



NEWS

Vol. 2 - No. 10

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

August 6, 1990

1990 T.C.U. Golf Tournament Champions



First Flight - First Place
Bill Milan - Superintendent
Steve Dudley - Purchasing

First Flight - Second Place
Terry Triplett
Garvey Holbrook
Industrial Engineering

Championship Flight - 1st place
Rocky Baker - Retired
Shorty Brown - Superintendent

Championship Flight - 2nd place
Kelly York - Automotive
Freddie Brown - Purchasing

Second Flight - First Place
Carter Handy - Weave
Dale Pruitt - Weave

Second Flight - Second Place
Larry West - Engineering
Wristal Billings - Cloth

Third Flight - First Place
Norlan Holcomb, George Teal
Technical Maintenance

Third Flight - Second Place
Ron Worthington - Warp
Gray Kimbrough - Warp

CPR Classes to be Offered at Chatham

CPR classes will be held at Chatham for employees and retirees. We will have a day and night class to assist employee attendance.

The course will be conducted by Surry Community College. It will consist of four 3-hour sessions. The cost will be \$16.00 per person. This amount will cover the course and the certificate.

These CPR classes will instruct you in performance of Cardiopulmonary Resuscitation on adults and children. You will also learn the Heimlich maneuver which is used to clear the obstructed airway of a victim.

Tentatively, we plan to have the classes in the month of September. Definite dates and times will be announced in the August 27, 1990 issue of the C-NC NEWS.

We will extend registration for the course until August 24. If you are interested please contact Beth Steelman at Ext. 530.



Retiring - Retiring



Carroll Miller was given a party honoring his retirement July 12, 1990. Pictured with Carroll are **Tim Gentry**, Department Head and Carroll's wife, **Dorothy**.

Carroll Miller Retires

James Carroll Miller has been employed with Chatham forty-three years and ten months. His first three months at Chatham were spent in the Binding Department. The next forty-two years he worked in the Cloth Department. The past year he has worked in the Wet Finish as a shearing machine operator.

Carroll and his wife Dorothy have three children. They have two daughters: Linda Morrison and Becky Swisher. They have one son James Carroll Miller, Jr. Carroll and Dorothy have four grandchildren.

Carroll plans to take retirement a day at a time and do what he wants to do. He enjoys doing repair work around the house.

Carroll's hobby is making lamps. His original ideas produce some lovely decorative lamps. The body of the lamps consist of wooden spools, which were once used on the old spinning frames here at Chatham. Carroll makes these lamps for gifts for his children and for use in his home.

Of his time here, Carroll said, "I thank the people for the help they've given me. I've never been laid off or never missed a pay day. I'll miss the people I've worked with."

Carroll is a member of Mount Pleasant United Methodist Church and the Methodist Men's Club.

Walt Denny Retires



Walt Denny was given a party honoring his retirement by the Winding Department July 13, 1990. His daughter, **Gail Brown**, (left) and his wife, **Ruth** (right) were present at the party.



Odessa Vestal was given a retirement party by the Accounting Department July 26, 1990. Her husband **Junior** (retired) and her son **Ivey**, were present to help her celebrate this occasion. Junior and Odessa are both long service employees with the company. Between the two of them they have a total of ninety-two years of service with Chatham.

Odessa Vestal Retires

Odessa Vestal has been a Chatham employee for forty-six years and one month. The first seventeen years she worked in the Binding Department. The next five years were spent in Data Processing. For the past twenty-four years, she has worked in the Accounting Department in Accounts Receivable.

Odessa and her husband Junior (retired) have one son, Ivey, who is employed at Beauty Maid in Statesville as Production Control and Purchasing Manager.

Odessa plans to take her retirement a day at a time and enjoy being at home. She wants to visit shut-ins and do things she has not had time to do. Odessa enjoys doing needlework, gardening, and working in her flowers.

Of her time at Chatham, Odessa said, "I would like to thank everyone for the retirement party and the gifts. I appreciate the people at Chatham. I feel that I have been blessed to work with some of the best people in the world. I'm thankful for the company, the benefits, and a place close to home to work."

Odessa is a member of Fall Creek Baptist Church where she is the teacher of the Young Adult Ladies Sunday School Class.

For twelve years, **Walt Denny** has been a Chatham employee. All of this time he has serviced the Taslan area in the Winding Department.

Walt and his wife Ruth have one daughter, Gail Brown. Gail has a twelve year old daughter, Tanika and a nine year old son, Roy, Jr.

Walt has several plans for his retirement. A trip to Massachusetts, where he lived for twenty-eight years, is in the planning stages. He intends to take out his golf clubs and start working on his golf game. He also enjoys fishing. Entertaining his grandchildren is one of his top priorities.

Walt enjoys building. He is especially interested in masonry work.

Walt enjoyed his time of employment. Ruth said that he believed in being to work on time. He was never late. To his co-workers, Walt said, "Thank you for the lovely retirement party. The people are very nice to work with and very friendly."

Walt is a member of the First Baptist Church of North Wilkesboro.

Retiring - Retiring

Juanita Benton Retires



Juanita Benton was given a retirement party by the Binding Department on June 29, 1990. Special guests at the party were her daughters **Pat Weatherman** (left) and **Vicki Marsh** (right).

Juanita Benton has been a Chatham employee for fourteen years. All of her time of employment she has worked in the Binding Department.

Juanita and her husband Garvey have two daughters: Pat Weatherman and Vicki Marsh. They have a six year old granddaughter, Nicole.

Juanita has no definite plans for retirement. She enjoys yard work. Loving the mountains, she would like to do a little traveling there.

Of her time at Chatham, Juanita said, "I thank the company for the years I've been able to work for them and the benefits."

Juanita's brother, Dee Wilkins, works in the Engineering Department.

Juanita is a member of Fall Creek Baptist Church, where she is President of her Sunday School class.

Can't Be Done? Try!

"It can't be done!" he told her.

"But I could try," she argued.

"Don't waste your time."

She made some other noises about trying, but she took his advice.

The voices of discouragement have been around since the development of the first wheel, and it was made only because somebody saw its need and tried to meet that need.

Too many people today listen to *can't-be-done* voices and fail before they begin. They don't try.

To those who failed because they were too frightened to begin, consider these examples:

✓ Robert Fulton went ahead with his Clermont even though the prophets of doom called it Fulton's Folly. But on August 17, 1807, his fragile steamboat actually set out from a pier on the East River in New York. And those lining the banks of the river who said, "It will never work," changed their tune and cheered as it steamed toward Albany.

✓ When Thomas Edison announced that the first demonstration of his incandescent electric lamp would take place on October 21, 1879, the Pennsylvania Railroad ran special trains to Menlo Park. A huge crowd was on

hand, then, to either jeer or cheer; and there were people in the crowd who shouted, "What's wrong with candles!"

But the criticism changed to awe when people finally understood that Eidson's lamp could be both practical and commercially successful.

✓ And the little voices were heard again on December 17, 1903, at Kitty Hawk, North Carolina. "Them Wright Brothers make fine bicycles," they said. "The boys ought to stick to that. After all, man was never meant to fly!"

But the Wright Brothers did fly, and the first self-propelled airplane flight created an industry whose only limitation is infinite space.

Few of us are or will be Fultons or Eidsons or Wrights. However, all of us face the discouraging can't-be-done voices and too often, we give up before we begin whatever.

Be it baking like a top French chef or improving a cable stitch or finding a new way to adjust a carburetor or creating a new hairstyle, do it! Don't listen to the failures who never tried and advise you not to try. Everything, anything can be altered, corrected, improved. And if you *want* to do it, you *can* do it. After all, how will you know unless you try.

Then And Now

Guess Who



This serious little nine month old boy works in the Cloth Department.

(Answer on Page Eleven)



-Contributed by the
American Hospital Association

Take a Look. Getting back to nature can help heal stress and restore your ability to cope with the frustrations of daily life, say University of Michigan psychologists Rachel and Stephen Kaplan. Relief can be as simple as looking out a window at a park, lake, or even the sky.

"Show me a man who makes no mistakes and I will show you a man who doesn't do things."

-Theodore Roosevelt

For every doer who works on and promotes ideas, there are ten thinkers who had the same idea before but did nothing about it.

C-NC NEWS

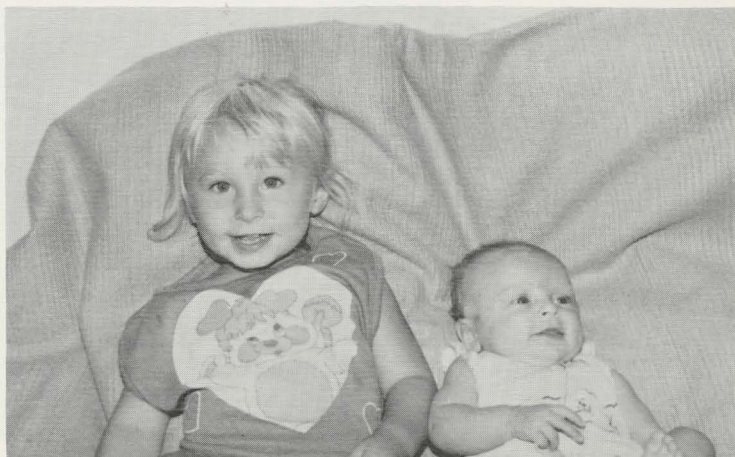
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Beth Steelman, Editor

Printed by Chatham Print Shop

Let me tell you about...



Tamera and Stephanie Groce are the children of Seth (Wet Finish) and Tammy Groce. They are the grandchildren of Lucile (Binding) and Comas Groce (LTD). They are the nieces of Dewey Cheek (Warp).



Donna Faye and Valerie Lynn are the daughters of Roger Lee and Faye Brown. They are the granddaughters of Wilmer I. Brown (retired) and the niece of Donald Abernathy (Carding). Donna was a marshal at North Wilkes High School. Valerie is twelve years old.



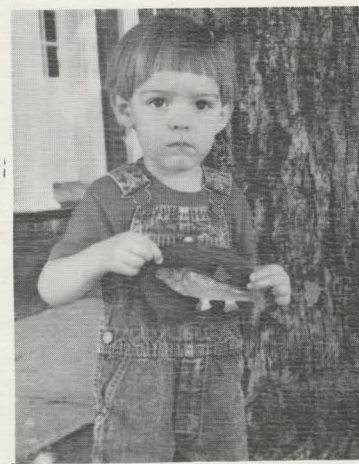
Clarissa Maske is the two year old daughter of Benny and Shannon Maske. She is the granddaughter of Bobby (Power Plant) and Rosa Lee Maske and Colon and Lovie Barker.



Wesley Shane Royal
East Wilkes High School
Son of Eugene (Engineering) and Sue Royal; nephew of Pearl Simpson (Cloth) and Tommy Brown (Engineering).



Emily Michelle Shore is the six week old daughter of Rodney (Butler Plant) and Kim Shore. She is the niece of Jeff Shore (Industrial Engineering), Joey Shore (Extrusion), and Tammy Shore (Furniture Division). In the above picture Emily is two weeks old.



Christopher Macemore is pictured above with his first fish, a Knotty Head. He caught this fish in his great-uncle's pond. Chris is the two and a half year old son of Larry (Quality Control) and Trena Macemore. He is the great-grandson of James and Emma Lou Darnell (retirees).



Matthew Douglas Kelly is the three month old son of Robin and Suzanne Kelly (EAP Counselor). In the above picture, Matthew is one month old.



Mary Elizabeth, Michael Ross, and John Collins McKinney are the children of Ron and Sharon McKinney of Concord, North Carolina. They are the grandchildren of Ernest (retired) and Mary Collins. Their aunts are: Evon Couch (LTD), Vassie Luffman (Binding), Annie Lou Swaim (retired) and Lois Evans (Winding). Beth is ten years old, Michael is seven years old and John is four months old.

Chatham C-I Winners



Billy Haynes has been a first class overhauler in Technical Maintenance for two years and a Chatham employee for twelve years. He was nominated by his supervisor **Bill Lawrence**. **Larry Slawter**, Department Head of Technical presented the award. Billy and his wife Cindy have a five year old daughter, Ellen. In his spare time, Billy enjoys woodwork. He especially enjoys refinishing furniture. Billy attends Friendship Baptist Church.



Cecil White has been a fixer in the Spinning Department for twelve years and a Chatham employee for thirty-three years. He was nominated for his award by his supervisor, **Wanda Bare**. Cecil and his wife Aberdeen have one daughter, Robin Renee. In his spare time, Cecil enjoys raising honey bees and working on his farm. He attends Union Cross Church.



Mary Pardue has been an inspector in the Weave Department at the Butler Plant for five years and a Chatham employee for twenty years. She was nominated for her award by her supervisor **Allen Wagoner**. Mary's husband Danny is also assigned to the Weave Department. Mary has two sons: Sam (Weave) and Randell Cockerham. In her spare time, Mary enjoys swimming.



Timmy Ladd was nominated for his award by his supervisor, **Norman Garriss**. **Lynn Crouse**, Department Head of Engineering Shops, presented the award. Timmy has been employed with Chatham for ten years. For the past seven years he has worked in the Engineering Department as a sheet metal mechanic. Timmy and his wife Lisa have two children: a son, Preston, who is eight and a daughter, Stephanie, who is four. Timmy enjoys softball and fishing. He is a member of Thanks to Calvary Church.



Carol Casstevens has been a twister operator in the Yarn Manufacturing Department at the Boonville Plant for nine years and a Chatham employee for eleven years. Carol was nominated for her award by her supervisor, **Harvey Smith**. She and her husband Butch have two daughters, Melissa and Angela and a son, Mark. They have two grandsons: Bradley, who is seven and Steven Michael, who is three. Carol enjoys fishing and raising flowers. She is a member of Jonesville First Baptist Church.



Karl Stevenson was nominated for his award by his supervisor **Vernon Reinhardt**. Also on hand for this presentation were **Shorty Brown**, Superintendent, and **Tim Pittman**, Department Head. Karl is an inspector in the Burling Department. He has been a Chatham employee for ten years. He and his wife Hilda (Cloth) make their home in Elkin.



Vicky Lyon has been for all twenty-five years of her employment an inspector in the Cloth Department. She was nominated for this award by her supervisor, **Jack Stanley**. She and her husband, Herman, have two children: Chris Lyon and Jolene Johnson. They have a granddaughter, Melanie, who is fifteen and a grandson, Adam, who is ten. Vicky's hobby is collecting coffee mugs.



Calvin Cardwell was nominated for his award by his supervisor **Frank Luffman**. Calvin has been a Chatham employee for four years. All of his time of employment he has worked as a baler operator in the Garnett Department. He and his wife Marilyn have two daughters: Jennifer, who is fourteen and Angela, who is ten. Fishing is Calvin's hobby.



Karen Mathis was nominated for her award by her supervisor, **Kirk Johnson**. She has been a fork lift operator for eight months and a Chatham employee for one year and four months. Karen and her husband Chris live in Roaring River. Karen enjoys cross-stitching, reading, and working on the farm. She attends Cranberry Baptist Church.



Darrell Bauguess has been a Slasher Operator in the Warp Department for seven years and a Chatham employee for ten years. He was nominated for his award by his supervisor, **J.P. Snow**. Darrell and his wife Marina (Weave) have one son, Steven, who is seventeen months old. Darrell enjoys hunting, fishing, and playing softball. He is a member of Mt. Calvary Baptist Church.



Larry Macemore was nominated for his award by his supervisor **Robert Lomax**. Larry has been a Card Room inspector in the Quality Control Department for five years and a Chatham employee for seven years. He and his wife Trenda have a two and a half year old son, Christopher. Larry's hobbies are fishing and golfing. He is a member of Maple Springs Baptist Church.



Rocky Duncan has been a Dryer Operator in the Wet Finish for four months and a Chatham employee for ten years. All of his time of employment has been spent in the Wet Finish Department. He was nominated for his award by his supervisor **Tom Boles**. Also present for this award were **Shorty Brown**, Superintendent, and **Tim Gentry**, Department Head. Rocky's hobbies are fishing and playing softball. He is also a big racing fan. Rusty Wallace is his favorite driver.

Northern Chatham C-I Winners



Adrenna Ford was nominated for her award by her supervisor, **Iva Dean Collins**. Adrenna has been a binder operator in the Binding Department for seven years and a Chatham employee for nine years. She and her husband Mack (Blending) have two daughters: Toni, who is sixteen and Tara, who is two. In her spare time, Adrenna enjoys swimming, canning, and cross-stitching. She attends East Elkin Full Gospel Church.



Ann Calloway has been a packing order clerk in the Binding Department for twenty years and a Chatham employee for thirty-seven years. She was nominated for her award by her supervisor **Danny Gillespie**. Ann and her husband Bill (Dye House) have one son, Ronnie. They have two grandsons: Keith, who is eighteen, and Kevin, who is fourteen. Ann enjoys shopping and going to Shadracks. She is a member of the Binding Club.



Jay Johnson was nominated for his award by his supervisor, **Robert Hinson**. Also on hand for this presentation was Plant Manager, **Doug St. Louis**. Jay has been a fixer in the Fiberwoven Technical Department for nine years and a Chatham employee for eighteen years. He and his wife, Juanita, have a daughter, Janine and two sons, Jeff and Jodie. They have two grandchildren: Emily, who is one month old and Erin who is one year old. Jay's hobby is fishing. He is a member of Mt. Calvary Baptist Church.



Joell Woodie was nominated for her award by the assistant Department Head, **Don Adams**. Joell has been a plug mold operator for one year in the Restwarmer Department and a Chatham employee for twenty years. She and her husband Jerry have a daughter, Ginger, who is a Sophomore at UNC Charlotte and a son Jeremy, who is a freshman at Starmount. Joell's hobbies are swimming, cross stitching and flower gardening. She is a bus driver for the Starmount Marching Band and a member of Berean Baptist Church.

Let's Cook

Squash Pie

Cook four medium size squash, then drain. Set aside.

Mix in blender:

- 2 cups milk
- 1 cup sugar
- 2 eggs
- 2 teaspoons vanilla flavoring
- ¼ cup melted margarine
- 2 tablespoons flour

Then add squash and blend.

Pour well-blended ingredients into two unbaked pie shells. Sprinkle nutmeg over top of pies. Bake at 350 degrees for 35 minutes.

-Contributed by
Bobby Maske, Power Plant

Squash Pickles

(Yield: about 2 quarts)

- ¾ cup salt
 - 3 quarts water
 - 4 cups thinly sliced yellow squash
 - 4 cups thinly sliced cucumbers
 - 2½ cups sugar
 - 2 cups vinegar
 - 2 teaspoons mustard seeds
 - 2 medium sized onions, diced
 - 2 green peppers, diced
 - 1 jar (4 oz.) pimento, diced
- Stir salt into water in a very large bowl. Add squash and cucumbers, weigh down with a plate to keep pickles under salt brine. Let stand 3 hours. Drain well.

Combine sugar, vinegar and mustard seed in a large pot. Bring to boiling, stirring until sugar dissolves.

Add drained squash and cucumbers. Add onions, peppers, and pimentos. Return just to boiling. Put in jars and seal.

-Contributed by
Bill Bauguess, Fiberwoven

MARK TWAIN once said this about experience: We should be careful to get out of an experience only the wisdom that is in it — and stop there, lest we be like the cat that sits down on a hot stove-lid. She will never again sit on a hot stove-lid — and that is well, but neither will she ever sit down on a cold one.



Squash Casserole

- 2½ pounds squash
- 1 onion, chopped
- 1 grated carrot
- ¾ package Pepperidge Farm stuffing
- ½ to ¾ cup grated cheese
- 1 stick margarine
- 1 can cream of chicken soup
- ½ pint sour cream

Cook squash and onion until tender, drain and mash, add stick of margarine, carrots, sour cream, chicken soup, grated cheese and half of the stuffing. Mix well. Pour into baking dish and put the rest of the stuffing on top. Bake 325° or 350° for 35 or 40 minutes. Put cheese on top the last 10 minutes. Makes one large casserole or two small ones.

-Contributed by
Helen Garriss, Wet Finish

Squash Cakes

- 2 cups (1 pint) of squash
- 1 egg
- 1 onion
- ½ cup corn meal
- ½ cup flour

Chop squash. Add all ingredients and make into patties and fry.

-Contributed by
Becky Billings, Print Shop

Thanks to all those who submitted recipes this issue.



Motivation =

The key to
better quality

Quality =

Sales =
Security



It is easier to be critical than to be correct.



Lawrence and Juanita Lyon celebrated their 40th wedding anniversary on July 1. They were given a surprise celebration at the Benham Ruritan Building. Hosting were their daughter, son-in-law and grandson: Patricia (Worsted), Rick, and Damien Finger. Lawrence is a Chatham retiree.



Vanna Cheek and Jimmy Combs (Machine Shop) were married July 14, 1990, at 6:30 p.m. at the Elkin Park. Jimmy is the son of Lois Combs (retired). Vanna is the daughter of Nina Cheek.



Comas Groce (LTD) is holding a 21.89 pound cabbage head grown in his garden. Comas and his wife Lucile (Binding) explained that this was a special type of cabbage plant that grows larger than the average cabbage. The largest head of cabbage they have ever grown weighed thirty-five pounds.

Nature never did betray the heart that loved her.

-Wordsworth



Caffeine Jitters: Some Safety Questions Remain

CAFFEINE



Does caffeine make you nervous? Maybe. But does it cause cancer or birth defects? Probably not. In a nutshell, these are the Food and Drug Administration's conclusions after reviewing some old studies and completing some new ones.

An FDA publication titled **Caffeine Jitters: Some Safety Questions Remain** (Item 581W, free) discusses these studies and explains why scientists are less concerned about caffeine than they once were. The illustrated publication also includes tables to help you compare the relative caffeine content of many different foods, beverages, and both over-the-counter and prescription drugs. You can get a free copy of **Caffeine Jitters** by sending your name and address to **Consumer**

Information Center, Department 581W, Pueblo, Colorado 81009.

Caffeine stimulates the central nervous system. It is a drug that can cause nervousness, irritability, anxiety, insomnia, and disturbances in the heart rate. It seems to affect blood pressure and circulation. And, as you probably know, it can make you feel awake.

People all over the world have been consuming caffeine in their coffee, tea, and chocolate for centuries. Less than 10 years ago, however, some scientists were concerned about its safety. After re-evaluating the studies that led to that concern, though, the scientists have become less worried.

For example, though it was once suspected that caffeine

could cause birth defects, scientists have re-examined the data and found no evidence to support the suspicion—even among babies of mothers who drank at least four cups of coffee a day. Studies have also failed to show any relationship between benign breast disease and coffee consumption. And, although there have been over 20 studies on a possible link between caffeine and coronary heart disease, the FDA concluded that coffee probably isn't a cause.

Some people, however, are more sensitive to caffeine than others. And some people do have cardiac arrhythmias (irregular heartbeats) that seem to have been caused by caffeine consumption. Because of this, the FDA will continue to monitor caffeine use in

foods and continue investigating the health effects of caffeine on consumers.

In the meantime, what the Romans said even before people started drinking coffee is probably still good advice: nothing in excess. Go ahead and enjoy a soft drink, candy bar or a cup of coffee or tea once in a while. Just don't overdo it.

To get more information, send for your copy of **Caffeine Jitters: Some Safety Questions Remain** (581W, free). You'll also get a free copy of the **Consumer Information Catalog**. Published quarterly by the Consumer Information Center of the General Services Administration, the **Catalog** lists about 200 of the federal government's free and low-cost consumer publications on a wide variety of subjects.

Golden Rules for Living

- If you open it, close it.*
- If you turn it on, turn it off.*
- If you unlock it, lock it up.*
- If you break it, admit it.*
- If you can't fix it, call in someone who can.*
- If you borrow it, return it.*
- If you value it, take care of it.*
- If you make a mess, clean it up.*
- If you move it, put it back.*
- If it belongs to someone else and you want to use it, get permission.*
- If you don't know how to operate it, leave it alone.*
- If it's none of your business, don't ask questions.*
- I just thought of a few more:*
- If it ain't broke, don't fix it.*
- If it will brighten someone's day, say it.*
- If it will tarnish someone's reputation, keep it to yourself.*

The C-NC NEWS is published for...



employees and retirees like **Pearl Cox** who works as a cotton creeler in the Warp Department. Pearl has been a Chatham employee for nine years. She and her husband Brady (Wet Finish Shop) have three children: Barry Cox (Technical Maintenance), Patty Smith (Boonville Plant) and Christina Cox. They have one grandchild, John Russell Cox.

Help Your Heart

American Heart Association 

Celebrate Summer With Heart Smart Exercise

Summer's here and the fitness craze is back in full force. The longer days, warmer temperatures, and inevitability of bathing suits are bringing Americans, young and old, out of the house or office and into outdoor activities.

A regular exercise program is not only important for looking good and feeling fit, but exercise, even light physical activity such as gardening, can help reduce the risk of heart disease. In fact, people who avoid any physical activity run a 30 percent higher risk of coronary heart disease than more active people.

Before jumping right into an exercise program in the summer, however, it's important to consider a significant

factor - the heat.

Summertime temperatures can be extreme in some parts of the country, but even in the milder climates people need to take some extra time to get used to the change in seasons. Hot weather poses a risk for two serious conditions - heat exhaustion and heat stroke.

Heat exhaustion occurs when the body becomes dehydrated and is unable to adequately cool itself. The symptoms for heat exhaustion include a body temperature that may be below normal, dizziness, headache, nausea and sometimes confusion. These symptoms may precede collapse.

Heat stroke occurs when the body is unable to cool itself resulting in dangerously high body temperatures. The symptoms for heat stroke, which is far more serious than heat exhaustion, are dizziness, headache, thirst, nausea and muscle cramps. The two most dangerous symptoms of heat stroke, however, are no sweating and a dangerously high body temperature.

Although neither heat exhaustion nor heat stroke are

common, it is easy to take precautions against both.

Water is an important part of any exercise program, especially in warm weather. You should drink several cups of water before exercising and drink small quantities every 10-15 minutes during prolonged or vigorous exercise. Drink plenty of water after you exercise as well.

If you've eaten a meal, avoid strenuous exercise for at least two hours. If you exercise vigorously first, wait about 20 minutes before eating.

Give yourself time to acclimate to the demands of exercising in increased temperatures. Start exercising at an easier pace and build up your routine slowly over a week or two. In all temperatures you should exercise at a comfortable pace that allows you to keep up a conversation. If you are not able to do this; or you don't feel normal again within 10 minutes after you stop exercising, you're pushing yourself too hard. If you feel dizzy, nauseous, thirsty or if you develop a headache during exercise, stop, find a cooler place

to sit down and drink some water. If any symptoms of heat stroke are present, seek medical care immediately.

Try exercising in the early morning or early evening when the temperatures are cooler. Chances are these are also the times of the day when you will have more time to enjoy your exercise and not be pushed by a clock. Remember, when exercising, outdoors on rainy days and at night, be aware of reduced visibility for you as well as for drivers. Wear bright or reflective clothing and be cautious.

Clothing for summer exercise should be light and loose-fitting. Avoid rubberized or plastic suits, sweatshirts and sweatpants. Heavy, non-breathable clothing will cause dangerously high body temperatures and increase the risk of heat exhaustion and heat stroke.

Exercise is a great way to get outside and enjoy the weather and the environment. Whether you are walking, jogging, biking or gardening, enjoy yourself! A good exercise program in the summer will lead to a healthy, active lifestyle year-round.



Pick Your Attitude — Sweet or Sour



Feel frightened by your daily duties?

Feel uncomfortable in your home?

Feel you're not appreciated by your family?

If your answer is "yes" to these questions, then you certainly are frightened, uncomfortable, and unappreciated. Hardly a happy state of mind for anyone.

But why do some lives sparkle like diamonds and

others, like mud? What makes the difference?

Psychologists provide one answer: ministers, another; sociologists, still another. Everybody has some answer.

Many answers overlap and center around the particular individual's attitude. How a person reacts to other people and things in the world around him will determine his attitudes.

That world may be Main

Street or a nobleman's estate or a tenement or a tree shaded lane in the country. Any of these environments will produce a combination of attitudes. And the rich, the poor, the sick, the intelligent, the ignorant, the people in various places and situations create their own. Why is one rich, healthy, and educated person happy and another equally rich, healthy, and educated person unhappy?

Only the individual person's attitude makes the difference.

Should one make his attitude happy, then joyful will be his life.

Should one make his attitude sad, then sour will be his life.

Your mental attitude is yours alone.

Have you mastered it yet...

C-NC TRADER

OTHER

WANTED: I would like to lease property for deer hunting near Stone Mountain and Traphill area. Call 835-1462 after 5:00 p.m.

FREE: To a good home, beautiful four month old kittens, part Siamese. Call 984-2938 after 6:00 p.m.

FOR SALE

16 HP Massey-Ferguson Lawn Tractor. Coller engine, 48" cut, hydrostatic transmission, hydraulic lift. Very good condition. \$2,200. Call 984-2938.

1978 Buick Regal, AM-FM stereo and cassette, good condition. \$1,500. Call 835-7238.

Western Saddle, bridle and saddle pad. Youth Saddle, new. Call 984-2938 after 6:00 p.m.

Exercise Bench, good condition. \$20. Call 984-2938 after 6:00 p.m.

1971 Super Beetle. 25,000 miles on rebuilt engine, new tires, struts, shocks, distributor, and brakes. Call 835-3002 anytime.

Blue baby stroller, Yellow Carry All. \$5 each. Call 835-2924.

2 men's suits, like new. 1 brown suit, size 38, 1 gray pin stripe suit, size 40. \$20 each. Call 835-2924.

Modern 3 bedroom, 2 bath home on 5 acres near Roaring River. Appliances, basement, 2 fireplaces, storage barn, spring water. Additional land available. Call 957-3228.

Sofa bed, like new. Also electric stove and a few pieces of antique furniture. Call 835-3444 after 7:00 p.m.

1981 Honda XR80 trail bike, \$175. 1983 Kawasaki KD80 trail bike, \$275. Call 366-2078 after 6:00 p.m.

Antique cabinet model Singer sewing machine and a pony cart. Call 835-2363.

1987 Oakwood mobile home. \$1,000 down, take over payments with 4 years owed; includes central air, porch, and underpinning. Call 957-4103 after 5:00 p.m., 957-8475 daytime.

1975 Ford Granada. Metallic green, one owner, excellent condition inside and out. Call 468-4022 anytime.

Couch and chair, four-poster bed, and old trunk. Call 835-3565.

20 gallon fish aquarium; 2 bowling balls; size 5 black prom dress; dark stained wood, glass top coffee table; jewelry chest. Call 835-5478 after 5:00 p.m.

Nine Boxer puppies. 5 male, 4 female. \$50 each. Call 957-3702.

Twin bedroom suite with mattress; one new mattress set; dresser and night stand are not exactly like beds. Beds are solid maple. Call mornings and nights 696-3775.

Encyclopedias with the year book and a stand. \$115. Call 874-2276 after 5:00 p.m.

1990 Grand Am. Red with gray interior, 2 door, cruise, PS, PB, automatic, tilt, AM-FM cassette. \$950 and take up payments. 10,000 miles. Call 874-2276 after 5:00 p.m.

Hay and straw. Call 984-3072 after 5:00 p.m.

1979 Olds 88, 2 door, good condition. \$1,200. Call 468-8959.

Large white antique bowl and pitcher. Has some age cracks. \$35. Call 835-1019 between 5:00 p.m. and 7:00 p.m.

Old Singer pedal sewing machine. Patented in 1910. Might need oiling and adjusting. \$75. Call 835-1019 between 5:00 p.m. and 7:00 p.m.

Music center which can be used as a stereo and record holder or VCR and tape holder. Solid wood, antique green. Louver doors. \$45. Call 835-1019 between 5:00 p.m. and 7:00 p.m.

2 twin size matching floral comforters with matching pillow and pillow sham. Blue background. \$20. Call 835-1019 between 5:00 p.m. and 7:00 p.m.

Adjustable security gate. \$8. Call 835-1019 between 5:00 p.m. and 7:00 p.m.

Good as new box springs, size 38 1/2 x 69 1/4. May have mattress also. Mens pants size 36. Quilt scraps. 2 axes. Call 835-4690.

Chihuahua puppies. Call 874-7279.

Great Dane. Good with children. Call 874-2996.

1969 Aerocraft boat. 15 feet, semi trihull with walk through windshield, has 4 cylinder inboard outboard engine, also includes trailer. Very good condition. \$2,000. Call 957-8022 anytime.

Octagon shaped, glass top kitchen table with 4 chairs. \$50. Call 835-1226 anytime.

1980 Heavy Duty 1-ton Chevy Truck. PS, PB, AC, AM-FM stereo, 100 gallon tank with pump mounted in bed; 16 ft. gooseneck trailer, tandem wheels and loading ramps. Call 957-8568.

White rock for landscaping. \$35 a ton delivered. Call 957-8568.

Matching wood couch and rocking chair with tweed cushions. Good condition. Call 835-6384.

Set of maple twin beds. Can use as double or bunk beds. \$50. Call 835-3105.

1989 Suzuki 250 Quad Sport. Many extras. Ridden very little. Like new. \$2,400. Call 526-2281.

Electrolux vacuum cleaner with shampooer. Vacuum \$20. Shampooer \$5. Call 835-3105.

16 foot fiberglass trihull boat, 65 HP Mercury engine. Mercury trolling motor. Hummingbird depth finder. Walk through windshield, Holsclaw trailer. \$2,000. Call between 1:00 and 5:00 p.m. weekdays or anytime weekends. Call 835-6657.

1983 Trans-Am, charcoal gray, V8, AC, PS, PB, AM & FM cassette stereo. Call 366-3049 or 835-5003 after 6:00 p.m.

1980 Ford Fiesta, dark blue, 4-speed, AC, AM-FM radio, \$1,200. Call 468-4941 after 5:30 p.m. Leave message.

Full-blooded Cocker Spaniel puppies. Call 468-2345.

1980 Suzuki RM250. \$275. Call 957-2678 after 4:30 p.m.

1981 Chevy Luv 4x4, good condition, \$2,750. Call 874-2753.

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 #530 to list your items in the Chatham Trader.

If you have a recipe, a guess who, a picture, or something interesting that you would like to be used in the C-NC NEWS, send a copy in care of the C-NC NEWS, Chatham Mfg. Company, your news department representative or come by the Personnel Offices.

For Your Information

What is the king of vegetables?

It's tall and stately, comes from the royal family of the orchid and the lily, and is believed to be native to the eastern Mediterranean lands and Asia Minor — and was well known in this area at least 2,000 years ago.

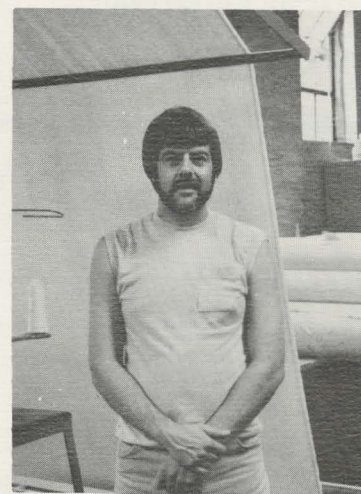
It commonly grows wild over much of that area today, as well as in Europe and in many places in the United States. It thrives along riverbanks, shores of lakes, and even close to seacoasts.

The Greeks knew about it, eating it wild, while the Romans nurtured and cultivated it as early as 200 B.C., when Cato gave detailed gardening instructions on its care and growth.

Just in case you haven't guessed, the answer is asparagus.

*Chatham Cookbooks
are still available
in the
Personnel Office*

Then and Now Answer



Larry Howard is a scheduler in the Cloth Department. He has been employed with Chatham sixteen years. He has a nine year old daughter, Melissa. His mother, Evelyn Howard, works in the Cloth Department.

In Memoriam

Elsie Parks

May 26
Mother of Pauline P. Barker,
retired.

Woodrow (Wilk) Boles

July 4
Brother of Robert Boles, re-
tired.

Ollie Shugart

July 5
Mother of Gladys S. Vestal,
retired.

Franklin D. Mathis

July 6
Father of Ronald D. Mathis,
Extrusion.

Virginia Wiles

July 8
Sister of J. Ray Doss, re-
tired.

Paul S. Sprinkle

July 9
Brother of David L. Sprinkle,
Weave.

Homer J. Wood

July 11
Brother of Kenneth Wood,
Spinning.

James "Skippy" Arnold

July 12
Brother of Timothy Culbreath,
Spinning.

Ester Gay Doss

July 13
Sister of J. Ray Doss, retired.

Graham Cockerham

July 13
Brother of Lolene Cockerham,
Burling.

Daniel Lee Brown

July 14
Brother of Dallas D. Brown,
Cloth.

George Pendergrass

July 15
Brother of Ruth P. Wooten,
retired.

Henry S. Lyon

July 16
Father of Anne L. Vanhoy,
Yarn Manufacturing; and
Joe Henry Lyon, Quality
Control.

Henry D. Woodruff

July 19
Retired Employee

Veo Hazel Casstevens

July 23
Sister of Naomi M. Mathis,
retired; and Billy R. Mathis,
retired.

Coy Ernest Shore

July 23
Husband of Addie K. Shore,
retired; father of Pauline S.
Finney, Binding; and Barbara
S. Finney, Binding.

Gaither W. Norman

July 26
Brother of Irene M. Barlow,
Binding; Ray E. Norman,
retired; and Paul E. Norman,
retired.

Earlie E. Harris

July 27
Retired Employee
Husband of Annie Sue D.
Harris, retired; brother of F.
Zenus Harris, retired.

Troy D. Mahan

July 29
Brother of Deborah L.
Anderson, Winding.

Peace is not the absence of
conflict, but the ability to cope
with it.



Service Anniversary Dates

45 Years

John Hunter, Jr., Shipping - August 22

40 Years

Buster Luffman, Weave - August 4

35 Years

A. Dean Andrews, Vice President, Furniture Division -
August 8

Robert J. Lomax, Quality Control - August 22

30 Years

Braddock Walker, Yarn Manufacturing, Boonville - August
31

25 Years

Susan G. Taylor, Shipping - August 9

Faye M. Sparks, Cloth - August 11

E. Victoria Lyon, Cloth - August 16

Annie L. Layell, Burling - August 17

Eva D. Rogers, Cloth - August 19

Thomas E. Boles, Jr., Wet Finish - August 19

Edward L. Redman, Shipping - August 27

B. Dwight Byrd, Garnett - August 30

Agnes S. Alexander, Yarn Finishing, Boonville -
August 30

20 Years

Bobby E. Wood, Piece Dye - August 7

Alice G. Shore, Winding - August 12

Lucy C. Colvard, Spinning - August 27

Kenneth R. Reece, Technical Maintenance - August 28

Larry R. Carter, Weave - August 31

M. Leo Haynes, Garnett - August 31

Jimmy H. Macemore, Wet Finish - August 31

Retirements Effective August 1, 1990

Juanita W. Benton, Binding, 1st shift; 14 years and 4 months

Virginia D. Byrd, Napping, 2nd shift; 14 years and 3 months

Walter J. Denny, Winding, 1st shift; 12 years and 4 months

William G. Kidd, Piece Dye (LTD), 3rd shift; 31 years and 2
months

J. Carroll Miller, Wet Finish, 1st shift; 43 years and 10
months

Odessa Q. Vestal, Accounting, 1st shift; 46 years and 1 month

Chatham Manufacturing Company
Elkin, North Carolina 28621

Address

Correction

Requested

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