



# SENIOR *life* R



AUGUST 2017

## Activities Calendar

aug 10

**Book Club at the Senior Center.** They will be discussing 'All the Light We Cannot See' by Anthony Doerr. Check-out a book at the library or purchase your own copy. New readers are always welcome. Club starts at 10 am. Call 970.350.9440 for more information.

aug 11

**Neighborhood Nights - Free Summertime Fun!** Finding Dory (PG) Island Grove Regional Park, 501 N. 14th Ave. Island Grove Splash Park open until 8pm and enjoy Aven's Village inclusive playground.

aug 16

**Annual Legal Fair** hosted by the Weld County Combined Court Information Center. Speak with a local attorney for free. (Family, Divorce, Custody, Child Support, Criminal, Traffic, Evictions, and Civil Law Suits.) Each one on one session is 15 minutes. 1:00 - 4:00 pm at 915 10th St. For more information call 970-475-2410.

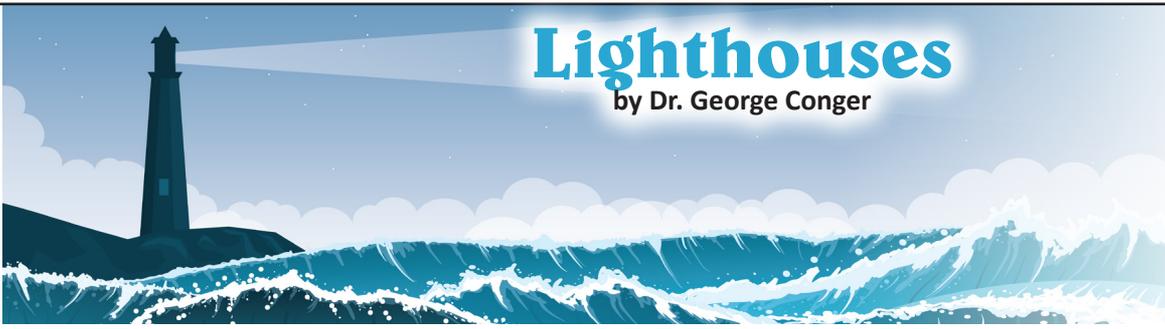
aug 17

**Medicare 101.** Aspen Club Medicare Counselors will provide an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance from 4:30-6:00 pm at GMC, 1900 16th St. Call the Aspen Club at 970-313-2796 to register.

aug 19

**The Moonlight Bike Ride.** Presented by the Greeley Police Department. Sign in begins at 8 pm, ride begins at 8:45 pm. Meet at the Greeley Police Department, 2875 W 10th St. Helmets and lights are required, minimum riding age is 12 years old, children in trailers are allowed. For more information, call 970-351-5387.

Senior Life is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or hdarby@weldgov.com. All content is subject to editing and/or approval by Weld County.



## Lighthouses

by Dr. George Conger

A lighthouse is a tower, building, or other structure designed to emit light from a system of lamps intended to serve boatmen as a navigational aid at sea or on inland waterways.

Lighthouses mark dangerous coastlines, hazardous shoals, reefs, submerged obstacles, as well as safe entries to harbors. Lights can also assist in aerial navigation. Once widely used, the number of operational lighthouses has declined due to the expense of maintenance and the popular use of electronic navigational systems.

Currently, the United States has approximately a thousand

lighthouses as well as light towers, range lights and pier head lights. I would have guessed that Florida or Maine would have the most lighthouses but I would have been wrong. The state of Michigan has the most lights of any state with over 150.

Since 1939, most of the lights in the United States have been built and maintained by the Coast Guard, and before that the U.S. Lighthouse Service and the U.S. Lighthouse Board which was initiated in 1852. Before the Lighthouse Board was established, local collectors of customs were responsible for lighthouses.

As their importance to navigation has declined and as public interest in them has increased, the Coast Guard has been handing over ownership and in some cases responsibility for running them to other parties, the chief of them being the National Park Service.

*In closing, here is an interesting story. This is a true transcript of an actual radio conversation between a US naval ship and Canadian authorities off the coast of Newfoundland in October 1995. The Radio conversation was released by the Chief of Naval Operations on Oct. 10, 1995.*

**US Ship:** Please divert your course 0.5 degrees to the south to avoid a collision.

**CND reply:** Recommend you divert *your* course 15 degrees to the South to avoid a collision.

**US Ship:** This is the Captain of a US Navy Ship. I say again, divert *your* course.

**CND reply:** No. I say again, you divert *YOUR* course!

**US Ship:** THIS IS THE AIRCRAFT CARRIER USS CORAL SEA, WE ARE A LARGE WARSHIP OF THE US NAVY. DIVERT YOUR COURSE NOW!!

**CND reply:** This is a lighthouse. Your call.

## SENIOR *Life*

### Gripe of the Week

Connie says, "Pull over; it's an emergency!"

Her gripe is drivers who ignore flashing red lights and blaring sirens. She says, "Whether in your lane or the opposite, you have no idea where they need to turn or stop and the only reasonable reaction is to pull to the side of the road and stop until they are safely past. Plus, it's the law!"

### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 8/14

Navy Bean Soup, Wheat Crackers, Chicken Salad Sandwich, on Multigrain Bread, Lettuce And Tomato, Kiwi, Chocolate Chip Cookie

tues 8/15

Teriyaki Beef over Brown Rice, Broccoli, Spinach Salad with Mandarin Oranges, Fudgy Nut Brownie

wed 8/16

Italian Meatloaf, Roasted Red Potatoes, Peas and Onions, Breadstick, Butter, Peach Crisp

thurs 8/17

Chicken Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, Fig Bar

fri 8/18

Roast Beef with Brown Gravy, Mashed Potatoes, Creamy Coleslaw, Beets, Fresh Fruit

### Did you know?

Eating 2 kiwifruits an hour before bedtime will help you fall asleep quicker! Sleep more soundly and feel better rested when you wake up in the morning.



## PRESIDENTIAL JOKE DAY

by Bill Crabbe

The history of Presidential Joke Day is actually pretty humorous. It traces back to an off-mic moment that President Reagan had in 1984, when he said, "My fellow Americans, I'm pleased to tell you today that I've signed legislation outlawing Russia forever. We begin bombing in five minutes." Except he was live and it was recorded for all of posterity. After patching up diplomatic relations with Russia, everyone thought it was pretty funny. At least everyone on this side of the pond. So they decided to make the day official. And ever since, our presidents have

shown some pretty good timing in their deliverance of the occasional one-liner. Here are some samples.

At one point during his sixteen years as either the Governor of California or President of the United States, Reagan opined, "Politics is supposed to be the second oldest profession. I've come to realize that it bears a very close resemblance to the first." With all that experience, he should know. And even potentially at death's door after having been shot in the chest, as he was being wheeled into surgery he looked at all the masked surgeons and commented, "I hope they're all Republicans."

But Reagan wasn't just relying on his acting experience; there must have been something about the office itself. Even the normally staid Jimmy Carter commented on one occasion, "My esteem in this country has gone up substantially. It is very nice now when people wave at me, they use all their fingers." Bill Clinton must have been having the opposite experience when he muttered one day, "Being President is like running a cemetery: you've got a lot of people under you and nobody's listening."

Even the founding fathers were known to toss out a pretty good quote from time to time. During a period in our country's history probably not too unlike our own, John Adams is alleged to have noted, "In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress." Teddy Roosevelt must have been following this line of thought when he commented, "When they call the roll in the Senate the Senators do not know whether to answer 'present' or 'not guilty.'"

And finally, let's not forget Barack Obama, who while attempting to bring levity to what must have been an endlessly annoying experience stated, "There are few things in life harder to find and more important to keep than love. Well, love and a birth certificate."

So among all the things with which our current president must contend, he needs to be thinking of his humorous legacy. Before the office wears him down too much, he might want to start practicing his one-liners.

## S'mores

Written by Kelly Leffler, Weld County Employee Wellness Coordinator



Now days we all know what a s'more is and we all know that you can never be too old to sit around a

campfire playing the "no licking the lips or fingers" game while enjoying a good old fashioned s'more. No one is exactly sure where the idea of s'mores came from, but we know that they do date back to at least 1927 when the Girl Scouts published a recipe for "some more" which eventually turned into being called "s'mores."

Just another reason besides "the cookies" that we love the Girl Scouts!

S'mores started off just being a simple roasted marshmallow and small piece of Hershey chocolate smashed between 2 graham crackers, but they have evolved over the years to so much more! The opportunities for a s'more are endless and they offer the opportunity for your creativity to go wild! Here are just a few ideas of ingredients to add to the s'more buffet:

- Oatmeal cookies (instead of graham crackers)
- York Peppermint Patty

- Reese's Peanut Butter Cup
- Peanut Butter
- Different kinds of Hershey Bars
- Nutella
- Strawberry Jam

As the summer is winding down and fall is on its way, the nights are starting to cool down and there is no better time than now to gather the family and friends, make a campfire and have a s'more building contest. I guarantee you the creativity will be flowing and laughter will fill the air, but I also guarantee, you won't be able to stop until you have at least one of the original s'mores!

### WANTED: Your Gripe of the Week

Submissions for Gripe of the Week are invited. There are no limits on the kinds of "gripes" other than that the subject must be in good taste, must not be "political" in nature, and must not offend any class, group or individual. Gripe selection is at the discretion of the Gripe editor, should not exceed 75 words in length, and is subject to edit. Submit your pet gripe to Gripe editor, Dick Williamson, radiomemry@gmail.com or c/o hdarby@weldgov.com.