



Volume 09 Issue 02

March 2022

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Upcoming Events

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



**Pisces---Accepting, Compassionate,
Adaptable, Devoted, Imaginative**



**Aires---Independent, Generous,
Optimistic, Enthusiastic, Courageous**

Events/Activities during March 2022-----

3rd, Thursday---I Want You To Be Happy Day

8th, Tuesday---International Women's Day

13th, Sunday---Daylight Saving Time Begins

17th, Thursday---St. Patrick's Day

20th, Sunday---First Day Of Spring

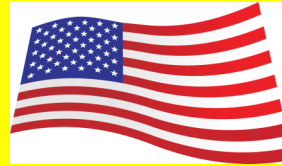
22nd, Tuesday---As Young As You Feel Day

30th, Wednesday---I Am In Control Day

Save Your Vision Month --- Get Regular Checkups

National Ethics Awareness Month

Enjoy life and the month of March to the fullest



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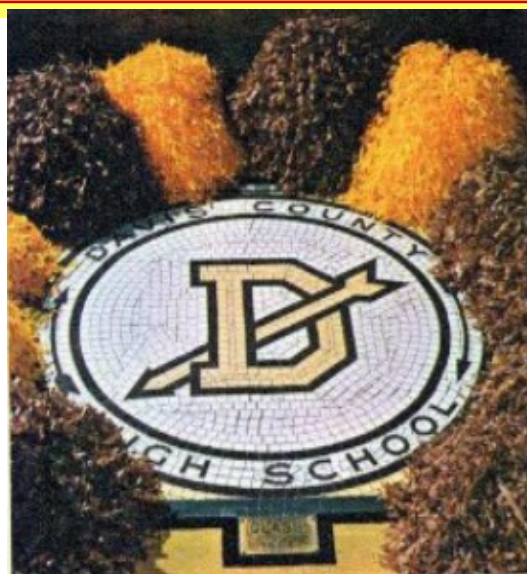
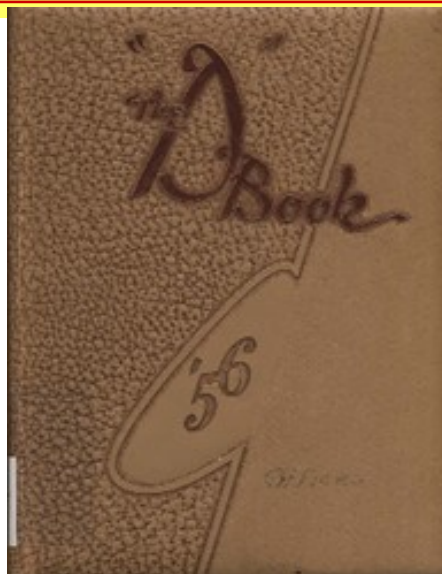
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Sylvia's Report

Sylvia Fisher Jutila



Fellow Classmates,

March is here already, time for the temperatures to start going up in preparation for Spring. We have encountered some strange weather patterns all over the United States. I hope all of our Classmates and Families were not impacted in a negative way and are safe and healthy. I also hope you and your families all had a safe, wonderful February and enjoyed Valentine's Day. I want all of you to stay safe and healthy - I hope to see most of you in September at a Class of 1956 Luncheon. We hope to have a decision by July on a yes or no for a September Class Luncheon, more information forthcoming.

I was hoping to say how happy I was that I didn't have to put any Classmate obituaries in this Newsletter. But It is with sadness and sorrow that I announce the death of one of our Classmates, "**Bear**" - **Ron Winegar**. Our thoughts, love and prayers go out to Sonia and Family, It really hits home when the spouse of our Classmate that just died is also a Classmate. **NOTE:** Ron's Funeral Services will take place on Friday, March 4th in Richfield, UT, see obituary below for more information.



Ronald Dale Winegar "Bear"

Ronald Dale Winegar, 84, passed away February 17, 2022 at his home in Richfield, Utah. He was born August 17, 1937 in Woods Cross, Utah to Eldon Dale and Lillian Ruth Kemp Winegar. He married Sonia Rae Hall on December 16, 1955 in the Salt Lake Temple.



Ron attended Davis High School in Kaysville and then joined the Navy. He served on the Lexington getting planes on and off the deck of the ship. He also played football as a lineman for the Navy team and as a catcher for the Navy baseball team. After his discharge from the Navy, he went to Weber State and played football. While playing with Weber State the NFL scouted him to play pro football, but he blew out his knee. Ron loved going to sporting events and watching his children, grandchildren and great-grandchildren. It didn't matter the sport.

He and his beautiful wife served a mission for The Church of Jesus Christ of Latter-day Saints in Little Rock, Arkansas. They completely loved their time serving the people there.

Ron always wanted to keep busy doing something. Sonia would tease him "You're becoming a jack-of-all-trades and master of none" and he would reply, "No, I'm a master of all." They built a miniature golf course in Monroe and ran it for many years. They also owned a gas station called Ron's Service in Monroe that was turned into a fast food place called Sonies. It is now called Bully's.

After retirement, they became snowbirds and would take their 5th wheel trailer down to Arizona, returning in the summer. They traveled all over. They thoroughly enjoyed their 67 years together. Before Ron passed away, Sonia was the last person he was looking at. Survived by his wife; children: Ronnie Kim (Rebecca) Winegar, Nashville, TN; Tamie Gail (Michael) Nice, Sunburst, MT; Darin Scott (Teresa) Winegar, Clearfield; Gary Lew Dale (Kellie) Winegar, Tooele; Ryan Brandon (Kami) Winegar, Richfield; Bradley Mark (Vickie) Winegar, Monroe; 23 grandchildren and 39 great-grandchildren; siblings: Joyce Watson, and Darlene Niebuhr, both of Bountiful.

(Sylvia's Report Cont. On Page 3)

Ron Winegar/Eileen Hansen Peterson

(Sylvia's Report Cont. From Page 2)

Ron was preceded in death by his parents; sister, Janet Lynn Swan; and infant brother, Eldy Winegar.

Funeral services will be held on Friday, March 4, 2022 at 11:00AM in the Magleby Mortuary Chapel, 50 South 100 West, Richfield, where friends may call on Thursday evening, March 3, 2022, from 6-7PM. His burial will be in the Monroe City Cemetery with military honors by the Sevier Valley American Legion Post #37 and Navy Honor Guard. Funeral Directors: Magleby Mortuary, Richfield, Salina and Manti. Online guestbook at www.maglebymortuary.com

NOTE: no public visitation the day of the services.

Now, on a more positive note, our wonderful Classmate Eileen Hansen Peterson was kind



enough to send me an update on how her and Rolo are doing. I want to thank Eileen for sending it to me so I can share it with all of you. They sure look and sound good, a good example for all of us.



I thought I would share some of my experiences, and yes, maybe a little philosophy I have gained along this trail into 'old age'. I discovered whatever part of my body was having small issues in my seventies, those issues magnified ten-fold as I have proceeded into the eighties. I now go up and down stairs one at a time because of a knee that was just a little problem before the big 80. I have discovered also that for some reason my feet will stop while the rest of my body is still propelling forward. This has resulted in two face plants just to mention a couple. I am blessed however there hasn't been any broken bones but with the face plants there was a LOT of black and blue on face and neck to explain. Now days I am saying to myself as I walk, 'pick up your feet, pick up your feet'.

My philosophy is that it is okay to be wrinkled and gray because I have earned every one of those wrinkles and gray hairs as I have had sleepless nights over a sick or wayward child. As we have, at one point, worried how to pay the bills after being laid off from work. ETC.ETC. Now as I look out at the world through eighty-three, almost eighty-four year old eyes I see a beautiful world. In my world now I can empathize with most situations my children are in and can offer some good suggestions if they ask my advice because I have 'been there and done that'. Of course I don't offer those suggestions UNLESS they ask because I have gained that wisdom during these eighty plus years.

I was released as Relief Society President this past October after seven years in the presidency four of which was as president. I haven't mentioned that to say look at how good I am, but to say I was able to do that in my old age only because Heavenly Father enhanced my body and mind the whole time. I would often jokingly say when I get released I will be old. Well it hasn't been only a few months and I really do feel I wouldn't be able to make the mark if I was still in that position.

My husband is still in the Elders Presidency at age eighty-six serving with a ninety year old Elders President!!! SO when I say 'growing old but not old' it is really true for some.

(Sylvia's Report Cont. On Page 5)

Colorado Ed's Desk
dhsdart1956@gmail.com

Larry Edwards
703-371-6938

Greetings from Colorado,

After two weeks of below freezing temperatures (below -0- one night), we are now basking in a couple of days of high 60s to high 70s sunshine and warmth. Everyone out enjoying it while they can, cold weather returning in a few more days. The month of March is when we get our biggest snow storms here in Colorado Springs. I remember in Utah where we used to say, "March Comes In Like A Lion and Goes Out Like A Lamb." Here in Colorado Springs, this would be more accurate for the month of April.

February flew by, had some strong winds that blew over 13 semi trucks on the freeway near our house. Coming from Davis County, we are fully aware of this kind of event. Some of the truckers said it wouldn't happen to them. They are now unhappy with their damaged trucks and trying to explain to their employers and the Colorado State Police why they didn't get off the freeway and wait out the storm.

My favorite thing about the month of February is that it is the "Love" month and includes Valentine's Day. Love is one of my favorite words, "Love Makes The World Go Round." I wish I could snap my fingers and spread more "Love" all over the World, what a more wonderful World we would have. Don't forget to tell all of your family and relatives that you "Love" them everyday.

The month of March brings us the beginning of daylight saving time, the first day of spring and St. Patrick's Day. Enjoy the month of March and these wonderful events. Have some free time, please send me an article with pictures about what is been going on in your life or what your plans are for this summer (see Eileen's and Rollo's article on page 3).

Speaking of this summer, I hope to be discussing in July the plans and details for a DHS Class of 1956 Luncheon in September. I like to think positive, I would appreciate your comments and/or thoughts on a 2022 Class Luncheon. Please stay safe and healthy.

I sent out our "Class Roster" to you a month ago, please review it for accuracy. If your listing needs updating, please send me the new information. A lot of you have replaced your home phone with a cell phone, please send me your new number. Some of you have changed your email address and not sent me your new address. When I send out our Class Newsletter I get a message for 9 - 11 of you that the Newsletter is not deliverable. Then I try to contact you by phone to discuss your email address, about half of you I cannot contact because the phone number I have for you is not a working number. Please help me keep your Class Roster information current - THANKS.

Please take charge of your health, read the two "Medication" articles on Pages 6 and 7. Enjoy life to the fullest.

Hugs & Love, **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.

Adding Years To Life/Life To Years

{Sylvia's Report Cont. From Page 3}

Following up on Eileen's and Rollo's positive article I would like to share some-----

"Strategies for Adding Years to Your Life and Life to Your Years"

Unfortunately, medical care for the elderly has turned into a game of whack-a-mole. The standard medical system deals with each disease in isolation, rather than treating the whole person and correcting the underlying biological processes that have caused an immune system to run amuck. The result is that individuals get "cured" of one disease, such as cancer, only to develop another one two or three years down the road. Rather than tackling individual diseases, our focus should be on extending our health span, not just our lifespan. Who wants to live longer if those years are filled with misery? In order to achieve this, we must address the root cause of illness and aging, and intervene before the damage accumulates. We can do this by addressing the following factors:

- | | | | |
|-----------------------|--------------------|--------------------------------------|------------------|
| 1. DIET AND NUTRITION | 2. TOXIC EXPOSURES | 3. PHYSICAL ACTIVITY | 4. BRAIN FITNESS |
| 5. HIGH-QUALITY SLEEP | 6. STRESS | 7. LIVING WITH PURPOSE AND GRATITUDE | |

PURPOSEFUL LIVING - When it comes to psychosocial factors that can extend your life, having a purpose rises to the top of the list. One way to define purpose is, "a central, self-organizing life aim that organizes and stimulates goals, manages behaviors, and provides a sense of meaning. "Purpose is what links everything together. A sense of purpose is much like the Japanese concept of ikigai, or "life worth living," which they believe is associated with longer life. We should take note—the Japanese are doing something right! Feeling that your life is worth living brings mental and physical benefits in a kind of positive feedback loop. Not only is purpose one of the most commonly cited values by Centenarians, but recent reports show that a sense of purpose is an actual mortality predictor across adulthood. People with a greater sense of purpose are motivated to engage in healthier lifestyle behaviors, such as eating their veggies or getting more exercise. Purpose is also linked to sleep quality. In the Blue Zones, people value healthy rituals, community, and meaningful purpose. They don't identify with disease or compare themselves with neighbors or friends. They are quick to forgive others and even quicker to forgive themselves. Speaking of community, loneliness or social isolation is another influence on life expectancy. In a large meta-analysis, people who reported being lonely were 26 percent more likely to have died during the seven-year research study. Mortality risk was 20 percent higher among those who were socially isolated versus those who were not, and 32 percent higher for people who lived alone versus those who did not. An interesting study was performed using African grey parrots. The parrots with parrot companions had longer telomeres than parrots without partners. Does gratitude affect life expectancy? Possibly! The more gratitude one feels, the lower the risk of heart attack. And the more grateful people feel, the better they tend to take care of themselves. Gratitude and positive emotions benefit physical health and stress management, so it's likely a life-extender as well.

Lets put forth every effort we can to extend our lives, healthy rewarding lives. Lets mark our calendars for our 100 year old "Birthday Celebration" in 2038. I'll even take your reservations now. Stay safe and healthy and lets do it. Thanks, Sylvia

Painful Costs of Medicine Misuse

Rebound Regrets - The Painful Costs of Medicine Misuse

If you're playing basketball, rebounds are great---you want as many of them as you and your teammates can grab. A medicinal rebound, however, has serious, undesirable consequences. This kind of rebound results from the prolonged use of certain medicines that eventually exacerbate the problem they're created and sold to treat.

Misplaced Trust --- In his early 40's. Greg noticed an annoying tingling sensation in his legs, often at night. The spasms kept him awake, rarely sleeping for more than a few hours, which affected his concentration the following day. After years of ignoring the problem, Greg went to his doctor and was diagnosed with Restless Leg Syndrome (RLS). His doctor prescribed him ropinirole (brand name: Requip), which for Greg was a godsend. Taken regularly, it eliminated the leg spasms, allowing him to sleep again. However, gradually, the medicine's effects diminished. The doctor increased the dosage until, eventually, the spasms returned worse than ever. Greg's doctor switched him to a new anti-seizure drug to help him transition off the ropinirole. Neither Greg, now in his 60s, nor his doctor know what the long-term effects of this new anti-seizure will look like. Yet a stopgap was necessary, as there is no cure for RLS.

If like Greg, you've taken a potent medication for months or years, you might be just one rim bounce from a rebound you don't want. Medicinal rebounds can make life miserable, particularly if you're over 60. Boomers are playing with fire when they casually pop a few pills to assuage an annoying ache or to aid a beneficial afternoon nap. On any given day as many as 3 million Americans suffer headaches brought on by the medications they trusted to rid them of their pain.

Beware The Wonder Drugs---Older adults are America's largest group of drug users. Almost 90 percent of adults 65 and older reported currently taking prescription medicine, and 54 percent reported taking four or more prescription drugs. A 2016 article in the Journal of the American Medical Association reported that every day, 750 U.S. Adults age 65 and older are hospitalized due to serious side effects from one or more medications.

The problem rarely occurs with the first dose, or even in the first weeks. But over the course of weeks, months or years. The terrific treatment that revitalized your life transform into the terrible torment that vexes your body and soul. Overuse of short-term, mostly nonprescription "wonder drugs" may cause harm in the long term. Frequent use of nasal decongestants meant to open swollen nasal passages can inevitably lead to severe, chronic nasal congestion (rhinitis medicamentosa or "rebound congestion"). Additionally, prolonged use of certain acid reflux treatments can exacerbate the problems those medicines initially alleviated.

Prescription meds have the potential to be even more hazardous. The best-known example of prescription abuse in America is the opiodic epidemic. Because of widespread misuse, doctors face a delicate balancing act regarding opiod prescriptions. Due to their much-publicized, highly addictive properties, many doctors are reluctant to prescribe them. Many health maladies have no cure. Medical experts are still trying, often through trial and error, to find the best treatments. Some-times the errors resulting from trials can be miserable or even debilitating for patients.

If you find yourself in a situation similar to Greg's, do your research and seek a second expert opinion. The new doctor might feel like he's getting you on the rebound, but he'll get over it---and you'll score some crucial peace of mind.

Source-*Jerry Gramckow*

NOTE: This article hit close to home, my wife had the Restless Leg problem until we went to a second doctor. I had the nasal and acid reflux issues until I went to a second doctor for help.

Medications Cause Memory Problems

How Medications Inadvertently Cause Memory Problems-----

For people with newly onset memory issues, look in your medicine cabinet. What are you taking that could be causing this? Are you taking an "anticholinergic" medication that lowers levels of acetylcholine in your brain? The neurotransmitter acetylcholine is a beneficial, memory-enhancing and life giving compound in the body. Your nerve cells use it to communicate with one another---you can't think or live without it. Like all good things, too much or too little acetylcholine can have detrimental effects.

Drugs that raise acetylcholine are termed "cholinergic." Medications that slightly increase these levels are good for the brain and memory system. They usually work by blocking an enzyme that would otherwise degrade the acetylcholine so that it hangs around longer. Pills that do this include donepezil, rivastigmine and galantamine, which are all used in treating Alzheimer's, Parkinson's and dementia.

Conversely, some "anticholinergic" medications can lower levels of acetylcholine. These drugs may ease depression, but in doing so, they have the side effect of reducing acetylcholine by a little bit, which causes memory problems. As a result, this side effect may cause you to get diagnosed with a memory disorder you don't have!

Many anticholinergic drugs are blockbuster big-names like diphenhydramine and chlorpheniramine for allergies, scopolamine patches for dizziness, oxybutynin or tolterodine for bladder problems, many older antidepressants, ipratropium inhalers for breathing, dicyclomine for IBS, and others.

Just as you might imagine, anticholinergic drugs can harm memory pathways. In a study published in the Journal of the American Medical Association in 2015, researchers evaluated data from hundreds of participants over 10 years to see if they went on to develop dementia or Alzheimer's disease. Essentially, they found that long-term use of anticholinergic drugs is bad for the brain!

If you wish you had more brain power, take a look at your current medications and see if you're taking an anticholinergic drug. If you are worried about brain function and would like more information, go to www.suzycohen.com where a free ebook on the topic is available.

Source: Suzy Cohen

Oh What A Beautiful Morning - What Is In Store For Today

Luck is what happens when preparation meets opportunity.
(Roman dramatist Seneca)

(or...)

Luck happens when preparedness catches up with opportunity
(old adage)

I thought the dryer made my clothes shrink...
Turns out it was the refrigerator.

AlumnAssociation Info

Simple Formula For Living

Live beneath your means. Return everything you borrow.
 Stop blaming other people. Admit it when you make a mistake.
 Give clothes not worn to charity. Do something nice and try not to get caught.
 Listen more; talk less. Every day take a 30 minute walk.
 Strive for excellence, not perfection. Be on time.
 Don't make excuses. Don't argue. Get organized.
 Be kind to unkind people. Let someone cut ahead of you in line.
 Take time to be alone. Cultivate good manners.
 Be humble. Realize and accept that life isn't fair.
 Know when to keep your mouth shut. Go an entire day without criticizing anyone.
 Learn from the past. Plan for the future. Live in the present.
 Don't sweat the small stuff.
 An ounce of prevention is worth a pound of cure.
 Take care of your body and your body will take care of you.

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
Ronald Dale Winegar

Died
02/17/2022

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 February 28, 2022 our unofficial departed Dart count is 230.

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

