



Volume 07 Issue 04

December 2020

Contents

Upcoming Events

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



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



**Capricorn---Ambitious, Responsible,
Patient, Resourceful, Loyal**

Events/Activities during December 2020-----

Dec 7th, Monday---Pearl Harbor Day

Dec 21st, Monday---First Day of Winter

Dec 25th, Friday---Christmas Day

Dec 31st, Thursday---LookOn The Bright Side Day

This helps you start out 2021 with positive attitude

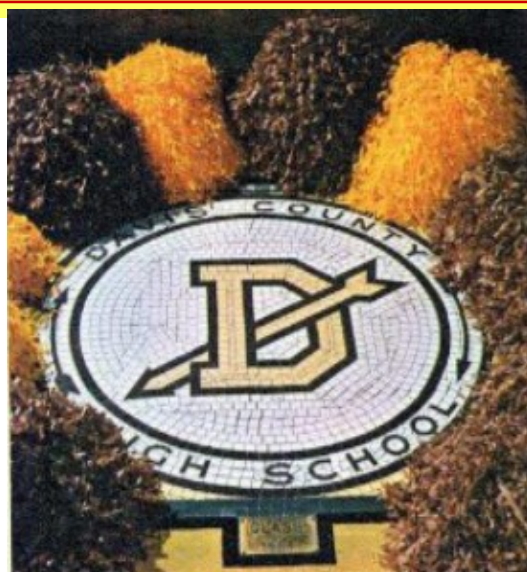
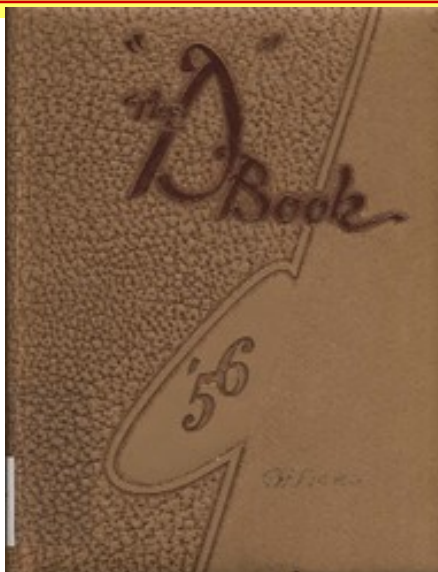
Dec 31st, Thursday---New Years Eve

Enjoy life and the month of December to the fullest

DHS Class of 1956 Stay safe & healthy Take care



Sylvia's Report	2
Carol Deane Jeppson	
Happy New Year	
Sylvia's Report (Cont.)	3
Eileen Hansen Peterson	
Editor's Desk	4
Request for Articles	
New Year Resolutions	
Male Heart vs. Female Heart	5
Sylvia's Report (Cont.)	6
Darrell R. Twede	
Patience and Wisdom	7
Alumni Assoc. Info	8
DHS Website	9
TAPS	



Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

I hope all of you had a fun, safe, MERRY, MERRY Christmas. Because of the current COVID-19 situation we were not able to have any of our family members home for Christmas. Thank goodness for electronics, on Christmas day we had a wonderful ZOOM meeting with everyone. I am grateful that George is making slow but steady progress from his stroke. He does all the driving but I am a great back seat driver. My responsibility as the "Ward Busybody" along with all of my "other" duties keeps me busy. This is the first year, for many years, that we haven't been able to make our annual many State trip during September. We would visit our friends, relatives and my wonderful Classmates at our annual luncheon. Hope to see all of you next year. With all that has happened during 2020 I've tried to keep a positive attitude and enjoy a life full of Joy, happiness and peace. However, I feel sorrow 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, "**Carol Deane Jeppson**" and "**Darrel R. Twede.**"



Carol Deane Jeppson, a longtime resident of West Bountiful, UT, passed on December 10, 2020 due to complications from a fall caused by a recent high windstorm. Born December 29, 1937 to Clyde Harold Jeppson and Edna Jensen Jeppson. Her mother Edna passed on when Carol was 8 and her stepmom Eileen joined the family two years later. Carol was big into sports and music growing up. Carol graduated from nursing



school as an RN nurse and worked for more than 40 years. She also taught nursing towards the end of her career. She was always an active member of The Church of Jesus Christ of Latter-day Saints and served 3 full time missions learning to speak Spanish very well. Her music talent cheered and benefited many and will be missed. Carol is preceded in death by her father Clyde, two mothers Edna and Eileen, and two brothers Chuck and Steve. She is survived by three brothers Lawrence, Dana, and Wayne, sister Alta, and sisters-in-law Sarah, Mary, Mabel, Jolene and Ellen, brother-in-law Richard, and longtime personal and family friend Arlene as well as many nieces and nephews. A viewing was held on Wednesday December 16, 2020 at the West Bountiful 1st ward. Funeral service followed viewing. A live video of the funeral available by going to Russon Brothers Mortuary Facebook page. <https://www.facebook.com/>

Our thoughts and love go out to the Jeppson and Twede families, bless them with strength/ good health during these troubled times.

★ *Happy New Year* ★

(Sylvia's Report Cont. On Page 3)

Eileen Hansen Peterson

(Sylvia's Report Cont. From Page 2)

I received a wonderful article from Eileen Hansen Peterson, she wanted to share her 2020 experiences with all of her DHS Classmates. Thank you Eileen, now it is your turn Classmates. Please send me your articles with pictures, tell us about your life after Davis High School.

Eileen Hansen Peterson

I wanted to share my 2020 experience with all of my DHS Classmates. I feel I have been one of the fortunate ones. I still have a husband so we don't feel lonely like I am sure a lot of you that are alone might feel. We are very healthy and involved. My husband Rollo is 85 and is a counselor in the Elders Quorum. The president is 89 so you can imagine how these old duffers must appear to the young bucks in the ward. The fact is these two can work circles around most of them and do. Our generation and those before us seem to have a work ethic that seems to be missing in a lot right now.



I am a Relief Society President. I make sure I have young ones helping me because I would be in deep water when it comes to managing the Zoom Relief Society Sunday meetings. I seem to handle the compassionate and the organizing part of things but all the techy things are turned over to our 23 year old secretary and she is simply amazing. Back to everyday life in 2020. My husband and I keep pretty busy, filling needs between ward and family. Example: In the last two weeks I spent six hours in one day sitting in a waiting room while a young sister was being evaluated in order to enter a Sober living facility. Living there she is taught how to function in everyday life. She wants to get her life in order after being involved in drugs and spending time in jail and/or prison most of her thirty years of life. Rollo has been busy doing things like taking couches to the D.I. for someone or digging a hole to find out why water is leaking into a widows basement. We had a granddaughter get married on the 22nd of December and I was busy making a quilt for her so Rollo baked 75 small loaves of banana bread for us to pass out to friends. Our days usually end around 7:00. We have dinner then and sometimes have time to play a game before I go to bed at 9:30 so I can get my 7 hours of sleep and be up no later than 5:00. I get up then so I have time to pray, read scriptures and do stretching exercises or aerobics before Rollo gets up at 7:00 (he goes to bed at midnight) and we can have our morning devotional. We are wearing our masks and distancing and hope that keeps on working for us. We've had some in our family of over 50 people, contract COVID but in each case it was a light case and we feel very blessed. I send holiday greetings to everyone and hope 2021 will get all the kinks out that we developed in 2020---Eileen.

Walk In The Fast Lane For Improved Fitness And Health-----

Going for a walk - of any duration or speed - beats doing no exercise at all for your physical and mental health. Adding bursts of speed on your stroll appears to bring even more benefits. In a *Mayo Clinic Proceedings*, researchers found that older adults who mix fast-paced walking surges into their regular walking pace - further elevating their heart rate - reduced their risk of lifestyle-related diseases such as heart disease, stroke, obesity and type 2 diabetes. The more time spent walking at a faster pace increased the health benefits. Mayo Clinic experts say that the study adds evidence and detail about the benefits of regular walking, which even for brief stretches brings significant health benefits.

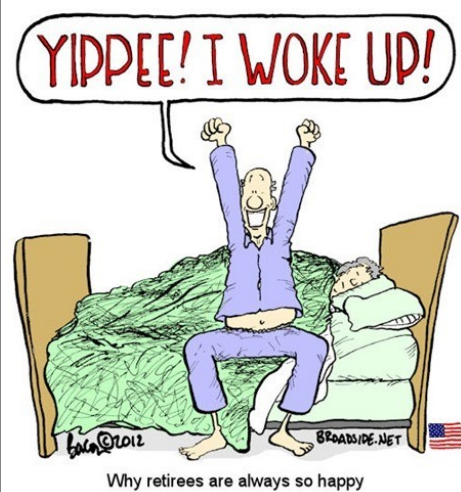
Colorado Ed's Desk
dhsdart1956@gmail.com

Larry Edwards
703-371-6938

YEA, 2020 is on its way out. I'm looking forward to better days in 2021 and beyond. Was planning on doing a lot of travel during 2020, furtherest I got away from Colorado Springs was Denver. Hope to travel to Utah several times next summer.

I want to thank all of you that helped me with our DHS Class of 1956 Dart Newsletter. Please keep up the good work in 2021. 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 t.o **dhsdart1956@gmail.com**. Thanks to Eileen Hansen Peterson for her article (page 3). Now it is your turn, don't be bashful - thanks.

It is that time of the year when everyone is thinking about "New Year Resolutions." To save you some time and energy trying to come up with one or more resolutions, you will find the only resolution you need for 2021 and beyond is on **Page 7**. Please print this page and hang it on your refrigerator, don't forget to share it with family and friends.



Here is another two of my favorites that I want to share with you. This is how you should start every morning and stay active every day. Some people are old at 18 and some are young at 90 --- time is a concept that humans created.



**Today is the oldest you've ever been, yet the youngest you'll ever be so ---
 Enjoy this day and life to the fullest.**

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.

Male Heart vs. Female Heart

When you hear "risk factors for heart disease" the majority of people immediately visualize a man. We're conditioned to it by the media, our physicians, and pharmaceutical companies. A few years ago, Senator Elizabeth Warren sent her subscribers a unique Valentine's Day message. She told a touching story.

"When my daddy had a heart attack...my mother took him to the hospital, where they kept him for a week. Forever after, my mother worried about his heart. Every year she would push and pull until he went to the doctor for a check-up. Nearly 40 years later, my daddy died from prostate cancer. He'd never had any other problems with his heart. By the time he died, my mother had been gone for two years. She had been in the hospital for some minor surgery. Daddy was sitting with her, holding her hand, when she suddenly sat up in bed and said, "Don, there's that gas pain again." She fell back on the pillow, dead from a massive heart attack. After the autopsy, the doctor explained that my mother had advanced heart disease and that there was evidence of damage over a long time – that her heart was barely functioning. All those years, she had worried about my daddy. But she'd never thought about her own heart." Senator Warren did a great service sharing this personal story about her mom – born on February 14th – with her followers. She went on to discuss how important it is that women understand their own heart disease risk factors.

This is a story you should expect to see repeated over and over throughout the world because **heart disease is the #1 killer of men and women globally.**

When a cardiac event claims the life of someone you love, you have no time to prepare. For so many, their first cardiac episode is their last – a statement that's truer for women than for men. More women than men die of heart disease every year and there simply isn't much said about it. **You should hear more coverage from the news or the medical industry about a disease that kills a woman in the United States every minute.** But...you don't. You hear about breast cancer and psoriasis. You hear about anxiety and depression and bladder trouble. Hardly a peep about the HEARTS of WOMEN. Even the majority of scientific research done to date is skewed to reflect the effect of coronary heart disease on men... not women. A report on the "Gender differences in coronary heart disease" was published in the *Netherlands Heart Journal*. It outlined the gaps in perception, prevention, treatments, and risk factors of heart disease in women. "The under-recognition of heart disease and differences in clinical presentation in women lead to less aggressive treatment strategies and a lower representation of women in clinical trials."

It's your heart. Your heart quitting on you without symptoms, without fanfare. That's your greatest risk. We have to push for more information and share that information with every woman we know. As the Netherlands study stated in their conclusion, "Many biological differences in atherosclerosis between men and women are not yet clarified." Still not clarified. We are decades behind research of men and heart disease. Women, it's time we catch up. Much like Senator Warren's mother, perhaps you've been so focused on the hearts of your fathers, brothers, sons, and husbands...that you've been ignoring your own.

No matter your gender, age, or current health condition, there is more that can be done to protect your body's pump system. Right now, you need to make your heart a priority. Make the hearts of your loved ones a priority. **Learn about fascinating new research, cutting edge technology, and ways you can boost the health of your heart right now to keep it pumping strong for decades to come.**

Darrel R. Twede



Darrel R. Twede

1938 ~ 2020

Darrel passed away on December 24, 2020 of congestive heart failure, at home with his family surrounding him. He was born March 14, 1938 in Santaquin, Utah to Hugh Revere and Wilma Holladay Twede. In 1964 he married the love of his life, Janice Toombs of Ogden in the Salt Lake Temple. They raised 6 children. He is survived by his wife Janice, their six children, Dawn (Scott Clark), Darren (Bea Twede), Jennifer (Eugene Greenwood), Allison Twede, Lezlie (Mike Helm), and Camille (Ben Cassity), 21 grandchildren, 7 great grandchildren, his brother Doug Twede, and sister Sondra Poll.

We would like to thank Inspiration's Hospice and Country Care in Farmington, Utah. And a big thank you to his hospice nurses Dee Crowton and Allison Twede. There will be no viewing due to COVID-19. The funeral will be held Wednesday, December 30th at noon, Orchard 1st Ward Building and will be for immediate family members only. If you would like to join us via You Tube please use this link <https://youtu.be/tKf5vN8yCXM>

For more information and online condolences, please join us at www.independentfuneralservices.com



Managing Blood Pressure May Reduce Dementia Risk-----

There are several strategies that might reduce the risk of dementia, a condition that can lead to confusion, memory loss and personality changes. Though nothing can clearly prevent it. One of those measures is managing high blood pressure, as demonstrated in a May 2020 research review in JAMA. It found that lowering blood pressure in midlife or later was associated with a modest decreased risk of future dementia - such as Alzheimer's disease - or other, less severe forms of memory and thinking problems. High blood pressure (hypertension) is a risk factor for disrupted or blocked blood flow to the brain, such as during a stroke. Reduced blood flow can cause damage or death of brain cells, leading to memory and thinking problems. Research from 12 randomized clinical trials found a small decrease, but it could translate to benefits in lowering the dementia burden in the population as a whole. Aside from any potential dementia benefits, controlling high blood pressure is very important for overall health - including reducing risk of heart attack and stroke. SOURCE: Mayo Clinic

Forgive Your Enemies-----

The subject of the preacher's Sunday sermon was "forgive your enemies." After a long sermon, he asked the congregation how many were willing to forgive their enemies? About half held up their hands. Not satisfied, he went on for another 20 minutes and repeated the question. This time he received about 80 percent. Still unsatisfied, he lectured for 15 more minutes and repeated his question. With all thoughts now on Sunday dinner, all responded except one elderly lady sitting in the rear. "Mrs. Jones, are you not willing to forgive your enemies?" She responded, "I don't have any enemies." Mrs. Jones, that is very unusual. How old are you?" "Ninety-Three," she replied. "Mrs. Jones, please tell the congregation how a person could live to be 93 and not have an enemy in the world." "It's easy," she said. **"I outlived them all."**

Your 2021 Resolution

Two of the greatest qualities
to have in life are:



**PATIENCE
and WISDOM**

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
Carol Deane Jeppson	12/10/2020
Darrel R. Twede	12/24/2020

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 December 25, 2020 our unofficial departed Dart count is 210.
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

