



NEWS

Vol. 2 - No. 2

Chatham Manufacturing and Northern Chatham Bedding, Elkin, North Carolina 28621

February 12, 1990

Help Your Heart

American Heart Association 

February is Heart Month

For American Heart Association volunteers, February means more than giving bouquets of flowers and receiving boxes of chocolates. It's a month of raising funds, distributing information and conducting programs about the risks of heart disease.

Traditionally the busiest time of the year for the AHA, Heart Month is set aside to increase the public's awareness of heart disease and AHA's efforts to reduce cardiovascular-related deaths.

Since 1964, the federal government has proclaimed February American Heart Month. In designating February as Heart Month, President George Bush said, "The Federal Government supports a wide array of cardiovascular research projects and encourages all Americans to reduce the risks of heart disease by maintaining good health habits."

Similar proclamations will be issued locally across North Carolina as AHA volunteers join together to put an end to the state's number one killer by raising funds for research.

The Oat Bran Craze

The oat bran craze is on. And with it comes the inevitable question - does oat bran help reduce cholesterol in the bloodstream and therefore reduce the risk of heart disease?

Recent news stories and advertising messages have publicized the advantages of including oat bran fiber in a daily diet. But, according to the American Heart Association, the evidence that fibers such as oat bran lower blood cholesterol is limited.

An increased level of cholesterol is a major risk factor for the development of diseases of the heart and blood vessels. Cholesterol is a soft, fat-like substance found among the fats in the bloodstream. As cholesterol builds up on the inner lining of blood vessels, those vessels can narrow and even close, keeping oxygen-carrying blood from getting to the heart. The result can be severe chest pain and eventually heart attack.

Oat bran fiber is the ground inner husk of the oat grain. It is found separately as well as within oatmeal, which is the ground product of the whole grain. Oat bran and oatmeal are included in many cereals, breads and muffins. Dietary fiber such as oat bran is not digested in the human gastrointestinal tract.

Recent reports suggest that a soluble fiber in the diet can contribute to reducing blood

cholesterol. These reports suggest that fiber found in oats, legumes and fruit may bind bile acids in the intestine, preventing their re-absorption and cholesterol and fat absorption. The result, according to the hypothesis, can be reduced cholesterol.

However, the American Heart Association stresses that evidence that these fibers, including oat bran, help lower cholesterol is limited. In fact, it could take as much as 15 to 25 grams of fiber per day to even slightly lower blood cholesterol levels.

Instead of relying on the effects of oat bran to lower your cholesterol, the AHA recommends that every healthy American over the age of two follow a prudent lifestyle and eat a balanced diet consisting of a variety of foods, including grains and breads, vegetables and fruit, low-fat dairy products and lean meats, poultry and fish.

The AHA also says that the best way to reduce your total blood cholesterol level is to reduce the amount and type of fat and dietary cholesterol. Reduce total fat to less than 30 percent of calories and saturated fat to less than 10 percent. Most Americans get about 37 percent of their calories from fat.

For more information on the AHA's dietary recommendations, contact your local office of the American Heart Association.

Safety Is Everybody's Business

Presenting: The World's Greatest Safety Device

It's in place and ready to use, the world's greatest safety device. The designer was so shrewd he created it so its uses are almost infinite.

The human brain is the greatest device of all time. With its big feature, common sense, and combined with a big selling point called awareness, it can help to keep you safe at work, on the road, or anywhere else.

All you have to do is use it. Think.

Many people plunge right into a job without giving it a thought. Especially if they have done this particular job many times before, they hardly pause to check for unusual circumstances. They may not think at all before turning on a switch.

They turn on the equipment, but fail to turn up their brains to thinking level.

The great safety device also works for drivers on the road and for people who are working at home.

Safety is a part of every job, no matter what it is. Think about your own safety first. Be selfish. Get the world's greatest safety device going before you start.

*YOU MAY NOT ALWAYS
be LUCKY!*



Follow SAFETY RULES

Volunteer.



American Heart
Association



R · E · C · I · P · E · S



American Heart Association

Joe's Lasagna (with Just a Touch of Irish!)

Everybody's Irish on St. Patrick's Day! So give your family a new twist of Irish-Italian food. (This Irish is in the spinach!)

- | | |
|---|---|
| 1 lb. lean ground beef or veal | 1 10-ounce package frozen spinach, chopped, thawed and well-drained |
| ¼ cup minced onion | 8 oz. low-fat cottage cheese |
| 3 cups tomato sauce | 4 oz. skim milk mozzarella grated cheese |
| 1 tsp. basil | ½ lb. lasagna noodles (whole wheat, soy, or your favorite kind) |
| 1 tsp. chopped parsley | |
| ½ tsp. oregano | |
| ¼ tsp. garlic powder or 1 clove garlic, minced | |
| Freshly ground black pepper | |
| 1 4-ounce can chopped mushrooms or ½ cup sliced fresh mushrooms | |

In medium-size, non-stick skillet, sauté ground meat and onion until onion is tender, and meat browned. Do not add fat or oil to skillet. Add tomato sauce, basil, parsley, oregano, garlic, pepper and mushrooms to ground-meat mixture. Combine well-drained spinach with cottage cheese.

Cook ½ pound noodles in boiling water until tender, and drain. Lightly oil an 8x13-inch baking dish. Arrange in layers, beginning with half of the noodles on the bottom. Spread a layer of the spinach mixture, then the meat mixture, then some grated mozzarella cheese. Repeat layers ending with cheese on top.

Bake in 375° F. oven for 15 to 20 minutes, or until hot and bubbly. Makes 6 servings.

This Help Your Heart Recipe is from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1979, 1984 by the American Heart Association Inc. Published by David McKay Company Inc. (a Random House Inc. company), New York.

Joe's Lasagna

Nutritional Analysis per Serving

413	Calories	98 mg	Cholesterol
34.2 g	Protein	37.4 g	Carbohydrates
14.3 g	Total Fat	253 mg	Calcium
6 g	Saturated Fat	860 mg	Potassium
1.3 g	Polyunsaturated Fat	428 mg	Sodium
5.1 g	Monounsaturated Fat		



R · E · C · I · P · E · S



American Heart Association

Sloppy Joes

Score a touchdown with football lovers and serve these delicious Sloppy Joes! Even the heartiest appetites will be satisfied with this low-fat, low-sodium and low-calorie version of one of America's favorites.

- | | |
|--|--|
| 1 8-ounce can no-salt-added tomato sauce | ¼ tsp. freshly grated orange peel |
| ½ cup ketchup | Pinch ground cloves |
| 1½ tbsp. Worcestershire sauce | Hot pepper sauce to taste |
| 1 tsp. prepared yellow mustard | 1 lb. very lean ground sirloin |
| ½ tsp. dry mustard | ½ small onion, finely chopped |
| 1 tsp. molasses | 6 whole-wheat hamburger buns, toasted if desired |
| 1 clove garlic, finely minced | |

In a saucepan over low heat, combine first ten ingredients. Mix well and simmer while preparing meat.

Next, heat a heavy, non-stick skillet at least 10 inches in diameter, over medium-high heat. Add ground beef and sauté, stirring occasionally, 4 to 5 minutes, or until meat is no longer pink. Pour contents of pan into a strainer or colander lined with paper towels. Allow fat to drain out.

Add onion to pan and sauté, stirring frequently, about 5 minutes, or until translucent. Return meat to pan and add sauce. Heat 3 minutes, stirring occasionally. Add additional hot pepper sauce, if desired. Spoon ½ cup mixture over each bun. Serve immediately.

The sauce and meat mixture freezes well.

This Help Your Heart Recipe is from the American Heart Association Low-Fat, Low-Cholesterol Cookbook. Copyright 1989 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

Sloppy Joes

Nutritional Analysis per Serving

278	Calories	55 mg	Cholesterol
21.6 g	Protein	27.2 g	Carbohydrates
9.8 g	Total Fat	59 mg	Calcium
3.5 g	Saturated Fat	537 mg	Potassium
.8 g	Polyunsaturated Fat	516 mg	Sodium
4.1 g	Monounsaturated Fat		

One in three adult Americans has high blood pressure, according to the American Heart Association.

Americans consume 20 to 25 times more sodium than they need, and sodium can contribute to high blood pressure in sensitive individuals says the A.H.A.

Think heart disease only affects the elderly? Think again. Each year about 180,000 Americans under age 65 die of cardiovascular diseases, according to the American Heart Association.

More than 57 percent of adult Americans have blood cholesterol levels above 200 milligrams per deciliter, a level at which the risk of coronary heart disease begins to rise sharply, says the A.H.A.

C-NC NEWS

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Davina Sprinkle, Editor

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Mr. Groundhog
peeked out
and saw the
sun on February 2



Then
and Now
Guess
Who

This little girl now works in the Sample Department.

(Answer on Page Eleven)

Personnel Changes



Bill Milan



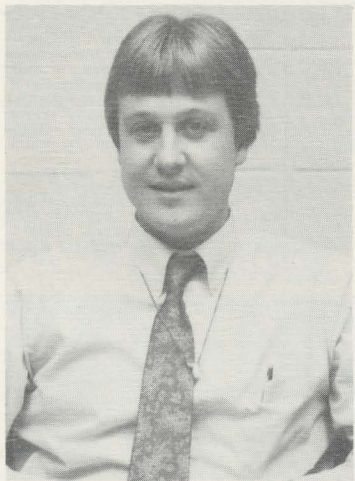
Dennis Haynes



Gary Sebastian



Rick Snow



Jim Edmonds

Bill Milan is currently the Superintendent of Fiber Processing and Yarn Manufacturing. Upon the retirement of Bill Boles later this year, Bill Milan will be moving from his present position to Superintendent of Preparation and Fabrication.

Bill Milan came to work at Chatham in 1971. He worked in the Cloth Department for almost a year and then moved to Industrial Engineering. He was Department Head of the Carding/Spinning and the Weave. Bill was over the Weave Department for three years before becoming Superintendent of Fiber Processing in March, 1989.

Bill enjoys playing golf and spending time with his family. Bill and his wife Terry have two daughters, Joy and Lori. Joy is in the seventh grade at North Elkin School, and Lori is in the third grade at Elkin Primary School.

Dennis Haynes has been the Industrial Engineering Manager since 1979. He came to Chatham nine years earlier as an Industrial Engineer. Dennis is a graduate of North Carolina State University with a degree in Engineering and Operations. He will become the new Superintendent of Fiber Processing and Yarn Manufacturing.

Dennis and his wife Mary have two daughters that keep them very busy. Melissa is a junior at Elkin High School and a member of the tennis team. Kimberly is in the eighth grade at Elkin High School and plays basketball on the 7th/8th grade team. Both girls are also in the Elkin High School Band. Dennis and Mary work with the Band Parents, and Dennis has served as Band Treasurer for three years. Mary is also the Secretary for Elkin Valley Baptist Church.

Moving to Head of Industrial Engineering will be Gary Sebastian. Gary is presently the Department Head of Yarn Manufacturing. He came to work at Chatham in 1967. Gary has a Technical Degree from Catawba College.

Gary started in the Technical Department. From there he moved to Industrial Engineering in 1973. He was assigned to Quality Control and Knitting before becoming the Department Head of Yarn Manufacturing four years ago.

Gary and his wife Mavis live in Boonville. They have two children, Anthony and Scott. Gary also enjoys playing golf in his leisure time.

Rick Snow is now the Department Head of Yarn Finishing at the Boonville Plant. He is a graduate of Appalachian State University. He will be the new Department Head of Yarn Manufacturing.

Rick came to Chatham in 1976 as a supervisor in the Worsted Department. He was the Departmental Supervisor in the Dye House for ten years before moving to Yarn Finishing.

Rick and his wife Kay live in Dobson. They have two children, Adrienne and Angie. They attend Salem Baptist Church in Dobson. Rick is the son of Trenton Snow who is the Department Head in the Cloth.

Jim Edmonds graduated from North Carolina State University in December, 1987. He has a degree in Textile Science. Jim came to work at Chatham in January, 1988, as an Industrial Engineer.

In September, 1988, Jim became the Departmental Supervisor in the Open End Spinning. Jim will remain over the Open End Spinning and will also become the Department Head of the Yarn Finishing.

Jim is originally from Greensboro, NC. He enjoys playing golf and watching NC State basketball.

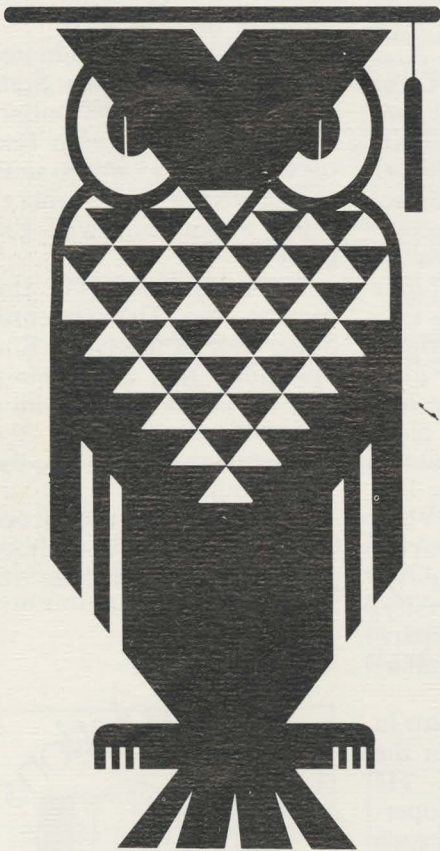


On the Move



THE FUTURE IS YOURS...

New education features for U.S. Savings Bonds can benefit adults as well as children. If you have plans for future education for yourself or your spouse, ask your canvasser about possible tax benefits on U.S. Savings Bonds purchased after January 1, 1990.



U.S. SAVINGS BONDS

THE GREAT AMERICAN INVESTMENT

Building Education and Retirement Funds Through Savings Bonds

Sending your children to the college of their choice and giving yourself the secure, active retirement you deserve can be more than just a dream. The payroll savings plan can make them a reality. Significant tax savings are available with the purchase of US Savings Bonds.

For a young child start by getting a Social Security Number and then start buying Bonds in his or her name alone with yourself as the beneficiary (not co-owner). The Tax Reform Act of 1986 provides a special standard deduction for interest earnings up to \$500 by a child under 14. Interest earnings over \$1,000 are taxed at the parents' rate, and for the child 14 or older all income is taxed at the child's rate. Used properly Bonds will reduce your tax liability.

Start saving now and after retirement Bonds can be cashed to supplement other retirement income. By reporting the tax-deferred interest as income while being in a lower tax bracket, you'll have more of the money you've saved to enjoy.

Different types of registration and different denominations of Bonds exist for people to choose from. Bonds cost one-half of the face value. Also as registered obligations of the United States, Savings Bonds are as safe as any security can be. Principal and credit are backed by the full faith and credit of the United States. If your Bonds are lost or stolen, you can apply for free replacement.

The new Education Savings Bond Program permits qualified taxpayers to exclude from their gross income all or a portion of the interest earned on eligible Series EE Savings Bonds issued after 12/31/89. To qualify for this exclusion, the bond proceeds (principal and interest) must be used to pay tuition and expenses of the taxpayer, the taxpayer's spouse, or the taxpayer's dependent at certain educational institutions.

The new educational benefit is straightforward, but there are restrictions. To qualify for the interest exclusion, the Bonds must be issued to individuals who are at least 24 years old. If the Bonds are intended to benefit dependent children, they must be issued in either one parent's name or both parents' names. The Bonds cannot be issued in the name of a child. The Bonds must be redeemed in a year the Bond owner pays qualified educational expenses, which are tuition and fees, to an eligible educational institution. Room and board are not qualified educational expenses. Eligible educational institutions include colleges, universities, technical institutes, and vocational schools.

There are also income limitations on those eligible to participate in the program. The Education Savings Bond Program was authorized by the Technical and Miscellaneous Revenue Act of 1988. The Series EE Savings Bonds, widely available over-the-counter and through payroll savings plans, will be used for the program.

To enroll in the Payroll Savings Plan contact Saborah Robinson at Ext. #373 or come to the Credit Association for more information on purchasing Savings Bonds.

Benefits of EAP

This is the second article in a series on Employee Assistance Programs.

Why should you have an EAP? What are its benefits? What are its features? Below are features and benefits of an EAP for employee, employer, and society.

For the employee

- Early identification of problems and increased chances of recovery.
- Comprehensive referral services for substance abuse, emotional problems, and other problems increases chances of facing the problem.
- Confidential counseling
- Cost-containment within the company reduces health care costs leaving more money for employee benefits and salaries.
- EAP intervention for employees and their families promotes overall family health.

For the employer

- Absentee reduction.
- Improvements in the quality of work.
- Reduced health care costs.
- Reduction in the number of accidents.
- Demonstration of employer commitment to employees improves morale.

For Society

- Identification and treatment of problems early reduces the cost and reaches problems before they get out of hand.

In general, EAP promotes healthier employees and families (for worker), more productive employees (for employer), and better citizens (for society).



CALL

Crossroads
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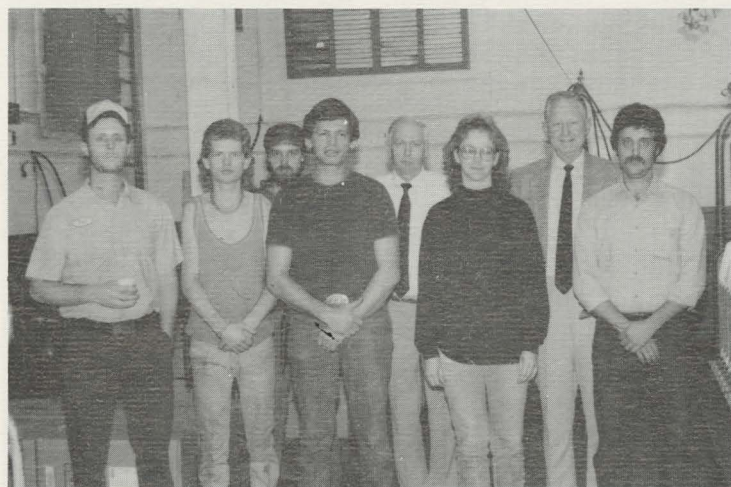
Safety Break



The A Shift employees of the Dye House enjoyed a safety break on January 25, 1990. They have worked 567 days without a lost time accident. A Shift Dye House: (seated l-r) **Landon Haynes, Steve Sizemore, Bill Calloway, Dean Holbrook**, Supervisor; (standing l-r) **Dennis Brindle**, Departmental Supervisor; **Henry Norman, Reggie Carter, Louise Billings, Sandra Long, Arvil Billings, Douglas Sebastian, Lonnie Harris, David Hayes, John Eldridge, John Jones, Ken Hon**, Superintendent; **Lois Suddreth, Tony Rose**. Not pictured - Roy Penley.



The B Shift employees of the Dye House enjoyed a safety break on January 25, 1990. They have worked 371 days without a lost time accident. B Shift Dye House: (front row) **Johnny Harris, Stephen King, Ken Hon**, Superintendent; (back row) **Dennis Brindle**, Departmental Supervisor; **Tony Richardson, Jonathan Moore, Roger Henry, Steve Sizemore, Warren Marshall, David Brown**, Supervisor.



The Blue Night Crew in the Extrusion Department enjoyed a safety break for 705 days without a lost time accident on Tuesday, February 6. Blue Night crew members: (first row) **Jeff Eldridge, Danny Goodwin, Ray Dake, Lori Bullard, James Wilmoth**, Supervisor; (second row) **Jeff Rachels, Cecil Ball**, Department Head; **Bill Boles**, Superintendent.

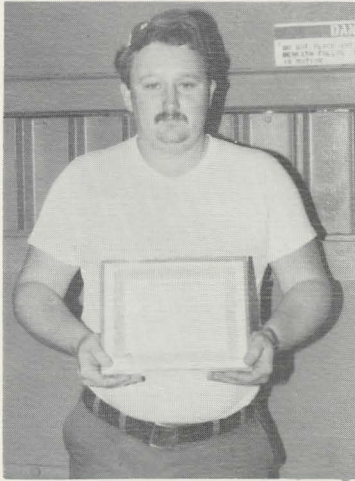


The Blue Day Crew in the Extrusion Department enjoyed a safety break for 492 days without a lost time accident on Tuesday, February 6. Blue Day crew members: (first row) **Lisa Parks, Lorene Southard, Ruby Wiles, Bill Boles**, Superintendent; (second row) **Phillip Flippin, Benny Adams, Dale Gentry, Donnie Martin**, Supervisor; **Cecil Ball**, Department Head.

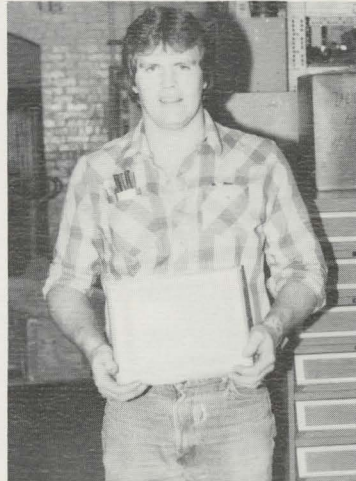


The B Shift employees of the Worsted Department enjoyed a safety break Tuesday, February 6. They have worked 452 days without a lost time accident. B Shift Worsted: (front row) **Bridget Brown, Tricia Finger, Michelle Triplett, Pam Trexler, Ann Sale, Lisa Cooper**; (back row) Safety Officer **Bob Gilliam, Tina McCraw, Mary Rogers**, Department Head **Cecil Ball**, Superintendent **Bill Boles, Ricky Holbrook**, Supervisor **Richard Hall**. Not pictured: Rebecca Long, Shirley Harris.

Chatham-I Winners



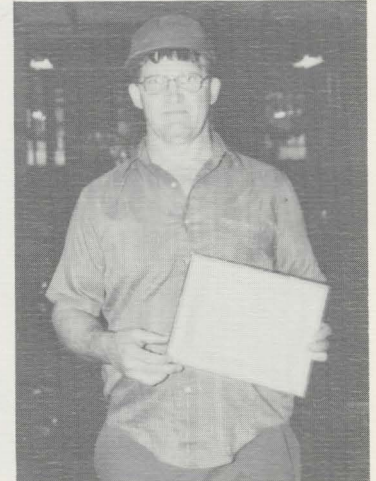
Dean Anderson was nominated for his award by his supervisor Jeff Darnell of Fiber Reclamation. Dean is a baler operator in the Fiber Reclamation and has been for one year. He has been a Chatham employee for two years and three months. Dean's wife is Angela. He likes to play the guitar and build model cars in his free time.



Barney Sullivan has been a Chatham employee for two years and four months. He has been in the Technical as the stock room shift attendant for three months. Barney enjoys playing golf and basketball when he's not working. Barney and his wife Ruby, who works in the Weave, have a son Brandon who is twenty-two months old. Barney was nominated for his award by his supervisor Sam Benton.



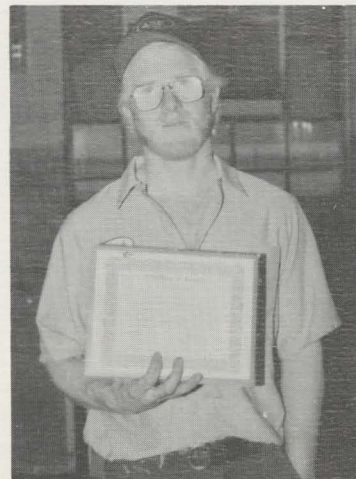
Helen Henley was nominated by her supervisor Tommy Wall. She has been an electronic transporter operator in the Wet Finish for nine months. She has been a Chatham employee for seventeen years. She has three children - Wendell, Tammie, and Stacy. She has one grandson. His name is Justin, and he is two years old. Helen likes to go to flea markets and collects antique ducks.



Rex Clonch has been a pad dye operator at the back for six months. He operated the front of the pad dye before moving to his current job. He has been a Chatham employee for twelve years. He was nominated by his supervisor Donal Smith in the Piece Dye. Rex enjoys playing softball and watching car races. Rex and his wife Mary have three children. They are Jody, Keith, and Jennifer.



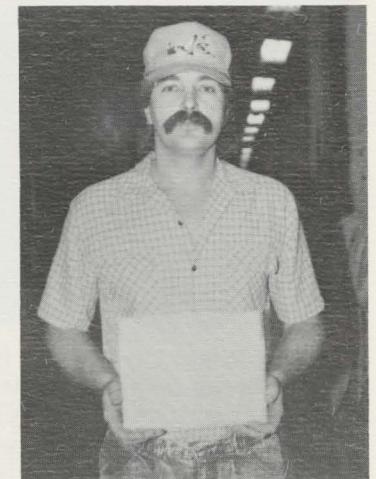
Linda White has been a Belmont Winder Operator in the Yarn Finishing for all but three months of her twenty-five years at Chatham. She was nominated for her award by her supervisor Ed Mitchell. Linda's husband Gray also works in the Yarn Finishing. They have two children. They are Ricky and Vickie. They also have two grandchildren - Brian and Jacob. Linda attends Union Cross Baptist Church. In her free time she enjoys gardening.



Mark Wood has been a card operator in the Carding for one year and a Chatham employee for one year and six months. He was nominated by his supervisor Phillip Lyles. Mark's brother Phillip Wood also works in the Carding. Mark enjoys car racing, working on cars, and is a volunteer fireman. He attends Liberty Knob Baptist Church where he is very active. He is on the Board of Trustees and serves on the grounds committee.

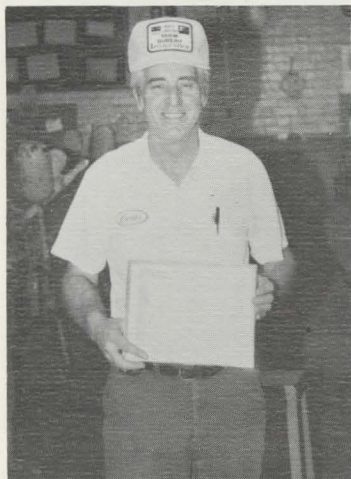


Ralph Collins was nominated by his supervisor Jerry Adams. He has been a filling hauler in the Weave Department for fifteen years and a Chatham employee for nineteen years and one month. His wife Iva Dean works in the Binding. Their son Danny works in Technical Maintenance. They have two grandchildren - Scott and Dan. Ralph likes to play golf in his spare time.

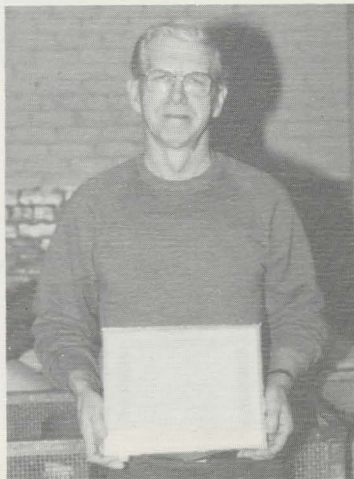


Scotty Johnson has been a card tender in the Carding Department for eight years. He has been a Chatham employee for twelve years. Scotty was nominated for his award by his supervisor Bobby Key. In his spare time Scotty enjoys hunting and fishing. He and his wife Dawn have two children. They are Chas, who is sixteen, and Nicole, who is nine. They attend Wilkes Faith Temple.

C-I Winners



Curtis Teague is the lead man in the Engineering Sheet Metal Shop. He has been at his current job for three years and six months and a Chatham employee for thirty-one years and five months. He was nominated by his supervisor Norman Garris. Curtis and his wife Jerry Ann (Spinning) have three children. They are Perry, Patricia, and Tracy. Tracy works in the Burling Department. Curtis enjoys woodwork, fishing, and collects arrowheads. He attends Mount Pleasant Baptist Church.



Dewey Cheek enjoys singing. He sings with a gospel group in his spare time. Dewey has been a high speed warper operator for twenty-three years and a Chatham employee for thirty-three years. Dewey and his wife Hazel have two children, Randy who works in the Knitting and Sylvia. They also have three grandchildren. Dewey attends Pleasant View Baptist Church. He was nominated by his supervisor Gray Kimbrough.



Bridget Brown has been a jumbo twister operator in the Worsted Department and a Chatham employee for six years and four months. She was nominated by her supervisor Richard Hall. Bridget and her husband Newt have one son. His name is William and he is nine years old. She likes to ride horses and attends Mining Ridge Baptist Church.



Mary Baker has been a final inspector in the Cloth for one year and six months. She has been a Chatham employee for eleven years and seven months. She enjoys reading in her free time especially suspense novels. She was nominated by her supervisor Stephen Draughn. Mary's father Albert Baker is a Chatham retiree.

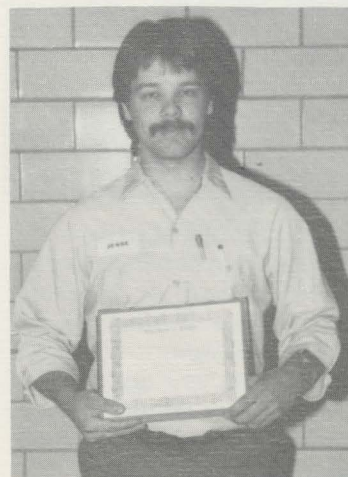
Northern Chatham C-I Winners



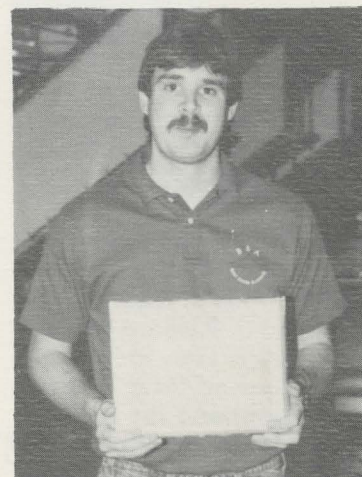
Bobby McBride has been doing lot get up in the Blending for eight years. He has been with Chatham for ten years. He was nominated by his supervisor R.P. Higgins. Bobby's wife Janie works in the Binding Department. He likes to go fishing and enjoys spending time with his son Nicholas who is two years and six months old.



Randel Fender works in the Engineering Pipe Shop. He has been a pipefitter for eight months and a Chatham employee for three years. Randel was nominated for his award by his supervisor Norman Garris. Randel likes to go hunting in his free time.



Jesse Maness was nominated by his supervisor David Royall. Jesse is a loom operator in the Fiberwoven. He has been at his current job for five months and a Chatham employee for three years. Jesse's wife is Pam. When not at work Jesse is busy going to school. He is studying electronics. Jesse is a member of Phi Theta Kappa which is an honor society for outstanding academic students.



Chris Campbell has been an automatic overlock operator in the Pillow Making Department for four months. He has been a Chatham employee for seven years. Chris and his wife Michelle have one child. His name is Theron, and he is four months old. In his free time Chris enjoys playing music. He plays the guitar and the mandolin. He attends Mineral Springs Baptist Church. Chris was nominated by his supervisor Dennis Burton.

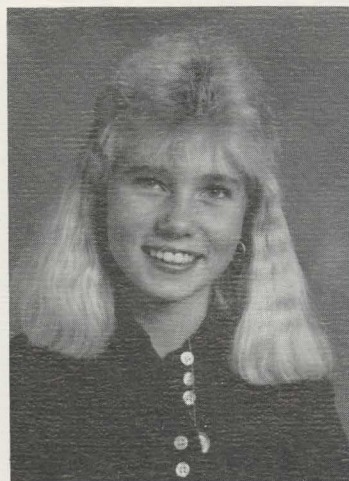
Let me tell you about...



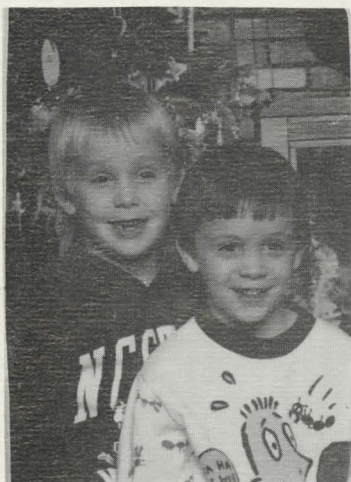
Kevin Gray Snow is the two year old son of Brenda Snow (Spinning). He is also the nephew of Cathy (Spinning) and Richard Billings (Carding).



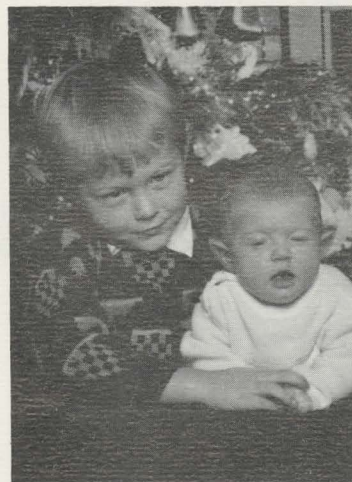
Emily Wong is the eight month old daughter of Delores and Johnny Wong. She is also the granddaughter of Maretha (Burling) and Porter Carter (retired).



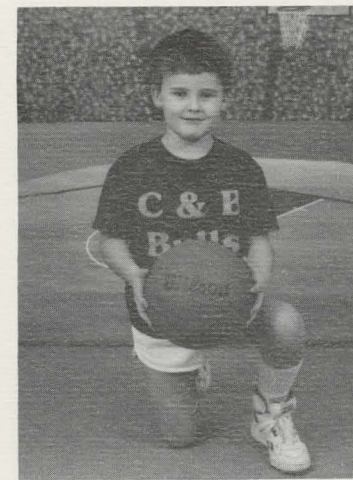
Heather and Rebekah White are the children of RexAnna (Industrial Engineering) and Ronny White. Heather is thirteen years old and Rebekah is six years old. Heather was chosen Junior Squadman of the Year for 1989 by the Elkin Rescue Squad. Rebekah is in the first grade at Elkin Primary School. They are the grandchildren of Artis White (Weave) and Agnes (Yarn Manufacturing) and Rex Hayes (retired).



Six year old **Matthew** and five year old **Timmy Billings** are the sons of Cathy (Spinning) and Richard Billings (Carding). They are also the grandsons of Mae Billings (Spinning) and the nephews of Brenda Snow (Spinning), Debbie Draughn (Spinning), and Sam Draughn (Piece Dye).



Four year old **Matthew** and three month old **Tabitha** are the children of Darlene (Worsted) and Allen Trexler (Yarn Finishing). They are also the nephew and niece of Danny Yeats (Butler Weave) and Sandra Jolley (Rest-warmer).



Jacob White and Brian Reece are the grandchildren of Gray and Linda White, both of Yarn Finishing. Jacob is the one year old son of Mr. and Mrs. Rick White. Brian is the seven year old son of Mr. and Mrs. Danny Reece.



Rebecca Southard is the daughter of Wayne and Karen Southard (Rest-warmer). She is also the granddaughter of Jerry (First Aid) and Roy Southard (LTD). Rebecca is three years old.

Ashley Michele Long is the fourteen month old daughter of Sandra (Dye House Lab) and Mitch Long (Weave). She is also the granddaughter of Mae Summers (Winding) and Wilda Long (Blanket Order Processing).





Four generations - Bertha Hudspeth (retired) holds her four month old great-grandson Tyler Sparks. Tyler is the son of Gregg (standing) and Joni Sparks. Bertha's daughter and Gregg's mother is Helen McGroarty (right). Tyler is also the great-grandson of Elmer (retired) and Flossie Sparks and the late S.C. Hudspeth. Gregg is also the son of the late Willie Sparks.



Patty and David Smith were married Saturday, December 23, 1989, at Shoaly Branch Baptist Church. Patty works in Yarn Finishing and David works in Yarn Manufacturing. Patty is the daughter of Brady (Technical) and Pearl Cox (Warp) and the sister of Barry Cox (Weave).



Four generations - Virgil Hodges (left) is sitting with his daughter Velda Collins. Velda is holding her two year old grandson and Virgil's great-grandson Christopher Dale Byerly. Christopher is the son of Roy (right) and Beverly Byerly. Roy and Beverly work in the Yarn Manufacturing.



Stephanie and Jennifer Swaim are the grandchildren of Joan Haynes (First Aid). Stephanie is sixteen and a sophomore at Starmount High School. Jennifer is seven and in the first grade at Jonesville Elementary School.



Club News

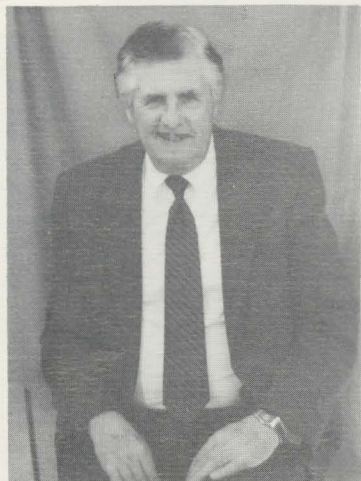
LHC Club #1

The Lucy Hanes Chatham Club #1 met Thursday, February 1, 1990, at the club house for their regular monthly meeting. After the business meeting and committee reports, members played several games of bingo. Program chairman Faye Macemore provided gifts for the bingo winners.

The Club approved a quilt raffle as the Ways and Means Committee Project for 1990. The quilt will be given away at the April, 1990 meeting.

All girls employed by Chatham Manufacturing Company and by Northern Chatham Bedding Co. are eligible for membership. Anyone interested in joining should contact a club member or Velma Darnell (Ext. #348) for more information.

Retiring



G.C. RICHARDSON

G.C. "Curly" Richardson is retiring from Chatham after forty-four years and seven months service. He has worked the entire time in the Burling Department. Curly was a supervisor for thirty-five years before leaving on

LTD a few months ago. Curly worked on all three shifts in the Burling Department.

Curly's wife is Cecelia. They have a son - Jason Paul. He is fifteen years old. Curly also has another son Dwayne and four grandchildren.

Curly plans to do a lot of hunting during his retirement. He has beagle dogs and enjoys hunting rabbits. Curly also attends Mount Pleasant Baptist Church.

"I appreciate what the company has done for me. I have never felt mistreated," says Curly. "I wish the company the best of luck."



Service Anniversary Dates

45 Years

Ernest M. Martin, Warp - February 10
Helen G. Garris, Wet Finish - February 23

40 Years

David J. Wade, Wet Finish - February 2

30 Years

P. Gray White, Yarn Finishing - February 8
M. Dean Woodring, Weave - February 12

25 Years

A. Ray Stanley, Engineering - February 3
Linda H. White, Yarn Finishing - February 10
Ignatius R. Niemiec, Technical - February 17

Retirements Effective February 1, 1990

Faye B. Adams, Fiber Reclamation, 1st shift; 16 years and 9 months
G.C. Richardson, Burling (LTD), 3rd shift; 44 years and 7 months

In Memoriam

AnnieBelle Blackburn

January 18
Sister of Billy R. Holbrook, Cloth.

Eva Mae McCann

January 18
Sister of Carl W. Sparks, retired.

Richard H. Vestal

January 19
Retired Employee
Brother of Aralee B. Vestal, retired.

Phill A. Taylor

January 19
Brother of Mary T. Andrews, retired.

Estelle R. Jolly

January 20
Retired Employee
Mother of Georgia Transou, LTD and Roseable J. Gentry, Warp.

Morris B. Bell

January 21
Retired Employee

Ruth H. Luffman

January 21
Mother of Myrtle Horne, Yarn Finishing; Iva Dean Collins, Binding; and Nancy L. Wiles, Restwarmer.

Jessie M. Byrd

January 21
Retired Employee
Father of Jerry T. Byrd, Engineering.

Hugh C. Steele

January 25
Retired Employee

Nancy C. Peele

January 26
Employee

Clay Combs

January 27
Retired Employee
Brother of Reola C. Cheek, retired.

Avery (Ted) Newman

January 28
Retired Employee
Husband of Zelma K. Newman, retired.

Roy A. Boose

January 30
Brother of Samuel A. Boose, retired.



Forty-Five Year Pin Awarded



Supervisor John Darnell stands beside James White of the Weave. James received his forty-five year pin January 5, 1990. Department Head Mickey Carter and Supervisor Glenn Darnell were also part of the presentation.

C-NC Trader

OTHER

Dependable lady with 3 years experience would like to do general house cleaning. References available. Call 366-2674 after 3:00 p.m. or leave message.

Will do grading, loader work, haul gravel and dirt. Call 874-2352.

WANTED: Zane Grey books to buy. Call 468-4985 after 4:00 p.m.

WANTED: Mobile home lot in Elkin area, reasonable price. Call 835-1369 after 8:00 p.m.

FOR RENT: Mobile home, 2-bedroom, East Spring Street, Elkin. Within walking distance of Chatham. \$195 per month. Call 835-7828.

FOR SALE

Basset hounds. Call 835-8769 or 835-6149.

Couch and chair. Good condition, multi-color - gold, rust, brown, black. \$150. Call 366-4459.

Six Chatham 1977 Centennial Knives. Make offer. Call 468-2762 daytime.

1977 Oldsmobile Cutlass 442, blue and white, new tires. Good condition. \$1,200. Call 367-5506.

1988 Grand AM Pontiac, new tires, AM/FM cassette, PS, PB, low mileage. No down payment, assume loan. Call 957-3378 after 4:30 p.m.

Then and Now Answer



Helen Myers works in the Sample Department. She has been a Chatham employee for thirty-one years and in the Sample for almost two years.

1984 Oakwood mobile home, 2-bedrooms, garden tub. Take over payments. Call 366-2210.

10-Channel Bearcat scanner, programmable. Call 874-2653 after 5:00 p.m.

General Electric VCR, 2½ years old. \$80. Call 874-2653 after 5:00 p.m.

Dryer. Call 835-4175.

1973 Vega. Rebuilt motor, good condition. \$350. Call 957-8880 after 3:00 p.m.

Quilts. Call 835-1853.

1980 Mercury Bobcat station wagon, burgundy, PS, PB, AC, AM/FM radio, 4-speed, cruise control. Good condition. \$500. Call 835-7923 after 5:00 p.m.

1969 Volkswagen van, 10,000 miles on motor. Good for parts. \$200. Call 526-2884 anytime before 3:30 p.m.

1977 Yamaha YZ-100 motorcycle, rebuilt motor and transmission. Good condition. Also, new helmet. Call 835-4387.

PSE bow with arrow, arrow rest, sights, quiver, silencer, peep sight, kiss button, stabilizer. \$125. Call 367-7181 after 4:30 p.m.

Hay, \$1 per bale. Also, some hay for \$.50 per bale. Call 984-3072 after 8:00 p.m.

Bridal gown with veil and slip, size 12. \$450. Call 874-2377.

Leather coat, burgundy, size 5-6. \$25. Like new. Call 874-2377.

Wedding dress, size 9. Call 957-3223 anytime.

Oil drum and stand, cultivator, manure spreader, trailer, and other farm machinery. Call 835-4960 anytime or leave message.

Fireplace Insert, like new. \$250. Call 526-1036.

1983 Ford Fairmont. One owner, four door, automatic, 6 cylinder, AC, cruise control, rear window defroster, AM/FM stereo, new tires, 74,000 miles, light blue. Call 835-5358.

Cake Decorating Supplies. Pans, Bags, Tips, Wedding supplies, catering dishes, table cloths, etc. Excellent condition, many new items. Will sell everything together or individually. Call 835-5358 after 6:00 p.m. Monday - Thursday or anytime Friday and Saturday.

Walton Rowbicer rowing machine. \$50. Call 874-2290.

1974 Comet GT. 6-cylinder, three speed. Make offer. Call 366-4348 anytime.

Firewood. All oak. \$25 a load. Delivered. Call 835-2620 after 5:00 p.m.

Pinball machine. Like new. \$45. Call 874-2276 after 5:00 p.m.

1986 Glasstream bass boat, 70 hp Evinrude, power trim, depth finder, trolling motor, two live wells, drive on trailer. Excellent condition. \$5,400. Call 679-7069.

Southern VP tear drop red light. Good condition. \$25. Call 835-1407 after 4:00 p.m.

Bedroom suite, solid pine with honey pine finish. Like new. \$700. Call 835-1369 after 8:00 p.m.

1982 Subaru 4x4. No rust, excellent condition. \$1500. Call 835-1469 anytime.

Stereo, Sound Creation. Two speakers, equalizer. Call 874-2532 anytime.

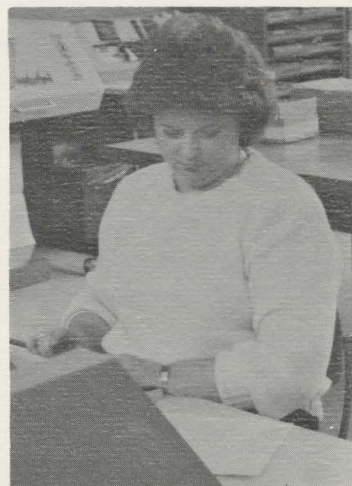
Warm morning wood or coal stove. Call 874-2532 anytime.

Mini-bike. 3-horse power engine. Call 874-2532 anytime.

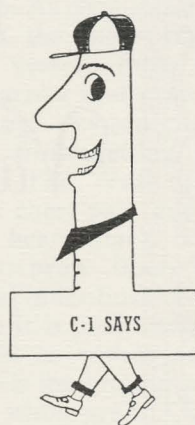
Beautiful building lot in Shamrock Acres. Paved street, new well at 40 gallons of water per minute. Good family neighborhood. Call 835-2194 or 835-1462 after 5:00 p.m.

This column is free to our employees and retirees and is for their use only. Ads are limited to 25 words each. Ads are not held over for another printing. Call #529 to list your items in the Chatham Trader.

The C-NC NEWS is published for...



employees and retirees like **Carolyn Luffman**. Carolyn works in Data Processing on second shift. She has been a Chatham employee for seventeen years.



*Chatham I
Quality work
makes
Quality products*



"I leave it this way because leaving it this way is a labor-saving device."

*Bloodmobile
Monday
February 12
11:00 a.m. -
3:00 p.m.*

Share-A-Joke

During last winter's violent snowstorms in the South, one Red Cross rescue team was carried by helicopter to within a mile of a mountain cabin all but covered by deep snow-drifts.

The rescuers struggled on foot through the deep drifts and finally arrived at the cabin, where they shoveled away enough snow to clear

the door. They knocked, and when their summons was answered by a mountaineer, one rescuer stepped up and said, "We're from the Red Cross."

"Well," said the mountaineer, scratching his head. "It's been a right tough winter and I don't see how we can give anything this year."



SAM'S WHOLESALE CLUB

DIVISION OF WAL-MART STORES, INC.

Chatham/Northern Chatham employees and retirees are now eligible for Group membership to Sam's Wholesale Club. The Group membership is at no cost to employees and retirees. Sam's Wholesale Club is a membership-only warehouse offering national brand name products to business owner-operators and selected group members. As a Group member you pay only 5% over the posted wholesale price of any merchandise. To become a member you must complete a membership application at Sam's Wholesale Club. You must present a valid employee identification such as the employee discount card or a payroll check stub. Applications are available at Sam's Wholesale Club in Winston-Salem, N.C.

Store Hours: Monday-Friday 12 noon - 8:30 p.m.
Saturday 9:30 a.m. - 7:00 p.m.
Sunday 12 noon - 6:00 p.m.

Chatham Cookbooks are still available in the Personnel Office



Chatham Manufacturing Company
Elkin, North Carolina 28621

Address

Correction

Requested

BULK RATE

PERMIT NO. 4

U.S. POSTAGE

PAID

ELKIN, N.C.

TO:

MR JUNIOR L KEY
ROUTE 2 BOX 19
RONDA N C 28670