

'82 Year To Improve

Make 1982 your year to improve!

The diets that you've given up and the stop smoking resolutions you've cast aside, can be things of the past. On January 11, the American Lung Association of North Carolina, Catawba Valley Region will offer you the chance to give up cigarettes and shed those extra pounds successfully with Self Psych hypnosis clinics.

Hypnotherapist James H. Hoke, nationally known for his best-selling self-help book, "I Would If I Could And I Can," will conduct the clinics, geared to help participants' subconscious minds agree with their intellectual decision to stop smoking or lose weight.

The stop smoking clinic will be at 6:00 p.m. and the weight control clinic at 8:00 p.m. at the Eastridge Mall on New Hope Road in Gastonia. To register, call the American Lung Association at (704) 464-2413 or the Self Psych office toll free at 1-800-521-3998. The 1 1/2 hour clinics feature a unique money-back offer: participants can get the \$35 fee back after the first of three hypnotic inductions if they feel the session will not work for them. Former participants of previous Self Psych clinics may

return for reinforcement at the same time for a reduced fee. Each clinic includes literature and a cassette tape to reinforce the hypnotic suggestions for positive change.

Most people take a backward approach to giving up cigarettes or stopping overeating, Hoke contends. "They do it outside in, instead of inside out," Hoke says. "They tell themselves what they should do instead of making themselves feel like doing it. Feelings are what we deal with in hypnosis. We help you feel good about not smoking and eating sensibly."

Hoke says that giving up cigarettes is not the way to stop smoking. "That's why most people fail when they try to kick the habit alone," he says. "They try to give up something they like—and that won't work in the long run. The only permanent, comfortable way to stop smoking is to convert yourself to a non-smoker, and hypnosis helps you do that."

Changing the way you feel about food is also the key to successful weight loss. "Hypnosis works with the part of your mind that likes to eat—the part that pills, shots, and diets never reach," Hoke says. His weight clinic—which includes suggestions to help participants enjoy eating less, eating slower, and eating the right foods—features a 30-day success diary and weight control plan. Participants who complete the plan receive a bonus cassette tape, "Take Charge Of Your Life."

Both clinics stress the self-image development necessary to make positive life changes. "When you outgrow your dependency on cigarettes, you'll have greater willpower and self control in every part of your life," Hoke says.

Self Psych, Inc., has conducted stop smoking weight control clinics for American Lung Association affiliates in 74 cities in 11 states, and for community programs throughout Michigan.

Merry Christmas



As the Christmas spirit radiates around us, we especially hope you feel the festive warmth and promise that this holiday brings. Enjoy it...with our sincere thanks.

FARM CENTER

KINGS MOUNTAIN, N.C.
311 S. BATTLEGROUND AVE.

Poinsettia Sure Sign Of Christmas

Ready or not, there's no denying the arrival of the holiday season once the poinsettia plant begins to make its appearance.

Whether it appears on the cover of a greeting card, in the windows of a local department store, or in a sea of red, pink and white flowers at a roadside nursery, the poinsettia is a sure sign that Christmas is just around the corner.

Although the poinsettia plant is not indigenous to the United States, Americans have come to associate its brilliant red, delicate pink and snowy white bracts with the Christmas season.

This exotic flowering plant, used to decorate homes and churches in Mexico during the Christmas season, was introduced to the United States in 1828 by Dr. Joel Robert Poinsett, at that time the U.S. ambassador to Mexico. Upon returning from his term of service in Mexico, he brought the plants home to his native South Carolina.

Poinsett propagated these plants, which he called "Painted Leaves," in his own greenhouses, and sent cuttings to botanists throughout the country. The plant was later named "Poinsettia" in his honor.

Poinsettias grow wild in Mexico and other areas of Central America, where they are shrubs that can reach 30 feet in height. Their brilliant flowers are most profuse in mid-December.

The Spanish name for poinsettias, *Flor de la Noche-buena* (flower of the holy night), derives from a Mexican legend which holds that the plant originated in a miracle.

As the legend has it, a poor peasant child, ashamed at having nothing to take to a service honoring the nativity of the Christ child, sadly picked a few weeds along the road to give as an offering at the church.

As he knelt at the altar with his humble gift, the child's earnest prayer and tears of reverence transformed the weeds into the flowering plant that has become as much a part of Christmas in this country as the evergreen tree.

Today, poinsettias are still imported from Mexico, though commercial growers in Hawaii and other warm-weather states add to the supply. A careful plant-lover, however, can keep the plant from one season to the next and enjoy its brilliant flowering year after year.

The poinsettia will flourish outdoors during the summer months in most parts of the country, becoming denser with foliage as the weeks of sunshine pass. Prior to putting the plant outdoors, it should be pruned to avoid its becoming too "leggy."

In order to have the plant bloom at Christmastime, poinsettias require equal amounts of daylight and darkness from the first week of October to the second week of November.

PEACE ON EARTH



Behold the Lord Jesus as he lay surrounded by those who loved Him. Hear His message...and spread the divine goodness everywhere, always!

HOME FEDERAL SAVINGS AND LOAN ASSOCIATION

700 West King St., Kings Mountain — East Va. Ave., Bessemer City

KINGS MOUNTAIN