

OBITUARIES



JONATHAN P. CANFIELD

BANGOR - Jonathan P. Canfield, 68, passed away unexpectedly December 8, 2015. He was born October 14, 1947 in Germany and was the adopted son of Paul S. Canfield and Frances D. Alden Canfield of Wethersfield, Ct.

After moving to Maine, Jon settled in Bangor and went to the Theological Seminary for a couple of years and worked several jobs locally before attending Kennebec Valley Technical College and receiving an Associate's Degree. He then worked as a local and traveling Registered Respiratory Therapist. In his later years he found pride working as an RRT at the VA Hospital in West Haven, Ct. He retired in 2013 and moved back to his home in Bangor, Maine.

Jon was proud to be a Mason. He was a former member of Trumbull Lodge #0022 of New Haven, CT, affiliated with the Cheshire Temple of Cheshire, CT and was currently with the Seminary Hill Daylight Lodge #220 AF & AM of Bangor. He was a 32nd degree member of the Scottish Rite Bodies Valley of Bangor, and Hartford, CT., and a Knights Templar. He was a member of the Anah Temple Shrine of Bangor. He was a lifetime member of American Radio Relay League (ARRL) and a lifetime member of the BPOE Lodge #244 in Bangor. Jon was very proud of his accomplishments in life.

Jon was predeceased by his parents and is survived by his best friend and partner, Judith A. Brosmer of Bangor; his daughter, Elisabeth McGucken and her husband Bryan of Lakewood, Ohio, daughter Rebecca Theriaque of Plainfield, Ct; his grandsons James Theriaque Jr. and Kerry Canfield-McGucken; and his sister, who he loved and adored, Lucinda Martin and her husband Michael of Northford, Ct. He will be sadly missed by his close friend Tom Lambert and his wife Alice.

There will be Memorial Graveside Services in the spring. Condolences to the family may be expressed at www.BrookingsSmith.com

ROY C. INGRAHAM

LITTLETON - Roy C. Ingraham 88, passed away Dec. 8, 2015 at a local hospital. He was born July 2, 1927, in Littleton, the son of Roy C. And Ella (Johnston) Ingraham Sr. Roy attended local schools and graduated from Ricker Classical Academy. Upon graduation at the age of 17 he enlisted in the merchant marines serving during WWII. After his discharge from he returned to the Ingraham farm and worked there while at the same time taking flying lessons. He then went to work as a potato inspector and worked for many years before retiring on June 30, 1988. On October 29, 1949 he married Ella Johnston to whom he would share 66 years of marriage. Roy loved his vegetable garden and striking up conversations with local potato growers. He was also a member of the American Legion Chester L. Briggs Post #47.

In addition to his loving wife Ella Roy leaves behind three children: Royce Ingraham and his wife Penny of Somers, WI, Suzanne Scott and her husband Dennis of Hodgdon, Judith Ingraham of Littleton, two grandsons: Matthew Jeffery and his wife Haley, Christopher Jeffery and his wife Kayla, four granddaughters: Jennifer Jeffery, Courtney Ingraham, Nicole Ingraham, Natalie Ingraham, two great-grandchildren: Zachary Jeffery and Natalie Jeffery.

Friends may call at Dunn Funeral Home 12noon, Dec. 14, 2015 until the time of the service 1:00PM with Rev. Steve Straubel officiating. Interment with military honors will be in the Littleton Cemetery. A reception will follow the interment at the Littleton Baptist Church. Online condolences and guest book: dunnfuneral.com



CARL L. LOPER

HOLDEN - Carl L. Loper, 86, loving father and grandfather, died December 9, 2015, at the Maine Veterans Home. He was born in Canisteo, NY, September 14, 1929, the son of Orville and Flora (Lampman) Loper.

After graduating from Alfred Almond High School, he enlisted in the United States Air Force from 1949 to 1953, serving in Guam and later met the love of his life while serving at Charleston Air Force Base Maine.

Carl and Peggy Adams were married Sept. 6, 1954, at St. Teresa's Catholic Church. After a long career in sales, including Nabisco, Nissens Baking Co. and Kimberly-Clark, he retired in 1999 to the enjoyment of his camp on Cambolassee Lake in Lincoln with his grandchildren.

He is survived by two daughters, Karen and her husband, Douglas Kydd of Holden, Sheri and her husband, Michael Hill of Glenburn; three grandchildren, Christopher Hill and his wife, Nyla of Florida, Erica and her husband, Win Swanton of Hawaii and Brittany Hill of Washington D.C.; two great-grandsons, Chase and Colton Hill of Florida. He was predeceased by his loving wife, Peggy, in 1994.

Friends and relatives may call at the Greenlawn Memorial Funeral Home, 300 State St., Bangor, Monday 3-7 p.m. A mass of Christian Burial will be celebrated at 12:00 noon Tuesday at St. John's Catholic Church. Interment will follow in the family lot Mt. Pleasant Catholic Cemetery with full military honors.

In lieu of flowers, donations may be made to the Maine Veterans Home, 44 Hogan Rd., Bangor, ME 04401, in memory of Carl.

ANN SWAZEY

BUCKSPORT - Ann Swazey was born on July 2, 1927 and passed away on December 10, 2015. Ann was married to Dana Swazey for 36 years. Ann is survived by her four children, Lorraine, Andrew, Michael, Peter, ten grandchildren, four great-grandchildren and extended family. She is also survived by her sister and best friend, Norma Meigs Lydick and her lifetime friend Pauline Bayer Lally.

Ann's favorite thing she most loved to do was playing and spending time with her grandchildren and great grandchildren. Ann was a talented knitter, quilter, and cross-stitcher. She loved bird watching and spending the summer at camp on Toddy Pond with family.

Per Ann's request there will be no funeral service. She was family oriented and would wish that you spend time with your family in her honor.

Ann loved the town of Bucksport and in lieu of flowers please donate to one of her favorite places she supported: Bucksport Community Concerns, Bucksport Memorial Library, Bucksport Fire Department Auxiliary or the Great Pond Mountain Conservation. Arrangements are under the care of Mitchell-Tweedie Funeral Home and Creation Services.

If you were lucky enough to be loved by this woman... you were very lucky.



GLORIA JUNE NICHOLS

BANGOR - Gloria "June" Nichols, 88, died Dec. 6, 2015 at a Bangor hospital after a brief illness. She was born Feb. 11, 1927 in Bangor, the daughter of Nelson and Edna (Steeves) Nichols.

June, as she was known, attended Bangor Schools and worked for many years in the shoe manufacturing factories in the area. Mom loved and lived for her children. Our simplest and fondest memories as her children were of Christmas mornings, aromas coming from the kitchen, time spent talking over coffee, in person or over the phone, Mom's laughter and the way she made us laugh. She loved to sing Irish songs. Mom was always there for us. She was strong in her heart and saw us each through many personal and medical challenges, always positive in her words of encouragement. We will miss her many stories. Mom worked hard for us and instilled that work ethic into each of us. Mom was our Earth Angel and is now our Guardian Angel from Heaven forever watching us all.

Surviving are four children, Rebecca Nichols of Houlton, Robin Dionne and her husband, David of Glenburn, Edward Nichols of Bangor and April Bowley of Hermon; daughter-in-law, Pamela Pullen; six grandchildren, five great grandchildren; one sister, Jacqueline Pinkham of Brewer, nieces and nephews. She was predeceased her son, Richard Pullen in 2001 and by five brothers and one sister.

June requested that no formal services be held. For those who wish, memorial contributions may be made to Special Olympics Maine, 125 John Roberts Rd, # 5, South Portland, ME 04106. www.somaine.org. Arrangements by Kiley & Foley Funeral Service, 69 State St., Brewer. Messages and memories may be shared with her family at www.kileyandfoley.com.

In Memoriam

In Loving Memory Of SHANE SICKLES

Dec. 13, 1985 - July 17, 2010



HAPPY 30th BIRTHDAY!

We will always wonder where you would be today. We are sure you would have gone far, because you always did reach for the stars in everything you attempted.

Until we meet again, Love you more and forever!

In Loving Memory Of JACOB ANDREW WILEY
Happy 19th Birthday

Today, Tomorrow, and Always!
Forever in our hearts

Love Mommy, Daddy, Brothers, Grammy, Grampy, and Family

Presque Isle boot camp helps end tobacco habit

Smokers find strength to quit

BY ANTHONY BRINO
BDN STAFF

Growing up in Van Buren in the 1970s, Claudette Guerrette started smoking cigarettes as a young teen after sampling her dad's unfiltered Camels.

"It became such a habit that I couldn't exist without it," said Guerrette, 52, who smoked about a pack a day for almost 40 years while living in The County raising a family and working in restaurants. A heart attack at age 45 convinced Guerrette to try to quit, and she tried several times with medication and nicotine patches but always relapsed.

Since June 12, however, she has been tobacco-free, along with 12 other former smokers who attended a tobacco cessation boot camp in Presque Isle organized by Healthy Aroostook, a part of the Aroostook County Action Program.

"I breathe better. I sleep better," said Guerrette, who recently moved to Old Orchard Beach to be closer to her children and grand kids. "I'm not going to say I don't miss it. I think about it everyday. It's like I threw away my best friend."

Fifty years after the U.S. Surgeon General's warnings about smoking's risks, tobacco addiction continues to affect health and well-being, causing cancers, cardiovascular disease, chronic obstructive pulmonary disease and other problems. The smoking rate among Maine adults has declined from 27 percent in 1990 to 20 percent in 2012, and teen smoking has fallen from more than 30 percent in the early 1990s to 10.7 percent in 2015. At the same time, Maine's rate of adult smoking remains higher than the rest of New England and the U.S. average, and in Aroostook County, 26 percent of adults were smoking as of 2012, the most of any state region tracked by state health officials.

"We're an older state, and if we're not taking care of ourselves, we're not going to be able to stay in our homes and live a long and healthy life," said Jo-Ellen Kelley, a community educator with Healthy Aroostook who led the boot camp.

Funded by the Maine Cancer Foundation, the boot camp is a somewhat new approach to helping smokers quit and was the first of its kind held in Maine. The 25 participants arrived on a Friday night at Northern Maine Community College and woke up at 5 a.m. the next day for a session on deep-breathing — before any coffee, a "trigger" for smokers, Kelley said.

After breakfast, they cycled through activity sessions and classes on addiction, nutrition and exercise. They could re-



ANTHONY BRINO | BDN

A woman smokes at the edge of The Aroostook Medical Center in Presque Isle, which has banned tobacco use on its campus since 2001.

ceive acupuncture and massages, or start learning a new hobby, such as woodworking or home repair.

"They were bombarded nonstop and then they'd have to do a little walking activity," said Kelley, a former smoker herself. "It tries to take care of the whole person."

Some of the smokers at the boot camp saw benefits while they were still there. One 58-year-old man, Kelley recalled, had to stop and rest while walking through the parking lot when he arrived, but he soon increased his stamina.

"It was only a couple days," she said. "He wasn't smoking and learned to breathe deep, something smokers often don't do."

After six months, more than half of the original participants are smoke-free, a fairly successful rate compared to other quitting methods, Kelley said. Some 7 percent of smokers are able to quit on their own without any aids on a given attempt, while about 25 percent of smokers using medication end up remaining smoke free after six-months, according to the American Cancer Society.

"I find myself more active," said Guerrette. "I like to walk a lot, I do more reading, I crochet and knit, and craft; I like to paint, make puzzles. You've got to replace the cigarette smoking with something else."

She also is planning on earning a college degree.

The boot camp cost about \$750 per participant to run, and Kelley and others with ACAP are considering trying to offer a similar cessation program to large employers who count smokers in their workforces and usually pay for it in their health insurance costs.

As one of the original public health groups set up with tobacco company settlement funds in 1998, Healthy Aroostook also is still waging a slow and steady battle for prevention, trying to stop teenagers from smoking in the first place.

In the 2015 Maine youth health survey, 15 percent

of Aroostook County high schoolers said they had smoked a cigarette in the last month, compared with 10.7 percent statewide. About 28 percent of Aroostook high schoolers said they had smoked cigarettes or cigars, used a vaporizer or consumed oral tobacco products in the last month, compared with 23 percent statewide.

In Presque Isle, people walking along a pedestrian path in the morning will sometimes notice a number of students smoking there, next to a parking lot across from the high school — and some have complained about that and about smokers at other public places, such as entrances to stores, Kelley said.

"People who care about their health and use the path walking their children or dogs do not want to have the butts and smoke," she said.

For the high school smokers along the pedestrian path, Kelley still isn't sure what the right response should be.

"If we move them along, they're just going somewhere else. It's a social network type of thing. We worry it's where a lot of habits are picked up, and it isn't just tobacco," she said.

Smokers also are seen along Route 1 across from the University of Maine at Presque Isle and at the edges of Northern Maine Community College. The two colleges went tobacco free in the last two years, forcing students to venture off the property. Likewise, at the edges of the longtime tobacco-free Aroostook Medical Center, workers who smoke find a place to go, including new residential streets.

While smoke-free property bans may still expose the public to secondhand smoke, compared to designated smoking areas, tobacco's declining acceptance may be a nudge for smokers to quit, Kelley said. She quit smoking in 1991, after a visit to a hypnotherapist and a realization that smoking in public was becoming less convenient.

"Any time you have a positive affirmation, you can do it," Kelley said.



ANTHONY BRINO | BDN

A walker encounters a smoker across from the high school on the Presque Isle pedestrian trail recently. Fifteen percent of Aroostook County high schoolers reported smoking at least once in the last month when polled for the 2015 youth health survey.

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