1951 \_\_\_





child was playing with friends:
Drawing: Painting: Linda Fried
Helman's first job was as a camp
counselor at Comp I ondian Head in
the Pocono Mountains: Pennsylvania:
USA: Linda Fried Helman's mother
was born in Brooklyn: New York: USA:
Linda Fried Hel man's the r was born
in Hoboken: New Jersey: USA: As a
child Linda Fried Hel man lived in
Valley Stream: Long Island: New
York: USA: As a child Linda Fried Helman
wed the man lived in Long Island: Travel

Yalley Stream: Long Island: New
York: USA: As a child Linda Fried Helman
loved the neighbor hood kids: Cooking: Travel
ing with her family: Taking the train alone to
Brooklyn to visit her grandmother: Going to
Grateful Dead Concerts in headband: Tie dye
T shirt: Embroidered jeans: With her boyfriend
Jim Hel man: Now: Linda Fried Helman lives in

leman: Now: Linda Fried Helman ley: California: USA: As an adult Helman loves her husband Jim He on Sam Helman: Taking care of ing: Traveling: Being able to take Self: Linda Fried Helman's fav al is herfamily's cat: Outlet: L Helman's favorite idea is to enj ils: Facts: Fine points of ever Linda Fried Helman's favo ct is her scrapbook: Linda Fan earns her living as an e astute Bond Portfolio Man Livingarity Of California.

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Fried Helman manages assets day after day well beyond the measure or comprehension of most human beings: The aim of the art of Linda Fried Helman is to prepare very delicious food for people in a way that's fun and enjoy able for both her and them: The aim of the life of Linda Fried Helman is to cri ticize Linda Fried Helman less and to allow Linda Fried Helman to be her true Self more: To insure that her son gets the best education on earth: That her husband is happy: To be compassionate and caring of other people too: And now I will say farewell to you: And I will sing of another fabulously noble mother and wife marvelous warm heart reigned world class gastronomic milieu creator wing brained me ticulous precise fine point exact in fact scrupulous dedicated accurate light ning handler increaser understander technical world class economic milieu gra sper con scientiou s mover of vast en ormous huge c







## Linda Fried Helman



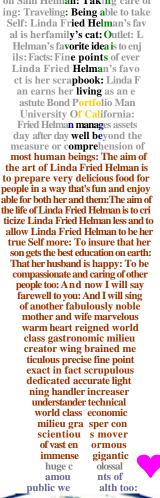
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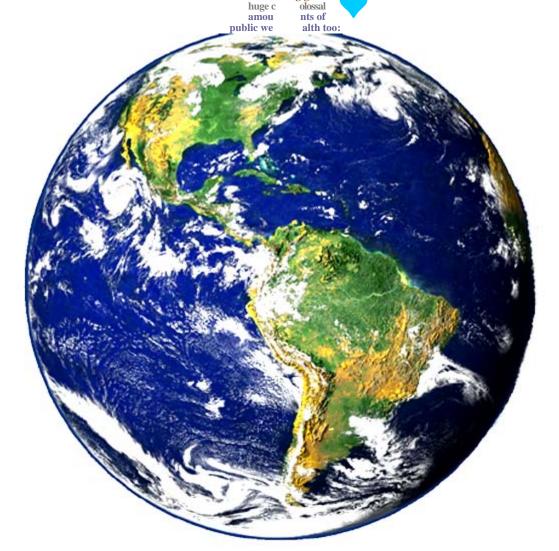


## Linda Fried Helman



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Helm





was born in Brooklyn: New York: USA: Linda Fried Hel " the r was born in Hoboken: New Jersey: USA: As a child Linda Fried Helman lived in Valley Stream: Long Island: New york: USA: As a child Lin da Fried Hel

vork: USA: As a child Lin da Fried Helman loved the neighbor hood kids: Cooking: Travel ing with her family: Taking the train alone to Brooklyn to visit her grandmother: Going to Grateful Dead Concerts in headband: Tie dye T shirt: Embroidered jeans: With her boyfriend Jim Hel man: Now: Linda Fried Helman lives in Berke ley: California: USA: As an adult Linda Fried Helman loves her husband Jim He lman: Her s on Sam Helman: Taking care of them: Cook ing: Traveling: Being able to take care

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## **NOTE:**



LINDA FRIED HELMAN'S STAR FOOT SON SAMUEL DANIEL HELMAN: AT HIS DEBUT AS A PERCUSSIONIST WITH THE WINDS ACROSS THE BAY ORCHESTRA