

OBITUARIES



RICHARD NORMAN 'DICK' BILODEAU

DEXTER - Richard Norman "Dick" Bilodeau, Sr., 86, passed away Wednesday, January 6, 2016, at Eastern Maine Medical Center in Bangor, surrounded by his family. He was born November 10, 1929, in Skowhegan, the son of Lorenzo and Dorothy Bilodeau.

Dick married Marilyn (Martell) Bilodeau on January 8, 1955. He graduated from Skowhegan High School, class of 1947. Dick served for 4 years in the U.S. Air Force, stationed in New York, Colorado, Newfoundland and Florida. He worked for several years as a grocer, and then worked for Norwoc Shoe in Skowhegan. He then worked at Dexter Shoe Co. for 33 years, retiring in 1993 as Plant Manager. He was a communicant at St. Anne's Catholic Church and served as Lector and Eucharistic Minister. He also served on the Our Lady's Kitchen, a program that provides a free meal on Sundays. He was a member of Cardinal Mercier Council 2625 Knights of Columbus, serving for 42 years as Grand Knight, District Deputy, Financial Secretary, and Faithful Navigator of the 4th Degree Assembly. Dick volunteered for 32 years for the Maine Highland's Federal Credit Union, serving as Chairman of the Board of Directors and liaison during the construction of the new office in Dexter. In appreciation for all his work with the Credit Union, the boardroom was dedicated in his honor when the building opened. He enjoyed all of the Boston teams - Red Sox, Patriots, Celtics and Bruins - and also the University of Maine hockey team. He was also an avid fan of the UConn basketball teams. He was a member of the Dexter Municipal Golf Course, and previously served on the Board of Directors, and volunteered for many of the work projects. He also enjoyed gardening and "tinkering".

He is survived by his 3 children, Kevin of West Gardiner, Darryl of Jacksonville, FL, and Richard "Rick" Jr. and partner Kimber Hoyt of Hampden; special daughter-in-law, Donna (Gagnon) Bilodeau of Dexter; 5 grandchildren, Casey and Harlen of Brooksville, FL, Corbin of Bangor, Gabrielle of Dexter and Ayla Hoyt of Hampden; one brother, Raymond and his wife, Helen of Skowhegan; several nieces, nephews and cousins. He also had many friends that were his extended family and they will know who they are. He was predeceased by his wife Marilyn; his parents, Lorenzo and Dorothy; and his two sisters, Constance "Connie" Lewia and Helen Young.

There will be no visiting hours per Dick's request. A Mass of Christian Burial will be celebrated 10AM, Saturday, January 16, 2016 at St. Anne's Catholic Church, High St. in Dexter with the Rev. Fr. Emile Dube officiating. Interment will be at The Maine Veteran's Memorial Cemetery in Augusta at a later date.

In lieu of flowers, donations may be sent to the Bob Girard Scholarship Fund, at the Maine Highland's Federal Credit Union. Arrangements by Crosby & Neal, Dexter. For an online guest register, go to www.CrosbyNeal.com.

Survivors include his loving and dedicated wife, Verla; daughter Lisa and her two sons, Patrick and Jamie; son, Craig and wife, Nancy, and their two sons, Andrew and wife Robin, and Matthew; daughter, Michele and her husband, Merlin, and their two sons, Ryan and wife, Ashley and Christopher. Frank is also survived by six great grandchildren, Sophia, Fletcher, Cadence, Annabelle, Ethan, and Cameron.

The VFW will be holding a special get together for family and friends on Saturday, January 16th at 1PM at the VFW Hall, 41 Canoe Club Rd, Hampden, ME 04444. In lieu of flowers, contributions may be made to Whitcomb Baker VFW Post 4633, 462 Main Rd, South, Hampden, Maine 04444. Condolences to the family may be expressed at www.BrookingsSmith.com.

FRANK S. LUCAS

HAMPDEN - Frank S. Lucas passed away on January 7, 2016. Frank was born on May 15, 1931, the tenth child of Walter L. and Mary Elizabeth (Martin) Lucas.

After graduating from high school in Orono, class of 1950, Frank worked at Nichols Drug Store, and then joined the U.S. Navy from 1951-1955. Frank graduated from Higgins Classical Institute in 1956. Frank worked in outside sales, retiring from FW. Webb Heating and Plumbing Co. Frank had a passion for golf. Frank and Verla (Robinson) Lucas were married in 1957 at St. Thomas Catholic Church in Dover Foxcroft, Maine. Frank was active as a life member of VFW Post for fifty-seven years. He served as commander of post and district commander of District Four. Frank was chaplain of the post for many years.

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WALLACE E. BLOWERS

LARGO, FLA. - WALLACE E. BLOWERS - Wallace E. Blowers was born September 27, 1930. He passed after a short battle with cancer on January 1, 2016.

He served in the Air Force, and was a Shriner and a Masonic member.

He left behind his loving wife, Mary Blair Blowers. He also left behind his children, Marnell and John; Randy and Michelle; Michael and Ida; Kathy and Mickey; and Audra and Ian; two sisters, Arlene Shields and Virginia Pierce; and several grandchildren, great grandchildren, nieces, nephews and cousins.

He will be greatly missed by all.

In Memoriam...

Honor the memory of a loved one with an ad in the Bangor Daily News

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New York's first woman chief judge dies

BY KAREN FREIFELD
REUTERS

NEW YORK — Judith Kaye, the first female chief judge of New York state's highest court, died on Thursday morning at the age of 77.

Kaye had been battling cancer, according to her assistant at Skadden, Arps, Slate, Meagher & Flom, the law firm she joined after stepping down from the bench in 2008.

She was the longest serving chief judge in the history of the New York Court of Appeals, holding the post for 15 years. Kaye was on the court as the state's first female associate judge for ten years as well, a position to which she was nominated in

1983 by the late Gov. Mario Cuomo, father of the current governor.

In a statement Thursday, Gov. Andrew Cuomo noted Kaye's "trailblazing" legacy.

"Throughout her 25-year career in public service, Chief Judge Kaye was a force for progress who had a profound impact on our state," Cuomo said. He directed that flags on all state government buildings be flown at half-staff on Friday in her honor.

A former commercial litigator, Kaye developed a national reputation as chief judge for groundbreaking decisions and court reforms. She wrote notable opinions on adoption rights for gay couples, education, the death penalty and the right of the public and press to at-

tend judicial hearings.

She also instituted reforms of the New York court system, including creating specialized courts to focus on drug addiction, domestic violence and mental health.

And she abolished exemptions that excused lawyers, doctors and others from sitting on juries.

Kaye stepped down from the bench in 2008, having reached the court's mandatory retirement age of 70. She then joined Skadden, where she focused on arbitration and youth issues.

Until her death, Kaye also chaired the state commission that recommends nominees to the governor for openings on the court.

In addition, she was chair of the Permanent Commis-

sion on Justice for Children, working to address problems of misbehavior in children and divert them from the criminal justice system.

Kaye also was a driving force behind the New York International Arbitration Center, which she also chaired, highlighting the state as a choice for arbitration.

Jonathan Lippman, who succeeded Kaye as chief judge, retired last month. Gov. Andrew Cuomo tapped Janet DiFiore, the Westchester County District Attorney, for the post, with a confirmation hearing scheduled for Jan. 20.

Kaye is survived by her children, Luisa, Jonathan and Gordon, and seven grandchildren, according to Skadden.

Ashraf Pahlavi, sister of last Iran shah, dies

BY LADANE NASSERI
BLOOMBERG NEWS

DUBAI, United Arab Emirates — Ashraf Pahlavi, the twin sister and staunch political ally of the last Shah of Iran, has died. She was 96.

While her official website didn't give details, the New York Times reported she had died of old age at home somewhere in Europe. Pahlavi had lived in exile in the U.S. and France since the 1979 Islamic revolution overthrew Shah Mohammad Reza Pahlavi and in-

stalled a clerical regime.

During her brother's reign, she played an important role in domestic politics and on the international arena. A secret CIA document revealed more than a decade ago showed Pahlavi had a pivotal role in persuading the Shah to back the U.S.-led coup in 1953 that overthrew the democratically elected prime minister of Iran, Mohammad Mossadegh.

By her own accounts, she was "inextricably tied" to her brother. The only family comment came from the

Shah's son, Reza Pahlavi.

"I have many memories from her from childhood up until now," he wrote on his Facebook page. "In particular when it comes to her worries of Iran losing its standing after the Islamic Revolution and the flicker of hope she always had in her heart for Iran to be free and proud."

Pahlavi was a proponent of women's rights and founded organizations to support women and children in Iran. She served as chairwoman of the United

Nations Commission on the Status of Women in 1965, and as Iran's delegate to the U.N. High Commission for Human Rights.

Dubbed "the black panther" by the French media, a moniker she embraced, Pahlavi was described in a 1980 People Magazine article as "a woman of sharp tongue and daunting mien."

Her autobiography, "Faces in a Mirror: Memoirs from Exile," was published the same year after which she gradually retreated from the limelight.

Exercise may improve quality of life for some cancer patients

BY LISA RAPAPORT
REUTERS

Exercise may help improve quality of life for some cancer patients during treatment as well as afterward, a new analysis of previous research suggests.

Even though physical activity isn't routinely prescribed as part of usual care for cancer patients, the analysis found a variety of activities such as walking, swimming, cycling and strength or stability training associated with better physical, mental, emotional and social functioning.

"Most patients, oncologists and surgical oncologists assume that patients with cancer should rest, especially if they are treated with chemotherapy," said study co-author Dr. Arnaud Vincent, a neurosurgeon at Erasmus MC in Rotterdam, The Netherlands.

"However, exercise has a lot of beneficial effects in healthy people as we know by now, so why not for patients treated for cancer? Exercise can always be adapted to the situation of the patient, and even aerobic exercise or breathing exercises can be performed in bed or in a wheelchair," Vincent added by email.

To assess whether exercise might benefit cancer patients, Vincent and co-author Jasper Gerritsen

examined data from 16 previously published studies, most of which randomly assigned some participants to do physical activity and others to receive only usual care.

Cancer types varied across the trials. Five studies involved breast cancer patients, while two focused on people with lymphoma. Six included people with a variety of tumor types.

Overall, across all of the studies combined, the 877 patients assigned to exercise reported significantly better quality of life than the people in the control groups that didn't follow the fitness routines, the researchers report in the British Journal of Sports Medicine.

Significant improvements were also reported in relation to peak oxygen consumption, self-esteem, physical functioning, fatigue, length of hospital stay and general practitioner visits and social functioning.

The frequency of exercise varied between two and five times a week. Many of the studies provided patients with supervision during workouts or gave patients routines to follow at home. Exercising five times a week didn't appear significantly better than doing activities two or three times a week, the analysis found.

The timing of exercise did matter, however. It ap-

peared to be more beneficial when patients started fitness routines during treatment rather than waiting until afterward. Patients who exercised during treatment experienced improvements in both physical and mental health, while people who started later had only gains in physical fitness.

One shortcoming of the analysis is that many of the studies were small and included a wide variety of exercise options and types of cancer patients, making it difficult to determine which specific fitness interventions might benefit people with specific tumor types.

While patients shouldn't modify their cancer treatments to make exercise easier, they can tailor physical activities to their circumstances and make it more feasible to manage even with the symptoms of the disease and the side effects of treatment, said Kerry Courneya, a fitness researcher at the University of Alberta in Canada who wasn't involved in the study.

"They can modify their exercise program by reducing the intensity (e.g. slower walking) or the duration or frequency," Courneya said by email. "They can also wait and exercise on days they feel good rather than push themselves on the days they feel sick."

Vermont governor wants to legalize pot

REUTERS

Gov. Peter Shumlin of Vermont said on Thursday he would seek to legalize marijuana through the legislative process, instead of through the ballot box, for the first time in the United States.

In his State of the State address, the Democratic governor said more than 80,000 Vermonters reported using marijuana last year, contributing to a black market. He said legislators needed to proceed step by step to regulate marijuana.

"That's why I will work with you to craft the right bill that thoughtfully and carefully eliminates the era of prohibition that is currently failing us so miserably," he said, according to a copy of the address on his website.

Alaska, Colorado, Oregon, Washington and the District of Columbia have legalized marijuana after holding voter referendums. Vermont is among almost 20 states that have decriminalized marijuana possession.

Shumlin said a pot measure should include a legal market to keep marijuana and other drugs out of the hands of minors, a tax law enough to destroy the black market, and a ban on sale of edible marijuana.

Revenue from pot taxes must be used to boost addiction prevention, and police helped in dealing with impaired drivers, he said.

WHAT IS IT?



ROBERT CROUL

Send your answers for this week's What Is It (right) to: Robert Croul, 1095 North Road, Newburgh, Maine 04444. Readers may respond by email to recastate@midmaine.com. Be sure to write "What is it?" in the subject line.



The Dec. 26 Bangor Daily News "What Is It?" was correctly identified as an antique check protector by Mike & Della Gleason of Bangor, Jim Chandler of Presque Isle, Erny Levesque of Saint David, O.K. Blackstone of Caribou, John Folsom of Houlton, Wesley Hart of Holden, Kimberley Davis of Rumford and Vicki Stanley of Mattawamkeag. These worked by embossing the paper so that information could not be altered.



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