventually become our leaders of tomorrow. To properly lead, they must be properly educated. Due to the COVID Virus, our education system is currently broken, bless all of the school teachers and the wonderful work they are doing. Volunteer and help them out. 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.

Lawrence A. Smith

(Sylvia's Report Cont. From Page 3)



Lawrence Alvin Smith

Lawrence passed away on June 23, 2020 in Oak Harbor, WA while participating in his favorite hobby, restoring old cars. The actual cause of death is listed as an "Aneurysm." Lawrence was born on August 13, 1937 to Grant Atkins and Mildred Kesler Smith in Salt Lake City, UT. Lawrence was raised in several places until his family



settled in Layton. He attended high school at Davis High, graduating in 1956. He not only got a good education, he also met the love of his life Bonnie Reed (also a 1956 Davis High graduate). Lawrence and Bonnie were married on November 10, 1956.

After completing his advanced education and working several jobs, Lawrence went to work as a civil service employee at Hill Air Force Base in 1966. He worked as a Electronics Engineer. Working for the Federal Government allowed Lawrence and Bonnie to work and live in Texas, Georgia, California, Japan then to Oak Harbor, WA in 1976. During all of this they also raised three sons, Daran, Ryan and David.

Lawrence loved spending time with his children, especially camping in the great outdoors. Then along come grandchildren, Lawrence adored them and loved to spend time with them. He stayed active in the Church of Jesus Christ of Latter-Day Saints, holding the positions of Branch President and Counselor in three separate Bishoprics. His favorite thing was working with young children.

Lawrence lived a very active life. After retiring from full time employment in 1993, he spent more time with his favorite hobby, restoring old cars and building hotrods. He started his own company, "Smitty's Paint."

Over the years, Lawrence remained friends with his Davis High Classmates.

Lawrence leaves behind his wife of 64 years, Bonnie Reed, three sons, Daran (Traci), Ryan (Susan), David (Tina), 7 grandchildren and 8 great grandchildren.



Recent picture of Lawrence, Bonnie and their Grandson Kody on his return from his Mission in Brazil.

Lawrence was buried at the Sunnyside Cemetery, Sunnyside cemetery is one of the most beautiful areas in the Pacific Northwest.

Sunnyside Cemetery, a pioneer burying ground, is located on central Whidbey Island, near Coupeville, WA.

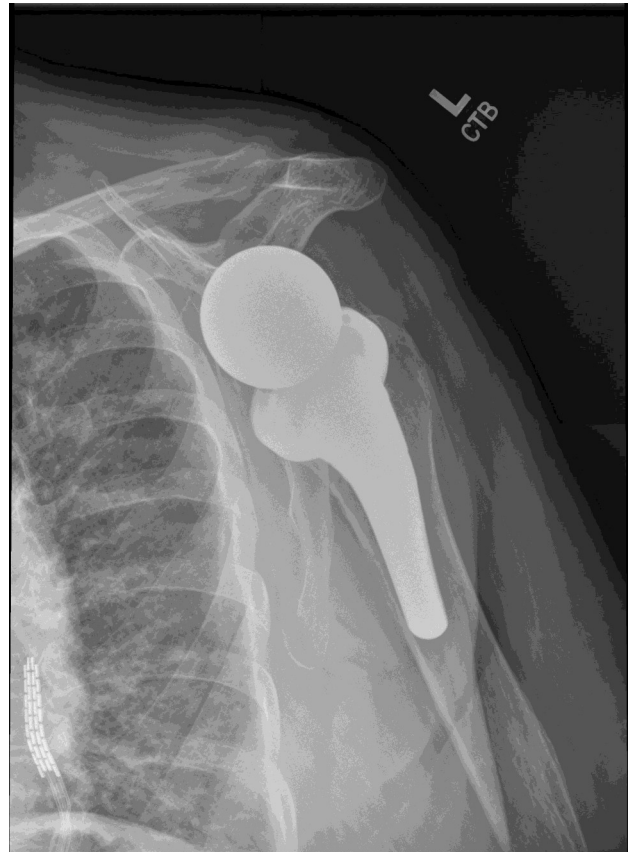
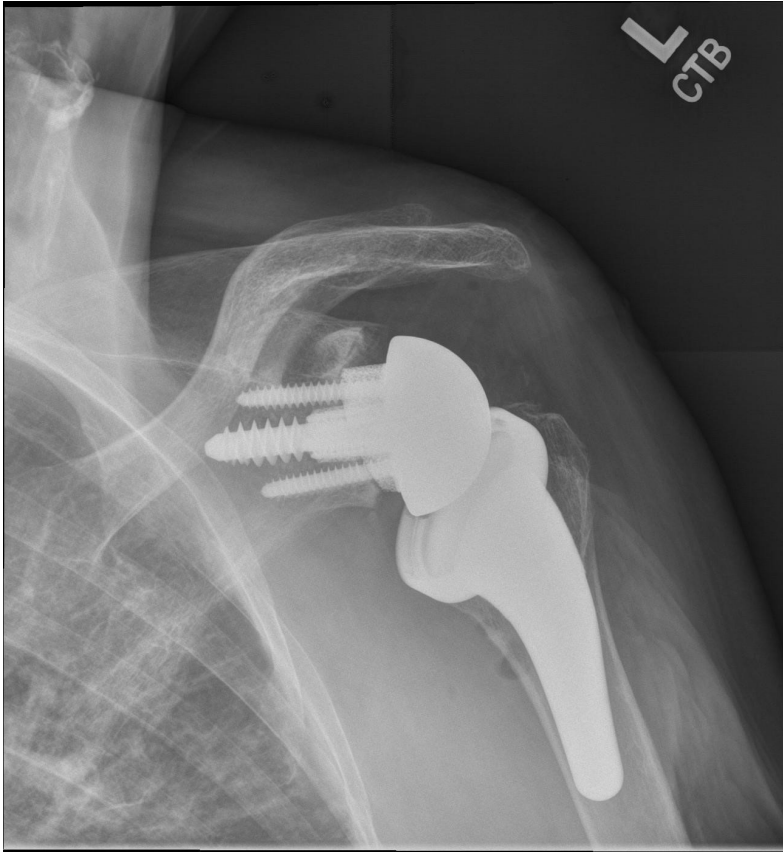
Bonnie sends hugs and love to all of her DHS Classmates.

Happy Thanksgiving

Stay safe and healthy during the Holiday Season

My Bionic Wife

My Bionic Wife, Eleanor Edwards - After 2 knee replacements, 2 back fusions, 1 hip replacement, Installation of a Spinal Stimulation Device, she decided it was time for a reverse full shoulder replacement. The shoulder surgery took place on September 14, 2020, after several delays because of COVID Virus. Here is a view of the final product - ouch.



You will notice that it was a **“Reverse”** Full Shoulder Replacement. In your original shoulder, the “Ball” is in the arm and the “Socket” is in the shoulder. In certain shoulder surgeries they are now putting the “Ball” in the shoulder and the “Socket” in the arm.

Ms Eleanor is one tough lady and has handled the surgery recovery in the past without too many complications. She will tell you quickly that shoulder replacement recovery is by far the worst. Having to wear a shoulder sling for six weeks was horrible. Her six weeks is over and the arm sling is gone. During the six week period she could not pull her pants up and needed help everytime she sat down or got up, this made her one unhappy camper. This meant that I had to be readily available at all times to assist. The 3 - 5 times a night messed up our sleeping patterns. Thank goodness for her Physical Therapy sessions twice a week. I'm happy to announce that I don't have to pull up pants anymore and that she can get up and down on her own - yea. She is slowly using her new shoulder a little more each day and getting a good nights sleep each night.

Our concerns now are how much more damage will **“Arthritis”** inflict on her body. She has one hip and one shoulder left. She has already told her Doctor that she will not go through another shoulder replacement, I fully concur with that decision.

Stay safe and healthy. Happy Thanksgiving. Hugs and love, Larry and Eleanor Edwards

Holiday Season Health Thoughts

Oh, Sugar, Sugar...

The Holiday Season is right around the corner, which means we'll soon be seeing sweets everywhere. While it's tempting to cheat a little here and there, it's also important to remember that too much sugar does more than add a few extra pounds; it also contributes to a higher risk of chronic health issues, including diabetes, hypertension and unhealthy cholesterol levels.

A recent study published in the *European Journal of Preventative Cardiology* shows that when you eat too much sugar, it is stored in the body as fat. That fat tissue near your heart and in your abdomen releases harmful, unhealthy chemicals into your body. Researchers found that people with higher sugar intake had greater fat deposits around their organs and were more likely to be at risk for heart disease and diabetes.

So, as you prepare for the holidays, make sure you have a good sugar-avoidance strategy in place. This can include making sure you have healthier snacks on hand, avoiding bringing tempting sweets home and making sure you're reading labels for sugar content.

Source: *Heartbeat Magazine*

Healthy Gut, Healthy Heart...

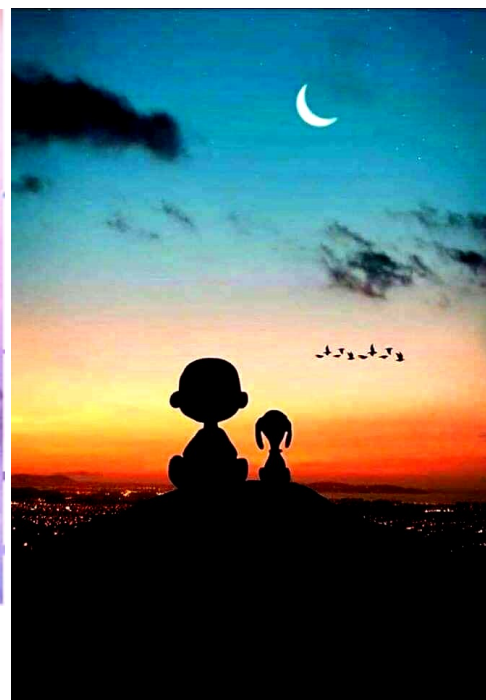
You've probably heard about the importance of improving your gut health, but did you know that one benefit is improved heart health? According to research in the *Journal of Biological Chemistry*, good gut bacteria could have a significant impact on reducing the risk of heart disease.

Eating foods like fruits, vegetables, whole grains and yogurt can help create a healthy microbiome, but you should also adapt other healthy habits like getting enough sleep, exercise and minimizing alcohol consumption.

Source: *Heartbeat Magazine*



Enjoy Life To Fullest



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 Classmates at our proposed 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
Duane W. Nye	08/26/2020
Lawrence A. Smith	06/23/2020

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 October 31, 2020 our unofficial departed Dart count is 208.
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

