



Volume 09 Issue 01

January 2022

## Contents

## Upcoming Events

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



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



**Aquarius---Humanitarian, Original,  
Witty, Clever, Inventive**

Events/Activities during January 2022-----

1st, Saturday---New Years Day(Welcome 2022)

13th, Thursday---Rubber Ducky Day

17th, Monday---Martin Luther King Day

21st, Friday---National Hugging Day

31st, Monday---Appreciate Your Social Security Check Day

Healthy Weight Week (16 - 22)

Celebration of Life Month      Self-Love Month

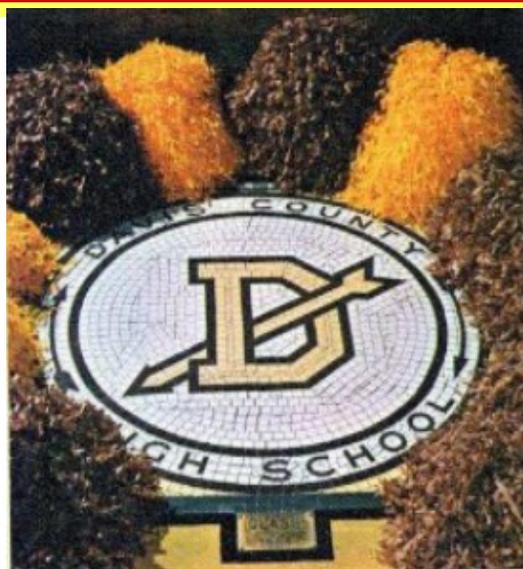
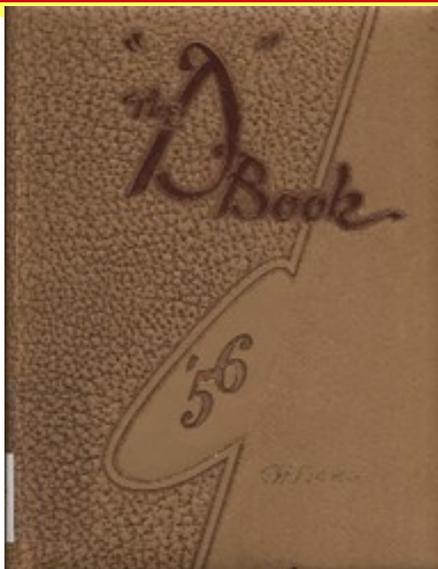
International Quality of Life Month

Enjoy life and the month of January to the fullest

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



Sylvia's Report	2
Welcome 2022	
Sandra (Sandy) Stottl	
Sylvia's Report (Cont.)	3
Sandra (Sandy) Stott	
SASHA	
Editor's Desk	4
Stay Safe and Healthy	
Health & Fitness	
Sodium/Potassium	5
Laughter and Love	
Pneumonia	6
Pneumonia	7
Retiree Mental Fitness	
Retiree Mental Fitness	8
Alumni Assoc. Info	
DHS Website	9
TAPS	



# Sylvia's Report

# Sylvia Fisher Jutila



## Fellow Classmates,

Welcome to 2022 - Happy New Year

I hope you and your families all had a safe, wonderful holiday season.

We were blessed and thankful to have 10 family members here. It was so nice after being alone last Christmas. Our two great grand children that were here brought some colds and freely shared them, George was down awhile with a terrible cold. Wishing you all a wonderful, fun, exciting and rewarding 2022. Please stay safe and healthy - hope to see most of you in September at a Class of 1956 Luncheon.

I'm happy to announce that we are starting out the New Year without any Classmate obituaries (that I know of). But I'm sad to announce the death of one of our Classmates spouse, **Sandra (Sandy) Rogers Stott**. Sandy was the spouse of our Classmate Shan Stott, we lost Shan back on January 21, 2018. I also received word that our Classmate Louise Leak Garrett lost her sister, Barbara Jean Leak Weese on January 1, 2022. I grew up in Centerville with Louise and Barbara, a lot of wonderful memories.

We are honored to have many gifted artists in our DHS Class of 1956. One of them, Garry Glismeyer reminds me of the "Energizer Bunny," he just keeps painting on and on. Plus he also teaches art classes at the Pikes Peak Community College in Colorado Springs, CO. Each masterpiece he finishes, he gives us permission to publish it in our Class Newsletter. This edition, he honors us with **SASHA** (page 3). Sasha was his grandson Elijah's family cat for 20 years.



## Sandra (Sandy) Rogers Stott

Sandra Rogers Stott, our beloved Mother, Grandmother, Great Grandmother, wife, and friend entered Heavenly Fathers arms on Wednesday, January 5, 2022, at the age of 82 after a brief illness. Born in Moab, Utah, on November 2, 1939, Sandra was the middle-child of 9 children born to Clarence Mace Rogers and Reva Marinda Washburn Rogers of Blanding, Utah. Raised in the beautiful red rocks of San Juan County, much of Sandra's early life was spent on horseback or working the family's livestock and ranch. She never lost her love for horses and always had them throughout the years. She adored watching and feeding them snacks but her early years of ranching with her "Daddy" made her (in humor) say she "never wants to get on the back of one of those damn things again!" Her youth also consisted of honor-roll academia (she was smart as a whip) and even a stint as a stock car racer! She may have been known to do a burn-out or two with us kids in the car.

Sandy was a faithful and active member of The Church of Jesus Christ of Latter-day Saints, where she loved to serve. She served as the organist for many years and was a talented pianist who gave lessons to the local youth. She was employed for decades by The Church of Jesus Christ of Latter-day Saints, in The Church Office Building of which she retired. Growing up, the house was often filled with the amazing aroma of home-baked bread and cinnamon rolls in addition to her famous chili-beans and clam chowder; Navajo tacos were a special treat shared at family get-togethers. One of her favorite things to do was to drive around on a Sunday afternoon to share these delicious treats with friends and ward-members.

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

## Sandra (Sandy) Stott/SASHA

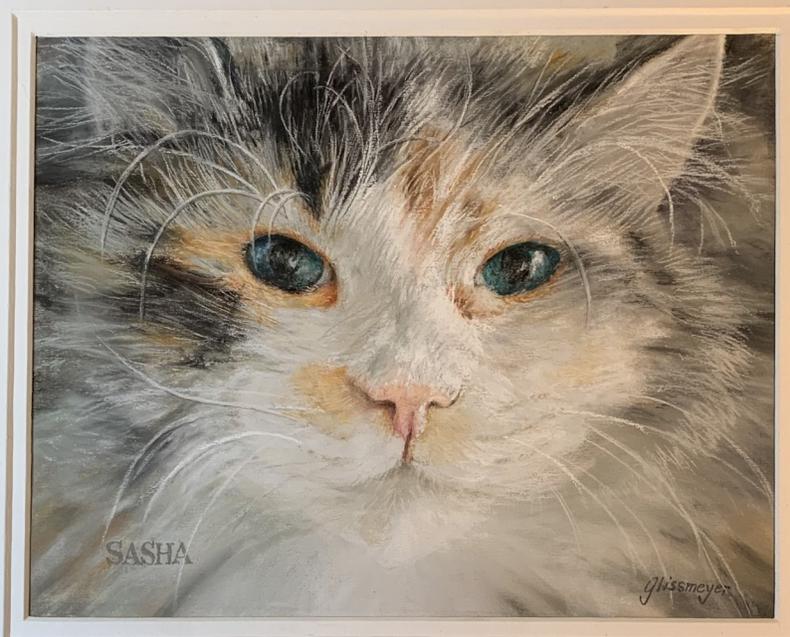
### (Sylvia's Report Cont. From Page 2)

Sandy was first married in the 60's to Glenn Trueblood. She absolutely adored children and was lucky enough to adopt two baby boys at this time- Matt and Todd. A separation and Glenn's passing led to Sandy being a single mother of two boys which was no small task, but Mom's strength was unwavering, and she pressed on. It was at this time that Sandy met the love of her life, Shan Stott. Her marriage to Shan led to him, adopting Matt and Todd, and a subsequent move to Layton, Utah which brought her family of two, to a blended family of 7! Together, they added two more babies (Christal and Mitchell) for a total of 9! Much like her mama, Sandy "loved her babies" and her babies are what she lived for. In Layton, Sandy made many endearing friendships; her friends will certainly miss the many nights of playing cards, dominoes, and pinochle!

Sandy is survived by her loving children- Matt (Lisa), Todd (Darcee), Christal Smith (Paul), Mitch (Jessica), as well as - Shan "Eddy," Larry, Jerry (Angenette), Donald (Leonie); multiple grandchildren and great grandchildren whom she loved and cherished. Sandy was preceded in death by her loving husband, Shan Stott, parents, ("Daddy") Clarence and ("Mama") Reva Rogers, her brothers and older sister. Watch over your babies from heaven, Mom; we will miss you dearly! Funeral services were held January 11, 2022 at Lindquist's Layton Mortuary. Interment, Kaysville City Cemetery.



I just finished a "Memorial" portrait for Elijah, one of my grandson's favorite "beings:" their family cat, **Sasha**. Sasha lived for 20 years and Elijah and she became inseparable. This *in-memory* portrait was Elijah's 2021 Birthday Present. It was an emotional moment when he unwrapped this soft-pastel painting. To experience this 6' 6" football tackle and



basketball player at Alta High School become soft, appreciative and "caring all over again" for his beloved friend Sasha was touching. Elijah had tears in his eyes, saying "This is her, I feel like she is right in front of me, looking at me like she always did."

Garry

**NOTE:** Garry had open heart surgery last August, his Doctor give him an A+ for his surgery and recovery. He reports that him and Janet are doing fine. YEA, we can enjoy 30 more years of his masterpieces.

Thanks Garry

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

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

**Greetings** from Colorado,

YEA! We finally received our first snow on New Years Eve (usually get it in October). Received 2 inches in the area where I live, north side of Colorado Springs. On January 13th it started to rain midday, then the sun went down behind Pikes Peak and all of those wet surfaces turned to black ice. Then light flurries of snow come down, covering up the black ice. Then driving got interesting, vehicles were spinning out of control everywhere. I live two doors from an intersection, we have a stop sign that faces our direction. One of our neighbors coming from other direction, on a flat road, was going too fast and slid right through the intersection, over the curb and laid our stop sign flat on the ground. We all hope they learned something from this experience and slow down.

For 2022, one of my main goals is keep you all **"safe and healthy."** so I need to start out with something you have heard before --- **"An ounce of prevention is worth a pound of cure"** and **"Take care of your body and your body will take care of you."** We all need to put more emphasis on **"Prevention"** --- and more taking better care of our bodies.

I plan to put at least one health/fitness/medical article in every newsletter in hopes that I can prevent or delay the death of another one of our Classmates. We all remember the days when we had a "Family Doctor" that treated our whole body. Now we have 10 - 15 medical professionals treating us. Monitor the medical and mental care you are receiving, please take charge of it, don't settle for anything but the best." It can be done with little effort, you must take charge, you know your body better than anyone. When you see or feel something not right, check it out now, do not just ignore it thinking it will go away. Make sure you have a good pharmacist that monitors you prescriptions closely and waves a red flag when you are prescribed something you cannot take, with something you are already taking.

For this newsletter, I have an article on **"Too Much Sodium, Too Little Potassium"** on page 5 and an article on **"Pneumonia"** on page 6. I research many sources to find medical articles that are current and our important to our age group (a lot of our medical issues we have today started when we were younger (share these articles with your children and grand children so they can practice prevention early on). If there is a medical subject or issue you would like me to cover, please drop me a line on **dhsdart1956@gmail.com** - thanks.

I want to congratulate our Classmate Garry Glissmeyer on his successful open heart surgery and his speedey successful recovery. Also thank Garry for sharing SASHA with us. I hope to have lunch with Garry and Janet in a week or two and visiting with the new Garry.

Hugs & Love, **Colorado Ed**

May 2022 be a wonderful year for all of us.

## 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.

## Too Much Sodium, Too Little Potassium

### Too Much Sodium, Too Little Potassium

A new study reveals that consuming high levels of sodium and low levels of potassium may increase the risk for cardiovascular disease. On average, Americans eat about 3,400 milligrams of sodium each day, much of that from store bought packaged foods and restaurant meals. That's much more than the limit of 2,300 milligrams a day recommended by the American Heart Association, with an ideal limit of no more than 1,500 milligrams per day for most adults.

Too much sodium in the bloodstream pulls water into the vessels, increasing the volume of blood flowing through them. That can lead to high blood pressure and an increased risk of heart attack and stroke. Potassium helps lower blood pressure by lessening the effects of sodium.

Past studies yielded mixed results showing both low and high sodium diets are linked to cardiovascular disease. In this new study, researchers tried to shed a brighter light on the topic with in-depth testing. The researchers examined data from 10,709 generally healthy adults, average of 52 years old, over 8.8 years. The results weren't surprising.

The study helped clarify the controversy caused by previous studies regarding whether to reduce intake from current levels in most populations. The researchers hope these important findings, together with consistent results from randomized trials, will speed up implementation of sodium reduction policies that will benefit the public by helping reduce the risk of cardiovascular disease. They urge people to read and understand nutrition labels to see how much sodium they're consuming. It's also important to eat more vegetables, fruit and potassium-rich foods such as bananas, sweet potatoes, spinach, peas, tomatoes and fat-free milk and yogurt. A medium banana has about 420 milligrams of potassium, and the average adult should get 4,700 milligrams a day.

You may think low-sodium means low taste, but that's not really the case. By habit, we're acclimated to a high sodium diet, but if you're gradually eating less sodium, your preference actually changes and high-sodium foods taste too salty.

Source: American Heart Association

---

---

*Health does not  
always come from medicine.  
Most of the time it comes from  
peace of mind, peace in the  
heart, peace in the soul.  
It comes from laughter and love.*

Source: [tinybuddha.com](http://tinybuddha.com)

---

---

# Pneumonia

## Pneumonia---

Time to learn/refresh the facts on this respiratory illness. With all the focus on coronavirus disease (COVID-19), you may have forgotten about another potentially serious and common respiratory illness in older adults. Pneumonia isn't always serious; it may be mild to the point that you may mistake it for a cold - informally known as walking pneumonia. However, it can also develop into a dangerous infection that may require admission to the hospital for treatment.

When you breathe in, air enters your lungs and into many tiny, elastic air sacs. If germs also enter and overpower your immune system, these air sacs may become infected and inflamed, resulting in pneumonia. Pneumonia can lead to signs and symptoms such as fever, chills, difficulty or pain with breathing, fatigue, or coughing. Lets discuss the various types of pneumonia, what possible treatments are available and how to guard yourself against pneumonia.

\* *Typical bacterial pneumonia* - Several kinds of bacteria can cause pneumonia, but the biggest culprit is *Streptococcus pneumoniae*. This type of pneumonia often occurs after you've had a cold or the flu.

\* *Atypical bacterial pneumonia* - Atypical causes of pneumonia also vary. *Mycoplasma pneumoniae* may provide milder symptoms. By contrast, atypical pneumonia caused by *Legionella pneumoniae* is serious. You get it from inhaling water droplets contaminated with the bacteria. Sometimes a viral infection such as the flu can lead to secondary bacterial pneumonia.

\* *Fungal pneumonia* - You're more likely to develop fungal pneumonia if you have a weak immune system.

\* *Viral pneumonia* - Several types of viruses, including the viruses that cause colds and the flu, can cause pneumonia. Viral pneumonia is usually mild, but it can be very serious, such as some cases of pneumonia caused by COVID-19.

\* *Aspiration pneumonia* - This type occurs when stomach contents, saliva or food get into the lungs.

## Possible Treatments---

\* *Rest* - Stay hydrated and don't forget to take your medication as instructed. Because pneumonia can recur, it's better not to jump back into your routine too soon.

\* *Hospitalization* - You may need to be hospitalized if your breathing is rapid, your temperature is elevated or significantly low, your heart rate is below 50 or above 100, your blood pressure is too low, you are confused about time, people or places, or your kidney function has declined.

\* *Antibiotics* - These are used to treat bacterial pneumonia.

\* *Cough Medicine* - Medications may be used to calm your cough. But since coughing helps remove mucus, it's best to not eliminate your cough completely.

\* *Fever reducers* - You may take these as needed for fever and discomfort.

## Critical Prevention Steps---

\* *Take care of yourself* - Maintain a "healthy immune system," by getting enough sleep, staying active, eating well and managing your stress levels.

\* *Don't skip your flu vaccine* - The flu can lead to complications including pneumonia.

\* *Get the pneumonia vaccine when recommended* - If you are over 65, it is recommended that you get a vaccine that guards against the most common type of bacterial pneumonia.

**(Pneumonia Continued on Page 7)**

# Pneumonia/Mental Fitness Evaluation

## (Pneumonia Continued from Page 6)

\* *Put your COVID-19 skills to use* - If the pandemic has taught anything, it's to stay home when sick, wash your hands frequently, avoid touching your face, wear masks and social distance.

\* *Do not smoke* - Smoking harms the natural defenses in the lungs; it leads to more mucos production and inflammation.

Source: Mayo Clinic

## Retiree Mental Fitness Evaluation

This test is to ascertain your mental state now. If you get one right you are doing ok, if you get none right you better go for counseling.

There are 4 test questions - Don't miss one.

### Giraffe Test

1. How do you put a giraffe into a refrigerator? Stop and think about it and decide on your answer before you scroll down.

---  
---  
---  
---

### Correct Answer

Open the refrigerator, put in the giraffe, and close the door.

This question tests whether you tend to do simple things in an overly complicated way.

### Elephant Test

2. How do you put an elephant into a refrigerator? Did you say, Open the refrigerator, put in the elephant, and close the refrigerator?

### Wrong Answer

---  
---  
---  
---

### Correct Answer

Open the refrigerator, take out the giraffe, put in the elephant and close the door.

This tests your ability to think through the repercussions of your previous actions.

### Lion King Test

3. The Lion King is hosting an Animal Conference. All the animals attend... except one. Which animal does not attend?

---  
---  
---  
---

### Correct Answer

Elephant. The elephant is in the refrigerator. You just put him in there.

This tests your memory.

## (Mental Fitness Evaluation Continued on Page 8)

## AlumnAssociation Info

### (Mental Fitness Evaluation Continued from Page 7)

Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

#### Crocodile Test

4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?

---  
---  
---  
---

#### Correct Answer

You jump into the river and swim across. Haven't you been listening?  
All the crocodiles are attending the Animal Conference.  
This tests whether you learn quickly from your mistakes.

### 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  
Sandra (Sandy) Stott**

**Died  
01/05/22**

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 31, 2021 our unofficial departed Dart count is 229.

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

