

Carolina Mills Scholars Named

Two area high school seniors have been presented the Carolina Mills Merit Scholarship to the School of Textiles at NC State University.

Ed Schrum, President of Carolina Mills, presented the scholarships to Jennifer Randall, a senior

at Newton-Conover High School and Donna Turner a senior at Maiden High School.

Each scholarship is valued at \$16,000 and enables a Carolina Mills employee's child to further his education in the school of textiles at NC State University.

The presentation was made in the boardroom of Carolina Mills and was attended by officials of the company, the students and their parents, and representatives from Newton-Conover High School and Maiden High School.

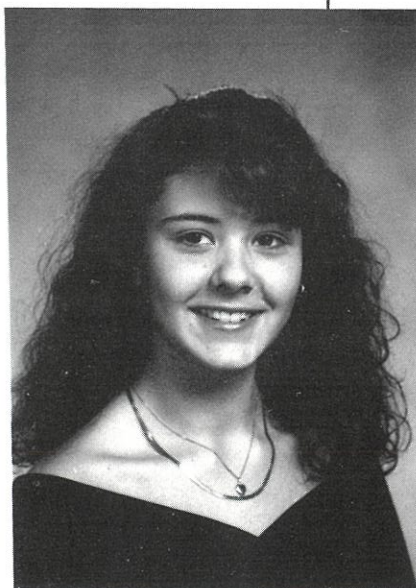
Miss Randall is the daughter of Patricia and J. V. Randall. Her father is Plant Manager at Carolina Mills, Plant No. 2 in Newton.

She plans to major in Textile Management in the school of textiles. She is a member of the Beta Club and Interact Club and has received a varsity letter in track.

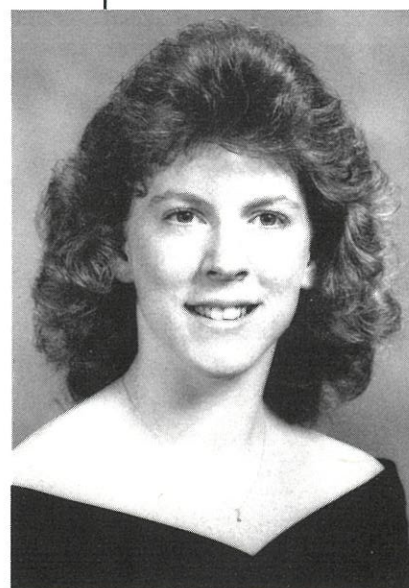
Miss Turner's parents are Peggy and Ted Turner. Her father is a dyetub operator in the Dye House at Plant No. 4 in Conover.

She plans to major in Textile Chemistry and Chemical Engineering while at

NC State University. She has been named to Who's Who Among High School Students, was a Governor School Nominee, and enjoys participating in youth choir and gymnastics.



Jennifer Randall



Donna Turner



Ed Schrum Named Top Leader

Carolina Mills President, Ed Schrum, was named as one of Textile World Magazines top 10 Leaders in the textile industry. Textile World's fifth annual list honored individuals who served with a difference.

Mr. Schrum was honored for his "making it

happen" leadership of the American Textile Manufacturers Institute - improving textiles' image with excellence in education awards to professors of clothing and textiles, supporting education renewal and advocating a drug-free workplace.



Carolina Mills Contributes Fabrics

The American Textile Manufacturers Association is working with some of its member companies to supply fabric, thread, and embroidery floss to a group that makes dolls for babies dying of AIDS and abandoned children with cancer and other terminal diseases.

The non-profit group, Our Children, was initiated in January, 1988, by Region 11 of the United Federation of Doll Clubs. Dolls are made by the clinics for needy children. Patterns and materials are furnished by the group to volunteers in 12 major US cities, who make the dolls. To date, 1,000 doll-making kits have been distributed

and dolls have been given to more than 500 children.

Mike Groce has worked with Carolina Mills' customers to provide the volunteers with fabrics made from Carolina Mills yarn. With his assistance, Carolina Mills is one of the main suppliers of materials for the group. Other companies have also contributed materials to the project.

"It would be difficult to run the project without the help that we have received from various manufacturers," said Bettyanne Twigg, director of Our Children.





Health Hints

April Is Cancer Control Month

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled or checked, it results in death.

It can strike at any age. Cancer kills more children aged 3 to 14 than any other disease. And cancer strikes more frequently with advancing age.

In the 1900s, few cancer patients had any hope of long-term survival. Today there is a survival rate of about 40 percent. That is, when normal life expectancy is taken into consideration, 49 percent will be alive 5 years after diagnosis. More people could be saved by early diagnosis.

Lifestyle

Some cancers can be prevented. Most lung cancers are caused by cigarette smoking, and most skin cancers are caused by frequent overexposure to direct sunlight.

There is evidence suggesting that bowel cancer is linked to diet. A diet high in fat and/or low in fiber content may be a significant causative factor.

Early Diagnosis

Finding cancer early is a vital key to survival. Only 13 percent of lung cancer patients live five years or more. But about 33 percent survive when the cancer is detected in a localized stage. Unfortunately, less than a quarter of victims are diagnosed that early.

The numbers of deaths from colon and rectal cancer is second only to deaths by lung cancer. The American Cancer Society recommends an annual examination by a physician for the disease for everyone over age 40. When detected early, the 5-year survival rate is 87 percent for colon cancer, compared with 40 percent after the cancer has spread to other parts of the body.

Uterine cancer is easily detected by the Pap test. The death rate from all types of uterine cancer has decreased by 70 percent in the last 40 years, due mainly to the Pap test and regular checkups.

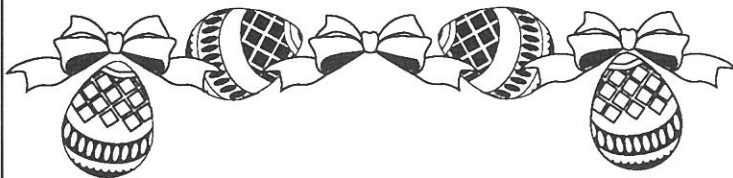
Early detection is the key to survival of skin cancer. The five-year survival rate for localized malignant melanoma is 89

percent. The survival rate, once melanoma has spread is only 39 percent. Any unusual skin condition should be checked, especially a change in the size or color of a mole or other dark spot.

An estimated one in ten American women will develop breast cancer at some time during her life. Self-examination by women 20 years and older is a good health habit. Most breast

lumps are not cancer, but only a physician can make the diagnosis.

The mammogram is valuable for detecting cancers too small to be felt by an examiner. It is recommended every year for women age 50 and over. A baseline mammogram for those 35 to 39 is recommended. Women 40 to 49 should have a mammography every one to two years.

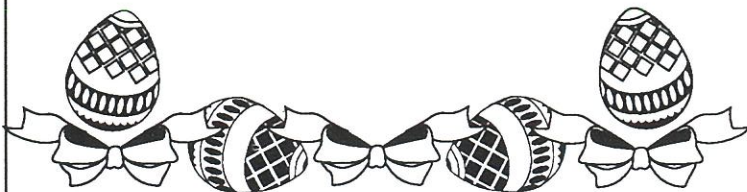


Storing Your Easter Eggs

The safest practice is to use plastic eggs for the egg hunt and decorations. It won't matter how much they are handled because the stuff inside won't be contaminated by hands, dirt, and lawn chemicals.

The U.S. Department of Agriculture says egg dyes you buy in the market are approved for safe use. Boiling the egg, however, removes the shell's natural protective covering and opens the pores. Bacteria can enter the egg during subsequent handling.

Your beautiful hardcooked, natural eggs can be displayed for short periods of time and where they won't be handled significantly. Hardcooked eggs with shells intact will last 10 to 12 days in the refrigerator. Any that crack should be used the same day.





Congratulations

Ten Carolina Mills plants received a safety award at the American Yarn Spinners Association's 7th Annual Safety Conference in March. Receiving this award means there has not been a lost time accident in the past year. Congratulations to all the employees that work in these plants. It takes team effort for a plant to operate for a year with no lost time accidents. The following persons accepted the awards on behalf of their plant.

Plant No. 1	Gary Hefner, Bill Brotherton
Plant No. 2	J. V. Randall, Willie Wentz
Plant No. 3	Larry Mosteller
Plant No. 5 & 6	Fred Hoffman, Joe Roseman
Plant No. 8	Allen Hooper, Harold Lineberger
Plant No. 12	Bob Cook, Bristol Cheek
Plant No. 21 & 22	Khal Shreitah, Dan Blair
Plant No. 24	Bob Harrison, Berry Cauble

Steve Dobbins of Carolina Mills presented the awards.



Larry Mosteller, Plant No. 3.



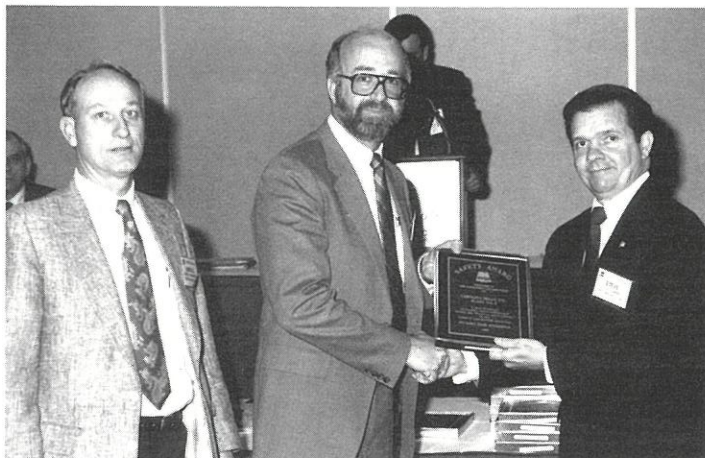
Dan Blair and Khal Shreitah, Plant No. 21 & 22.



Berry Cauble and Bob Harrison, Plant 24, received award from Steve Dobbins, American Yarn Spinners and VP of Manufacturing at Carolina Mills



Joe Roseman and Fred Hoffman, Plants No. 5 & 6.



Harold Lineberger, Corporate Safety Director and Allen Hooper, Plant No. 8



Willie Wentz and J.V. Randall, Plant No. 2.



Bill Brotherton and Gary Hefner, Plant No. 1.



Bristol Check, Plant No. 12

The Bicentennial Census

200 Years and Counting

It has come. The 1990 Census is upon us. The Census Bureau expects to count 250 million people and 106 million housing units.

Success of the census depends on you, on everyone. How well you cooperate- this means completing and returning your questionnaire- will determine how accurate the census will be.

The count for our area is used to determine how many seats we will have in the U.S. House of Representatives and how seats in the state legislature will be allocated.

Billions of dollars in federal funds are returned to states, local governments, and Indian reservations. The amounts are based in part on population and housing data, which means that an accurate count is vital.

Stand up and count yourself in the census! The information you give is strictly confidential and will not be passed on to the IRS, the FBI, Immigration, or welfare agencies. In fact, it will be locked away for the next 70 years.



The Easter Story

Easter is the most important day of the Christian year. It celebrates the Resurrection of Jesus. On Easter morning, according to the Gospel of St. Luke, Mary Magdalen and some companions visited the cave where He had been buried. To their astonishment, they found the tomb empty. An angel appeared and told them that Jesus had risen.

In the following days, Jesus appeared several times to His disciples, who began to understand that His miraculous victory over death offered the promise of rebirth for everyone who believed in Him.

In the 8th century the Venerable Bede suggested that the word "Easter" may have come from Eostre, the Anglo-Saxon name of a Teutonic goddess of spring and fertility. Her symbol was a hare, which may explain the custom of the Easter rabbit.

Easter eggs are thought to have originated because eggs were a symbol of rebirth. The tradition of

coloring them probably began with medieval travelers to Egypt and Persia where people colored eggs for their spring festivals.

The National Livestock and Meat Board says having ham for Easter may have started up near the Baltic Sea.

Before winter set in, meat was buried in the sandy shore. The cold ground and sea salt preserved the meat, which was later dug up to celebrate the coming of Spring.



April Fool Word Game

"Why do fools fall in _ _ _ _ ?" You can probably fill in the missing word from the popular song, but can you complete these other familiar phrases about "fools"?

1. "A fool and his money are ..." (Old saying)
2. "Fools rush in where ..." (Alexander Pope)
3. "Let us be thankful for fools. But for them the rest of us ..." (Mark Twain)
4. "You can fool some of the people ..." (Abraham Lincoln)
5. "There is no fool like ..." (John Lyly)
6. "The greatest lesson in life is knowing that even fools are ..." (Winston Churchill)
7. "A foolish consistency is ..." (Ralph Waldo Emerson)
8. "Answer a fool according to ..." (Proverbs)
9. "What fools these ..." (Lucius Annaeus Seneca)
10. "The foolishness of yesterday has become the ..." (Sir William Osler)



The Passover Story

Passover, which occurs on April 10th this year, is the beginning of an eight-day Jewish celebration. It marks the delivery of the Jews from Egyptian enslavement over 3,000 years ago.

God spoke to the shepherd Moses, his voice coming from a burning

bush, telling him to lead the Jews out of Egypt. But Pharaoh wanted them to continue building pyramids. He wouldn't let them go in spite of God's plagues upon the Egyptians.

Finally Moses told Pharaoh that a tenth and last plague would kill all the

Egyptians' Firstborn sons. As a signal to the Angel of Death, the Jews sacrificed a lamb and sprinkled its blood on their doorposts. The Angel "passed over" their homes.

After this plague, the Egyptians said the Jews could leave. In great haste to prepare, the Jews made bread without leavening so they would not have to wait for bread to rise.

As they left, Pharaoh changed his mind and sent soldiers to stop them, but the Red Sea parted, allowing them to cross. It closed again so the Egyptians could not follow.

Today Jewish families celebrate with prayer, songs and blessings, and with a ceremonial seder meal that includes unleavened bread.

Certificate of Recognition

Carolina Mills was nominated by our local school superintendent as a candidate for the 1989 Governor's Business Award In Education.

A letter from Governor Jim Martin read; "North Carolina is fortunate to have an enthusiastic and dedicated business like yours. You have worked together with your local school system as partners in an effort to upgrade educational excellence in our schools and economic development in our communities. Through your teamwork and sincere belief

in North Carolina, you are helping to make life better for the citizens of this state.

The North Carolina Business Committee for Education and I wish to extend our sincere appreciation for your outstanding services to education and present you the enclosed Certificate of Recognition."

The North Carolina Business Committee for Education

Certificate of Recognition

Presented to

Carolina Mills Incorporated

State Nominee

The Governor's Business Awards Program for
Outstanding Contributions to Education.
The North Carolina Business Committee for Education
gratefully acknowledges outstanding services rendered
to public education.

James S. Martin
Governor

October 26, 1989
Date

Em. Kirk
Chairman, Business Committee for Education



Credit Union News

Your Credit Union will continue to pay the same HIGH dividend rates on savings again this quarter, as follows:

Less than \$1,000	6%
\$1,000 - \$1,999.99	7%
\$2,000 - \$4,999.99	8%
\$5,000 and up	9%

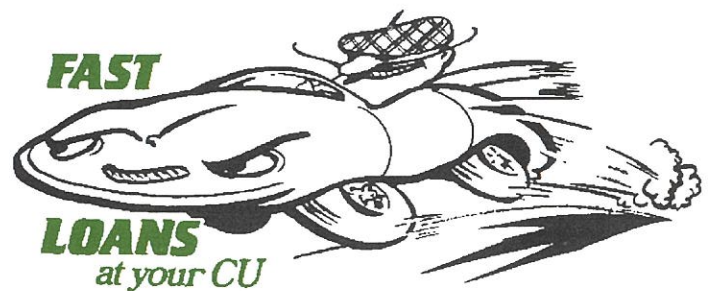
You are encouraged to save here. Your spouse and children may also do so. Your grandparents and your sisters and brothers can also save here. How much or how regularly you save will be up to you. Regular saving, regardless of how small the amount, is the important thing. This way you get the habit.

If you are an employee, your savings can be payroll deducted. Your family members can deposit cash.

As required by Federal law, the National Credit Union Administration insures your share account. Each member's share account (savings account) is insured to \$100,000.

Your Credit Union is a mutual organization - there are no outside stockholders to "skim off the cream". All net earnings, after expenses, and reserves are paid out in dividends to the members.

Compare the above dividend rates. You will find they are the best around. Make a deposit today...



*Let CAROLINA MILLS
EMPLOYEES CREDIT UNION
and HERTZ put you in the driver's
seat...*

Saturday, May 12, 1990

9:00 am - 5:00 pm

100% Financing on pre-approved loans

13% APR - Repayment terms up to 48 months

A Private Sale Exclusively for Credit Union
Members(Parking Lot across street from Carolina Mills
Main Office in Maiden.)

**DRIVE YOUR CAR HOME ON THE DAY OF THE
SALE!**

You will receive a personal invitation through the mail the last of April. You will be required to show this invitation in order to look at the cars. **BE SURE TO KEEP YOUR INVITATION...**

If you have any questions about this sale, please call your credit union office at 428-9911.



Carolina Maiden Salesman of the Year

John Weber, an employee of Carolina Maiden Corporation (a wholly owned subsidiary of Carolina Mills, Inc.) was named Salesman of the Year for 1989. He has been with Carolina Maiden for 14 years. He has been named Salesman of the Year 3 times. His territory covers New Jersey and New York, including New York City and its boroughs.

John and his wife Teresa reside in Holland, Pennsylvania. They have 4 children; John, Teresa Ann and twin daughters, Donna and Denise.

In his spare time, John enjoys golf and history, especially the history of Germany.

*Lord my soul is in a riot
Because I'm on this wicked diet.
We are what we eat, said one wise man,
Lord, if that's true then I'm a garbage can.
I want to rise on judgement day, that's plain;
But at my present weight I'll need a cane.
So grant me strength that I may not fall
Into the clutches of Cholesterol.
Though my body may be over-weighted,
My soul is still poly-unsaturated.
Show me the light that I may bear witness;
To the president's council on physical fitness.
At that terrible margarine I will not mutter,
For the road to hell is paved with butter.
Ice cream is cursed and cake is awful;
Satan is hiding in every waffle.
I'm delirious Lord, my husband's become a
chocolate drop;
And my children little lollipops.
Give me this day my daily slice,
But cut it thin or I'll eat twice.
I beg upon my dimpled knees;
Deliver me from black-eyed peas.
And when my days of trial are done;
And the war with french fries are won.
Let me stand on the heavenly throne
In a shining robe, size 30 long.
I can do it Lord, if you show to me,
The virtues of lettuce and celery.
If you'll teach me the evilness of mayonnaise
And the sinfulness of Hollandaise.
May I never be tempted by deep fried chicken
from the south,
If you love me Lord, shut my mouth.*

H A P P Y

Easter



Employee Feature

Ray Shoemaker

Ray Shoemaker, a truck driver for the Carolina Mills Trucking Department was recently featured in the Hickory Daily Record. The following is a reprint of the article.

When Ray Shoemaker first felt his heart racing, he wondered if he had gotten food poisoning from some of the chicken he'd eaten the day before. But the racing continued for several days. He then began to feel short-winded and had difficulty sleeping.

Finally, Shoemaker decided he should see a doctor. Dr. Ben Wofford in Catawba sent him to Hickory cardiologist Dr. Norman McDonald, who ordered tests at Frye Regional Medical Center.

Tests showed that Shoemaker's mitral heart valve was not working properly. Shoemaker then found out he needed to have surgery.

A year ago, this discovery would have meant a journey elsewhere to have a heart valve repaired. But Dr. Richard Carlton had begun performing open heart surgery at Frye last August. Thus Shoemaker could have his surgery in Hickory.

"It made me feel better about being in the hospital to know that my family didn't have to travel so far to see me," he said. "I was glad they didn't have to drive those interstate highways."

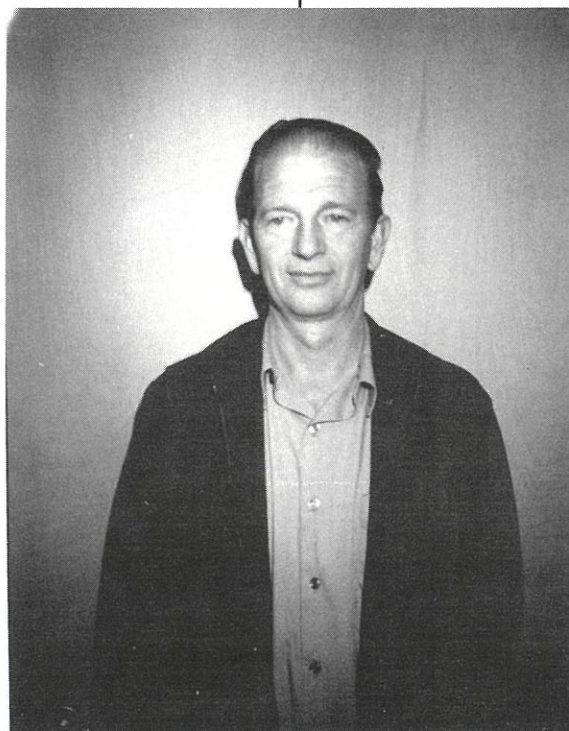
While it would have been simpler to replace the faulty valve, Dr. Carlton knew from experience that repairing the valve would be much better for Shoemaker in the long run.

With open heart surgery scheduled for Sunday,

valvuloplasty, or valve repair.

During surgery, Dr. Carlton removed a portion of Shoemaker's stretched mitral valve, sewing the opening back together to make it smaller. The mitral-valve support structure was reattached and a ring sewn in to stabilize the valve.

Using a type of ultrasound to see how the repaired valve was function-



December 3, Shoemaker's physicians had determined by the day before that his heart had begun to swell. Surgery, therefore, had to be performed as soon as possible. That very day, Shoemaker was wheeled into the specially-equipped operating room at Frye to have a mitral

ing, cardiologist Dr. Brian Steg then checked the newly-repaired valve while Shoemaker was still in the operating room.

Nine weeks after his open heart surgery, Shoemaker returned to his job as a truck driver for Carolina Mills.

For Shoemaker, it was important that the faulty mitral valve be repaired, rather than simply replaced. With a mitral valve replacement, he would have required either a mechanical valve or a pig valve, both of which can have significant long-term effects.

With a mechanical valve, Shoemaker would have required life-long treatment with blood thinners to lessen the risk of clotting and a stroke. A pig valve would have had a 20%-30% chance of degenerating, thus requiring a second replacement within ten years. But with a valve repair, Shoemaker will stop taking blood thinners in about 3 months after surgery.

Without surgery, Shoemaker's lungs eventually would have filled with fluid and his heart would have failed. With the surgery, however, his chances for recovery are good.

"I'm so glad Dr. Carlton and the rest of the open heart surgical team were willing to take the time to repair the valve rather than replace it", Shoemaker said.

"It made me feel good to be able to have surgery here in Hickory rather than having to go to Winston-Salem or Charlotte," he continued. "It's so much closer to home and I know I couldn't have gotten any better treatment anywhere."



Let's Go Shopping

Rolane is a subsidiary of Kayser-Roth Hosiery, Inc., one of the world's largest manufacturers of hosiery for the family. The store features brand name hosiery, lingerie and ladies' and men's apparel, with everyday savings of 30-70% off department store prices.

The week of May 14-19 will be designated as Carolina Mills one time discount shopping spree at any Rolane store.

Every employee will receive a card. Complete the back of the card and present it to the cashier at the time of check out to

receive a 25% discount on the total purchase. The card can only be used once.

You will receive your card the last of April.

Remember, look for quality, style and price. Buy Made in the USA.

Earth Day 1990

Earth Day 1990, is scheduled for April 22, the 20th anniversary of the first celebrated Earth Day. It is predicted that over 100 million people will take part in one way or another.

Carolina Mills wants you to be part of the celebration. April 22 is only the beginning of the celebration of the anniversary. Preserving the environment is an on going commitment.

So that everyone can be part of Earth Day, watch the video for ideas of things that you can do to save and preserve our environment. There will also be special articles in your plant papers and the CaroLines. Also, if you have ideas that you would like to share, let your Personnel Administrator know.

To get everyone started, the following are some ideas that everyone can participate in.

1.

Shop smart. Plan your menu and buy only what you need.

2.

Read labels to select products that are packaged in recycled materials.

3.

Recycle yard waste by composting.

4.

On the road? Don't litter. Keep a small trash bag inside your car.

5.

When boating, don't throw refuse overboard. Bag your garbage and stow it until you can dispose of it properly when you return to shore.

- Call your local sanitation department to learn about recycling plans for your town.

For Sale

The birthday gifts have been so popular that many of you have asked to purchase them. Because of the demand, the birthday gifts will be sold at a lower price than Carolina Mills paid for the items.

Carolina Mills umbrellas will be sold for \$5.00 and the Carolina Mills key chains will be sold for \$4.00. These prices are substantially

lower than the purchase price and are only available to Carolina Mills and CM Furniture employees.

The insulated beverage bag, the 1989-1990 birthday gift, will go on sale beginning the month of August. New birthday gifts will be given out that month. Birthday gifts will not go on sale until the "birthday year" is completed.

Items will be available as long as we have them in inventory.



Carolina Mills

Employee Discounts

Carolina Mills Ballcaps

Green and White..... \$ 2.75
Green Corduroy..... \$ 5.00

Carolina Mills Sweatshirts

Grey, size small..... \$ 5.00

Carolina Mills Books

Cookbook.....\$ 5.00
Christmas Cookbook..... \$ 5.00

Carolina Mills Umbrellas

Green and White
Umbrella \$ 5.00

Carolina Mills Key Chains

Key Chain.....\$ 4.00

United Artist Theaters(Crown Cinemas)

Movie makers have placed restrictions on the purchase and use of discount tickets on all newly-released movies. Therefore, Carolina Mills will no longer have tickets for the United Artist Theaters located in Hickory, NC.



Adult tickets.....\$15.25
Students.....\$10.95
Children under 11.....FREE



7 to 59 years.....\$13.95
4 to 6 years.....\$ 9.00
over 60 years.....\$ 9.00
Children 3 and under.....FREE



CHIMNEY ROCK PARK

Adults.....\$ 5.00
6 to 15 years.....\$ 3.00
under 6 years.....FREE



\$2.00 Discount Off Admission
Ticket



New Employee

Ann Groce

Ann Groce is employed as the nurse for Plant 12 and 2. She and her husband Jerry reside in Statesville with their 5 year old son Brent. They moved to Statesville from Arab, Alabama, which is near the Tennessee border. Ann attended Central High School and received her nursing degree from Motlow State Community College in Tullahoma, Tennessee. She also has earned her certification in pulmonary function testing and hearing booth testing.

Carolina Mills Inc.

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