

OPINION

Tell us how you like the new Herald

Good morning.

Today, you hold in your hand the new Kings Mountain Herald.

After publishing a broad sheet newspaper for 119 years, we have decided to go to a more reader-friendly, tabloid publication.

The decision came after much discussion by company officials with input from people in the community.

We will be reviving some of the features we've had in the past that people tell us



Gary Stewart
Editor

they have missed, but we are also open to more suggestions.

We want you read the paper from cover to cover and give us your comments and suggestions for improvement.

As always, we will continue to solicit your news because we feel The Kings Mountain Herald is the only paper in the world solely devoted to the people of the Kings Mountain area.

We urge you to provide us with news and pictures of your family, church, neighbors, club and community events; and we appreciate it when you pass along news tips.

Feel free to call us anytime at 704-739-7496. You may also fax 704-739-0611 or email gstewart@kingsmountainherald.com.

Our office is located at 824-1 East King Street across from the Patrick Senior Center. Drop by and say hello!

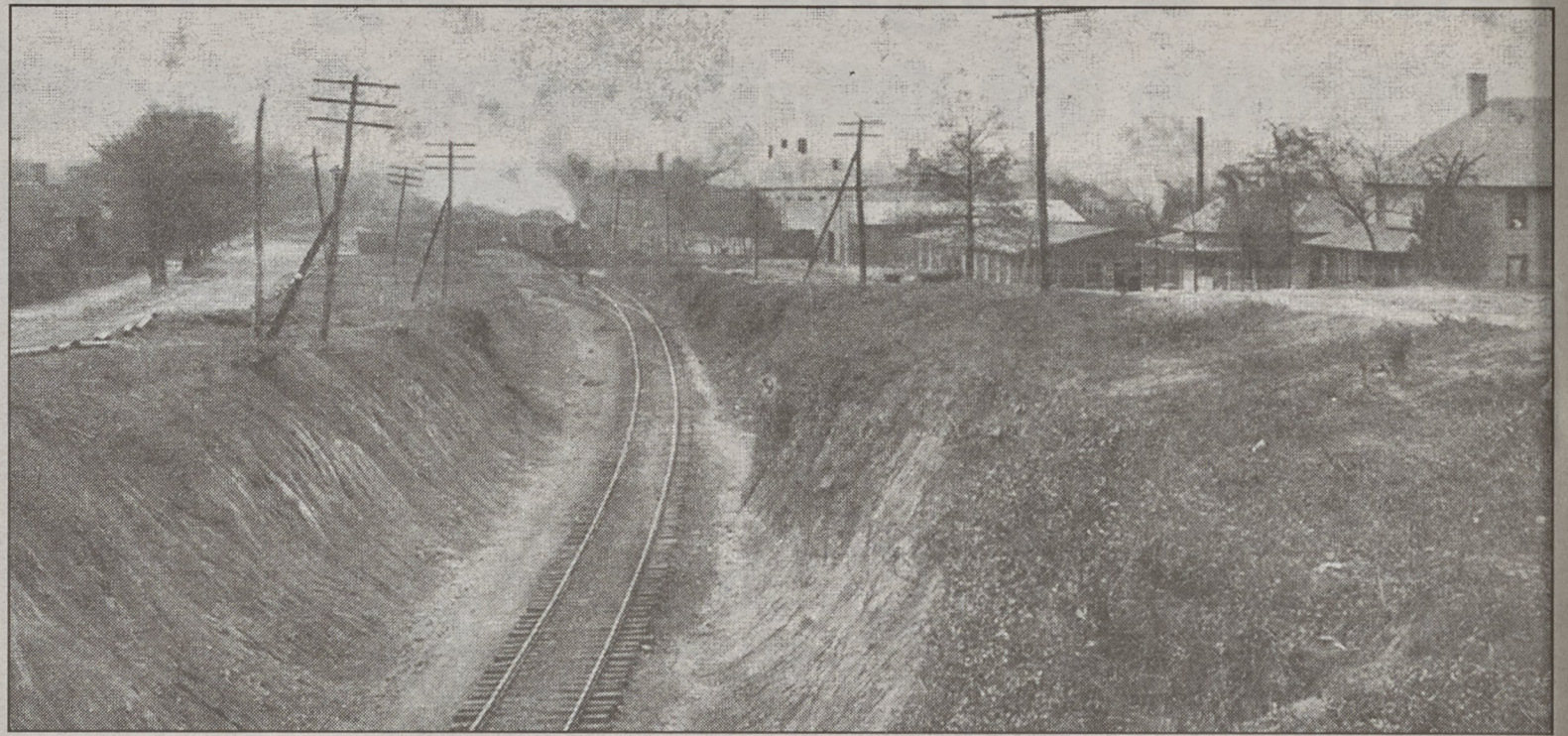
HERALD DEADLINES

The Herald welcomes your news for publication in each Thursday's paper. We ask that you observe the following deadlines:

Deadline for lifestyles, school, church, club and community news is 12 noon Monday.

Deadline for regular news and sports is 5 p.m. Tuesday. In cases of meetings and other activities held on Tuesday night, information will be received until 8 a.m. Wednesday.

LOOKING BACK



Mary Nantz contributed this photo of a train barreling its way through Kings Mountain in the early 1900s. She found it in a book of post cards that was owned by her mother. The photo of the northbound train was taken from the overhead bridge.

Now fat people are contagious

Don't get too close to fat people. Scientists are now saying fat is contagious, or something like that. They're also saying that



Jim Heffner
Guest Column

sugar-free soft drinks are as fattening as soft drinks containing sugar. Now, what kind of sense does that make?

Those are probably some of the same scientists who believe there is a hole in the ozone layer over Cramerton, and that all the polar bears are going to die because of global warming. According to the New England Journal of Medicine, fat can spread like wildfire. I wonder if skinny spreads with the same rapidity. It just goes to show that some people don't have much to do. They sit around thinking: "What can I come up with today? I know, I'll tell everybody fat can be spread by personal contact. The news media will jump on it and all the medical journals will print stories. Maybe I'll even win a prize."

If all this is true, then fat could become an effective weapon. If you have an enemy, for example, and you want to get rid of him, just put on a few pounds and rub up against him. Chances are he'll

come down with a serious case of fat, and if he has any kind of heart problems at all, he'll be a goner before long.

The answer to the fat that is running rampant in this country is a vaccine. Take the vaccine and you can get close to anybody carrying a few extra pounds. Don't take the shot and you have a good chance of coming down with extra hip padding and a pot belly.

I can hear it now. "Did you hear what happened to poor old Jake?"

"No, what happened?"

"He went to a weight control convention, and didn't take the shot beforehand. Now he's laid up with a bad case of obesity. We don't know if he's going to make it."

I am firmly convinced all this started because a rather heavy woman in New York City got tired of being insulted on the subway.

Not only would people pass up seats beside her, but they vocally insulted her in some cases.

Kimberly Brittingham got tired of people remarking that she smelled bad or sweated too much. She overheard one woman tell her children she'd rather stand for 40 blocks than sit beside a fat woman.

Brittingham, using her computer, created a fake book cover and pasted it onto a new biogra-

phy, which she read when she was riding the subway. The cover carried the title: Fat is Contagious, and subtitled: How sitting next to a fat person can make you fat.

Her idea was to make people think about why they refused to sit beside her, which was, of course, nothing but raw prejudice.

I don't know if it worked or not, but I think that's how all this fat is contagious malarkey got started.

This whole idea of overweight people is getting out of hand.

You'd think to gain weight is to commit an unforgivable sin. Nobody enjoys being fat, but everybody can't wear a size 4 either.

That's just the way it is.

Those who go around insulting overweight people are ignorant morons.

More than that, they're fat heads.

The New England Journal of Medicine was once a prestigious periodical, but the Fat is Contagious thing, along with the cat they say can predict someone's death is a bit much.

Its Breakfast
time at El Bethel

Country Breakfast
& Bake Sale

Saturday, Aug. 4
6:30 - 10 am

El Bethel United Methodist Church
El Bethel Rd., Kings Mountain

