



GARY STEWART / THE HERALD
Mark Ray, on truck, and Donald Cline deliver new garbage carts to Kings Mountain residents Tuesday morning. The city plans to implement its new curbside collection system next Monday.

Curbside garbage collection to begin on Monday, July 17

By GARY STEWART
Editor of The Herald

City of Kings Mountain employees are busy delivering new garbage carts to citizens this week, preparing for a switch to curbside garbage pickup next Monday.

City Manager Jimmy Maney helped Public Works Department employees deliver about 500 carts Monday to customers who are scheduled for Monday pickup beginning July 17.

"We're probably averaging putting out about 800 carts a day," Maney said. "By the end of the week we hope to have all of the carts distributed."

City staff is also giving each customer a packet of information detailing the city's garbage and trash pickup ordinances

and pickup schedules and policies.

Maney said most of the reaction he received from residents on Monday were positive.

"You're always going to have a couple of people that still like it in the backyard," he said, "but most of them are understanding and know that we can't get people to do it anymore. The physical labor and the dirtiness of the job and everything else that goes with it, is a problem."

Maney said not being able to recruit and retain qualified garbage pullers was one of the main reasons the city opted for curbside pickup. Maney said the city hired three pullers last week, and by Friday two of them quit.

The new plan, when fully implemented, will require only one driver and one automated (mechanical arm) truck per route. The old backyard pickup procedure required three three-man crews and would have required a fourth crew on July 1 if the old procedure had been maintained.

"We're not the only city that's making the changeover," Maney said. "Charlotte-Mecklenburg's doing it too. A lot of people say it's the money, but it's not. They paid pullers \$10 an hour and drivers \$12 an hour and they can't keep them either. It's the physical work."

Maney said pulling an empty garbage cart on a 97-degree day

- like he did on Monday - is physically demanding.

"I can imagine them being full of garbage," he said. "It's 97 degrees and you walk five miles a day pulling a 180-pound cart full of garbage. You have to be in top physical condition. And it's the same thing in the winter time when it's frost and raining."

"People just don't stop and think what these guys go through," he added. "If they did they would care about the fact that they need to do everything they can to help them. From the city manager's position, I appreciate what these guys do. They've got a tough job. I would challenge anybody to fall in behind them for eight hours and you'll learn to appreciate them."

One of the concerns voiced by City Council and staff during discussion leading up to implementing a curbside pickup program was the effect it would have on the elderly and disabled. Special provisions are being made for city staff to continue to pickup garbage for those who have legitimate medical disabilities. A doctor's verification form is available to any citizen who has an elderly, medical or physical hardship.

Maney said only a few residents have indicated a need for assistance so far.

"Some people just cannot physically get their carts to the curbside, and those are the ones we want to help," he said.

Obesity leads to health problems

Though America is winning the health war in death rates against cancer and AIDS, there is still much fighting to be done on the fat front.

More than 300,000 Americans die annually from complications stemming from weight problems, and nearly 100 million Americans are considered overweight. In the last 15 years, the percentage of seriously overweight Americas has risen nearly 10 percent. As these figures indicate, obesity is more than a quality of life issue, it's a life issue, a fatal disease, and is becoming a national epidemic.

High blood pressure, high cholesterol and diabetes are obesity-related conditions that lead to disability and death in the United States. Obesity is marked by an excess accumulation of body fat sufficient to potentially endanger health. Obesity results from an imbalance between energy intake and energy output. This is excess calories consumed frequently as fat, and insufficient physical activity. Other factors contributing to obesity are genetic, environmental, metabolic, socioeconomic, cultural and psychological.

Heart disease, cancer, high blood pressure, high cholesterol, and diabetes are among the obesity related conditions that lead to disability and death in the United States. Poor diet and inactivity contribute to 300,000 to 580,000 deaths every year, second only to smoking as a cause of preventable death. One-third of all cases of high blood pressure are associated with obesity, and obese individuals are more likely to have elevated blood cholesterol levels.

Overweight men are more likely to die of colorectal or prostate cancers than non-obese men are, and obese women are at greater risk of dying of endometrial, gallbladder, cervical, ovarian and breast cancers than non-obese women. Gallstones occur three to six times more often in overweight people. Among women, 70 percent of gallstone cases are attributed to obesity.

OBITUARIES

CLARENCE WILSON

SHELBY- Clarence Edward "Ed" Wilson, 84, 702 Wilson Cornwell Road, died July 8, 2000 at home.

A native of Cleveland County, he was a retired car dealer and realtor with Wilson Real Estate Co. He was a graduate of Lattimore High School, and Zion Baptist Church where he was a former Deacon, member of the choir, and Sunday School teacher. He was the first Scout Master of Boy Scouts of America Troop #13 at Zion Baptist Church. He was owner and manager of the famous Wilson Country Ham Biscuit Stand at the Cleveland County Fair for 38 years. He was also a member of Camp Call Masonic Lodge for 50 years and a member of the Shelby Lions Club. He was founder of Wilson Real Estate Co. and a member of the Cleveland County Board of Realtors for 36 years and a charter member of the Multiple Listing Service. He was preceded in death by his parents Samuel Clarence Wilson and Laura Spangler Wilson and first wife Evelyn Grayson Wilson.

He is survived by his wife of 38 years Hazel Bolin Wilson of the home; son and daughter in law Samuel Howard Wilson and Myra D. Wilson of Shelby; grandson and his wife James T. "Jimmy" Wilson and Deborah Blanton Wilson of Shelby; grandson and his wife David Edward Wilson and Sharon Smith Wilson of Shelby; step granddaughter and her husband Carmen A. Blanton and Billy of Shelby; sister Laura Faye Wilson of Shelby; great grandchildren James Alexander Wilson, Edward Lee Wilson, Virginia Ann "Jenna" Wilson, Grace Elizabeth Wilson, all of Shelby.

The funeral was conducted Monday at Zion Baptist Church at 11 a.m. by the Revs. Randy Bridges and Russell Fitts. Burial was in Zion Baptist Church Cemetery.

Memorials may be made to Zion Baptist Church Building Fund, 525 West Zion Church Road, Shelby 28150, or Hospice of Cleveland County, 951 Wendover Heights Drive, Shelby 28150.

Cleveland Funeral Services handled the arrangements.

ESTELLE SWINK

Estelle Garland Atkins Swink, wife of the late Ben E. Atkins, publisher of the Gastonia Gazette, and mother of former Kings Mountain Herald, Belmont Banner, and Mount Holly News Publisher Garland Atkins, died Friday, July 7, 2000, in her room at Covenant Village, Gastonia.

She recently celebrated her 90th birthday at a family gathering. Born in 1910 in Gastonia, she was the daughter of the late Peter Woods and Kathleen Boyce Garland, granddaughter of the late Samuel N. Boyce, attended local schools and Mary Baldwin College in Virginia, active in local civic activities, having served as president of the Junior Womens Club, member of First Presbyterian Church where she was active in the work of the Women of the Church.

Following the death of Ben E. Atkins, she married Caleb Swink, who died several years ago. When her husband, Ben Atkins, retired from The Gazette, she took over the chore of writing his weekly column, "The Quirky Quill." When her son purchased General Publishing in 1966, in which The Banner and The News were a part, her popular column continued for 10 years in those newspapers.

Survivors include sons, Benjamin E. Atkins Jr. and Woods Garland Atkins, Gastonia; brother, James B. Garland; grandchildren, Virginia Estelle McCarthy and son-in-law Charles Edward McCarthy Sr., Sanford, Benjamin Garland Atkins, a student at East Carolina University, Samuel Moore Atkins, a student at the University of North Carolina at Chapel Hill, and William Lontz Wilkinson Jr.; Rock Hill, S.C.; great-grandchildren, Brodie Elise McCarthy and Charles Edward McCarthy Jr., Sanford; sister-in-law, Mrs. Col. Peter Woods Garland Jr., Gastonia; several nieces and nephews.

The funeral was conducted Sunday in the chapel of Covenant Village. A family burial was held Monday morning.

Memorials may be made to The Gastonia Little Theatre, 238 Clay St. Ext., Gastonia 28052.

Carothers Funeral Home, Gastonia, was in charge of the arrangements.

Kings Mountain Weather Report

(Compiled by Kenneth Kitzmiller)

	July 5-11	Year Ago
Total precipitation	1.58	.94
Max. one day	1.10 (6th)	.49 (7th)
Year to date	26.14	21.32
Low temperature	70 (6th, 7th)	63 (11th)
High temperature	98 (10th, 11th)	99 (5th)
Average temperature	83.1	80.6

Special Rates for July

18 Holes (Greens Fee & Cart)
 Outings Welcome Memberships Available
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