



2021 Lowell High Distinguished Alumni, Titus Plomaritis

Football Star. War Veteran. Teacher. Coach. Doctor of Chiropractic. Lowell High Hall of Famer. Author. And soon to be 2021 Distinguished Lowell High Alumni. Over the course of his 92 years, Dr. Titus Plomaritis has had no shortage of titles and accolades. This summer, recent Lowell High graduate, Jaeda Turner, got a chance to sit down with fellow LHS alumni and Lowell's very own living legend for a conversation about his experience growing up on the South Common and how he became one of the city's most famous residents.

While Titus Plomaritis may not be a name that you hear every day, it probably should be. Born and raised by parents who arrived in Lowell from Greece, Titus often found himself being pushed harder than his fellow classmates -- by his father and himself alike. When he was just 14 years old, Titus' father sent him to work at a local mill. When the Headmaster of Lowell High heard this news, he drove to Titus' father's barbershop and convinced him to let Titus complete his studies.

When he wasn't busy with school or taking care of the family's cows and chickens, Titus was on the football field. From games on the South Common to a championship match against Lawrence High on Thanksgiving Day, football was a constant in Titus' life. While he served in the 11th Airborne Division in Japan during World War II, Titus found himself trying out for the Army football team –and making it! Years later, on the football field at Boston University, Titus met the man who inspired his career as a Doctor of Chiropractic.

During his more than 35 years as a Doctor of Chiropractic, Dr. Plomaritis has used his expertise in nutrition, therapy, and chiropractic on every single one of his patients, but he swears that nothing has helped him more than his experience as a football player!

After spending years trying to get involved in the politics of his field, Dr. Plomaritis was finally elected to the National Board of Examiners for Chiropractors, where he worked hard to establish and professionalize the accreditation of Chiropractors.

In 1979, Dr. Plomaritis worked with President Jimmy Carter to improve a new Medicare Bill that would increase access to chiropractic care. True to form, Titus Plomaritis spoke from the heart about the bill's first draft, "Jimmy, that deal is not going to cut the mustard!"

Throughout his life, Dr. Plomaritis has continued to keep the importance of education at the forefront of his mind. Recently, his foundation, the Plomaritis Family Foundation, has focused on awarding scholarships to Lowell High and Pelham High students. Since its establishment, the Plomaritis Family Foundation has awarded over \$100,000 in scholarships to students.

Project LEARN is truly honored to partner with such an amazing leader to support the students of Lowell!



Titus enjoying a beautiful day on the golf course with his two sons, Titus Jr and Stephen.