



# NEWS

Vol. 2 - No. 3

Chatham Manufacturing and Northern Chatham Bedding, Elkin, North Carolina

March 5, 1990

## Employee Bloodmobile

Employee	No. of Pints
Bill Roth.....	82
J. Albert Spicer.....	64
John W. Pyles.....	64
Dean Holbrook.....	64
Ott Boles.....	54
Don Price.....	53
Dennis Haynes.....	48
Earl Blackburn.....	43
Sam Mounce.....	41
Lynn Somers.....	41
Tony Rose.....	36
Sterlin Swaim.....	32
Samuel Day.....	31
James Byrd.....	30
Harlan Cheek.....	30
Donald Triplett.....	29
Billy Calloway.....	29
Nancy Wagoner.....	27
Tim Gentry.....	27
Barney Sullivan.....	24
Davina Sprinkle.....	23
Carey Gupton.....	23
David Mounce.....	23
Phillip Flippin.....	21
James Gentry.....	20
Ricky Collins.....	19
Bobby Dameron.....	19
Otis Holbrook.....	19
Gary Doby.....	16
Billy Lyons.....	16
Dwayne Sutphin.....	16
Joel Sprinkle.....	14
Myron Waddell.....	14
Eric McCann.....	13
Brady Cox.....	13
Kelly York.....	10
Tony Gilliam.....	9
Stephen Spicer.....	8
Neal Settle.....	8
Sue Macy.....	8
Gary Chambers.....	6
Phyllis Sales.....	6
Charles Kinyoun.....	6
Scott Sanders.....	5
Ray Strickland.....	4
Robert Gray.....	4
Darrell Blackburn.....	4
Johnny Brock.....	3
Sandra Long.....	3
Billy Goins.....	2
Gerald Billings.....	2
Dianne Wall.....	2
Norma Freeman.....	2
Ruby Sullivan.....	2
Ritchie Holbrook.....	1
Chris Tharington.....	1

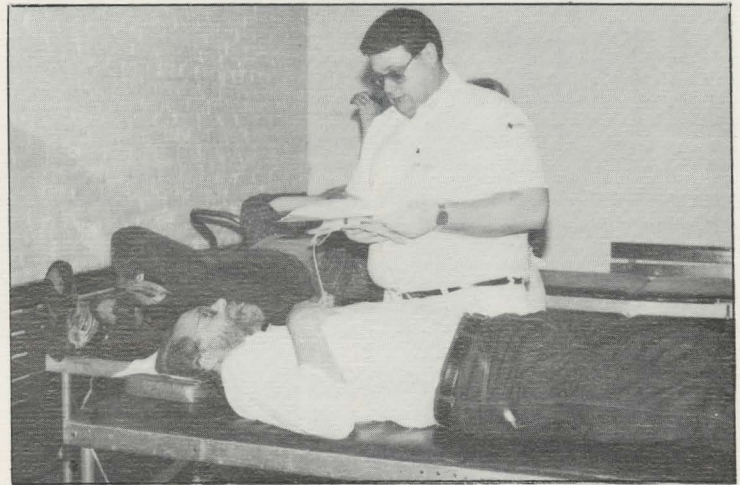
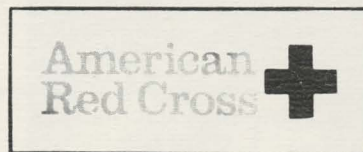
Fifty-seven employees from Chatham and Northern Chatham participated in an in-plant Bloodmobile held in the Personnel Building on Monday, February 19, 1990. The Elkin Jaycees sponsored the drive for the Red Cross.

The drive netted sixty pints for the Red Cross who set a fifty pint goal. This was a good turn out for a one day drive and without donations from other community members.

Twenty-five of the employees who gave during this Bloodmobile visit have given twenty or more times.

Giving blood is safe and does not take much of your time. If you meet the requirements, you could easily save someone's life with your donation. Thanks for caring and giving the gift of life.

(More Photos on Page Two)



Red Cross Nurse Technician Ron Ayers asks Billy Calloway some questions. Billy Calloway works in the Dye House at Chatham. This made Billy's 29th pint of blood donated to the Red Cross.



Chris Tharington (seated left) and Brady Cox (seated right) stop at the last station before picking up their donor bags. Chris and Brady both work in the Technical Maintenance Department. This was Chris's first time and Brady's thirteenth.

## President's Attendance Awards Given

One hundred forty-eight employees received the President's Attendance Award for 1989.

This award entitles the employee to an additional day off with pay or an additional eight hours pay during 1990. This day does not count against the attendance award for the next year.

To receive the award an employee must work eighteen hundred hours. This excludes holidays, the long service holiday, optional vacation days, and the birthday holiday. Paid jury duty and paid bereavement are also excluded now.

This is quite an accomplishment and indeed something to pat yourself on the back about.

President's Attendance Award Photos on pages 5 thru 8.



# Bloodmobile Photos



Sam Mounce of the Carding and Spinning Departments goes through the process for his forty-first donation.



Sue Macy of Industrial Engineering gets ready to enjoy the refreshment table as she finishes her donation.

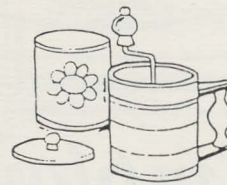
## Then and Now Guess Who



This lovely lady now works in the Personnel Building.

(Answer on Page Eleven)

### Let's Cook



**Mountain High Cake**  
 1 box orange cake mix  
 1 box coconut cream or vanilla pudding - not instant  
 1 cup oil  
 4 eggs  
 1 (12 oz.) Mountain Dew  
 Mix together all above ingredients. Pour into 3-layer pans - greased and floured or into 9"x13" oblong pan greased and floured. Bake in preheated oven at 350° for 25 to 30 minutes.

### Corn Bread Salad

1 - nine inch brown cake of cornbread  
 2 tomatoes chopped  
 1 green pepper, chopped  
 1 onion, chopped  
 9 pieces cooked, crisp bacon, crumbled  
 ½ cup sweet pickles chopped or cubed  
 1 cup mayonnaise  
 ¼ cup sweet pickle juice  
 Crumble corn bread in a bowl. Add all other ingredients and stir. Very good with pinto beans, barbecue, and other vegetables.

-Shared with us by  
 Trenton Snow  
 Cloth Department

### Filling:

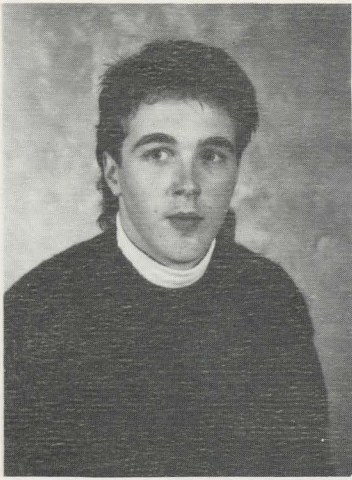
1 small can crushed pineapple  
 ½ cup sugar  
 1 stick margarine  
 4 tablespoons flour  
 1 can coconut  
 Combine pineapple, sugar, margarine, and flour in a medium saucepan. Bring ingredients to a boil over medium heat. When slightly thick remove from heat. Stir in coconut. Cool mixture for 15 minutes. Spread over cake and between layers.

-Shared with us by  
 Pearl Shore  
 Binding Department

### ACCIDENT INJURY REPORT January 1990

	Jan.	Dec.	Nov.
Caught in or coming in contact with machinery	20	14	22
Striking against on or by objects	29	18	31
Using hand tools (knives, scissors, tools, burling irons, needles, etc.)	17	15	19
Handling material (hand injuries)	12	6	14
Splinters	6	6	9
Foreign bodies in eye	10	6	8
Slips & Falls	22	12	9
Falling objects	6	2	3
Lifting, pulling, pushing, (sprains, hernias, etc.)	22	9	22
Burns	6	2	0
Punctures	6	1	2
Miscellaneous	5	1	7
Chemical burns	1	0	2
Infections	0	0	0
Totals	162	92	148

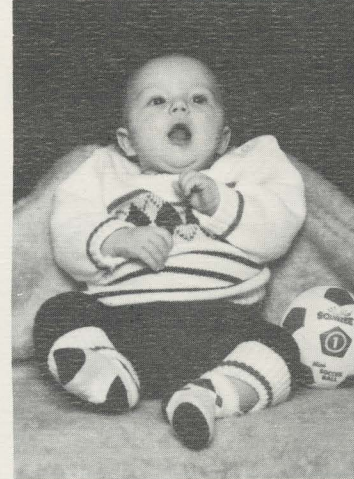




**Chas and Nicole Johnson** are the children of Scotty (Carding) and Dawn Johnson. Chas is sixteen years old, and Nicole is nine years old.



**Kyle Daniel Shermer** is the three year old son of Jimmy Shermer. **Kayla Nicole Brown** is the three year old daughter of Barbara and Keith Brown. Kyle and Kayla are both the grandchildren of Dorothy Shermer (Binding).



**Marcus and Justin Stevenson** are the sons of Dennis (Napping) and Sandra Stevenson. Marcus is two years old and Justin is five months old. They are also the nephews of Karl (Burling) and Hilda Stevenson (Cloth) and LaVera Russell (Binding).

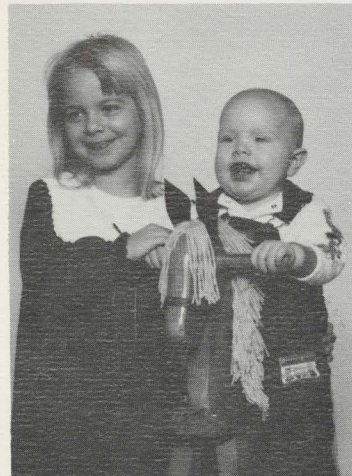
*Let me tell you about...*



**Heather Leigh Brock** is the four month old daughter of Johnny (Dye House) and Sherrie Brock. She is also the great-granddaughter of Willie Bates (Wet Finish).



**Catherine Margaret Caudle** celebrated her second birthday on February 5, 1990. Her parents are Capt. and Mrs. Mark Caudle of the Wright Patterson Air Force Base in Dayton, Ohio. She is also the great-niece of Carl Gentry (Research Laboratory) and Donnie Brown (Cost Accounting).



**Shanda Dale Pruitt** is the five year old daughter of Norma (Spinning) and Dale Pruitt (Butler Weave). **Steven Caudill** is the eight month old son of Shannon and Craig Caudill. Shanda is also the niece of Michael (Weave) and Susie Bryant (Winding) and Christie Bryant (Spinning). Steven is also the nephew of Norma and Dale Pruitt.



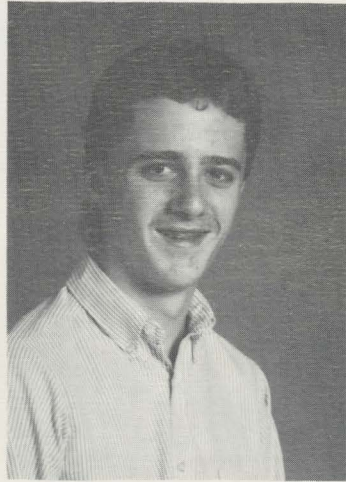
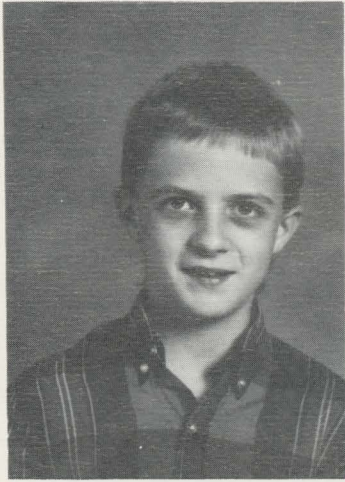
Navy Seaman Recruit **Jeffrey G. Haynes** completed his recruit training at Recruit Training Command in Orlando, Florida. Jeffrey is a 1985 graduate of Starmount High School and enlisted in the Navy in November, 1989. He is the son of Edward Haynes (Technical) and the nephew of Landon Haynes (Dye House).

**Correction**

In the last edition of the **C-NC NEWS**, Stephanie Swaim was identified as a sophomore at Starmount High School. She is a junior at Starmount. We apologize for the error.



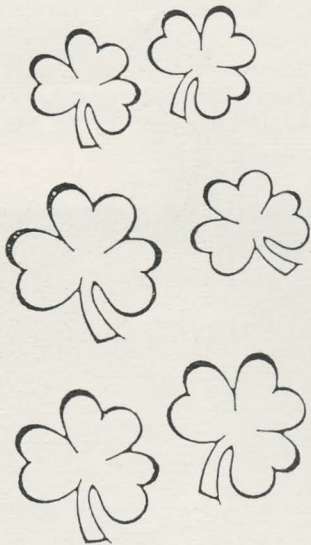
## Let me tell you about...



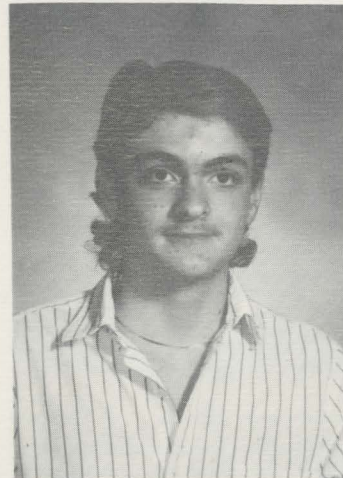
**Travis and Shane Burcham** are the children of Daryl and Pat Burcham. Travis is in the fifth grade, and Shane is in the ninth grade. They are also the grandchildren of Jack (retired) and Caldonia Burcham.



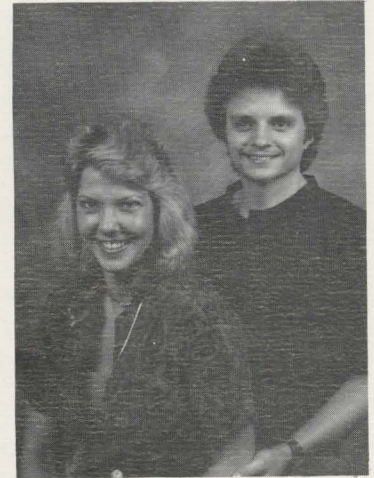
**Jared and Jennifer Leigh Hampton** are the children of Grayson and Becky Hampton of Lexington, N.C. Jared is two years old, and Jennifer is five years old. They are also the grandchildren of Jack (retired) and Caldonia Burcham.



**Tamara Burcham** is the daughter of Charles and Annette Burcham. She is also the granddaughter of Jack (retired) and Caldonia Burcham.



**Seth Burcham** is the son of Donald and Linda Burcham. Seth is in the ninth grade. He is also the grandson of Jack (retired) and Caldonia Burcham.



**Gray and his wife Nora Burcham** live in Winston-Salem, N.C. Gray is the son of Donald and Linda Burcham. He is also the grandson of Jack (retired) and Caldonia Burcham.

## Think About It...

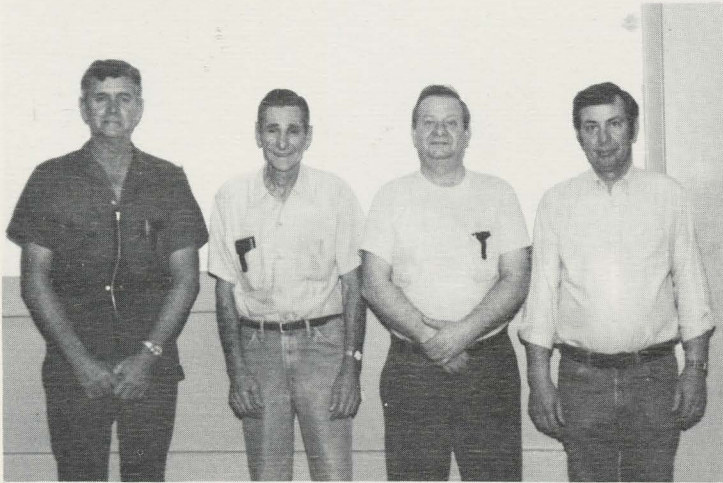
This is a story about four people: Everybody, Somebody, Anybody, and Nobody. There was an important job to be done. Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done the job, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody would not do it. It ended up that Everybody blamed Somebody when actually Nobody asked Anybody.

think pring!





# President's Attendance - Fiber Processing



**Yarn Manufacturing First and Second Shifts:** Robert Hayes, Dewitt White, E.G. Phillips, Jr.; **Yarn Finishing Second Shift:** Gray White. Not pictured: Robbie Day, George Patton.



**Yarn Manufacturing Third Shift:** Chester Choate, Jack Stroud, Kay Bullin, Penny Childress. Not pictured: Wilbur Doss.



**Carding and Spinning Third and First Shifts:** (front row) Dewitt Blackburn, Doris Draughn, Mildred Woodruff, Foyle Bryant; (back row) Edward Mason, Garland Holbrook.



**Carding and Spinning Second Shift:** Ricky Linville, Mark Wood, Cecil White.

## Quality Control and Dye House



**Quality Control All Shifts:** Margie Whitley, Michael Cummings, Clarine Hutson.



**Dye House Third Shift:** Arvel Holsclaw, Dean Stamper.



**Dye House Second Shift:** Steve Sizemore, Warren Marshall.



# President's Attendance - Manufacturing



**Weave, Warp, Worsted Second Shift:** (front row) Betty Payne, Patricia Finger, Mary Pardue, Ada Johnson, Gladys Prevette; (back row) Jerry Coe, Danny Pardue, Michael Caudill, Earnest Poteat.



**Weave, Warp, Worsted, Garnett, Winding, Sample First Shift:** (front row) Rita St. John, Helen Myers, Calvin Swaim, Susan Vickers, Raydell Newman, Helen Beals; (back row) Nathaniel Luffman, Denver Ledbetter, Leon Crouse, Dean Woodring, James Nance.



**Butler Weave Third Shift:** Chester Blevins, Tony Johnson. Not pictured: Richard Blackburn.



**Warp, Winding Third Shift:** (front row) Penny Money, Mark Money, Roscoe Barber; (back row) Eunice Bauguess, Karen Darnell. Not pictured: Eldon Wiles.



**Main Weave Third Shift:** Wayne Marshall, Jesse Marshall, Janice Marshall.

## Engineering and Technical



**Engineering, Technical First Shift:** (front row) Junior Collins, John Jackson, Bobby Maske, Wade Lewis; (back row) Frank Hinson, Thomas Brown, Francis Vernon, Barney Sullivan, Windell White, R.C. Chambers.



**Engineering, Technical First Shift:** (front row) Lynn Somers, Don Cave, Glenn Anderson, Ima Gene Chappell; (back row) Larry Anderson, L.D. Wilkins, Wayne Norman, J.D. Smith, Ricky Slawter, Martin Dobson. Not pictured: Brady Cox, Johnny Adams.



# President's Attendance - Finishing Plant



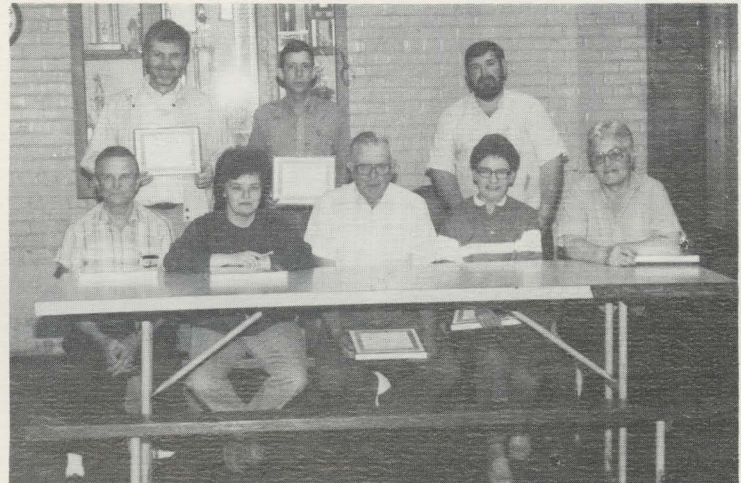
**Burling First Shift:** Etta Harris, Virginia Finney; **Wet Finish First Shift:** Helen Garris, John Shores; (back row) Larry Brown, John Pyles, Otis Holbrook. Not pictured: James Cranford.



**Piece Dye and Piece Dye Lab First Shift:** (front row) James Trivette, Gilmer Phillips, Jay Alexander; (back row) Tony Holleman, Billy Spicer, Shirley Spicer, Benny Luffman. Not pictured: Arthur Shores. Mary Pinnix



**Cloth and Shipping First Shift:** (front row) Evelyn Howard, Louise Pinnix, Larry Howard, Wristal Billings, John Cook; (back row) Melba Nance, Mamie Darnell, Linda Luffman, Birt Holsclaw, Walter Caudill, Leo Colbert, James Reece.



**Burling, Wet Finish, Cloth, Piece Dye Second and Third Shifts:** (front row) Arvil Swaim, Clara Darnell, Brady Cothren, Jane Pinnix, Vea Welborn; (back row) Vernon Reinhardt, Rudd Combs, Danny Cox.

## Engineering and Technical



**Engineering, Technical Third Shift:** George Barker, Wade Mounce, Danny Myers.



**Engineering, Technical Second Shift:** James Adams, Ivan Wagoner. Not pictured: J.T. Simmons.



## President's Attendance - Northern Chatham



**Binding First Shift:** (front row) Jean Blevins, Linda Barber, Sue Reece; (back row) Ann Calloway, Barbara Finney, Deloris Anderson, Carolyn Reinhardt.



**Repack First Shift:** Pearl Phillips; **Fiberwoven Technical First Shift:** Jay Johnson; **Napping First Shift:** Donald Wells; **Restwarmer First Shift:** Helen Sparks.

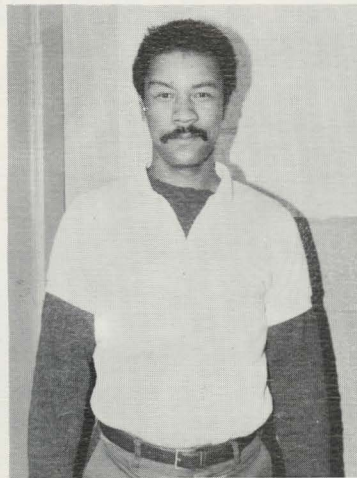


**Fiberwoven, Fiberwoven Technical, Napping, Binding Third Shift:** Willie Willard, Irene Barlow, Peggy Wiles, James Settle, Thomas Hurt, Don Vestal.



**Restwarmer First and Second Shifts:** Annie Ray, Mary Lineberry; **Binding First Shift:** Ruth Davis.

**Congratulations!**  
**148 Employees**  
 received the  
**President's**  
**Attendance**  
**Award for 1989**



**Winston-Salem Warehouse:**  
 Joe Burts



**Binding Second Shift:** Lena Settle; **Fiberwoven Second Shift:** Winfred Lawrence; **Restwarmer Second Shift:** Lyvonne Woodring.



## Farewell Party



Donna Church (left) and Frances Blevins (right) serve Department Head Gary Sebastian (center) some cake and pie at his farewell party. Gary enjoyed gifts and goodies from his fellow employees in the Yarn Manufacturing Department. The break room was filled with black balloons for Gary's last day at the Boonville Plant Friday, February 23, 1990.

.....

To reserve the Chatham Park for an outing this spring or summer remember to make a reservation. Call the Personnel Office at Ext. #529.

.....

## At Your Credit Association...

Bowling Tickets - \$1.75 for two games at Blue Ridge Lanes. (not valid for league bowling).

Chatham/Northern Chatham Caps for sale - \$3.00.

Seven reasons that prevent quality improvement:

1. We've never done it that way.
2. We're not ready for that yet.
3. We're doing all right without it.
4. It won't work anyway.
5. It costs too much.
6. We've tried it once, and it didn't work.
7. That's not our responsibility.

Quality improvement is a way to insure our market share. Be quality conscious!

## Employee Assistance Program Can Help With Depression

When a simple case of "the blahs" goes on for several weeks, it is no longer simple. Bad feelings that last that long may be symptoms of clinical depression. This is one of the most common mental disorders.

Clinical depression affects about ten million Americans, of all ages, races, and cultures. This includes men and women and teenagers. Depression is a persistent illness and tends to reoccur.

Some depression can be severe enough to interfere with normal functioning which includes work. Other types may only cause unhappiness but not interfere with everyday activity.

Depression can be hard to detect in friends or loved ones. Often someone depressed will try to hide feelings of sadness, pessimism, worthlessness, and guilt. They seem indecisive and disinterested in activities they normally find exciting. Other symptoms include loss of appetite and loss of sleep. This can lead to low energy, backaches, headaches, and other physical symptoms. Sudden changes in behavior are also common.

If the symptoms of depression persist for more than two weeks or so, your friend or you may be experiencing clinical depression. The problem should not be ignored.

According to the American Psychological Association National Task Force on Women and Depression, the "average" woman today stands a 25 percent chance of experiencing a major depression. Overall, professional women are three to five times more likely to commit suicide than nonprofessional women.

Depression destroys self-esteem. The depressed person needs to know that someone cares. Your Employee Assistance Program is here to help. Counselors confidentially assist with the problem. This help can lead you or a friend into the right direction.

Depressive illness is not only one of the most common mental disorders but is also one of the most treatable. Almost 80 percent of all serious depressions can be cured. So before your depression or a friend's jeopardizes your job and future contact your Employee Assistance Counselor.

The National Institute of Mental Health also has two free publications that can help. **Depressive Illness: Treatments Bring New Hope** (Item 587V, free) covers the types, causes, and cures for depression. Also, **What to Do When A Friend Is Depressed** (Item 557W, free) is a guide to help students spot depression among their peers. To get these publications, send your name, address, and appropriate item numbers to S. James, Consumer Information Center, Pueblo, Colorado 81009.

## Stress

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

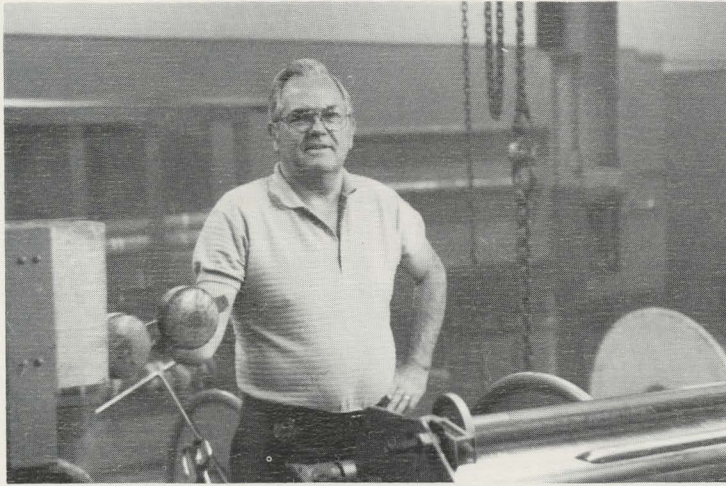
Employee Assistance Program

Call 835-6781 or

Ext. 374 For Appointment



## Forty-five Year Anniversaries



**Ernest Martin** received his forty-five year service pin on February 9, 1990. Ernest works in the Warp Department on first shift as a slasher operator.



**Helen Garris** received her forty-five year service pin on February 23, 1990. She was surprised with a small party given by her co-workers in the Wet Finish and Piece Dye Office. Helen is the secretary in the Wet Finish.

## In Memoriam

**Graham M. Vanhoy**  
February 6  
Retired Employee

**Lila Snow Riggs**  
February 9  
Mother of Dorothy R. Casey,  
Garnett.

**Robert "Bob" Carlton**  
February 10  
Father of Tony L. Carlton,  
Technical Maintenance.

**James V. Nance**  
February 16  
Father of Judy Gentry,  
Weave; James W. Nance,  
Weave; brother of Paul B.  
Nance, retired and McKinley  
Nance, retired.

**Minnie B. Snow**  
February 17  
Mother of Glenn E. Snow,  
retired; sister of Robert G.  
Boles, retired.

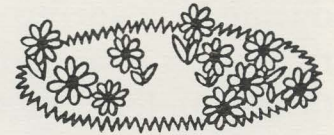
**Ethel Harris Latham**  
February 18  
Sister of Thurmond T.  
Harris, retired.

**Brady C. Byrd**  
February 18  
Retired Employee  
Father of B. Dwight Byrd,  
Garnett; Elmer L. Byrd,  
retired; Elton R. Byrd,  
retired; and Georgia B.  
Jones, LTD.

**Ruby Sprinkle**  
February 24  
Retired Employee

**Leroy "Bill" Brown**  
February 24  
Retired Employee  
Husband of Polly V. Brown,  
retired.

**Horace Vestal**  
February 24  
Retired Employee  
Brother of Gennie Vestal,  
retired.



## What Is Safety?

Safety is a consciously adopted attitude that enables us to follow an active and useful existence without the possibility of injury to ourselves or others. In a sense, safety is mainly a reflection of our interest in our own well being. True, there are many mechanical safeguards and they are reliable, too, but they are powerless to prevent injuries unless we use them.

Personal responsibility is a big part of safety because our individual decision on how to do something usually is the deciding factor. However, a thoroughly safe attitude goes beyond ourselves and covers everyone with whom we come in contact on and off the job.

We must realize that an error or the lack of safety consciousness on the part of one individual can offset the safety efforts of others and leave them open to injury.

open to injury.

Safety is a part of every job, no matter how tame the job may appear. But whether or not safety is applied depends on the individual doing the work.

What is safety? Safety is a safeguard that will keep personal injuries at bay on and off the job. A safeguard which demands nothing more than a firm resolve on the part of each one of us, individually, to do things the right and safe way.

A wealthy woman was giving a party and wanted to impress everyone. She told her maid: "Stand at the drawing room door and call the guests' names as they arrive."

The maid smiled: "I've been wanting to do that for years!" she said.

### C-NC NEWS

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

*The C-NC NEWS is published for employees and retirees of Chatham Manufacturing Company and Northern-Chatham Bedding Company. Comments, suggestions, and story ideas are encouraged and should be directed to the Editor.*

Davina Sprinkle, Editor  
Printed by Chatham Print Shop

### Country Store Outlet Hours

Monday-Friday  
9:00 a.m.-8:00 p.m.  
Saturday  
9:00 a.m.-5:00 p.m.  
Sunday  
1:00 p.m.-6:00 p.m.



# C-NC TRADER

## OTHER

**WANTED:** Interested in buying football cards. Call 835-2982.

**WANTED:** Flat bottom boat, 14' or 16'. Call 835-2469 anytime.

**WANTED:** Someone to tend garden plot, 2 plots available for use. Call 835-4690 anytime.

**WANTED:** Electric sewing machine, portable or table model. Call 957-8797 after 4:30 p.m.

**FOR RENT:** Five room apartment in Elkin. Stove, refrigerator, cable, water, trash pick-up, and yard work all furnished. \$200 per month. \$200 deposit. Call 835-3469 after 5:00 p.m.

## FOR SALE

Capitol wood stove. Molded ¼" steel plate body with no seams, brick lined. Included are damper, fire-proof brick designed fire board for underneath and behind stove, skuttle, poker, and rake. Dimensions - 31 1/2" long x 18 1/2" wide x 29 3/8 high. \$350. Call 835-1705 between 9:00 a.m. and 5:00 p.m.

Avon products. Call 835-6149.

27-inch cabinet model television. Call 468-4946.

Pair Mason work shoes. Size 9EEE, black, brand new. Paid \$62, will sell for \$50. Call 835-5429 anytime.

Set of Britannica encyclopedias. \$125. Call 835-5708 after 5:30 p.m.

1983 Oakwood Mobile Home. 14x70, 2-bedroom, 2 full baths, central air, washer/dryer, kitchen appliances, 10x28 ft. treated deck in back, 8x10 ft. treated deck in front, electrical hook-ups and curtains included. Call 835-2194 or 835-1462.

3-piece bedroom suite, 5 piece breakfast room suite. Also, garden tiller. Call 835-3565.

Bedroom suite, waterbed with bookcase head board, Chest of drawers, night stand, lamp, matching ceiling fan, remote control. One year old. Paid \$2,700, will sell for \$900. Call 526-1201 after 5:00 p.m.

1978 Dodge truck, 4-wheel drive. Good condition. Call 526-3111 before 4:00 p.m.

1981 Ford Courier, body has rust, good running condition. \$500. 367-5491.

Electrolux vacuum cleaner, Hi-Tech 2100 model. Practically new, only one dust bag used. Approximately ½ price. Call 468-2762 daytime.

Papa Bear type wood fireplace insert. Used one year. Call 468-2762 daytime.

1972 Chev. truck, automatic, PS, PB, AM/FM Cassette. Excellent condition, no rust. \$1,500. Call 526-3102.

Set of steps used for mobile home. \$45. Call 526-3102.

1984 Ford LTD II, one owner, 4-door, V-8 engine, automatic, AC, cruise, AM/FM stereo, new tires, 37,000 miles. Call 835-2474 anytime.

Quilt tops. Call 835-1843.

9'x7' wooden garage door and opener. Made by Stanley. \$150. Call 366-4070 anytime.

Kerosun heaters, 23,000 BTU. New. \$100 each. Call 957-3568 between 9:00 a.m. till 2:00 p.m.

Four cemetery plots at Crestwood Memorial Gardens. Call 835-2943 after 5:00 p.m.

Mahogany dinette suite - table and 4 chairs. \$60. Call 835-5289 after 5:00 p.m.

Small antique oak breakfast table. \$60. Call 957-2608.

Antique cross-cut saw with short wide blade. Call 957-2608.

Two piece living room suite (brown/white). \$100. Good condition. Call 957-2608.

1984 Mercury Cougar. White with red interior, power steering, power brakes, power windows, power doorlocks, V-6 engine, excellent condition. Call 874-2360 for more information.

Registered Buff Cocker Spaniel male dog. 15 months old. Call 835-5236.

MTD 5 h.p. Front tine tiller, used only 10 hours. \$225. Call 957-8022.

Ryan 285 weed eater, string and blade attachments. \$60. Call 957-8022.

5,000 Watt 3-phase generator. 230-208V. \$2500. Call 367-5491.

Lee Load-all 12-gauge shotgun shell loader. Extra accessories. \$50. Call 957-8022.

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

Complete stereo unit: tapedeck, AM/FM radio, turntable and 2 speakers. Call 835-2209.

2 end tables, 1 coffee table, brass with glass tops. Call 835-3484.

1985 Honda 750 Shadow motorcycle, black, only 8,900 miles. Call 366-2521 anytime.

Fertilizer distributor, 2 trailers, lime spreader, cultivator, Kerosun heater. Call 835-4960.

General Electric portable dishwasher, butcher block top. Good condition. \$80. Call 835-2941 after 4:00 p.m.

PSE Challenger compound bow. Accessories included, arrows, broad heads. \$200. Call 835-2941 after 4:00 p.m.

6 h.p. Mercury outboard, approx. 1960 model. New coils, points and plugs. Long shaft. \$300. Call 957-2219.

Size 10 motorcycle trail boots. \$50. Call 957-2219.

Full face helmet. Good condition. \$30. Call 957-2219.

Garden tiller, 6 high back white chairs, 3-piece bedroom suite. Call 835-3565.

Two 30-inch electric ranges. \$75 each. Call 835-5686 after 4:00 p.m.

McGregor MTX Golf clubs. #3 iron thru pitching wedge. 2 woods included. \$150. Call 835-5686 after 4:00 p.m.

1987 Mercury Lynx G.S., Red, 33,000 miles, air, automatic transmission, stereo, like new, \$5150. Call 874-3035.

Exercise bicycle. Like new, ridden approximately 400 miles. Call 835-5553 after 5:00 p.m.

Air to air solar panel, \$800. Will install at cost of \$300. Call 367-5491.

*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.*

## Then and Now Answer



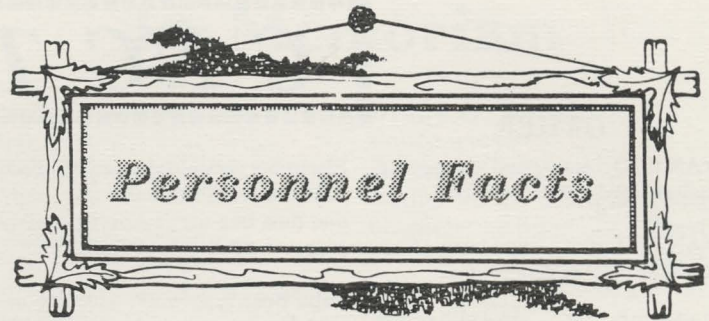
Joan Haynes is a nurse in the First Aid. She has been a Chatham employee for eight years. Joan and her husband Kenneth live in State Road.



The C-NC NEWS is published for...



employees and retirees like **Peggy Wagoner** of the Yarn Manufacturing Department at the Boonville Plant. Peggy operates one of the new Duesberg Spinning frames. She has been a Chatham employee for eleven years and six months. Her husband Arnold Wagoner works in the Weave Department.



**Service Anniversary Dates**

**40 Years**

**Henry G. Brown**, Superintendent, Finishing - March 16

**35 Years**

**Harvey Baker, Jr.**, Data Processing - March 25

**30 Years**

**Donna S. Eldridge**, Blanket Order Processing - March 16  
**J. Richard Cox**, Shipping - March 28

**25 Years**

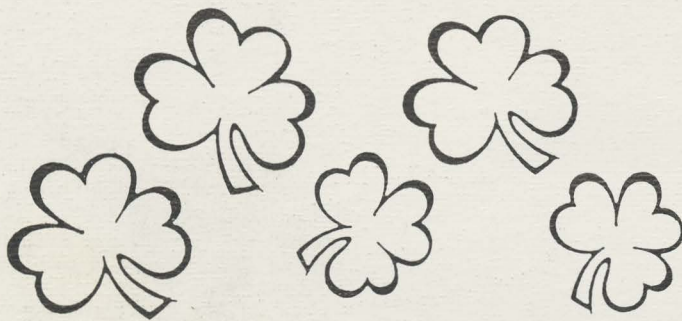
**Richard A. Russell**, Yarn Manufacturing - March 1  
**Rita H. St. John**, Sample - March 11  
**Hilda J. Weatherman**, Binding - March 18  
**E. Mack Byrd**, Blending - March 23

**20 Years**

**Lorine K. Boles**, Industrial Engineering - March 3  
**Sammy C. Harris**, Shipping - March 4  
**Charles J. Marshall**, Technical - March 9

**Retirements Effective March 1, 1990**

**Pennie H. Carter**, Worsted, 1st shift; 24 years and 7 months  
**Roscoe C. Chambers**, Engineering, 1st shift; 43 years and 6 months



**Share-A-Jokè**

After reading a letter from the camp director stating that her son needed discipline, a dotting mother wrote back with this suggestion: "Dear Director: Please don't slap my Irving, he is very sensitive. Slap the boy next to him. That will scare Irving."

**Credit Association Hours**

**Monday - Friday**  
 Open - 8 a.m.  
 Close - 2 p.m.  
 Open 2:30 p.m.  
 Close - 4:15 p.m.

**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

**Fruit: Something Good That's Not Illegal, Immoral or Fattening**

An apple a day keeps the doctor away. Why? Because apples are a fruit, and fruit is one of the best things you can put in your diet.

You already know that fruit tastes good. Also, fruit is full of good nutrients. Fruit has several nutritional factors that have been associated with lower risk of disease. Fruit has fiber, minerals, vitamins, carbohydrates and other health promoters. The one thing fruit has very little, if any, is fat. Fruit has fewer calories, little or no sodium, and no cholesterol.

When purchasing fresh fruits in the supermarkets, select fruits that show no signs of bruising. Bruising can cause loss of some nutrients. Nutrients can also be lost by paring, slicing, dicing, and mashing fruits through exposure to air and light.

Also, refrigerate and use fresh fruits within a few days to cut down on spoilage and waste. For more information send your name and address to Consumer Information Center, Department 524W, Pueblo, Colorado 81009 and ask for Fruit: Something Good That's Not Illegal, Immoral, or Fattening (Item 524W, free).