

Obituaries

Macie P. Lester

Funeral services will be held this afternoon for Macie Pack Lester of Mars Hill who died Sunday in an Asheville hospital at the age of 80.

Services will be held at 2 p.m. in the Bethel Baptist Church, of which she was a member, with the Revs. Troy Rogers, H.L. Wilson, Frank Cable and Bob Ballard officiating. Burial will be conducted in the Upper Laurel Cemetery.

A native of Madison County, she was the daughter of the late Andy and Mary Cody Pack.

She is survived by four daughters, Irene Honeycutt of Swannanoa, Faye Roberts of Mars Hill, and Mae Rice and Jane Edwards, both of Marshall; six sons, Claude Honeycutt of Weaverville and Clindon, Grady, Walter, Cling and Clay Honeycutt, all of Mars Hill; a stepdaughter, Grace Crowder of Ansted, W. Va.; a stepson, George Honeycutt of Texarkana, Texas; three sisters, Orla Dill and Elizabeth Lloyd, both of Swannanoa, and Core Whitt of Mars Hill; 30 grandchildren, 28 great-grandchildren and four great-great-grandchildren.

Conall Shelton

Funeral services were held on Friday afternoon for Conall Shelton of Shelton Laurel who died on May 7 at the age of 64.

Services were held in the Memorial Church of God with the Revs. Champ Rice and Carroll Shelton officiating. Burial was conducted in the Barnett Shelton Cemetery.

A lifelong resident of Madison County, he was the son of the late Trull and Mary Shelton. He was a retired farmer.

He is survived by his wife, Vona Johnson Shelton; a son, Jerry Shelton of Hot Springs; a daughter, Linda Franklin of Marshall; three brothers, Stanley Shelton of Marshall, Clement Shelton of Kingsport, Tenn. and Theodore Shelton of Newton Falls, Ohio; three sisters, Doshey and Arthey Shelton of Marshall and Zella Haney of Canton; and five grandchildren.

the time of his death, he served as the assistant pastor of the Jonesview Church. He was also a former truck driver with the Thrash Cole Co.

He is survived by his wife, Zettie Mae Blankenship Waldroup; three daughters, Margaret Anderson of Asheville, and Sarah Mae Laws and Imojean Perry, both of Weaverville; two sons, Lawrence Waldroup of Weaverville and Woodard F. Waldroup of the home; two sisters, Ruby Rogers of Asheville and Althea Lawrence of Weaverville; four brothers, Marion J. and Woodard F. Waldroup, both of Weaverville, and Joseph Youles and the Rev. Roy N. Waldroup, both of Asheville; 17 grandchildren and seven great-grandchildren.

Roy Faulkner

Funeral services were held on Sunday for Roy Faulkner of Abingdon, Va. who died May 10 at the age of 82.

Services were held in the chapel of the Farris Funeral Home with the Rev. Luke Martin officiating. Burial was conducted in the Forest Hill Memory Gardens Cemetery.

A retired brick mason, Mr. Faulkner was a member of the Midway Baptist Church of Abingdon. He was also a member of the Woodmen of the World.

He is survived by his wife, Mabel Faulkner; a son, Roy Faulkner of Abingdon; a daughter, Jeanette Fleenor of Abingdon; two brothers, Carl Faulkner of Easton, Pa. and Clarence Faulkner of Marshall; two sisters, Duffie McSorley of Old Fort and Oscar Hughes of Elizabethton; six grandchildren and six great-grandchildren.

Jack Swann

Funeral services were held on Monday for Jack Swann of Asheville who died May 10 at the age of 82.

Graveside services were held in the Lewis Memorial Park with the Rev. Warren Milner officiating.

A native of Madison County, he was the son of the late John R. and Lillie Britten Swann. He was a retired employee of the Grove Sportswear Co. and a member of the Elkwood Methodist Church, the Biltmore Chapter of the Order of the Eastern Star and the John Nichols Masonic Lodge Scottish Rite of Asheville and the Oasis Temple.

He is survived by his wife, Mildred Swann.

Hattie W. Woody

Funeral services were held on Monday afternoon for Hattie Waldroup Woody of Route 2, Hot Springs who died May 11 in an Asheville hospital at the age of 62.

Services were held in the Zion Baptist Church, of which she was a member, with the Revs. Roy Waldroup and Illif Suggs officiating. Burial was conducted in the church cemetery.

A lifelong resident of Madison County, she was the daughter of the late Edd and Mary Waldroup and the widow of Fate Woody.

She is survived by two daughters, Wanda Kent of Asheville and Joyce Reese of Hot Springs; a brother, Thelmer Waldroup of Hot Springs; three sisters, Rosa Thomas, Edna Ricker and Ethel Waldroup, all of Hot Springs; and four grandchildren.

To Your Health

Osteoporosis: Common Ailment Of Older Women

BY BECKY ELLER

Osteoporosis is more common in older women than heart attacks, strokes, diabetes, rheumatoid arthritis, or breast cancer. Yet until recently it has received relatively little public attention. Osteoporosis is not really a "disease," but is rather a condition resulting from prolonged loss of bone. As the bones weaken, they become less able to withstand everyday stress.

Bones have the marvelous capacity to break down and rebuild themselves. In fact it is estimated that adults replace 10-30 percent of their bone tissue each year through this "remodeling" process. Up until adulthood, more bone tissue is added than is broken down. After adulthood, however, this pattern is reversed. Scientists believe that we begin to experience a decline in bone mass in our early 20s. Women lose bone much more rapidly than men, and much of the loss occurs in the five or six years following menopause. A certain amount of bone loss is normal and is probably inevitable. When bone loss is excessive, however, we are said to have osteoporosis. This condition can lead to curvature of the spine and an increased susceptibility to bone fractures.

Osteoporosis can be a serious condition. Contrary to popular belief, scientists now suspect that we may fall as a result of a weakened bone which has suddenly broken under stress. Thus a fracture in some cases may actually precede a fall. Since falls are the leading cause of accidental death in elderly white women in this country, osteoporosis is clearly being recognized as a major national health problem. It is estimated that one out of four post-menopausal women are affected by this disorder.

Research indicates that certain persons are at greater risk for developing osteoporosis. These include white women who are petite and have a small bone structure; individuals who have other family members with the condition; and women who experience early menopause. Certain diseases, such as endocrine disorders, diabetes, kidney disease, and rheumatoid arthritis, can also increase our risk. Although men do not tend to lose bone mass as quickly as women, they are not totally immune to osteoporosis.

The good news is that osteoporosis can often be prevented with moderate exercise and proper diet. Regular exercise, such as walking, places stress on our bones which stimulates new bone formation. Adequate calcium intake is also important since this mineral is vital for bone formation. The recommended dosage of calcium for adult women during and after menopause is about 1200-1400 milligrams. Most adults get only about one-third of this amount.

Milk and other dairy products, nuts, broccoli, and leafy vegetables such as collards and turnip greens are all good sources of calcium. Because of the fat and cholesterol found in whole milk, it is advisable to eat low-fat dairy products. Unless you have problems with kidney stones, you might also want to consider taking calcium supplements between meals. Calcium tablets can be particularly beneficial when taken with Vitamin D enriched milk, since Vitamin D helps our bodies absorb calcium.

Estrogen therapy is sometimes recommended for women who are in the high risk category. If you are at risk for developing osteoporosis or if it has been determined that you are already losing bone mass, it is important that you consult your physician to determine the appropriate treatment. Osteoporosis can be prevented and in some cases may even be reversed once bone loss has occurred. Fragil bones need not be a hindrance to leading a healthy and active life in our golden years!

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MEMBER NORTH CAROLINA PRESS ASSOCIATION

Rev. James Waldroup

Funeral services were held on Monday afternoon for the Rev. James Olus Waldroup of Weaverville who died May 11 in an Asheville hospital at the age of 69.

Services were held in the chapel of the Anders-Rice Funeral Home with the Revs. George Lindsey and Perry Crane officiating. Burial was conducted in the Mount Sheba Baptist Church Cemetery in Weaverville.

A native of Madison County, he was a son of the late Joseph Youles and Emma Lavada McHone Waldroup. He was a member of the Union Chapel Free Will Baptist Church. At

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