



## MICHAEL R. FRANK

April 13, 2021

Michael R. Frank age 68 of Boca Raton passed away on April 13th. Beloved husband of Alison Brookins; Loving father of Jason (Lisa) Frank, Joshua Frank, Justin Frank, and Sarah Frank; Cherished grandfather of Hunter, Mason, Jonathan, and Jacob; Adored great grandfather of London and Milan; Dear brother of Paul (Marilyn) Frank.

Private Services will be held Thursday, April 15, 2021.

Donations may be made to the American Cancer Society.

# Comments

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“ I met Michael at Jessels Grille in 1971 Wow 50 years ago! we became fast & lifelong friends. My wife Maureen & I shared so many good times & dinners with Michael & Mush. From Bishops in Lawrence all the great Restaurants up & down Rt 1 and of course every Chinese restaurant on the north shore and beyond.

It is very rare in ones lifetime that you find a friend that was such a solid person as Michael Frank which is why Skip Cleveland and I loved him so much it was a brotherhood for sure. Michael could bench press enormous weight & won countless tournaments but he never had a cocky look at me demeanor.

There was no BS in Michael he was Real!

My wish on Mikes birthday is that his close friends & family remember how he embraced & loved life, his countless cars and houses but above all his family. His 3 wives who were there for him Paul & Marylyn and of course Jason, Josh, Justy & his Angel Sarah!!

Michael ,Maureen & I will always remember you and smile like you did when we walked in & surprised you at Cutting Board & Flackowitz.

Happy Birthday

Love ya Desi

**Desi Catena** - May 07 at 02:11 PM

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“ Thinking of our great friend Michael today on his 69th Birthday. Miss and think of you every day ! Our stay in Florida will never be the same without you.

We love you !! Maureen & Desi



**Maureen Catena** - May 07 at 01:33 PM



“ This is one of many Michaels Corvets.  
This was in Delray Beach.

**Maureen Catena** - May 08 at 04:02 PM

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“ DAVID COHEN lit a candle in memory of MICHAEL R. FRANK



DAVID COHEN - April 29 at 12:13 PM

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“ Cheryl Harold lit a candle in memory of MICHAEL R. FRANK



Cheryl Harold - April 18 at 09:52 AM

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“ Mike was a friend since our days at Beebe jr high. We served together with the 182 inf, Mass National Guard. Great memories



Bob RICHARD - April 18 at 09:50 AM

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“ Many great memories of Michael in past years. One of his prized possessions, his blue cutlass olds with white teardrops over wheels, the famous white tape he played all the time, Chinese food a given every weekend, first apartment at Highland Gardens, home in Stoneham, Jason, Joshua and baby Justin. I cherish all these memories and more. Your smile, your laughter, your heart. You were always in my thoughts over the years and my world was a better place with you in it.... R.I.P. dear friend

**Cheryl Harold** - April 18 at 09:44 AM

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“ Michael was a great guy, a real mensch! Terrible loss to his loving family ! RIP

**Arthur E Robbins** - April 16 at 12:14 PM

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“ I had the pleasure of training with Mike at the Melrose Y in the late 70's early 80's and he was one of the the nicest and most positive people I've ever met. My condolences to his loved ones, he left us far too soon.

**Bill Shine** - April 15 at 05:23 PM



“ I need to go anywhere tomorrow thank you for the kind words

**Paul Frank** - April 16 at 09:44 AM



“ I met Micheal in 1974 at the Melrose Y . We became best of friends in 1976. He was my best friend and knowing him made me a better person. We remained close through out the years. I will always love him and remember him.sending love and prayers to Michael and his family. In the 70's and 80's we traveled up and down the East Coast competing in Bench Press Competition. Michael would usually win his weight class. When Michael came to my house my oldest sons thought Michael was The real Rocky because of his commanding Voice and massive physique.. I miss him to the moon and back. God Please Bless you Mike and your family. Skip

**SkipCleveland** - April 17 at 01:32 PM



“ I met Michael when he worked at Bagel Works. I found him managing Flakowitz in Boca. Every time I was greeted with a big smile and handshake. He was a genuine nice human being and will be missed. RIP my friend.

**David Cohen** - April 29 at 12:16 PM

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“ Michael was my first friend. We grew up in the "Jewish Melting Pot" of Suffolk Square (Malden) and attended Daniels', Lincoln and Malden High School. From Cub Scouts to AZA, from Bar-Mitvahs to Weddings and from Cross Street where we grew up, to Florida we remained friends. Through thick and thin I always knew that Michael would always be there for me and I for him. I treasure our lifetime of friendship.

Edward J Weiner - April 15 at 03:53 PM

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“ Mike and I grew up together as teens in Malden ,MA. We both liked high performance cars, weight lifting and Chinese food! Mike introduced me to sushi and dipping bread rolls into duck sauce! We shared many fine meals together and rides in each other's cars.

I always stopped by wherever Mike was working for a bite and talked about our past memories.

I last saw Mike a few years ago in Boca while he was behind the counter preparing food . I sat down at the counter and said “ oh wow, someone just hit the Corvette in the parking lot!” Mike turned around and knew it was my voice right away and we had a great laugh together. I was so looking forward to seeing Mike again on a return visit to Florida until the pandemic arrived. I'll always have great memories from our past.

Pics attached . RIP out dear friend , you'll be pumping iron in heaven!

Nate and Andy.



Nate Lincoff - April 15 at 02:07 PM

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“ My dad was the most amazing father a girl could ask for. He was always there for me no matter what and I knew I could always trust and count on him. I will forever treasure our picnic dates at the park sitting by the lake and talking about life. I know he will always be watching over me, I love you so much daddy.

**Sarah Frank** - April 15 at 11:34 AM



“ I'm sorry for your loss, I am from Boston and worked for your Dad and Uncle Paul. I fell in love with the family and always had a very special relationship with your dad. I went to go see him at Flakowitz during Passover but it was too busy. He was a special friend with a huge smile and he was so in love with you! I always asked about you and it always made Hume happy, you were a wonderful present for your Dad, I wish I met you. Carry your dads love, smile, and ambition and you will do awesome. He is at peace looking down at all who love him.

**Kathleen Biggs** - April 15 at 03:29 PM



“ I am sorry to hear the news of your loss. I was always greeted with a big smile and handshake. Your dad will be greatly missed.

**David Cohen** - April 29 at 12:24 PM

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“ My Boston buddy, I will miss you dearly and am heart broken. You were my comrade when I worked for you and you watched over me and I am grateful for that. You are in a beautiful place and I hope to meet you there someday. Rest In Peace my special friend, I will always love you.

**Kathleen Biggs** - April 15 at 05:15 AM

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“ Our condolences to Alison and her family. The “Sunday Group”  
Jeff and Bryna  
Joel and Marion  
Seymour and Riva  
Marty and Marsha  
Margie and Bobby  
Esther  
Steve and Eileen  
Molly  
Bob and Barbara  
Dennis and Debbie

**Jeff Leib** - April 14 at 06:55 PM

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“ My brother Michael was the best brother a man could have beside my wife he was my best friend all my life we could always count on each other our love was never in question for each other. We were partners in business for over 30 years and I used to joke with people that I used to spend more time with my brother than I did with my own wife but it was well worth it. I'm going to miss Michael everyday for the rest of my life and now he's looking down at us he's with my parents and the family smiling at us that we're remembering him so well. He was the greatest guy I have known besides my dad who I also miss every day for the rest of my life. May you rest in peace Michael and remember I always love you

**Paul Frank** - April 13 at 05:46 PM



“ Paul, I am deeply sorry for the loss of a great man. I will always have a special place in my heart for him  
Kathy Biggs

**Kathleen Biggs** - April 15 at 05:18 AM



“ Paul I am deeply saddened by the death of my special Boston buddy. He was very special to me and I will miss him and his special smile.

**Kathleen Biggs** - April 15 at 09:34 AM



“ I want to send my condolences to the entire Frank family. Michael and I shared a lot of great memories over the last 20 years or so, that we were friends that I won't soon forget. And even though over the past several years we only spoke a few times and texted each other on our birthdays, it was always a pleasure to speak to him. He was smart, funny and just an overall awesome person, and all that knew him would agree. You will be missed my friend rest in peace.

**Anthony Anzalone** - April 15 at 05:28 PM



“ My heartfelt condolences to you, Marilyn and family.

**Cheryl Harold** - April 18 at 09:51 AM



“ Mike was a long time childhood friend and lifting buddy of many years. He will be missed . My heart goes out to his family may he rest in peace.

**James LaConte** - April 18 at 05:18 PM