



Apparel Fabrics - Automotive Materials - Bedding
Contract and Residential Fabrics - Industrial Fabrics - Yarns

BLANKETEER

Vol. 54, No. 3

Chatham Manufacturing Company, Elkin, North Carolina 28621

September 12, 1988



1988-89 C-I Company Team

First row - Linda Wood, Jeff Eldridge, Mary Cockerham, Jimmy Welborn, David Crouse. Second row - Sammie Cearley, Don Bell, Mackie Sue Anderson, Jimmy Tilley, Robert Hall. Third row - Betty Jo Jolley, James Pardue, Norlan Holcomb, Walter Welborn.

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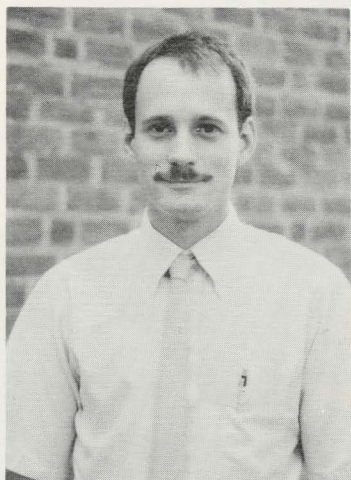
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Promotion



Tim Pittman

Tim Pittman has begun taking over duties as Department Head of the Burling Department. He came to work at Chatham in January of this year. During that time, Tim was assigned to the Industrial Engineering Department where he has worked on several projects for the Burling Department.

Tim is a North Carolina State graduate. He and his wife, Kathy, live in Jonesville. Kathy works for First Citizens Bank in Boonville.

As a member of the T.C.U. Club, Tim is active in many Chatham special events. He also plays in our softball league for the Engineering Team. Tim's hobbies are hunting and fishing.

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

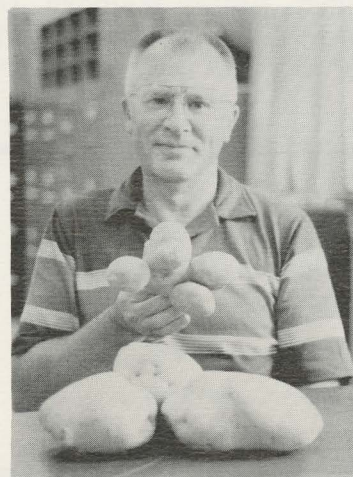
-Chinese Proverb



Coworkers in the Blanket Order Processing Department helped **Ann Woodruff** get off to a great start in her new role as a grandma. With her pants cut off, her knee-high hose adorned with blue ribbons, and a poster proclaiming the event, Ann was ready. The grandson, Davis James Woodruff, was born August 11. He is the son of Karen and Scott Woodruff (Shipping). He is the grandson of Ann and Jim Woodruff (Shipping).



Mr. and Mrs. Walter Nations celebrated their Golden Wedding Anniversary recently at the home of their daughter, Jo Ann Wilmoth. They were married fifty years ago on July 16, 1938. The reception was hosted by Jo Ann, her brother, Hugh Nations, and their families. Walter is a Chatham retiree. He is the brother of Willie Nations, retired.



Kenneth Campbell, while harvesting a portion of his potato crop, came across one very odd creation. The potato, which he holds above, is the unusual result of six or seven potatoes growing together. The three large potatoes in front of Kenneth weigh about two pounds each so Kenneth's garden has been bountiful. Kenneth is a system's programmer in our Data Processing Department.

In Memoriam

Roy Lee Clanton, Sr.

July 28

Brother of Frank C. Clanton, retired.

William H. Holbrook, Sr.

August 8

Brother of Billy R. Holbrook, Cloth.

Katie W. Wagoner

August 8

Sister of R. Ford White, retired.

Claude E. Key

August 14

Brother of Hazel K. Sale, retired and Zelma K. Newman, retired..

Ettie Stanley Phillips

August 17

Retired Employee

Daisy C. Wooten

August 26

Mother of Anne W. Holbrook, Weave and Harvey L. Wooten, retired.

Walter W. Transou

August 26

Retired Employee
Brother of James M. Transou, retired.

Lott G. Swaim

August 29

Retired Employee

Earl D. Norman

August 29

Retired Employee



Mary Dobson was proud to show off her vacation week catch. This four pound rainbow trout was caught at Maggie Valley. Mary works in our Quality Control Department.

Chatham Blanketeer

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Its goal is to provide information and communication for the employees and retirees of Chatham.

Comments, suggestions, and story ideas are encouraged and should be directed to the Editor.

Kathie McDaniel, Editor

Printed by Chatham Print Shop

Retiring



Charles Holcomb gets a retirement gift from coworkers. Curtis Teague presents the gift as Clara Holcomb, Arlis Pettyjohn, Jackie Freeman, Sterlin Swaim, Jerry Byrd, Larry West, and Tommy Collins (retired) look on. Charles and Clara have one son. They have plans to rest, travel and attend bluegrass festivals now that Charles has retired. Charles enjoys working on his farm, collecting bluegrass albums, and they have been to Arizona already this year. "I enjoyed working here and all the boys I worked with," Charles said at his retirement party. Charles is retiring from the Engineering Department.

FOR FREE (OR ALMOST) GUIDE TO PESTICIDES

It's much easier to keep pests out of your house in the first place than it is to get rid of them once they've moved in. So don't be hospitable. Caulk cracks and keep wood piles away from the house to eliminate hiding and breeding places. Keep food and garbage in sealed plastic containers. And fix leaks or drips. Without food and water supplies, your house won't be attractive to pests.

But if you already have pests, you need to take direct, aggressive action. The first thing is to identify the pest. Next you've got to decide what level of treatment you want. If you decide to use chemical treatment to exterminate pests, choose it carefully. Read the label a few times, and learn all you can about its active ingredient. Can it cause health problems? You should always use the least toxic pesticide and the smallest effective dose.

You can control some pest problems without chemicals. Introducing purple martins, praying mantises, or other predators will eliminate some insect problems. Mechanical means, such as cultivating and mulching to control weeds, can also be effective.

If you're battling garden or household pests, the Environmental Protection Agency's booklet, Citizen's Guide to Pesticides (Item 462, 50 cents), can help you win the war safely. It's full of information on the safe use, storage, and disposal of different types of pesticides, as well as tips on how to select a pest control company and what to do if someone gets poisoned by a pesticide. To get your copy, send your name and address, the item number and a check or money order to R. Woods, Consumer Information Center, Pueblo, Colorado 81009.

Some pest problems, especially termites, will require professional help. Don't rely on sales pitches or advertisements if you have to choose a pest control company. Order Termiticides (Item 463T, 50 cents).

Important Information About Influenza And Influenza Vaccine, 1988-1989

WHAT IS INFLUENZA ("FLU")? Influenza (or "flu") is a viral infection of the nose, throat, bronchial tubes, and lungs that can make someone of any age ill. Usually the flu occurs in the United States from about November to April. If you get the flu, you usually have fever, chills, cough, and soreness and aching in your back, arms, and legs. Although most people are ill for only a few days, some persons have a more serious illness and may need to go to the hospital.

WHO SHOULD GET INFLUENZA VACCINE?

Because influenza is usually mild and most people recover fully, health officials emphasize the use of vaccine for the elderly and people with other health problems. For example, people who after light exercise become short of breath due to diseases affecting their heart or lungs, and

people who have low resistance to infections, are likely to be more seriously affected by the flu. These groups are at highest risk for serious illness with the flu and have been particularly recommended to receive vaccine:

Other groups who are at moderately increased risk for serious illness with the flu and who public health authorities feel should be vaccinated if possible are:

- Healthy people over 65 years of age.

- People of any age who during the past year have regularly seen a doctor or have been admitted to a hospital for treatment for kidney disease, cystic fibrosis, diabetes, anemia ("low blood"), or severe asthma.

- People who have a type of cancer or immunological disorder (or use certain types of medicines) that lowers the body's normal resistance to infections.

FLU VACCINE

Flu vaccine will be given in the First Aid on the following schedule:

Friday, October 14 - 9 a.m. - 11 a.m.

Friday, October 21 - 10 a.m. - 1 p.m.

Boonville Plant - 12 noon - 1 p.m.

The charge this year will be \$6.00 to cover the cost of the vaccine. If you have had a reaction to the vaccine in the past or you are allergic to eggs, **DO NOT TAKE THIS VACCINE.**

Heat With Wood Wisely

September is Wood Energy Month, so now is the perfect time to begin planning for the wood burning season. The Wood Heating Alliance offers the following tips to safely get the most from your energy dollars.

- Look for a wood-burning stove or fireplace which has been safety-tested by a recognized authority.

- Consult local fire and building codes for installation recommendations and clearance standards.

- Be sure to properly install a chimney to vent your appliance.

- Do not burn treated wood, flammable liquids, or trash in your fireplace or wood stove.

- Keep all combustibles away from your fireplace or stove.

- Regularly inspect and clean your chimney.

ACCIDENT INJURY REPORT

August 1988

	August	July	June
Caught in or coming in contact with machinery	17	12	13
Striking against on or by objects	27	17	19
Using hand tools (knives, scissors, tools, burling irons, needles, etc.)	24	14	11
Handling material (hand injuries)	17	12	13
Splinters	6	11	5
Foreign bodies in eye	5	6	6
Slips & falls	14	7	11
Falling objects	7	2	3
Lifting, pulling, pushing, (sprains, hernias, etc.)	16	16	17
Burns	10	2	2
Punctures	7	2	3
Miscellaneous	7	4	6
Chemical burns	1	0	3
Infections	0	0	0
Totals	158	105	112

Then and Now
Guess Who



Employed in the Repack Department.

(Answer on Page Eleven)



"They're Harry's old safety shoes—they saved his toes so many times he hates to throw them away!"

DARNELL REUNION

Sunday, Sept. 25th,
1:00 p.m.

Pleasant Hill Activity Center - drinks, cups, plates and napkins will be taken care of by the committee.

RING-a-DING-DING

The answers to each of the following clues contain the word "ring":

- | | | | |
|---------------------------------|-------|--|-------|
| 1. Curl | _____ | 8. Jack Nicholson film | _____ |
| 2. Children's singing game | _____ | 9. Bigwig in a circus | _____ |
| 3. Fake, imposter | _____ | 10. Game similar to horse-shoes | _____ |
| 4. Head of a mob | _____ | 11. American short story writer | _____ |
| 5. Famous circus | _____ | 12. Bedlam; something wild or entertaining | _____ |
| 6. Good view at the fights | _____ | | |
| 7. Tolkien series about hobbits | _____ | | |

(Answer on Page Twelve)

1988 Chatham Spring Golf League Champions



First Place - Terry Triplett and Gary Sebastian

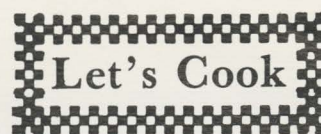


Third Place - Carl Gentry and Carey Gupton



Fourth Place - Bob Day and Albert Spicer

Not Pictured, Second Place
Ab Brown and Dennis Dimmette.



Buttermilk Pancakes

- 1 cup buttermilk
- 1 egg, room temperature
- 3 tablespoons butter, melted
- ½ cup all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- ¼ cup yellow cornmeal

Put the buttermilk, egg and melted butter in a mixing bowl. Stir briskly until the mixture is smooth and blended.

Stir the flour, salt, baking soda and cornmeal together in a small bowl so they are well-blended. Stir into the buttermilk mixture only until the dry ingredients are moistened - leave the lumps.

Heat a skillet or griddle (black cast iron is still the best) to medium hot. Grease lightly and spoon out about 3 tablespoons of batter per pancake. Cook until a few bubbles break on top. Turn the pancake over to cook briefly. Stack between paper towels (to absorb any excess grease), and keep pancakes warm until enough are cooked to serve. Makes 14 3-inch pancakes.

French Apple Pie

- 6 cups sliced tart apples
- 1¼ teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup sugar
- ¾ cup milk
- ½ cup baking mix
- 2 eggs, slightly beaten
- 2 tablespoons softened margarine

Heat oven 325 degrees. Grease ten inch pie plate. Toss apple slices in mixed spices and turn into pie plate. Mix remaining ingredients until smooth and pour over apples.

Mix 3 tablespoons margarine, ½ cup brown sugar, and ¾ cup baking mix until crumbly. Sprinkle over top of pie. Bake 55-60 minutes.

Hungarian Baked Chicken

- ¼ cup (½ stick) butter
- 1 broiler-fryer chicken (about 3 lbs.), cut up
- Paprika
- 1 small cabbage head cut into ½-inch slices
- Salt and pepper
- 2 red cooking apples, cored and sliced
- 1 medium onion, thinly sliced
- 1 tablespoon grated lemon peel
- 2 teaspoons caraway seed
- 1 teaspoon sugar
- 1½ cups (6 oz.) shredded Swiss cheese

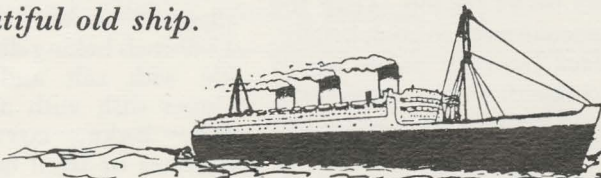
Melt butter in a large skillet with a cover. Dust chicken lightly with paprika. Brown chicken on all sides over medium heat. Cover; reduce heat. Cook chicken 30 minutes. Meanwhile preheat oven to 375°F. Place cabbage slices on bottom of buttered 13x9-inch baking dish. Sprinkle with salt and pepper. Cover dish with aluminum foil. Bake, covered 20 minutes or until cabbage is almost tender. Remove cabbage from oven. Uncover and arrange apples and onion over cabbage. Sprinkle with lemon peel, caraway seed and sugar. Place chicken pieces over top. Cover with foil and continue baking 25 to 30 minutes longer, or until cabbage and chicken are tender. Remove from oven; uncover. Sprinkle with cheese. Return to oven just until cheese is melted, about 5 minutes.

The secret ingredient-- in a
QUALITY PRODUCT is...

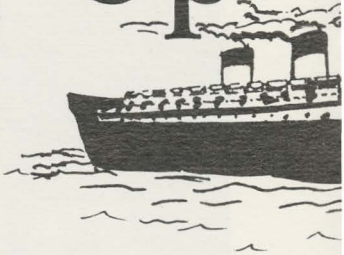




Twenty-three journeymen upholsterers worked on board the beautiful old ship.



Shaping Up A Ship

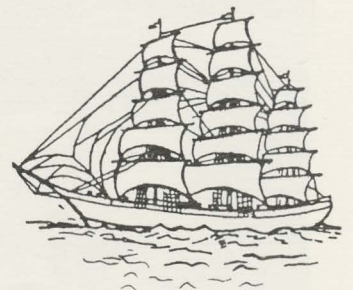


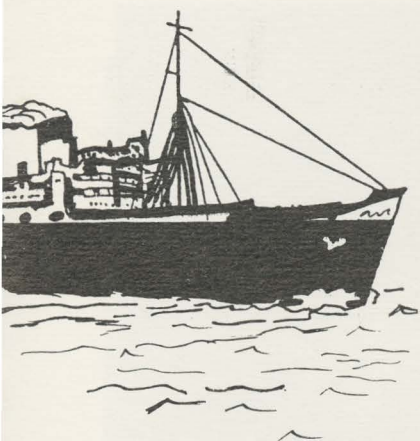
With Chatham Fabric

The S.S. Constitution is one of two ships cruising the Hawaiian Islands on ten day and two week cruises.

Employees in our Furniture Fabric Division received good news about a project in which Chatham fabric played a big part. Our customer, Pacific Home Furnishings, is located in Honolulu, Hawaii. Our contact there, Mr. Phil Cresser, sent word that the refurbishing of the ship, the S.S. Constitution, went very well. They wanted to thank Chatham employees for their cooperation and help in getting the job done. As time was of the utmost importance, it was critical that the upholstery ordered for this project be delivered as promised.

Sofa beds were upholstered right in the main salon of The Constitution lounge.





Upholstery specialist cutting and sewing in the conference center of the ship.



The Commercial Interior Designers and Richard Crowell Associates, both of Honolulu, are customers of Pacific Home Furnishings. These designers were in charge of redecorating the ship. The fabric they picked for re-upholstering was style 5400, color 2700. It is a beautiful turquoise blue, perfect for any ship interior.

The 3500 yards of style 5400 furniture fabric arrived on time. On May 14th, the ship left Honolulu enroute to Portland. The first shipment of fabric was waiting for them. A British company that specializes in ship work already had a ten man crew of upholsterers on board. They had begun tearing down sofa beds and chairs enroute. These men pack up and work on board ships all over the world.

In Portland, they began upholstering arm chairs and side chairs. When the remaining fabric arrived, the crew was expanded to twenty-three. In the remaining time, they upholstered over three hundred sofa beds, two hundred ninety arm chairs and one hundred forty eight side chairs.

The ship was out of service for only four weeks. They arrived back in Honolulu on the 9th of June and sailed the 11th with every cabin occupied.

As you can see, there was no allowance for unfinished cabins and that is why our customers really appreciate our individual and collective efforts to keep production moving. Your personal attention and efforts went into producing the fabric, on time, that was used to reupholster the stateroom seating on the S.S. Constitution.

CHATHAM WINS AGAIN

In 1985, the members of the National Association of Decorative Fabric Distributors (NADFD) voted to give a "one of a kind" award at their annual meeting. The award would be given each year and would go to the company named as the best overall supplier to the decorative fabric industry. Chatham Manufacturing Company won this award in 1985, in 1986, in 1987, and has been presented the award for 1988.

The NADFD is made up of more than sixty of the leading fabric distributors from across the United States and Canada and more than fifty associate members who are suppliers of fabric to the re-upholstery industry. Chatham is an associate member. The group met for their annual meeting in Williamsburg, Virginia in August.

Thanks to all the Chatham employees who contributed to this four year sweep. This award is a coveted one as it is voted on by members of NADFD who are our peers in the industry. We were quite surprised to receive it for the fourth year.



Let me tell you about...



Stephen and Teresa Rutledge are the children of Mike (Weave) and Sherry Rutledge (Cloth). They are the grandchildren of Bill Rutledge (Blending). Stephen is two and one-half years old and Teresa is sixteen months old.



Brett Tyler Lyon is the three month old son of Kathy and Keith (Technical Maintenance) Lyon. He is the grandson of Hazel Gaither (Winding).

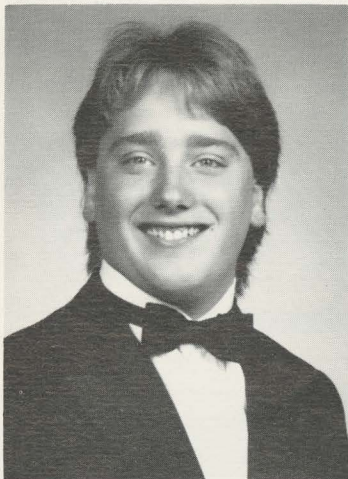


Stephen and Bradley Mikles are the sons of Timothy and Angela Mikles. Both Boonville employees, Tim works in the Yarn Manufacturing and Angela works in the Yarn Finishing. Stephen is five years old and Bradley is six months old.



Michael Scott Harris is the four year old son of Retha White (Winding) and Michael S. Harris (Knitting). He is the grandson of Joann White (Restwarmer), Wendell White (Engineering) and Grady Harris (Wet Finish). He is the nephew of Theresa Reece (Weave), Jimmy Reece (Warp) and Sammy Harris (Shipping).

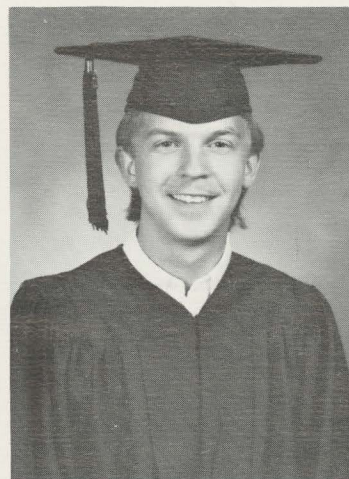
Graduating



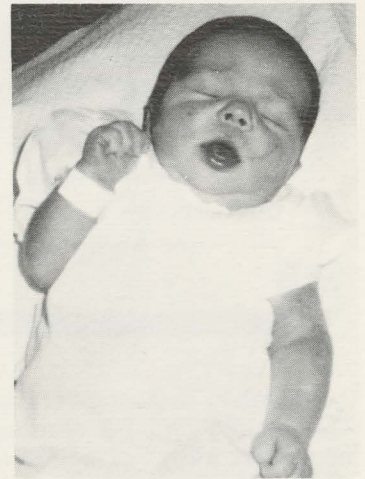
Shane Wilkins graduated from Elkin High School. He is the son of Danny Wilkins. He is the grandson of L.D. Wilkins (Electric Shop) and Lois Wilkins (retired). Shane left August 22 for navel training at Great Lakes, Illinois.



Wendy Reinhardt graduated from Guilford Technical Community College with an A.A.S. in dental hygiene. Wendy is the daughter of Carolyn (Binding) and Vernon Reinhardt (Burling). She is the granddaughter of Geneva Blackburn (retired).



Robert Brian Sparks graduated from Greensboro Grimsley High School. He is the grandson of Wendell (retired) and Stella Hayes and Mabel Sparks (retired) and the late Harvey Sparks.



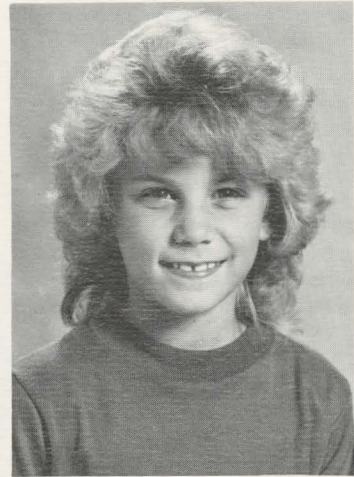
Carrie Elizabeth Spicer was born July 22. She is the daughter of Peggy and Stephen (Wet Finish) Spicer and the sister of Tammie Spicer (Weave, Butler Plant). She is the niece of Lisa Cheek (Burling) and Sammy Cheek (Napping).

Let me tell you about...



Adam Nations, Karin Dezern and Adrian Dezern are the grandchildren of Pansey and J. Daniel Nations (retired). Adam is the son of Craig and Amy Nations. He is twenty-two months old. Karin and Adrian are the children of Debbie and Joe Dezern. Karin is seven and Adrian is fourteen.

Rustin Grant Bates is the son of Russell Bates (Weave) and Rose Mary Bates (Warp). He is six months old.



Joseph Cody Felts, Shanna Blevins and Danielle Blevins are the grandchildren of Nellie Felts (Winding). Joseph is the son of Joe and Vickie Felts and he is eight months old. Nine year old Shanna and four year old Danielle are the daughters of Danny and Teresa Blevins.

Jason Penley is the son of Tammy and Roy (Dye House) Penley. Jason is eight years old and plays for the Elkin Minor League A's.



Kelly Nichole Hutchens will be one year old on September 24. She is the daughter of Theresa and Steve Hutchens and the granddaughter of Johnny Spann (Weave).

Tara Renee Ford is the daughter of Adrenna (Binding) and Mack Ford, Jr. (Blending). She is eight months old.

Sabrina and Justin Richardson are the children of Teresa Richardson (Spinning). They are the grandchildren of Webb (Guard Force) and Belva Richardson and the niece and nephew of Mitzi Vestal (Weave).

Chatham Trader

WANTED: Junk motorcycle, any type or size, preferably dirt bike. Call 874-2934.

FREE: Puppies. Call 366-2578.

FREE: To a good home, 8 puppies. Call 874-7369 after 4:00 p.m.

FREE: To a good home - kittens, mixed Persian and Maltese. Call 874-2449.

FREE: Male puppies, part Labrador retriever, to a good home. Call 835-5868 after 5:00 p.m.

FOR SALE: Richard Petty knife set. Ser. #12, red and blue bone. \$600. Call 835-3528 between 7:30 a.m. and 4:30 p.m.

FOR SALE: AKC Dachshund, black/tan female. \$50 firm. Call 874-2732.

FOR SALE: 1976 Honda 550 Street bike. Extra nice condition. \$600. Call 835-3499.

FOR SALE: 1981 Cutlass Brougham, V-8, PW, AC, Tilt, AM/FM cassette, new paint, 72,000 miles. Needs some work. \$2,000. Call 366-4374 after 5:30 p.m.

FOR SALE: Amana microwave oven. Call 874-2424 after 5:00 p.m.

FOR SALE: 1979 Jeep CJ-7, PS, AC, tilt wheel, AM/FM stereo tape, cruise, sunroof. Good condition. Call 874-7152 after 5:30 p.m.

FOR SALE: 1978 Ford Fiesta Sport, AC. \$950. Call 835-5840 after 4:00 p.m.

FOR SALE: 1977 Monte Carlo, one owner. Excellent condition inside and outside. \$1,595. Call 835-6943.

FOR SALE: Whirlpool range. Like new. Call 835-8769 or 835-6149.

FOR SALE: 1988 Thunderbird, 2 months old. Loaded. Make an offer. Call 526-1850 after 5 p.m.

FOR SALE: 1974 12x65 3 bedroom, 1½ bath. Partially furnished, oil barrel and power pole. Must sacrifice. \$5,000. Call 957-8669 days; 957-2631 nights.

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.

FOR SALE: Kenmore dryer. Call 835-8769 or 835-6149.

FOR SALE: Living room suite. Call 835-8769 or 835-6149.

FOR SALE: Two B.F. Goodrich lifesaver - steel belted tires, whitewalls. Like new. \$60 for both. Call 835-4175.

FOR SALE: All kinds of tropical fish and aquarium supplies. Call 874-7374 after 5:00 p.m.

FOR SALE: Dry oak wood. \$40 per pick-up load. Call 835-7181 after 4:30 p.m.

FOR SALE: 1977 Mercury, new radiator, tires and muffler. Was \$1,700, make an offer. Call 835-3072 evenings.

FOR SALE: 1972 Colt Wagon, new carburetor and tires. Was \$645, make an offer. Call 835-3072 evenings.

FOR SALE: Large heavy duty metal dog box, used to carry dog hunting, and used only twice. Cost \$160, will take \$100. Call 835-2807.

FOR SALE: 1966 Ford Custom cab pickup, short bed, new motor, brakes and front end. \$2,800. Call 835-7842.

FOR SALE: 2 sets of mags for Chevrolet. Price negotiable. Call 835-7842.

FOR SALE: Catalina dryer. Call 367-7181.

FOR SALE: 7 ft. artificial Christmas tree. \$10. Call 367-7181.

FOR SALE: 1981 Dodge Omni, 4-door, yellow with tan interior, AM/FM radio, AC, 4-speed. Call 835-8406 after 6:00 p.m.

FOR SALE: Fisher Baby Bear wood stove. Good condition. \$175. Call 468-2205 anytime before 9:00 p.m.



FOR SALE: 1975 Mustang, good motor, needs transmission. \$300. Call 526-2204 between 8:00 a.m. and 4:00 p.m.

FOR SALE: Kerosun kerosene heater Radiant 36, square type. Call 957-8577 after 5:00 p.m.

FOR SALE: Cordless telephone, AT&T, range 1,000 feet, white. Price negotiable. Call 957-8577 after 5:00 p.m.

FOR SALE: Sofa (loveseat), color wheat. Good condition. Price negotiable. Call 957-8577 after 5:00 p.m.

FOR SALE: 1976 Mobile Home, 3-bedroom, 2 full baths, added 16x28 den and bedroom, 2 decks, underpinning, oil barrel, rack. Partially furnished. Excellent condition. Must sacrifice - \$12,000 firm. Call 984-2483 between 6:00 and 9:00 p.m. Has been appraised at \$21,500. Will rent space for \$40 per month or can easily be moved.

FOR SALE: Trombone Mercedes II with trigger. Excellent for high school band. Cost \$550, will sell for \$350. Call 468-2290 after 5:00 p.m.

FOR SALE: PSE "Titan" compound bow with graphite limbs, 55-75 pound pull and 29" to 31" draw. \$75. Call 957-2184 after 5:00 p.m.

FOR SALE: Kennebec potatoes. \$7 per bushel. Call 835-2857 after 5:00 p.m.

FOR SALE: Step bumper to fit 1980-1986 F-100 Ford truck, painted gray. \$40. Call 957-8107 after 4:00 p.m.

FOR SALE: Wheat straw. \$1.50 per bale. Call 957-2260.

FOR SALE: 1971 LTD Ford for parts or fixing up. Call 835-4426.

FOR SALE: Johnson wood furnace, automatic damper and temperature control, blower. Used 2 years. \$100. Call 835-3704.

FOR SALE: Oak corner cupboard, reproduction. Call 835-3704.

FOR SALE: Dolls - Dolls - Dolls. Great for Christmas! Effabee, Ideal and others. Never been out of boxes. Call 835-5169 after 4:00 p.m.

FOR SALE: 2.0 cubic foot refrigerator, ideal for college dorm. Excellent condition, used one year. Call 835-2463.

FOR SALE: Cast Iron wood stove. Call 835-1945.

Retiring



Barbara Wall Retires - "I appreciate the kindness Chatham has shown me and I appreciate the friends I've made," Barbara said as she talked about her years here at Chatham. She is retiring from the Fiber Reclamation Department. Barbara enjoys sewing and has made many of her own clothes. She likes to do all sorts of needlework and is currently working on a Swedish weaving project and a crocheted afghan. Barbara has six children and eight grandchildren. Her children are Donald, Patsy, Henry, Debbie, and Linda. Her daughter, Brenda Golden, works in our Technical Maintenance office. Her grandchildren range in age from three years to nineteen years. She attends church at East Elkin Baptist Church where she is the secretary of her Sunday School class.



"Sherman, that squawking of yours is beginning to show!"

Stress And Illness

by Linda Collins

Muscular tension can occur in the chest or thoracic area, causing respiratory problems such as psychogenic asthma or hyperventilation. Hyperventilation is rapid, gasping, shallow breathing which is usually associated with an acute anxiety state, or a fear of impending death or heart attack. Since the heart too is a muscle, it can also be affected. Tachycardia, or rapid heart rate, can be experienced as a "pounding heart" or "racing pulse." Heart irregularities such as skipped or extra beats are often stress related.

Since it is common for blood pressure to rise during anxiety, excitement, or agitation, these findings suggest that chronic stress may play a role in hypertension, or persistent elevated blood pressure. Hypertension tends to be common in non-assertive

individuals who suppress their feelings and in compulsive people who struggle to maintain meticulous order in all they do. If left untreated, hypertension can cause permanent kidney damage and lead to heart attacks or strokes.

The gastrointestinal or digestive tract is more sensitive to the emotional state of the individual than any other system of the body. It is estimated that as high as 70% of all digestive difficulties are influenced by psychosomatic factors, ranging from such complaints as "bloating" to "gas" to "heartburn." Psychogenic nausea or vomiting may occur when a person is threatened with loss or alienation of a loved one. A depressed individual characteristically has a poor appetite, but stress can cause

overeating since food can serve as a natural tranquilizer. Disorders of the colon can be associated with anxiety, suppressed rage, and insecurity.

During times of stress, women sometimes experience menstrual irregularities. Premenstrual Syndrome is associated with biological changes such as fluid retention, sodium storage, and increased hormonal activity, but there can also be feelings of anxiety, irritability, and depression which accompany the physiological changes. The link between the emotions or genitourinary systems can be so intense that a woman can experience pseudocyesis, or false pregnancy. Morning sickness can be present, menses can cease, and the breast and abdominal changes can be convincing enough to fool a physician.

Urinary tract infections, urinary frequency, and urinary retention can sometimes be associated with sexual conflicts as can any genitourinary disorder without a definite physical cause.

It is important to note that all physical problems are not caused solely by emotional disorders. There is, however, a very strong mind-body link which has great bearing on the course of any disorder whether it be physical, emotional based, or a combination of both. For even if we have the flu, our emotional health can be a factor in how quickly we recover.

For more information regarding stress and illness, contact CROSSROADS in Elkin at 130-A Hawthorne Road (behind Hugh Chatham Nursing Center) or contact Suzanne Kelly at 679-8882 or 835-6781.

STRESS

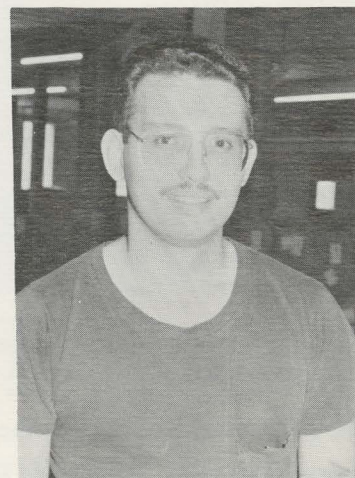


the pressure from the
OUTSIDE
can make you feel tense
INSIDE.



Richard Lyon (Cloth) and **Amy Settle** were married August 27. Amy is the sister of James (Fiberwoven) and Neal (Piece Dye) Settle. She is the granddaughter of Lawrence and Bessie Settle (both retired). Richard is the brother of Clyde, Steve and Raymond (all Wet Finish) Lyon. He is the son of Chester Lyon (retired). They are making their home in Traphill.

Then and Now Answer



Paul Stokes has been employed at Chatham since July 11, 1979 and has been in the Repack Department for three years.

There may be said to be two classes of people in the world: those who constantly divide the people of the world into two classes, and those who do not.

-Robert Benchley



The *Blanketeer* is published for employees and retirees like **David L. Pruitt and Claude Loyd**. David (top) works first shift in the Weave Department. He has been at Chatham fifteen years. Claude (bottom) works in the Cloth Department. He has been working here since March of this year.

Answers: RING-a-DING-DING

1--Ringlet. 2--Ring-Around-the-Rosy. 3--Ringer. 4--Ring-leader. 5--Ringling Brothers. 6--Ringside Seat. 7--Lord of the Rings. 8--The Postman Rings Twice. 9--Ringmaster. 10--Ringtoss. 11--Ring Lardner. 12--Three-Ring Circus.

Tomorrow, like the wastebasket, is one of the best labor-saving devices.

* * *

A good speaker drives home the point, not the audience.

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Announcing

The Annual Party

for Chatham Retirees
and
Long Service Employees
Thursday, October 6
R.T. Chatham Park
Rain Date - Friday, October 7

Remember...

You must call 529 to reserve the picnic shelter at the park. The picnic shelter and ball fields are for your use but **must** be scheduled through the Personnel Department. Thanks for your help.

Opportunity Knocks...

New adult education classes are getting started. If you are interested please come register at any class or call 530 for details. Morning classes begin at 9 a.m. on Tuesdays. Evening classes begin at 6:30 p.m. on Mondays. This class is free. If you know of someone wanting to learn to read better, tell them about this class. If you need your GED (high school equivalency), come to this class. **Don't** pass up this great opportunity.