



## Mary - Lou Day

January 30, 1921 - June 17, 2017

Dr. Mary-Lou Day passed away on June 17, 2017 at Poudre Valley Hospital after a brief illness.

Mary-Lou, daughter of George Washington Day and Ruth Irene (Spangler) Day, was born January 30, 1921, in Missoula, Montana, and grew up in Eureka, Montana. In her youth she enjoyed outdoor activities, including hiking, fishing, and skiing.

Upon graduation from Lincoln County High School, where her father was the principal, Mary-Lou attended college at Washington State University. She received a bachelor's degree in 1942 from WSU in dietetics and was a member of the Delta-Delta-Delta Sorority, an association she treasured throughout her life.

After graduation from WSU, Mary-Lou lived for an extended period of time in Seattle, where she was a caseworker for the Department of Public Assistance. While in Seattle she earned a master's degree in dietetics from the University of Washington in 1951. Later she held teaching positions at California Polytechnic and the University of Utah.

Mary-Lou earned a Ph.D. in food nutrition and science from Colorado State University in 1971 and subsequently held academic positions at New Mexico State University, the University of Montana, and the University of Kansas Medical School, where she retired in 1984. Upon retirement, Mary-Lou returned to Fort Collins, Colorado, where she spent the remainder of her life. Mary-Lou enjoyed reading, traveling (especially cruises), watching Seattle

Seahawks football games, listening to big band music, maintaining her yard, and observing the neighborhood animals. Throughout her life she had a keen memory and was an interesting, intelligent conversationalist on almost any topic. Mary-Lou's personality was characterized by spunk and independence. Mary-Lou is survived by a nephew, John Lorch, his wife Crystal Lorch, and their children Carolyn Lorch and Robert Lorch. She is also survived by Janet Garcia, a friend and caregiver. Mary-Lou is preceded in death by her parents and her sister, Barbara (Day) Lorch. A graveside service honoring Mary-Lou will be held in Kalispell, Montana, at a later date.

# Tribute Wall



“ *Mary - Lou Day*

October 25, 2022 at 06:14 PM



“ *Sorry to here about Mary Lou Rest in Peace 🙏🌹🏰 Passing My Condolences to Her Husband Gabe and Family Marylou 🙏 was Very Nice Person and she will be missed by All that New Her Cousin Michael Dulsky (NC)*

**Michael DULSKY** - November 21, 2020 at 06:59 PM



“ *I knew Mary Lou for only a year. In that year, she showed me who she was and I admired her greatly. She was a proud, independent, brilliant woman whom I am sad I didn't have the privilege of knowing longer. She was unlike any woman of her age I have ever known. Her lifestyle should be a model for every woman, young and old to follow. I am a better person to have known her*

**Janet Garcia** - June 28, 2017 at 12:56 PM