



Service Anniversaries

5 Years

Wanda B. Cape	IBM
Larry Lewis	No. 2
Russell Iusti	Lydia
Martha McCoig	Lydia
Ladon Templeton	Lydia
Shirley Barlow	Lydia
John C. Faulkner	Bailey
Robert Simpson	Bailey
Harvey Richard	No. 1
Deidra Gambrell	Lydia
James H. Cowart	Geneva
Donald Leavins	Geneva
Mary Boutwell	Geneva
Jeanette Covington	Geneva
Lee Creel	Geneva
Eula Pickron	Geneva
Mary Mathis	Geneva
Judy Vann	Geneva
Clyde Holder	Geneva
V.J. Aughtman	Geneva
Mary Austin	Geneva
Marcus Johnson	Geneva
Eula Hollan	Geneva
James Ward	Geneva
Glenn Miller	Geneva
Lucille Thomas	Geneva

10 Years

Norman K. Craven	Office
Dianne Gossett	No. 2
Richard Young	No. 2
Lawrence A. Gross	Lydia
Joe Turner	Lydia
Floree Franklin	Bailey
Willie Hill	No. 2
Lumas Rice	No. 2

15 Years

Betty Brewington	No. 1
Luke Smith	No. 1
Willie Robinson	No. 2
Larry Smith	No. 2
Martha S. Gregory	Lydia

20 Years

Barry Whitman	Technical
Dick Swetenburg	Officer

30 Years

Fred McC Carson	No. 2
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35 Years

Billy Heaton	No. 2
Frank Birchmore	Lydia

40 Years

James Werts	Supply
Nellie Moore	No. 2

Hypertension Should Be Treated

It has been estimated that about 17 million people in America suffer from hypertension (high blood pressure). Out of these 17 million, about 10.5 million people have developed hypertension heart disease from having gone for years without medical treatment for their high blood pressure.

High blood pressure is not just a disease of old people or middle age people. It is also a disease of young people.

A person is said to have high blood pressure when the systolic (top number) is constantly over 160 and the diastolic (bottom number) is over 90.

The elevation of the diastolic pressure is of greater importance, because this indicates the pressure exerted on the artery walls by the circulating blood, exclusive of the

additional pressure cause by the contraction of the left ventricle of the heart. In other words, this puts an extra load on the left side of the heart, causing that part of the heart to enlarge in order to pump circulating blood back out to the rest of the body.

After many years of excessively high blood pressure, the heart gets overworked. After the left side enlarges, the blood will begin to back up, causing extra fluid to collect in the lungs — known to most of you as "heart dropsy." In medical terms, it's called congestive heart failure.

High blood pressure can lead to strokes; and as many of you have seen, strokes can lead to permanent crippling or even death.

There are two kinds of hypertension:

1. **ESSENTIAL**— This is the name given for high blood pressure when the cause cannot be found.

2. **MALIGNANT**— This means high blood pressure that is severe and progresses rapidly, causing heart, eye, kidney and brain damage, usually irreversible.

If you feel you may have high blood pressure be sure to see your plant nurse or doctor and get it checked out. Meanwhile, watch that diet, and leave the salt shaker hidden away in the cupboard.

Help Control Medical Costs

Survey after survey after survey on increases in the cost of living shows medical-hospital expenses as a major culprit. Monotonous, yes, but still painful.

There are ways individuals can reduce both their direct medical expenses and, ultimately, the cost of health insurance.

At first glance it looks impossible. As government reduces outlays for treating Medicare and Medicaid patients, private patients pay more to make up the shortfall. On top of that, we all want the very best in medical care — and that means expensive equipment, sophisticated techniques, lab tests, and diagnostic procedures. Finally, inflation is driving up medical costs along with every other expense.

One big mistake many people make is to accept the high cost of medical treatment without complaint because their group insurance pays for most of it. The truth is that our insurance costs go along with the cost of treatment.

If everyone could become knowledgeable health care consumers, medical/hospital costs would be lower and employees would not have to raise the cost of group insurance or reduce benefits as often. Maybe we can't get the average \$2,120 cost of a hospital stay back down to the \$670 of 1971, but we can at least slow down the upward spiral.



Tiffany McGowan celebrated her first birthday on December 1. She is the granddaughter of Mr. and Mrs. Eugene McGowan. Eugene is a Plant No. 1 Weaving employee.

When buying textiles and apparel....

Let's Ask For It



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It means jobs for Americans.

It means the future of our country.



Did you see...

Bob Wilkie and his crew attempting to find right size Christmas tree for outdoor displays... Ezekiel Johnson trying to find a lost end on the Lydia slasher...

Martha Prather double checking the yardage for a roll of Plant No. 2 cloth... Homer Lawson deciding which part to replace on an X-3 loom...

Truman Owens explaining the various aspects of the Company's group insurance plan to an interested employee... Furman Humphries and other departmental superintendents passing out Christmas savings checks to thrifty employee savers...

D.C. Whitman, Johnny Rushton, and Claude Ward checking the Clinton Christmas tree to be certain its decorations are properly installed...

George Grant explaining to an interested weaver the operations of a Sulzer loom... Jim Switzer hurrying to a Chamber of Commerce

board meeting...

George Cato trying to determine the exact thickness of a piece of sheet metal... Larry Smith explaining to a weaving service operator the new ear plugs which the company has to offer...

Peggy Hunter attempting to do the best job possible as a spooler operator... Lydia spinning employees lining up to use the new microwave oven recently installed in the plant's canteen...

Sam Williams wishing his Plant No. 1 employees a happy holiday season... Barry Hooks reading a recent article in "Textile World" about the Geneva No. 1 slashing operations...

A Geneva card operator explaining to Bob Allen the proper work procedures to prevent on the job accidents... numerous employees complimenting their Assistant Department Superintendent on the half-gallon thermos container they had received for working 225 days without a lost time accident.