



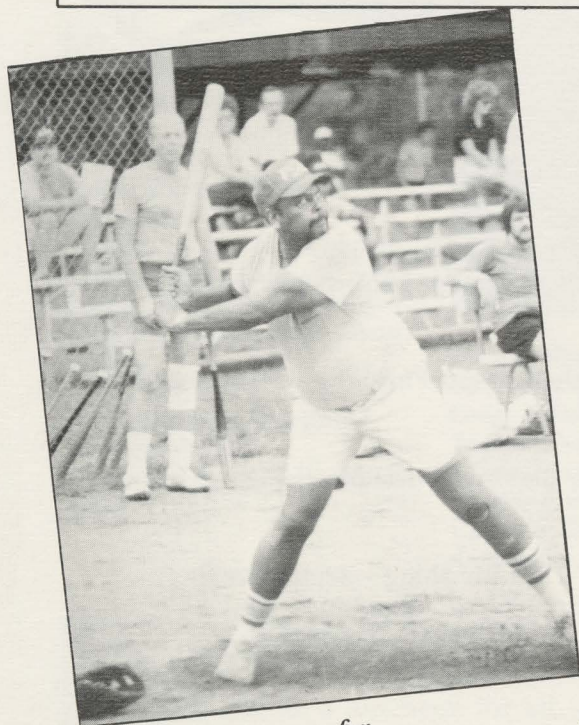
Apparel Fabrics - Automotive Materials - Bedding  
Contract and Residential Fabrics - Industrial Fabrics - Yarns

# BLANKETEER

Vol. 54 - No. 4

Chatham Manufacturing Company, Elkin, North Carolina 28621

September 26, 1988



*Robert Martin goes for another home run.*

## A day at Chatham Ball Park



*Charlie Foster, Ralph Maness and Robert Hutchens.*

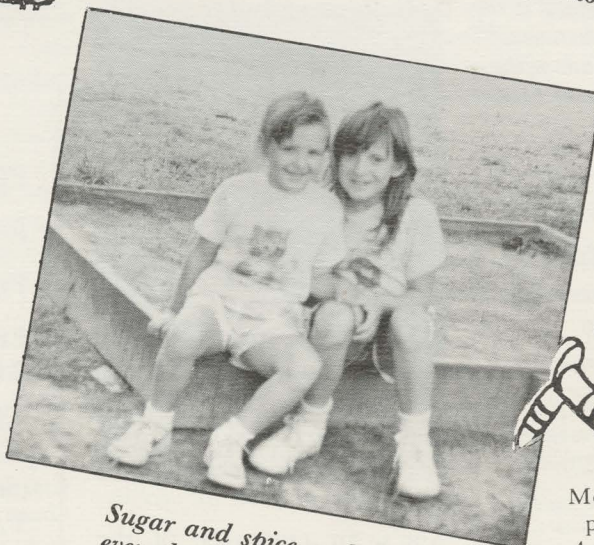


*Spectators settle in for a hot afternoon.*

Fun for  
kids of  
all ages



*Wives and sons watched the action.*



*Sugar and spice and everything nice.*



More on  
pages  
4 and 5

## Winning the battle against the cold

Ninety percent of Americans get two or three colds a year that collectively cost about \$6 billion in work time lost or wasted.

Relying on over-the-counter medications to alleviate cold symptoms, for instance, may not be the best course to take. A stuffy nose is more than uncomfortable; it is a sign that your body is fighting a cold's viral infection. Histamines are being produced by the body to promote blood flow, and thus infection-fighting white blood cells, to the distressed area. The antihistamines found in cold tablets may take away the stuffiness, but they can also take away that needed flow of blood cells.

Likewise, stepped-up consumption of coffee, tea, cola, or other sources of caffeine for a quick "pick-up" from drowsiness and fatigue actually give cold viruses the upper hand. Medical studies indicate that caffeine entering the bloodstream raises blood pressure for a short time because it causes the arteries to constrict. Capillaries in the nose and throat are so fine that blood cells pass through them single-file under ordinary circumstances. Constricted, a certain amount of needed blood flow to the infected area is shut off. Alcoholic beverages have much the same effect - and

shouldn't be taken during the time you use cold medication anyway.

Does all this mean that to deal with a cold, you have to learn to suffer? Absolutely not. What you must do is adjust your work schedule, your "play" schedule, and your eating habits to conquer the cold quickly.

At the first sign of a cold - that little tickle in the throat, that slight stuffiness - switch from regular coffee or tea to decaffeinated beverages, and drink plenty of them. A dose of vitamin C might be a good idea, too. Medical experts are divided on this point, but up to a gram a day at the onset of the cold will, at the very least, do nothing to harm you. Vitamin C is a water-soluble vitamin, so excess amounts are simply eliminated from the body.

Next, cut back on your exercise schedule if you're a runner or aerobics dancer. "The process the body goes through to heal a cold requires about the same energy as hard physical labor," writes Hall Zina Bennett in *Cold Comfort*. Keeping up a schedule of strenuous exercise will simply overtax your body.

## Then and Now Guess Who



She's an employee of the Piece Dye Department.

(Answer on Page Six)



## Service Anniversary Dates

### 45 Years

Elton R. Byrd, Cloth - September 22  
R. Louise Russell, Research Lab - September 24

### 40 Years

C. Edward Mitchell, Yarn Finishing - September 10

### 35 Years

Wanda P. Boles, Blanket Order Processing - September 3

### 25 Years

John A. Myers, Yarn Finishing - September 2  
Ethelene C. Carter, Warp - September 18  
Robert G. Hinson, Technical - September 30  
M. Worth Ray, Jr., Engineering - September 30

### 20 Years

John F. DeCarlo, Blanket Sales - September 1  
Lois B. Luffman, Data Processing - September 4  
Dallas D. Brown, Cloth - September 9  
Herman Smoot, Warp - September 16  
L. Brady Cothren, Cloth - September 16  
Nellie S. Hemric, Blanket Sales - September 23  
Donnie H. Pardue, Piece Dye - September 23

## Retirements Effective September 1, 1988.

Charles W. Holcomb, Engineering, 2nd shift; 22 years and 10 months.  
Barbara P. Wall, Fiber Reclamation, 1st shift; 15 years

## FLU VACCINE SCHEDULE

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 a reaction to the vaccine in the past or you are allergic to eggs, **DO NOT TAKE THIS VACCINE.**

## Chatham Blanketeer

published bi-weekly by  
Chatham Manufacturing Co.  
P.O. Box 620  
Elkin, North Carolina 28621  
Phone: 919-835-2211

*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

## In Memoriam

**E. Lawrence Gough**  
September 4  
Retired Employee

**W. Warren Kiger**  
September 11  
Retired Employee

**J.Q. Norman, Sr.**  
September 11  
Father of Ervin Norman, Dye House.

**Lillie Darnell Lyon**  
September 12  
Mother of C. Harold Lyon, retired; J. Pharis Lyon, LTD; Myrtle L. Brown, retired and Robert J. Lyon, retired.

**Jean Carolyn Reynolds**  
September 14  
Daughter of Joe B. Reynolds, Weave.



*The Binding Retired Luncheon was held September 6th at the Holiday Inn. Those attending were: (not in order shown) Louise Bunton, Juanita Pinnix, Lib Brown, Maxine Spann, Marie Long, Pauline Sutton, Clara Freeman, Lois Johnson, Ruth Turner, Gladys Lane, Pauline Jarvis, Nellie Ray, Vetra Martin, Kathleen Austin, Lora Bullin, Alba Myers, Hazel Sale, Lizzie Lakey, Selma Parks, Mozelle Wooten, Bessie Spainhour, Josie Long, Eva Anderson, Mamie Evans, Emily Holloway, Imogene Pardue, Cooper McBride, Ruth Long, Aralee Vestal, Virginia Shaw, Jane Wooten, Mary Jane Combs, Ruby Shore, Mauvreaan Burchette, Lucy Armstrong, Lois Wagoner, Mary Kennedy, Eva Macy, Ruby Swaim, and Bea Conrad.*

### Retired Cloth Department Women

There will be a luncheon for all women retired from the Cloth Department. The date is October 20 at twelve o'clock noon at the Western Steer in Elkin.

Please call Vergie Swaim at 835-1904 to reserve.  
Please call by Monday, October 17.



**Fiftieth Anniversary** - Reid and Theresa Nixon celebrated their golden anniversary August 7 at a reception given in their honor. The event was hosted by their children and took place at the Mountain Park Recreational Building. Theresa is a retired Chatham employee.

### "On the Move"

Bobby Stanley, Departmental Supervisor of Open-End Spinning, is being reassigned to begin supervisory duties involving the planning stages and eventual processing of our pillow and duvet making operation.

Jimmy Edmonds, who has been on assignment in our Industrial Engineering Department, will replace Bobby as Departmental Supervisor of Open-End Spinning.

### Fight Fall Fat

When summer moves into fall, people tend to move from outdoor, calorie-burning activities - beach-going, bike riding, hiking, and swimming - and lighter eating, into more relaxed, energy-conserving indoor activities - restaurant and coffeeshop visits, nestling in a warm place with a good book - and heartier meals.

Spending time indoors, away from the cold, makes access to food easier and the cold itself stimulates the appetite. Frequently, then, unwanted pounds and inches, perhaps the ones lost during an active summer, sneak back on and add bulges to previously slim summer figures.

Because of fall's possible adverse effects on figures, it is important to change lifestyles in order to avoid fall fat.

For soda, coffee, alcoholic beverages and tea, substitute plain hot or cold water flavored with a bit of lemon and sweetened to taste. Cut calories by broiling instead of frying meats, fish, and chicken. Eat more fresh fruits and vegetables. Create an exercise program that fits into your daily routine, perhaps walking for an hour after dinner or joining an exercise club.

Just remember that you need not let fall fat attack you. When summertime rolls around again, there will be no strenuous dieting before you can get into that bathing suit because you will have made your fall work for you, not on you.



*Don Newman, going for the gusto, slides in home.*



**Sharks** - Billy Wood, Mike Harris, Jeff Welborn (Coach), Chris Campbell, Myron Waddell, John Lyon, Jeff Mathis, Harold Johnson, Chris Tharington, Carl Church, Jeff Swaim.

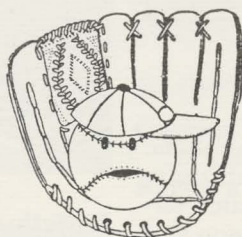


*Steve Dameron goes for a hit.*



### Overall Plant Tournament Champions

**Engineering and Technical-**  
Larry Howard, Bobby Wiles, Rannie Vestal (Coach), Jimmy Reece, Don Triplett, Brian Hinson, Robert Hutchins, Mike Billings, Robert Martin, Joey Shore. Not pictured: Tim Pittman, Keith Lyon, Iggy Niemiec.



**Winding** - Ricky Russell, Steve Dameron, Danny Holbrook, Richard Lyon, Marty Gambill, Paul Hayes, Don Newman (Coach), Clyde Lyon, Ronnie Anthony, Robert Gray.



*Steve Harlowe steps into the pitch.*



**Cardinals** - Danny Brown, Ralph Harlowe (Coach), Billy Harlowe, Richard Billings, Scott Burchette. Not pictured: Tracy Gentry, Freddy Gentry.



Trying for a better view?



**Regular  
Season  
Champs  
Night  
Division**



**Raiders** - Anthony Cockerham, Jeff Foster, Tony Nelson, Kevin Johnson, David Rodgers, Mark Mitchell (Coach), Brian Sparks, Tony Cockerham, Will Vestal, Dale Hughes. Not pictured: Lee Moncus.



**Weave Department Team, second place, night division** - Sam Cockerham, Michael Holbrook, James Darnell. Second row: Allen Mullins, Pam Anthony (coach), Larry Hemric, Ray Blackburn, Chester Blevins. Third row: Dale Pruitt, Dale Lyon. Shown with their trophy is the batboy, Kelly Lyon. Not pictured: Dennis Wilson and Wayne Marshall.

**Not Pictured**

**Bandits** - Dariel Russell and Dwayne Osborne coached the following players: Alvin Sales, Tony Sales, Dennis Bryant, Michael Draughn, Desmond Martin, Dexter Isaacs, Tim Vestal.



h Maness, Danny Collins, Carter, Ricky Durham, , Michael Nance. Not pic-  
rubb, Gordon Macemore.



**Regular  
Season  
Champs  
Day  
Division**



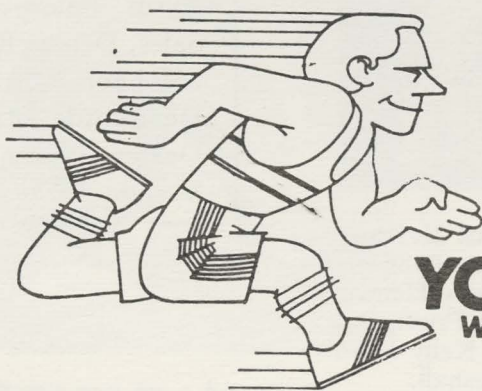
**Rollers** - Birt Holsclaw (Coach), Mack Hinson, Jimmy Hamby, Billy Snow, Paul Chambers, Mike Barker, Drake Macemore, Coleman Younger, Larry Tuttle, Donald Holsclaw, Lee Lyons. Not pictured: Roger Jenkins and Tim Reeves.

## Too Many Good Crouses

David Tommy Crouse works in Burling on 3rd shift. Tommy Crouse works in Burling on 3rd shift. Tommy (David, that is) is Tommy's son. Confused? So were we on names in our last Blanketeer.

We apologize to both since we identified Tommy as David in the Chatham I Company Team picture. Tommy Crouse, shown here, is the C-I Team member.

P.S. Tommy it could have been worse - we could have identified you as Jerry Crouse!!

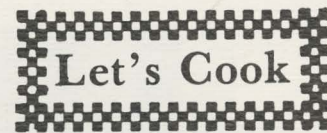


**YOU'RE AHEAD**  
WITH PAYROLL DEDUCTION

### SAVING IS NOT FOR EVERYONE

- Don't save if you'll never need to replace the car you're driving now.
  - Don't save if you plan to work until the day you die.
  - Don't save if you have a wealthy relative who's promised to leave you everything.
  - Don't save if your kids aren't going to technical school or college.
  - Don't save if you're never going on vacation.
  - Don't save if your house is totally maintenance-free.
  - Don't save if your house-hold appliances are going to run forever.
  - Don't save if you have complete and unlimited medical coverage and an auto insurance policy with no deductible.
  - Don't save if you already have everything your heart desires.
- No...saving is not for everyone.

*If you're interested, see a Credit Association employee.*



### Delish Bean Bake

- 2 10-ounce packages frozen French-style green beans
- 2 envelopes (one and three-eighths ounces each) cheese sauce mix
- 1 6-ounce can sliced mushrooms
- 2 tablespoons chopped pimento
- 1 5-ounce can water chestnuts, drained and sliced

Cook beans until crisp-tender by package directions. Drain. Prepare cheese sauce by package directions and add to beans with remaining ingredients. Turn into a buttered casserole. Bake in a 350 degree oven for 15 minutes or until bubbly. Makes 6 to 8 servings.

### Baked Pot Roast With Vegetables

(Serves 6-8)

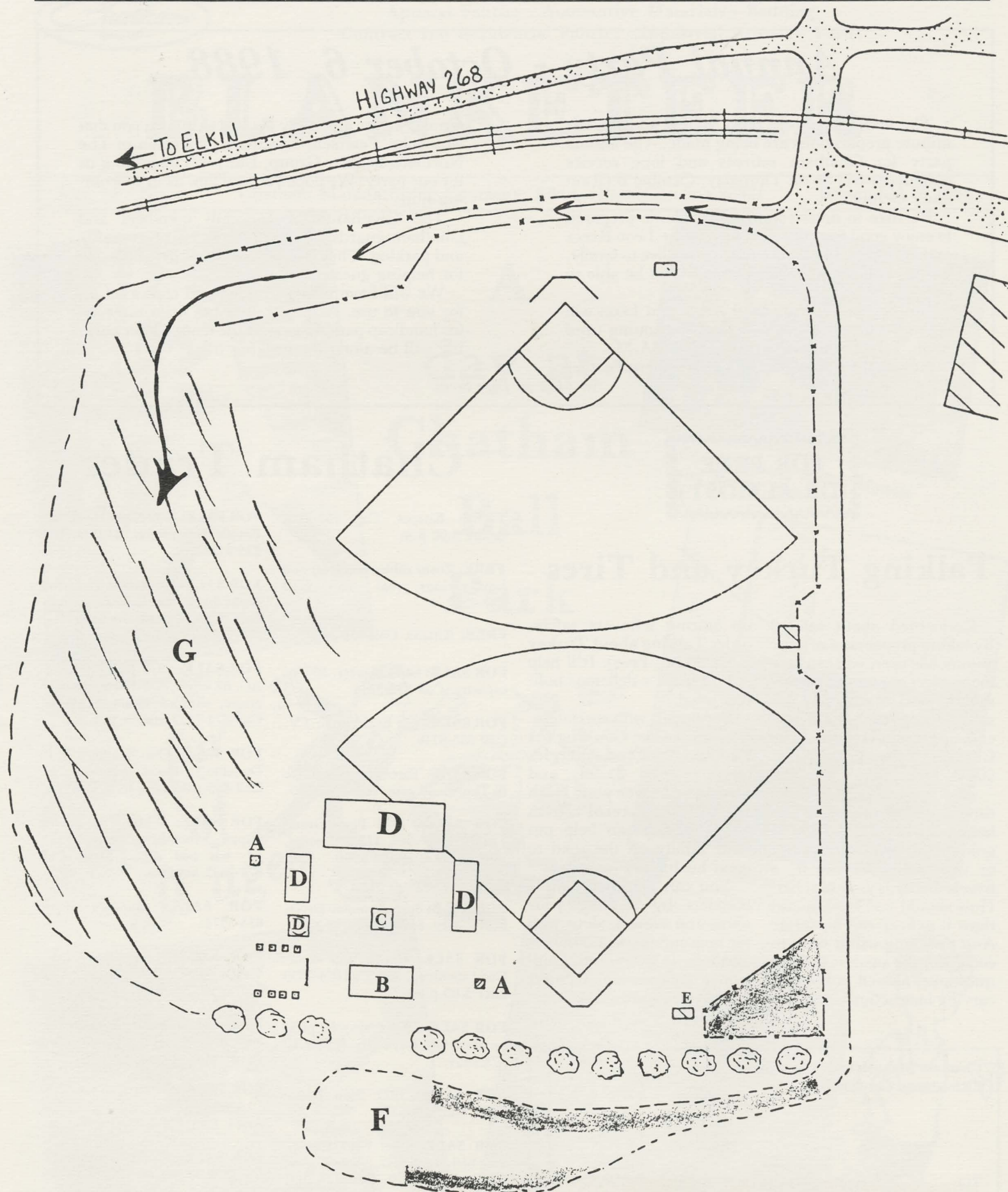
- 3 lb. beef round tip (boneless)
- 2 large onions, sliced
- 1 garlic clove, crushed
- 2 tablespoons worcestershire sauce
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon sugar
- 2 cups water
- 4-6 medium carrots cut into chunks
- 6-8 potatoes
- parsley sprigs for garnish (optional)

In a large dutch oven place round tip beef roast, add onions, garlic, worcestershire sauce, salt, sugar, pepper and water. Cover and bake in 350° oven for 2 hours. Add carrot chunks and potatoes to dutch oven and continue baking 1 ½ hours until vegetables and meat are fork tender. Put meat on platter and arrange vegetables around roast beef. Spoon liquid over meat and vegetables. Garnish with parsley.

### Then and Now Answer



**Mary J. Pinnix** is a clerk in the Piece Dye. She has been at Chatham for seventeen years. She and her husband, Slate, have two daughters. Melanie is a freshman at Wilkes Community College and Lori is in the tenth grade at Starmount High School.



R.T. Chatham Park

- |                        |                         |
|------------------------|-------------------------|
| (A) TCU CHECK-IN STAND | (E) REST ROOMS          |
| (B) FOOD SHELTER       | (F) HANDICAPPED PARKING |
| (C) CHOIR              | (G) GENERAL PARKING     |
| (D) EATING AREAS       |                         |

## Annual Party - October 6, 1988

The invitations have been mailed and the last minute preparations are being made. The annual party for Chatham retirees and long service employees will be on Thursday, October 6 (Rain date, October 7).

**Be sure** to dress comfortably. Come prepared to enjoy good food, fun and fellowship. Leon Reece and WIFM will be there broadcasting live to family, friends and any of you who might not be able to make it.

Coffee will be ready by 9 A.M. and Leon will begin his broadcast at that time continuing until noon. Lunch will be served at 11:30 A.M.

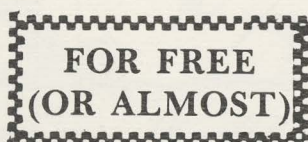
Now that we are a part of The Northern Feather

*See Map on Page Seven.*

family, we are especially pleased to inform you that Mr. Johs. Petersen, Executive Chairman of The Northern Feather Group, Ltd., will be joining us for our party. We hope you will join us in welcoming him.

The Chatham T.C.U. club members and Chatham guards will be on hand to direct traffic and parking. They will be available during the day for helping guests in any way.

We will have plenty of tents and chairs set up for you to use. A special area has been reserved for handicap parking nearest the tents. Other parking will be along the walking track.



## Talking Turkey and Tires

Concerned about safety? By taking proper care of your automobile tires, you can save money, get maximum performance, and make your car safer, too. For helpful tire care tips, order **How to Take Care of Your Tires** (Item 604T, Free).

And before long it'll be time to gather the family for holiday turkey. Unless you're going to buy your bird a day or two before serving it, a frozen turkey is your best bet. How should you store it and thaw it to keep out bacteria? And how long will it need to cook? For the answers to these questions, as well as recipes, carving instructions, and tips

on storing leftovers safely, order **Talking about Turkey** (Item 528T, Free). It'll help you prepare a delicious holiday meal.

For people with special nutritional needs: **Cooking for People with Food Allergies** (Item 182T, \$1.50) and **Eating to Lower your High Blood Cholesterol** (Item 181T, \$2.00) can help put your family on the road to good health.

You can get any of these booklets by sending your name and address, along with the appropriate item numbers and fees, to R. Woods, Consumer Information Center, Pueblo, Colorado 81009.

Chatham Manufacturing Company  
Elkin, North Carolina 28621

Address  
Correction  
Requested

BULK RATE  
PERMIT NO. 4  
U.S. POSTAGE  
PAID  
ELKIN, N.C.

TO:  
MR. MASON P. BURCHAM  
115 IVY CIRCLE  
ELKIN N C 28621

## Chatham Trader

**FREE:** Kittens. Call 957-3131 before 3:00 p.m.

**FREE:** Foam rubber mattress and box springs, real clean. Call 835-4387.

**FREE:** Kittens. Call 874-2060.

**FOR SALE:** Chest freezer, 500 lb. capacity. Call 835-8746.

**FOR SALE:** 25" Zenith color TV. Call 835-8746.

**FOR SALE:** Three bedroom house in Thurmond area. Call 957-3983.

**FOR SALE:** 1973 Ford Grand Torino, PS, AC, 119,000 miles, mint condition. \$900. Call 874-7130.

**FOR SALE:** Sears Kenmore Dryer, heavy duty. \$125. Call 835-5950.

**FOR SALE:** Couch and chair. Good condition. \$60. Call 874-7350 after 5:00 p.m.

**FOR SALE:** 1970 Chevrolet pickup, short bed, 6 cylinder. \$850. Call 874-2454.

**FOR SALE:** 1977 Ford Pinto. \$250. Call 874-2454.

**FOR SALE:** 1969 Ford Pickup, long bed, 6 cylinder, 3-speed, good wood truck. \$550. Call 874-2091 after 5:00 p.m.

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

**FOR SALE:** 1982 Night Hawk 750. Excellent condition. \$1,050. Call 835-5128.

**FOR SALE:** Royal blue and white prom dress, size 5, worn 2 times. Paid \$200, will sell for \$100. Call 957-2483 after 6:00 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:** One Southern V.P. Dynalite Jr. Good condition. \$40. Call 835-1369 after 8:00 p.m.

**FOR SALE:** White Toy Poodle puppy, 3 months old, paper trained, has had shots. \$100. Call 874-2693 anytime.

**FOR SALE:** Beagles. Call 835-5374.

**FOR SALE:** 1979 Chev. Luv, 4-wheel drive, runs good. Call 835-5383.

**FOR SALE:** 1965 Ford Pickup, long wheel base, 6-cylinder, good wood truck. Call 835-8495.

**FOR SALE:** Land, approximately 10 acres. Adam Ridge Road, State Road. Call 366-2429 after 8 p.m.

**FOR SALE:** Kenmore air conditioner, 8,00 B.T.U. Call 366-2429 after 8 p.m.

**FOR SALE:** Apples. Call 366-2429 after 8 p.m.

**FOR SALE:** 1980 Kawasaki KX420 Dirt Bike, \$500. Call 874-2732 and leave message.