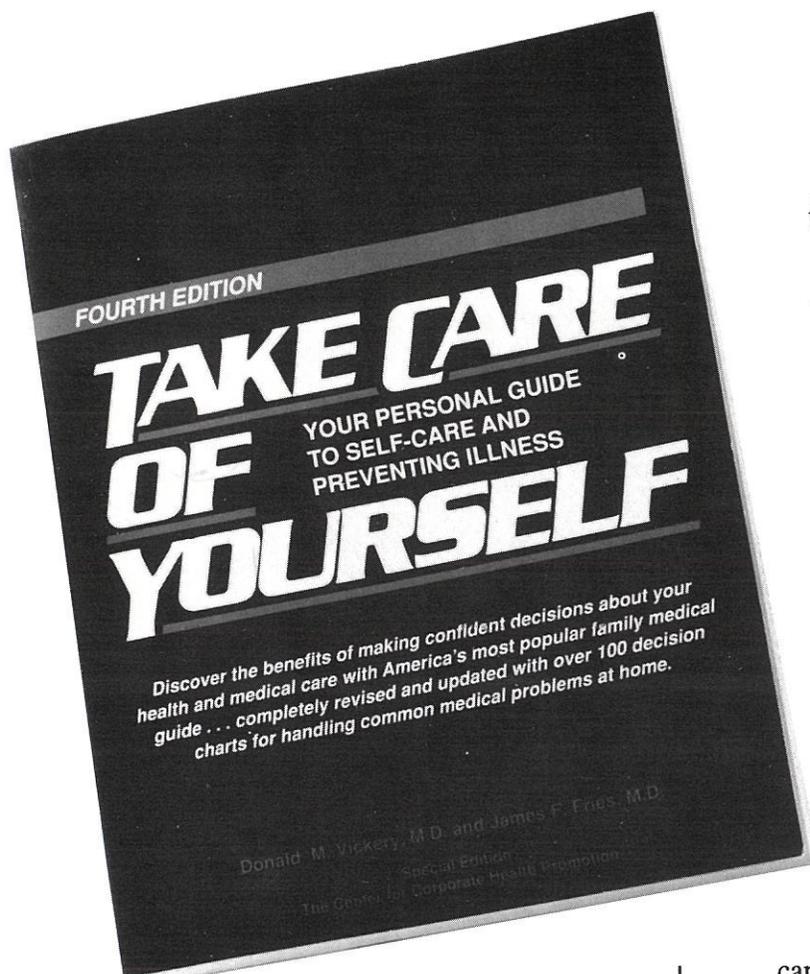




Happy Birthday

To You



“You can do much more than any physician to maintain your health and well being. But you have to get into the habit of health.”

“If we all had good health habits, what would happen?”

“You can do more for your health than your doctor can.”

This book is about how to take care of yourself. The authors of the book define the phrase with 4 meanings. First, “take care of yourself” means taking care of the habits that lead to vigor, and you can postpone most serious chronic diseases by the right preventive health decisions. Second, “take care of your self” means periodic monitoring for those few diseases that can sneak up on you without advance warning, such as high blood pressure,

cancer of the breast or cervix, glaucoma, or dental decay. In such cases, taking care of yourself may mean going to a health professional for assistance. Third, “take care of yourself” means responding to new medical problems that arise. Most often, your response should be self-care, and you can be your own doctor. But at other times you need professional help. Responding decisively means that you pay particular attention to the decision about going, or not going to see the doctor. This book is particularly directed at helping you make that decision.

Would you like to become a healthier, happier, more informed you? That is exactly what your new birthday gift will provide for you! Carolina Mills birthday gift to you this year is a book entitled *“TAKE CARE OF YOURSELF”*.

As you begin to read your book, you will notice several statements that will perhaps catch your attention:



State Finalists Chosen

Sheila Simmons and Brian Keith Spencer have been chosen as finalists in the North Carolina State Textile Citizen of the Year contest. Sheila works as a winder tender at Plant No. 5 in Lincolnton and Brian is an area supervisor at Plant No. 24 in Ranlo.

The finalists were chosen from a panel of judges assembled at NCTMA. A separate panel of judges will select the state winner from among the finalists.

Lieutenant Governor James C. Gardner will present awards to the 11 finalists and announce the 1990 North Carolina Textile Citizen of the Year in a ceremony in Raleigh on September 13.

The ceremony will be held in the Old Chamber of the Capitol and will be followed by a luncheon

honoring the finalists.

The program, now in its fifth year in North Carolina and its fourth year nationally, recognizes textile employees who have outstanding work records, and, more importantly, records of unselfish volunteer services to others. NCTMA received 117 nominations from 27 member companies for the Textile Citizen of the Year honor.

The program underscores the contributions the textile industry and its more than 700,000 employees make to the well-being of the nation.

The North Carolina winner will receive \$500 from NCTMA on September 13. The national winner will receive \$1,000 from ATMI in an October 3 ceremony in Washington, DC.

You Did Us Proud

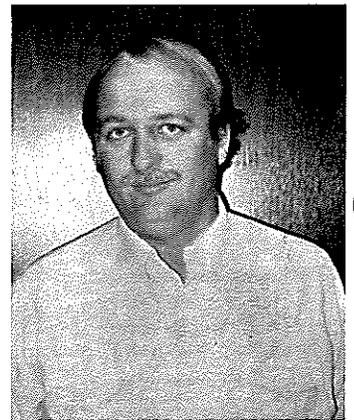
Carolina Mills is like a proud papa - we want to boast and brag - and that is our plan. During the month of September, each Textile Citizen of the Year will be recognized at their respective plant. Of course at Carolina Mills, everyone knows that when you are going to be recognized, that means you will be videoed, your picture will be taken

and you get to smile and shake a lot of hands. Of course, there will be something good to eat and most importantly, each person will be recognized for their accomplishments.

Be sure to read the next *CaroLines* for all the details of the celebrations. Perhaps you will be chosen as the Textile Citizen of the Year at your plant next year.



Sheila Simmons
Plant No. 5
Winder Tender



Brian Keith Spencer
Plant No. 24
Area Supervisor

Senate Approves Textile Bill With Overwhelming Support

The full US Senate overwhelmingly passed the Textile, Apparel and Footwear Trade Act of 1990 commonly referred to as the "Textile Bill". The vote on final passage of the bill was 68 to 32.

Four days of debate on the legislation preceded the vote. Senators Ernest Hollings (D-SC) and Jesse

Helms (R-NC), guided the bill through the Senate with strong support from Senators Strom Thurmond (R-SC) and Terry Sanford (D-NC) and other senators from textile and apparel states.

The prolonged debate on the textile legislation was caused by repeated attempts by opponents to undercut the bill through a series of

amendments. Each amendment was easily defeated.

The Textile Bill moves to the House of Representatives, where it is expected to be supported by a large margin. Already, the House bill has 250 co-sponsors. From the House, it will be sent to the President.

The Textile, Apparel and Footwear Trade Act of

1990 would provide a comprehensive global quota system on imports, allowing imports to grow at the same rate as the long-term growth trends of the domestic market - 1 percent each year. Nations that increase their commercial purchases of U.S. agricultural goods from the previous year would be given preference in the allocation of the quotas. Canada and Israel are exempt from the quotas.



Credit Union News

Teddy Bear Troopers

Everyday in North Carolina, the State Highway Patrol handles difficult situations, many of them involve young children. Often times a special bond can be established between a frightened child and an officer with a teddy bear. This is why N.C. Credit Unions collected hundreds of teddy bears which were donated to the N.C. Highway Patrol in July, just in time for the July 4th Holiday.

The Carolina Mills Employees' Credit Union made their presentation of bears to the N.C. Highway Patrol Headquarters in Newton, N.C. on June 26th. The Credit Union sponsor, Carolina Mills also participated with the presentation of teddy bears.

Credit Unions' sponsorship of the "Teddy Bear Troop" is the first statewide effort to equip each patrol

car across the state with at least one teddy bear. There are approximately 1000 patrol cars on the state's highways.

Credit Unions have long been involved in community issues and concerns, especially where children are involved. Projects like the "Teddy Bear Troop" and our campaign to raise \$414,000 for the Pediatric Bone Marrow Lab at Duke Children's Hospital, are wonderful ways to truly make a difference in the lives of children in our area and across the state.

Projects like this are what Credit Unions are all about, "People Helping People." What better thing can we do than help a child?

It's a good feeling to bring a little happiness and a furry friend to the children of N.C.



(l to r): Joyce Hovis, Credit Union Manager; State Trooper Jerry Carswell; Nancy Schrum, Director of Human Resources



(l-r) Lt. Larry Chapman, State Trooper Jerry Carswell, Captain J.S. Hardison .





Annual Report Wins Award

Carolina Mills was presented a bronze Award for the executive portrait and a bronze award for the annual report at the 1990 annual ARC awards competition in New York, NY.

"The ARC AWARDS are considered the most prestigious of awards given in annual reports. The competition is renowned for its fairness and objectivity in judging. Winners know that to have placed as a Gold, Silver, Bronze or Finalist is a high achievement. It's an honor bestowed by their peers in the field," remarked Reni L. Witt, president of Mercomm, Inc.

Each entry was

reviewed a minimum of three times by separate preliminary panels of judges. Their scores were then tallied and an average score determined.

The ARC AWARDS competition is unique in that each annual report is judged against itself, to the degree that the individual report achieves its intended purpose. Some elements considered in the judging process included presentation of corporate information, clarity of written text, effectiveness of design, expression of financial data, and how well, overall, the spirit of the organization's spirit is communicated.

Bob Cook Elected To The Board Of Governors For STA



Bob Cook

Bob Cook, Plant Manager, Plant No. 12 in Statesville was elected to the Board of Governors for the Southern Textile Association (STA).

STA is a textile organization that meets twice a year and gives management a chance to look at new products and processes that are entering the textile industry. Bob was elected to complete a vacated term which expires in 1991, at which time he will be eligible for re-election for a 4 year term.

Bob came to work with Carolina Mills in September, 1969. He has worked in the lab in Maiden, Plant No. 3 in Newton, Plant No. 5 in Lincolnton and for the last eighteen years in Statesville.

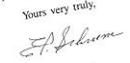


Message from the President

During 1989, Carolina Mills was able to show an increase in dollar volume of sales, but we did not maintain our profit margin and dropped to a net return on sales of 3.2%. A number of factors contributed to this lower return - one of the major ones being a 2.6 million dollar increase in LIFO. Others were losses created in some plants due to the installation of new equipment and lack of trained personnel. We continue to struggle with some of these problems but feel good about the progress being made.

New, modern equipment continues to be of prime importance; during 1989, we spent in excess of 10 million dollars on capital improvements. Installation of this equipment negatively impacts our profitability for short periods but will prove to be invaluable in protecting our position in the market and insuring increased profits in the future.

1989 completed one decade and another one is just around the corner. Looking back at the last 10 years, Carolina's total sales were over 1.6 billion dollars - from a year's low of 93 million to a high of 208 million. Both sales and profits the decade were 62.7 million dollars. Both sales and profits for the 10 years were 3 times greater than the previous decade. Continuing to grow at this pace would indicate that the next 10 years can be very good for your company. Q

Yours very truly,

 E. P. Schrum
 President



On The Move

Retirements

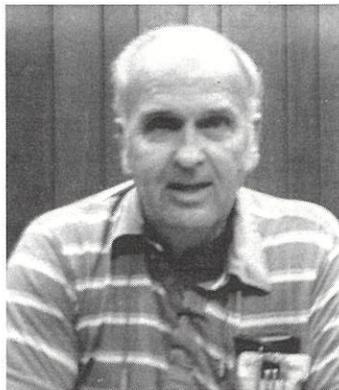


Betty Townsend

Betty Townsend retired from Plant No. 3 in Newton. She worked for the plant for 10 years as a filling creeler. Now that she has retired, she plans to look after her husband Jack and take care of her flowers. Betty's only regret about working for Carolina Mills is that she wished she had started to work sooner. Betty and Jack reside in Newton.

Dorothy Gragg

After 31 years of service, Dot retired from Plant No. 14 in Hickory. Dot worked in the office and was responsible for payroll and yarn inventory. She plans to travel, cook, and shop until her heart is content. Dot and her husband Charles live in Hickory.



Harold (Tooney) Anthony

Harold (Tooney) Anthony

After 28 years of service, Harold decided to retire from Plant No. 1 in Maiden. Harold worked in the plant services department. He plans to work on satellite dishes and anything else that comes up. Harold remembers the building of the Abernethy Plant and all the machine changes over the years. Harold and his wife Evelyn live in Lincolnton and attend Long Shoals Wesleyan Church.

Congratulations NC Vocational Textile School Graduates

Three Carolina Mills employees recently graduated from the North Carolina Vocational Textile School in Belmont; Martha Denise McClain, Rick Milburn, and Mark Morrison. All graduates work full-time with Carolina Mills and attended classes on their time off. Each individual should be commended for his/her determination and dedication to furthering their education.

Carolina Mills encourages all employees to continue their education in relation to their field of work. Higher education is the key to advancements and promotions. With the supervisor's approval to take a course, Carolina Mills will pay one half of the mileage, tuition, and the cost of books if the course is completed with a passing grade.

Martha McClain works at Plant No. 8 in Maiden. She is a 3rd shift foreman. Martha graduated with a degree in Textile Management. She has been employed with Carolina Mills for 16 years.



Rick Milburn

Rick Milburn has been employed with Carolina Mills for 9 years. He works at Plant No. 1 in Maiden in the maintenance department. He graduated in June with a diploma in Textile Maintenance. He plans to further his education by getting his Associate in Applied Science (AAS) degree in Textile Industrial Maintenance.



Mark Morrison

Mark Morrison graduated from the NC Vocational Textile School with a diploma in yarn manufacturing. Mark's goal is to get his AAS degree in Textile Management with a concentration in yarn manufacturing. While going to school, he worked full-time at Plant No. 1 as a 2nd shift foreman.



School's Out!

Now What?

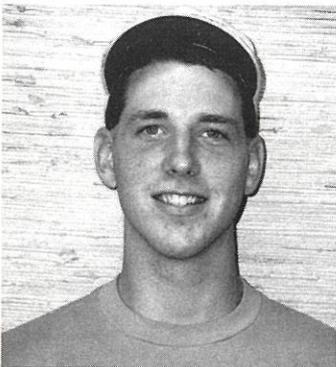
WORK!

Carolina Mills is proud to have the students listed on this page working here this summer. Each student is learning the textile and furniture industries. As employees of Carolina Mills, we will have the opportunity to share our knowledge about the industry and the skills we possess to each student. The valuable experience gained by each of them will make them an asset to the textile industry when they enter the work force. Let's all join together and make them feel welcomed and wish them well as they continue their education.

(The following people are not pictured)

Doug Vestal - Plant No. 8 - Doug works at Plant No. 8 in Maiden cleaning machines. He graduated from Bandys High School.

Dwayne Hatchett - Trucking Warehouse - Dwayne works in the Trucking warehouse. He is a senior at Appalachian State University and is studying Industrial Technology. He is the grandson of Violet Hatchett, Main Office and Clyde Hatchett, Trucking Manager.



Brian Groce
Overhauler

Brian works as an Overhauler. He is a sophomore at Appalachian State University, and is majoring in Business. Brian is the son of Mike Groce, President of Carolina Maiden Corporation.



Michael Hill
Overhauler

Michael works as an Overhauler. He is a rising sophomore at Appalachian State University and is majoring in Business.



Anna McRary
CM Furniture

Anna works in the Engineering department. She is a junior at UNC-Chapel Hill majoring in pharmacy. She is the daughter of Max McRary, Director of Manufacturing, CM Furniture.



Sean Wilkinson
Carpenter

Sean works with the Carpenters. Sean graduated from A. L. Brown High School and plans to attend UNC-Chapel Hill and major in Biology.



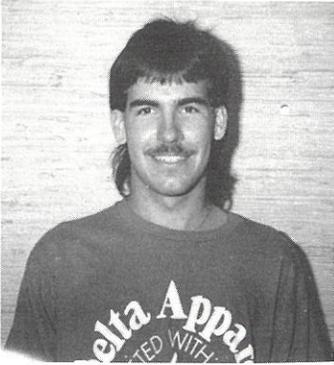
Tricia Truesdale
I. E. Department

Tricia works in the Data Processing department. She attends CVCC studying Computer Science. She is the daughter of John Truesdale, Chief Operating Officer of CM Furniture and Director of Industrial Engineering and Quality Reporting at Carolina Mills.



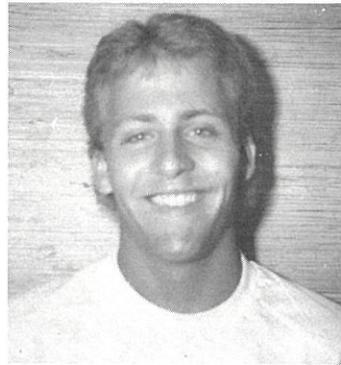
Brandon Sharpe
Plant No. 2

Brandon works in the Spinning and Twisting departments. He is a sophomore at NCSU studying Textile Management.



Mike Edmondson
Yard Maintenance

Mike works in the Yard Maintenance department. Mike is a graduate of Maiden High School. He is planning to attend CVCC at night and work full-time.



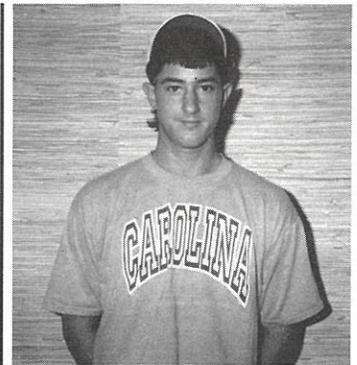
Shannon Nicholson
Yard Maintenance

Shannon works in the Yard Maintenance department. He graduated from Maiden High School and plans to attend Appalachian State University and major in Pre-med. Shannon is the son of Sandy Nicholson, CM Furniture.



Tamara Miller
Plant No. 4

Tamara works in the office as a data entry clerk and is a junior at the University of North Carolina at Charlotte majoring in early childhood education. She is the daughter of Richard Miller, Industrial Engineering department and Louise Miller, Plant No. 4.



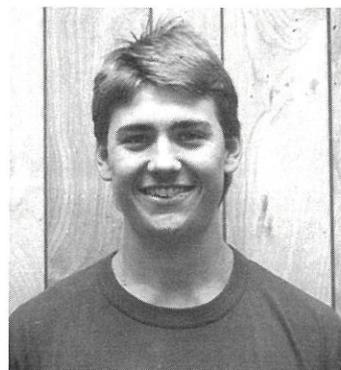
Jeff Martin
Plant No. 4

Jeff works in the Pad dye department. He is a rising senior at Maiden High School and has been employed with Carolina Mills since the summer of 1989.



Darryl Hatchett
Warehouse

Darryl works in the Trucking warehouse. He attends UNC-Chapel Hill and is majoring in biology and Pre-med. He is the grandson of Violet Hatchett, Main Office and Clyde Hatchett, Trucking Manager.



Jason Ervin
Electrician

Jason works in the Electrical department. Jason attends East Lincoln Senior High School and has been employed with Carolina Mills during holidays and the summer since December 1989.



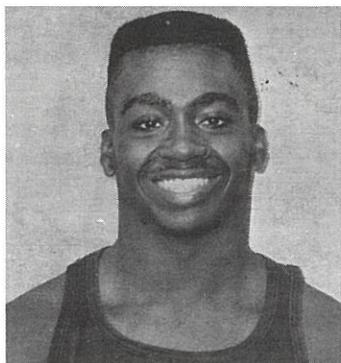
Kirsten Keever
Plant No. 4

Kirsten works in the Personnel department and is a graduate of Bandys High School. She will be attending East Carolina University and will major in Physical Therapy.



Daniel Conner
Plant No. 22

Daniel works in the Spinning department as a bobbin stripper. He attends North Gaston High School. He has been employed with Carolina Mills since August 1989. His parents are Danny and Gloria Conner, Plant No. 22.



Willie Patterson
Overhauler

Willie works as an Overhauler. He has worked for Carolina Mills for two summers. He is a Carolina Mills Merit Scholarship recipient and attends NCSU majoring in Textile Engineering and Computer Engineering. Willie is the son of Velmon Patterson, a frequency checker in the I. E. Department.



Jennifer Bristow
Plant No. 4

Jennifer works in the office answering the telephone and she handles the production with the Apple computer. She is a graduate of Newton-Conover High School, and will be attending CVCC this fall, majoring in retail marketing. She is the daughter of Robert Bristow, Plant Manager, Plant No. 4.



Von Ramseur - Plant No. 8

Von works at Plant No. 8 in Maiden helping with machine maintenance. He is a sophomore at Johnson C. Smith University majoring in Computer Science. He is the son of Lamont Ramseur, Plant No. 3.

Carlyton Clemmons - Plant No. 8

Carlyton works at Plant No. 8 in Maiden helping with machine maintenance. He attends NCSU and is majoring in Electrical Engineering.



Michele Groce - I.E. Dept.

Michele works in the Industrial Engineering department. She is a senior at NCSU studying Textile Management. She is the daughter of Mike Groce, President, Carolina Maiden Corporation.

Donna Turner - I.E. Dept.

Donna works in the Industrial Engineering department. She is a 1990 recipient of the Carolina Mills Merit Scholarship. She will be attending NCSU studying Textile Chemistry and Chemical Engineering. She is the daughter of Ted Turner, Plant No. 4.



Tammy Parham - Plant No. 4

Tammy works in the office at Plant No. 4 in Newton as a data entry clerk. She is a rising senior at Western Carolina University majoring in accounting. She is the daughter of Donna Parham, Plant No. 4.

Craig Carroll - Plant No. 4

Craig is a rising junior at NCSU majoring in textile chemistry with a concentration in dyeing and finishing. He works in the Quality Assurance department.

Vikki Bristow - Plant No. 4

Vikki works in the office and assists the Plant Manager with various duties. She is a rising junior at NCSU and is majoring in textile chemistry. Vikki is a recipient of the Carolina Mills Merit Scholarship. She is the daughter of Robert Bristow, Plant Manager, Plant No. 4.



Health And Safety

It's that time again

Rocky Mountain Spotted Fever

North Carolinians run a great risk of contracting Rocky Mountain Spotted Fever. In recent years, the state has been ranked "number one" for the chance of getting the tick-borne disease.

More than 90 percent of the cases occur between April 1 and August 31.

Take time out to learn about the symptoms of Rocky Mountain Spotted Fever, as well as how the disease can be treated.

The classic symptoms of fever, rash and a history of tick bites only occur in about two-thirds of patients! Most often, the symptoms include an abrupt onset of severe headache, chills, fever, exhaustion and muscle aches. This is why the symptoms are commonly confused with flu symptoms.

Other symptoms can include vomiting and nausea, abdominal pain, eye irritation and symptoms of encephalitis- restlessness, sleeplessness, confusion and disorientation.

A rash will not occur until day four of the illness,

and begins as small, pink, blanching spots on the palms, soles, wrists, and forearms, then spreads to the trunk, neck and face. After two or three days the rash becomes red, and the bumps are elevated above the surface of the skin.

From 12 to 17 percent of patients with Rocky Mountain Spotted Fever will not develop the rash - which can lead to delayed treatment.

Blood tests are available to aid in diagnosing Rocky Mountain Spotted Fever, but there are problems with using them. The tests will not detect evidence of the disease until about 14 days after the onset of the illness and the tests lack accuracy. Thus, the physician must rely on clinical judgment based on a high index of suspicion and the patient's history.

In the early stages, treatment is relatively easy, using oral antibiotics. When treatment is started early in the course of the disease, patients recover with little or no after effects. If treatment is delayed and

serious symptoms develop, treatment can be most difficult and prolonged, and recovery cannot be assured. The mortality rate from the disease is just under four percent.

There is no available vaccine for Rocky Mountain Spotted Fever, although

there is research being done in this area. Prevention of this disease is the best strategy - and that can be accomplished by avoiding tick infested areas, by wearing protective clothing and by using insect repellent.

Removing Ticks -

There are many methods of tick removal which are not recommended. Those methods include such things as applying petroleum jelly, fingernail polish, rubbing alcohol or a hot match. Do not use these methods.

Here is the correct method for removal of a tick:

Use forceps or tweezers. **Use rubber gloves** or cover the fingers with a kleenex. Don't use your bare fingers.

Grasp the tick as close as possible to the skin surface and pull upwards with a steady, even pressure.

Do not squeeze, crush or puncture the tick if at all possible.

After removing the tick, **disinfect** the site with soap and water and wash hands thoroughly, since the Rocky Mountain Spotted Fever organism can enter the body through a break in the skin.

Dispose of the tick in a container of alcohol or flush down the toilet.

(June 1990 issue of "Health First" magazine)



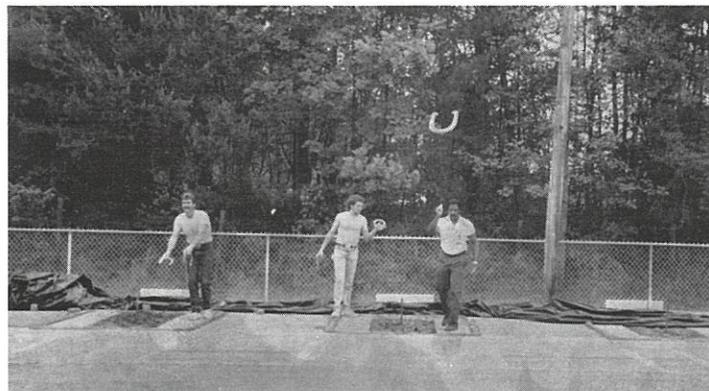
Plant Outings



Plant No. 3 employees enjoyed bingo and many other games at their plant outing.



Plant No. 3 employees and their families participated in an egg toss at the YMCA in Conover.



Plant No. 12 horseshoe tournament winners, Dennis Anderson and Randy Josey.

Carolines



Lakewood Park in Statesville was the site for Plant No. 12's outing. Everything was going fine, and then the rains came, but the day was still enjoyed by all.

Plant No. 8 Newspaper

June 1990 was the 1st edition of the Plant No. 8 newspaper in 10 to 15 years. The exact date of the last paper is unknown. The plant response to starting another newspaper was overwhelming. Pictured are the six reporters that volunteered their time to gathering news at Plant No. 8

The reporters are hard at work and the first newspaper has been assembled. Carolina Mills can be "Up to Date with Plant 8".



(l to r): Sbbie Pearson, Rita Richard, David Mullins



(l to r): Susan Dellinger, Sally Dellinger



Sandra Wise



Carolina Mills Celebrates Bicentennial Of The US Textile Industry

Carolina Mills is joining other textile manufacturing companies nationwide to celebrate the bicentennial of the US textile industry this year.

In 1790, Samuel Slater, an immigrant mechanic, began producing cotton yarn via water-powered machinery in Pawtucket, RI. His success led to the establishment of the textile factory system in the United States and, subsequently, to the US industrial revolution.

Members of Congress have introduced a resolution to pay tribute to this country's first industry. The resolution, introduced in March by US Representatives Marilyn Lloyd (D-Tenn.) and Ronald K. Machtley (R-RI), would designate October 13-20 as "American Textile Industry Bicentennial Week".

The congressional action authorizes the President to issue a proclamation urging citizens to celebrate the observance with ceremonies and activities. "The textile industry has played a major role in the development of the American economy, social system and political history over the past 200 years", the resolution says.

Today more than 700,000 people are employed in textile plants in 30 states. Our industry is now highly modernized and the most productive and efficient of its kind in the world.

Lets celebrate being a part of the Textile Industry's Bicentennial Birthday - 1790-1990.

Buy a Special Stamp

When you go to the post office to purchase stamps, ask for the special American Textile Industry Bicentennial Commemorative Stamp. If your post office does not have it, ask them to get it. This is a good way for everyone to help get the message to everyone that the Textile Industry is celebrating its 200th Birthday.

Textile industry and government leaders joined stamp collectors and others on May 29 for the first day of issue ceremonies for a commemorative postage stamp featuring the Old Slater Mill.

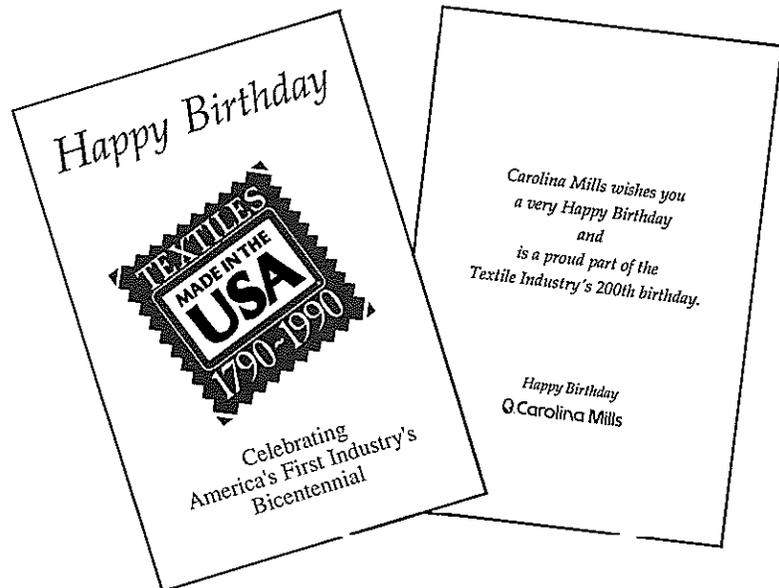
More than 750 people attended the ceremonies, hosted by the Slater Mill Historic Site in Pawtucket, RI, and sponsored by the US Postal Service.

The Textile Bicentennial stamp highlights Slater Mill's significance as the first successful textile factory in America.



Happy Birthday to You and the Textile Industry

When you receive your birthday card this year, you might want to save it. The card not only wishes you a happy birthday, it also celebrates the Textile Industry's Bicentennial birthday, 1790-1990. Imprinted on the card is the history of the Slater Mill; some important facts that are important to you as part of the Textile Industry.



Speaking of Textiles

How many of the following "sayings" have you heard before, and or possibly have said? Did you realize that many of the "little things" that we say have words that originated in the textile industry? Read the following list, you will enjoy seeing how many of the phrases you have probably said before!

Spinning a yarn
Hanging by a tread
Treadbare
Tossed his hat in the ring
Throwing in the towel
Made out of whole cloth
To come unraveled
A stitch in time
Smooth as silk
A golden parachute
They roped me in
Sailing along without a care
Knitting up his brow
Weaving through traffic
Threading his way through the crowd

The fabric of society
A man of the cloth
Pulling the wool over my eyes
He had me in stitches
Every cloud has a silver lining
Can't make a silk purse out of sow's ear
No moral fiber
He cottoned to her
It fit like a glove
Button your lip
Zip your mouth
A common thread
A pocketful of miracles



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 Windshield

Covers \$ 4.00

Carolina Mills Key Chains

Key Chain.....\$ 4.00

United Artists 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 Artists Theaters located in Hickory, NC.



Adult tickets.....\$16.10
Students.....\$11.50
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



Adult tickets..... \$8.00
Children.....\$6.00
(Ages 4 -12 and 60 and over)
Under 4.....FREE

Announcements

Get Well Wishes

In the May issue of the CaroLines, we asked for participation in sending get well cards to Craig Sherhold. Craig is the young boy in England who has a brain tumor with little time to live. Thanks to all the individuals who collectively contributed the get well cards to help Craig reach his goal of being in "Guinness Book of Records".

TEXTILES



1790~1990

Carolina Mills Inc.

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