

OBITUARIES



**SAMUEL "SAM"
DAVID PAVENTO**

GLENBURN - Samuel "Sam" David Pavento, 62, of Glenburn passed away peacefully on Wednesday April 27, 2016, after losing his battle to a stroke. He was born on November 26, 1953 in Milford Massachusetts, the son of Vitrana ("Vickie") and Augustino ("Gus") Pavento.

Sam grew up in Milford and was a member of the class of 1971, Milford High School. Sam played varsity baseball and football in high school and played third base for the Shrewsbury, MA American Legion Baseball team.

Sam graduated from the University of Maine with a B.A. in Physical Education and a minor in History. He met his wife Suzanne (Caron) Pavento while working in Madawaska, Maine. They married in 1980 and eventually settled in Glenburn almost 30 years ago, where they raised their only daughter Sara. Sam loved Sue and Sara "to the moon and back." He was a loving and devoted father, husband, son, brother and uncle. He cared deeply about his family, both those near and afar.

Sam was a fun loving, free-spirited person with a big heart and a dry sense of humor. He was generous to a fault and deeply beloved by all who knew him. He was always happiest coaching and watching Sara's softball games. He also loved playing softball, bowling, camping, spending time outdoors and living in Maine. His visits home to Milford and later to Florida to spend time with his parents, brother, nieces and nephews meant the world to him. Sam will be remembered fondly by many.

Sam is survived by his wife, Suzanne and daughter, Sara, as well as his parents, Vickie and Gus and brother, Michael, all of Naples, Florida, and many other extended family members who will all sorely and deeply miss him.

A Mass of Christian Burial will be celebrated at St. Paul the Apostle Parish, St. Mary's Church, on Monday, May 2, 2016. Reception to immediately follow in the church hall. A private interment will be held at the Mount Pleasant Catholic Cemetery.



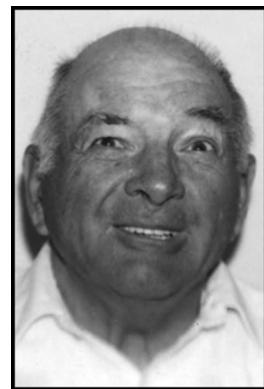
MADELINE DAY SNOW

BLUE HILL - Madeline Day Snow, 99, died April 28, 2016 at Seaport Village in Ellsworth. She was born in West Brooklin, July 4, 1916 the daughter of Elmer and Flossie (Carter) Day.

When Madeline was an infant the family moved to South Blue Hill where she attended grade school and had some of her fondest memories. She often relived these memories and remembered the people who lived in their neighborhood. In 1930 they moved to South Street in Blue Hill where she attended George Stevens Academy graduating in 1934. After graduation, Madeline worked in the Star Store in Bangor and other jobs in Northeast Harbor. In 1937 she was united in marriage to Roy Snow of North Blue Hill. They lived most of their married lives on South Street raising two sons. This was Madeline's happiest times, being a wife and mother. She was a lab technician at the Blue Hill Memorial Hospital for the Drs' Connell for several years. In 1960 she opened Madeline's Fashion, a ladies clothing store in Blue Hill. It had always been her dream to have her own store and now it became a reality. Without any prior business experience she operated the store for 25 years, retiring in 1985. Many of her employees and customers became her dear friends. In 2009 she moved to Parker Court where she resided until her health declined. Madeline will be remembered most for her strong love of family and her eternal optimism. "It could be worse" was her favorite phrase.

She is survived by her son, Cordell and wife Sandy of Ellsworth; daughter-in-law, Rebecca of Syracuse, NY; three grandsons; two granddaughters; nine great-grandchildren; and several nieces and nephews. She was predeceased by her husband; her oldest son, Glenn and a brother, Roger. A memorial service will be held 2:00pm, Friday, May 6, 2016 at the First Baptist Church, Blue Hill with Rev. Terry Phillips officiating. A reception will follow the service. Interment will be at the South Blue Hill Cemetery.

Arrangements by Jordan-Fernald, 49 Main St. Blue Hill Condolences may be expressed at www.jordanfernald.com



RALPH W. FARRIS

PERRY - Ralph William Farris, 83, passed away Thursday, April 28, 2016 at Eastport

Memorial Nursing Home. Ralph was born in Eastport on August 16, 1932, son of the late Burton and Jennie (Townsend) Farris.

He attended school in Eastport and at an early age started working for Guilford Industries, Merle Corp., and the local sardine factories. In 1951 he enlisted in the Army National Guard serving as a Cannoneer. In the 1970's Ralph started with Georgia Pacifica, retiring in 1994. He attended Cornerstone Baptist Church in Eastport and was a member of Knight of Pythias and the Perry Grange.

In addition to his parents Ralph was predeceased by his first wife, Mary (Hatt) Farris; a son, David Farris; and siblings, Blanche Linton, Frances Robinson, Agnes Morgan, Edith Dowling, Dewey Farris, Edith Farris, Laura Farris, and Burton Farris. Surviving are his wife, Jean (Dullnig) Farris of Perry; five children, Donna Jamieson and husband Ricky of Dennysville, Richard Farris and wife Tammy of Eastport, Jean Wade and husband Roger of Robbinston, Karen Sawyer of Eastport, and Lisa Farris of Edmunds; a daughter-in-law, Sabine Farris of Perry; a brother, Charles Farris and wife Joanne of Springfield, MA; and many grandchildren, great-grandchildren, nieces and nephews.

A celebration of Ralph's life will be held 11 a.m. Tuesday, May 3, 2016 at Mays Funeral Home - Flagg Chapel, 72 High St., Eastport. Burial will follow in Bayside Cemetery. Condolences and memories may be shared at www.maysfuneralhome.com



**ELINOR GARNER
STRATTON**

WINN - Elinor Garner Stratton was born February 21, 1951; the third child to Barbara Ward Garner and Wendell R. Garner.

She married Carter Stratton, from Maine, with whom she had four children, Keri, Erika, Aaron, and Colin, during their 45 years of marriage.

Ellie directed church choir for the East Millinocket First Congregational Church, performed and directed for Millinocket Players, assisted back stage for Studio One Dance Academy, worked as an Ed Tech for Springfield Elementary School, led an a capella choir at Lee Academy, produced and directed several musicals for combined Lee Academy and Mt. Jefferson Jr. High, taught K-8 music education to Wytopitlock Elementary School, was the MC and percussionist for Six Basin Street the all-women's Dixieland Band, and recorded two albums; one as a solo artist and one as Brown Sugar and Spice, with her friend Linda Powell.

Ellie's legacy is one of love, laughter, music, and random song and movie quotes.

She is survived by her husband, her children, her sister Debbie, her grandchildren, and a slew of former school children who know all the words to "Puff the Magic Dragon". She passed away at home on April 22, 2016, after an arduous battle with peritoneal cancer.

A private, family memorial service will be held this summer. In memory of Ellie, and in lieu of flowers, please support your local school music programs and community performance groups. You can also make a donation to Asticou Azalea Gardens, or foster a baby elephant through the David Sheldrick Wildlife Trust. Links to her albums are available on her facebook page under Elinor Garner Stratton.



JANE MARIE SHERRY

STETSON - Jane Marie Sherry, 66, died April 29, 2016 at a Bangor hospital. She was born July 15, 1949 in Bangor, a daughter of William and Erma (Savage) Underhill.

Jane was a long time waitress at Dysart's Truck Stop and worked with special needs adults while she lived in Mass. Jane could light up a room with her personality and was loved by many.

She is survived by her husband of 15 years, Michael of Stetson; 2 sons and their wives, Dennis and Lynn Connolly of Poland and Darren and Meredith Connolly of Essex Jct, VT; daughter, Denise Nye and partner Steve Bell of Hermon; brother, Ralph and wife Nancy Underhill of E. Newport; 2 sisters-in-law, Glenace Underhill of Corinth and Kay Underhill of Stetson; 4 grandchildren, Lance Nye, Michael Agrillo, Jr., Kate and Fiona Connolly; 3 great grandchildren, Brady and Kylynn Nye and Natalie Agrillo; many nieces and nephews, including a special niece, Lois Hawes. She was predeceased by her 2 brothers, Everett and Arthur Underhill; granddaughter, Amber Bishop; and twin grandsons, Shea and Riley Connolly.

Friends may call from 4 to 8 P.M. Monday at Crosby & Neal, 117 Main Street, Newport, where funeral services will be held at 11 A.M. Tuesday, May 3rd, with the Rev. Vince Hartford officiating. Burial will follow at Clark's Hill Cemetery, Stetson. Donations in her memory may be made to the American Cancer Society, 1 Bowdoin Mill Island, Suite 300, Topsham, ME 04086. Those who wish may leave written condolences at www.CrosbyNeal.com



**EMILY D'AGOSTINO
NABOZNY WILLEY**

WARRENTON, VA - Emily D'Agostino Nabozny Willey, 34, died Thursday April 21, 2016, from complication of Crohn's disease which she battled courageously for 13 years. She was born June 8, 1981 in Danvers, Massachusetts, the daughter of Robert S. and Judith L. (D'Agostino) Nabozny.

Emily grew up in Massachusetts and Maine and attending schools in Maine including the University of Maine-Orono where she graduate Summa Cum Laude in Education. She was a teacher at Laurel Ridge Elementary in Fairfax, Virginia for many years and was loved by all children, parents, and staff. She also shared her creative gifts through musical performance and artistic expression. Emily's proudest accomplishment was giving life to her son Elijah. Emily and Elijah share a special, unbreakable bond that will forever endure.

Emily is survived by her son, Elijah; her husband, Josiah; her mother, Judith; her brother, Luke; her sister-in-law, Jessica; and many family and friends. In addition, Emily is predeceased by her loving father, Robert.

Emily's memorial service and internment was held on Sunday, April 24, at Pine Grove Cemetery in Topsfield, Massachusetts where all were able to celebrate her life. The service was officiated by Father Bruce Flanagan of St. Richard's Parish of Danvers, Massachusetts and was a beautiful occasion for friends and family to remember Emily.

Emily had a strong and graceful spirit that never gave up in the battle against Crohn's disease. She is loved and missed by all who knew her and her soul is finally at peace surrounded by love and light.



**WALTER (BUD)
DUNIFER, JR.**

BANGOR - Walter (Bud) Dunifer, Jr., 97, died unexpectedly February 4, 2016, at a local hospital.

He was born January 7, 1919, in Passadumkeag, Maine, the son of Walter E. Dunifer Sr. and Flora (Tourtlotte) Dunifer.

Walter attended John Bapst High School. On November 14, 1941, Walter enlisted in the U.S. Marine Corps and was a member of the 1st Marines serving in the Pacific Theater during World War II. After the war he married Elinor M. Thayer on December 13, 1947. They settled in Bangor, and in 1957, they purchased a farm on the Swan Road in Hermon. They celebrated 68 years of marriage on December 13, 2015. Also, the family celebrated Walters 97th birthday on January 7, 2016. Walter was an automobile painter for almost 50 years before retiring.

In addition to his parents, Walter was predeceased by a sister, Pauline (Dunifer) Sylvester; and a brother, Albert Dunifer. Surviving in addition to his wife, Elinor (Thayer) Dunifer; a sister, Alice (Dunifer) White; sons, Bruce and his wife, Charlotte, Chris and his wife, Linda, and Duane and his wife, Nicky; eight grandchildren, Wendy, Samantha, Kim, Melissa, Heather, Danielle, Duane, and Chris; eighteen great-grandchildren, one great-great-grandchild, many nieces and nephews.

A graveside service with military honors will be held 1:00 p.m. Thursday, May 5, 2016, at the Snow's Corner Cemetery, Hermon. Condolences to the family may be expressed at www.BrookingsSmith.com.

'Vegetable oils' may not be heart-healthy after all

Those of us in the boomer generation have been subject to a series of changing dietary guidelines and recommendations. Every few years there needs to be new information, and what considered good for you is now bad, and vice versa. In one somewhat recent reversal, medical professionals are now saying that vegetable

oils may not be all that helpful for the heart after all.

The wellness approach to nutrition is very simple: Foods tend to be healthiest in their least processed state and when raised naturally.

The latest dietary hero is polyunsaturated fats, such as those in "vegetable oils," which I put in quotes because they are not from veggies — they are from seeds. Once they were deemed heart healthy by medical nutritionists, we started consuming them in large quantities.

What's the problem with these oils? Plenty, it turns out. Unlike olive oil, they are a relatively new food and have not been eaten in the past in anywhere near the quantity they are now. This alone should give us pause and is a main reason my teachers advised against them. Many of them are produced not by squeezing out the oil, such as olive oil, but by chemical extraction. Perhaps most importantly, it turns out they have a poor fatty acid balance that tends to fuel chronic inflammation in the diet. This has since been disproven, and the FDA no longer lists cholesterol as a "nutrient of concern."

We were told the problem was saturated fats, such as those in meats and dairy. That led to a huge market for fat-free foods, which also were described as "heart healthy." We also are told we should be eating less of the saturated fats and more of the unsaturated ones, such as those found in vegetable oils.

Healthy eating does not have to be this difficult. There really is a set of guidelines to use when choosing your

foods, and they are not that complicated. They are, however, contrary to a lot of current medical advice and require some changes in thinking.

The wellness approach to nutrition is very simple: Foods tend to be healthiest in their least processed state and when raised naturally.

The difference in these native diets from how we eat today is not what they ate; it is the amount of processing their foods goes through (very little) and the fact that their foods are grown or raised naturally. They also tend to eat fewer grains, such as wheat and corn.

My advice is to avoid all medical "fad" diets. This includes the low-cholesterol diet, eating oatmeal to lower cholesterol, the low-fat diet, the food pyramid, etc., etc. None of them are based on good scientific evidence and likely will change again over time.

Instead, eat more like your great-grandparents ate. Lots of local, fresh foods, cooked at home. Choose beef, fish and chicken that are allowed to eat their natural foods, instead of grains. And limit your grains, especially breads, pastas and pastries, which are high in calories, low in nutrients and contribute to inflammation.

The most difficult thing about this type of eating is the fact that it goes against our modern ideas that foods themselves are good or bad. For most foods the processing is the problem.

Dr. Michael Noonan practices chiropractic, chiropractic acupuncture and other wellness therapies in Old Town. He can be reached at noon-anchiropractic@gmail.com.



**KATHERINE
FLANNERY FINNEY**

BATON ROUGE, LA AND FORT FAIRFIELD - Katherine Flannery, a native of Fort Fairfield, Maine and a resident of Baton Rouge, Louisiana, passed away on April 27, 2016 at the age of 91. She was born February 17, 1925 in Fort Fairfield, the daughter of George Wellington and Geneva (Langley) Flannery.

She retired as a bookkeeper from Rockwell International in Downey, California after 20 years. She was an active member of Moravian Church of Downey for 50 years, enjoying circle meetings and spending time with friends. She was an avid golfer, playing courses in Maine and California. Traveling around the world, her favorite trip was to Ireland where she checked out her family roots.

She is survived by two nieces, Brenda Fertitta and husband Frank of Baton Rouge, and Vendela Carlson of Boston, Mass.; and numerous great and great-great nieces and nephews. She was preceded in death by her parents, George Wellington and Geneva Langley Flannery; brothers, Frederick



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Funeral Home

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