

Needy North Carolina Families Receive Anonymous Gift Of Socks

Many needy citizens will receive an early Christmas present thanks to the generosity of an anonymous North Carolina textile manufacturer.

Close to 150,000 pairs of socks, in a variety of sizes, shapes, and colors, have been donated to the state by a North Carolina manufacturing company, state Secretary of Human Resources Dr. Sarah T. Morrow said.

Distribution of the socks will be

a co-operative effort between the Department of Community Colleges and the Department of Human Resources, as well as many charitable and public service agencies across the state.

"Christmas will be a little brighter this year for many of our less fortunate citizens because of this very generous gift," Morrow said. "I greatly appreciate the helping hand extended by Presi-

dent Bob Scott of the Department of Community Colleges, and the willing assistance offered by Johnston Technical Institute, John Umstead Hospital, our county departments of social services, and many public service agencies and volunteers throughout the state."

"This is an excellent example of state government and private industry working together to help people."

Morrow said the socks are currently being stored at John Umstead Hospital in Butner. As part of their therapy, the patients at the facility sorted and boxed the footwear.

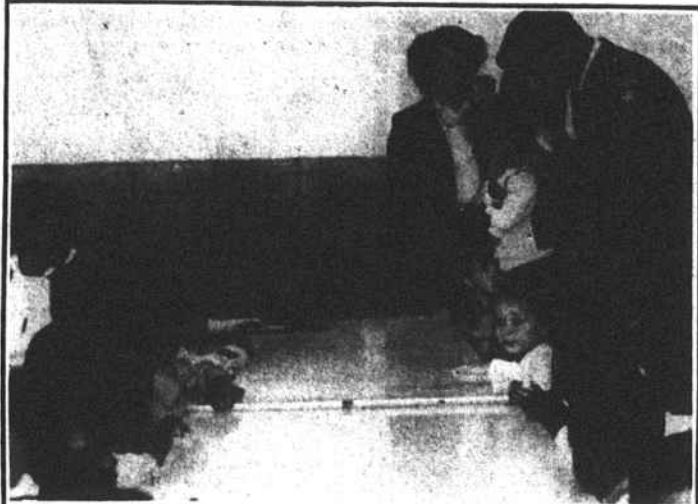
Johnston Technical College in Smithfield will help in transporting the socks to counties across the state. College President Dr. John Tart said that instructors and students in the truck driver train-

ing course will provide the manpower, utilizing the college's fleet of 10 eighteen-wheel tractor trailer rigs. This internationally recognized job training curriculum is the oldest program of its kind in the United States, and the only one in the nation recognized by the American Truckers Association.

Morrow said county departments of social services along with public service and community agencies now are being contacted

and given the opportunity to help out in the sock giveaway effort. So far, 27 county social services departments and 20 public service agencies have agreed to participate in the program she said.

All of the footwear is expected to be distributed no later than December 20, but the exact date and time will be determined on a local basis. The socks will be given to the needy on a first come, first served basis.



Helping hand

A member of the 82nd Airborne Division gives one of the 72 Hoke County Headstart children a helping hand as they prepare for a Christmas party sponsored by the 82nd Corp. The children and their parents were served hot dogs, cookies and candy during the event. Following the food treats, Santa Claus arrived bringing presents for the children.

Social Security Benefits Hiked

The Social Security checks delivered January 3 will include a 3 1/2% automatic cost-of-living benefit increase, Jerry C. Kizzort Social Security district manager in Fayetteville, said recently.

The automatic increase, formerly made in July checks, was delayed for 6 months by 1983 legislation designed to strengthen the Social Security system.

Social Security and supplemental security income (SSI) payments are increased automatically when the cost of living increases 3% or more from one year to the next, Kizzort said.

Future increases will also be made in January checks.

Examples of the new benefit rates include:

- The maximum monthly pay-

ment to a worker age 65 in 1983 will increase from \$709 to \$734.

- The average monthly benefit for a retired worker will increase from \$411 to \$425.

- The average monthly benefit for a retired couple will increase from \$709 to \$733.

- The average monthly benefit for an aged widow or widower will increase from \$380 to \$393.

- The average monthly benefit for a disabled worker, wife, and children will increase from \$835 to \$864.

More information about Social Security benefit rates can be obtained at the Fayetteville Social Security office, located at 111 Lamon St.

The telephone number is 486-2685.

Mysterious Gallstones Can Baffle Physicians

You are stricken with severe pain under the right ribs, accompanied by fever, chills, nausea and vomiting -- often radiating to the right shoulder blade. You may be a candidate for the most frequently performed operation in the United States -- removal of the gall bladder.

About 16 million Americans have gallstones with 800,000 new cases reported each year.

The gall bladder is a little pear-shaped sac tucked halfway under the liver that holds about four teaspoons of bile.

Bile is formed by the liver and has several complex jobs to do in digesting fats. It is composed of chemical salts, coloring matter from the liver, a waxy crystalline material called cholesterol and an oily substance called lecithin.

Bile acids act as a detergent, absorbing the fats from the intestine -- kind of like a laundry detergent "soaking off grease."

The liver makes bile continuously and the gall bladder stores it between meals.

The gall bladder concentrates bile by absorbing some of the water it contains.

When food enters the duodenum, a short section of the small intestine situated just below the stomach, it sets off a chain of chemical impulses that cause the gall bladder to contract and squeeze the concentrated bile into the ducts leading to the duodenum.

According to Dr. Leslie Sweeney, a Raleigh family physician, infections of the gall bladder sometimes interfere with the function of concentrating bile and result in deposits of crystals, or the formation of gallstones. He said the infection can be carried by the blood from some other infection in the body to the gall bladder, or an infection that comes up through the common bile duct from the intestinal tract.

While some sufferers believe the agonies of their gall bladder at-

tacks come after a meal high in fats, diet does not seem to play any great part in the formation of stones.

Even though the highest rate of gallstone disease is found in overweight women who have borne children and are past the age of 40, neither overweight nor child bearing appear a likely cause.

The family physician pointed out that it is possible to live with it -- investigation has shown about 25% of people with gallstones do. He explained that when a lot of small stones are present, you are faced with the possibility of one going down to the common bile duct that leads from the gall bladder.

If it gets caught and obstructs the duct and if there is infection behind it, chances are the victims will get very sick. Once the gall bladder is removed, the bile drains continuously into the bowel. Some people have so-called silent gallstones, which float freely in the gall bladder and cause no symptoms.

Strangely enough, the gall bladder is a totally unnecessary organ. People whose gall bladders have been removed very seldom show any ill effects. Some animals with digestive systems much like the human do not have gall bladders at all.

In recent years, researchers have come up with a drug that dissolves gallstones -- not in all patients but in some. While this treatment method holds promise, it is still in the experimental stage. Otherwise, surgical removal of the gall bladder cures 85% or more cases of the disease.

Some surgeons will operate during an acute attack, while others may prefer to wait until the inflammation has gone down some. It may seem strange to some that even though the attack has passed and you feel well again, the physician will still advise surgery.

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Prices Good At All Family Dollar Stores Through This Weekend While Quantities Last. Quantities Limited On Some Merchandise. No Sales To Dealers.

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