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## Yarwood Notes

from: THE ORANGE COUNTY REGISTER, Santa Ana, Calif. 6 April 1986  
YARWOOD COMMUNITY HEALTH CENTER COMBINES MEDICAL, CHIROPRACTIC

### SKILLS.

When you're in pain, you want relief fast, because pain can follow you everywhere---from room to room, or from job to sports. When the pain is severe, even waking up can be the day's most difficult challenge.

Dr. William YARWOOD, doctor of chiropractic and executive director of the Yarwood Community Health Care Center in Costa Mesa, said that more and more Americans are turning to chiropractic procedures, those which diagnose and treat the cause of pain in the back, neck, head, arms or legs without medication.

"If you've ever had a stiff neck or a strain or sprain in any part of your body, then you've probably sought some help," YARWOOD said. "But, after some investigation, you found literally dozens of health care options to choose from---general medicine, orthopedic medicine, chiropractic procedures, and more."

Now that the cost of health care has risen to such a degree, he said, "we all must evaluate the best health care alternative for ourselves physically, as well as financially."

"That's why many Americans are looking toward chiropractic/medical health care programs for results these days. It's a new approach, but one that's growing each day."

So, YARWOOD organized a team of medical and chiropractic professionals, all under one roof.

From radiologists to orthopedic specialists to chiropractors, patients receive the treatment they need in an unbiased fashion, he said.

The procedure, which takes place at YARWOOD's one-story facility in Costa Mesa, starts with a careful consultation and screening exam to determine whether medical or chiropractic care would be better for the patient.

If X-rays are warranted, a radiologist will examine them from a medical point of view and a chiropractor will examine them from a structural one. Then, a customized treatment program will be tailored specifically to relieving the patient's pain in as little time as possible.

YARWOOD said he built his practice with both medical and chiropractic practitioners to help busy patients avoid chasing sub-specialists for a medical problem, or a chiropractor for a back problem.

YARWOOD started practicing privately in Costa Mesa in 1961 when he assumed the directorship of his father's chiropractic practice. His practice is 10 times as large today with 20 percent growth each year. Chiropractic procedures were fairly unknown back then, he said, but over the last decade, the appeal and benefit of chiropractic has grown tremendously.

Today, more than 3 million people a year see a chiropractor, with more and more patients being added every year, he said.

"My patients range from the business executive with a demanding travel calendar, to the housewife, to the construction worker, and from the young to the elderly," YARWOOD said.

"I've helped patients who are entertainers, professional athletes, and recognized public officials. So it doesn't matter who they are, I'm confident we can help them with their problem. And if we can't help them here, we have an extensive professional referral base to support us too."

In publications provided by the American Chiropractic Association, YARWOOD said, there are 14 common danger signs that all adults must quickly address to avoid more serious problems, including: headache (including migraine); neck, shoulder or arm pain; pain between the shoulders; chest pain; low back pain; leg, knee or foot pain; numbness in legs; painful or swollen joints; indigestion or constipation; dizziness or lightheadedness; chronic fatigue; sinus trouble; and whiplash or neck injuries.

The Yarwood Community Health Care Center is located at 136 Broadway in Costa Mesa.

My cousin, Leona (Yarwood) HAMMER and her husband Manly, spent the winter out here in California at Big River on the Colorado. Kathy and I had planned to visit them just before they went back to Austin, Minnesota, but just as we were getting prepared, I learned that I had to go to the funeral of a man with whom I had worked for the last twenty years.

Fred BUCKRUCKER used to call me "cousin". According to some of the information I have, one line can be traced back to William the Conqueror of England, whose ancestry runs to Charlemagne. Fred's line (from a book he had) also goes to Charlemagne - so we'd be Extremely distant cousins. I'll miss his 'What's buzzin, cousin.' when I visit the office.

Leona wrote after getting back home and mentioned that her brother Charles YARWOOD from San Diego had visited shortly before they left; and also that their sister, Marian WOLF had been out to Big River from Reseda.

Manly had a good report on his latest check-up, and they were to go to Walker Lake in June. They used to spend vacations there, but are now retired, so can spend much of the summer.

Leona also mentioned that Marian & Joe had been back to Minnesota in April for Joe's Mother's 92nd birthday.

And that Uncle Ray YARWOOD had been in the hospital for pneumonia. She said that she understood that Ray was to get some radiation treatments.

Tumors and malignancies seem to be rather prevalent - Leona's sister May has been battling it for many years, and May's twin brother Fay has some lumps.

Fay and my brother, John, joined me on the USS YORKTOWN, CV 5, in early 1941. for a short time we were in the 3rd Division together, then I was transferred to Torpedo Five. In September (on John's birthday, if I recall correctly) they were transferred to Fighting Five and the same day I started on my way to Puerto Rico. Then was the last I saw of either of them for some years. WW II intervened.

For old timers - Barney Google's friend Snuffy Smith was drafted in the first part of draft time. He was designated a 'Yardbird' - just below buck private, rear rank - so naturally, I was called YARDBIRD, and when John & Fay joined the ship, they became YARDBIRD #2 and #3. I was called by that name for several years - I'm not sure about them.

Leona mentioned that her daughter, Janice and husband Jim MATISON, celebrated their 25th wedding anniversary on the 23rd of March. Their eldest daughter, Amy, graduated from the University (Minnesota ?) and went down to Florida. She had a job there, but will be looking for a teaching position. She has a triple major in science, math & phys ed!

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Cousin Jessie (Yarwood) HERMAN sent me some clippings in April 1984 about the December 1983 Holiday Festival Boxing Tournament at Casper, Wyoming. Her grandson, John HERMAN, 21, won the 147-pound title.

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F. A. YARWOOD (we call him Fay, but his co-workers call him Al) sent me some pictures of him, his son Mike, and grandson Russell.

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My nephew, Robert, and his wife Judi sent me a note with my birthday card a year ago telling about their son Christopher's first Christmas.

At 10 months, he didn't seem to notice the tree or ths gifts! His older brother, John Michael, at 5 was much more impressed with Santa, etc. Christopher was trying to talk and stand alone, learning to use a spoon, etc., and crawling all over the place! Robert was to become a Senior Resident last July. He is at the Naval Hospital in Portsmouth, Virginia. Now specializing in Ob-Gyn, I believe.

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Leona mentioned that her shingles were better. One of the men at work who had them very bad - Dr's prescriptions weren't doing any good, so he started using the juice of the Aloe Vera plant. The shingles were cleared up in short order - whether the Aloe Vera or Dr's medicine, I don't know. Folk medicine & Health Food stores swear by Alow Vera for many things.

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In their Christmas card, Joe & Marian WOLF mentioned that they had another new grandson - 9/29/85 - Kyle Brandon, son of Debbie (Wolf) & Curt HUGHLET - joining an older brother, Cole.

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Helen (Yarwood) DREW mentioned in their Christmas letter that Del had spent much of his free time in 1985 woodcarving. He took some lessons from a woodcarver in Cedar Falls, Iowa. Since that time, she has said that he competed in acontest - but I don't recall where or when.

Paul spent quite a little time in 1985 checking colleges. He graduated this May, and has settled on BARD College in New York State where he will be studying Creative Writing.

Paul and three other young men took a trip this summer. First they visited his sister Beth in Manhattan, Kansas. Next they went to Greeley Colorado to visit a brother of one of the others. When they left Greeley, they drove straight on through, stopping only for food, gas, etc. to Anaheim.

They did not have definite plans for anything along the way - just vague ideas of what they wanted to see. They arrived here June 26th. Kathy was having a pretty bad attack of the flu (or something), so I took them to Bob's Big Boy for a late lunch, and to the Sizzler later for supper. I expected very large appetites, but was greatly surprised as they ate comparatively little.

Friday morning, they went up to San Luis Obispo where Paul's uncle Paul DREW lives and one of the others had relatives also. They came back here on Monday. Tuesday they went to Disneyland and Wednesday to the Los Angeles Zoo ( were a little disappointed by the zoo. I had seen considerable advertising about the Zoo, but haven't been there. Should have sent them down to San Diego, where I know the Zoo is a good one.)

On Thursday, they left to go to Universal City for the tour of the Studio, and then to visit some one in Sherman Oaks. Every couple of days they had checked with home by phone. One of them, Heath MILLER had a job, and had requested two weeks off. His boss wasn't sure he could do without him that, but told him to start. Anyway, he learned that his boss wanted him back on the 2nd of July. He couldn't get a plane, but finally got a seat for the 5th. On Thursday he was able to get a change to the 4th. The others decided that the trip wouldn't be the same with him gone, so they cranked up the van and headed for Greeley - then on to Ackley, Iowa. Heath got home about 5 on the 4th, and the other three showed up about noon on the 6th.

The four were Paul DREW, Heath MILLER, Brad LAWSON, and Jim SHOE-MAKER. Heath was a junior last year, the others seniors. A good group of young men. We wish them well, and are sorry that Kathy (& I, some) were fighting the flue while they were here.

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To return to Helen's letter. She mentioned that she had been trying to lower her cholesterol a little. Del's brother Francis had angioplasty on one artery the ... wrote.





Florence (Yarwood) HARDING; John O. YARWOOD; Lorena VILMONT in front; Helen (Yarwood) DREW. Absent: Bill Y.



27 Sept. 1985 - Lorena (Bertelson) (Yarwood) VILMONT, 90th B'day - w/great-grandchildren: rear: Lisa HARDING; Melinda GAMBLE; Laura GAMBLE; Alex HARDING; Cindy BEVING - front: Chris YARWOOD; Mother (Mrs. VILMONT); John YARWOOD; Paige HARDING & Pamela H.; Laura H. & Erin H.

ABSENT:  
DENISE BEVING



Lorena VILMONT in front of grandchildren: Paul DREW; Beth (Blum) STEVENS; Robert YARWOOD; Barbara (Yarwood) GAMBLE; Jim HARDING; Bob HARDING; Joe R. HARDING. Absent: Donna YARWOOD.



September 28, 1985 - John YARWOOD and Bernice JOHNSON at their wedding.



Jessie HERMAN said that her husband Truman has oxygen all the time. They were to be married 50 years New Year's Eve. John & his wife were to have dinner to celebrate.

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 Mother & Florence both kept notes/diary in 1980 when they went to Scandinavia. In October 1980, Helen typed up Mother's notes and sent a copy to me - plus one to Florence so Florence could integrate with her notes for a memo about the trip.

They went starting July 8th, with their first stop in Norway - Oslo. Several days in Norway, then to Sweden the 15th, and Denmark the 20th. Mother & Florence left the group in Denmark - stayed about a week extra, visiting some of Mother's cousins, etc. These on her father's side had a company check their genealogy and prepare a book - goes back to the early 1600's on several lines.

Some stories Mother noted down: 1st Norway:

A young couple waited a long time for a family and finally had a pair of twins. They were unable to decide on names, so asked Uncle Olaf for some ideas. He thought and thought and finally said "Denise." That was fine, but what should they name the boy? Olaf said, "De nephew."

Norway: Sam & Sven wanted to measure the height of a flag pole. First Sam took one end of a measure and started up the pole, but got only half way and slid down. So Sven was sure he could do it, but he didn't get as far as Sam did. A Swede had been watching them and asked what they were trying to do. They told him. He had noticed how the pole was hinged, so he unlocked it and laid it down and measured it. He said it was 17 feet long, then stood it up again. After he left, Sven said, "Isn't that like a dumb Swede? We wanted the height, not the length."

Norway: A group of Methodist women were going to a convention and were in an accident. They all died and went to heaven, but St. Peter said there were too many to go in at once. He took 10 and the others were to stay with Satan until called - 10 each week. The first week went by and nothing happened. The second week was the same, and the third week and nothing still. So Satan called St. Peter and said, "What's going on? We have an emergency! Something has to be done. These ladies are holding rummage sales and bake sales and bazaars! They only need \$35.00 more to air-condition this place!"

Still from the Norwegian portion of the trip: A woman died and went to Heaven. St. Peter met her at the pearly gates and said, "It will take 1000 points to get in. What have you done?" The lady thought some time, then said, "I went to church every Sunday." "That's only 50 points." "Volunteer work in the Community." "50 points." "Sung in the choir." "20 Points." "My land, that is only 120 points - how will I ever do it? Only by the grace of God will I ever make it." Peter said, "Welcome! Come in!"

Sweden: The town drunk was on the railroad track. A friend came along and inquired. "Ole, do you think you can make it home?" Ole said, "Yes, if I can make it up these steps, but those dumb Norwegians who made them put the hand rails so close to the ground!!"

Notice that the Norwegians & Swedes blamed these "Polish" jokes on each other. Along that line, my Danish relatives tell me that "a Swede's a Dane with his brains knocked out!"

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 In May 1984, Florence sent a long letter. Quite a bid was about our McCULLOCH and TOWNE genealogy, but she mentioned:

Brian YARWOOD came and visited me a week ago yesterday before I could be leaving for Eldora and he was going to leave on Sunday to go be with his Mother and sister--at his sister's home in Waterloo where his Mother was going, then he and his Mother were going back to Decorah. It was nice to get to see him....It was interesting to find out that his major here at the University was in medieval history. He is fascinated with such old history...

When I am in Colorado Springs this summer I hope to get to visit with

Curtis....

When I was back in Iowa in 1978, I obtained a copy of my father's Will and so forth. Then with her letter, Florence sent a copy of the Clerk's Certificate of Marriage of our parents - 5 February 1915 at Spencer. It was copied from Book 2, page 105.

Florence also sent me copies of pages from our old family Bible - given to our father, Robert W. YARWOOD by his mother, Dec. 25th, 1911.

FAMILY REGISTER  
PARENTS' NAMES

Husband: Robt. W. YARWOOD, born July 18, 1984, Wed.  
Wife: Lorena Bertelson YARWOOD, born Sept. 27, 1895, Friday.  
Married: Feb. 5, 1915. At Spencer, Iowa at home of bride's parents, by Rev. Wm. BAIER, Friday, Dark, stormy, windy, regular blizzard. All trains tied up.  
(As soon as possible, they left for Weed, California, where he had a job waiting for him.)

CHILDREN'S NAMES

Florence Lorena YARWOOD Born June 15, Thursday, 1916, 2:13 AM, Dr.  
J. M. SOKOL and Mrs. BERTELSON. (Spencer, Ia., Mrs. B - Grandma.)  
William Robert YARWOOD, Born Jan. 21, 1920, Wednesday, at 5:31 AM  
Dr. W. H. VAN TIGER and Mrs. Laura INGRAHAM. (Eldora, Iowa)  
John Orvin YARWOOD, Born Sept 16, 1922, Saturday, at 10:41 PM.  
Dr. W. H. VAN TIGER and Mrs. Arlette CRANE. (Eldora)  
Helen Marie YARWOOD, Born Sunday, Mar. 1, 1925, 11:51 AM, 6½ lbs.  
Dr. W. H. VAN TIGER and Mrs. Amanda MARSKE. (Eldora)  
( Grandma wrote the presentation, the rest of the above is in ur Father's handwriting. The next - baptisms - in Mother's writing.)

BAPTISMS

Florence, Apr. 20 - 1924, by E. B. CLARK in Eldora  
William R. - in Goldfield.  
John O., Apr. 12, 1936 By Rev. Alva RAGSDALE - Eldora  
Helen M., Nov. 11 - 1934 By Rev. RAGSDALE  
Lorena, Spring 1914, Spencer.  
Robert W. - Eldora

I also have a copy of the STANDARD CERTIFICATE OF DEATH for my Father, showing that he died at New Hampton, Chickasaw County, Iowa on 12 June 1935 of natural causes - Heart Disease? Cerebral hemorrhage? and was buried at Spencer Iowa.

Everett YARWOOD wrote last October that his wife Dorothy had a heart attack - clogged arteries - she was in intensive care for a week and another week in the hospital. Is taking considerable medicine (I know, I have five different kinds of pills.) He didn't mention just when she had the attack, but said she wasn't able to do much yet, but helps around the house. Luckily he had insurance through his job to help with the bills.

He mentioned that while in the Army, he was in a storm aboard ship on his way to Germany. The trip took nine days instead of the normal five. He was referring to the storm that Harold YARWOOD had told about in his diary - last year's NOTES.

Margaret YARWOOD (Mrs. Murlin) sent me the wedding date for Murlin's parents - December 25, 1919 in Mozeman, Montana.

Dean YARWOOD, Dec. 27, 1984 wrote that they were to have two graduations in 1985 - Keith getting his MBA and Douglas his BA. Keith was co-winner of a United Press International National Broadcast Award. He and a fellow student did a feature about the closing of a local to win the award.

In her 1985 Christmas letter, Dorothy (Yarwood) EMMONS told about

meeting Louise ROLFS, her daughter, in Seattle and taking a cruise to Alaska, then a bus through Yukon Territory, British Columbia and Alberta.

On August 11th, Margaret, Merlyn and Dorothy attended the ROLFS-KOSTMAN reunion at Waukon. Visited with some ROLFS relatives they had not seen for years.

On August 14th, she joined a group of Iowans on a farm tour to Europe. Chicago to Brussels, bus to Paris for two days, two days in Switzerland, two in Holland and one in Belgium.

She was to spend Christmas in Rochester then to Florida for January and San Diego in February. Was looking forward to the wedding of her first grandson, Scott MARTIN to Caroline FABRITIUS in the spring.

She sent the following to add to YARWOOD history:

Under Dorothy Mae (Baker) EHLERT:

C. Sharon Eleizabeth EHLERT was born October 27, 1963 in Waterloo, Iowa. She married Donald Orie HAGER, Jr., August 17, 1985 in Indianola, Iowa. He was born in Des Moines, Iowa on February 15, 1963 to Wilma Janette (Edington) HAGEN and Donal Orie HAGEN. Donnie is a data Processor. He has enlisted in the Iowa National Guard for eight years and has gone through basic training and advanced individual training at Fort Knox, Kentucky. His father was born November 4, 1937 in Decatur county, Iowa. His mother was born August 28, 1929 in Lacona, Iowa.

Under Barbara (Baker) VAN DORN:

A. Amy Ellen VAN DORN was born October 28, 1962 in Waterloo, Iowa. She was married August 17, 1985 in Waterloo, Iowa to Bret CARLSON of Chicago, Illinois. Amy and Bret are residing in Chicago.

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Dorothy recently wrote:

Brother Donnie (DON YARWOOD) had a 3-bypass operation on June 18th. He is doing very well and has been dismissed from the hospital. His address: Donald R. YARWOOD, Bob's Trailer Court, Sp. 19, Marion Rd., S.E., Rochester, Minnesota 55901.

"My 3 daughters will all be home at the same time this summer. They are planning an open house for my 80th birthday on August 3. It will be at the Lutheran Church in Burr Oak."

We won't be able to make it, but perhaps some of you can.

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Dorothy's address - Mrs. T.H. EMMONS, 609 Mound St., Decorah, IA 52101  
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Speaking of birthdays, Last fall I mentioned my Mother's 90th party. We weren't there, but my sisters sent us some pictures - from which I picked those in the middle for reproduction. One of Mother, Florence, John & Helen, one of Mother and her grandchildren, and one showing her with her greatgrandchildren. *Also One Of Johnny's New BRIDE - 9/28/85.*

We are planning to be with Mother this year for her 91st birthday. Plan to leave on September 15th, probably arrive in Eldora the 19th and will start back about the 28th.

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I believe that I'll stop at this point, and save the other information that I have for the letter this fall. I thought I'd send along these photos now rather than waiting. Also, after getting Dorothy's letter - would like to pass along the info about her Open House in time so that some of you might be able to make the trip. That's just two weeks from Sunday.

Have a good time - I'll send along some more info in the fall.

*Bill*