



## Carolyn "Carlea" Hall Lastrapes

September 20, 2013

It is with great sadness that the family of Carolyn (Carlea) Hall Lastrapes announces her passing after a brief illness on Friday, September 20, 2013 at the age of 57. Carlea will be lovingly remembered by her husband, Charles J. Lastrapes, D.O., her daughter Kathryn E. Lastrapes, and by her brothers Jeffrey E. Hall, O.D., and Andrew Conklan Hall. Carlea is preceded in death by her parents William Charles and Mary Hall. She will also be forever remembered by her sisters-in-law: Kitty Okano and husband Hiroshi of Evanston, Ill, Charlene Reece of St. Paul, MN, Jeanne Guidroz and husband Ralph of Arnaudville, LA, Louise Richard with husband Michael of Jefferson Island, LA., and Suchada Hall who lives with husband Andrew in Folsom, CA. Numerous nieces, nephews, extended family, and friends throughout the country will also always remember Carlea. Carlea was born in Morristown, NJ on November 15, 1955. She spent most of her life in Rockville, MD, but also lived in Germany where her father served in the Army and where her brother Andrew was born. After graduating high school in Rockville, Carlea spent one year at Montgomery College as a general studies major. She completed her bachelor of sciences degree in speech pathology at the University of Louisiana, Lafayette LA and later received her M.S. in speech pathology from the University of Wisconsin. Carlea met Charles in Lafayette, LA, where they married in December 1977. Carlea worked as a speech pathologist in both school and hospital settings in Louisiana, Minnesota, Michigan, and Alabama until the birth of her daughter, Kathryn E in 1995. Carlea is a member of the

American Speech and Hearing Association. Carlea is the owner of "Pilates for Health," formerly "Absolute Pilates." Her study of pilates and pursuit of this as a career began in Cape Girardeau in 1998 and Carlea is the only certified Stott Pilates instructor in southeast Missouri. Carlea taught both yoga and pilates until her recent illness in 2013. Along with pilates and yoga, Carlea has been a lifelong student of dance, beginning as a four-old with ballet, ultimately receiving certification to teach dance from the New York City Ballet. A Mass of Christian Burial will be celebrated in Carlea's memory on Friday, October 4, 2013 at 10:00 a.m. The Rev. Milton Ryan, C.M., pastor of St. Vincent de Paul Catholic Church in Perryville, will be the celebrant at the Old St. Vincent's Church, located at 131 S. Main St. in Cape Girardeau. A luncheon at the Cathedral of St. Mary of the Annunciation, 615 William St., Cape Girardeau will follow. Ford & Sons Funeral Home is in charge of arrangements. In lieu of flowers donations may be made to the Cathedral of St. Mary of the Annunciation Food Pantry at 615 William St., Cape Girardeau, MO.

# Tribute Wall

KG

“ *Dr. Lastrapes and Kathryn, Words can't begin to express how sorry we are over the loss of your wife and mother. We want you to know that you and your daughter are in our thoughts and prayers.*

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**Kevin and Theresa Garrison** - May 12, 2015 at 12:00 AM

SJ

“ *So sorry to hear about Carlea. We will keep you all in our prayers and thoughts. Paul, Sherry, Jared James and Shannon James Neal*

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**Sherry and Paul James** - May 12, 2015 at 12:00 AM

J"

“ *Our deepest condolences, Charles & Kate, and to all of Carlea's family. We are all so lucky to have had her in our lives for awhile. We learned many things from her and the wonderful example she set for us in so many ways. In her honor, we will strive to smile and laugh more often, to always keep our kitchen knives sharp, to say it straight and honest, to not wear run-down shoes, and to use whole wheat flour whenever possible. She would approve.*

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**John and "Barbish"** - May 12, 2015 at 12:00 AM

AC

“ *Dr. Lastrapes and Kat, We are so sorry for your loss. A terrific lady with a gentle spirit. I feel blessed to have known her. You will be in our thoughts and prayers. If there is anything we can do, please let us know.*

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**Andy & Judith Crenshaw** - May 12, 2015 at 12:00 AM

WK

“ Dr. Lastrapes and family we are so sorry to hear of the passing of your beautiful wife and mother. Our sincere thoughts and prayers for you at this time.

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**William and Stephanie Kunefke** - May 12, 2015 at 12:00 AM

LE

“ Loyd and I are so very sorry for your loss. Carlea will be missed.

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**Loyd and Jayne Ervin** - August 10, 2013 at 12:00 AM

BE

“ So sorry for the loss of you wife and mother. You will be in my prayers.

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**Brenda Eakins** - March 10, 2013 at 12:00 AM

RG

“ Dr. Lastrapes & Katie, We love you and are praying for you-for God's strength, peace, grace & truth. In His Love, Randy & Laura

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**Randy & Laura Graham** - March 10, 2013 at 12:00 AM

CM

“ I was fortunate to be the certifying STOTT PILATES instructor to work with Carolyn at Studio One Pilates in Springfield MO. She was a delight and bright soul to meet and be a colleague within the field. I send my condolences to the family and friends and so sorry that she left us way too early. A wonderful, brilliant woman.

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**Chyrel Miller** - January 10, 2013 at 12:00 AM

BM

“ *Dr. Lastrapes, sorry for your loss. We wish you and your family peace and comfort during your time of grief.*

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**Barbara Cole and James McFarland** - January 10, 2013 at 12:00 AM

SG

“ *Hey buddy sorry I can't be there this week. Hang in there--our thoughts and prayers are with you. Scott, Reisha, and Kaylyn Grupas*

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**Scott Grupas** - January 10, 2013 at 12:00 AM