

OBITUARIES



ELSIE C. COFFEY

HERMON - Elsie C. Coffey passed away February 8, 2016, at a Bangor Hospital. She was born on October 23, 1934, in Liverpool, England, the daughter of Ethel and Christopher Thwaite.

Elsie was educated in Liverpool schools and moved to the United States in 1955. Her working career spanned over 59 years in the Bangor area and in 1968 she went to work for the Bangor Housing Authority at the time the City of Bangor was negotiating the acquisition of the former military housing for use by lower income families. She retired in June 2011 after serving 25 years as Executive Director. During that time one of her main concerns was the well-being and future of the young children in the area and she was instrumental in the Housing Authority's building of a learning center for pre-school children. She also brought Community Policing, a Health Center and Y-Works program to the area. Elsie served on the Board of Directors of Penquis Community Health Care, was a member of St. John's Episcopal Church serving on the Altar Guild and as an usher.

She is survived by two sons, Mitch Bowman and his wife Lisa, of South Portland and David Bowman and his wife Gail, of Hermon; and four grandchildren, Brianna, Christopher, Evan and Aimee who were the love of her life. Also very special to her were the Johnson family children, Pamela, Lynn, Laurel and Wayne.

A memorial gathering to celebrate Elsie's life will be held from 5-7 p.m. Saturday, February 13, 2016, at the Family Reception Center of Brookings-Smith 163 Center St., Bangor. Memorial donations in her memory may be made to EMMC Support Services, C/O EMHS Foundation, P.O. Box 931, Bangor, ME 04402-0931. Condolences to the family may be expressed at www.BrookingsSmith.com

BETTY B. FOWLES

DOVER-FOXCROFT - Betty B. Fowles, 87, wife of the late Arthur D. Fowles Jr., passed away February 9, 2016, at Hibbard Nursing Home. She was born July 30, 1928, in Dover-Foxcroft, the daughter of Baxter C. and Gladys (Buck) Brawn.

Betty loved spending time at Sebec Lake; she was an avid bridge player and enjoyed painting. She was a member of OES.

She is survived by three sons, Russell Fowles, Richard Fowles and Lawrence Fowles; two daughters, Kristen Goddard and Janna Peters; a sister, Barbara Pray; twelve grandchildren; sixteen great-grandchildren; and two great-great-grandchildren. She was predeceased by a brother, Garret William "Billy" Brawn.

Memorial visitations will be held 1-3 p.m. Sunday, February 14, 2016, at the Lary Funeral Home, Dover-Foxcroft. In lieu of flowers, memorial contributions may be made to ALS Association Northern New England Chapter, The Concord Center, 10 Ferry Street, Suite 309, Concord, NH 03301. Condolences and memories may be expressed at www.laryfuneralhome.com.

Daniel Gerson, screenwriter on 'Monsters, Inc.,' dies at 49

BY LIBBY HILL

THE LOS ANGELES TIMES

Daniel Gerson, best known for co-writing Disney's "Big Hero" and Pixar's two "Monsters" films, died Saturday at his home in Los Angeles after battling brain cancer. He was 49.

Gerson's family said in an obituary in Monday's New York Times that the scribe died peacefully.

A New York native, Gerson graduated from Cornell before receiving an MFA from New York University film school.



JEANETTE MORSE HARMON

CHERRYFIELD - Jeanette Morse Harmon, 94, passed away quietly February 9, 2016 in Sanford. She was born in Cherryfield, December 05, 1921 the daughter of Guy R. and Lola F. (Worcester) Grant.

Jeanette graduated from Cherryfield Academy where she was the valedictorian. She went on to Husson College, Bangor, and returned to Cherryfield to work for the Superintendent of Schools. She then worked for many years for Charles Steward (Stewart's Blueberry Company) as a bookkeeper/secretary. She sat at her desk where she was seen every work day in the picture window on Main Street. Later she worked again for the Superintendent of Schools, Richard Grant, whom she so greatly respected and alongside Edith Davis, a very dear friend.

She was herself the epitome of a true professional woman. She loved fashion and "dressed to the nines" whether going to work or to church. She was held in the highest regard by everyone in the community. She loved to bake and Saturdays were a flurry of cakes, pies, and such for the week ahead. Somehow she also managed to keep an immaculate home. Sewing became her greatest hobby, and she could match any dressmaker with the fashions she sewed. She also loved her houseplants and had an amazing green thumb; they flourished under her tender loving care. The joking was always about the watering of so many and the time it took. But her greatest joys in life were her boys and grandchildren. She was a most loving and affectionate lady. Her love was unconditional and in return she was dearly loved by her family and will long live in their hearts. As Jesus said "well done my good and faithful servant." Jeanette was a devout Christian and a member of the Cherryfield Baptist Church where in years past she taught Sunday school.

She is survived by her two sons, Jon Morse and wife Gail of North Berwick, and Jeffrey Morse and wife Debra of Montague, MA; grandsons, Scott Morse and wife Cindy of North Berwick, Jason Morse and wife Erin of Newmarket, NH, and Joshua Morse and wife Paula of Turners Falls, MA; great-grandchildren, Owen, Tatum, and Julia Morse; great-great-grandchild, Parker Tahai several nieces and nephews as well as Sharon St. Claire who was like a daughter to her. She was predeceased by her husband of 48 years, Gerald Morse; sisters, Ruth Wyman, Beulah Ramsdell, and Doris Grant.

Services will be private. A spring burial will be held at the Rock Maple Cemetery in Harrington.

In lieu of flowers, contributions in Jeanette's memory may be made to the First Baptist Church of Cherryfield, P O Box 515, Cherryfield 04622

Condolences may be expressed at www.jordanfernald.com



ROSE LEE (DOUCET) CARLISLE

ELLSWORTH - Rose Lee (Doucet) Carlisle, 85, died peacefully at Courtland Living Center in Ellsworth on the morning of Tuesday, February 9, 2016.

Rose Lee was born in Walter Reed Hospital, Washington, DC, February 20, 1931, the daughter of Charles Joseph and Cora Caroline (Cock) Doucet. She graduated from Washington-Lee High School, Arlington, Virginia and then worked in the Pentagon for 5 years and for a short while at the Charleston Naval Shipyard, Charleston, South Carolina. In Maine she worked for several years at The Ellsworth American and Maine Shellfish Company. She and her husband ran a very successful construction and snowmobile business for nearly 50 years. She enjoyed her children, grandchildren, great grandchildren very much and loved family get-togethers. She was very active in Irene Chapter #97, Order of the Eastern Star and was Worthy Matron four times. She liked snowmobiling, bridge, reading, music, jigsaw puzzles and bird watching. She was an avid Red Sox fan.

Rose Lee is survived by her husband of sixty-four years, Richard E. Carlisle, Sr. of Ellsworth; three children, Terry Carlisle and companion Gary Frost of Ellsworth; Phyllis Young and husband Reg of Ellsworth; Richard E. Carlisle, Jr. and wife, Louie of Portland; four grandchildren, Jennifer (Young) Guidbord and Emily (Young) Nelson, Griffin and Jed Carlisle. She was also proud of her four great grandchildren, many nieces and nephews and three AFS grandsons. She was predeceased by her sisters, Esther Via and Dolores "Ducie" Barker from Virginia.

Her service will be held at the Ellsworth Masonic Hall at a date to be announced. The family wishes to thank the staff at Courtland Living Center for their loving care over the past several years. Those who wish may donate in her memory to the Irene Chapter #97 Scholarship Fund or a charity of your choice. Arrangements entrusted to Bragdon-Kelley Funeral Home, Ellsworth, ME.

Bosnian General who led Srebrenica massacre dies

BY THOMAS ESCRITT

REUTERS

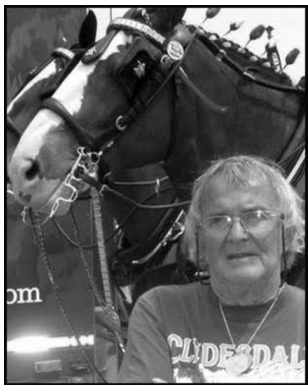
AMSTERDAM — Bosnian Serb Gen. Zdravko Tolimir, serving a life sentence for genocide including the massacre at Srebrenica during the early 1990s war in Bosnia, died on Monday evening in The Hague, a court spokesman said.

The former head of military intelligence in the Bosnian Serb army was convicted of crimes including the slaughter of 8,000 Muslim men and boys at Srebrenica in 1995, in what remains Europe's worst massacre since World War II.

"He was taken ill at the court's detention center at around [9 p.m.] last night," said spokesman Nenad Golcsevski. "He received medical attention, but he passed away."

Tolimir, 67, was instrumental to the campaign of pillage and murder by which some Bosnian Serb leaders sought to carve an ethnically pure Serbian state out of parts of multi-ethnic Bosnia.

He reported directly to Ratko Mladic, commander of



JAMES B. PETERS, JR.

EDDINGTON - James B. "Jimmy" Peters, Jr. 83, passed away, February 10, 2016, at a Bangor hospital. Jimmy was born in Eastport, September 24, 1932, the son of James B. and Frances (Trott) Peters.

Jimmy was raised in Eastport and attended Eastport schools. He proudly served in the US Navy 1951-55. After his service, he became a Steel Painter with Union Local 1468, from which he retired after 36 years. He married Brenda Jean Kelley in 1979. They enjoyed over 46 years together.

Jimmy enjoyed hunting, fishing and spending time at the camp on Love Lake with his wife and dear friends, especially William "Buddy" Bruns, his wife Debbie, and all the Love Lakers.

In addition to his wife, Jimmy is survived by his sister, Carolyn (Peters) Baxter; his brothers-in-law, Stephen C. Talbot and wife, Kathy, Bradford D. Kelley and wife, Jeanne, and Dale K. Kelley; as well as numerous nieces and nephews; and his special pet, his cat, Dickie. He was predeceased by his parents; sisters, Margaret (Peters) Cook, and Norma (Peters) Sands; and his brother-in-law, Stuart Baxter.

A celebration of Jimmy's life will be 12 pm, Sunday, February 14, 2016 at the home of Courtney and Christine Henry, 1242 Love Lake Road, Crawford. Those who wish to remember Jimmy in a special way may make gifts in his memory to the Bangor Humane Society, 693 Mount Hope Avenue, Bangor, ME 04401. Condolences to the family may be expressed at www.BrookingsSmith.com.

Miss Me -- But Let Me Go

When I come to
the end of the road
And the sun has set for me,
I want no rites in a
gloom-filled room;
Why cry for a soul set free?
Miss me a little --
but not for too long
And not with
your head bowed low.
Remember the love
that we once shared.
Miss me -- but let me go.
For this is a journey that
we all must take
And each must go alone.
It's all a part of
the Master's plan,
A step on the road to home.
When you are lonely
and sick of heart,
Go to the friends we know
And bury your sorrows in
doing good deeds.
Miss me -- but let me go.
-Author Unknown

Out of shape in midlife may reduce brain size

BY LISA RAPAPORT

REUTERS

People who are out of shape in midlife may end up with smaller brain volume as they age compared with peers who exercise regularly, according to a U.S. study.

While past research suggests that brain shrinkage may be an unavoidable part of aging, the new findings add inactivity to a growing list of factors like smoking, obesity, diabetes and high blood pressure that are thought to accelerate the process.

"We found that poor fitness in midlife was linked to more rapid brain aging two decades later," said lead author Nicole Spartano of Boston University School of Medicine.

"This message may be especially important for people with heart disease or at risk for heart disease, in whom we found an even stronger relationship between fitness and brain aging," Spartano added by email.

The study included 1,583 people enrolled in the long-running Framingham Heart Study who took a treadmill test to assess their fitness levels when they were 40 years old on average, and were free of dementia and heart disease at that time.

Almost two decades later, researchers put them back on the treadmill, and also did magnetic resonance imaging scans of their brains. At this point, they were around 58 years old.

In that first treadmill test, 89 percent of the participants achieved their target heart rate, a level slightly below what researchers estimated to be their peak capacity.

At this point, participants had an average estimated exercise capacity of 39 milliliters of oxygen per kilogram of body mass per minute (mL/kg/min), which is also known as "peak VO2," and represents the maximum amount of oxygen the body is capable of using in one minute. The

score of 39 is considered fairly typical for nonathletes in their 40s.

Spartano and colleagues found that two decades later, people with below average fitness in the first test had smaller total brain volume than the others. Each 8 mL/kg/min of exercise capacity below the average performance level in the first test was associated with enough reduction in brain volume by the end of the study to amount to two extra years of brain aging, according to the results in Neurology.

People whose blood pressure and heart rate surged more during the first treadmill test — another indication of poor fitness — were also more likely to have smaller brain volumes two decades later.

Over the course of the study, the ranks of people with hypertension surged to 28 percent from 9 percent.

One limitation of the study is that the treadmill test at the end was easier than the one participants did at the start. As a result, researchers couldn't estimate maximum exercise capacity.

The study also wasn't designed to prove that poor fitness erodes brain volume or directly causes cognitive decline.

Even so, the findings should encourage people to exercise earlier in life, and often, said Sandra Bond Chapman, founder and chief director of the Center for BrainHealth at the University of Texas in Dallas.

"The take-home message is a familiar one — an ounce of prevention is worth a pound of cure," Chapman, who wasn't involved in the study, said by email.

People who haven't started exercising by 40 can still get moving, Chapman added. Some sedentary people 50 and older who start workout routines may see improved cognition and neural health after as little as 6 weeks of aerobic exercise.

Childhood ADHD may raise obesity risk

BY KATHERINE DOYLE

REUTERS

Young women who were diagnosed with attention-deficit hyperactivity disorder in childhood are more likely to be obese than peers without an ADHD diagnosis, according to a U.S. study.

The results don't prove cause and effect, but some of the symptoms of ADHD, like impulsiveness and difficulty focusing might contribute to an inability to stick to healthy eating habits, even in adulthood, the researchers speculate.

"Several cross-sectional studies have suggested an association between childhood ADHD and obesity," said study author Dr. Seema Kumar, a pediatrician and researcher at Mayo Clinic Children's Research Center in Rochester, Minnesota.

She and her colleagues analyzed data on 336 adults with childhood diagnoses of ADHD and 665 similar people without an ADHD diagnosis. All were born between 1976 and 1982 and their medical records included their heights, weights and medication regimens between 1976 and 2010.

More than 34 percent of people with childhood ADHD were obese after age 20 compared to 25 percent of those without ADHD, researchers found. But the difference was only statistically significant — meaning it was too big to be due to chance — among the women.

Participants who were not obese when ADHD was first diagnosed were about 50 percent more likely to be obese in later years than people in the comparison group without ADHD, but again, the increased risk held true only for female participants.

There may be shared underlying abnormalities in the

neural pathways that mediate not only impulse control and reward sensitivity in ADHD but also appetite and satiety, Kumar told Reuters Health by email.

Poor decision-making in individuals with ADHD may lead to disordered eating, she said.

"Sleep difficulties, often present in children with ADHD, may also lead to excess weight gain due to a combination of behavioral and hormonal factors," she said.

"Our finding of sex-specific differences in the association between ADHD and obesity may be related to some extent to unique differences in the subtypes of ADHD seen in females compared to males," she said. "Females have a higher prevalence of the inattentive subtype of ADHD while males have a higher prevalence of the hyperactive/impulsive subtype, a subtype that may be associated with a higher energy expenditure and therefore protective against weight gain."

Stimulant treatment was not related to obesity risk, the study team notes in Mayo Clinic Proceedings.

"It is important to know that in our study, stimulants had been used for only a fraction of a patient's life, ranging between one and a half years to six years," Kumar said. "It is not known if longer duration of stimulant treatment may alter the risk of obesity," she cautioned.

"Parents and doctors should encourage healthy eating and active lifestyle in all patients with ADHD," Kumar said. "Additionally, weight monitoring should be incorporated as part of routine care of all patients with ADHD so that excess weight can be detected early and that efforts to prevent further weight gain can be instituted in a timely fashion."