

## MORE SCENES FROM THE KM CHRISTMAS PARADE



Miss Alicia Watkins, the 2009 Alpha Kappa Alpha Sorority Debutante, waves to the crowd in the Kings Mountain Christmas Parade.



Little Miss North Carolina Sophia Kellstrom throws candy to the crowd.



Betty Sue Morris rides an antique truck in the Christmas parade representing the Kings Mountain Historical Museum.



At right, Carrousel Princess Hannah McDougal waves to the crowd from her perch.

Health Practitioner Developed &  
Administered Weight Loss Program  
**LOSE UP TO 5 lbs A WEEK**



**Ultra Lite**  
THE PROFESSIONAL WEIGHT AND  
HEALTH MANAGEMENT PROGRAM

PROVEN | EFFECTIVE | HEALTHY



**It's about managing a healthier lifestyle!**  
ULTRA LITE is a weight management program not just a diet. You will learn to manage your weight and enjoy a healthy lifestyle for the rest of your life. ULTRA LITE is only available from a registered healthcare practitioner so you can feel secure knowing that your total health interests are taken into consideration. The ULTRA LITE program is simple and affordable.

**How does Ultra Lite work?**

The ULTRA LITE program is the results of many years of research by Melbourne Naturopath, Tony Le Vannais, N.D. The Ultra Lite program will encourage your body to convert your stored body fat into energy while preserving your body's protein. This means that you only lose UNWANTED FAT and not lean muscle tissue. The majority of weight loss programs reduce your protein and carbohydrate levels too low which results in muscle loss. This can create the appearance of drawn features and baggy skin. With ULTRA LITE your body tone improves as you lose weight so you can actually become firmer as your original body shape returns. The Ultra Lite program requires you to eat three balanced meals a day. Unlike some weight loss programs, all of the meals on the ULTRA LITE program contain everyday foods you will find in your kitchen. So there is no need to do special shopping trips or prepare separate meals for other members of the family. The Ultra Lite program provides you with a correct nutritional balance designed to suit your particular health needs. With the correct balances of nutritional supplements, your body performs better, your brain clears and your memory sharpens. You will also feel a new zest for life as your energy levels are enhanced. The phenomenal results speak for themselves. In the first week, most people lose between five to ten pounds, followed by three to six pounds each week thereafter.

- Over a million people have successfully completed the Ultra Lite Program
- Founded in Australia, now available in the US
- No Ephedra, Ma Huang or Stimulants
- Eat 3 balanced meals a day
- No special foods to purchase
- Lose fat not muscle

### Majors Wellness Center

110 W. King St., Kings Mountain, NC  
Monday-Thursday: 8:30 a.m.-Noon and 2-6 p.m.; Friday: 8:30-Noon  
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ALVIN & THE CHIPMUNKS: THE SQ  
Rated PG - 12:30, 1:00, 2:40, 3:10, 4:50, 5:20, 7:00, 7:30, 9:10, 9:40  
DID YOU HEAR ABOUT MORGANS  
Rated PG-13 - 1:45, 4:35, 7:10, 9:45  
AVATAR 3D  
Rated PG-13 - 12:00, 1:00, 3:30, 4:30, 7:00, 8:00, 10:30  
INVICTUS  
Rated PG13 - 1:25  
SHERLOCK HOLMES  
Rated PG-13 - 1:00, 4:00, 7:00, 10:00  
THE BLIND SIDE  
Rated PG-13 - 4:20, 7:10, 10:00  
A CHRISTMAS CAROL  
Rated PG - 1:00, 4:00, 7:00, 9:20  
PRINCESS AND THE FROG  
Rated G - 12:35, 2:50, 5:05, 7:20, 9:35  
IT'S COMPLICATED  
Rated R - 1:00, 4:00, 7:00, 9:50  
\*ALL SHOWTIMES INCLUDE PRE-FEATURE CONTENT\*

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