

## B.K. Fairchilde Meets Demand For Children's Clothes, Dancing Wear

Like many small business operators, Cathy McGillicuddy started her local venture after spotting a void in the marketplace. And now, after making a few additional to her original plans, McGillicuddy has exactly what she wants.

McGillicuddy is the owner of B.K. Fairchilde, a Mooresville clothing store that, by design, is as unique as its name. The business, located on the first floor of a house at 156 West Statesville Avenue, offers dancewear, children's clothing and nothing else.

"All of this stemmed from the need for a dancewear store in the Mooresville area," McGillicuddy said last week. "The children's wear is a diversification from that but it has really been popular."

B.K. Fairchilde, which opened July 19, is the culmination of years of planning and thinking by McGillicuddy and, ironically, brings her back to a part of the business world she was trained for but didn't think she liked.

"I went to school for merchandising training and worked in retail for about six months back in 1971," she said. "It just wasn't what I thought it would be."

McGillicuddy then joined the Charlotte Observer, working in the secretarial department and more recently, in programming. In the early 1980s she began plotting her return to the retail world and last winter she decided the time was right.

"I remember it was during the big snow we had," McGillicuddy said.

## Nelson, 71, Laid To Rest Saturday

Audrey Bailes Nelson, 71-year-old resident of Huntersville, route 4, died last Thursday at the Oaks Nursing Center in Huntersville following a period of declining health.

Born in Mecklenburg County on Sept. 21, 1915, Mr. Nelson was a son of the late John and Alice Mae Christensen Nelson.

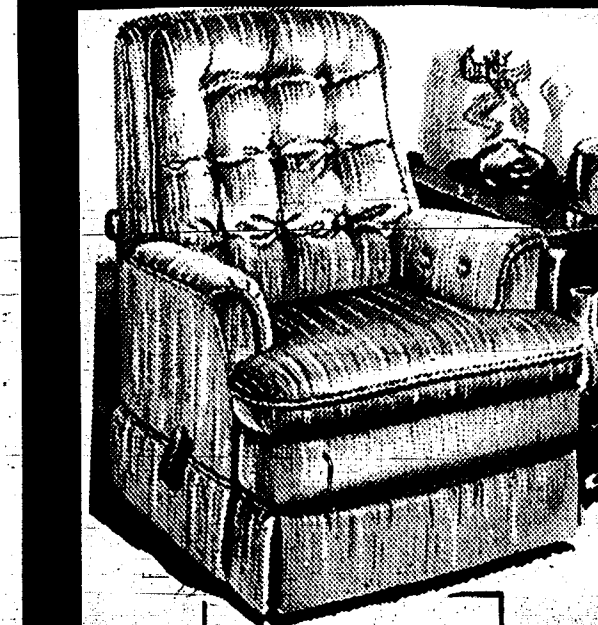
Mr. Nelson, prior to her retirement, worked for 32 years at the Huntersville Hospital.

Surviving are: two brothers, Carl Nelson of Huntersville and John Nelson of Charlotte; and six sisters, Mrs. Mary Jettin, Fannie Ervin and Mrs. Lola Stillwell, all of Huntersville, Mrs. Claudia Morris of Oklahoma City, Okla., and Mrs. Loma Stillwell and Mrs. Dorothy Guess, both of Huntersville.

Funeral services for Mr. Nelson were conducted at 11 a.m. Saturday in the chapel of the Nell Funeral Home in Mooresville, with the Rev. Michael Smith officiating. Burial was in the Mallard Creek Presbyterian Church cemetery in Huntersville.

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## Mooresville Community Spotlight On Business

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Owner McGillicuddy Surrounded By Items In The Dancers' Room

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## Fall A Perfect Time For Reflection, Thoughts Of Another Time

This material was written by Dr. Larry McGehee, vice president for development and professor of religion at Wofford College. It was provided free to newspapers by the Spartanburg, S.C. School.

Our eldest is just off to graduate school and our youngest to the seventh grade. Fall rituals of preparation — getting fitted for new clothes and getting old ones refitted — are over.

The washing machine is silent for a while after weeks of perpetual motion. As I pass by it and on out into air that smells of fall's arrival, I remember a wash board in the bathtub of my youth and a huge iron

wash kettle in my grandparents' house. They were the symbols of movie scenes of Indian women beating their clothes against stones in rushing creeks and wonder at the simplicity of even earlier days when Adam and Eve had only to pluck new fig leaves for their Fall outfitting.

By such circuitous thought routes, in but a moment we move from indoors to outdoors, from machine technology to pre-historic times, and from summer into fall.

There was a time when I went out deliberately to meet the fall, instead of happening upon it in an empty washer. Waiting beneath a hickory tree, I daily watched the squirrels and waited for the leaves to turn. Now I content myself with a ritual of

## To Your Health

They are simple things bending to drink from a water fountain, twisting in the car seat for a better view, stretching to get a pan from a high shelf but they are things that some people should take out of their daily routines.

Those are just a few of the tips that participants in Duke University's Preventive and Therapeutic Program for Osteoporosis learn during the intensive four-day program, according to Dr. Connie Bales, new administrative director of the program.

"Whether you are 45, 55, or 65 years old, you still have quite a few years ahead. We want to offer something to make these years as productive as possible," Bales said.

What the program offers is the latest in treatment for the bone disease that now affects 24 million Americans. Also, the program is one of only a few that offers treatment and therapy as well as an emphasis on continuing as active a lifestyle as possible, Bales said.

Generalized bone loss is a common occurrence with age; however, older white women who are petite or thin or who have experienced an early menopause are at particular risk of having debilitating bone loss. Using blood tests, X-rays and a technique for measuring bone density known as quantitative computed tomography (QCT), doctors here can measure

the extent of osteoporosis earlier than ever before.

"There is a fracture threshold that patients with osteoporosis reach. Bones can deteriorate, causing curvature of the spine and crushing of the vertebrae. We try to stop bone loss at or before that threshold."

However, even patients who have not reached the fracture threshold may still have problems, Bales said.

Part of the therapeutic plan of the osteoporosis program is a modification of the diet to include more sources of calcium.

"Calcium in the diet is absorbed better than in pill form, so we try to include as many dairy products as possible," Bales said.

Another therapy prescribed in the program is exercise. Exercise is one of the few therapies that's been shown actually to build bones. Also, by strengthening and stretching muscles that support the skeleton, some pain, and perhaps falls can be prevented.

For people at or below the threshold, Bales said tips such as not stretching for a pan or torquing the back to parallel park are offered. People are taught how to move without making them think they are so fragile that they don't move.

"One of our patients said, growing old gracefully is the hardest thing I've ever tried to do. Helping with that is a great opportunity," Bales said.

## Iredell County Schools Menu

These lunches are planned in all elementary and middle schools in the Iredell County system during the week beginning September 7. Students may choose one meat, two fruits or vegetables, a serving of bread and a carton of milk.

Monday-No School

Tuesday  
Pizza; chicken nuggets; tossed salad; french fries; buttered vegetables; baked apples; chilled sliced peaches; school baked roll;

Wednesday  
Submarine on bun; country style steak with gravy; mashed potatoes with gravy; lettuce and tomato; chilled pineapple tidbits; diced watermelon; school baked roll; choice of milk.

Thursday  
Lasagna; hot dog on bun; chili with onions; cole slaw; tossed salad; buttered corn; french fries; chilled apple sauce; school baked roll; choice of milk.

Friday  
Cheeseburger on bun; barbecue on plate; french fries; cole slaw; baked beans; peach cobbler; school baked bread; choice of milk.

Danny A. Wilson, son of Brenda E. Wilson, 425 Malibu Lane, Mooresville, has completed training as an Army military police specialist under the one station unit training program at Fort McClellan, Ala.

OSUT is a 13-week period which combines basic training with advanced individual training.

Students, participating in the program, are trained in civil and military law, traffic control, map reading and self-defense.

Wilson is a 1986 graduate of A.L. Brown High School in Kannapolis.

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staying at home and turning the leaves of Thoreau's "Walden."

"Walden" is still the greatest essay in American literature. It celebrates nature and solitude and simplicity, and it shares us into stretching our minds to make them see metaphors and messages for the soul beneath the thin surface of material things.

So I welcome each fall by reaching for the Thoreau as once I reached for the Remington. It is a way to continue to go into the woods year after year.

I am struck with each reading by how different Thoreau's reading of nature is from that of Darwin, though they wrote at the same time. Darwin gathered the data for his 1859 "Origin of Species" during the voyage of "The Beagle" from 1831 to 1836, while Thoreau based his 1854 "Walden" or "Life in the Woods" upon experiences of 1845 to 1847.

What one finds missing in both books is contact with other men, for both write from natural laboratories outside of human society. In a sense, both write about nature in an unnatural way, since man is part of nature and is missing in both descriptions.

But Darwin was the scientist, out to describe the life and death processes of animals and plant, while Thoreau was the poet, out to find what nature had to say to man when man is silent enough to listen.

One message from nature to man that Darwin found was that nature has its own life and does not exist for man alone. That message ever since has shocked and shaken mankind as severely as did the earlier lesson of the astronomer who exploded the universe by declaring that the earth and man are not at its center.

But for Thoreau, nature's message depends upon there being a mankind to learn from hearing it.

Nature is the greatest of Puritan sermons and requires a congregation, for understanding of and obedience to its law are the paths to higher planes of existence and of meaning.

And so it was that Thoreau went to the woods in search of a sermon and brought a good one back. And even now the shrunken woods of our own day still beckon in each autumn's turning and dying season to fall revival in the woods.

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