

Time Out

by Bob Platt

It certainly is welcome news that Big Tupper has a new start. Lying dormant for about a decade, the slope needs work and a whole new attitude. Local and private ownership through LeRoy and Peter is a big plus for one of Tupper Lake's most important recreational sites. A whole generation of kids have grown up without using the mountain. Hopefully, with some snow, good management, and the accomplishment of some of the plans noted in recent Free Press issues, the ski center will move forward again.

To show how things have changed, the Time Out Machine lands this week in Tupper in September, 1955. The Tupper Lake Winter Sports Club has just met with village officials to seek the grand total of \$4,895 to recondition the Sugar Loaf Mt. ski slope. Making the presentation to the village were Don Adams, Bill Frenette, Roland Richer, and Major Day.

The expansion Ottawa Senators open their NHL season on October 8 with a visit by Montreal.

The Yankees have indicated that their Double A minor league team will be leaving Albany for Long Island in 1994.

SLU got back on the winning track last Saturday as they beat the Golden Griffins of Canisius College 45-27. Next up, Hobart.

By winning the GTE North Classic, golfer Ray Floyd recently became the first player to win on the PGA Tour and the Senior Tour in the same year. He donated his \$67,000 in prize money to the Hurricane Andrew relief fund.

To celebrate its first 100 years, the 1995 NCAA men's volleyball championship will be held in Springfield, Mass., near where the game began in Holyoke YMCA.

Fearful of having their savior mercilessly booed, the Philadelphia Flyers left Eric Lindros home last week when his teammates went to Quebec City for an exhibition game against the Quebec Nordiques. Because Eric told the Nordiques that he was not too keen on playing in that neck of the Canadian woods, he is not too popular there. Can you imagine the Giants leaving Lawrence Taylor home or the Celtics, Larry Bird, when going into hostile territory? What a wimp!

Boston College (4-0) has cracked the Top 25 in college football. The Eagles host Syracuse on November 14. Could be another very tough game for the Orangemen. Syracuse travels to Louisville this Saturday.

Got an extra \$100? The Albany Patrols have announced they will hold open tryouts in late October. If you have already played in the NBA or CBA, you are not eligible. However, if you are a weekend warrior, this is your chance. Your fee of \$100 will guarantee you four days of playing time and a chance of landing a spot on the 1992 roster.

Celebrities seen in the Chicago crowd at the Bears-Giants game last Monday night included Michael Jordan, Duke's Coach K, Scottie Pippen, Digger Phelps, and the rock band U2.

Why do athletes hang on longer than they should? Gary Carter who recently announced his retirement after 18 seasons batted only a .219 this season and hit only five home runs. He has not been a full time player since 1988. Nolan Ryan, who has said that he will be back next season for his 27th year, has only five victories this season.

Night football was in vogue in the mid-1970's in Tupper. Three games were played at the Municipal Park in 1975 by the high school team including a 0-0 tie with Saranac Lake before 1500 fans on a wet Friday night. Wouldn't it be nice for the local football or soccer teams to again have a chance to play a home game under the lights?

Adirondack Adult Center Lunch Menu for Month of October

Thursday, October 1- Roast Beef w/gravy, baked potato, mixed veggies, biscuits, cake; Friday, October 2- BBQ Chicken, Cauliflower, 3 bean salad, home fries.

Monday, October 5- Spanish rice, tossed salad, canned fruit, rye bread; Tuesday, October 6- Pancakes w/ham, applesauce, juice, jello w/topping; Wednesday, October 7- Hamburger stew, cornbread, bread pudding; Thursday, October 8- Baked chicken, over brown potatoes w/skins, spinach, spice cake; Friday, October 9- Fish chowder, zucchini, cornbread, fresh fruit. Las Vegas Night-Bring your friends, food and fun for all.

Monday, October 12- Creamed beef, mashed potatoes, carrots, canned fruit; Tuesday, October 13- Chicken biscuits, peas/carrots, pudding; Wednesday, October 14- Barley soup, tossed salad, cornbread, juice, jello; Thursday, October 15- Shepherd's pie, pineapple/cottage cheese, rice pudding; Friday, October 16- Cod wedges w/tarter sauce,

Mrs. Fredericks recalls 38 happy years with Litchfield Castle staff

By Newton Greiner

In 1932 Mr. Pieter Litchfield told Viola Fredericks and her husband, "I usually don't tell anyone how to vote, but a classmate of mine from Harvard is running for President." The man's name, Franklin D. Roosevelt. "And four years later, he said, 'don't vote for him again!'" Mrs. Fredericks laughs.

That story marked the beginning of a long and happy 38 years spent living at the gatehouse at Litchfield Castle, some of which was recalled this week by Mrs. Fredericks at her home on Park Street.

She was born in Syracuse 82 years ago. "My father was the firemaster there for 30 years," she recalls.

Her husband, Harold, worked for a time at Litchfield Castle under Floyd Hutchins who was then the superintendent there. When that job was over he moved back to Syracuse. It was a little later, during the depression, that they received a letter from Mr. Hutchins stating that there would soon be an opening for a job at the gatehouse.

Mr. Litchfield was hunting in Europe at the time, but the word was that he would soon be back in Tupper Lake to hunt here, and it was during that

visit that their first conversation took place.

"When he came back to Tupper Lake we were hired," Mrs. Fredericks says.

Harold was the game protector at the park as well as fire warden and gate keeper. "He was also a special game protector for the state," Mrs. Fredericks relates, "that went along with his job."

His life ended in 1970 when he froze his feet and had to have both legs amputated. He died soon after that operation.

"There was a car parked by the road during hunting season, and it was 20 below zero that day. He went into the woods to see who was there and went through a swamp to try to find them and he froze," Mrs. Fredericks recalls sadly.

But the time they spent out there was filled with happy memories, and she doesn't dwell on the sad part.

"My husband used to make hand made furniture," she changes the subject with a smile. "That little table right over there is the first thing he made. All the pieces were hand tooled, we never had electricity," she remembers. She shows photos of beautiful twig furniture he made that could rival any made today.

In the summer they left the park and lived in a little log cabin on River Road. "We were looking for a house, and we looked for about two months," she says. "Then Don Adams went to Vermont and sold his house."

"For the most part it was quiet at Litchfield Park," she recalls. "My husband had plenty of work to do and plenty of snow to shovel. People think we have bad winters now, but we had a lot more back then. He had to keep the circle open so the school taxi could pick up the kids. All three of her children graduated from Tupper Lake High School.

"We worked for three generations of Litchfields," Mrs. Fredericks says. "The grandfather we didn't know, but there was Uncle Hubert Litchfield, Phillip Litchfield, Edward Sands Litchfield, Mrs. E.F. Litchfield and of course Pieter Litchfield. They never really knew the park in its heyday as a wild game preserve with all of the exotic animals. When we first got there it was ending, there was only one wild elk, but the place had been all fenced in for years with wild boar and other animals."

Viola recalls a pet deer they had for about two years. "He stayed around

for about two years until someone shot him," she says.

The couple had three children who lived with them at the gatehouse. Their daughter, Mona, was 10 months old when they moved from Syracuse, and two others, Carole and Robert were born while they lived at the park. "Carole lives in Ellicott City, Maryland now and she has two boys, Scott and Jeff. Robert has four children, John, Jim, Joe and Tracy. They live all over," she beams. "Mona had five children, Wendy, Suzanne, Joanne, Steven and John." Mona died about 15 years ago, but, Mrs. Fredericks thinks about her grandchildren and once again she smiles.

"Robert lives right here in this house," she relates. Eleven years ago she sold her house and moved into Don Smith Apartments, but in May she had a stroke and has now moved back with her son and daughter-in-law.

"We used to find it pretty hard to get into town for all of the events at the school," she remembers. "Don Duane took them in his taxi to school, but at night it was tough because of the storms we used to have. We had such big snowstorms in those days."

One event that sticks out in her memory was the time a fellow shot a policeman in Lake Placid. "He was in the basement of his camp, and the police went in to get him and he shot and killed the policeman," she recalls.

"He went all through Tupper Lake and he spent some time living down by the beach, and he would send children home to get him some food. And then he came up here and crossed over the road. At that time the state highway ran right through here and I saw him right at the bottom of the hill. Harold and my son were eating, and all I saw were blue jeans running across. But when a car came, he ran and hid. That night he slept in a culvert by the Goodman camp and spread pepper in the water so the dogs wouldn't smell his scent. Later, he went to the Legion camp and on to Long Lake and Speculator where they finally lost his trail. He was caught in Reno, Nevada. Many doubted that he was ever here, but when he was caught he showed them where he went, and he admitted seeing the big deer at the gates so I knew it was him."

After the death of her husband, Viola lived at her home on River Road, and then went back to Litchfield Park where she was the cook for a number of years. "Then I became a diabetic and couldn't do it any more," she says.

The stroke she had in May partially paralyzed her legs and she spent a lot of time in the hospital in Ellicott City where she was visiting for her grandson's wedding when it occurred.

For all of that she still has a positive attitude. "It looks like I'm getting better all of the time," she smiles. She gets around very nicely with the help of a cane and says, "my legs are getting stronger. I really do depend on them."

She has a few hobbies like cross stitching and knitting afghans. She points out a pillow and afghan that she

made for her son and daughter-in-law. "I used to carry a stick in my hand, because there was a fisher that would come nosing around. I was really afraid of him."

One Christmas Viola remembers she and her husband put a bowl of fruit under the Christmas Tree, and let the pet deer "Spot" in the house. "Well he wasn't used to the linoleum, and he slipped and slid across the floor and he finally made it to the bowl and got one apple and took it outside."

"The Litchfield people were wonderful to work for," she relates. "Before I moved out of Don Smith Apartments, Mr. Phillip Litchfield came to see me, and his wife said, 'why don't you stop at the florist and get her some flowers', but he said 'no I've got a better idea,' and he went up to the gate house and picked me a whole bouquet of wild flowers. That meant a whole lot more to me."



Mrs. Viola Fredericks

has made and makes sure to mention her cross stitched deer. "That took a long time," she admits, "I made it for my husband one year for his birthday."

She recalls the days when she attended schools in Syracuse and then went to Central City Business School. After that she worked for an Insurance Company, the name of which escaped her for the moment.

"My husband was from Moira," she smiles. "He moved to Syracuse and got a job with L.C. Smith. He started to go to our church and he was on the basketball team. I went to the basketball games and I thought he was a pretty good player so I started rooting for him."

"For many of the years we lived at Litchfield we didn't even have a car." Then she laughs, "when we finally did get a car, we would drive into town and just sit on Main Street and watch the people go by. We traded at Corneau's store and we bought milk and butter from the farm."

"I did the laundry there at Litchfield for years. We didn't have any running water, so Harold would carry it from the spring, and when there were guests, the sheets alone would take the whole day."

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Harold Fredericks at Litchfield Gatehouse around 1948 with "Spot" the tame deer.

Senior Citizens

Notebook

We're Building Our Monthly Senior Citizens Notebook Page -Support Our Seniors- Ads Available: \$2.50 or \$5.00 Call the Free Press 359-2166

This Space Made Possible by Following Senior Supporters

"Food Bank" new at Center

The Adirondack Adult Center is now offering a unique new program for all residents of the community with no age limit, no income limit and no limit on quantity.

The Extra Helpings Program is a cooperative buying program offered by the Regional Food Bank of North-eastern New York. It provides food bags to individuals through sponsoring agencies such as the adult center, community center, or food pantry.

"The program is not a handout," Adult Center Director Nancy Delair said yesterday. "It's run much like the co-ops which almost everyone takes advantage of."

Food is purchased at wholesale prices by the Food Bank and passed on at cost to individuals. Each individual may purchase as many units as needed. Food stamps are also accepted by the Extra Helpings Program.

The Bank supplies a monthly "menu" describing the contents of each bag or "unit." Only first quality, wholesome foods are distributed with items chosen carefully to avoid waste

of perishable products and to help families by providing savings while taking advantage of convenient packaging. The program mixes "use now" items such as lettuce with items which can withstand storage, such as frozen foods and sturdy produce, so that units are useful as supplements to meals throughout the month.

Those wishing to take advantage of this opportunity may do so this month by contacting Mrs. Delair at 359-9070 before October 10. Delivery will be made October 29.

Offered this month, for \$13.50 is 2-40 ounce cans of ravioli, 3- 6.125 ounce cans of chunk lite tuna in water, 1- 24 ounce can of Morton House chili, 2- 16 ounce cans of whole peeled tomatoes, 2- 30 ounce jars of Red Wing spaghetti sauce, 1- 32 ounce jar of Red Wing mayonnaise, 2- 16 ounce boxes of Elbow macaroni, 2- 16 ounce boxes of spaghetti, five pounds of whole chicken legs, two pounds of Cuddy turkey ham, five pounds of potatoes, two pounds of onions and two pounds of carrots.

Adirondack Adult Center Activities for Month of October

Thursday, October 1- Card games, chess, puzzle, bingo, crafts; Friday, October 2- Card games, chess, puzzle;

Monday, October 5- Card games, chess, puzzle; Tuesday, October 6- Card games, chess, puzzle, bingo;

Wednesday, October 7- Card games, chess, puzzle, Old Forge Boat and Train Trip, shopping; Thursday, October 8- Card games, chess, puzzle, bingo, Beth Delucca presentation;

Friday, October 9- Card games, chess, puzzle, Las Vegas Night Food & Fun.

Monday, October 12- Columbus Day, Card games, chess, puzzle;

Tuesday, October 13- Card games, chess, puzzle, bingo, drawing for afghan; Wednesday, October 14- Card games, chess, puzzle, shopping;

Thursday, October 15- Card games,

chess, puzzle, bingo, crafts; Friday, October 16- Card games, chess, puzzle.

Monday, October 19- Card games, puzzle, chess, Blood Pressure clinic;

Tuesday, October 20- Card games, chess, bingo, puzzle, Board meeting;

Wednesday, October 21- Card games, puzzle, chess, Night meal 5 p.m. turkey dinner; Thursday, October 22- Card games, chess, puzzle, bingo, crafts, shopping; Friday, October 23- Card games, puzzle, chess.

Monday, October 26- Card games, chess, puzzle; Tuesday, October 27- Card games, chess, puzzle, bingo, Celebrate birthdays; Wednesday, October 28- Card games, chess, puzzle, shopping; Thursday, October 29- Card games, chess, puzzle, bingo, crafts; Friday, October 30- Card games, chess and puzzles.

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51 Lake St., Tupper Lake

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Tel. 359-3333

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Self Help Line broadcast to be aired October 19

"Consumer Alternatives to the Mental Health System" will be the topic of a satellite broadcast known as Self Help Live, scheduled for October 19, from 2 p.m. to 4 p.m. The broadcast is aimed at people with psychiatric disabilities, their family members, friends, mental health professionals and others concerned with disability issues.

Community College, Saranac Lake Campus, Iroquois Room. This edition will cover how to start and run alternative services, where to get funding, how to do outreach, how to get people involved and other self help models.

For further information call: Tim O'Shaughnessy or Cheryl Casey at (518) 483-1689. The site will be at North Country