



Volume 08 Issue 06

December 2021

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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 2021-----

7th, Tuesday--- Pearl Harbor Day

21st, Tuesday--- First Day of Winter

25th, Saturday --- Christmas Day

28th, Tuesday --- Pledge of Allegiance Day

31st, Friday --- Make up Your Mind Day/New Years Eve

Enjoy life and the month of December to the fullest

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

Happy Holidays

Best wishes for a wonderful, relaxing, positive 2022



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HAPPY NEW YEAR

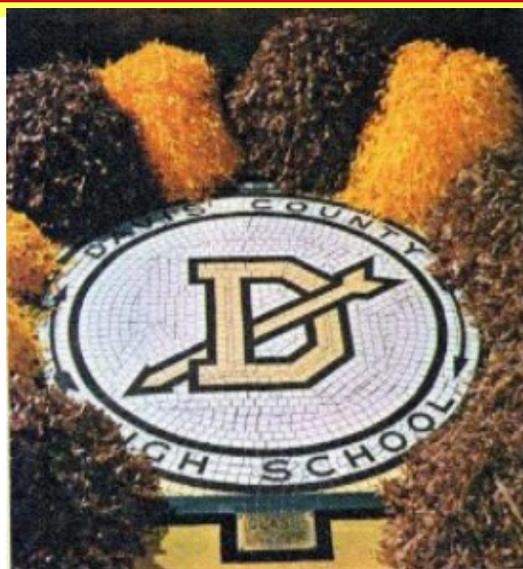
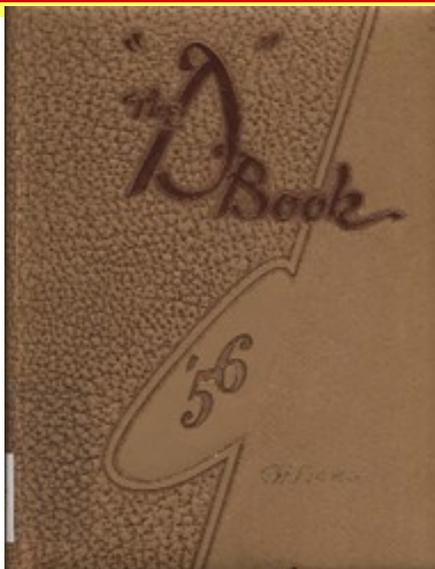
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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

November flew by, I hope you all had a safe, wonderful Thanksgiving with family, relatives and friends. We had a wonderful Thanksgiving with 20 guests here and had a wonderful meal of all the great foods we so cherish on this special day. We were so busy all day that we forgot to check on our cats. Wednesday afternoon Juan, a fellow that lives on our property, saw our new neighbor's dogs (Rottweiler and pit bull mix), in our garage. He yelled at them to go home and they did. We have two black cats that live in our garage. They belonged to a woman that we looked after for many years that finally had to be put in a skilled nursing facility. We took her cats in and they have become great friends. Wednesday night, when George went out to feed the cats and shut them in for the night, he found a few patches of fresh blood on the garage floor. One of the cats, Demon, had been hurt by the dogs. He didn't want to eat and went into one of his hiding places. George opened the garage door the next day and put the cat food out and then got busy with his many jobs. He went to shut the cats in, Thursday night and couldn't find Demon. We have looked everywhere and couldn't find him. We think he went off to die. He has never missed a meal! I have been so sad and teary at losing our friend.

I asked Alexa to play BYU Classical 89 while we were having lunch. I usually listen to KDFC in San Francisco but I doubted that they would play any Tabernacle Choir music so I opted for BYU radio. I was anxious to hear some of my favorite Christmas songs by my favorite choir. One of the announcers came on by the name of Eric Glissmeyer (Garry's son), he has such a beautiful voice. He played Beethoven's Fifth Symphony. He said that the first 4 notes are the Morris Code word for "V" and that Winston Churchill used those four notes as code for his broadcasts, as he encouraged the allied forces to go for Victory. I listened with new ears to the beautiful music and you could hear the triumph of good over evil. I also could visualize the terrible suffering and dying that occurred during that war. It gave me a little better perspective on my situation, with just losing a cat. I see all the obituaries for our classmates and that makes me sad and as I read the obituaries, I think of the great times we had together at Davis High. There is so much to be thankful for, each day. I appreciate all you who have so enriched my life.

Before we depart 2021 it is with sorrow in my heart that I must inform you of another beautiful Classmate that we have lost, **Elizabeth Farr Bryson**



Elizabeth Farr Bryson, beloved wife, mother, grandmother, great-grandmother, sister, and friend passed away Thursday, November 18, 2021, in Bountiful, Utah due to complications of congestive heart failure. Elizabeth was born July 15, 1938, in Provo, Utah. The sixth child of Elvin Erastus and Vontella Burr Farr. She spent most of her childhood in Reseda, California, moving later as a teenager to



Bountiful, Utah. She graduated from Davis High School where she was involved in school activities. She was sealed to her eternal companion Lynn K. Bryson in the Salt Lake Temple. She raised her family of six in Bountiful, Utah, later moving to Enterprise, Utah for several years.

(Sylvia's Report Cont. On Page 3)

Elizabeth Farr Bryson/Roy P. McNeil

(Sylvia's Report Cont. From Page 2)

Elizabeth Farr Bryson

As a member of The Church of Jesus Christ of Latter-Day Saints she held several callings which she enjoyed and learned from. Elizabeth loved her family and friends. She enjoyed being in the service of others. She had a passion for learning and life. She lived a full life. Enjoyed being at her cabin, horseback riding, and rodeos, riding in her convertible Cadillac, snowmobiling, eating fruit cake, and wearing cowboy boots.

She was proceeded in death by her husband Lynn K. Bryson, her parents, a brother, and a sister. Survived by her children Gregory Lynn (Lisa) Bryson, Yvonne (Rick) Barton, Michelle (Benjamin) Lambert, Melinda (Kurt) Fullmer, Amy Elizabeth (Paul) Benedict, Leslie Kaye (Weston) Bishop, 19 grandchildren, many great-grandchildren, two sisters, and a brother.

Graveside services were held at Bountiful City Cemetery, located at 2224 South 200 West, Bountiful, on November 27, 2021. In lieu of flowers, Elizabeth has asked that a donation be made to the Church of Jesus Christ of Latter-Day Saints Humanitarian Fund. The family wants to thank Summit Home Health Care, especially Elizabeth's nurse Stacey, for the excellent care that was provided in the last moments of her life.

Bless the Farr and Bryson Families with health and strength during these troubled times.

I also received word that one of our Classmates lost his brother. Our Class of 1956 Student Body President, Frank McNeil lost his brother, **Roy Pearce McNeil**. Roy was one class behind us so most of us knew him.



Roy Pearce McNeil - On December 7, 2021, Roy was reunited with family and friends in Heaven. Roy was born on June 1, 1939, at the family home in Bountiful to Ulrus (Mac) Hewitt McNeil and Edith Evelyn Pearce. He remained in Bountiful the majority of his life.

Roy's formative years were spent adventuring in the foothills above his home, where he became proficient in hunting and camping. He was a talented athlete lettering in both football and track. Roy was passionate about his 1957 Chevy which he raced on the streets of Bountiful until he received 4 citations in one evening. He was also a long-time member of the Bountiful Jeep Posse and through their youth programs taught a generation of young men and women Hunters Safety.

In the 5th grade at Stoker Elementary, Roy met the love of his life. However, at the time she "ran too slow" to be a girl that he was interested in. Eventually that slow 5th grade girl became a spirited (and fast running) cheerleader and Roy took notice. Roy and Marsha Beesley began dating early in their sophomore year. In 1957 they were part of Bountiful High School's first graduating class. Roy attended the University of Utah and Marsha Utah State University. When the long-distance dating became too burdensome, they were married on April 14, 1961. They had 4 children Greg (Kristin), Matt (Chelena), Sharlee Baskin (Wade), Mardee Eames (George), 15 grandchildren and 10 great grandchildren. His Greatest Joy was his family. We will all be grateful for the lessons he taught us, water skiing, sailing, golf, truck driving, gardening, hard work, and a love of God. He loved making Sunday dinner, time spent at Bear Lake, and Thanksgiving trips to Hawaii.

Funeral services held December 11, 2021. Interment- Bountiful City Cemetery.

(Sylvia's Report Cont. On Page 5)

Colorado Ed's Desk
dhsdart1956@gmail.com

Larry Edwards
703-371-6938

Greetings from "still" dry Colorado, **please** send us some rain or snow.

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 2022. 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 need to say it one more time in 2021 --- **"An ounce of prevention is worth a pound of cure" and "Take care of your body and your body will take care of you."** One of the positive things I noticed during 2021 is that more Medical Professionals, medical facilities and insurance companies are putting more emphasis on **"Prevention" --- and more taking care of our bodies like we did in the 60s, 70s and 80s.** More and more Medical Professionals are changing their specialties to Natural Medicine and Natural Doctor (thank you!). Every once in awhile I ask the medical professional treating me or my wife if they learned anything else in medical school than "how to fill out a prescription form."

There's not a single chronic disease in history that's been cured by a prescription drug.

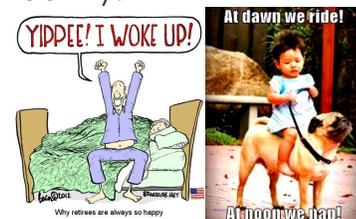
I put at least one health/fitness/medical article in every newsletter in hopes that I can prevent or delay the death of another one of our Classmates. My investigative mind wants to know the cause of death of each Classmate, this helps me determine the subject for my next article. How happy I was when my last "Consumer Reports" magazine arrived. One of their main articles was titled, **"Best Ways to Renew Body and Mind"** (Self-care is more than a buzzword—it's a must right now). You will find a condensed version of this article on Page 7 of this newsletter. For the full article go to Consumer Reports website.

Another positive feature of 2021 was seeing and visiting with some of our Classmates at our Class Luncheon on September 10th. Thanks to all that participated, hope to see all of you and additional Classmates at a Class Luncheon in 2022, more information coming as we get further into 2022. My 2022 blessing to you, "Please take charge of the medical care you are receiving, don't settle for anything but the best." Stay safe and healthy.

Please send me some articles/pictures for publishing in Newsletter (wrap up of 2021 in your family, big plans you have for 2022, etc.. If you hear of the death of one of our Classmates please drop me a note with their name and where I can find a copy of obituary.

Hugs & Love, **Colorado Ed**

Happy New Year



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.

Stay Safe & Healthy In 2022

(Sylvia's Report Cont. From Page 3)

I hope you're all enjoying this time of year with family and friends. Now, more than ever, we need to help support each other as we prepare for 2022. I hope that it is a fun, exciting, rewarding year for all of you and your families.

As we approach the New Year, I want to remind you of the importance of keeping your immune system healthy and strong. Our health is #1, it is through good health that we are able to do everything else. We should actively pursue "preventive care," It helps detect or prevent serious diseases and medical problems before they can become major. If one of your preventive tests or screenings show something not normal or unusual, make sure your medical professional looks further with diagnostic care. They should look for something specific to determine why your preventive care test and or screening result was not where it should be. Don't give up until you find the culprit and ban it from your body. Some preventive care measures that you all must practice faithfully are-----

- * Annual Check-ups
- * Blood Pressure Screening
- * Cholesterol Screening
- * Cancer/Diabetes Screening
- * Falls Prevention
- * Health Education
- * Good Fitness Routine
- * Practicing healthy habits on a daily basis to attain better physical and mental health

I really enjoyed visiting with a lot of you at our Class Luncheon (65th Reunion) and last September and excited to do it again in 2022. If this crazy world we live in cooperates, we should be able to gather again during September 2022. I will keep you posted on what, when and where as we get a little closer in the year. Please stay safe and healthy.

Happy Holidays

Wishing you a very Happy and Healthy New Year

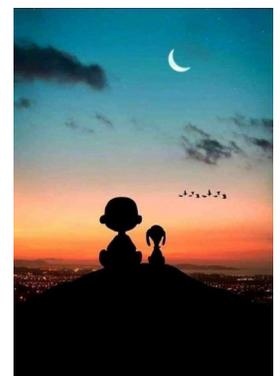


THE TROPHY WIFE

Bill, a 70 year old and extremely wealthy widower, attended a holiday dinner with a breathtaking beautiful 25-year woman on his arm. She was hanging on his every word. His friends at the dinner were aghast.

They finally cornered him and asked, "Bill, how did you get the trophy girlfriend?" Bill replied "Girlfriend? She's my wife!" They were stunned, "So how did you persuade her to marry you?" Bill said, "I lied about my age." "What do

you mean? Did you tell her you're only 50? Bill smiled and says, "**No, I told her I'm 90.**"



Headaches/Medical Updates

Get Control of Headaches

If you're prone to migraines, you'll want to learn what migrenades cause them. "Migrenade" is a term made up for substances that go off like a grenade in your brain and trigger a migraine. All the pain causing cytokines in your body should be considered migrenades, because they're responsible for the pain and inflammation associated with headaches. First, you should minimize or eliminate the following powerful migrenades if you want to get control of headaches.

- * Artificial sweeteners and dyes
- * Monosodium glutamate (MSG)
- * Vegetable oil containing bromine
- * Fancy dryer sheets
- * Perfume that contains synthetic chemicals

Low thyroid hormones are one cause of migraines. Iodine is one of the components that helps make thyroid hormones. Iodine or a good thyroid supplement could be helpful at reducing frequency. Ashwagandha is a herb that comes from a shrub native to India. It's also called Indian ginseng. The extract helps make thyroid hormone and provides antioxidant protection. Another pain causing cytokines, NF Kappa B is a natural compound in your body, but one that's associated with migraines. Activation of this substance is also associated with facial pain, autoimmune diseases, depression, anxiety, attention deficit, diabetes, chronic infections, obesity, and just the mere fact that you're aging. Fortunately, there are natural compounds that can slow down this pathway, reducing pain. Among the best are probiotic supplements, a cup of green tea, lipoic acid, omega 3 fish oils, curcumin,

Source: Life After 50, S. Cohen

Active Lifestyle Reduces Risk of Obstructive Sleep Apnea

Researchers found adults who were more active and spent less time watching television or sitting down were less likely to be diagnosed with obstructive sleep apnea (OSA) compared to adults who were the least active. The researchers suspect metabolic factors associated with physical activity, which supports a healthy body weight, waist circumference, insulin function, and reduces inflammation and fluid retention, may help explain these findings. They note future studies could explore these mechanisms and other factors, like the role watching television at night may have on disrupting circadian rhythms and sleep patterns.

The research was supported by NHLBI and the National Cancer Institute.

Cardiovascular Disease Deaths

Delayed or missed medical appointments for conditions that affect heart and vascular health, like obesity, diabetes, and high blood pressure could account for increased cardiovascular disease risks. The authors note sharing the message that hospitals are safe places to receive care is important. In other instances, especially for adults living in areas hardest hit by the pandemic, hospitals may have been limited with care they provided to patients without COVID-19. Indirect impacts of the pandemic, like added stress, financial hardship, and, for some, an inability to access food benefits and medical care, may explain other risk factors. The authors conclude public health programs and policies may help mitigate cardiovascular disease risks related to the pandemic. *The study was supported by the NHLBI.*

Consumer Reports Words of Wisdom

Consumers Report - Best Ways to Renew Body and Mind

Self-care is more than a buzzword—it's a must right now. Here are some fresh ideas that can shake up your routine and make the new year healthier and happier. You know that you should probably get more exercise and sleep. You know that you should meditate and that it's important to eat less sugar and rein in your binge-watching. You know, you know---- But it has been a challenging and in some ways catastrophic year and a half. So you're probably in a rut—almost everyone is—and don't know how to get your mojo back. Quit blaming yourself, behavior scientist BJ Fogg, PhD, says in his book "Tiny Habits" (Houghton Mifflin Harcourt, 2020). And don't waste time searching for one magic product that will make everything better. Instead, "take your aspirations and break them down into tiny behaviors." The truth is, small adjustments and actions can add up. And if the tried-and-true just doesn't motivate you, we've found a bunch of novel ways to help you get unstuck and restore your sense of well-being.

Try Nasal Breathing

When we're nervous, we tend to take quick, shallow breaths—often only through our mouth (like a panting dog). But that simply increases the anxious feelings. Nasal breathing, or breathing in through your nose instead of your mouth, makes it much easier to take long, calming breaths because it brings a lot more oxygen into the body. "Shallow breaths cause us to hold in CO₂, which depletes energy stores and triggers the brain into thinking something's wrong," says Truitt, the clinical psychologist. "Oxygen essentially sends a message to the brain that we're okay." Bonus: Breathing this way warms the air you take in, which helps your lungs make better use of oxygen and relaxes you even more.

Truitt recommends that you inhale slowly through your nose, then exhale even more slowly through your mouth. Doing this even three to four times, which takes less than a minute, should help calm you. You can add this sort of breath work to your daily routine, or use it anytime you feel particularly stressed.

Chill Out With a Slow Beat

Hearing favorite tunes can boost your mood, reduce anxiety and blood pressure, and even slow a rapid heart rate. Formal music therapy—listening to or creating music with a therapist to achieve certain mental health goals—may alleviate pain, minimize stress, and ease symptoms of depression. But research suggests that not all music has such effects. One study found that while Mozart—notably his Symphony No. 40—lowered participants' heart rates, ABBA did not.

Calm Your Mind

Feeling worried and nervous is a reasonable response to uncertain circumstances. In an October nationally representative Consumer Reports survey of 2,036 people, 42 percent of Americans said they're experiencing more anxiety than they did before the pandemic. Untended, chronic stress can lead to digestive issues and headaches, and is linked to a higher risk of anxiety, depression, and heart disease. But therapists are in short supply. So if your normal coping mechanisms aren't cutting it and you're looking for practical new ways to ease your unease, consider the following de-stressors. Routine exercise is key for wellness, and 24 percent of people in CR's survey said they ramped up activity during the pandemic. Wherever you are, keep this in mind: Switching up your regular fitness practice is a powerful way to get more out of exercise. Variety isn't only good for the body, but also for your mental state. It can prevent workouts from feeling repetitive and stale.

AlumnAssociation Info

Happy New Year

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
Elizabeth Farr Bryson	11/18/21

Alumni Family Members	Died
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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 10, 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.jutifa@gmail.com

Larry - dhsdart1956@gmail.com

Thanks,
Larry Edwards

