

Birds test positive for West Nile Virus

Cleveland County has reported its first case of West Nile Virus.

According to Denese R. Stallings, Cleveland County Health Director, two crows that were found on East Marion Street and North Dale Street in Shelby tested positive for West Nile at the NC Laboratory of Public Health.

Stallings said people need to follow the state's public health warning issued in June advising residents to be diligent in protecting themselves against mosquito bites.

"People can get West Nile Virus from the bite of an infected mosquito," she said. "Mosquitoes become infected with West Nile Virus from feeding on wild birds infected with the virus. Mosquitoes can then transmit the virus to humans or animals."

Stallings advises residents to avoid mosquito contact. She said insect repellents containing DEET (N, N-diethyl-m-toluamide and related compounds) are the most effective mosquito repellents on the market. When used properly, along with other steps such as wearing light-colored long sleeved tops and long pants, avoiding mosquito-infected areas and staying indoors at dawn and dusk, repellents are a good way to minimize the risk of mosquito bites. As with any such products, pre-

cautions are in order to ensure personal health and safety. Always read and follow label directions and precautions carefully.

For children of various ages and for adults, the Cleveland County Health Department offers the following additional guidelines:

- Use a product with DEET. (The Centers for Disease Control and Prevention recommend products with 35% DEET for adults. The American Academy of Pediatrics recommends products with 10% or lower DEET for children.
- Do not use products with DEET on infants.
- Apply repellent on exposed skin and clothes. (Do not pace on children's hands or near mouth, nose or eyes).
- Wash after coming indoors.

If bitten by an infected mosquito, it may take 3 to 12 days to become ill. Most people who are infected with West Nile Virus suffer no symptoms at all. West Nile Virus may cause headache, fever, swollen glands, muscle aches and often a rash. In severe cases, it may cause an infection of the brain called "encephalitis."

People 50 years of age and older and

those with health problems are most at risk for serious illness due to West Nile Virus. Anyone who may be ill with West Nile Virus should see a doctor as soon as possible.

Some ways to stop mosquito breeding:

- Empty, destroy, recycle or cover containers like tires, tin cans, buckets and bottles where mosquitoes can lay their eggs.
- Change water in pet bowls and bird baths at least once a week.
- Remove or empty dishes under potted plants.
- Stock ponds and ditches with fish.
- Cover unused pools.
- Clean clogged rain gutters.
- Put special "donuts" made with mosquito-killing bacteria in water where mosquito eggs may hatch.

North Carolina's State Laboratory of Public Health's policy is that once there has been a confirmed case of West Nile Virus, the State Lab will not test any more birds from Cleveland County.

Should a citizen find a dead crow, blue jay or bird of prey, call the Cleveland County Animal Control Department at 481-9884.

Hutchins golf tourney set Saturday at KMCC

"Tee off for a Cure," the third annual Mary Ann Hutchins Memorial Golf Tournament, will be played Saturday, October 19 at 8:30 a.m. at Kings Mountain Country Club.

Entry fee is \$50 per person and includes green fee, cart and lunch. Entry forms are available at the KMCC pro shop or by calling Johnny Hutchins at 739-5757 or Buffy Murphey at 739-0031.

All profits from the tournament will go to scholarships to be presented to a senior or seniors who are pursuing a career in the medical field.

The scholarships are in memory of the late Mary Ann Hutchins, who lost a five-year battle with breast cancer.

Last year's tournament resulted in over \$2,000 for scholarships.

CCC announces additions to faculty

Cleveland Community College has announced five additions to the faculty.

Pam Houze has been named Industrial Management Instructor. She is a former US Army Commissioned Officer (Military Police Corps), Production Manager and Loss Prevention Manager with Michelin Tire, and teaches classes at Keller Graduate School.

She earned her Bachelor of Science in Criminal Justice from Western North Carolina, and her Master of Science in Public Administration from Troy State University.

She owns ASN and Associates, a Human Resources Consulting and Management Company. She holds numerous certifications including OSHA, Franklin Time Management, and Behavioral Interviewing.

She and her husband, Gary, live in Kings Mountain with their children Andrew, Sarah Kate, Natalie, and Kellie.

Mitchell Sepaugh is Electronics Engineering Instructor, Originally from

Sparta, he graduated from Hunter Huss High School in Gastonia. He holds an A.A.S. in Electronics Engineering Technology from Isothermal.

Before joining the faculty at CCC, Sepaugh was the Control Engineer/Technician with M&M Electric Service Co. in Gastonia. He has 10 years experience working with industrial computerized controls, primarily in the textile industry.

He is active with the preschool department at First Baptist Church, Kings Mountain. He and his wife, Charlotte, and children Matthew and Megan, live in Gastonia.

Al Dunkleman has been named Sociology instructor. He was previously an associate minister for 16 years.

A native of western New York, Dunkleman graduated from Ellicottville Central School. He earned his Associate in Arts Degree from Virginia Highlands Community College in Abingdon, VA. He holds a Bachelor of Arts from UNC-Wilmington and a Master of Arts from East Carolina.

'Walking Audit' set in KM

The City of Kings Mountain, in collaboration with the Cleveland County Health Department, is sponsoring Active Living by Design Day October 31.

Mayor Rick Murphey said various city staffers and health workers will be canvassing neighborhoods in the Kings Mountain area to determine the safest and most accessible walking routes for citizens.

"This program easily integrates phys-

ical activity in our daily routines by giving our people safe areas to walk," said Murphey.

The mayor says the program ideally ties in with Kings Mountain's Gateway to the Parks project, connecting neighborhoods with walking and biking trails.

A national program funded and sponsored by Robert Wood Johnson Foundation, in cooperation with the

UNC School of Public Health, the program on October 31 is called a "walking audit" in neighborhoods.

"We want to identify the safest routes and distances from one point to the other or points to town," said the mayor.

Citizens interested in joining the walking tour are asked to contact Steve Killian at Kings Mountain city hall, 704-734-0333.



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