

MENTAL HEALTH MATTERS

PHOBIAS

A phobia is a specific neurotic fear, symbolic of a neurotic conflict and its resulting anxiety. So says a medical dictionary, which goes on to list a total of well over 100 phobias.

Phobophobia. Older people will recall that President Franklin D. Roosevelt, starting to fight the great depression, spoke of it when he said that the only thing we had to fear was fear itself.

The fear of being afraid and others of the host of phobias

Heading the list is one called

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COMING — "HOUSE OF 7 CORPSES" (PG)

that sometimes reset us around a good deal of interest. The National Institute of Mental Health, of HEW, frequently hears from people who ask question like this:

"What exactly are phobias and how are they overcome?"

We need to go beyond the dictionary to find out. First, a phobia is a defensive reaction against anxiety, in which a person detaches his anxiety from a specific idea, object, or situation and attaches it to some symbolic idea, object, or situation.

Although the person consciously recognizes that no actual danger exists, when he is exposed to the specific phobia-stimulating object or situation, he is filled with fear.

A great variety of phobias have been described, as is suggested by the table mentioned above.

Among them are fears of dirt, bacteria, certain animals, or vehicular travel. The word phobia itself comes from the Greek and many phobias have Greek names attached to them, such as agoraphobia (fear of open or public places) or claustrophobia (fear of enclosed or confined spaces).

When exposed to the specific situation that evokes his fear, the phobic person experiences symptoms of anxiety, faintness, fatigue, perspiration, or even nausea. He may be overwhelmed with panic and unable to continue with his normal activity. He can control his anxiety if he avoids the phobic object or situation.

Phobias are twice as common among women as men. The phobic sufferer often comes from a family in which the mother herself has experienced phobia.

Opinion varies as to outcome, remission and effectiveness of treatment. In general, there is optimism, but some phobias are found to be resistant to treatment. The most important consideration when choosing treatment is the patient's own perspective of his difficulties and what he wants to do about them.

Farm Worker Survey Set

A sample of households in this area will be interviewed in the Federal Government's annual Hired Farm Workers survey during the week of December 10-15. The survey is conducted by the Bureau of the Census, part of the U. S. Department of Commerce's Social and Economic Statistics Administration.

Joseph R. Norwood, director of the bureau's data collection center in Charlotte, said that information will be obtained about farm work done for pay during the pay five years and about migratory farm work.

The farm work questions are in addition to the ones asked regularly in the monthly survey on employment and unemployment conducted by the bureau for the U. S. Department of Labor.

This ongoing survey provides a continuous measure of conditions in America's labor force. The labor department's report on results of the October survey states that unemployment dropped to 4.5 per cent, the lowest level since March 1970. Employment grew by 570,000 to a total of 85.7 million, seasonally adjusted. This was 3.2 million more employed persons than in October a year ago, an unusually large increase for a 12-month period.

About 50,000 households across the country, scientifically selected to represent a cross section of U. S. household, take part in the survey each month. All information reported is confidential by law and can be published only in statistical totals so that no person or household can be identified.

Interviewers visiting households here are: Mrs. Ethel S. Rockett, 908 South Street, Gastonia 28052 and Mrs. Jacqueline Goforth, 1301 Montrose Drive, Shelby.



GARDEN TIME
m. e. gardner
n. c. state college

By M. E. GARDNER
N. C. State University

I have just received a beautifully written and thoughtful letter from Mrs. James Cook of Elon college. In a very nice manner, she took me to task for the recent column I wrote about our North Carolina florists—"in lieu of flowers . . ."

Some of my other readsmight share her views.

Mrs. Cook writes, "I am employed by a non-profit agency that cares for boys and girls and have the opportunity to see first hand the value of the statement, 'In lieu of flowers please contribute to . . .'. A gift to help a child in need is an investment that will continue paying dividends forever, in my opinion." She has more to say but this is the essence.

In my reply to her letter I told her that I was not launching a counterattack, because I agreed with everything she had to say.

I have worked with the florists for 46 years and have basic knowledge of the expenses involved in the production of cut flowers and container-grown plants. I was merely trying to point out that, as a businessman, he has the same right to sell his products as do other businessmen, and to deny him the right is, to say the least, unfair.

In my own personal life I have always contributed to organizations such as Mrs. Cook represents, and have responded to many memorial requests for individuals. At the same time, I try to remember friends and loved ones with floral tributes as they "cross the river to rest under the shade of the trees."

I believe it is possible to do

both. And so, I am not recanting from the position I have assumed because I think it to be fair and just. However, I respect the views expressed by Mrs. Cook as I have already indicated.

The North Carolina Commercial Flower Growers' association contributed \$300 to help defray expenses of a recent field trip for our students in floriculture to visit greenhouses ranges in the Piedmont and mountains. They also sponsor a scholarship for a worthy student.

I expect, too, that, as individuals, they contribute to many worthy causes as suggested by Mrs. Cook.

Airman Thrift Finishes Basic

SAN ANTONIO. — Airman Roger D. Thrift, son of Mr. and Mrs. Hillard Thrift of Rt. 1, Grover, N. C., has completed Air Force basic training at Lackland AFB, Tex.

During his six weeks training, he studied the air force mission, organization and customs and received special instruction in human relations.

The airman is remaining at the air training command base for specialized training in the security police field.

Airman Thrift is a 1972 graduate of Crest high school.

MORE OF US

By the year 1980, there probably will be around 227.7 million of us Americans. The North Carolina population is expected to expand to 5.56 million.



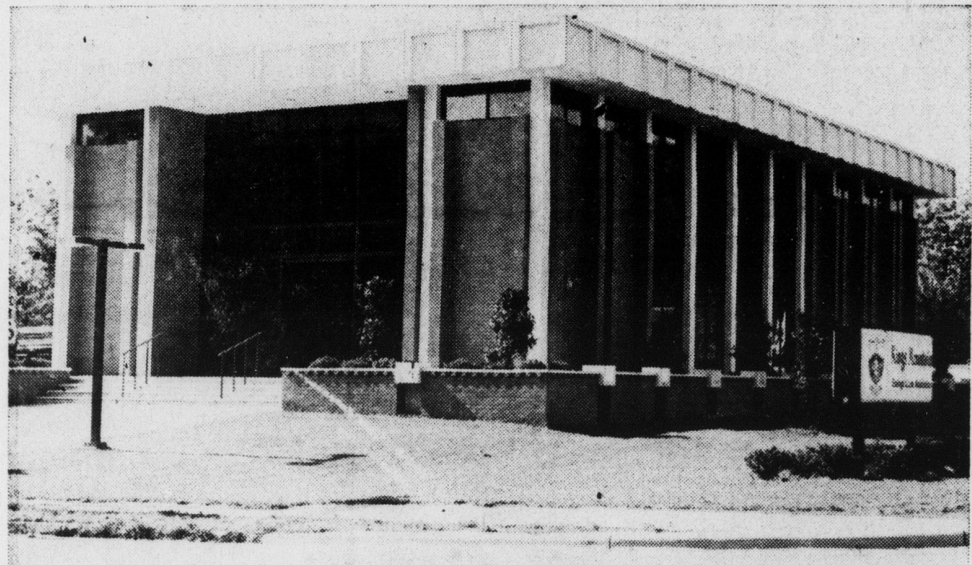
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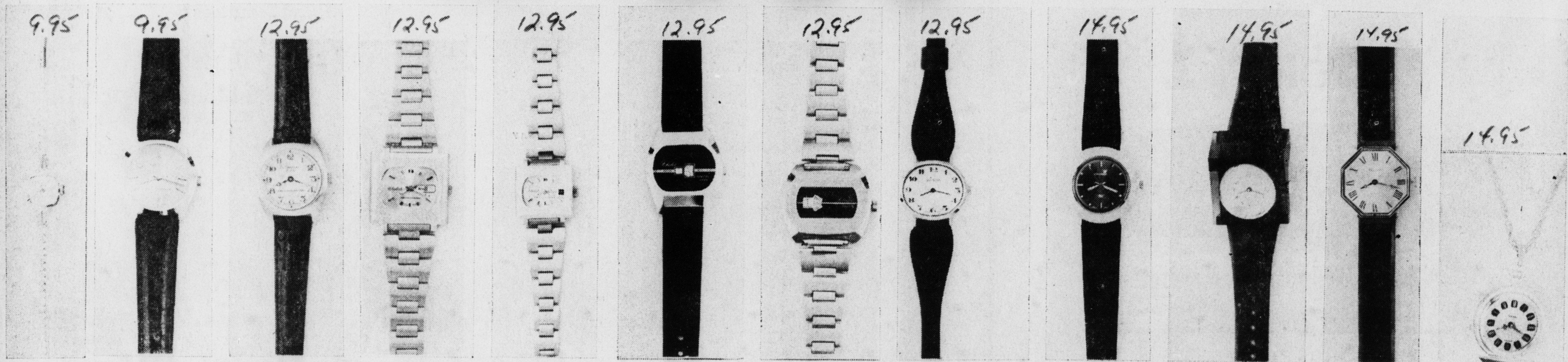
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