

OBITUARIES



BLANCHE G. CAMPBELL

ORRINGTON - Blanche Mae (Giffard) Campbell, 88, passed away November 15, 2015 at Westgate Manor in Bangor after a brief illness. She was born in Brewer November 11, 1927, the daughter of Rex Harleton Giffard and Geneva (Baker) Giffard Harriman.

Blanche graduated from Brewer High School, Class of 1945, then worked at Sears and Roebuck. Her high school sweetheart courted her by riding his bicycle from Brewer to Orrington for many months and on June 7, 1948, she married Edward L. Campbell. Earlier this year, they celebrated 67 years of marriage.

Residing in the same neighborhood on Baker Hill in Orrington most of her life, Blanche was completely involved as the family home-maker, selflessly sharing her seamstress skills with family and community. She was a Den Mother, a member of the Orrington PTA and made uniforms for her boys Little League teams. She also served as a second mother to the neighborhood children, overseeing lawn parties and baseball games and looking out the kitchen window to see other children playing in the sandbox even when her own children weren't there.

Blanche and Eddie truly enjoyed dancing. As a member of the Orrington Barnyard Shufflers, they didn't miss a Square or Round Dance and she made all her dresses and Ed's shirts to match. An avid knitter, she made for her grandchildren sweaters, hats, scarves and mittens; and she enjoyed crocheting and gardening. Blanche loved being a grandmother and she and Ed followed their grandchildren's activities from kindergarten to college. Blanche always cherished family the most.

In addition to her parents, Blanche was predeceased by her older sister, Beatrice "Bea" (Giffard) Hatfield, younger brother, Elmer "Sonny" Giffard of Orrington, her sister-in-law, Avis

(Campbell) Flynn and brother-in-law, Robert "Bobby" Campbell. Surviving, in addition to her husband Eddie, are her son, Richard "Dick" Campbell of Orrington; son, Wayne Campbell and his wife, Tami of Hampden; daughter, Colleen (Campbell) Gross and her husband, Mike of Verona Island; her grandchildren, Chad Campbell and his wife Bekah, Colin Campbell Conor Campbell, Jillian (Campbell) Phillips and her husband Dave, Erin Campbell and fiancé Bobby Vallee, Trevor Campbell and his wife Sara, Kevin Adams, Ashleigh Adams and Joe Bailey; great-grandchildren Emma Mae Bailey, Evan Bailey, Julian Campbell and Kalyx Campbell; her sisters-in-law, Charleen (Hanscom) Giffard, Corinne (Campbell) Gordon, Eleanor (Campbell) England and Tina (Foley) Campbell; many Giffard, Flynn, Gordon, England and Campbell nieces and nephews and their children and her special childhood friends, Charlotte Gray and Frances "Frannie" Lord.

Relatives and friends are welcome to visit Ed and the family 3-5:30p.m. Friday November 20, 2015 at the Brewer Chapel of Brookings-Smith, 55 South Main Street, Brewer. Funeral services will be held Sunday, November 22, 2015 at 1 p.m. at the East Orrington Congregational Church, 38 Johnson Mill Road, Orrington, Maine 04474. Condolences to the family also may be expressed at www.BrookingsSmith.com

Coffee part of ‘a healthy diet,’ research reveals

BY KATHRYN DOYLE
REUTERS

People who drink coffee daily, even up to four cups per day, are less likely to die from heart disease, neurological disease, type 2 diabetes or suicide than others, according to a new study.

Researchers did not test how upping coffee consumption would change health outlooks, so they cannot conclude that coffee "causes" a decreased risk of death. Rather, they looked at death trends in groups with varying amounts of coffee consumption.

"The main takeaway is that regular consumption of coffee can be incorporated into a healthy diet," said senior author Dr. Frank Hu of the Harvard School of Public Health in Boston.

"There is no evidence of harm of regular consumption in terms of chronic disease risk or mortality, and consistent evidence that consumption of coffee reduces the risk of diabetes and cardiovascular disease," Hu told Reuters Health by phone.

"People who are already drinking it should continue to enjoy it, but for people who don't drink it or don't like it, there's no particular reason to start for the sole reason of health," he said.

Hu and his coauthors studied the association of coffee intake — caffeinated, decaffeinated, or both — and risk of death based on self-reported coffee habits of more than 160,000 women in the Nurses' Health Study and Nurses' Health Study 2 and 40,000 men in the Health Professionals Follow-Up Study.

Every four years, participants in these studies filled out questionnaires on lifestyle factors, including how often they usually consumed

caffeinated or decaffeinated coffee, ranging from never to six or more times per day.

The researchers had data on the participants from the mid-1980s or early 1990s through 2012. During that time, 19,524 women and 12,432 men died.

Those who reported drinking one to five cups of any type of coffee per day were less likely to have died during follow-up than those who did not drink coffee, the authors reported in Circulation magazine.

Death from heart disease, neurological disease and suicide was less common among moderate coffee drinkers than among others, but there was no relationship with deaths from cancer, the researchers found.

"The benefit in terms of mortality is very small," and leveled out at four to five cups per day, Hu said.

For diabetes and cardiovascular disease, caffeinated and decaffeinated coffee seem to have similar effects, so the benefits may be due to compounds in the coffee other than caffeine, he said.

"Coffee of course is a complex beverage, it's really difficult or impossible to pinpoint the ingredients that are responsible," Hu said.

But for neurodegenerative disease, depression and suicide, most likely the benefits are due to caffeine, he said.

"For people who drink a lot of soda or sugary beverages, coffee would be a good alternative," he said.

"I don't think we have data to recommend one type of coffee against other options," or to recommend an exact amount of coffee, given that taste is very individualized and some people are more sensitive to caffeine, he said.

Death Notices

BOYNTON JR., Keith W. "Kebo," 81, East Millinocket, November 14, 2015. Lamson Funeral Home, East Millinocket.

BURNS, Marian L., 88, Bar Harbor; at Bar Harbor, November 1, 2015. Service 10 a.m. Saturday, November 21, 2015, at St. Saviour's Episcopal Church, Mt. Desert St., Bar Harbor.

CAMPBELL, Blanche G., 88, Orrington; at Bangor, November 15, 2015. Service 1 p.m., Sunday, November 22, 2015, at East Orrington Congregational Church, 38 Johnson Mill Rd., Orrington.

DOAK JR., James "Chip" E., 55, Waldo, November 14, 2015. Service 2 p.m., Sunday, November 22, 2015, at Waldo. Riposta Funeral Home, 182 Waldo Ave., Belfast.

EATON, Loretta M., 56, Bucksport, November 7, 2015. Direct Cremation of Maine, 182 Waldo Avenue, Belfast.

HIGGINS, John Kevin, Ellsworth and Millinocket, November 13, 2015. Service 1 p.m., Saturday, November 21, 2015, at Millinocket Snowmobile Club and 1 p.m., Sunday, November 22, 2015 at the Masonic Hall, Bucksport Rd..

HIGGINS, Stephen E., Hampden, November 13, 2015. Service 11 a.m. Thursday, November 19, 2015, at St. John's Catholic Church, Bangor.

HUTCHINSON, Amy Cousins, 95, Portland; at Portland, November 14, 2015. A.T. Hutchins Funeral and Cremation Services, Portland.

MERCHANT SR., Robert L., 67, Ellsworth; at Bangor, November 16, 2015. Jordan-Fernald, 113 Franklin St., Ellsworth.

MILLIKEN, Peggy Ann, 74, Houlton; at Bangor, November 14, 2015. Brookings-Smith.

POTTLE, Marie J., 71, Milford and Millinocket, November 16, 2015. Service 11 a.m., Tuesday, November 24, 2015, at Mt. Pleasant Catholic Cemetery, Bangor.

SULLIVAN, Michael, 52, St. Francis, November 12, 2015. Daigle Funeral Home, Fort Kent.

TARBOX, Diane R., 62, Presque Isle, November 10, 2015. Direct Cremation of Maine, 182 Waldo Ave., Belfast.

TROTT, Roger Lee, Bradford, October 21, 2015. Service 2 p.m., Saturday, November 21, 2015, at Bradford Town Hall.

TURNBULL, Eva, 84, Woodville and Caribou, November 13, 2015. Service 12 noon, Wednesday, November 18, 2015, at Mocker Funeral Home, 24 Reservoir St., Caribou.

WARMAN, Richard G., 89, Ludlow, November 15, 2015. Service 1 p.m., Saturday, November 21, 2015, at Bowers Funeral Home, Houlton.

WILEY, Halston G., 55, Linneus; at Linneus, November 13, 2015. Bowers Funeral Home, 10 Water St., Houlton.

WITTNER, David Houlton, November 16, 2015. Dunn Funeral Home, 11 Park St., Houlton.

RICHARD G. WARMAN

LUDLOW - Richard G. Warman, 89, died November 15th, 2015. He was born November 2, 1926 in Houlton, the son of Percy & Greta (Wetmore) Warman.

When Uncle Dick was a young teenager he left his home in Ludlow to have surgery at the Shriners Hospital in Massachusetts. Coming home on crutches he was told by the doctors at the hospital to go to school and be a scholar because he most likely would not walk again. Upon arriving back to the farm he immediately set his crutches in a corner to never pick them up again and walked right on into 89+ years of life. Richard graduated from Ricker Classical Institute with honors as a member of the Class of 1946. This was mainly encouraged by his family to hopefully keep Dick from working so much (and that was not to be done). He devoted his life to caring for his sisters and his mother and was a generous neighbor to many over the years, enjoying visitors who would drop by to chat. His love for the outdoors was noted in the many photos that he loved to take. The subjects of photos extended also to family and "camp." He worked many years for DOT in Houlton in the summer and maintained Ludlow roads in the winter and was always willing to help anyone in need with his equipment. You could always find a VW in his garage and an old jeep which were often borrowed by someone in need. His selflessness is a true testament to his memory today.

He is survived by 4 sisters: Margaret & Lawrence Clark of Ludlow, Lois Jeffery of Ludlow, Doris & Jerry Dickson of Houlton and Susan Henderson of Easton as well as nieces, nephews, great nieces and great nephews. He is predeceased by his parents, Greta and Percy Warman; his brother, Frederick Warman; and his niece, Joleen Britton.

Friends may call from 12-1 p.m., Nov. 21st at Bowers Funeral Home in Houlton followed by funeral services at 1:00 p.m. Interment will follow at the Ludlow Cemetery. In lieu of flowers donations in Richards memory may be made to the Shriners Children's Hospital, 156 Carew St, Springfield, MA 01104. For online condolences please visit www.bowersfuneral.com



EVA TURNBULL

WOODVILLE AND CARIBOU - Eva Turnbull, 84, passed away November 13, 2015 at Lincoln Hospital surrounded by her family. She was born in St. Quentin, NB, Canada on November 15, 1930, one of sixteen children born to the late Alphonse and Jeanne (St. Pierre) LaBrie.

Eva married Ferdinand Turnbull in July 1957, he predeceased her on February 3, 2000. She was employed as the food service supervisor at Caribou Nursing Home for many years and was a lifetime member of the Holy Rosary Catholic Church.

She is survived by; two sons Alan Turnbull and wife, Lynn of New Sweden; Peter Turnbull of Woodville; only daughter Ann Stephenson and husband Todd of Presque Isle; grandchildren Joshua Turnbull, Seth Turnbull and Sarah Johnson, Jennifer Turnbull-Houde, Christopher Turnbull and Taylor Marie Stephenson; great-granddaughters Isabelle and Hattie Turnbull and great-grandson on the way; sibling brothers Eudore, Jean, Gerald and Andre LaBrie all of St. Quentin, NB, Rosaire of Caraque, NB and sister Ida LaBrie of St. Quentin, NB; as well as many nieces and nephews. Eva was also predeceased by her son Paul and grandson Matthew.

Friends may call Mocker Funeral Home, 24 Reservoir St., Caribou from 11 am Wednesday, November 18, 2015 until time of services, which will be held at 12 noon from the chapel of the funeral home. Friends who wish to contribute in memory of Eva may do so to a memorial fund to be established at a later date. www.mockerfuneralhome.com

ROGER LEE TROTT

BRADFORD - There will be a celebration of life for Roger Lee Trott of Bradford, Maine on November 21st from 2-6 p.m. at the Bradford Town Hall. There will be memories shared, photos, food and refreshments.



JAMES "CHIP" E. DOAK, JR.

WALDO - James "Chip" E. Doak, Jr., 55 of Waldo, passed away on November 14, 2015 surrounded by his family after a lengthy battle with heart disease. He was born in Belfast on September 2, 1960, the son of James E. and Dora (Clifford) Doak of Waldo.

Chip was a 1978 graduate of Mt. View High School in Thorndike. He was a very talented carpenter, but his greatest joy was working in the woods as a logger. He also enjoyed the company of his dog, Sadie. Chip was predeceased by his father in 1998.

He is survived by his loving mother of Waldo; two daughters and four grandchildren, Amy Lee Doak of Bangor and her son Dakota, Jessica Anne Doak of Waldo and her children Aiden, Stefan and Elena; one brother David Doak and his wife Bernys of Monroe; three sisters, Rebecca Piel and her husband Thomas of Belfast, Camilla Doak of Bangor and Susan Smith and her husband Keryn of Surry; many nieces, nephews, aunts, uncles and cousins. Chip was deeply loved and will be sadly missed by his family and many friends. We will all miss his quick wit and ability to make you laugh as well as his kind heart.

At Chip's request, there will be no formal service. Please join us for an open house in celebration of his life at the family farm in Waldo on Sunday, November 22nd from 2-4 p.m. Arrangements are under the care of Riposta Funeral Home, 182 Waldo Avenue, Belfast. Memories and condolences may be offered to the family at www.ripostafh.com.



PEGGY ANN MILLIKEN

HOULTON - Peggy Ann Milliken, 74, died, November 14, 2015, at a Bangor nursing facility. She was born in Mars Hill, January 24, 1941, the daughter of Murray V. and Marjorie (Hamilton) Shaw.

Peggy attended Mars Hill schools, and was a graduate of Aroostook Central Institute. She worked for several years for the Maine Department of Health and Human Services in the Adult Services Unit. She loved her job and her coworkers were her second family.

Peggy loved spending time outdoors; taking her dog, Maggie on walks; skiing; or tending to her gardens. Her greatest pleasure was spending time with her friends and family. Peggy was very proud of her ability to pick a hundred barrels of potatoes while working during the potato season.

Peggy is survived by her daughter, Joelle Milliken of Bangor; Joelle's fiancé, Karl Gray of Portland; brother, Bruce Shaw of Cumberland Foreside; aunt, Dorothy Wilson of Mars Hill; nephew, Jeff Shaw; niece, Heidi Alpern; and her beloved dog, Maggie. She was predeceased by her parents and her sister-in-law, Janet Shaw.

The family would like to thank the staff at CancerCare of Maine and Stillwater Healthcare for their wonderful care and compassion during Peggy's illness, as well as her favorite nurse, Ann Deabay. Services will be private for the family. Those who wish to remember Peggy in a special way may make gifts in her memory to the Houlton Humane Society, PO box 548, Houlton, ME 04730. Condolences to the family may be expressed at www.BrookingsSmith.com.



AMY COUSINS HUTCHINSON

PORTLAND - Amy Cousins Hutchinson, 95 of Portland died on Saturday, November 14, 2015 in Portland.

Amy Cousins Hutchinson came into this world during a raging snow storm on Isle Au Haut, Maine the only child of Fred and Florence Bridges Cousins where she lived until she moved to Stonington to attend High School. In later years, she noted with interest, how many snow storms seem to occur on her birthday; so close to the first day of spring. Each year, of course, spring did come marked by the arrival of the daffodils and narcissus. Amy did so look forward to these indications of hope and renewal after a long winter.

Amy's parents, predeceased her as did Uncles Woodrow and Percy Cousins, Aunts Mineola Rich, Virgie Cousins, Clara Cousins and Isabel MacDonald and great grandchildren Sean and Brian Paige and great great grandchild Blastow Snow. Also going on before Amy were dear cousins Ruth Rich, Claris Cousins Chance and very special friends Evangeline Knowlton, Katherine Grindle and Thelma Hopkins. Living on are children Terry and wife Catherine Weed Hutchinson of Voluntown, Connecticut; Deena and husband Ronald Lee of Acworth Georgia and Craig Hutchinson of Windham, Maine. Also, Grandchildren Jon Hutchinson, Cheri Lynn Coon, Kimberly Lee and Ryan Lee; Great Grand Children Megan and Lee Paige, Roxie, Trevor, Jason and Jeffrey Hutchinson, Elijah and Sarah Coon and Great, Great grand Children Ella Snow, Braylen Perkins and Tanner Snow, Jr.

Amy graduated from Stonington High School in 1938 and married Robert Hutchinson the very next day. She was employed by the United States Postal Service retiring in 1972. Amy worked for the next 20 years at, first, the Bay View Restaurant and, then, the Fisherman's Friend Restaurant where she so enjoyed the fried clams prepared by Chef Henry Bray. In 1988, Amy became a graduate of Eastern Maine Community College with credentials in the hospitality industry.

In 1992, Amy moved from Deer Isle to Eddington, Maine where she enjoyed time with many dear friends and held membership in the Grange and the Congregational Church. The "Ladies of Eddington" enjoyed, among other things, taking long Sunday rides where they sampled a good deal of what the fine cooks of Maine had to offer. In 2002 Amy moved to the Woods at Canco in Portland, Maine and, then resided at 75 State Street in Portland. Most recently Amy has been a resident of the Seaside Long Term Care facility in Portland and being cared for by Life Choice Hospice. Making many new friends as her adventures unfolded, she enjoyed the latter part of her life and appreciated the excellent care a great deal.

Amy adamantly wanted no funeral to be held and cringed at the thought of her family and friends having to endure such an ordeal. She hopes that all who knew her will celebrate her life in a manner that is meaningful to them. Interment within Greenwood Cemetery in Oceanville, Maine will occur at a later time. Arrangements by the A.T. Hutchins Funeral and Cremation Services, Portland, ME.

For online condolences, please visit our website at www.athutchins.com.

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