Advertisement

BEYOND 60

ACTIVE LIVING

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

MARCH 2020

Activities Calendar

mar 11

Balance and Walking Devices. Learn how to maximize your balance and safe walking practices with walkers, canes, and other assistive devices. Presented by Bob Waldchen, PT with Encompass Home Health. Call 970-339-0022 to RSVP by March 9. Event is 2-3pm at 4750 25th St., Greeley.

mar 16

10 Warning Signs of Alzheimer's. Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs and what to watch for in yourself and others. 6:30-8:00 pm. Westview Church of Christ, 4151 20th St., Greeley.

mar 17

22nd Annual St. Patrick's Breakfast. Join Meals on Wheels to celebrate 50 years. $8 for Scrambled eggs, hash browns, bacon, sausage links, pancakes, French toast, Belgian waffles, biscuits & gravy, homemade green chili, and coffee, orange juice or apple juice. 7-9 am at the Evans VFW, 3501 State St, Evans CO.

You're invited to celebrate the Irish heritage with a delicious traditional food and Irish entertainment at The Bridge at Greeley. RSVP by March 16 to 970-339-0022, from noon - 1:30 pm, at 4750 25th St., Greeley.

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.

THE QUEST FOR PI

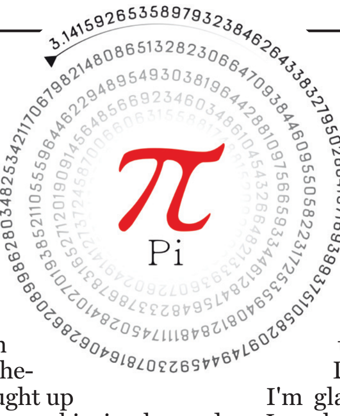
by Bill Crabbe

This month we celebrate the number Pi. At least some people do. There's something about Pi that excites people. There was even a recent movie with Pi in the title, although what a boy, a tiger, a boat, and a sentient island have to do with circles is a bit unclear to me.

Now Pi is notable for being an irrational number, but I'm here to argue that what is possibly irrational is the quest for Pi. So let's check in on this whole thing.

First, what is Pi (also known as Archimedes' constant) exactly? Well, it's generally defined as the ratio of a circle's circumference to its diameter. It's an irrational number, meaning it can't be expressed completely accurately as a fraction. And it's a transcendental number, meaning it is not a root of a nonzero polynomial with integer coefficients. Uh huh.

So what's the big whup? There's no question that mathematicians are energized by it. Recent computer programs have carried out its computation to trillions of digits after the decimal point. That's a few more than the calculator on your phone can handle. For most folks, if you can't do it on your phone, it has no utility. But I digress.



When you look into it more deeply it appears that there are two main reasons why mathematicians get caught up in all this. Both seem a bit circular. One is that they have used this quest as a way to develop and test systems for doing extensive computations, like computing Pi. It's not clear whether those systems do much other than that. But for some people, that's enough to keep the computers humming. The second main reason is to win the Pi contest, a sort of "my Pi is bigger than your Pi" thing. OK. Competition is good. Sort of. Don't get me wrong.

I'm glad Pi operates as it does. It probably wouldn't be good for some aspects of the universe if it didn't. But, come on folks, isn't several trillion digits enough to make a point? I'm going to go square my circle now. Oh, wait, Pi tells me I can't.

Woman Suffrage Centennial – 1920-2020

By Kathy Swafford

After 72 years of struggle, women in the United States finally had the vote when the 19th Amendment was signed August 26, 1920.

In 1848 Elizabeth Cady Stanton and Lucretia Mott organized the first Women's Rights Convention in Seneca Falls, NY. Three hundred women and 40 men came to discuss the condition and rights of women. Their Declaration of Sentiments contained 12 resolutions requesting equality in education, employment, property rights, religion, and most controversial and shocking, the vote. After 18 hours of discussion, one-third of the participants signed the document, including Charlotte Woodward, the only person who lived to see women voting become law.

Two years later, Susan B. Anthony met Elizabeth Cady Stanton and a life-long partnership began. Elizabeth wrote many suffrage speeches for Susan to give on the lecture circuit, while Susan minded the seven Stanton children. In 1869 they formed the National Woman Suffrage Association (NWSA). Suffragists (preferred name), headed by Carrie Chapman Catt, worked to get the vote state by state. Yet by 1915, only 11 western states had women voting. Citing slow progress, Alice Paul left NAWSA to form the National Woman's Party, focused on a Federal suffrage amendment.

Large parades of thousands of women drew attention to suffrage, as did picketing the White House all through 1917. Policemen ignored mobs of men attacking them and instead arrested over 400 women for "obstructing sidewalk traffic." Almost half served jail sentences and many were beaten and force-fed.

In 1918, President Wilson backed a federal suffrage amendment and it passed in the House of Representatives. However, the Senate defeated it two times before it finally passed in June 1919.

The "Winning Plan" involved women voters in suffrage states electing pro-suffrage congressmen, campaigning for pro-suffrage candidates in other states, and lobbying current congressmen and President Wilson.

Sources: Conkling, Winifred. *Votes for Women!* Chapel Hill, NC: Algonquin Books, 2018.

Frost E., Cullen-DuPont K. *Women's Suffrage in America: An Eyewitness History.* New York: Facts On File, 1992.

Military Working Dogs: Our Four-Legged Veterans

By Jennifer Carter

March 13 is K-9 Veterans Day. This is a day set aside to honor the service of military working dogs throughout history. Military working dogs have been used by the military in battle for generations - from detecting improvised explosive devices to being on the front lines during World War I. On March 13, 1942, the United States officially recognized military working dogs. This program became known as the K-9 Corps. A military working dog's average military career is eight years before it can retire.

It was the United States Marines Corps that first give rank to military working dogs, starting as privates. This seems fitting since the United States Marines Corps mascot is Chesty Puller, a male English Bulldog named after Navy Cross recipient Lt. Gen. Chesty Puller.

Military working dogs have great qualities as unit team members. A military working dog has better sensory capabilities than humans. A military working dog can be used as a non-lethal force during a high-risk response. Due to these amazing traits they are used for numerous roles in the United States Military.

The breeds of military working dogs today have changed from the more than thirty breeds that were used during WWII. Most Military working dog breeds are German shepherds, Dutch Shepherds, and Belgian Malinois. These breeds are picked due to their athletic, smart, and loyal qualities. Retrievers like Golden and Labrador are also used for specialized detecting. All U.S. Military working dogs are trained at the 341st Military Working Dog Training Squadron, Lackland Air Force Base in San Antonio Texas.

In 2016 a bill was passed that guaranteed after a military working dog retired overseas, it would be able to come back to the United States. Before this bill was signed, if a dog was retired overseas, it would be left in the country it was deployed to. The new bill also allows handlers to adopt their military working dog after their service ends.

This bill was important to the military working dog and the handler as well. The bond between a handler and a military working dog is about being a team. This partnership builds devotion and loyalty between the two and becomes an equally valuable relationship. So, to our four-legged veterans, we thank you for your service.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 3/16

Chicken and Noodles, California Blend, Pumpkin Roll, Butter, Apple Wedges, Milk 1%

tues 3/17

Corned Beef, Cabbage, Carrots, Celery, Potatoes, Spicy Mustard, Rainbow Salad, Marble Rye Bread, Butter, Mint Brownie, Milk 1%

wed 3/18

French Dip Sandwich, Au Jus Sauce, Oven Browned Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%

thurs 3/19

Meatballs with Gravy over Mashed Red Potatoes, Italian Vegetable Medley, Apple Waldorf Salad, Cherry Crisp, Milk 1%

fri 3/20

Fish on Wheat Bun, Tartar Sauce, Sliced Tomato-Lettuce-Onion, Roasted Red Potatoes, Confetti Bead Salad*, Orange Wedges, Nut Cup*, Milk 1%

Did you know?

Even though corned beef may not be a healthy dish it contains good amounts of vitamin B12 and zinc.

SENIOR HEALTH & Fitness

Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Mondays, 4/6/20 to 5/11/20, from 1:30- 3:00 pm: First Congregational Church, Greeley

Walk with Ease

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. This program is proven to reduce the pain and discomfort of walking. FREE for people 60 and older, but registration is required by calling 970-400-6117.

MWF, 4/6/20 to 5/15/20 from 9:00-10:00: Kersey Recreation Center