

Andover - Michael Alan Frishman, died peacefully at High Pointe Hospice Center in Haverhill, Mass., with his family at his side. Michael was born on June 24, 1943, to Ruth (née Bolker) Frishman and Dr. Daniel Frishman. He graduated from Andover (Mass.) High School (1960) and attended Columbia University. While living on the Upper West Side of Manhattan, Michael took advantage of a serendipitous opportunity to become an entry level copy boy at the New York Times, and over the course of 15 years worked his way up to editor of a number of projects including the Large Type Weekly.

Upon moving back to Andover in 1981, at a time when it was not particularly common, Michael chose to become a stay-at-home father to Andrew Frishman, Eric Berthold Frishman, and Victor Chung Chu. Michael enjoyed chaperoning school field trips, refereeing soccer games, and served on the boards of several organizations including Andover ABC (A Better Chance), and the Friends of the Andover Memorial Hall Library. He was elected to the Andover School Committee for two terms from 1986–1990. He was a volunteer foster care case reviewer for the Massachusetts Department of Children and Families (DCF), and warden for AVIS reservations. He engaged in town and state-level politics including the Andover League of Women Voters and Andover Town Democratic Committee. To the amusement (and sometimes chagrin!) of his relatives and friends, Michael delighted in periodically sharing his strongly-held opinions via Letters to the Editor that were published in local and national newspapers.

Michael worked in communications for a number of businesses and organizations including environmental causes and the Commonwealth of Massachusetts Executive Office of Energy and Environmental Affairs. He concluded his career with 15 years at the IRS in Andover, where he found deep satisfaction in helping tax payers navigate through challenging situations and systems.

Michael and Marilyn Ellis shared a life together; he loved time with her and her five daughters, Brandi, Lauren, Megan, Kelly, and Ashley and their families. Michael and Marilyn enjoyed attending the Merrimack Valley Repertory Theatre, movies, and going out to dinner with friends. An adventurous eater, Michael relished ordering the most unique restaurant menu items and was a creative chef. He took great pride in the 3rd prize award-winning recipe he developed for the 1978 NY State chili cook off. He published some reminiscences and a family recipe in *Gastronomica* in 2007, entitled "In Grandma's Fuss Steps: The Jellied Calves Feet of My Youth." He took great delight in cooking perfect turkeys and accompanying side dishes for holiday family dinners.

Michael delighted in eclectic music, art, books and esoteric word play; he loved the camaraderie of playing Scrabble, Upwords, and cards. In addition to an insatiable cribbage habit, he hosted low stakes poker nights for friends and neighbors. It was never about the competition for Michael, but always about the enjoyment of the game and developing long-term friendships. Michael was an enthusiastic amateur athlete. He was an award-winning high school gymnast, placing highly in state level competitions on a number of apparatus including Flying Rings. He became a devotee of distance running; participating in numerous Falmouth Road Races,

marathons, and triathlons; and he accompanied disabled runners through the Achilles International program. Michael also enjoyed hiking, skiing, squash, cycling, volleyball, tennis, windsurfing, sailing, fishing, clamming, and kite flying, often with his children. He would sometimes leave early in the morning for a "century ride" biking more than 100 miles from Andover to Cape Cod "racing" his family who drove. Michael spent many joyous summers at Lake Wequaquet on the Cape where a favorite spot was in the hammock reading mystery novels.

In recent years, Michael was diagnosed with Parkinson's Disease, which progressively robbed him of his physical vigor, and ultimately caused significant cognitive decline. He literally fought Parkinson's by enthusiastically participating in "Rock Steady Boxing" a program at the Merrimack Valley YMCA specifically designed for those experiencing the disease. Michael lived in Andover until May of 2020 when he required more care and support than could be provided at home during the COVID-19 pandemic. In his final year, he was well cared for by the compassionate staff at Baker Katz Nursing Home in Haverhill who appreciated his unique sense of humor.

Michael is survived by his life partner, Marilyn Ellis (Haverhill, Mass.); siblings Steven Frishman (Las Vegas, Nev.), Robert Frishman (Andover, Mass.), and Dr. Laura Frishman (Houston, Texas); former wife Kay Berthold Frishman (Andover, Mass.); son Dr. Andrew Frishman and daughter-in-law Dr. Leigh Needleman (Cambridge, Mass.); son Eric Frishman; and son-in-law Brian Samuels (Melrose, Mass.); and grandchildren Jordan Elena Frishman, and Lundy Owen Frishman.

As per Michael's wishes, he bequeathed his body to the University of Massachusetts Medical School Anatomical Gift Program, which will help to train future doctors and medical personnel. A gathering in celebration of Michael's life will be held in the Andover, Mass., area on Sunday, September 12, 2021. In lieu of flowers, the family kindly requests donations in honor of Michael Alan Frishman to the following organizations that he faithfully supported over many years: ABC of Andover - <https://www.abcandover.org/donate>, AVIS - <http://avisandover.org/join.html>, Merrimack Valley YMCA - <https://www.mvymca.org/get-involved/give/memorial-giving-2/>.

To plant a tree in memory of Michael Alan Frishman.