



Volume 08 Issue 02

May 2021

## Contents

## Upcoming Events

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



**Dependable, Persistent, Loyal,  
Patient, Generous**



**Energetic, Clever, Imaginative,  
Witty, Adaptable**

Events/Activities during May 2021-----

May 1st, Saturday---May Day

May 2nd, Sunday---World Laughter Day

May 4th, Tuesday---National Teacher Day

May 8th, Saturday---VE Day (Victory in Europe - WW II)

May 9th, Sunday---Mother's Day - Bless Em All

May 22nd, Saturday---Class Graduation 65th Anniversary

May 31st, Monday---Memorial Day

Family Wellness Month - Motivate Family to live healthy

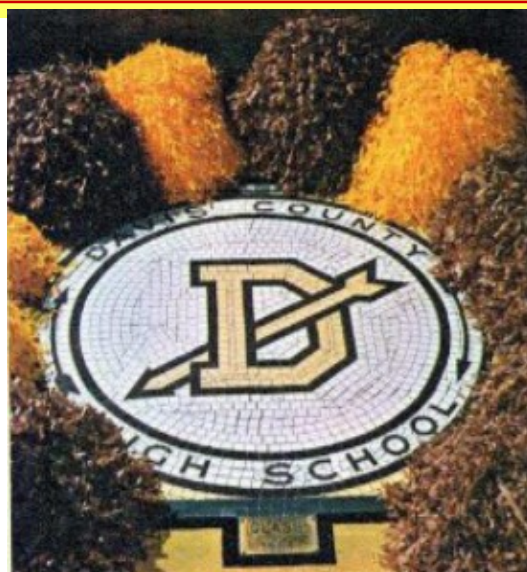
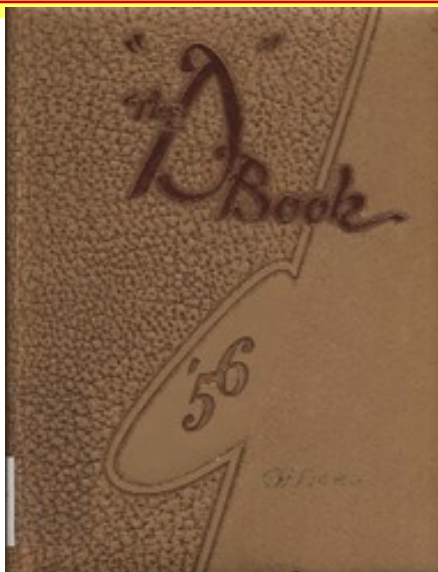
Older American Month - Live it to the fullest

Enjoy life and the month of May to the fullest

Class of 1956 Stay Safe, Eat Healthy, Be Well, Take Care



Sylvia's Report	2
May Day	
Annual Luncheon	
Sylvia's Report (Cont.)	3
Garry Glissmeyer	
OLD FRIEND	
Editor's Desk	4
Colorado Weather	
A First In My Life	
Sylvia's Report (Cont.)	5
OLD FRIEND	
A Good Mood	
Blood Pressure	6
Numbers	
No Nursing Home	7
Alumni Assoc. Info	8
DHS Website	9
TAPS	



# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

Welcome to May! Here we are, one-third of the way through 2021...can you believe it? On the other side of the "glass half empty" perspective is this good news: There's still two-thirds of the year left for us to excell. I always look forward to May Day, the warmer days and flowers make for beautiful surroundings. With some COVID relief coming, we can get out in the great outdoors and get some fresh air and exercise. Take advantage of every sunny warm day, wherever you live. Sunshine and exercise do wonders for your health and fitness, enjoy it to the fullest. Life is a lot like that of a blacksmith, who knows that success doesn't happen overnight, but rather comes from constant improvement and consistently swinging the hammer, day after day, week after week, month after month, for years at a time.

Everyday I hope this COVID thing will ride off into the sunset and never return. How wonderful would it be for all of us to get together later this year at our "Annual Class Luncheon." I'm receiving many notes from our Classmates asking if and when we will hold our luncheon this year (2021)? We still have several "ifs" we have to overcome to lock in the when and where. In the past we have held our annual luncheon on the second Friday of September, for 2021 that would be Friday, September 11, 2021. We originally planned to hold our next annual luncheon in the open area at Dear Old Davis High. We would cater in the food. The Davis County School District will not confirm our use of Davis High for our luncheon until the 2021 - 2022 School Year Schedule is approved. This usually happens during August. If everything goes well this summer with the virus thing, we definitely want to schedule and hold our annual luncheon.

If we want to lock in the date and place for our luncheon during June or July, we can always hold our luncheon at another location. The Courtyard Marriott in Layton has voted us their favorite event of the year, the entire staff loves us go out of their way to make it a wonderful event for us, they would love to have us come back. There are many places we can hold our luncheon in Davis County. **I would love to receive your comments/thoughts on our luncheon. Would you prefer a date in September or October? What are your desires for a location for our luncheon? What type of food would you like served? Please get back to me as soon as possible, our luncheon time will be here before we know it.**

Our Class of 1956 is blessed to contain many wonderful, talented artists. I really enjoy their talent when they send me one of their pieces of art to share with all of our Classmates in our Class newsletter. We are honored to share OLD FRIEND in this edition of the newsletter. Our fellow Classmate, **Garry Glismeyer** painted this masterpiece for his son Tom and his family. You can enjoy Garry's comments and OLD FRIEND on pages 3 and 5. Thanks Garry, keep them coming we really enjoy them. How about the rest of our Classmate Artists, please share your talent and masterpieces with us.

COVID has been hard on many of us in many ways, please share your stories with your fellow Classmates. Has the actual virus caused any health/medical problems for you or your family? Is there anything your fellow Classmates can do to help out, we are here for you. Being in our retirement years we have escaped some of the employment problems encountered by many. I hope all of you are drawing enough retired pay to live good.

**HAPPY MOTHER'S DAY TO ALL OF YOU WONDERFUL MAGNIFICANT MOTHERS**

**(Sylvia's Report Cont. On Page 3)**





## Garry Glissmeyer/OLD FRIEND

**(Sylvia's Report Cont. From Page 2)**

These last 14 or so months of COVID has taken its psychological toll on some of us, I'm sure. Janet and I now have our "shot" and its booster. It hasn't changed anything from our day-to-day lives, yet. Here in Colorado, masks are still mandated. No business is back to normal....at best, allowed 50% customers, social spacing, etc. We are still masked outside our homes. Janet and I are grateful to have not encountered, personally, the virus. We live close to and even "in" the mountains, so have spent many hours hiking our favorite trails, and staying in touch with our four children and grandchildren.

Spending more time at home, we both have done a bit more art, mostly for others, commission requests, or family birthdays, etc. One such piece I just completed reminded me of us Darts, aged now? The Pastel painting of **Silver Mountain**, nestled in the southwest corner of our Colorado state's Uncompahgre Mountains, is a very old, weathered, experienced, seen-it-all range of the Rockies. I titled it ----

### OLD FRIEND



Our son, Tom and his wife, Melissa (living in Denver) asked if I'd create a landscape "portrait" of Silver Mountain, with one of the three Alta Lakes at its base. Their favorite happy place, camping spot. As I began the piece, and looked at the furrows, erosion, small landslides, the pockmarks, channels, weathering... it struck me as a Wise Mountain.

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

## Colorado Ed's Desk

[dhsdart1956@gmail.com](mailto:dhsdart1956@gmail.com)

**Larry Edwards**  
703-371-6938

I enjoyed Sylvia's comments about May Day. When we lived in Virginia I would plant all of my geraniums outside in April so we could enjoy them on Easter. Our first year back in Colorado my wife couldn't understand why I didn't plant the geraniums in April. After a couple of snow storms she quit reminding me about the geraniums.

Then come May Day, she said I could put out the geraniums now. Not in Colorado, see the two pictures below, first one hit us on April 14, 2021, second one hit us on May 3, 2021.



To be safe, planting of geraniums will take place last week of May, in time for Memorial Day. Now you hope one of our famous hail storms doesn't tear them apart all summer.

When we lived in California I had 100s of red geraniums blooming year round---wonderful.

Lets change the subject so I can make you chuckle and laugh a little. When I was a little guy I used to go out of my way so I could look in the beauty parlor window and see all of the women up against the wall with their heads in these strange bowls, upside down on their head (eventually found out they were hair dryers). I also hated the smell in the beauty parlors back in those days. Now lets move up to April 2021, my son that lives here in Colorado asked me to help him go get a truck load of hay for their horses. He took me on an interesting drive to the town of Kiowa, Colorado (population 811). The bustling 108 year old town has one barber shop, "Barr Bear" - Leann provides salon/barbering services (30 years experience). Leann just happens to be my sons barber, he pulled up in front of her shop and said he wanted to make an appointment for his next cut and introduce me to her. Leann is one talented woman, she knows her trade and is quite an entertainer, she knows everything about everyone. Now comes the fun part, she just finished a customer and had some free time, son decided to get his next cut now. It wasn't long before I found



my self in her chair. She said she would melt some of the snow on my temples, then paint them to match the rest of the mountain. Then the next step was a surprise, I won't say another word, a picture is worth a thousand words - you can quit laughing... Enjoy life with good health, happiness and joy. **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](mailto:sylvia.jutila@gmail.com) or Larry at [dhsdart1956@gmail.com](mailto: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.



## OLD FRIEND/Good Mood

### (Sylvia's Report Cont. From Page 3)

Aged, experienced and wrinkled, I related to it, for us the DHS Class of 1956. Our age may show in varying degrees, per individual, but those imperfections are meritorious badges of life we now wear. Silver Mountain, an Old Friend, is now hanging, on display, enjoyed daily, evoking memories of pleasure by its appreciative owners. And I grew an increasing appreciation of getting to know it, intimately, its many facets, its aged character. As I do each of my '56 Classmates. Cheers to each of us! -----Garry Glissmeyer

For those few remaining art appreciators in our group, this is 30X24 done on stone-gray, 600 grit, sanded paper, with Rembrandt Soft Pastel sticks.

### A Good Mood

It doesn't take a scientist to understand that laughter feels good, while anger feels awful. But it does take one to explain why one of these feelings can boost the immune system, while the other can wear it down, damage the heart and increase the risk for dementia. Simply put - "Mood can influence your health." Studies show negative emotions - including anger, hostility and pessimism - are linked to a higher risk of heart disease and lower chance of recovery from events such as heart attacks, as well as poorer cognitive health. Conversely, a growing body of research shows feelings such as happiness, optimism, gratitude, a sense of purpose, well-being or satisfaction in life lead to better heart and brain health. A 2016 study in Health Psychology even found that having a happy spouse or partner could improve an individual's overall health and increase healthy behaviors, such as being more physical active. Strong, negative feelings, such as anger, and stress, such as from anxiety or depression, activate the amygdala, the region in the brain that handles emotion. It activates the body's "fight or flight" response, triggering the release of cortisol and adrenaline, hormones that make the heart beat faster and blood pressure rise. It also can cause blood platelets to form clots, and trigger plaque in the heart or brain to rupture, causing a heart or stroke. Prolonged stress also increases inflammation and lowers the body's immune response. Mindfulness, humor and other mental coping skills can help people stay healthier by reducing the amount of cortisol running through their bodies. In women, this can protect the production of estradiol, a type of estrogen that can be important for preserving good brain health. We are also enhancing our immune systems when we help regulate the stress response. The brain talks to the body and calms the body down. It slows your breathing and your heart rate. Some people are better able to do this than others. But it's not just the absence or reduction of stress that gives the brain what it needs to coordinate better overall health. Well-being is more than the absence of mental distress. Happiness, optimism, a sense of purpose, gratitude, mindfulness - these are all associated with favorable heart health, even independently of a lack of negative factors. Some of this can be learned, you can cultivate positive thinking and mindfulness and coping mechanisms to deal with adversity. Staying physically active also helps to boost mood. So does spending time with friends and family to build strong social support. The better someone feels, the more likely they are to maintain their health. Optimistic people take better care of themselves. They are more compliant with medication, more likely to get checkups, to eat healthy and exercise. It's never too late to make a difference. The brain is very retrainable. The older we get, the more difficult it is to do, but it can be done. Source: John Hopkins School of Medicine, Baltimore & Harvard Medical School, Boston

## Blood Pressure Numbers???

**Which blood pressure number matters most? The answer might depend on your age.**

Systolic blood pressure is the best way to predict future cardiovascular events and death, irrespective of age, according to new research. But in younger people, diastolic blood pressure could still be important. Systolic pressure, the upper number in a blood pressure reading, measures how hard the heart pumps blood into arteries. Diastolic, the bottom number, indicates the pressure on the arteries when the heart rests between beats. In recent years, many medical experts shifted their focus to systolic readings when trying to determine the risk of heart problems, but questions lingered about how important diastolic readings really were. To find out more, researchers looked at 26 years of data. The study found that for people under 50, diastolic blood pressure readings provided additional prognostic predictive information. The study showed systolic readings were still a strong predictor of cardiovascular risk independent of age, sex and other cardiovascular risk factors. The results underline the importance of measuring not only the systolic but also the diastolic blood pressure, especially in individuals younger than 50. The study also found that mean arterial pressure was a good measure of cardiovascular risk and death at any age. Also called MAP, it is the average pressure in a person's arteries during one cardiac cycle, and it is calculated using both diastolic and systolic blood pressure.

Hypertension remains an extremely common cause of cardiovascular complications such as stroke, heart attack and kidney failure. Further research remains critically important in how best to identify, classify and treat high blood pressure. According to American Heart Association statistics, nearly half of adults in the United States have high blood pressure, which is defined as systolic blood pressure of 130 mmHg or above or a diastolic blood pressure of 80 mmHg or above. But it's not just an older person's disease. High blood pressure is common among younger adults, affecting more than 1 in 5 people ages 18 to 39, based on data from the Centers for Disease Control and Prevention.

High blood pressure often is called a "silent killer" because it quietly damages blood vessels and can lead to serious health problems. While there are medications available to treat the condition, experts say people of all ages can help avoid high blood pressure by eating a well-balanced diet that's low in sodium, limiting alcohol, avoiding tobacco use, engaging in regular physical activity, managing stress and maintaining a healthy weight.

Source: American Heart Association

**CLASSMATES-----** Please share this "Blood Pressure" message with your children and grandchildren. Remind them often that, "An ounce of prevention is worth a pound of cure" --- it works, I know for a fact, I've practiced it all of my life and I'm still here, My two brothers wouldn't listen and practice it, they both departed this Earth over ten years ago. Don't forget to set a good healthy example for your children and grandchildren. Thanks

*"The full use of today is the best preparation for tomorrow"*

\*\*\*"Your first wealth is health"\*\*\*

\*\*\*Action may not always be happiness, but there is no happiness without action"\*\*\*

\*\*\*"Keeping on your toes will keep you from getting run down at the heels"\*\*\*

\*\*\*"Tomorrow is often the busiest day of the week"\*\*\*

\*\*\*"Seek to be worth knowing rather than well known"\*\*\*

\*\*\*"Only dead fish go with the flow"\*\*\*

## No Nursing Home!!!

Some of you have seen this before, but I wanted to share this with you again. During this COVID world we live in, nursing homes, rehab facilities, assisted living facilities and hospitals are not a safe place to be in. Then they make it worse by prohibiting or restricting visitors. My wife, Eleanor was in a rehab facility back when COVID showed up last year. The last week and a half of her stay they imposed a no visitor policy - oh no, this is not good. I had to spend six hours with her every day (afternoon - evening) to ensure she got a decent dinner, survived the shift change, got her evening medicine on time and got her ready for bed. They all seem to be short handed. When she had her full shoulder replacement last September, her doctor recommended that she go in a rehab facility for at least six weeks. I checked a couple of rehab facilities to see if they were allowing visitors, when they said no, I told her doctor that she was going home with me. The physical therapy team and a couple of nurses in the hospital tried to convince me to not take her home. In a few short words I told them that she was going home with me and to prepare her discharge papers. The last seven months have not been a picnic in the park, but we made it.

### NO NURSING HOME!!!

No nursing home for us. We'll be checking into a Holiday Inn!

With the average cost for a nursing home care costing \$188.00 per day, there is a better way when we get old and too feeble. I've already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it is \$59.23 per night. Breakfast is included, and some have happy hours in the afternoon. That leaves \$128.77 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies. Plus, they provide a spa, swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap. By leaving \$5 worth of tips a day you'll have the entire staff scrambling to help you. They will treat you like a customer, not a patient.

There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp). To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere.

Otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you're not stuck in one place forever---you can move from Inn to Inn, or even from city to city. Want to see Hawaii? They have a Holiday Inn there too. TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience. The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they'll call an ambulance . . . or the undertaker. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation. The grandkids can use the pool. What more could I ask for?

***So, when I reach that golden age, I'll face it with a grin and head for the "INN"***

---

---

## Classmate/AlumnAssociation Info

# HAPPY MOTHER'S DAY



Sometimes, if we're lucky, animals save us. A 60 year old man was riding his mule through Milo Miclver Park in northwestern Oregon, when he fell off and lay on the trail, unable to rise. Not long after, two hikers saw a mule coming toward them, acting very much as if it had stepped out of long-eared equine version of the TV show *Lassie*. It kept stopping and I looking back to make sure we were following. The mule led them to its injured rider and they called 911. Its job done, the mule went back on the trail and disappeared. The next day, it was found near the trailhead's parking lot. The mule and the unidentified man are said to be doing well.

### 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**

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 April 30, 2021 our unofficial departed Dart count is 215.  
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

