

OBITUARIES



GLORIA J. DOANE
GREENBUSH - Gloria J. Doane, 71, died October 31 at St. Joseph's Hospital surrounded by family and friends. She was Born in Caribou August 2nd, 1944, a daughter of Felix and Irene (Boutote) Cyr.

Gloria loved cooking, entertaining guests while beating them all while playing cards.

She is survived by her daughter Sherry and her husband Steven Mallory of Manchester, Me sister Lorraine Cyr of Mantua NJ, brothers Gilbert Cyr of Milo, and Herman Cyr of Grosvenor CT; sisters-in-law Marie and husband Claire Hesseltime of Milford, a very special sister-in-law Pat Abbott of Milford. Beatrice Doane of Orono, Francis Weigersma of Brewer. She leaves behind many nieces and nephews and special card playing friends.

Gloria is predeceased by her husband Edwin Doane in 2013; her parents, brothers Maurice and Richard.

Per her request there will be no services. Memorial contributions may to Scleroderma Foundation, 300 Rosewood Drive, Suite 105, Danvers, MA 01923 www.scleroderma.org; or to the Arthritis Foundation 1330 W. Peachtree St., Suite 100 Atlanta, GA 30309 www.arthritis.org



Birmingham FUNERAL HOME

In Memoriam

In Loving Memory Of
EVELYN LUCINDA (GRAY) HUCKINS
Oct. 28, 1908 - Nov. 3, 1985



Thirty years have quietly passed. You touched many lives as a teacher, freelance writer and church musician in Clifton, ME.
Missed and loved by all who knew her.

In Loving Memory Of
DOUGLAS W. POOR
Oct 30, 1955 - Nov 3, 2014



You left us 365 days ago. We've missed you every single day since and wish we had one more to spend with you. It's just not the same without you.
Love Always,
Your Family

Colitis group to meet in Bangor

BANGOR — The Bangor Area Crohn's-Colitis meeting will be held 6-7:30 p.m. Thursday, Nov. 12, at St. Joseph Hospital, second Floor Chapman Conference Room.

Guest speaker Dr. Dorothy Klimis-Zakas will talk about nutrition for IBD patients and discuss promising research.

Time will be allowed for confidential, mutual support at the end of the meeting.

For information and a schedule of meetings, email vnees@maine.edu or call 974-9724.

PRUDENCE (GRANT) KENNEDY

OLD TOWN - Prudence "Prudy" (Grant) Kennedy, 77, died unexpectedly November 1, 2015. She was born in Old Town a daughter of Anthony and Margaret (White) Grant.

Friends may call 5-8PM Thursday at the Birmingham Funeral Home 438 Main Street Old Town. A Mass of Christian Burial will be celebrated 10AM Friday at Parish of the Resurrection of the Lord, Holy Family Church, Old Town. Burial will be at St. Joseph Cemetery. Immediately following services at the Cemetery, all are invited to the Parish Center for a light luncheon and continued fellowship. Memorial contributions may be made to Resurrection Parish, Holy Family Church, Building Fund, 429 Main Street, Old Town 04468.

A complete obituary will be published in Wednesday's edition of the Bangor Daily News.



Birmingham FUNERAL HOME

Camden church plans bean supper

CAMDEN — A baked bean and casserole supper will take place at 5:30 p.m. Saturday, Nov. 7, at the John Street United Methodist Church, 98 John St.

Serving is family style. Cost is \$8, \$5 children under 13.

The December public supper will be at 5:30 p.m. Saturday, Dec. 5, followed directly by the annual Christmas concert for the community.

Daughter of slain civil rights workers dies

BY MATT SCHUDEL
THE WASHINGTON POST

Evangeline Moore, who sought to preserve the often-forgotten legacy of her activist parents, whose deaths in a 1951 Christmas bombing at their home in Florida were called the nation's first civil rights assassination, was found dead Oct. 26 at her home in New Carrollton, Maryland. She was 85.

Her son, Drapher "Skip" Pagan Jr., said she died sometime after going to bed on Saturday. The cause has not been determined.

Moore was working for the federal government when she boarded a train in Washington on Dec. 26, 1951, to join her parents — Harry and Harriette Moore — for a holiday celebration at their home in Mims, Florida.

Only when she stepped off the train a day later did she learn of the family tragedy that sparked international outrage and inspired a poem by Langston Hughes.

"They're the only husband and wife who died in the civil rights struggle," Ben Green, the author of "Before His Time: The Untold Story of Harry T. Moore, America's First Civil Rights Martyr," said Wednesday in an interview.

Harry Moore had been an advocate for racial justice in Florida since at least 1934, when he formed a chapter of the NAACP in Brevard County, midway between Jacksonville and Palm Beach on Florida's east coast. The Moores were teachers and administrators in black schools of Brevard's segregated education system.

Working with a civil rights lawyer and future Supreme Court justice, Thurgood Mar-

shall, Harry Moore filed suit in 1937 over disparities between the salaries of black and white teachers in Florida.

Moore later became state secretary of the NAACP and, in 1944, organized the Florida Progressive Voters League, which registered more than 100,000 black citizens to vote, giving the state the highest proportion of African American voters in the South. Beginning in 1945, Moore began to investigate cases of police brutality and lynchings throughout Florida, sending affidavits to Marshall and other civil rights leaders.

Evangeline Moore helped her father work on his speeches and typed the letters he sent to Marshall and other officials.

The Moores were fired from their jobs by the all-white Brevard County school board in 1946, but they continued their activism. On Christmas Day in 1951 — also their 25th wedding anniversary — the Moores had just returned home from a celebratory dinner.

Not long after the lights were turned out, there was an explosion that was heard more than four miles away. A bomb had gone off directly under the Moores' bedroom.

Harry Moore's mother and Evangeline's older sister, Annie, also were in the house but survived without serious injury. Neighbors took Harry Moore to the closest hospital that would treat African Americans, 30 miles away. By the time they arrived, he was dead.

For the funeral, flowers had to come from Miami, 220 miles away, because local florists refused to deliver to a black church. Nine days after the bombing, Harriette Moore died of her injuries.

The FBI was brought into the investigation. A member of the Ku Klux Klan in nearby Orlando committed suicide one day after he was questioned, but no one was charged with the killings.

As a gesture of family strength, Evangeline and her sister, Annie, agreed that they would never betray any outward sign of grief, and they rarely spoke of their parents' deaths. Annie Moore, who became a teacher, died in 1972.

Only since the 1990s, when journalists and historians began to examine the story of her parents, did Evangeline Moore take a public role in preserving the memory of her family's contributions to the civil rights movement.

"For Evangeline, the first tragedy was that they were murdered," Green said. "The second was it was never solved. The third was that people don't know about it."

The Moores' names are not inscribed on the Civil Rights Memorial in Montgomery, Alabama, which commemorates only those civil rights workers killed after the U.S. Supreme Court's landmark Brown v. Board of Education decision of 1954.

"Harry Moore was doing the exact work that was later carried on by Medgar Evers, Dr. Martin Luther King Jr. and Jesse Jackson," Bill Gary, an NAACP official and board president of the Harry T. & Harriette V. Moore Cultural Complex in Mims, told the Baltimore Sun in 2006. "He was a pioneer of the modern civil rights movement."

Juanita Evangeline Moore was born Sept. 3, 1930, in Mims. She said her father would not let his daughters attend the local movie theater because they would have to sit in the segregated balcony.

"We were not allowed on public transportation because we had to sit in the back of the bus," Moore told Florida Today newspaper in 2005. "So Daddy took us everywhere, even to college and back."

She came to Washington after graduating in 1951 from Bethune-Cookman University in Daytona Beach, Florida.

After working at the Labor Department, Moore became an administrator at the State Department. She retired in 1995 from what is now the Epilepsy Foundation of the Chesapeake Region.

Her first marriage, to Drapher Pagan, and two later marriages ended in divorce. Besides her son, of Laurel, Maryland, survivors include a grandson.

A documentary film about Harry Moore, "Freedom Never Dies," was shown on PBS in 2001. Moore returned to Mims over the years to attend civil rights forums and to commemorate the opening of a memorial park and a replica of her parents' house.

In 2006, when Florida Attorney General Charlie Crist was running for governor, he announced that his office had "resolved" the Moore killings, placing the blame on four long-dead Klansmen. Green and other investigators said Crist's office had turned up no new evidence, and the case remains officially unsolved.

For years, Moore said little about her family's ordeal, yet she never forgot her mother's final words.

"My mother told me from her deathbed that she never wanted me to ever think about hating white people — or anybody else," Moore told the Orlando Sentinel in 2009, "because it would make me ugly, and she didn't want me to be an ugly woman."

There are ways to deal with seasonal affective disorder

BY COLBY ITKOWITZ
THE WASHINGTON POST

A 1981 Washington Post story began: "I should have been a bear."

The subject, quoted under a pseudonym, was a young professional woman in New York suffering from depression that only emerged in the fall as the days got shorter, cooler and gloomier. A researcher at the National Institutes of Mental Health, Norman Rosenthal, was studying the impact of light on mental health, and theorized that in rare cases the human brain may respond negatively to the diminishing exposure to sun.

At the end of the Post article, the reporter gave Rosenthal an assist, asking readers to contact him if they too experienced seasonal mood changes.

"I thought I was dealing with a very rare syndrome," he said in an interview. "I thought we'd get maybe half a dozen and we could do something. We got 3,000 responses from all over the country."

Rosenthal, who in 1984 was the first to identify and later label seasonal affective disorder, or SAD, has spent the last 30 years of his career studying and refining the causes, symptoms and cures for depression induced by lack of light.

Today, though estimates vary, more than 10 million Americans are believed to struggle with SAD. And many more experience a milder version, commonly referred to as the winter blues. SAD was added in 1987 to the American Psychiatric Association's official manual as a descriptor for major depression.

It's so ubiquitous now that a restaurant in Manhattan recently began serving a cocktail infused with drops of vitamin D to combat the winter blues. Pizza Beach opened in the dead of winter earlier this year with the promise of transporting patrons out of the cold and onto the beach.

"I can't stand it," restaurant owner Anthony Martignetti said of the winter months. "I know that (SAD) is more real than people give credit."

The drink, a mixture of rum, orange and pineapple juice and nutmeg, spiked with vitamin D, is his small part to try and help.



BDN FILE

High-intensity lights can be used to treat seasonal affective disorder.

Vitamin D supplements have helped Ben Kubaryk, a 31-year-old living in Washington, D.C., cope with his cyclical depression. But they weren't enough.

Kubaryk spent most of his childhood in Puerto Rico, but his family relocated to Atlanta when he was 15 years old. Georgian winters are fairly mild, but living at the higher latitude impacted him almost immediately.

That first winter, he said he felt like he was sitting in a cold, dark hole. Each year after, he'd feel himself begin to dig the hole in the early fall and by December he'd be immersed in it. He could see a spot of warmth above him, he said, but it was out of reach.

It wasn't until college, when he learned about SAD in a psychology class, that he recognized his symptoms in the description.

Come winter he'd lose energy. It was hard for him to get out of bed. In group settings, he wouldn't speak up and later wonder why he'd been so quiet. From the middle of December through April he'd go about his day like a zombie, slogging through, not initiating conversation.

After another bleak winter this year, Kubaryk bought himself a light box that mimics sunlight. He started sitting in front of it in September every morning before work. So far, the cold, dark hole has stayed closed.

"I promised myself I'm not doing this again," he said. "There has to be a better way to do winter."

In the early 1980s, Rosenthal discovered that "lengthening" the shorter winter days with artificial light could boost mood and energy. It's believed that for people with SAD, the lack of light slows their release of serotonin — a brain chemical that affects mood. Eating sugary, carbohydrate-rich foods also increases serotonin, which is why cravings may increase in the winter leading to weight gain, a common side effect of SAD.

Rosenthal laid out this example: The seasonal depression has made you lethargic and you miss a deadline at work. Your boss is angry and gives you a poor review. Now you feel worse. Desperate for comfort you eat three doughnuts. You put on a few pounds. Your clothes are tight.

"It's a spiral," he said. Light therapy has helped Sue F. (she asked that we not use her last name), a 55-year-old artist in Gaithersburg, Maryland, manage her SAD.

Like Kubaryk, she had spent her early childhood on the Marshall Islands in the Pacific Ocean, but moved to Boston when she was 10 years old. Even then, she noticed that she wasn't as happy in the winter. But it wasn't until she moved to Chicago in her early twenties that she noticed how, come fall, small chores like going to the grocery store or doing laundry felt strenuous.

"It feels like moving through honey, like you're in a big bathtub of honey," she said. "You have the right intentions, you remember how

it is to go for a jog, but you're slowed down despite yourself."

She uses a light box every day. It gets her to about 50 percent, she said. And though she's been dealing with cyclical depression her entire life, every year around this time it still catches her a bit off guard.

"All of a sudden it's not August anymore, social interactions that are normally very easy, oh my goodness, they become more difficult for a now obvious reason," she said. "Every year I kind of forget when the summer is going that fall is coming. Maybe it's a quirk of nature."

It's common for sufferers of SAD to feel like the winter has crept up on them, especially if they are feeling jubilant and active during the summer months. Rosenthal recommends pre-emptive action to get ahead of it.

With the arrival of daylight saving time, we'll all get that coveted extra hour of sleep, but it means the days become shorter. Many of us will wake in the dark, go into an office, and return home in the dark, perhaps never seeing actual sunlight.

From his book, "Winter Blues," here are five ways Rosenthal suggests getting ahead of SAD by starting these treatments as soon as possible. He says they can all be used together for a holistic approach.

1. Light therapy

Purchase a light box and sit in front of it, with your eyes open but not looking directly at it, for about 20 to

90 minutes every day, preferably early in the morning. Rosenthal has found that 2,500 to 10,000 lux (the measurement for light intensity) is appropriate for SAD therapy. Most recommended boxes run between \$100 to \$250. Sometimes insurance companies will reimburse you with a note from your doctor.

Also, even when it's freezing, get outside into real sunlight if you can.

2. Exercise

Aerobic exercise that elevates the heart rate is known to improve mood and energy. If feeling unmotivated, Rosenthal suggests incorporating light therapy with exercise, whether it's bundling up and going for a brisk walk during the daylight hours or exercising at home in front of the light box. Since SAD often leads to overeating, working out can also help stave off weight gain.

3. Diet

Eating healthy during the winter months is another way to keep energy up. While challenging during the holidays, limit carbohydrates, which provide only a quick jolt of good feelings. They wear off, blood sugar drops and lethargy kicks in. Rosenthal says SAD sufferers should be mindful of eating more protein-rich and nutrient-dense foods like lean meats and vegetables and less sugary, processed items like candy or white flour-based products.

4. Meditation and mindfulness

Rosenthal recently updated his book to include this treatment for SAD. By bringing your mind to the present, people often feel calmer, less anxious and can concentrate more. People find these practices help them regulate their emotions.

5. Take a vacation

While not always easy for some, going to a sunny climate in the middle of the winter can provide a much-needed energy boost and mood elevator. Just a few days in the strong sun can lift people out of their deep sadness. Rosenthal warns, however, that when returning home the SAD symptoms could feel worse, so it's crucial to continue the above regimens.