

BEYOND 60

ACTIVE LIVING

Weld County Area Agency on Aging
Assistance • Advocacy • Answers on Aging

ARTY, THE AARDVARK

By Dick Williamson

My grandson asked, "Grandpa, What's an aardvark? Jimmie says that's just a made-up word."

I responded, "Oh no. They are real and they live in Africa, and they're about as ugly as an animal can get." Then I got down my old fashioned encyclopedia (remember those?), looked up 'aardvark' and together we learned that aardvarks are mammals that look like they were made from parts of other animals. An aardvark has a long snout that ends with a pig-like nose, rabbit-like ears and a tail similar to a kangaroo's. Yet it is not related to any of those. They are

about as big as an adult human (130-180 lbs.) and they love to eat ants, termites and such.

Then I said, "You know what? We have one right here in Greeley. Well, sort of one. His name is Arty and he is the mascot at Aims Community College. Arty is always around when important stuff happens at the school."

As Aims' mascot, Arty shares and represents the school's heart, pride and passion for its employees, students and community. And did you know that the 16th Street entrance to Aims campus west of 47th Avenue

has been renamed Aardvark Avenue?

For several years the Aardvark Fun Run, a 5K / 2K race has been held on a flat course around the beautiful Aims Greeley campus. All proceeds go to help benefit the Aims Foundation General Scholarship Fund.

For the school's 50th anniversary in 2017, Aims hosted "Aardvarks in the Dark," a concert under the stars featuring Sean Curtis and the Divide. Among other events, it also offered the "Great Aardvark Embark," a hot air balloon launch from the campus. Then, to assure Arty the Aardvark's place in history, he was part of a time capsule to be opened in 2067 at the school's 100th anniversary.

Let's hear it for Arty the Aardvark!

SENIOR HEALTH & Fitness

A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle. A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Wednesdays 4/3/19 to 5/22/19 from 1:15-3:15 pm: Eaton Area Community Center, Eaton

Or Mondays 5/6/19 to 6/24/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley

Or Tuesdays 5/7/19 to 6/25/19 from 1:00-3:00 pm: Windsor Recreation Center, Windsor

Healthier Living Workshop:

Learn tools to become a better self manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Thursdays 5/2/2019 to 6/6/2019 from 9:00 - 11:30 am: North Colorado Medical Center, Greeley

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 4/1

Sloppy Joe on Wheat Bun, Creamy Coleslaw, Potato Salad, Raspberry Gelatin with Raspberries and Pears, Nut Cup, Milk 1%

tues 4/2

Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes, Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%

wed 4/3

Tamale Pie, Zucchini with Red Peppers and Onions, Tropical Fruit Mix, Custard with Strawberries, Milk 1%

thurs 4/4

Fried Chicken, Mashed Potatoes, Gravy, Roasted Green Beans with Garlic-Almonds, Apple Slices and Orange Halves, Morning Glory Muffin, Milk 1%

fri 4/5

Lemon Cod with Basil, Lemon, Tartar Sauce, Baked Sweet Potato, Broccoli and Cauliflower, Wheat Roll, Butter, Almond Peach Slices, Milk 1%

Did you know?

Oranges originated around 4000 B.C. in Southeast Asia and then spread to India. Oranges are a hybrid of the pomelo, or "Chinese grapefruit" (which is pale green or yellow), and the tangerine.



MARCH-APRIL 2019

Activities Calendar

march 25

Effective Communication Strategies by the Alzheimer's Association, 918 13th St., Ste. 1, Greeley. Free but RSVP by calling 800-272-3900.

march 28

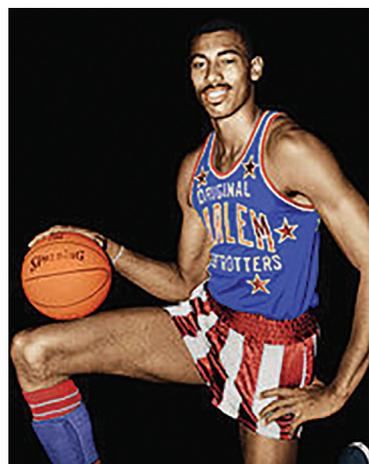
Occupational Safety. 2-3 pm at The Bridge at Greeley 4750 25th Street. Learn ways to remain safe in all your daily activities. Presented by Christine Brumback, Occupational Therapist from Encompass Home Health. Call (970)-339-0022 for more information.

Colorectal Cancer Awareness Panel Discussion. Learn from professionals about colorectal cancer, facts, screening recommendations, and community resources. The event is FREE and refreshments and door prizes included! Spanish translation will be provided. 6:00-7:30 pm at the Weld County Training Center, 1104 H St., Greeley. 970-400-2400 for more information.

april 4

Grandparents Raising Grandchildren Education and Resource Fair. Session topics include Complex Family Relationships, Kinship Services, and Financial Assistance for Kinship Families and learn about other resources. First United Methodist Church, 917 10th Ave., Greeley 9:00-1:30 pm. RSVP by March 29, 2019 by calling 970-400-6133.

Beyond 60, Active Living 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.



by Bill Crabbe

Anyone who knows me knows that I am a life-long basketball junkie. That embroils me in the GOAT (Greatest Of All Time) debates that can make sports fans both pedantic and boring to those who couldn't care less. While there have been many, many great basketball players over the years, I can only surmise that anyone who doesn't give Wilt Chamberlain the GOAT label simply didn't watch him play.

Chamberlain was born in 1936,

WILT CHAMBERLAIN

during a time when basketball was just getting itself established on the national scene. He didn't initially care for the game, instead preferring track and field where his natural athletic ability allowed him to dominate. But entering high school at 6 feet 11 inches, he made the logical decision to embrace basketball. In 1959 he joined the NBA.

A lot of people think that he was just bigger than everyone else who was playing at the time. When he reached his full height of 7 feet 1 inch he was a bit bigger, but that wasn't what made him dominant. What Chamberlain brought to the party was freakish athleticism to go along with his height advantage. He had a reported 50-inch vertical leap. I'm not sure I believe that but, if true, watching someone you were guarding propel a 7 foot 1 inch, 250-pound body 50 inches into the air would be like watching a building jump over you.

Throughout his career Chamberlain was the target of much criticism. He was simply a very big target. People sniped at him, questioned his

dedication to the sport, and were generally so critical that one of his coaches commented, "Nobody loves Goliath," a nickname he hated. But his accomplishments speak for themselves. In his first NBA season he averaged 37.6 points and 27 rebounds. He averaged 50.4 points and 25.7 rebounds during the 1962 season, and is the only player to have ever scored 100 points in a game. When asked by a coach to work with his teammates more, during the 1968 season he led the league in assists while still averaging over 20 points a game. On a basketball court he could dominate anywhere he chose, except he couldn't shoot free throws. At first he compensated for that by simply leaping from the free throw line and dunking, but the NBA changed the rules to outlaw that move.

While today's players are bigger, faster and stronger than in the past, Chamberlain is one of those few who would very likely dominate if he walked into today's game. With all his skills, for me he is basketball's GOAT, in more ways than one.

Notable Women of Greeley

By Kathy Swafford

In the early 1900s women rarely worked outside the home, much less had a professional career, yet Greeley had both a doctor and an architect.

Ella Avery Mead was four when she moved from New York to Greeley with her parents in 1878. She graduated from Greeley High School and Colorado A&M by 1898. A few years teaching earned her tuition to the Denver and Gross Medical College, the only woman in her class in 1901. After interning at the Women's & Children's Hospital in Denver, Dr. Mead studied in Paris, France under Dr. Otto Rank, a noted psychologist.

From 1905 to 1957, Dr. Ella Mead practiced medicine in Greeley, initially making house calls on a bicycle. She did her own lab work as a doctor, and her own mechanic work on her 1906 two-cylinder Maxwell car. As a Weld County Public Health Officer, she kept vital statistics, enforced quarantines, and began the first milk

inspections. She developed a child guidance clinic, a county nursing service, and the first birth control clinic in the county. The American Medical Women's Association honored her as Medical Woman of the Year in 1958.

Bessie Smith, born here in 1882, graduated from Greeley High School in 1899. She studied architecture through the Scranton International Correspondence School, and was the only female architect in Denver when she worked for the Bearresen Brothers from 1901-1903.

Returning to Greeley, Bessie was architect at Hall & Smith, her father's design and contracting firm. In 1906 she designed the \$40,000 Coronado Building, SE corner of 9th Ave. & 9th St., the largest building in downtown. In 1907-08 she designed the Boyle House, 1225 - 7th St; the Plumb Farm House, 955 - 39th Ave; the Carrel House, moved from 11th Ave to 2410 - 35th Ave; and the Southard House, 1103 - 9th Ave, her



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largest residential commission, built for \$13,500.

In 1910, Bessie and her father moved to San Diego, CA. She married Benjamin Wellington Bryant in 1912, and they had one daughter, Barbara. Bessie died there in December, 1921, at age 39.

Sources: www.greeleyhistory.org; Waldo, Peggy Ford with the Greeley History Museum, (2016) "Images of America - Greeley", Charleston, SC: Arcadia Publishing; <https://greeleymuseums.com>, Mead Family Document File