

Each year it has been my privilege to send Christmas greetings to all my fellow employees through the medium of this newspaper. In view of the shocking and tragic news about our parent company in Copenhagen, and in view of the uncertain future both Chatham and Northern Chatham now face, I have particularly looked forward to writing to you this year.

I said all of us face an uncertain future. Let me explain. Each company and all of us face an unknown road to travel in the next weeks and possibly months. We know there will likely be rocks in the road, maybe big rocks, and there will be curves, maybe dangerous curves. It will be roads we have not traveled before. Let me ask you though, does anyone know what the future is going to be? Has anyone ever known?

Of course, nobody knows. I can tell you with a high degree of certainty, however, that our future is going to be just fine. I know this because I know us. Our companies have the best reputation in the entire textile industry for doing what we say we will do, for delivering good products at good value and for conducting our business with the highest degree of integrity. That reputation has been earned for many years because our employees have always tried to do the right thing. That reputation is now going to sustain us because our customers and our suppliers want to do business with us and we will be all right.

Don't misunderstand, I think the going will be tough, at least in the few months ahead and until we have a clearer picture of the direction we are going. If the going is tough, we've been through tough times before and we'll be tough again and we can and will come through any adversity we face.

So, my friends, this is a joyous season. Let us rejoice that we have conducted ourselves in a proper manner and now we will reap the benefit from that conduct in that whatever adversity we may face we can absorb without noticeable damage. We can face the future with confidence and we can turn away from our personal anxieties about our jobs and our companies and toward this wonderful season. We can be considerate to our families and to our friends. We can feel good about ourselves--we've earned it. We can have a merry Christmas.

So, from my family and me to you and your families, we hope you have a happy and meaningful holiday season and we will all work together to have a prosperous 1991.

Alan Payne



Happy Birthday Kermit



Kermit Wood (Sample Department) celebrated his birthday November 29, 1990. The employees in the Sample Department certainly did not forget his special day. They sent him a rose and some black balloons.

Happy Birthday Debbie



Debbie Soots (Industrial Engineering) does not seem to mind playing along with her co-workers on her 40th birthday, November 15, 1990. Not wishing for anyone to forget Debbie's special day, her fellow employees decorated the halls of the main office with signs announcing this event. Among Debbie's birthday gifts were a hearing aid, a black corsage, a food grinder, a cane, and a senior citizen's application. Debbie, it sounds like you have got some very thoughtful friends.

C-NC NEWS

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Beth Steelman, Editor

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What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

-Agnes M. Pharo

The holiest of all holidays are those kept by ourselves in silence and apart, the secret anniversaries of the heart, when the full tide of feelings overflows.

-Henry Wadsworth Longfellow

Servicemen Complete Training



Navy Seaman Recruit **Brian K. White** has completed his recruit training at the Naval Training Base in Orlando, Florida. He will be entering Machinist Mate Nuclear A School in Orlando, under the rank of Fireman. Brian is a 1990 graduate of Surry Central High School who enlisted in the Navy in 1989. He is the son of Timothy and Brenda White, and the brother of Greg White (Napping). He is the nephew of Wade Mounce (Engineering) and Raydell Newman (Weave).



Airman **Rodney Mitchell King** has completed eight weeks of Basic Training at the Naval Recruit Training Center in Orlando, Florida and four weeks of A.T. School studying aviation. He will be stationed in Norfolk, Virginia on the aircraft carrier, the U.S.S. Eisenhower. He is a 1989 graduate of Elkin High School. Rodney is the son of Patricia M. McClelland (Pillow Plant) and the step-son of John M. McClelland (Blending).

ARE YOU WILLING—

to stoop down and consider the needs and desires of little children;

to remember the weakness and loneliness of people who are growing old;

to stop asking how much your friends love you, and to ask yourself whether you love *them* enough;

to bear in mind the things that other people have to bear in their hearts;

to trim your lamp so that it will give more light and less smoke, and to carry it in front of you so that your shadow will fall behind you;

to make a grave for your ugly thoughts and a garden for your kindly feelings, with the gate open? Are you willing to do these things for a day?

Then you are ready to keep Christmas!

-Henry Van Dyke

New Country Store Hours
Effective January 2, 1991
Monday - Saturday: 9 a.m. - 6 p.m.
Sunday: 1 p.m. - 5 p.m.

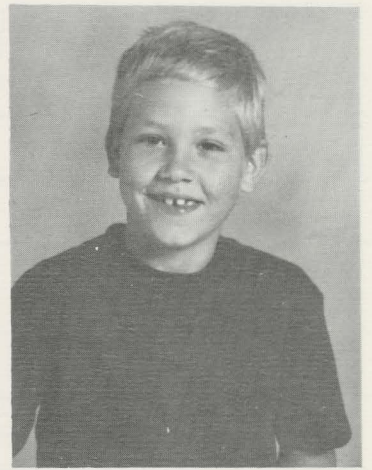
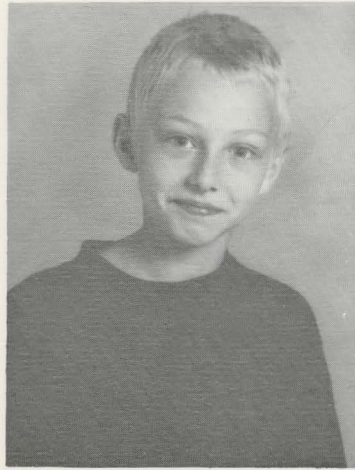
Let me tell you about...



Kristie Blevins is the 15 year old daughter of Russell and Frances Blevins (Boonville Plant). She is the sister of Marina Bauguess (Weave) and Jodie Pruitt (Restwarmer).



Terry Lee Cooper, Jr. is the 6 month old son of Donna and Terry Cooper of Elkin. He is the grandson of Ray and Mildred Durham (Butler Plant).



Dustin and Wesley Kipp are the sons of Richard (Machine Shop) and Pam Kipp (Butler Plant). Dustin is 9 years old and Wesley is 7 years old.



Crystal Dawn Reed is the 2 month old daughter of David and Lisa Reed of Taylorsville. She is the niece of Wanda Royal (Spinning), Hilda Brewer (Spinning) and Michelle Reed (Winding).



Jeffrey Logan Shermer is the 6 month old son of Janice (Restwarmer) and Jerry Shermer. He is the nephew of Bonnie Settle (Restwarmer).



Karenda Marie and Nicole Amber Settle are the daughters of Gina (Wet Finish) and John Wayne Settle (Dye House). They are the grandchildren of Lawrence and Bessie Settle (retirees) and Betty Campoli and the late Edsel Johnson. They are the nieces of Janet Johnson (Fiberwoven), Tony Johnson (Weave), Linda Holleman (Cloth) and Anita Settle (Statistical Quality Control). Karenda is 5 years old and Nicole is 3 1/2 years old.



Savanna Faith Harris is the 2 month old daughter of Mary Beth (Winding) and Johnny Harris (Dye House).



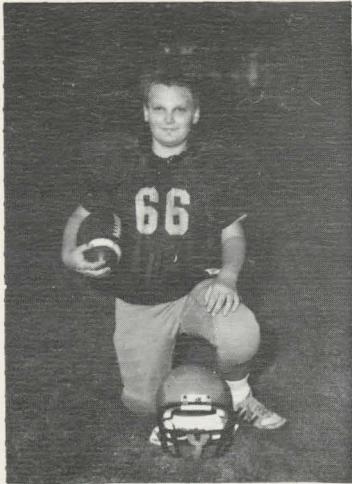
Scott Anthony Tucker is the 11 year old son of Genivee Tucker (Binding). Scott plays on the Tri-County Soccer League in the U-10 age group. He is the grandson of Lola Mae Reynolds.



Rebecca LeeAnn Southard is the 3 year old daughter of Wayne and Karen Southard (Pillow Plant). She is the granddaughter of Roy (LTD) and Jerry Southard (First Aid). She is the niece of Jeff (Quality Control) and Denise Clendenin (Winding) and the great-niece of R.J. Carter (Garnett), Joe Southard (retired), Garvey Southard (retired) and Phillip Southard (retired).



Skip Adams is the 8 year old son of Johnny (Guard Force) and Sandra Adams (Binding). Skip plays on the Tri-County Soccer League in the U-10 age group. He is the grandson of Grover and Nancy Haynes of Harmony and Jessie (retired) and Dorothy Adams. He is the nephew of Lanny (Purchasing) and Betty Couch (Binding).



Bucky, Marc, and Jason Hayes are the sons of Alice and David Hayes (Dye House). Bucky and Marc play on the Little Redskins Peeewe Football team. Jason plays T-ball at the Elkin Recreational Department. Bucky is 11 years old, Marc is 9 years old, and Jason is 7 years old.

Lindsay Tharpe is the 20 month old daughter of Teresa and Haynes Tharpe of North Wilkesboro. She is the granddaughter of Lois Suddreth (Dye House Lab).



Gabrielle Promise, Genna Faith, and Gretchen Hope Poindexter are the daughters of Mr. and Mrs. Archie Poindexter. They are the granddaughters of Cletus Davis (Piece Dye) and Ruth V. Davis (Binding). Gabrielle is 3 years old, Genna is 6 months old, and Gretchen is 5 years old.



Sidney Lynn Wyatt is the 2 year old daughter of Donald and Debbie Wyatt. She is the granddaughter of Bill Wyatt (Yarn Manufacturing, Boonville).



Ashley Michele Long is the 2 year old daughter of Mitchell (Weave) and Sandra Long (Dye House Lab). She is the granddaughter of Wilda Long (Blanket Order Processing) and Mae Summers (Taslan).



Megan Shea is the 14 month old daughter of Melvin Billings and Lori Waters (Winding). She is the granddaughter of R.L. Billings, Linda Spencer, Carolyn Waters, and Bonnie and Roger Waters. She is the great-granddaughter of Eva Macy (retired) and the great-great-niece of Ethel Macy (retired).



John Michael, Joseph Matthais, and Joshua Matthew Davis are the sons of Mr. and Mrs. Ricky Davis. They are the grandsons of Cletus Davis (Piece Dye), Ruth V. Davis (Binding), and Mary Carter. John is 15 months old, Joseph is 4 years old, and Joshua is 6 years old.



Jessica Ruth Clendenin is the 2 month old daughter of Jeff (Quality Control) and Denise Clendenin (Winding). She is the niece of Karen Southard (Pillow Plant).

How can you tell when it's Christmas time? Look into a child's shining eyes - you'll see Christmas there. See a neighbor's wave, hear his cheerful greeting - you'll know Christmas is near.
-Author Unknown



Andrew Neal is the 6 week old son of Neal and Lisa Holcomb of Thurmond. He is the grandson of Tommy and Ruby Holcomb of Thurmond, Roger and Bonnie Waters of Thurmond, and Carolyn Waters of State Road. He is the nephew of Lori Waters (Winding), the great-grandson of Eva Macy (retired) and the great-great-nephew of Ethel Macy (retired).



Kristin Michelle Oliver is the 9 month old daughter of Allen M. and Susan P. Oliver. She is the granddaughter of Roger and Brenda Oliver (Personnel). She is the great-granddaughter of Doris Y. Sams (Winding) and Mabel E. Collins (Weave).



Ashley Faith Wheeler is the 10 month old daughter of Deanna (Winding) and Shannon Wheeler (Cloth). She is the niece of William Faircloth, the great-niece of Norma Pruitt (Spinning) and Dale Pruitt (Weave), and the great-great niece of Bobby Colbert (Technical Maintenance).

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### Promotion Announced For Rhonda H. Gentry



Lowe's Companies Inc. announced that Rhonda H. Gentry of corporate accounting recently received a promotion.

Rhonda Gentry was promoted to manager of financial systems and control. She is responsible for all operations of the general ledger system, the production of financial statements, and budget reporting. Mrs. Gentry has been with Lowe's since 1986 and, most recently, was assistant manager of financial systems and control.

She is a native of Ronda, attended East Wilkes High School and graduated magna cum laude from Appalachian State University with a bachelor of science in business administration. Rhonda and her husband, Eddie, reside in Wilkesboro.

Rhonda is the daughter of R.P. (Blending) and Joyce Higgins (LTD). She is a 1979 winner of the Chatham scholarship award.

| ACCIDENT INJURY REPORT<br>October 1990                                   |      |       |      |
|--------------------------------------------------------------------------|------|-------|------|
|                                                                          | Oct. | Sept. | Aug. |
| Caught in or coming in contact with machinery                            | 19   | 13    | 21   |
| Striking against on or by objects                                        | 23   | 26    | 27   |
| Using hand tools (knives, scissors, tools, burling irons, needles, etc.) | 16   | 13    | 10   |
| Handling material (hand injuries)                                        | 11   | 12    | 11   |
| Splinters                                                                | 10   | 13    | 6    |
| Foreign bodies in eye                                                    | 5    | 12    | 8    |
| Slips & Falls                                                            | 10   | 9     | 12   |
| Falling objects                                                          | 8    | 3     | 4    |
| Lifting, pulling, pushing, (sprains, hernias, etc.)                      | 17   | 21    | 22   |
| Burns                                                                    | 3    | 1     | 5    |
| Punctures                                                                | 1    | 6     | 7    |
| Miscellaneous                                                            | 6    | 4     | 5    |
| Chemical burns                                                           | 1    | 3     | 1    |
| Infections                                                               | 0    | 0     | 0    |
| Totals                                                                   | 130  | 136   | 139  |

## Christmas Trivia Quiz

Many customs are associated with the Christmas season. Do you know why we carry out these traditions or where they originated? Here is a chance to test your knowledge of some interesting facts about Christmas. See how many of the following questions you can answer correctly.

1. What notable American deed was performed on Christmas in 1776?
2. Who wrote "The Visit of St. Nicholas" - a poem which starts out with the line, "Twas the night before Christmas when all through the house / Not a creature was stirring, not even a mouse...?"
3. Name as many as you can of the eight reindeer mentioned by the poet in "The Visit of St. Nicholas."
4. What three famous gifts did the three Wise Men bring to Bethlehem?
5. What is the title of the story by Dickens in which you read about Scrooge and Tiny Tim?
6. In the language of flowers, what does Mistletoe mean?
7. Who originated the image of Santa with rosy cheeks, white beard and round belly; Who was the first cartoonist to illustrate Santa?
8. What was the forerunner of the Christmas tree?
9. Who popularized the Christmas carol as we know it?
10. Santa Claus (or St. Nicholas) is not always regarded as the principal gift-bringer. In fact, in at least one country, the "Santa" is a woman. Which country would that be?
11. The poinsettia is known as the flower of Christmas. It was discovered in what country?
12. Where did the name St. Nicholas originate? Was there really a saint named Nicholas?

(Answers on Page Eight)



## Chicken Pie

3 whole or 6 half chicken breasts, cooked and cut in bite size pieces  
2 cans cream of chicken soup  
8 oz. sour cream  
1½ sticks margarine  
2 packs Ritz crackers  
Put cooked chicken in baking dish. Mix cream of chicken soup and sour cream together, pour over chicken. Combine crushed crackers and melted margarine and put on top of pie. Bake 350° for 30 minutes.

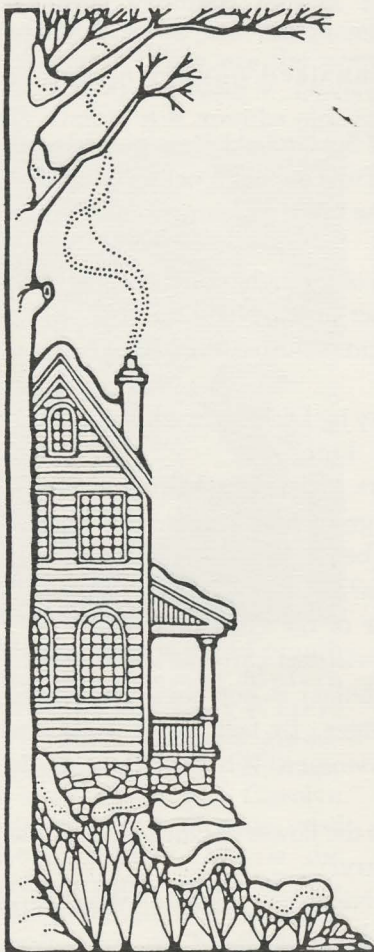
-Contributed by  
Helen Garris  
(Wet Finish)

## French Fried Sweet Potatoes

Sweet Potatoes  
Salt to taste  
Pepper to taste  
4 cups cooking oil

Heat oil in a deep fryer. Slice sweet potatoes for frying. Place sliced potatoes in hot oil and cook until golden brown. Remove from oil. Salt and pepper to taste.

-Contributed by  
Genieve Tucker  
(Binding)



## Pumpkin Bread

Combine:  
1 cup white sugar  
½ cup brown sugar  
1 cup cooked pumpkin  
½ cup oil  
2 eggs  
Sift and add:  
2 cups flour  
1 teaspoon soda  
½ teaspoon salt  
½ teaspoon nutmeg  
½ teaspoon cinnamon  
Mix well and add:  
¼ cup water  
1 cup raisins  
½ cup nuts

Spoon into well oiled 9x5x3 inch loaf pan and bake at 350° for 65-75 minutes.

-Contributed by  
Hilda Weatherman  
(Binding)

## Pumpkin Raisin Bread

1 cup vegetable oil  
4 eggs, beaten  
¾ cup water  
2 cups pumpkin, drained  
3½ cups plain flour  
1½ teaspoons salt  
½ teaspoon baking powder  
½ teaspoon all-spice  
¼ teaspoon nutmeg  
2 teaspoons soda  
¾ teaspoon cinnamon  
3 cups sugar  
½ cup raisins  
½ cup chopped pecans

Combine oil, eggs, water and pumpkin. Sift dry ingredients. Combine these mixtures and pour into greased and floured loaf pans. Bake at 350° for 35 minutes. Makes 2 large loaves or 4 small loaves.

-Contributed by  
Hallie Soots  
(Restwarmer)

## Easy Refrigerator Rolls

2 cups warm water  
1 package yeast, mixed in water  
4 cups self-rising flour  
¼ cup sugar  
¾ cup Crisco  
1 egg  
1 teaspoon salt

Mix all ingredients together thoroughly. Store in large covered bowl in refrigerator until ready to bake. Then bake in muffin pan at 425° for 15-20 minutes.

-Contributed by  
Pam Collins  
(Binding)

## Chocolate Pizza

12 oz. chocolate chips  
16 oz. almond bark  
(reserve 2 oz.)  
1 cup Rice Krispies cereal  
1 cup peanuts  
2 cups marshmallows  
6 oz. marischino cherries cut in half  
3 oz. green marischino cherries - cut in quarters  
⅓ cup coconut  
1 teaspoon oil

Melt chips and 14 oz. almond bark. Remove from heat. Stir in peanuts, cereal, and marshmallows. Spoon into round dishes or shapes. Top with cherries and coconut. Melt remaining 2 oz. of almond bark with oil. Drizzle on top. Refrigerate until hardened. Store in containers. Make hamburger size pizzas. These make nice small gifts wrapped in plastic wrap and tied with a pretty bow. It is delicious candy.

-Contributed by  
Marie Long  
(retired)

## Pea and Bean Salad

1 can french style green beans  
1 can white corn  
1 can small green peas  
1 small jar chopped pimento  
1 stalk celery  
1 small onion  
½ green pepper  
1 cup sugar  
1 cup vinegar  
½ cup oil

Strain the green beans, corn, peas and pimento, combining in a large container. Finely chop the celery, onion and green pepper. Add to the vegetables.

Combine the sugar, vinegar and oil in a medium sauce pan. Bring to a boil and pour over the vegetables. Cover and refrigerate for 12 hours. Strain to serve.

**Note:** When straining to serve, save the liquid for storing left-overs. This salad will stay fresh for a week if covered by the liquid.

-Contributed by  
Pat Mickles  
(Data Processing)



# Holiday

Thanks to all  
mitted some of  
Christmas recip



## Pumpkin Bread

1½ cups sugar  
¼ teaspoon baking powder  
1 teaspoon soda  
½ teaspoon ground cloves  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
¾ teaspoon salt  
1⅓ cups plain flour  
½ cup salad oil  
½ cup water  
1 cup pumpkin  
2 eggs, beaten  
½ cup chopped pecans

Sift together dry ingredients. Add remaining ingredients, blend. Pour into a greased and floured loaf pan. Bake at 325° for 1½ hours or until bread tests done. Makes 1 loaf.

-Contributed by  
Velma Mounce  
(Restwarmer)



# Cooking

those who submit their favorite recipes for this issue.



## Molasses Bread

1 1/2 cups all-purpose flour  
 3/4 teaspoon soda  
 1/4 teaspoon salt  
 1/2 teaspoon ground ginger  
 1/2 teaspoon ground cinnamon  
 1/2 cup butter or margarine  
 1/2 cup sugar  
 2 eggs  
 1/2 cup molasses  
 1/2 cup hot coffee

Combine dry ingredients. Mix butter and sugar until creamy. Add eggs and continue to mix well. Blend molasses and coffee together and combine with other ingredients. Grease and flour two 9 inch cake pans. Bake in pre-heated oven at 375° for 25 - 30 minutes or until center will spring back.

## Lemon Apple Icing

3 cups sugar  
 1 tablespoon butter  
 Juice and grated rind of 3 lemons  
 3 eggs, beaten  
 3 large apples, peeled and grated  
 3 rounding tablespoons flour  
 Pinch of salt

Place all ingredients in top of double boiler. Stir and cook over boiling water until proper thickness to hold shape on cake. It takes a little time to bring it to desired consistency. Use on white, yellow, or chocolate cake.

-Contributed by  
 Sarah Cheek  
 (retired)

## Sweet Potato Pudding

1 cup raw sweet potatoes (grated)  
 1 cup sugar  
 1 tablespoon butter  
 1 cup milk  
 1 cup water  
 1 egg, well beaten  
 Juice of half a lemon  
 Pinch of salt

Combine all ingredients and pour into buttered pudding pan. Bake in a moderately slow oven 325° until firm and crusted. Pull from sides and lift the center 2 or 3 times during cooking period to insure uniform texture.

-Contributed by  
 Sarah Cheek  
 (retired)

## World's Best Cookies

1 stick margarine, softened  
 1/2 cup Crisco  
 1/2 cup white sugar  
 1/2 cup brown sugar, packed  
 1 egg  
 1 teaspoon vanilla  
 1/2 cup oatmeal  
 1/2 cup crushed corn flakes  
 1/4 cup chopped pecans  
 1/2 cup coconut  
 1/2 teaspoon soda  
 1/2 teaspoon salt  
 1 3/4 cup plain flour

Mix well and drop by teaspoons on greased baking sheet. Leave room for cookies to spread. Bake at 325° until done. Watch closely! Let cool on cookie sheet.

-Contributed by  
 Pat Mickles  
 Data Processing

## Pizza-Style Spaghetti

1 pound spaghetti  
 2 eggs  
 1 cup milk  
 1 (32 oz.) jar spaghetti sauce  
 1 1/2 pounds ground beef, crumbled  
 chopped onion  
 chopped pepper  
 1/4 teaspoon garlic salt  
 1/2 teaspoon oregano  
 1 cup sliced pepperoni  
 2 cups grated mozzarella cheese

Break spaghetti into thirds. Cook, using package directions. Beat eggs and milk together in large bowl. Add spaghetti, tossing to mix. Pour into 9x13 inch baking dish. Layer next 4 ingredients over spaghetti in order listed. Sprinkle with garlic salt and oregano. Top with pepperoni and cheese. Bake at 350° for 40 minutes. Let stand for 5 minutes before serving.

-Contributed by  
 Peggy Burchette  
 (Binding)

## Pumpkin Raisin Muffins

2 1/2 cups sifted plain flour  
 2 teaspoons baking powder  
 1 teaspoon salt  
 1/2 cup sugar  
 1 egg  
 1 cup milk  
 1 cup chopped nuts  
 1 cup raisins  
 1 cup pumpkin  
 1/2 teaspoon soda  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 2 teaspoons sugar and 1 teaspoon cinnamon, mixed for muffin topping.

Beat egg and add 1/2 cup sugar until light. Add pumpkin. Alternately add milk and sifted dry ingredients and raisins. Spoon into greased muffin tins 3/4 full. Sprinkle top with sugar and cinnamon mixture. Bake in a 400° oven for 15 to 20 minutes.

-Contributed by  
 Hilda Weatherman  
 (Binding)

## Cranberry, Cherry Salad

1 (17 oz.) can pitted bing cherries, drained  
 1 envelope unflavored gelatin  
 2 (3 oz.) packs cherry flavored gelatin  
 1 pound can whole cranberry sauce  
 1/2 cup chopped apples  
 1/2 cup chopped celery  
 1/2 cup chopped pecans  
 1 medium can crushed pineapple

Drain cherries and save juice. Add enough cold water to cherry juice to make 1 1/2 cups of liquid. Dissolve unflavored gelatin in 1/2 cup cherry juice and water mixture. Heat remaining juice to boiling; pour over flavored and unflavored gelatin and stir until dissolved. Add all ingredients and blend well. Pour into greased 8-cup mold. Chill until firm. Unmold. Makes 10 servings.

-Contributed by  
 Mae Barker  
 (Restwarmer)

## Sausage and Egg Casserole

2 cups frozen hash browns  
 1 lb. sausage  
 2 tablespoons onion  
 1 cup cheddar cheese  
 4 eggs  
 1/2 cup milk  
 salt and pepper to taste

Spread thawed hash browns in the bottom of a large flat casserole. Top with sausage (cooked, crumbled and well drained), onion (grated), and cheddar cheese (grated). Combine the remaining ingredients and beat well. Pour evenly over the prepared layers. Bake at 350° for 30 minutes.

**Note:** This is a delicious one-dish breakfast or brunch dish. It can be assembled the night before and stored in the refrigerator until baked.

-Contributed by  
 Pat Mickles  
 (Data Processing)







## Christmas Day: A time to compare things of quality

As members of a production team today, we realize how important our work is. We create the products that form our reputation. We create the productivity that gives us a competitive position in world trade.

As production-oriented people, there are times when we lose sight of the human side of our work. That is, how what we do affects people's lives.

Christmas will give us many examples of how the quality of production work affects individuals. You'll get some very personal information when you open that multitude of ribboned boxes on Christmas Day. You will see new toys, new appliances, new clothes, and what-have-you.

Make a mental note this year to observe how many of the gifts work as they should; how many have ALL of the parts included; how many are unsatisfactory for some other quality reason.

If ever there is a time to bring the human factor in quality to mind, Christmas is it.

It reminds us that what we do, and how we do it, directly affects people. Whether we are involved in making a whole product, or just a part of one, people are the final users. That's the human element in production team work.

## Apologies to Bill...

We apologize for the error made in the last issue of the C-NC NEWS. The first blood donor listed in our bloodmobile honoree list was identified as Ruth C. Williams. This donor was **William C. Roth**. Bill, please forgive this misunderstanding. We appreciate all the blood you have donated over the years. Your generosity has surely saved many lives.

## Arachniphobia!



Pictured above is **Jean Thomas** (Weave) with the skin shed from her son Jamey's pet tarantula, Sue. Sue has been a part of the Thomas household for six years. Annually she sheds her outer skin and hair for a new coat. This shedding process takes six to eight hours.

How do you care for such a creature? According to Jean it is quite easy. Sue lives in an aquarium lined with gravel. This dwelling is covered with wire held securely in place with a weight. This is done because tarantulas can jump six feet and are capable of moving one hundred fifty times their own weight.

Sue only has to eat once a year, but Jean and Jamey feed her more often than that. She will eat live crickets, grasshoppers, and mice. If her food is dead, she will not eat it. To eat, Sue inserts her fangs in her victim injecting a paralyzing venom. Then after drawing all the body fluids from her prey, she spins a silk web around the remains and sets it aside.

Sue, unlike some tarantulas, is not poisonous. If she were to bite, the bite would be no more serious than a bee sting.

Jean said that Jamey's pet Sue has been an interesting pet and quite a conversation piece. Jamey has often used Sue to share in science lessons at school.

## Answers to Christmas Trivia Quiz

1. George Washington and his troops crossed the Delaware.
2. Clement Clark Moore.
3. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen.
4. Gold, frankincense, myrrh.
5. "A Christmas Carol."
6. Give me a kiss. The custom of kissing under the mistletoe has its origin in an old Scandinavian myth about Freya, the goddess of love and beauty.
7. Clement Moore modeled Santa after an old Dutch gentleman, Thomas Nast.
8. Thousands of years before Christ, German tribes brought evergreens (symbols of life and immortality) into their homes to protect them from evil during the coming year.
9. St. Francis of Assisi first led groups of people in the singing of songs praising the Christ Child.
10. Italy.
11. Mexico
12. Yes, he was the beloved bishop of the Greek church of Myra, and he lived in Asia Minor during the early part of the fourth century. It was St. Nicholas who started the legend of gift giving by using his inherited wealth for gifts to the needy.





## The Origin of the Christmas Tree Tradition

The tradition of displaying Christmas trees began in Germany. An English missionary named St. Boniface (sometimes called St. Winfred) is attributed with instigating this custom.

Primitive men believed that trees were the hiding places of the spirits they worshipped as gods. They held ceremonies in honor of their gods in which gifts were placed beneath the tree branches.

So, how did this pagan ritual become a Christian symbol? Missionaries working among the Hessians came upon the natives preparing to make a human sacrifice to Thor, the Thunder God, under a large oak tree. They believed Thor lived in this tree.

St. Boniface stopped the sacrifice and made the natives cut down the tree. As the oak tree fell it revealed a young fir tree growing between its broken branches. Legends claim it sprang up miraculously. The natives were awed by the presence of this fir tree. The missionary told the natives to accept it as a symbol of Christianity. St. Boniface said, "This little tree, a young child of the forest, shall be your holy tree tonight. It is the wood of peace, for your houses are built of fir. It is the sign of endless life, for its leaves are ever green. See how it points to heaven. Let this be called the tree of the Christ Child; gather about it, not in the wild woods but in your homes. There it will shelter no deeds of blood, but loving gifts and rites of kindness!"

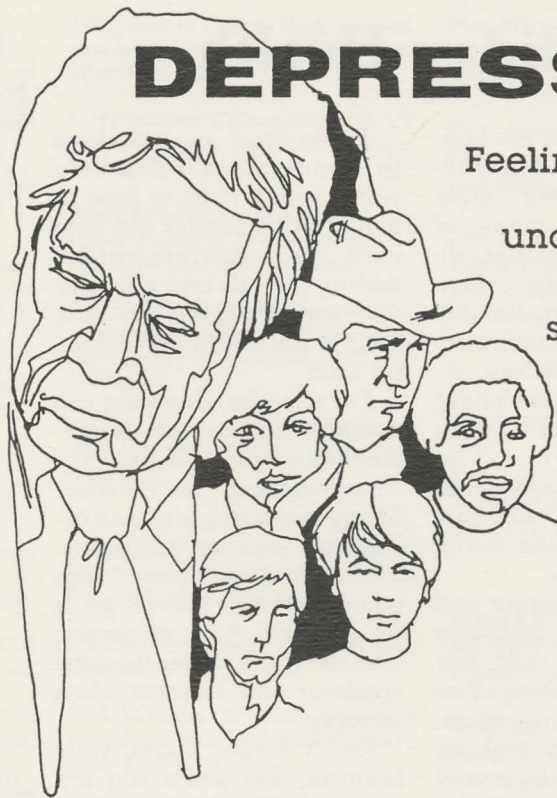
At the missionary's command the natives uprooted the fir tree and carried it to the banquet hall where it was looked upon as a symbol of everlasting life.

In later years, the fir tree was lighted by small candles to represent the "Light of the World" and gifts were placed at its base to represent God's gift to the world of His Son.

## DEPRESSION

Feeling depressed,  
alone,  
unable to cope?

Talking with  
someone who  
understands  
can help.



Everyone feels sad now and then. After all, no one ever said that life would be happy all the time. Frustrations, disappointments, or a personal loss of any kind can understandably make us gloomy. Temporary sadness is situational and should not be confused with depression.

Depression, on the other hand, is a serious illness. Important clues to depression are despondency, difficulty in making decisions, an inability to concentrate, and changes in sleeping, eating and sexual habits. Depressed people tend to withdraw from others, not because they want to be alone, but because they are afraid to be among others. They may seem overly sensitive to the words or actions of others.

When a depressed person realizes that he or she needs help and begins to look for it, a major step toward recovery is taken. In many cases, however, this does not occur, since frequently depressed people are unable to act on their own behalf. If someone you know is depressed, you or a trusted friend or family member should help them get help from your Employee Assistance Counselor, Suzanne Kelly.

**Suzanne is now working new hours at Chatham. Employees may see her on the second and fourth Tuesday of each month at the Chatham First Aid from 1:30 p.m. until 4:00 p.m. At other times call 679-8805.**

*What does Christmas really mean to you? Does it mean giving gifts or having a family get-together on Christmas day?*

*Do we ever think about Jesus being born?*

*We should think about several things especially peace, joy, and love. That's what we should share together.*

*To make this a happy Christmas share it with the people that are around you at work and home.*

*Reach out to a friend this Christmas and tell them how much you love them.*

*Do you really share your love for people? You know it is very hard because we are fighting a battle between love and hate. It is hard to conquer but you can by faith and hope.*

*The best gift you can give this Christmas is a gift of love to a friend. Let this Christmas be the best for you and your family with peace, joy, and love.*

Genieve Tucker  
(Binding)



## Holiday Health

The traditions of the holidays go far beyond the religious aspects for most Americans. And many of those traditions — parties, all-day shopping trips, extra work breaks to enjoy holiday treats — offer temptations to give up healthful habits.

But the holidays don't have to be the exception to your healthful lifestyle. The American Heart Association urges you to keep your heart in mind through the hectic holiday season.

Both healthful eating and exercising are often forgotten at this time of the year, but there are plenty of things that you can do to avoid the temptation to eat foods high in cholesterol, fat, sodium and calories and to skip exercising.

At work, keep a small supply of fresh fruit or chewing gum in your desk. When the party leftovers become tempting, satisfy your appetite with a fresh apple or a piece of gum.

If your office has a holiday luncheon, prepare a large tossed salad instead of a gooey dessert. That way, you'll be able to watch your own diet. You may find that your co-workers appreciate the salad for themselves.

If you do bring a dessert, try fresh fruit. If you use canned fruit, you can reduce calories by selecting fruit packed in its own juice.

At parties, consider fresh vegetables dipped in low-fat yogurt, fruit, and low-fat cheeses as appetizers and snacks. If you find yourself trapped at the food table, opt for raw vegetables and fruits instead of baked goods and highly salted nuts and chips. If the temptation to nibble is too great, try getting involved in a stimulating conversation and as far away from the food as possible.

If you drink alcohol, do so in moderation. Drinking water with a twist of lime or lemon or diet sodas can help curb your appetite without adding pounds and also give you something to do with your hands instead of picking up food.

For exercise, shopping can actually be an advantage. Between purchases, try "mall-walking" for exercise. Many malls already have organized walking programs. Find out how many "laps equals one mile and set goals for yourself. And, of course, take the stairs rather than the escalator and elevator when possible.

Don't forget about your healthful diet when you are shopping. If you eat lunch or dinner while you are out, avoid the temptations of high-fat entrees and desserts. Opt for light choices, such as salads or baked potatoes, without heavy toppings and dressings.

Maintaining a healthful diet and exercise program is important year-round. And your willpower will help you enjoy a healthful holiday season.

For more information on diet and exercise, contact your nearest American Heart Association.



**Lisa Christene Billings and Larry Keith Mosteller** were married December 1, 1990 at 2:00 p.m. at Shady Grove Baptist Church in Boonville by the Reverends Kenny Pardue and Wesley Mosteller.

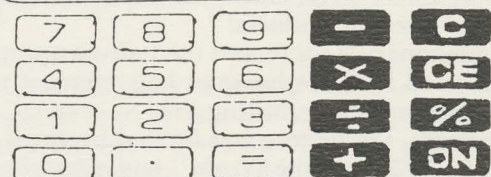
The bride is the daughter of Frank (Technical Maintenance) and Nancy Billings (Spinning). She is a graduate of North Wilkes High School and attended Wilkes Community College. She is employed by Sara Lee in Yadkinville. The groom is the son of Carol Mosteller and the late Larry G. Mosteller. He is the grandson of Lloyd (retired) and Ruth Barber. Larry is a graduate of Starmount High School and N.C. State. He is employed by ASCS-USDA in Yadkinville.

An open Bible with a single white rose marking the scripture Ecclesiastes Chapter 3 was placed to the right of the altar in memory of the groom's father, Larry G. Mosteller.

Formula for success:

Adult education +  
Determination =  
Personal Satisfaction

If you want to be figured in to this equation, join Adult Education classes on Mondays and Wednesdays from 2:00 p.m. until 6:00 p.m. in the Personnel Building.



And so we come again to Christmas with all its color and joy, its magic and wonder, its spirit of goodwill and warmth. But how do we come to Christmas? What it means to us depends on what we bring to it, not in gifts and outer display but in the inner offerings of love and faith that abide in the heart.



# C-NC TRADER

## FOR SALE

Very nice daybed. Like new. Sell very reasonable. Call 835-2089 anytime.

Men's 26 inch 10 speed bicycle. Like new. \$25. Call 835-9333 anytime.

Infant toddlers car seat. \$25. Call 835-9333 anytime.

Land in the Somers community. Call 468-8615.

Kindling wood. \$30 per long bed truck load. Cut to size. Call 874-2060

2 Wood heaters. One is an Ashley and one is an Atlanta Homestead - thermostat control and equipped for blower. Call 468-4149.

Homemade papa bear wood stove. Call 835-4013.

Chest type freezer. Call 835-4013.

Refrigerator. Call 835-4013.

King-size water bed with bookcase headboard. New heater and bladder. Extra nice. Call 835-1759.

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

Browning double barrel side by side single selective trigger with automatic ejectors. Like new. \$800. Will sell for \$700. Must see to appreciate. Call 835-2556.

Chevy 250 six cylinder engine with 3 speed manual transmission. \$200. Call 835-8250 after 5:00 p.m.

Car seat. Very good condition. Back and sides 19" high to protect neck and head. Call 835-5060.

Huntsman wood stove. \$200. Call 366-2041 after 5:00 p.m.

Regulation size pool table. All accessories. Call 696-5661.

1973 Delta 88 Royale Oldsmobile. Has been kept in carport. \$450. Call 835-2598.

Platform rocker. \$20. Call 835-3979 anytime.

Toro 21" self-propelled lawn mower with 3.5 HP, B & S engine. Like new. \$70. Call 835-1407 after 3: p.m.

1986 Chevrolet Celebrity Eurosport. Full power, fully loaded. 4 door, white. Call 835-4332.

1982 Cutlass Supreme. 2 door, small V8 engine. Call 835-4332.

Avocado Frigidaire corning ware stove. Good condition. Call 468-4852 around 4:00 or 5:00 p.m.

Avocado Frigidaire dishwasher. Call 468-4852 around 4:00 or 5:00 p.m.

Frigidaire microwave. Call 468-4852 around 4:00 or 5:00 p.m.

Pecan antique white dining room suite. Six chairs and china cabinet. All in great condition. Call 468-4852 around 4:00 or 5:00 p.m.

Miniature dachshund puppies. Registered. 5 males and 2 females. Will be weaned and housebroken by Christmas. Call 696-5533 after 5:00 p.m.

Maytag washer and dryer. White. Very good condition. \$150. Call 367-7009 after 12:00 p.m.

Boy's heavy winter jacket. Large size 14 - 16, grey and blue. Like new. \$10. Call 468-2543 after 5:00 p.m.

Three piece suit. Size 14 regular, navy jacket, medium blue vest, medium blue pants. Like new. \$25. Call 468-2543 after 5:00 p.m.

Double-breasted suit. Size 14 regular, black and grey, very small plaid. Like new. \$25. Call 468-2543 after 5:00 p.m.

Suit size 14 regular. Oatmeal colored jacket and taupe pants. Like new. \$25. Call 468-2543 after 5:00 p.m.

1981 Toyota Celica. Red, 5 speed, new white letter tires. Call 468-2543 after 5:00 p.m.

UHF colored TV antenna with TV antenna motor and lights motor. \$50. Call 835-6396.

Sears Kenmore washer and dryer. Good condition. \$125 for both. Call 366-2756 and leave message.

AKC registered Chesapeake Bay retriever puppies. Will be 6 weeks old January 3. Call 874-2792 after 5:00 p.m.

Everglow heater. 23,000 BTU. One year old. \$90. Call 835-8406 After 5:00 p.m.

Blaypunkt AM-FM radio with tape proton amp. 100 watts. Yamaha E. Q. 6 Yamaha speakers. Call 835-8406 after 5:00 p.m.

DP exercise bicycle, like new. \$40. Call 957-8774.

1984 Maxima. Low mileage, fully loaded, medium blue. Call 835-4332 after 4:00 p.m.

Firewood. All oak, cut, split, and delivered. \$35 per truck load. Call 835-8690.

1980 Celica. AC, 5 speed, sunroof, red. Good transportation. Call 874-3019 after 5:30 p.m.

Fireplace insert. Call 835-2373 after 6:00 p.m.

Pick-up tool box. Call 835-2373 after 6:00 p.m.

Echo chain saw. Call 835-2373 after 6:00 p.m.

1979 Scirocco, gray, AC, good condition. \$1200. Call 835-2620.

Rinnai Glo-ray gas stove. 30,000 BTUs, gas line included, unvented. \$225. Call 874-3297 during the day.

Kerosun heater. 1500 BTUs. Used one winter. \$60. Call 874-2213.

Wood. \$35 per truck load. Call 835-1391 after 1:00 p.m.

Huffy 10-speed boy's bicycle with bicycle helmet. Like new. Call 957-2016.

Two cemetery plots at Crestwood Memorial Gardens near the fountain. Call 874-2447.

Hot Point washing machine. Off-white. Like new. \$125. Call 835-4175 after 4:00 p.m.

Four foot artificial Christmas tree. Door piece. Several strands of lights and other pieces. Call 835-4690.

China cabinet with 2 glass doors. Lighted, excellent condition. Paid \$1,500 for cabinet, will sell for \$500. Call 366-2284.

In time for Christmas. Clarinet. \$175, worth over \$400. Old. All wood and sterling. Call 468-6186.

Kerosun heater. 23,000 BTUs. Never been taken out of its box. Call 984-2171 and leave a message.

## OTHERS

**WANTED:** Unicycle. Call 835-1013 between 5:00 p.m. and 7:00 p.m.

**WANTED:** Used high chair. Call 366-2489 between 6:00 p.m. and 9:00 p.m.

**WANTED:** Will baby-sit in my home, either shift in State Road area. Call 874-2807.

**FREE:** Free puppies to a good home. Call 352-3527.

**FREE:** Two white male kittens. Call 957-8790 after 5:00 p.m.

16 HP Massey-Ferguson Industrial Lawn Tractor. Coller engine, 48" cut, hydrostatic transmission, hydraulic lift. Very good condition. \$1,900 firm. Call 984-2938 after 6 p.m.

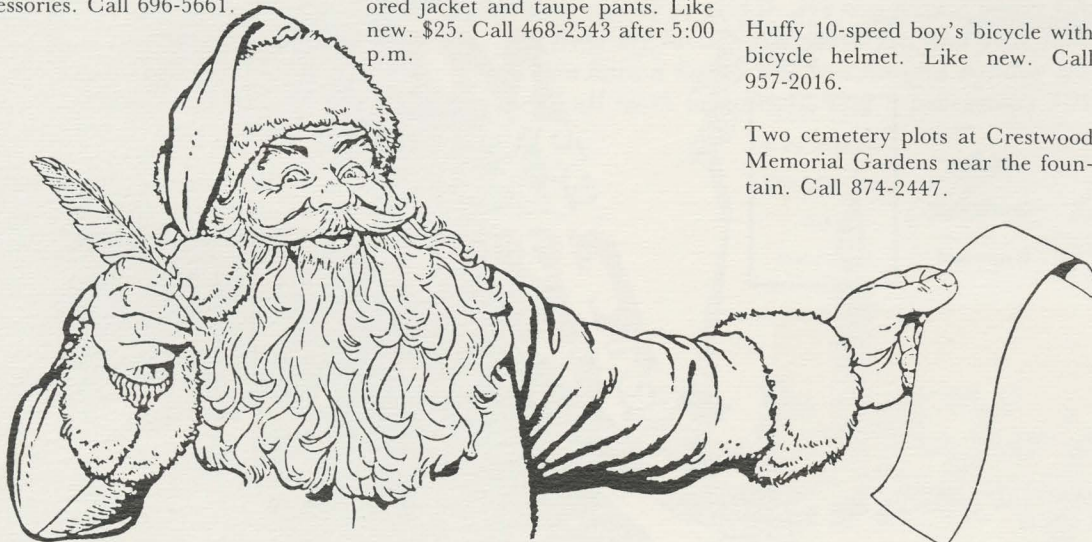
Western Saddle, with matching bridle and saddle pad. Like new. Call 984-2938 after 6 p.m.

New ladies western riding boots, size 7, paid \$75. Will sell for \$25. Call 984-2938 after 6 p.m.

DP weight bench, includes arm curls and leg lifts. \$20. Call 984-2938.

*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.*

**Chatham Cookbooks  
are still available  
in the  
Personnel Office**





**Personnel Facts**

**Service Anniversary Dates**

**25 Years**

Milford Billings, Winding - December 9

**20 Years**

Rebecca J. Bray, Weave - December 2

Ralph Collins, Weave - December 14



The C-NC NEWS is published for...



employees and retirees like **Mike Edwards**, **Norman Garris**, and **Ronnie Wood** of the Engineering Department. Mike, a welder, has been employed with Chatham for fifteen years. He and his wife Carol have a daughter April who is 13 years old and a daughter Amy who is 11 years old. Norman Garris, a Supervisor over the Pipe and Sheet Metal Shops, has been a Chatham employee for twenty years. He and his wife Debbie have two children. Norman has a daughter, Mesha Garris, who is 18 years old and a step-son, Greg Brewer, who is 14 years old. Ronnie Wood, a pipe fitter, has worked at Chatham six years. He and his wife Priscilla (Garnett) have a son, Jamie, who is 17 years old.

**In Memoriam**

**Arthur Ray Hayes**  
November 7  
Brother of Carrie H. Walker,  
Cloth.

**Pamela Ann Smith**  
November 15  
Daughter of Nelson S.  
Benton, retired; sister of  
Samuel L. Benton, Technical  
Maintenance

**Lindsay R. Jackson**  
November 16  
Retired Employee

**Walter Jester**  
November 16  
Brother of Dorothy J.  
Smitherman, retired

**Agnes S. Darnell**  
November 20  
Retired Employee

**Gladys Reich Wilmoth**  
November 21  
Sister of Ralph S. Reich,  
retired

**Eula Alexander Lytton**  
November 22  
Mother of Ray N. Lytton,  
Shipping

**Geneva M. Atkinson**  
November 23  
Wife of Samuel M. Atkinson,  
retired

**David Benjamin Swaim**  
November 24  
Husband of Annie C. Swaim,  
retired; brother of Carl C.  
Swaim, retired; and Marvin  
E. Swaim, retired.

**Jessie W. Holbrook**  
November 26  
Mother of Dean Holbrook,  
Dye House; sister of Attie W.  
Young, retired; and Buell O.  
Warren, retired.

**Virginia H. Woodruff**  
November 30  
Wife of Ambrose P.  
Woodruff, retired.



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