

OBITUARIES

David Earl Meeks

GRIMESLAND - Mr. David Earl Meeks, 85, passed away Saturday, November 4, 2023. A graveside service will be held Wednesday, November 8, 2023 at 11 AM in Pine-wood Memorial Park, officiated by his pastor, Rev. Phillip Boykin. The family will receive friends at the graveside for 30 minutes prior to the service and following the service. Mr. David Meeks, son of the late William Ernest and Velma Mills Meeks, was born in Grimesland on March 4, 1938. He was a 1958 graduate of Stokes-Pactolus High School and served in the National Guard for six years. He worked with Barnes Motor and Parts for many years and later worked with Don's Machine Shop until his retirement in 1999. He attended Black Jack Original Free Will Baptist Church for many years. Mr. David Meeks truly loved his 1959 green and white convertible. He enjoyed keeping his yard well-groomed and always grew a beautiful garden. In addition to his parents, Mr. David Meeks was preceded in death by his wife, Nettie Frances Hodges Meeks (2018), an infant daughter, Gloria Jean (1965), son, Conney Earl Meeks (2022), infant sister (1947), brother-in-law, Robert McKinney (1976), sister, Joann Valencia (1981), brother, William Meeks (2000), brothers-in-law, William I. Mills (2000) and Bennie Morris (2000), brothers, James (2004) and Johnnie (2010), sisters, Elizabeth McKinney (2014) and Catherine Mills (2015), sister-in-law, Pearl Halstead Meeks (2016), brother-in-law, Joe Williams (2016), sister, Helen Morris (2019), brother, Ed Meeks (2020), sister-in-law, Pearl Spain Meeks (2023), and brother and sister-in-law, Frank and Gail Meeks (2023) and many nieces and nephews. He is survived by his daughter-in-law, Becky L. Meeks, of Grimesland; grandson, Ben Meeks and fiancé, Rachel Barnes, of Grimesland; brothers, Charlie and wife, Dorothy of Newport, Carlton and wife, Judy, of North Chesterfield, Virginia, sister, Barbara Williams of Greenville, sisters-in-law, Virginia Griffin Meeks of Kinston, and Sybil Manning Meeks of Ayden; and many beloved nieces and nephews. Memorials may be made the Grimesland Volunteer Fire Dept., PO Box 68, Grimesland, NC 27837. Funeral arrangements by Wilkerson Funeral Home & Crematory, Greenville NC. Online condolences at www.WilkersonFuneralHome.com



John Bowman Brookbank, II

GREENVILLE - John Bowman Brookbank II passed away on Sunday, October 1, 2023, with his wife, daughter, and beloved dog, Venus by his side.

John graduated RJ Reynolds's high school in Winston Salem, NC in 1962 and went on to earn his baccalaureate degree in Industrial Arts at NC State University in 1968. John worked for 28.5 years in the grocery business with Thomas J. Lipton. He then went on to work in pharmaceutical sales with Novartis. Always known for his infamous smile, John never knew a stranger.

John was preceded in death by his father, John Bowman Brookbank and his mother Mary Jo Drake Brookbank.

Left to cherish his memory are his wife (Candy), daughter (Kimberly), 2 sisters (Marilyn Mandakis and Martha Staton) and numerous nephews, nieces and cousins.

A Celebration of Life will be held at First Presbyterian Church, 1400 S Elm St, Greenville, NC, on Saturday November 11, 2023 at 4:00 pm with reception to immediately follow. Please plan to wear your best Wolfpack red!

In lieu of flowers, memorial contributions can be made to the Service League of Greenville Inpatient Hospice. <https://give.ecuhealthfoundation.org/give/374625/#/donation/checkout>

Cheryl Ross Miller

WILLIAMSTON - Cheryl Ross Miller, 70, of Williamston passed away on October 30, 2023.

Cheryl grew up in Oak City, NC prior to attending NC State University, graduating in 1975 with a BS in Food Science. She worked in quality assurance with Krispy Kreme in Winston Salem and sales with Nabisco in New Haven, Connecticut, prior to ending her career with Farm Credit in Williamston.

Cheryl was preceded in death by her parents, Joseph (JC) and Thelma Mobley Ross and brother, Joseph (Joey) Ross, Jr.

She is survived by her sister, Cindy Gill Matthews; brother, Billy (Lisa) Ross; sister-in-law, Kim Ross; nieces, Lacey Ross, Callie (Will) Williford, Kelsie (Noah) Roberson, Charity Ross; and nephew, Don (April) Matthews.

Per her wishes there will be a private service at a later date.

Biggs Funeral Home is assisting the family and Condolences may be made at www.biggsfuneral.com



Eat Smart, Move More challenge begins

Will Eat Smart Move More have its Holiday Challenge this year? I found it fun and motivating last year. — MVA, Greenville

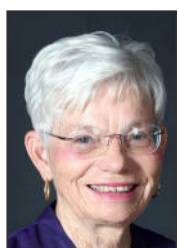
I have signed up every year since 2006. Receiving the emails has kept me on track. This is your last chance. ESMM has announced this will be their last year. Elle Stuart, a senior ECU dietetics student wanted to share information about this year's challenge.

It's that time of year again, the holiday season is right around the corner, and everyone is indulging in their favorite foods. Since 2006, the collaboration between N.C. State University and the N.C. Division of Public Health created a remarkable tradition: the Eat Smart, Move More, Maintain, Don't Gain! Holiday Challenge.

The challenge is free and lasts seven weeks during November and December. This challenge has not only shaped healthier lifestyles during the festive season but has also created a sense of community, especially here in Pitt County.

Individuals in North Carolina — as well as worldwide — have joined together to embrace a balanced approach to nutrition and physical activity. As we start on the final year of this challenge, it's essential to reflect on its impact and the legacy it leaves behind.

Instead of being more



KATHY KOLASA

stressed out during the holiday season, this challenge uses strategies and resources to help maintain weight rather than losing it. Unlike conventional weight loss programs, the Holiday Challenge offers more than just a number on the scale.

Several studies show that the holiday season, starting from the end of November to the beginning of January, is a time many people gain weight. People can lose focus of mindful eating when placed in a room full of sugary desserts, alcohol and other caloric beverages and high-energy dense foods. This time period is also documented as a time that is stressful for some individuals, causing them to exercise less and eat more, leading to weight gain.

Taking part in this challenge has encouraged participants to focus on holistic well-being by promoting mindful eating and regular physical activity. The challenge emphasizes maintenance rather than drastic weight loss. It fosters a healthier relationship with food and physical activity, empowering individuals to enjoy the holiday season without guilt or anxiety.

One of the incredible aspects of the holiday challenge has been its ability to unite people across the globe. In 2022, more than 40,900 participants from all different backgrounds and cultures came together, sharing experiences and supporting one another in their wellness journeys. There were participants from all 50 states, all 100 North Carolina counties and 32 additional countries in the 2022 challenge.

Throughout its existence, the Holiday Challenge has served as a valuable source of knowledge and resources. It has offered participants with evidence-based strategies and practical tips for maintaining a healthy lifestyle. Through free access to information, the challenge empowered individuals to make informed choices about their diet and exercise, fostering long-term habits that extended far beyond the holiday season.

Signing up for the Holiday Challenge is a simple process. Visit <https://esmmweighless.com/holiday-challenge>. A link is provided that states "Register Now". After clicking on this link, individuals will need to provide some personal information and shortly after will receive a welcome email with more information about the challenge.

The challenge features weekly newsletters, daily tips (surviving a holiday party, managing holiday

stress and staying active during the winter), weekly challenges, healthy holiday recipes, and support through social media. There is no need to return to the website as the materials will come directly into your email. Signing up for this challenge will leave lasting effects on your mental and physical health.

Although this is the last year of holiday challenge, it is essential to acknowledge the enduring impact it has had on countless lives. The final year serves as a celebration of the shared commitment to health and well-being. While the challenge may conclude, the spirit of mindful eating, regular exercise, and community support will endure, reminding us all to savor the season while nurturing our bodies and souls.

If you have never tried tracking your weight, this is a great opportunity to do so. First read the blog on why tracking works at <https://esmmweighless.com/tracking-still-works>. Pick a tool to use for tracking or use the old fashioned pen and pencil method. Download a tracking log at <https://esmmweighless.com/holiday-challenge-tools>.

Good luck and happy holidays.

Professor emeritus Kathy Kolasa, a registered dietitian nutritionist and Ph.D., is an affiliate professor in the Brody School of Medicine at ECU. Contact her at kolasaka@ecu.edu.

ASK THE DOCTORS

Immediate treatment crucial for compartment syndrome

What is compartment syndrome, and how does it happen? I developed this following an embolism from hip replacement surgery. I had eight days on wound vacuum-assisted closure, plus physical therapy. The hip is fine now, but nerve damage along my leg to my foot and ankle persists.

To understand compartment syndrome, we need to begin with a bit of anatomy. In this context, the word "compartment" refers to specific groupings of muscles, along with the nerves and blood vessels that serve them. Because muscles are wrapped in a taut and tough membrane known as the fascia, these groupings form distinct units that are referred to as compartments.

When someone develops compartment syndrome, it means that something has caused an abnormal buildup of pressure within the affected muscles. The cause can be a wound, broken bone, deep muscle bruise, severe sprain or a cast or bandage that is too tight. The increase in internal pressure adversely affects the flow of blood throughout the tissues, which starves the muscles and nerves of nutrients and oxygen. Compartment syndrome can occur in any limb, but it is most commonly seen in the lower leg.



EVE GLAZIER



ELIZABETH KO

Depending on the cause, symptoms can range from mild to severe. These include cramps, pain or burning in the affected muscles and stiffness, numbness or tingling in the affected limb. If the muscle becomes herniated, swelling or a bulge may become visible.

Compartment syndrome can occur as a result of intensive exercise. This is known as chronic or exertional compartment syndrome, and the symptoms will typically subside with rest. When the condition arises due to injury, it is known as acute compartment syndrome. This is always a medical emergency.

In your case, an embolism led to compartment syndrome in the lower leg. An embolism is an arterial blockage caused by a foreign body, such as a blood clot or air bubble. While this is a known complication of hip replacement

surgery, it is rare for an embolism to lead to compartment syndrome.

The most effective treatment of acute compartment syndrome is a surgical procedure known as fasciotomy. This involves cutting into the tough, inflexible fascia that surrounds the muscle, which allows the internal pressure to decrease. The vacuum-assisted closure of the wound, or VAC, that you underwent is a type of therapy used to aid in wound healing. As the name suggests, it works by lowering the air pressure in the region of the wound. Once the internal pressure of the muscles involved in compartment syndrome has been successfully eased, the focus shifts to healing the surgical site.

Prompt diagnosis followed by immediate treatment is crucial to recovery from acute compartment syndrome. Left unaddressed, it can lead to nerve damage, muscle damage, impaired blood flow and neuropathy. A neurologist can help you learn if there is lasting nerve damage in your leg and if ongoing physical therapy may be helpful.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. **Elizabeth Ko, M.D.**, is an internist and assistant professor of medicine at UCLA Health.

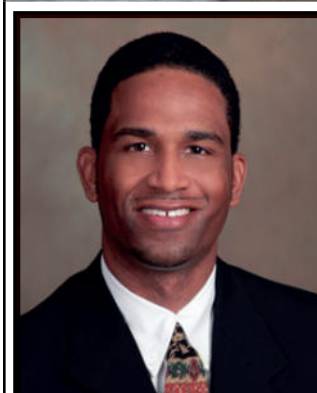
DEATH NOTICES

GREENVILLE — **Mary Lou Williams McFarlane**, 73, died on Sunday, Oct. 15, 2023. Funeral Saturday at noon, at Sycamore Chapel MB Church. Viewing one hour prior to the service. Arrangements by Hemby-Willoughby Mortuary, Inc.

GREENVILLE — **Annie Mae Gilbert - Edwards**, 89, died on Wednesday, Nov. 1, 2023. Funeral today at 1p.m., at Phillips Brothers and Anderson Memorial Mortuary. Viewing one hour prior to the service at the funeral home.

RIVERS-MORGAN FUNERAL HOME and CREMATIONS of GREENVILLE

190 Plaza Dr. • Greenville, NC • (252) 355-2400



Gary S. Morgan
Licensed Mortician
Notary
Pre-Planning Advisor

Gary S. Morgan comes from a long legacy of family members involved in the funeral business spanning almost 100 Years and 5 Generations.

Gary, a former Educator as well, has been a licensed Funeral Director and Embalmer for 31 Years and has served in numerous Professional organizations including the National Funeral Directors and Morticians Association, the North Carolina Funeral Directors Association and is a member of Omega Psi Phi, Fraternity, Inc.

For all your funeral, cremation and Pre-Planning needs, please feel free to give me a call or stop by our facility anytime.

OBITUARY POLICY

For information on submitting obituaries or death notices Monday through Friday, 8:30 a.m.- 5 p.m., call 329-9505 or email obits@apgen.com and specify that you are interested in obituary information for The Daily Reflector. On weekends and holidays, email obits@apgen.com.

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