

## Follow These Safety Rules To Avoid Falls On Snow And Ice

Even though the winter snow falls more than once, careful people should not fall at all.

This statement is based on people knowing the safety rules to observe and follow. For your own safety, the following rules should be put into practice when snow is on the ground.

1. The front porch and steps are no place for winter sports! Get rid of snow and sprinkle ice spots with salt or sand. Snow falls gently—people don't.

2. Snow's great on a ski slope, but not on the bottom of your shoes. Clean them carefully on entering a building. Slush on the soles can cause a slip or fall.

3. To keep from falling, hold to railings on outside stairs as well as those on the inside. Watch out for entrance ways (they may be slippery with slush tracked in from outside) and exposed

work areas such as loading docks.

4. When walking on icy sidewalks or streets, keep your body position slightly forward and put your feet down flat, not on the heels. Take short steps. Be sure your footwear fits the weather conditions as well as your feet.

5. Be careful when crossing over streetside snowdrifts or icy curbs. Oncoming traffic may not be able to stop in time if you slip and fall into the street.

6. A last word of caution in case you do fall is this—do not tense up, but go limp and try to roll as you land.

### Social Security Facts

Social security benefits are not paid automatically. A claim must be filed with the social security office.

Don't depend on well-meaning neighbors for social security information. Get the facts at the social security office.

If you are under 65 and disabled to work, find out about disability insurance at your social security office.

Don't guess or take random advice about social security. Call the Social Security Office for the facts.

You must notify your social security office if you are drawing widow's benefits and remarry.

You don't need a new social security card when you change jobs or move to another city or state.

When you get ready to retire at 65 or over, just telephone your social security office. It's that simple.



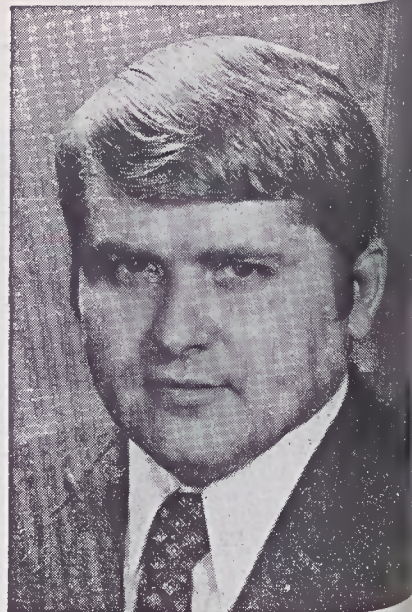
FRANCES MARCELLA HICKS

### College 'Who's Who' Lists Frances Hicks

Frances Marcella Hicks has achieved the honor of being listed in "Who's Who Among Students in American Universities and Colleges." She attends Winston-Salem State University where she is a member of the Alpha Kappa Alpha sorority.

Miss Hicks, who graduated from Morehead High School at Eden, plans to be an elementary school teacher. She also plans to go on to graduate school to study for a master's degree in history.

She is a former employee of the Blanket Mill where she worked as a magazine filler. She is the daughter of Mr. and Mrs. Nathan Hicks of 211 New Street, Eden. Mr. Hicks is a scales operator at the Blanket Warehouse.



C. W. GALLAHER, III

### C. W. Gallaher, III, Is Given New Position

C. W. Gallaher, III, has been appointed manager-Eden and Domestic Computer Center, effective January 1971. He replaces W. H. Barbour who will resume full-time duties as manager of Fieldale Information Services.

Mr. Gallaher joined Fieldcrest in September, 1966, as a supervisor in the Karastan Data Processing Department. From February, 1968, until August, 1969, he worked as a systems analyst in the Data Processing Department at Fieldale and from August, 1969, until his latest appointment he was a systems analyst in the General Offices Data Processing Department.

He is a native of Eden and holds a degree in business administration from East Carolina University.

### Speaker Discusses Careers In Textiles

"Because it's old, some people think it's out of date. Nothing could be furthered from the truth."

These were the words with which Thomas Ingram, executive vice president of the North Carolina Textile Manufacturers Association, Charlotte, opened his remarks as he addressed a group of young people at Chase High School, Forest City.

#### "Wonderful Story To Tell"

Mr. Ingram commented that the textile industry has a wonderful story to tell, but has been reluctant to tell it. "But we're slowly getting around to telling it," he said.

The speaker pointed out that were it not for textiles, America's men could never have set foot on the moon. It was the textile industry that contributed the astronauts' clothing, much of which had to be designed in the research labs of textile industries.

He stressed the medical field as an area where textiles have contributed greatly, citing the artificial artery that was designed by industry for the medical field.

On foreign imports, Mr. Ingram said that this problem is of grave concern to all textile manufacturers. He added that the United States textile manufacturers cannot make a yard of cloth as cheaply as Japan can make it, ship it and sell it for a tremendous profit.

#### Careers In Many Fields

The textile industry offers a place for careers such as mechanics, electricians, plumbers, carpenters, sheet metal men, clerical people, nurses, engineers, air conditioning experts, computer operators, drivers, and just about every field.

"There's a need for young people in this industry," he said. "And there are opportunities unlimited there for you."