

OBITUARIES

Carl Edgar Tadlock, Jr.

GREENVILLE - Mr. Carl Edgar (Ed) Tadlock, Jr., Lt. Colonel, USAF, Retired, 91, of Greenville NC, passed away peacefully surrounded by loved ones on September 6, 2024.

A memorial service will be conducted on Friday, at 11 AM at Immanuel Baptist Church. Burial will follow in Pinewood Memorial Park with military honors. Visitation will be held at Wilkerson Funeral Home on Thursday between the hours of 5 PM -7 PM.

Ed, a native of Pinetops NC, was born on October 8, 1932, to the late Carl Edgar Tadlock, Sr. and Myrtle Hill Wilkinson Tadlock. At age two, due to the depression, Ed and his family moved to Windsor, NC, where he resided until completion of college in 1954. He earned his BS degree from East Carolina College while also completing Air Force ROTC cadet training. In 1955, Ed was called to active duty in the USAF as a second lieutenant. March 10, 1956, he married his sweetheart of 51 years, Susie Spivey Tadlock. They raised their family in many different locations in the United States during Ed's long standing military career. In 1967, he earned a Master of Education degree from East Carolina College and went on to complete an Educational Specialist degree from Troy State University in 1975. In 1976, Lt. Col. Tadlock returned to his beloved Greenville NC for his final military assignment at East Carolina University as Commander of the USAF ROTC Detachment 600. He served in that role until 1980 and retired from the USAF after 25 and half years of distinguished service. The very next day, he went to work for Pitt County School System as a High School Assistant Principal and continued to serve as Principal for 3 different middle schools until 1996. After retiring from Pitt County School system in 1996, he was an active contributor to education at ECU until his official retirement in 2005. Ed's primary focus in both his careers was in the field of training and education. Ed was an active and devoted member of Immanuel Baptist Church for 51 years, serving in many leadership roles. He was an active member of Gideon's International, Mending Hearts, American Red Cross, and Meals on Wheels. He loved his ECU Pirates and was an avid fan and supporter of the Pirates Club for over 48 years. Ed will be remembered for his servant's heart, exemplary character, quick wit, refreshing candor, ready smile, ocean blue eyes, homemade pimento cheese, and his approving wink and thumbs up.

He was preceded in death by his wife Susie and two sisters, Anna M. (Anadora) Heinly of PA, Margaret Tatum of NC and Myrtle Bailey of FL. He is survived by his daughters: Brenda Johnson of Greenville, NC, Carla Chestnutt (John) of Kure Beach, NC and Suzanne Tadlock of Wilmington, NC; Three grandsons, Corey Johnson (Kristen) of Garner, NC, Tyler and Parker Chestnutt of Raleigh, NC; and Great grandson, Dylan Johnson of Williamston, NC.

The family would like to convey a heartfelt thank you to the loving staff at Cypress Glen Retirement Center and ECU Hospice.

In lieu of flowers, Ed requested memorial contributions be made to the charity of your choice or do a good deed for someone in need.

Arrangements by Wilkerson Funeral Home and Crematory. Online condolences at www.wilkersonfuneralhome.com



Roy Edward “Ed” Davenport, Jr.

FARMVILLE - Roy Edward “Ed” Davenport, Jr., 98, passed away peacefully at home on the morning of September 6, 2024. He is survived by his beloved wife, Gay, the joy of his life; daughter Anne Owens of Farnville (granddaughter Ellie Booher); daughter Linda Brewer (husband Larry) of Dripping Springs, Texas; grandson John Davenport (wife Maggie, great-grandson Jack) of Wilmington; granddaughter Laura Davenport (great-granddaughter Alexandra) of Raleigh. He was preceded in death by his daughter, Janet Blair, his son, David E., and his parents Roy & Elizabeth Davenport of Winterville.

Ed grew up on his family's farm in Winterville, graduating from Winterville High School in 1943. During World War II, he enlisted in the U.S. Navy in 1944 and trained as an aviation radioman (RM) and aerial gunner for a Patrol Bombing Squadron in Corpus Christi, Texas. Following his military career, Ed attended Wake Forest, 1947, and the University of North Carolina at Chapel Hill, graduating with a bachelor's in economics in 1949. Ed was president of his senior class, initiated in Phi Beta Kappa, and a lifelong member of the Kappa Alpha order, later elected as a member of the Honor Court.

Following graduation, Ed returned to Farnville, North Carolina, and founded Davenport Motor Sales in 1951, the showroom formerly located on Main Street. His business acumen thrived at the dealership, earning him recognition from Ford Motor Company within the first six months of opening his doors. After leaving the car business in 1966, Ed co-founded Thermatics, Inc., a manufacturer of high-temperature wire and cable, and subsequently Telodyne Thermatics into the 1970s. Ed was also proud of the role he served as chairman of the Farnville Economic Development Council, a team responsible for bringing major industry and job opportunities to Farnville in the 1970s.

He worked his entire life, never officially retiring. His white Buick would often be seen parked outside of his office, where he continued his life's most important work of connecting with his friends who would stop by for a visit.

The friendships Ed acquired throughout the course of his life were deeply precious to him and he carried them on his heart until his last breath. He had a remarkable ability to truly see people, take an active interest in their lives, accomplishments, joys, failures, and sadness. He always had a book, a poem, or a passage of literature to share, in hopes of furthering that connection and sharing in the beautiful and sometimes painful experiences of life. His life was lived to the fullest and his warm, thoughtful, and creative spirit has made those of us who knew him all the better for it.

Visitation will be held at the Farnville Funeral Home on Thursday, September 12, from 6:00-8:00pm. A celebration of Ed's life will be held at the Farnville Funeral Home on Friday, September 13 at 1:00pm. While flowers will always be appreciated, please consider donating to the Pruitt Cares Foundation (2313 Executive Circle, Suite A / Greenville, NC 27834) or the Maj. Benjamin May D.A.R. (4668 West Wilson Street / Farnville, NC 27828).

Online condolences may be made at www.farmvillefh.com.

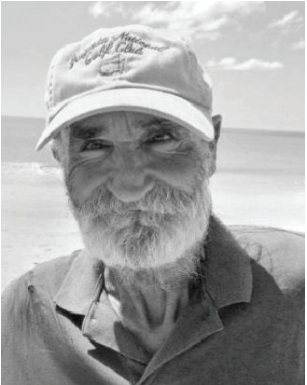


Kenneth Earl “Kenny” Rose

GREENVILLE - Kenneth Earl “Kenny” Rose, age 66, passed away peacefully on Wednesday, September 4, 2024 at The Service League of Greenville Hospice Facility in Greenville, North Carolina. He was born on April 15, 1958 in Edgecombe County, son of Alvin and Emily Dudley Rose. In addition to his parents, he was preceded in death by his brother, Bruce Allen Rose, Sr. and sister, Linda Gail Rose.

He is survived by his children, Kevin Rose (Kristie) of Battleboro, Angel Stokes (Bobby) of Tarboro and Chris Rose (Jennifer) of Nashville; close friend, Julie Fowler of Tarboro; brother, Charles Rose of Greenville; grandchildren, Zack, Gavin, Theo, Zane and Zoey; nieces and nephews, Allen Rose, Christie Brannon (Len), all of Greenville and Charlie Rose, Jr. (Carol Lynn) of Craven County; along with several other extended relatives and friends.

A private memorial will be held at a later date. Arrangements by Davis-Little Funerals, Rocky Mount. Online condolences may be made by visiting www.davislittlefunerals.com.



DEATH NOTICES

GREENVILLE — **Marvin W. Fretwell**, 48, died on Friday, Sept. 6, 2024. Funeral Friday, Sept. 13, 2024, at 4 p.m., in the funeral home chapel. Visitation after the service. Arrangements by Wilkerson Funeral Home and Crematory.

BREAKING NEWS

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North Carolina Rep. Kelly Alexander Jr. dies at 75

ASSOCIATED PRESS

CHARLOTTE — State Rep. Kelly Alexander Jr., a scion of an influential civil rights family in North Carolina who advocated for legalizing medical cannabis, died Friday. He was 75.

A family statement posted on an Alexander social media site said the Mecklenburg County Democrat died Friday morning. It didn't say where or provide a cause of death.

A former president of the state NAACP, Alexander was appointed to the House in mid-2008 and had been reelected to a Charlotte-area district ever since. He did not seek reelection this fall, telling WFAE radio in December that health issues would make it hard to run in 2024.



Alexander

“Kelly’s unwavering commitment to his city, district, state, and this nation has been both profound and

heartfelt throughout the years,” the family statement said.

Alexander, a leader at the family's century-old Charlotte funeral home, graduated from the University of North Carolina at Chapel Hill. He was the son of Kelly Alexander Sr., who reinvigorated the NAACP's Charlotte branch and became the state chapter president in 1948 — a position he would hold for over 35 years, according to the state NAACP's website. His son succeeded him.

Research study aims to advance benefits of precision nutrition

Wash your hands, wear a mask in crowded indoor spaces, eat healthy, be active and get your new COVID-19 vaccine.

Dear Readers: Last week we wrote about precision medicine, and this week we want to focus on precision nutrition.

If you Google the term, you may read this new approach to healthy eating is “personalized” nutrition. Well, folks, that’s not new — for years Registered Dietitian Nutritionists (RDN) have been personalizing recommendations they make to their patients when they meet them one-on-one based on the results of evidence-based studies done with people like them (if there are any available), their personal and family health history, their food preferences and their budgets.

If you have attended any of my talks, you get a more generalized approach based on the science of what works for “most people.” As professionals, we know that the recommendations we make might not always work, and so we tweak those recommen-



KATHY KOLASA

dations with patients until we see some better weight loss or gain, blood sugar and

blood pressure control. I often say there is no single best diet for everyone — one size does not fit all. So, precision nutrition is standard “personalized” plus added dimensions like genetic testing to determine your genetic capacity for metabolism.

Aaron Phillips, a fourth year Brody medical student, will tell you about precision nutrition and an important study that will in the future be able to add to personalized diet counseling. Here is what he says:

If I asked you to define “nutrition,” what would your answer be? Nutrition science, or the study of the food we eat and how it affects our bodies, is a young field that is rapidly evolving. Precision nutrition is on the cutting edge of nutrition science.

The National Institutes

of Health (NIH) has begun a huge study called the Nutrition for Precision Health (NPH) as part of the broader All of Us program, both aiming to study the unique qualities of our individual bodies and offer therapy and solutions to prevent and treat illness. The coordinator for the NPH initiative, Holly Nicastro, PhD, MPH, aims to develop guidelines for diet based on an individual’s response to food. The NPH program is a nationwide effort involving 14 sites across six states, engaging at least 8,000 participants from diverse backgrounds.

The goal is to understand why one person's body may react differently to certain foods than another. What personal factors, for example, might determine whether your blood sugar will spike from a banana, or a cookie, or neither?

“People respond differently to different ways of eating. This study looks to provide researchers with the data they need to understand these differences,” says Nicastro.

What makes this study different from any other large-scale nutritional study

is the value it places on diversity. All of Us aims to work with more than a million participants who can represent the diverse melting pot of the United States. This will be crucial in understanding how someone’s environment, culture, habits and genetic factors influence nutrition health.

“The impact of this diversity will help our team account for the various factors that may affect a person's diet,” notes Nicastro.

A research study with this many participants and so many variables is not an easy task. The Nutrition Precision Health program relies on its inclusion within the All of Us Program to use tools that already exist for collecting and storing data.

Nicastro predicts that the NPH program will hopefully help doctors, RDNs and other care providers guide their therapy to be more specific. Though clinicians already use specific information like sex, age, weight and medical history, in the future they may consider a patient’s ZIP code and genetics. Even the bacteria in their gut can help avoid preventable diseases,

as that has been shown in previous studies to affect how much fat you take in from a meal more than the nutrients in the meal itself. Genetics have also been shown to have a small effect on predicting blood sugar levels, insulin and blood fat.

What Nicastro wants the everyday citizen to know is that poor diet is the leading cause of preventable disease and death worldwide. The NIH has highlighted the need for more precise dietary guidelines to reduce chronic disease.

“Even if everyone followed the healthy eating guidelines that we have available now, we still may not achieve optimal health because our bodies respond differently to food,” Nicastro says. However, the NPH program aims to build the evidence needed to develop more tailored public health guidance and diet interventions, ultimately improving health outcomes for all.

Culture should always be taken into consideration when discussing diversity, and culture can define a diet. It is also important to represent America’s

diverse population. As such, it is crucial for people of color and native ancestry to participate in the study to ensure that all cultures are being properly represented, so that the results serve people of all ethnic backgrounds.

If you would like to be part of this effort, join the All of Us program. Visit JoinAllofUs.org, create an account and complete the health and lifestyle surveys. You may be asked to share your electronic health records and provide blood, urine and/or saliva samples over time. The trial is open to all U.S. citizens, although there is a special effort to include persons of color and native ancestry who have been underrepresented in most studies. Your involvement could help advance the field of precision nutrition and precision medicine immensely and help researchers develop better treatments and better ways to prevent disease.

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 kolasa@ecu.edu.