

SENIORS SHINE: Music motivates Mary Lynch



Mary Lynch (Submitted photos)

BY CHRISTOPHER WARNER

For centuries, the Moonflower (botanical name: Ipomoea alba) has captivated the imagination of creatures big and small with its iridescent white pedals and alluring sweet perfume. The nocturnal flowers (hence the name) awaken at night and majestically expand, only to retreat at sunrise.

Owing to its rare blooming pattern, the Moonflower is often associated with mystery and love as well as symbolizing the cycle of life. Fittingly, this unique plant can be found in the garden of Mary Lynch, a lifelong Niagara County resident known for dancing to the beat of a different drummer.

In a recent interview, she discussed a wide range of topics (see answers below), including her love of music and a renegade spirit that took root during her parochial school days in Niagara Falls.

"Every year in August, I would call Madonna High School, and give them my name and tell them I wouldn't be going there anymore because I was changing schools," Mary said. "But every September, I was back on the bus to Madonna!"

Her attempts to ditch the all-girls institution were primarily motivated by wanting to join her friends and the "cool kids" at the local public school. But her mother, a devout Roman Catholic, had a different agenda and insisted that her daughters received a more rigid education, where the school's staff maintained order with an iron ruler.

"Those nuns were mean," Mary recalled.

Undaunted, she drew strength by cultivating a sense of self-expression and agency through the power of music.

"I adored Bob Dylan," Mary



Senior Spotlight: Mary Lynch

- Full Name: Mary Margaret Lynch
- Date of birth: Dec. 21, 1945
- High school: Madonna (Niagara Falls)
- Family heritage: Irish
- Parents: John and Margaret (nee Dunn) Lynch
- Siblings: 3 (John, Winifred, Patricia)
- Children: 4 (Michael, Heather, Holly, Katie)
- Grandchildren: 8 (Damon, Aidan, Natalie, Michael, Scarlett, Ronan, Holden, Gabriella)
- Hobbies: listening to music, reading, sewing, crocheting, baking, watching moonflowers
- Pets: My two Cavachons, Bunny and Chewy; and a black lab puppy named Pierogi
- Former occupation: medical

assistant, deputy town clerk for the Town of Lewiston

- Favorite sports team: Da Bills!
- Favorite restaurant in Western New York: Fortunas in Niagara Falls
- Favorite food: peanut butter parfait
- Favorite book: "Breakfast of Champions" by Kurt Vonnegut
- Favorite movie: "Harold and Maude"
- Name five famous people from history you'd invite to a dinner party: Bob Dylan, Janis Joplin, Bob Marley, Mick Jagger and Barack Obama
- How would you describe yourself? Left of plumb ("Left of plumb" is a wonderful old saying, meaning something just a

little off-center.)

- What makes you most proud? My children.
- What's the most important life lesson you've learned? I try to see the good in the people.
- Greatest source of happiness? My family.
- What's something most people don't know about you? I've seen The Rolling Stones three times in concert.
- Favorite quote: "It's better to laugh with the sinners than cry with the saints. The sinners are much more fun." – Billy Joel
- Anything else you'd like to say? "I'm not afraid to die. I believe in God and the hereafter."

Know a local senior with a story to tell? Please contact us.

said. "My favorite music was folk music. ... I liked rock 'n' roll, of course, Chuck Berry, Dion ... but I loved Bob Dylan and Joan Baez."

So did millions of other young people, who resonated with Dylan's lyrics and advocacy for social change. The man born Rob-

ert Zimmerman (he later changed it to the hipper-sounding Bob Dylan) would go on to influence a bevy of artists from The Beatles to Jimi Hendrix and usher in a different kind of songwriting that was more intimate, provocative, and personal than the early cata-

log of rock 'n' roll tunes. Years later, Mary used her political connections to honor the legendary musician by getting a Robert Zimmerman Day in the Town of Lewiston, replete with an official proclamation.

Take a bow, Mary!

Lewiston Public Library continues to grow

GUEST EDITORIAL BY JILL PALERMO

Executive Director
Lewiston Public Library

As we continue our growth in 2024, I would like to report to the community that your Lewiston Public Library is having another strong year. We have put the pandemic and its various restrictions from 2020-22 behind us, and have a solid foundation for us to continue to grow.

Your library is funded by more than \$400,000 from the Town of Lewiston and more than \$16,000 from Niagara County. On behalf of the volunteer members of our board of trustees and our staff, I can assure the community that we treat those funds like they are our own and make sure they are allocated for the best use in serving the public.

Although we are tucked away in the southeast corner of the village, our facility is bustling with activity and we are bursting at the seams.

For your reference, in 2023, we had a total circulation of 60,139, more than 48,300 visits to the library with 4,391 registered resident borrowers along with another 1,901 borrowers who are non-residents.

They come to us in such large numbers because we have been able to assemble a wide array of reference and entertainment materials.

✓ We have nearly 56,806 print items.

✓ We have another 10,628 electronic books, audiobooks and downloadable videos.

✓ And 9,400 other items such

as DVDs, CDs, books on CD and Playaways.

That's a lot of people coming through our doors and a wide array of materials for them. Our dedicated staff of four full-time employees and eight part-time employees take pride in servicing them. But what they are most proud of is the programming that we design and implement for people of all ages.

Important to our activities is our children's programming. In the calendar year 2023, we brought to the community 270 specific programs for children and young people. Attendance at these programs was more than 6,700.

Included in that number is programs we targeted to children ages 1-5. We're getting them involved in reading programs and other activities that will hopefully make them comfortable in coming to the library throughout their lives.

We are also ever-increasing traffic to the library website. In 2023, we had 15,591 visits to the library website.

I could go on and discuss our very popular genealogy program and other activities, but I'll stop here.

Our building is a beautiful building. It was built in 1989. Over its 33 years, it is starting to show wear-and-tear and we are bursting at the seams.

I can speak for our entire staff when I say "thank you" to our community for your support. I would also like to recognize the volunteer service of our board of trustees (Christopher Pannozza, president; MaryJo Farrell, vice president;

Nancy Smith, treasurer; John Daigneau, secretary; and trustees Frederick Caso, Matthew Feldman and Wendy Swearingen). Lewiston Town Board liaison is John Jacoby and special recognition to the volunteers of the Friends of the Library who work tirelessly on our behalf.

Friends of the Lewiston Library event

The Friends of the Lewiston Library host author Tom Reigstad, Ph.D., for a presentation titled "Mark Twain and the Niagara Frontier."

Reigstad is a Mark Twain scholar well known for his expertise on Twain's association with Buffalo. In his new book, Reigstad offers readers a closer look at Twain's work in Western New York, along with some of the illustrations that accompanied his writings at the time.

"Please join us for the presentation followed by a book signing,"

The Youngstown Village Diner

425 Main St., Youngstown • 716-745-9858

~ WEEKLY SPECIALS ~
MON CLOSED

- TUE 6AM-2PM - Spaghetti & Meatballs, Chicken Parm, Eggplant Parm, Spaghetti Parm
 - WED 6AM-2PM - Hot Turkey Sandwich or Fish - Haddock: Breaded-Battered-Baked
 - THURS 6AM-2PM - Chicken Milanese or Fish - Haddock: Breaded-Battered-Baked
 - FRI 6AM-2PM - Haddock, Fish Sandwiches, Tuna Melts & New England Clam Chowder
 - SAT & SUN OPEN AT 6AM - Eggs Benedict, Banana Walnut Pancakes, Spinach & Feta Omelet & Our Full Breakfast & Lunch Menu
- Check us out on FACEBOOK - Become a fan

organizers stated. The event is set for 6 p.m. Wednesday, Sept. 18, at the Lewiston Public Library, 305 S. Eighth St. RSVP to Joanne at 716-531-2313. Light refreshments will be served.

ATTENTION
Village of Lewiston Residents
Scan the QR code below or visit
wnypapers.com for your
2024 Newsletter

SANBORN HISTORICAL SOCIETY
ALL YOU CAN EAT
COUNTRY BREAKFAST
Sunday, September 15th
8am - Noon (or till gone)

Breakfast MENU

Sausage & Gravy, Eggs, Fried Potatoes, Sweet Roll, OJ

Adult \$11 • 12 & UNDER \$5
EAT IN OR TAKE OUT
2660 Saunders Settlement Rd. (Rt. 31)
www.sanbornhistory.org

Real Help For Your Health

Presented by
Dr. Glenda R. Rose
Chiropractor

Nutrition, the Missing Element

When researching a disease that nearly wiped out the French silk industry, Louis Pasteur made a very significant observation. It was not just the germ, but also the physiological state of the silkworms, which determined susceptibility to infection.

He postulated that if ways could be found to give silkworms a higher level of robustness, then they would become more resistant to disease. He became so convince of the importance of environmental factors and the body's biochemical and physiological state that on his deathbed he declared: "Le germ n'est, c'est le terrain qui est tout"- the germ is nothing, the soil is everything. Quite a statement from the father of the germ theory!

Our immunity can be greatly influenced by factors such as genetics, state of mind and significantly by nutrition.

The nutritional approach to health-care like chiropractic, addresses root causes of health issues rather than symptoms.

Whole food supplements organically grown on mineral rich soils provide nutrition that follows the laws of nature, harmony and synergism (the action of separate substances working together produce a greater effect than the sum of their individual actions). For example, taking just Ascorbic Acid as Vitamin C works only in relationship to the availability of the factors that work with it called bioflavonoids. Clinically, it has been found that results from taking an isolated nutrient supplements are not as good as those with whole food nutrient supplements in which all needed factors are present.

Find out how we can help you improve your health naturally. Call (716)754-9039. Rose Chiropractic, P.C. located at 435 Ridge St., Lewiston.