



Carolina Mills Employees Rallied In Washington, DC

Carolina Mills employees joined the other 3000 textile employees in Washington, DC on September 12, to support the Textile, Apparel and Footwear Trade Act of 1990.

Approximately, 100 Carolina Mills employees left for Washington, DC the morning of September 11. TV Channel 9, WSOC, in Charlotte covered the departure, which was seen on the TV news telecast. The two buses left from the corporate office as many other Carolina Mills employees waved goodbye and wished them luck.

Larry Mosteller and Dan Blair were responsible for the arrangements for the trip.

The group arrived in Washington, DC at approximately 5:00 pm. Rooms were assigned, dinner arrangements made, and the

group was on its own. Many went shopping, some took in the sights, and some took a nap!

A buffet breakfast brought the group together the next morning at 7:30 am. Everyone ate heartily in preparation for the big

of the Capitol, cheering and displaying company banners. Carolina Mills' employees displayed their 78 ft. banner that was signed by every employee!

At 12:30 pm, all participants began the march down Pennsylvania

joined the Carolina Mills employees on the 1.5 mile walk down Pennsylvania Avenue. The parade was led by Rep. Marilyn Lloyd, (D-Tenn.) chairwoman of the Congressional Textile Caucus, along with Dan Frierson, chairman of the

Fiber, Fabric, and Apparel Coalition for Trade and ATMI President Donald Hughes, Burlington Industries, Inc. With a high school band playing patriotic music and "Uncle Sam" walking around, our group joined in the chants and singing. Carolina Mills employees were highly visible with their green and white umbrellas.

At Lafayette Square, speaker after speaker told

the textile workers that the time had come for Congress to enact the textile bill and for President Bush to sign it.

Names and photos of participants on page 8&9



Frances Bell, Donna Davis and Todd Crouse (not pictured) led the Carolina Mills delegation down Pennsylvania Avenue at the Textile Rally in Washington DC in support of the Textile Bill.

rally. We toured the city and stopped for souvenirs before arriving at the Capitol.

Over 3000 textile employees gathered in front

Avenue, three abreast, carrying banners, to Lafayette Park, located across the street from the White House. Carolina Mills President, Ed Schrum



Relatives In Saudi Arabia

Since the beginning of August, President Bush has been sending American military forces to Saudia Arabia and the Persian Gulf. The forces were sent to protect Kuwait from an invasion by the Iraqis. The United States along with other members of the United Nations have joined forces.

Over the past month, many people sit and watch the development of the Kuwait crisis on television and hope it will soon end for many reasons. We want to see gas prices drop and the stock market recover, but for some people an end to the crisis would mean the return of a loved family member.

The above statement is true for many Carolina Mills employees. Throughout the company there are 25 employees that have relatives in either Saudia Arabia or the Persian Gulf. The months of waiting and having little communication with those overseas makes everyday life a little less enjoyable. President Bush began sending a few of the first troops home the first of September. Although, we can not offer a lot of assistance, remembrance and support of why the U.S. military forces are in the middle east will give them courage and strength to endure the stay.

As of the first of September, the Carolina Mills employees with relatives overseas are:

<u>Employee</u>	<u>Relative</u>	<u>Branch of Service</u>
Robert Barnett (Plant No. 24)	Andra Barnett Son	Army
Mark Burris (Plant No. 22)	Lamar Burris Brother	Marines
Marilyn Murriell (Plant No. 21)	Billy Ray Finger Cousin	Navy
Larry Mosteller (Plant No. 3)	2nd Lt. James F. Mosteller Nephew	Army 101st Airborne Ranger Assault Team
Betty Nicks (Plant No. 3) Mark Helms (Plant No. 3)	Ricky Helms Son Brother	Army

Brenda Pritchard (Plant No. 2)	Keith Greene Nephew	Petty Officer Navy USS Biddle
Teresa Sigmon (Plant No. 3) Roger Sigmon (Plant No. 8)	David Plank Brother Brother-in-law	Army-82nd airborne
Jo Ann Shelton (Main Office)	Chris Dellinger Nephew	Navy-USS Ticonderoga
Joe Sefchick (Plant No. 1)	Jay Sefchick Brother	Marines
Ronnie Thompson (Plant Nos. 21, 22, 24 & 29)	Ricky Thompson Brother William Thompson Nephew	Air Force Navy
Albert Tolbert (Plant No. 29)	Allen Tolbert Cousin Quinston Lewis Cousin	Air Force Army
Lester Walker (Plant No. 21)	Rodney & Brian Martin -Cousins	Army
Nancy Whitaker (Plant No. 21)	Michael Whitaker Son	Navy
Cindy Buff (Plant No. 4) Cathy Woodring (Main Office)	Darren Buff Cousin Nephew	Army
Molly Woollums (Plant No. 22)	John Ledford Cousin	Navy
Lonnie Brown (Plant No. 4)	David Brown Brother	Marines
Lawrence Propst (Plant No. 4)	Marrows Propst Uncle	
Dale Wescott (Plant No. 4)	Wayne Hermance Nephew	
Inez Speagle (Plant No. 4)	M. Sgt. Jimmy Tuggle -Cousin SPC-4 Jason Williamson - Nephew S. Sgt. Gary Hicks Cousin T. Sgt. Glenn Drum Cousin	Air Force Army Army Air Force



Textile Industry Vital To National Defense

Although textile and apparel requirements may appear unimportant alongside today's exotic weapons, the military is dependent on the textile and apparel industries for thousands of items such as protective clothing, parachutes, tents, webbing and transportation.

In fact, next to steel, the Pentagon regards textiles as crucial to the national defense.

A shortage of textiles can be just as critical as munitions shortages.

Historically, the textile industry has met the needs of the military in times of crisis. During World War II, when the U.S. had a strong textile industry, the needs of the military were met, but it required an all-out mobilization of the textile industrial base. Even then, there were some civilian shortages. Because, the United States entered the Korean War without enough preparation, there was a brief period when Army inductions were temporarily curtailed. However, the industry quickly responded and the needs were eventually met.

There were no serious problems during the Vietnam conflict. The availabil-

ity of adequate textile supplies can be attributed to the gradual troop buildup and the availability of a broad industrial base.

Imports of textiles and apparel have more than doubled since 1980. More than 200 textile plants have closed, many of which were supplying the military.

Research by the military has noted that 15 textile plants which had been supplying the military either were closed or production was shifted to other products. The study also cited the loss of 80 sewing plants which formerly were available to work on military orders. The number of companies making tents had declined because of the growing off-shore production of tents.

Today, with the United States involvement in Saudia Arabia textile companies are being called upon to produce more items that the military is needing. Because of the heat, 100% cotton uniforms are preferable. Textile companies that produce 100% cotton yarns, fabrics and finished goods are working to supply the country's demands.

New Insurance Program

Over the years, Carolina Mills has been able to offer insurance coverage to each employee at no cost. In 1989, approximately four million dollars were spent for employee and dependent coverage. To combat the rising cost, Carolina Mills is now offering flex-choice benefits.

Within the flex-choice benefit policy, there are two types of coverage, the Basic Plan and the Deluxe Plan. The basic plan is still being offered at no cost to the employee, while the deluxe plan will cost the employee a minimal fee.

During the last part of August, each employee attended an insurance meeting. At the meeting, they were shown a video explaining the purpose of the new insurance program. Also, a booklet outlining the details of the flex-choice program was presented to each person. The employees were asked to make a choice as to which plan they would like to be covered under.

Carolina Mills is also offering a dental plan for a small fee. This is the first time a dental plan has been offered.

Since the cost of insurance has increased slightly for some, every employee was given the option to elect that the premiums be deducted on a pre-tax basis. The insurance premiums will be deducted weekly before any taxes are paid. This will lower a person's taxable income and fewer taxes will be paid to the federal and state government.



*Ailene Bradley
Corporate Insurance Clerk*

According to Ailene Bradley, Corporate Insurance Clerk, "There has been a lot of work involved in changing from our old policy to the new policy, which went into effect on October 1. Thus far, the transition has been smooth, thanks to the help of the Personnel Administrators and insurance clerks at each plant."



Credit Union News

Credit Unions Are Different

"Operation Grassroots"

WHAT MAKES CREDIT UNIONS DIFFERENT FROM OTHER FINANCIAL INSTITUTIONS?

Credit Unions are people institutions. Credit Unions are not-for-profit, member-owned financial institutions, democratically controlled and directed by their members. Members are the reason for Credit Unions' existence. Credit Unions are for people, not profit. "Not for profit, not for charity, but for service" is a Credit Union motto. Consumers deserve a choice, and Credit Unions provide an alternative to the for-profit financial institutions. Credit Unions are on the side of the consumer, they provide quality services to members. Credit Unions not only provide good interest rates; they take an interest in their members. Credit Unions invest in one of the safest institutions in the country, the American Family. Credit Unions only make loans to members.

OTHER FINANCIAL INSTITUTIONS WANT CONGRESS TO REMOVE CREDIT UNIONS' FEDERAL INCOME TAX EXEMPTION. WHY SHOULDN'T CREDIT UNIONS PAY TAXES?

Other financial institutions are raising the taxation issue. Not Congress. Not Consumers. Congress intended for Credit Unions to be tax exempt, just as it has provided tax exemptions for numerous other non-profit organizations. We're doing what Congress intended us to do. Credit Unions are not-for-profit institutions. Any "profits" they make are returned to their members who pay taxes on them. The federal government granted Credit Unions an income tax exemption to enable them to serve as an alternative to the for-profit financial institutions. Taxing Credit Unions would force them to provide less favorable rates, raise



fees and begin charging fees for many services that are now provided free. Other financial institutions would like to weaken credit unions by taxing credit union's safety cushion - their capital or reserves.

CREDIT UNIONS SHOULD NOT BE TREATED LIKE OTHER FINANCIAL INSTITUTIONS. WHAT ABOUT REGULATORY CONTROL?

Credit Unions aren't broke and we don't need fixing. Credit Unions' supervision and regulation has been very effective, as attested to by their excellent financial health. Credit Unions are unique. They require a separate, distinct regulatory body. The Credit Union regulator understands credit unions; bank regulators don't. If Credit Unions were placed under bank regulators, they would no longer have the flexibility to develop policies and procedures that fit their own individual memberships. A likely result of consolidation is the merger of the deposit insurance funds and taxation. This would change Credit Unions, forcing them to gradually become for-profit institutions.

HOW ARE CREDIT UNIONS REGULATED?

Credit Unions are strictly regulated. They must comply with most of the same regulations banks do. Some banking regulations don't apply to Credit Unions because Credit Unions aren't involved in the same businesses.

WHAT TYPE OF ACCOUNTING DO CREDIT UNIONS USE FOR THEIR DEPOSIT IN THE FUND THAT INSURES CREDIT UNION DEPOSITS?

Credit Unions don't get special accounting treatment. They use Generally Accepted Accounting Principles. Credit Unions deposit an amount equivalent to one percent of their insured shares in the National Credit Union Share Insurance Fund. They regard this deposit as an Asset. There's nothing unusual about this. It conforms to Generally Accepted Accounting Principles.

IS THE CREDIT UNIONS SHARE INSURANCE SYSTEM SOUND?

The Credit Union federal insurance fund, just like the fund that insures banks, is backed by the full faith and credit of the federal government. Our insurance fund is sound with reserves near the maximum required by law. In fact, the fund holds a higher level of reserves than the level proposed by President Bush in his S & L



reform plan to Congress last year. The Credit Union insurance fund holds \$1.27 for every \$100 of insured deposits (March 1990). The target level in President Bush's plan was \$1.25 per \$100 of insured deposits. The unique structure of the Credit Union insurance fund has enabled it to remain safe and sound. Credit Unions have a "pay as you go" insurance fund. It expands proportionally to our rate of growth. It also has a replenishing feature that imposes discipline. Because Credit Unions deposit an amount equivalent to one percent of their insured deposits in their insurance fund, they have a vested interest in the health of the fund, and thus the activities of other Credit Unions. Credit Unions have strong regulatory agencies with yearly examinations. Credit Unions are the only federally insured financial institutions that have never

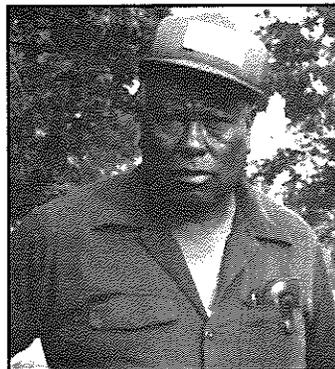
received taxpayer dollars. **YES, CREDIT UNIONS ARE DIFFERENT AND LET'S KEEP THEM THAT WAY!** Write letters to your Members of Congress describing in your own words what is special about your Credit Union and that you don't want your Credit Union to be changed. You have already signed petitions.

If we are going to win this fight, we will need the help and cooperation of the entire Credit Union movement - your Credit Union, as well as the other 15,000 like it, and the 60 million Credit Union members nationwide.

The officers and staff of Carolina Mills Employees Credit Union are dedicated to the task of helping you. We sincerely appreciate your patronage of your Credit Union and want to give you the service that proves **YOUR CREDIT UNION IS DIFFERENT!** . .

Employees On The Move

Retirements

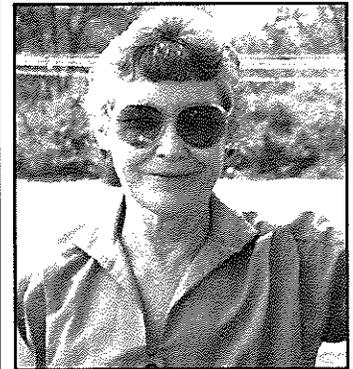


John E. Foster, Sr.

After eighteen years of service, John Foster, Sr. is retiring from Plant No. 5 in Lincolnton. John was employed in the cardroom. He began working at Plant No. 5 with the picker machines. "I really enjoyed working for Carolina Mills. If I had it to do over, I'd work here again. I never had any problems here with anyone." He also said that he regrets not starting sooner.

John and his wife Lucy live in Cherryville. They have five children and are members of Zion Hill Baptist Church, Cherryville.

John enjoys farming and helping with church activities. Now that he has retired, he plans to raise farm animals and relax.



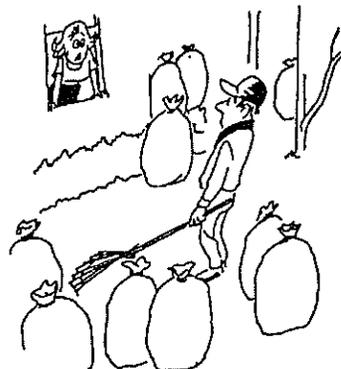
Velma Shook

Velma Shook has retired from Carolina Mills Plant No. 3 in Newton. She has been employed with the company for 23 years. Velma began as a ring spinner and later became an open-end spinner. One thing Velma enjoyed at Plant No. 3 was the surprise retirement party and video given to her by the employees.

Velma lives in Maiden with her son Randy. She enjoys gardening and she plans to travel some when her son is discharged from the military.



"Tom Martin, don't you dare!"



"Would you mind dumping out the bags. I can't find Jimmy!"



Environmental Update

What Does A Cup Of Coffee Have To Do With The Environment?

When you're thinking in terms of environmental responsibility, everything matters. Take for example the coffee filter, a seemingly mundane item to some, but a veritable object of worship to millions of serious coffee lovers. A filter's texture has always been important to these connoisseurs—the perfect weave will filter out unwanted oils and sediments while extracting coffee's full, rich flavor and aroma. But lately, the raw material of the filter itself has taken on a new importance. Environmental groups have expressed concern about trace levels of the carcinogen dioxin in bleached paper products and the polluting effects of the manufacture of bleached paper.

There is one major brand that pioneered the development of natural, unbleached coffee filters. The coffee filter and the entire filter drip method coffeemaking was invented in 1908. The new unbleached filters are called Natural Brown. The new line features edges crimped

together without glue or chemicals.

Eighty-two years of single-minded research into the fine art of coffeemaking has yielded several health and environmentally conscious innovations. Recently introduced is a line of water-filtration coffeemakers. The basic unit contains a compact, state-of-the-art ion exchange and natural carbon filtration system that filters out many impurities and hardening agents from water before the brewing process. Bad tastes and odors are eliminated. Since water makes up 98% of a cup of coffee, by improving the water you improve the coffee.

Also, there is a water filtration pitcher that filters tap water for coffee and beverages, as well as for food preparation. Its dual action filter removes many contaminants that can affect the taste of water. The ion exchange resin reduces water hardness. Activated charcoal reduces the level of chlorine, improving the water's taste and clarity.

Geared For The Future

The PRESTONE, STP and SIMONIZ automotive brands are formulated with the environment in mind.

For example, STP products help car engines run cleaner and more efficiently, which helps the environment.

PRESTONE Anti Freeze/Coolant is water-soluble and biodegradable.

Automotive manufacturing plants, plastic scrap and trimmings are recycled

and reused to make new plastic containers.

Boxes of SIMONIZ waxes, polishes, and cleaners are made from recycled paperboard. And, all PRESTONE, STP and SIMONIZ plastic containers can be recycled, and are coded to make easier recycling.

Catawba Science Center

“Science for all seasons” is the theme of the Catawba Science Center’s 1990-1991 school year program packages for children ages Pre-K and up. The Science Center is offering different program packages for different age groups. The age groups are Pre-K and Parent, Kindergarten and first grade, second grade and third grade, and fourth grade and up. Each program package is designed to encourage parent-child interaction, and cultivate interest in science for children.

The programs began the second week of September and will continue through May 1991. If you are interested in joining the programs in October and remain through May, you can contact the Science Center at 704-322-8169 for the pro-rated cost. Also, each class can be selected individually at a nominal fee if your schedule does not permit

attendance at each session. Each program package has ticket letters assigned AB, CD, EF, or G. When contacting the Science Center for sign-up, refer to one of the ticket letters, if you are enrolling for a season ticket.

Science for all Seasons is exciting educational programs and science enrichment for your children during the school year and it is an opportunity to discover the earth, life, space, and physical sciences.

In October, the Science Center will also offer a live shark exhibit. The exhibit will open October 17 and remain through Sunday, December 30. The Science Center will be able to explore sharks and test your knowledge of sharks all at no cost. Also, the Science Center feels “Sharks” should be the most popular exhibit.



North Carolina Textile Citizen Of The Year Finalists

Carolina Mills was honored to have two of the company's textile citizens of the year nominated as state finalists. Sheila Simmons from Plant No. 5 and Keith Spencer from Plant No. 24 flew to Raleigh on the company plane for

the ceremony that was held at the state capitol building. Lt. Governor Gardner presented the awards. Although they did not win the state title, they were great representatives for Carolina Mills.



Keith Spencer and Sheila Simmons were congratulated by the Lt. Governor and presented plaques recognizing them as North Carolina finalists for the state title of North Carolina Textile Citizen of the Year.



The 13 state finalists for the title of North Carolina Textile Citizen of the Year.



Sheila and Keith ready to board the plane to go to Raleigh for the ceremony.



Berry Cauble, Personnel Administrator at Plant 24, Keith Spencer, Sheila Simmons, and Dewayne Moore, Personnel Administrator at Plant No. 5 in front of the capitol building in Raleigh.



Keith and Sheila were joined by their guest and Personnel Administrators on the trip to Raleigh.

Those employees who participated in the rally were:

Plant No. 1
 Bill Brotherton
 Joe Miles
 Jimmy Spencer
 Keith McCaslin
 Betty Black
 Ann Hart

Plant No. 2
 Willie Wentz
 David Martin
 Reba Martin
 Sarah Johnson
 Becky Adams
 Todd Crouse
 Tim Wise

Plant No. 3
 Larry Mosteller
 Bill Devine

Kevin Cornwell
 Norma Pardue
 Robert Goins
 Stuart Sigmon

Plant No. 4
 Randy Pruitt
 Dennis Gibson
 Gene Dellinger
 Steve Henry
 Bo Tate
 Rusty Lail



Terry Anthony
 Gerald Blanton

Plant Nos. 5 & 6
 Sandra Vargas
 Clara Wilson
 Randy Jones
 Ellen Jones
 Ruby Grigg
 Cathy Allen

Plant No. 8
 Doris Rudisill
 Sylvia Copeland
 Lois Brittain
 Nila Elmore
 Laura Brice
 Sibbie Pearson

Plant No. 12
 Bristol Cheek
 Windy Minton
 Pauline Jones

Bill Yates
 Roger Haithcox
 Diane Moore
 Juanita
 Strikeleather

Plant No. 14
 Gary Bowers
 John Hudler
 Greer Norris
 Beth Wilson
 Robert Clutz

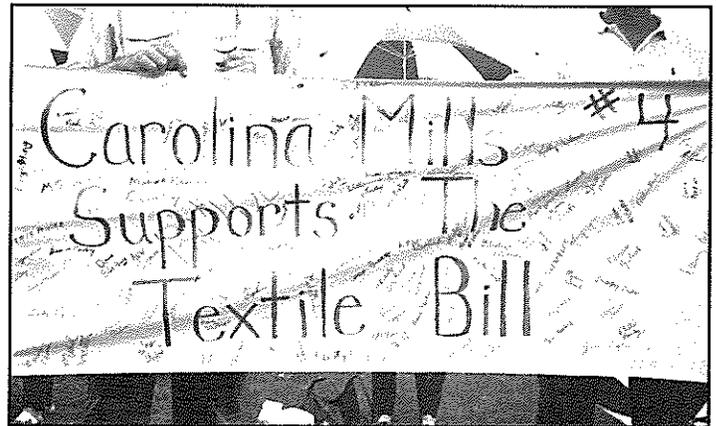
Ninety Carolina Mills Employees Participated In The Textile Rally In Washington, DC.



Rep. Cass Ballenger with the Carolina Mills delegation.



You couldn't miss the Carolina Mills umbrellas and banner.



Carolina Mills banner looked GREAT!



Ed Schrum talked with Bill Devine from Plant No. 3 about how hot it was at the rally.



Ninety employees went to Washington in support of their jobs and the textile legislation.

Plant Nos. 21,
22 & 29
Dan Blair
Carlton Barker
Dawana Huffman
Shirley Edison
Yrenda Bolch
Patricia Goodson
Steve Penley
Clyde Stowe

Plant No. 24
Ellen Rankin
Dot Parker
Pearl Champion
Francis Bell
Emma Key
Geraldine Jeter

CM Furniture, Inc.
Polly Reitzel
Connie Yarbrough

Marlyn Abimolli
Maxine Beal
Bobby Shull
Greg Harris
Roy Hartman
Carolyn Travis

Main Office
Polly Abernathy
Scottie Abernethy
Barry Perryman



Ed Schrum
Nancy Schrum
Jo Ann Shelton
Cindy Taylor

Nurses
Carol Wilson
Betty Pruette

Trucking/Warehouse
David Wise

Fiber
Ronnie Henry

Overhaulers
John Brooks

Carpenters
Gary Kanipe

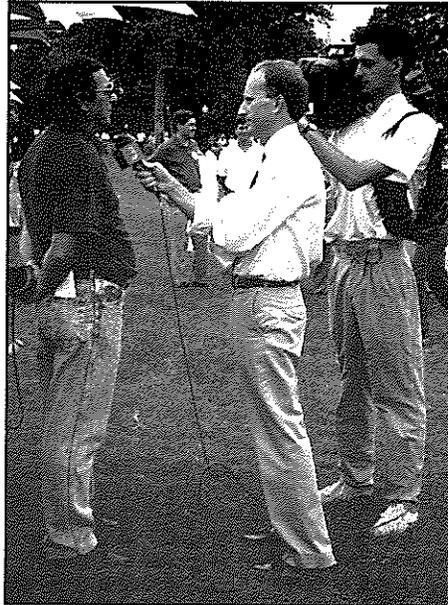
Yard Maintenance
Brian Isenhour

IE/Lab
Tim Miller
Donna Davis
Ann Campbell

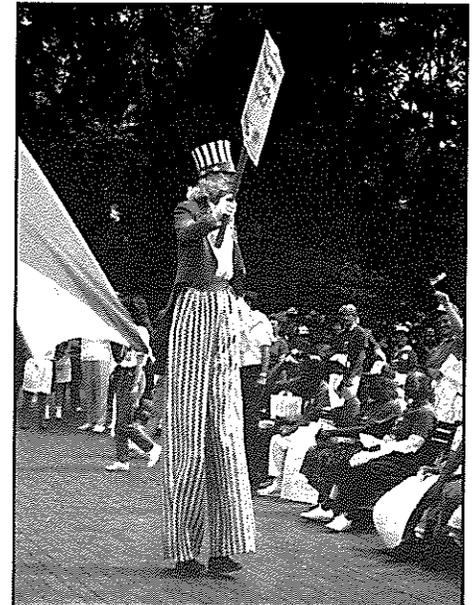
Retired
Louise Devine
- Plant No. 1



Rep. Cass Ballenger showed his support for the Textile Legislation as he talked with Ed Schrum at the Textile Rally.



Willie Wentz was interviewed by Channel 3, WBTV in Charlotte at the rally.



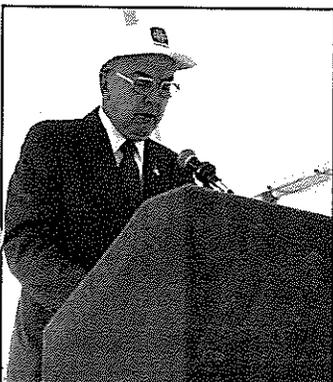
Uncle Sam



The Carolina Mills banner with every employee signature got a lot of attention.



Rep. Cass Ballenger talked with employees from CM Furniture.



Senator Jesse Helms spoke at the textile rally in support of the Textile Legislation.



Getting ready to march down Pennsylvania Avenue.



Textile Industry Bicentennial Update

200 Years Of Textile Made In The U.S. A.

This is the story of textile manufacturing in the United States.

Do not prepare for dry, lifeless facts about events that occurred two centuries ago. This is because the adventure of American textile manufacturing is the story of America today. It is about men and women who share commitment and dreams and the spirit to never stop searching for a better, faster, more efficient way to get things done.

For hundreds of years, it was assumed that spinning yarn was something that each family must do, in somewhat the same way that homeowners today view mowing the lawn — a tedious, but necessary, chore.

Our homes today might still have a corner for spinning yarn, were it not for Richard Arkwright, an Englishman who mechanized the spinning of cotton in 1771.

Arkwright's breakthrough spawned the creation of the English cotton manufacturing industry, which welcomed as an apprentice in 1782,

Samuel Slater, the ambitious son of a landowner from Derbyshire, in Great Britain.

Young Slater began work as an apprentice, the equivalent of a management trainee, in a mill in Milford when he was 14 years old. He learned bookkeeping, mathematics and manufacturing management.

After his 7-year contract as apprentice was completed, Slater decided that there were too many mills in Great Britain, and so set off for America.

Back in 1790, the United States was a developing nation— a supplier of raw materials and a consumer of products made in Europe, and especially textile products made in Great Britain.

The British would have like to keep it that way. They had laws preventing machinery and even skilled mechanics from leaving the country. They knew the value of manufacturing in creating a prosperous country.

According to legend, Slater memorized the plans for textile machinery and dressed as a farm worker to avoid being questioned by British authorities.

The legend is only partly true. Slater did dress like a farm worker on his

trip to the United States, but he didn't have machinery plans committed to memory. His value was as a manager, one who knew how to put everything together.

After landing in New York, Slater took a job with Moses Brown of Pawtucket, Rhode Island, who had been trying to start a spinning mill with some experimental equipment. Brown was eager to find someone who could make his fledging mill work.

Where others had failed and given up, Slater rebuilt a spinning frame, discarded equipment which didn't work and instituted machine management, controls on waste and efficiency, bookkeeping of supplies and production and the division of labor.

In other words, he put in place some fundamental principles of modern manufacturing management.

His early mill had 100 spindles and produced both "twist" for warp yarns and "stocking yarn" for knitting.

Of course, we are all grateful to Samuel for bringing modern textile manufacturing to America. But that wasn't his greatest contribution.

Not only did Slater start textile manufacturing in America 200 years ago he also started America in manufacturing.

Samuel Slater did nothing less than launch the industrial revolution in America.

(The story of the Textile Industry will be continued next month)

Furniture Market

The month of October and the upcoming fall season can only mean one thing for the employees of CM Furniture. It's time for the October Furniture Market in High Point, NC. The employees work diligently from May until October to ensure all furniture is manufactured to specifications.

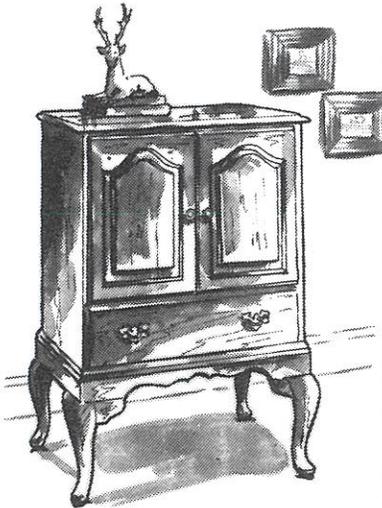


3040 Secretary Desk Top

The fall market will open Thursday, October 18, and close on Wednesday, October 24. The primary objectives at market are to re-emphasize the strengths of CM Furniture and re-establish upholstery as a part of the business. Over the years, CM Furniture has concentrated mainly on the manufacturing of fine tables and this market will be no different. The goal of the sales force and management



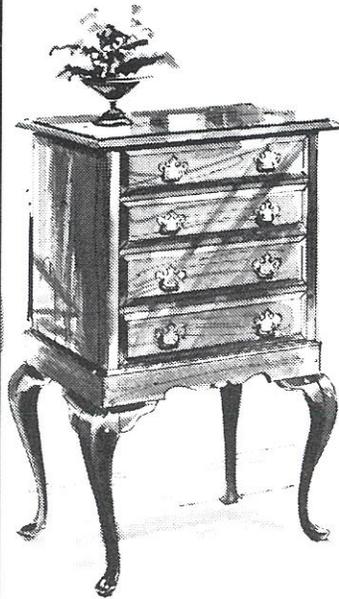
is to expand the sales of the table lines. There will be several additions to the existing lines and a new pine collection. The new line will



3050 TV Cabinet

feature two new finishes and it will express the craftsmanship of Colonial America.

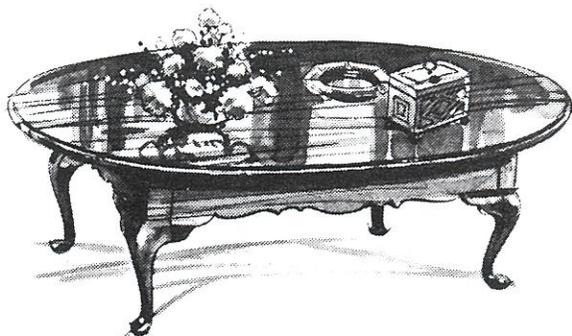
Beginning with the October 1990 market, CM Furniture will establish a new upholstery product line. A selection of sofa-loveseats and chair designs will be the premier packages offered. CM Furniture does not want to compete with well-known manufacturers of upholstered products at first, but instead



3012 Silver Chest

they want to establish themselves as an exciting newcomer to the market.

According to John Wells, President of CM Furniture, "The October market will be a tight, competitive market due to the difficulty in generating enthusiasm among consumers. With the support and extra efforts of the employees of CM Furniture and the sales representatives, the company will fare well in the furniture market."



3002 Oval Top Cocktail

Returning To School



(l-r) Back: Willie Patterson, Clay Goodson, and Vikki Bristow Front: Donna Turner and Jennifer Randall

The five students pictured all have something in common. Each one attends N.C. State University and is a Carolina Mills Scholarship recipient. Four of the students worked for different areas of the company over the summer.

In preparation to returning to school, Carolina Mills presented each student with a gift of appreciation and good luck in the 1990-1991 school year. The students were given a choice of either an insulated cooler or a Carolina Mills green and white tote bag.

Every year Carolina Mills presents two fully paid scholarships to the children of Carolina Mills employees. Any high school senior is eligible provided one parent works for either Carolina Mills or CM Furniture. The scholarship recipients are chosen based on their scholastic achievements and extra-curricular activities.



3005 Rectangular Top



Textile Week

October 14-20 is National Textile Week. During the week, employees throughout the textile industry will be recognized for their hard work and dedication. Each day textiles and the future of the industry play an important part of our lives. Every Carolina Mills employee is needed to keep the industry alive and remain competitive with the foreign manufacturers. Textile Week is one opportunity Carolina Mills takes to show appreciation to each employee.

Textile week brings out different emotions in each of us. Margaret Harkey from Plant No. 5 in Lincolnton captured her thoughts and feelings toward textile week and presented them in a poem. Her poem is titled "Celebrating Textiles".

Celebrating Textiles

*We're celebrating textile week
In North Carolina, the textile state
Because we're proud of the things we do
In making life better for me and you
The number one industry in our state
Making products that are first rate
Employing a work force that can't be beat
In quality and quantity, now that's some feat
Clothing our families,*

*furnishing our homes
Making transportation better, helping medical science along
Through research and education, getting better*



Margaret Harkey

*everyday
Building for the future, we're here to stay
So buy American products, "Crafted With Pride"
For on our purchases our future relies
And join our celebration, our products we acclaim
Made in the U. S. A.. we proudly bear that name
To make life better, no finer goal it seems
For everyone wins with the textile team.*

Margaret Harkey was the creative mind behind the poem. She has been writing for many years. She began by writing a poem dedicated to her parents. Margaret

writes mostly for her family, and one of her grandchildren has compiled her work in a booklet. Margaret has done several poems for the public. She won third place in an essay contest conducted by a local Hickory radio station. She also writes song lyrics which won her first place honors at Carolina Mills for writing a song about textiles. Those lyrics also placed her in the top 50 writers for the state contest where she won a trip for two to New York City. Margaret definitely has a gift for writing and the willingness to share her talent with everyone.



P.O. DRAWER 5159 • HICKORY, NC • 28603
TELEPHONE 704/322-8301 • 1-800-627-1668

September 11, 1990

Ms. Nancy Schrum
Carolina Mills Office
PO Box 157
Maiden, North Carolina 28650

Dear Nancy,

We, at Piedmont Vending, are supportive of your efforts on the Textile Legislation. Since we could not physically help, we would like for your group to accept the can drinks and snack items at no charge from us.

We hope your trip was not only successful but enjoyable. Everyone at Carolina Mills is a "special customer", and we look forward to serving you in the future with any needs you may have.

Sincerely,

Rick Speagle

Rick Speagle, Vice President
Piedmont Vending Company

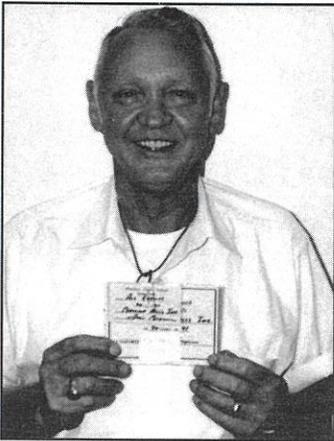
cc Mr. Ed Schrum
cc Mr. Larry Mosteller

If you see anyone from Piedmont Vending, be sure to thank them for their generosity and their support of the Textile Bill. They donated all the drinks and refreshments that were provided on the buses that went to Washington. Suppliers like Piedmont Vending exemplify companys that work together.



The Lucky Winners Were . . .

Plant No. 2 in Newton had both the *Maiden vs. Fred T. Foard* football game pass winners. They were:



Maiden High School Football

Maiden vs. Fred T. Foard
August 31

NAME Harley Fisher

PLANT #2

Harley Fisher works in the shop at Plant No. 2 as Shop Supervisor. He has been with Carolina Mills for 15 years.



Maiden High School Football

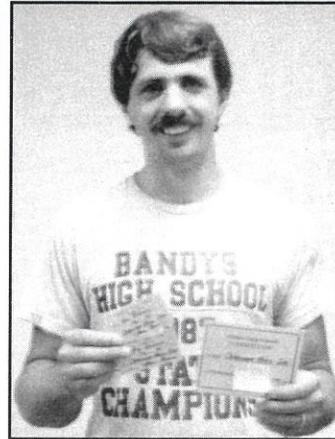
Maiden vs. Fred T. Foard
August 31

NAME Helen Mauney

PLANT #2

Helen Mauney is a Lab Technician at Plant No. 2. She has been employed for 22 years.

The winners of the *Maiden vs. Bandys* football game passes were:



Maiden High School Football

Maiden vs. Bandys
September 14

NAME Jerry Goble

PLANT 4

Jerry Goble is employed at Plant No. 4 as a Pad-dye Operator. He has been here approximately 2 years.



Maiden High School Football

Maiden vs. Bandys
September 14

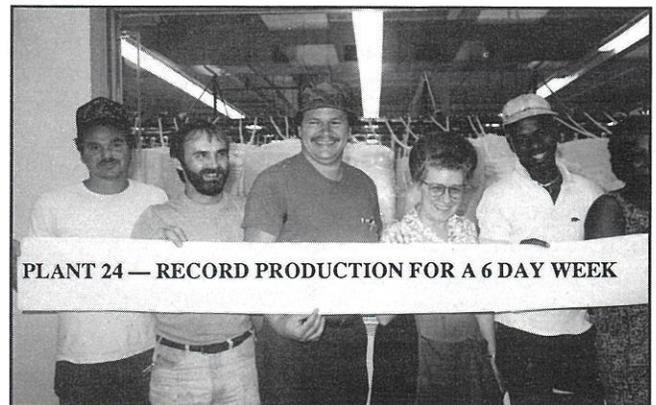
NAME Polly Abernathy

PLANT Main Office

Polly Abernathy is employed with Carolina Maiden Sales Yarn Division as an Administrative Assistant. She has been with the company since 1971.

Record Production

Plant No. 24 employees enjoyed popcorn and cokes for a record production week of packed pounds. The total packed pounds were 238,000. Pictured are (l-r) Randy Parker, J. R. Morrison, Tony Beaty, Joan Russell, Steve Foster, and Evelyn Wilson.





Health, Fitness, & Safety

Understanding Breast Examination And Mammography

It's comforting to know that the majority of breast lumps are not cancerous. But, for the small percentage that are, early detection greatly increases the chances of successful treatment and cure.

The best means of detecting breast cancer before it becomes life-threatening is practicing monthly Breast Self-Examination (BSE), having regular professional breast exams, and following the American Cancer Society's guidelines for routine mammographic screening.

Breast Self-Examination (BSE)

BSE is a technique for discovering changes in the way your breasts normally look and feel. In order to determine what is 'normal' for you, you need to thoroughly examine your breasts every month at the same time of the month since monthly hormonal changes can affect the way your breasts feel from one

week to the next.

For menstruating women, it is suggested that you examine your breasts one week after the onset of your period. For menopausal, or post-menopausal women, it may be convenient to perform BSE on the first day of each month.

Professional Exams

Your health care professional is skilled at detecting abnormalities in breast tissue. He or she can help answer questions about BSE, provide guidelines for mammographic screenings, and help determine whether or not you have any risk factors that might affect your breast health program. For example, if you have a family history of breast cancer, you might be advised to have more frequent professional exams and/or mammographic screenings than is usually recommended.

Mammography

Mammography is a

breast screening exam that uses low doses of X-rays to image the inside of the breast. There is less radiation exposure in the average mammogram than there is in most dental X-rays. Mammograms can often detect breast lumps before they can be felt. The

American Cancer Society recommends a baseline mammogram between age 35 and 40. After that, one mammogram every two years is generally recommended up until age 50. After age 50, women should have an X-ray examination of the breast annually.

President Of American Society Of Safety Engineers

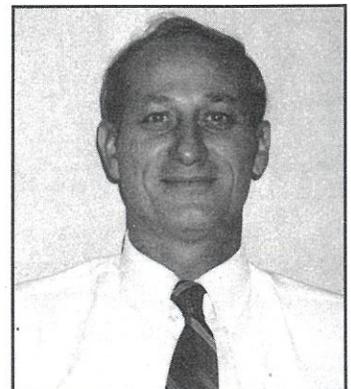
Harold Lineberger was recently appointed President of the American Society of Safety Engineers (ASSE) for the Hickory satellite chapter. The Hickory chapter stems from the Charlotte organization of ASSE. ASSE is the largest and oldest safety organization in the country. The organization is designed to promote safety in industry, government, and education. Educational programs, and sponsorship of industry tours are two of the ways ASSE relays the message of safety to industry employees. The group also attempts to influence legislation in publication of safety rules and regulations. ASSE is a not-for-profit, multi-disciplinary professional organization of trained personnel responsible for protecting people, property, and the environment.

To be a member of ASSE, fifty percent of an individual's time must be devoted to safety. Within the organization, there are

four classifications of members: professional member, member, associate member, and student.

Presently, Harold is a professional member of ASSE and holds the title of Corporate Safety Engineer for Carolina Mills, Inc. He has been involved with ASSE fifteen years. During that time he held the position of secretary for the Charlotte chapter.

Harold has been employed with Carolina Mills for 25 years and was inducted into the Carolina Mills Quarter Century Plus Club in May, 1990.



Harold Lineberger



Halloween

Halloween Safety

Q. What's the most important feature of a Halloween costume?

A. It should be flameproof. Other important features are: Color, bright ones are more easily seen in the dark (stripes of reflective tape add to visibility); and fit, they should allow freedom of movement and be the right length so kids don't trip over them.

Q. What kind of mask is best for both kids and adults?

A. One that will not obstruct vision. And one that does not interfere with breathing. Try on the full-head masks before buying.

Q. What makes face painting a good idea?

A. It has none of the disadvantages that masks often have. It is also cooler and can be a creative

project to design. (Put a little cold cream on first so the painting is easy to remove.)

Q. Where should kids be allowed to go trick-or-treating?

A. Only to houses of people they know. Younger children should be accompanied by an adult or older sibling.

Q. What should trick-or-treaters be allowed to eat as they make their rounds?

A. Nothing. All the loot should be examined by parents first. To help kids resist temptation, make sure they have a good meal before starting out.

Q. What special cautions would you give to older kids going out alone?

A. Caution them not to rush, especially across streets; not to run across lawns or backyards in the dark (they encounter clothes lines or fences, or run into objects standing in yards); and not to do any damage.

Q. Whatever happened to the real jack-o-lantern?

A. The carved pumpkin is still an important part of Halloween decorating, but the candle inside

should be gone forever. It can be replaced by a flashlight.

Halloween Plants And Foods Have Long History

The apples, nuts and pumpkins of Halloween are symbols. Along with the herbs of witchcraft, they link our ancestors' belief in pagan gods and our present-day customs.

Halloween originated with the Druids of Great Britain, Ireland and northern France in about 200 B.C. They worshiped Samhain, lord of the dead, and made sacrifices in gratitude for the harvest, horses or people or both.

When the Romans took over in 61 A.D., human sacrifice was outlawed. They said Pomona, goddess of the fruits, should be worshiped. They honored Pomona on Nov. 1 by opening their warehouses filled with apples and nuts.

By the year 835, Pope Gregory IV had created a holy day in memory of persecuted Christians.

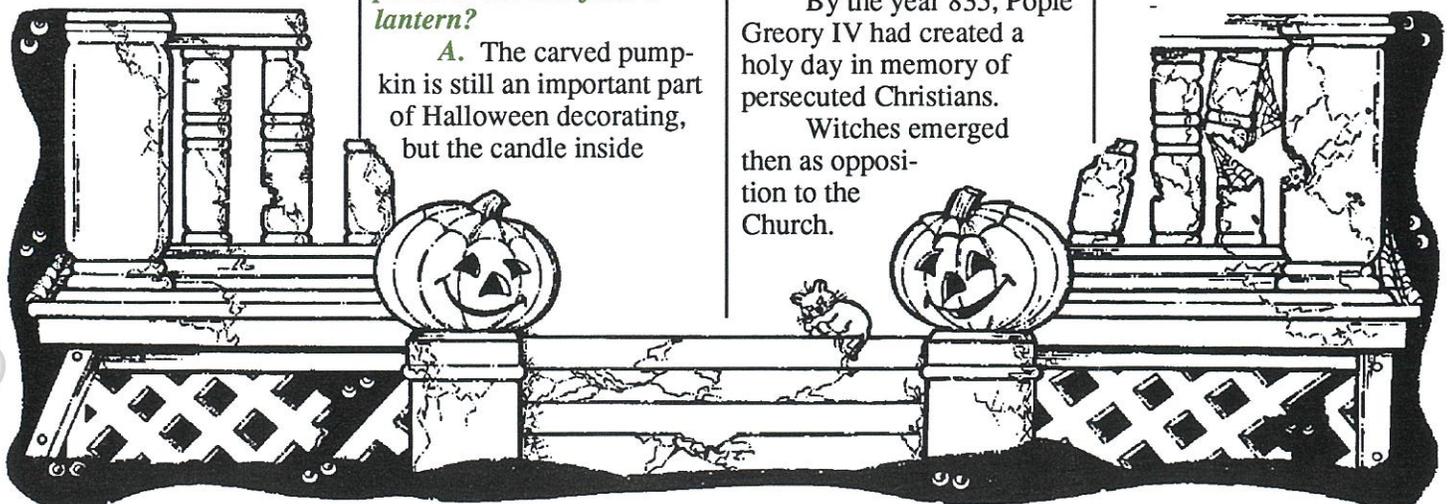
Witches emerged then as opposition to the Church.

Their rituals used special plants on Halloween. By rubbing their bodies with a potion made from the magic plants, they fully believed they could fly. No wonder. Some of the ingredients were hallucinogenic, like poppy, mandrake, and belladonna.

The Irish gave us the story of Jack, who wound up being a lantern forever. It seems this shiftless fellow spent most of his time in the pub. The devil came to claim him time after time, but Jack outwitted him and made the devil promise that he would never take him to the fiery land beyond.

When Jack did die, heaven wouldn't have him. The devil wouldn't either. But the devil did toss him a love chunk of coal from the furnace of hell. Jack put it inside a turnip so he could see his way back to earth, where he has been wandering ever since.

Advances in agriculture made Jack's walk a little lighter with the development of the pumpkin.





Carolina Mills

Employee Discounts

Carolina Mills Ballcaps

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

Carolina Mills

Beverage Bags\$ 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

It's Time!

"Do I move the clock forward or backward?"

The answer is backward. Standard time resumes at 2:00 am, on Sunday, October 28. Everyone should move the clock backward one hour where daylight savings time is in effect.

An old cliché to help remember which way to change the clock from year to year is:

*"Spring Forward
Fall Backward"*

or just remember on October 28,
you will gain one hour sleep.

Carolina Mills Inc.

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Maiden, N.C. 28650

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