



From the Archives

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A Mesomorph!

(Definition: A mesomorph is a naturally athletic body type characterized by a sturdy, muscular build, broad shoulders, and a narrow waist.)

A mesomorph! That was my strange reaction when I first met Frank Altimus. What had immediately come to mind was a drawing in a biology 1 college textbook of human body types with the mesomorph as muscular, tall, broad shouldered, and narrow at the hips. That reaction has stayed with me over the years as Frank always looked so formidable: tall, strong, and healthy - even in November when I saw him last. I knew he had several serious health problems, but I always saw the mesomorph.

My first Christmas luncheon with retired administrators was in 2001 or 2002. Towards the end of the meal, Frank took the floor to remind everyone of the white envelopes on the tables for their donation to St. Gabriel's food bank. (Al Fitzgerald was also busy recruiting members for the collection of food donations from participating schools.)

That was my introduction to the St. Gabriel's Christmas endeavor, and I found out over the years that it was Frank together with Art Galardo who first rallied the administrators to support the food bank. Frank and Art had been administrators at St Gabriel's school and knew of the importance of the food bank in the chronically poor community of Point St. Charles. When Lou Segatore passed away in 2000, Frank and Art discovered that their former colleague had been a major private contributor to the food bank and that his loss would have a significant financial impact. That is when Frank and Art approached their fellow administrators to honor Lou's memory by continuing his support of the food bank.

Over the years Frank remained very involved and grateful for the on-going support of the food bank. He died February 19, and he will be remembered in ACRA for the gentleman he was and for the dedication to his students and schools, and St. Gabriel's.

He will also remain 'A Mesomorph' to me.

Jerry Dunn

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