



## Ann Elizabeth Higgins

January 24, 1952 - July 18, 2023

Ann Higgins (born in 1952) left this world on July 18, 2023, to reunite with her beloved identical twin sister and soulmate Kate who died in 2017. Ann was always a competitor, always a fighter, always a daredevil and often a rebel. In college, she swam 35 miles in open water, just on a dare. Her most joyful moments were during competitive road bike races, triathlons, and most anything that tested her physical skills. Her teammates named her the “Mighty Midget”. During her careers as a medical sales rep, rehabilitation specialist, landscaper, swim teacher, and lab instructor, that competitive streak served her well. In her younger years, she was an anti-war activist, a champion for the underdog, a good neighbor, and an ardent volunteer at Children’s Hospital in Seattle. She was always ready to best her rivals, to challenge herself, her colleagues and her students, to be the top in whatever they did. And she loved shoes, especially cowboy boots. Ann grew up in St. Louis, lived her happiest years when she was an elite

athlete, both in St.

Louis and Seattle. She and Kate moved to Fort Collins in 2012 to be closer to their sister Jane

as their health declined. While in Fort Collins, Ann loved to garden, meet with her neighbors, be

with her dogs, and cook, especially with Kate. The past several years have been fraught with

physical and emotional pain. But she stayed defiantly independent to the end.

Now Ann has

moved on to a place where she can run, swim, laugh and revel again.

Ann leaves behind her sister Jane and brother in law Dan in Fort Collins, brother Matthew in

Oregon, sister in law Carol in St. Louis, nieces and nephews, dear friends Maria and family,

Leif, Russell, Jane, and the Matonis clan, guides Craig and Lyn, and supportive friends and

neighbors. The family is deeply grateful to the staff at Centre Avenue Health & Rehab; they

treated her with such kindness and respect. Best of all, they appreciated her spunk.

Ann's ashes will be scattered in a place special to her, Puget Sound, where they will swirl and

join those of Kate. Donations to your favorite organization that supports the underdog are

welcome.

# Tribute Wall

JS

“ *Your sister Ann was strong and spunky lady. I'm sorry to hear how her health deteriorated over past few years. Sending love to your whole family. Love, Jenny Schidowka*

Jennifer Schidowka - July 27, 2023 at 04:55 PM

JH

*Thanks Jenny. I appreciate your words. Jane*

Jane A Higgins - July 30, 2023 at 10:43 AM

PM

“ *What an eloquent tribute to Ann. She really was a daredevil. I still laugh when I think of the story Ann told me about leaving ballet class through the window and walking home as a 5 or 6 year old!! She had many interesting stories to tell from her very colorful life. I will miss my coffee dates with her where there was always a new story to hear about. Rest in peace Ann with you dear Kate.*

Pam Matonis - July 27, 2023 at 03:32 PM

JA

“ *2 files added to the tribute wall*



Jane - July 25, 2023 at 12:58 PM

GI

“ 1 file added to the album album



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**gioy** - July 25, 2023 at 12:53 PM