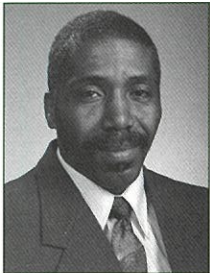


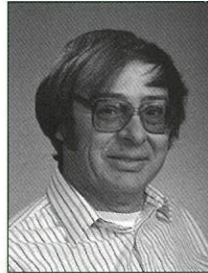
Congratulations To Our New Quarter Century Plus Club Members



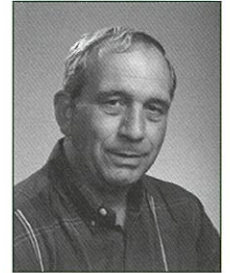
*Roosevelt Wright
Plant No. 1*



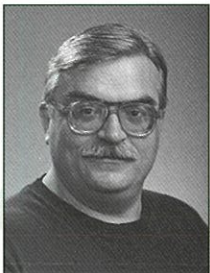
*Elsie Yarbrough
Plant No. 1*



*David Martin
Plant No. 2*



*Robert Goins
Plant No. 3*



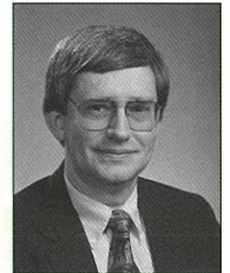
*Danny Houk
Plant No. 3*



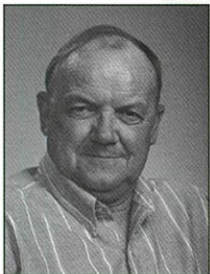
*Betty Nix
Plant No. 3*



*Betty Jo Reinhardt
Plant No. 3*



*Robert Bristow
Plant No. 4*



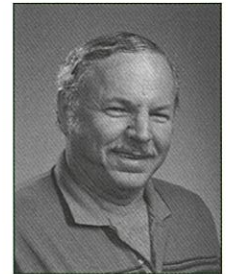
*Ross Copeland
Plant No. 4*



*Bertie Linebarger
Plant No. 4*



*Annie Hester
Plant No. 5*



*Jimmy Martin
Plant No. 5*



*Elizabeth Moncree
Plant No. 5*



*Nathan Keener
Plant No. 12*



*Essie Nichols
Plant No. 12*



*Polly Abernathy
Corporate Office*

IN UPCOMING MONTHS . . .

Employee Appreciation Night at Hickory Motor Speedway

August 3, 1996

Bring your entire family! Make plans now to attend the Carolina Mills Employee Appreciation Night at the Hickory Motor Speedway. All employees will receive four tickets into the race.

Southern Women's Show
September 26 - 29, 1996
Discount tickets will be available to the Southern Women's Show to be held at the Charlotte Merchandise Mart. Enjoy a day filled with shows, free treats, seminars, fashion, and shopping!

National Textile Week
October 12 - 19, 1996
An annual week of celebrations to recognize the United States textile industry. Special events to be held at each location.

Quarter Century Plus Club
Fall Trip
October 20, 1996
Members, mark your calendars! The club will travel to the Greenfield Inn for lunch, followed by tours of several antique shops and a visit to the apple orchards of Wilkesboro. A great day of fun and fellowship. More information will be sent to all members at a later date.



Schrum Honored

Ed Schrum, President and CEO of Carolina Mills, Inc. was honored by the Eagle Scouts at their annual recognition program on April 9. The event was held at the Lincoln Citizens Center. Schrum was chosen to be honored by the Scouts for his contributions and continued support of the scouting programs.

Schrum is a longtime member of the Piedmont Council Executive Board. He was involved in the 1976 and 1980 Capital Development Campaigns that enabled the construction of Camp Bud Schiele. He has been actively involved in numerous Sustaining Membership Enrollment campaigns and served as Chairman in 1987. Schrum has also served as Vice-President of Finance for the Council and currently serves on the Council's Trust Fund Committee. In 1988, he was the recipient of the Silver Beaver Award.

The scouts presented Schrum with a framed collage of momentos about his life, career, and family.

Augie Reis - Salesperson Of The Year

Mike Groce, President of Carolina Maiden Corporation, awarded Augie Reis "Salesperson of the Year" for 1995, at the recent quarterly sales meeting. The event was held at the Lake Hickory Country Club with Carolina Mills administrative staff and plant managers in attendance.

This is the fourth such award for Reis. He was named Salesperson of the Year in 1991, 1992, and 1994. The award is based on several criteria: gross sales, percentage of increase in sales from the previous year, a personal performance appraisal, and the sales incentive program.

Reis has worked in the sales area throughout his entire career with Carolina Mills, having come to work in 1976. His sales territory first began with the New England area and was later expanded into New York City.



Augie Reis, (L) was presented with a special momento noting his achievement of Salesperson of the Year. Presenting the gift is Mike Groce, President of Carolina Maiden Corporation.

Textile And Apparel Rank Second In NC Exports

According to data recently released by the North Carolina Department of Commerce, textile and apparel products are the state's second highest export behind industrial machines and equipment. In 1995, textile and apparel exports totaled \$2.25 billion. Apparel accounted for \$1.15 billion, up 36.2% from 1994, while textiles valued at \$1.11 billion, rose 29.6%.

North Carolina is the 10th largest export state in the country with total exports of \$16.7 billion in 1995. Imports into the state totaled \$16.2 billion, leaving a positive trade balance of \$567.3 million.



Annual Banquet Held QUARTER CENTURY PLUS CLUB

Trinity United Church of Christ in Conover served as host of the annual Quarter Century Plus Club banquet on Saturday, May 18. Bill Devine, Quarter Century Club President, served as Master of Ceremonies for the special event.

Sixteen new members were recognized for their 25-year achievement, and were inducted into the club during the banquet. Ed Schrum, President and CEO of Carolina Mills, Inc. presented each new member with a gold watch.

Membership eligibility into the Quarter Century Plus Club requires an employee to complete 25 years of active, continuous service with Carolina Mills, Inc. Total membership of the club is 281; 102 active members and 179 retired members.

The new members are Roosevelt Wright and Elsie Yarbrough from Plant No. 1; David Martin from Plant No. 2; Robert Goins, Danny Houk, Betty Nix, and Betty Jo Reinhardt from Plant No. 3; Robert Bristow,

Jr., Ross Copeland, and Bertie Linebarger from Plant No. 4; Annie Hester, Jimmy Martin, and Elizabeth Moncree from Plant No. 5; Nathan Keener and Essie Nichols from Plant No. 12; Polly Abernathy from the Corporate Office.

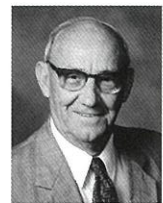
A special presentation was held in recognition of Clyde Hatchett. Clyde is manager of the Trucking Department, and was awarded a diamond pin for his 50 years of continuous service with the company.

Bill Devine announced that the club will take their annual fall trip on October 20. The group will visit the Greenfield Inn for lunch, tour several antique shops and visit the apple orchards in Wilkesboro. Transportation will be provided by the company.

Special tribute was paid to those members who passed away since the last banquet; Thelma Propst, Plant No. 2; Phil Speak, Plant No. 12; Mamie Bridges, Plant No. 5; Fred Harbinson, Purchasing Department; Ross Williams, Plant No. 8; Eula Gantt, Plant No. 3.

Hatchett Celebrates 50 Years with Company

Clyde Hatchett, an active member of the Quarter Century Plus Club, joins another elite group. He, along with ten other individuals the Carolina Mills family, have accomplished something few of us will ever see.



On June of 1995, Clyde celebrated 50 years of service with Carolina Mills, Inc. He was recognized

during the annual Quarter Century Plus Club Banquet May 18. Ed Schrum, President of Carolina Mills, Inc. presented Clyde with a diamond pin in recognition of his achievement.

Clyde began his career with Carolina Mills in 1945 as a shipping clerk. He has also worked as Traffic Manager and is currently Manager of the Trucking Department.

Many members of the Clyde family are also part of the Carolina Mills family: His wife, Violet, is employed in the Stockholder Relations area and has 45 years of service; and son, Allen, is one of our truck drivers, with 21 years service. Siblings Frank Hatchett, John Hatchett, Margaret Lineberger, Curti Hatchett and Laura Townse as well as grandsons Dway and Darryl, have all worked with Carolina Mills, Inc.

Clyde has no plans for retirement. He and Violet attend Grace Lutheran Church where he serves on the church council, is an usher, and has served as treasurer of the Memorial Fund.

Congratulations 1996 Graduates!

Carolina Mills would like to congratulate each of our employees' graduating students, as well as employees, who graduated this spring. This includes graduation from high school or a 2 or 4-year college. Each graduate received a Carolina Mills key ring as a symbol that each is the "key" to America's future.

LLOYD THOMAS
Bandys High School
Son of Rosey and Lloyd Thomas
Plant No. 1, Plant No. 3

STEPHANIE ARMSTRONG
Maiden High School
Daughter of Alfred Armstrong
Plant No. 1

VANESSA HICKS
Pocahontas High School
Daughter of Ray Hicks
Plant No. 1

KATHERINE POWELL
West Lincoln High School
Daughter of Pat Powell
Plant No. 1

CHRIS AUSTIN
Newton-Conover High School
Son of Kathy Austin
Plant No. 2

DAVID CANTOR
Newton-Conover High School
Son of Steve Pearson
Plant No. 2

CINDY BLACKBURN
Newton-Conover High School
Daughter of David Blackburn
Plant No. 3

SHARON RAMSEUR
Elon College
Daughter of Pat Reinhardt
Plant No. 3

AMY GOODSON
East Lincoln High School
Daughter of Kermit Goodson
Plant No. 3

TARA BUMGARNER
Newton-Conover High School
Daughter of Pete Bumgarner
Plant No. 3

VICKIE BYRD
Catawba Valley Community College
Plant No. 4

MARTY LINEBERGER
UNC - Charlotte
Son of Frank Lineberger
Plant No. 4

THOMAS GILLELAND
East Lincoln High School
Son of Dennis Gibson
Plant No. 4

BRANDY STAMEY
West Lincoln High School
Daughter of Janice Stamey
Plant No. 5

JASON SPIVEY
Lincolnton High School
Son of Brenda Spivey
Plant No. 5

KATHERINE GONZALEZ
Lincolnton High School
Daughter of Walter Gonzalez
Plant No. 5

LAURA CALDWELL
Gaston College
Plant No. 5

KELLY CHAPMAN
Ashbrook High School
Daughter of Steve Chapman
Plant No. 6

BEVERLY COOK
West Lincoln High School
Daughter of Racheal Cook
Plant No. 6

JEREMY MORRISON
Lincolnton High School
Son of Gail Morrison
Plant No. 6

SHANNON RAMSEUR
Lincolnton High School
Son of Minnie Ramseur
Plant No. 6

TONYA MULL
Freedom High School
Daughter of Barney Huffman
Plant No. 9

BYRON T. FARLEY
Barber-Scotia College
Son of Willie Farley
Plant No. 9

ANISSA BURGESS
Maiden High School
Daughter of Gary Burgess
Plant No. 9

BETSY HUDLER
UNC - Charlotte
Daughter of Kevin Hudler
Plant No. 9

JOHNATHAN FRANKLIN
Fred T. Foard High School
Son of John Franklin
Plant No. 9

JAMIE GWALTNEY
Alexander Central High School
Son of Leslie Gwaltney
Plant No. 9

WENDY MINTON
Mitchell Community College
Plant No. 12

MICHELLE KEENER
UNC - Wilmington
Daughter of Nathan Keener
Plant No. 12

KERRY STEVENSON
North Iredell High School
Son of Cynthia Campbell
Plant No. 12

RICK NEAVES
Mitchell Community College
Plant No. 12

AMY GALLOWAY
Hickory High School
Daughter of Carolyn Galloway
Plant No. 14

TOYE HUNT
Wester Piedmont Community College
Daughter of Toye & Larry Hunt
Plant No. 14

HOPE HUNT
East Burke High School
Daughter of Larry Hunt
Plant No. 14

GWEN HUFFMAN
St. Stephens High School
Daughter of Larry Huffman
Plant No. 14

KELLY BLACK
Bessemer City Senior High School
Son of Joy Pilkington
Plant No. 21

FABIAN VILLADA
North Gaston High School
Son of Jose Villada
Plant No. 21

LESTER JAMES MCCOY
Hunter Huss High School
Son of Lester Walker, Jr.
Plant No. 21

MARIO NICHOLS
Hunter Huss High School
Son of Donna Nichols
Plant No. 21

LATOYA NICHOLS
Gaston College
Daughter of Donna Nichols
Plant No. 21

PAMELA BIGGERS
Hunter Huss High School
Daughter of Barbara Biggers
Plant No. 21

ANDY NICHOLSON
Western NC Church of God
Plant No. 21

JEFF JENKINS
Gaston College
Son of Barbara Jenkins
Plant No. 22

LORI ATKINS
UNC - Charlotte
Daughter of Neil Boyd
Plant No. 22

AMY DAVIS
Ashbrook Senior High School
Daughter of Cathy Davis
Plant No. 22

VIETA MONTGOMERY
Kings College
Daughter of Phyllis Hoyle
Plant No. 22

PATRICIA THOMAS
North Gaston High School
Daughter of Patricia Wilson
Plant No. 24

RODRICUS ADAMS
North Gaston High School
Son of Charles Barnett
Plant No. 24

ERICA ERWIN
North Gaston High School
Daughter of Rebecca Erwin
Plant No. 24

RACHEL WEATHERS
South Point High School
Daughter of Cathy Williams
Plant No. 24

ANGEL TATE
Bessemer City High School
Daughter of Barbara Tate
Plant No. 24

ASHLEY HAUN
East Gaston High School
Daughter of Vickie Haun
Plant No. 29

VON WILFONG
Appalachian State University
Son of Carolyn Wilfong
Accounting Department

JENNIFER FOX
UNC - Greensboro
Daughter of David Fox
Industrial Engineering Department

DEBBIE HOLLAR
Catawba Valley Community College
Industrial Engineering Department

ADRIENNE PRITCHARD
UNC - Asheville
Daughter of Donnie Pritchard
Electrical Department

JARROD PRITCHARD
St. Stephens High School
Son of Donnie Pritchard
Electrical Department

JESSICA BOWMAN
East Lincoln High School
Daughter of Chester Bowman
Electrical Department

NATHAN MCCONNELL
Lincolnton High School
Son of George Bradley
Data Processing Department



National Nurses Week

National Nurses Week was celebrated May 6 – 11, 1996. We appreciate everything the nurses do for the employees of Carolina Mills, Inc. Each plays a vital role in the operation of the plant. Their willingness and support to promote company safety and health programs make our company a much safer and healthier place to work.



Pictured (L-R): Dot Gittens, Plant No. 21/22/24; Linda Goble, Plant No. 3/14; Kim Metts, Plant No. 5/6; Robin Beal, Plant No. 4/9; Ann Carpenter, Plant No. 1; Harold Lineberger, Corporate Safety Director; and Betty Pruette, Corporate Office/Plant No. 8.

A Flash from The Past



In June of 1973, individuals from area textile companies visited Armstrong Research and Development Center. This photo includes eight employees of Carolina Mills. Test your memory skills. Pick out as many familiar faces as you can, name them, and send your entry in to win \$10 in cash! Join the quest - Cut and mail in your entry to the Human Resource Department, PO Box 157, Maiden, NC 28650. Or give your entry to your Human Resource Administrator. Each entry with at least five correct names will be included in the drawing for cash. All entries must be received by July 19. The winner will be notified.

Your Name: _____

Plant No. _____

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____



Need A Fast And E-Z Loan?

Borrow Against Your Savings In the Credit Union!

Put your savings to work! While you are drawing a good dividend return on your savings, you can borrow against these same funds for a car, vacation, debt consolidation, medical bills, home improvements, school expenses, etc.

1. Savings in the Carolina Mills Employees Credit Union may secure loans and shall normally be granted at a rate above the highest dividend rate. (Presently Share Loans are 8.00%)
2. Any member, age 18 or older, can borrow against savings, making weekly or monthly payments. This includes employees, family member accounts and retired member accounts.
3. No credit report or debt-to-income ratios are required on a share loan.

Your savings are federally insured to \$100,000 by NCUA (National Credit Union Administration), a US Government Agency.

Your loan is fully covered by death benefits, paid by the Credit Union.

DON'T DELAY - WE HAVE MONEY AVAILABLE AND OFFER FAST, FRIENDLY AND CONFIDENTIAL SERVICE. FILL OUT YOUR LOAN APPLICATION TODAY AND GET YOUR MONEY TODAY!

If you have a question about a Share Loan, please call the Credit Union office,
428-6292 428-6293 428-6294.



Free Pass to Sam's Club for Credit Union Members

In your next credit union statement, you will receive a free one-day pass to Sam's Club (any location). This pass is good July 15 - August 31, 1996. The pass will give you a chance to visit a Sam's Club without purchasing a membership. You will also receive a coupon for free refreshments. The pass is good for only one visit. If you are interested in purchasing a Sam's Club membership after your visit, contact your Human Resource Administrator for more information.



1996 Credit Union Board of Directors: Back row (L-R) Mark Yarbrough, Jill Bailey, T.R. Robinson, and Marcus Midgett. Front row (L-R) Charlie Hyder, President; Joyce Hovis, Secretary/Treasure/Manager; and Dewayne Moore, Vice-President.



Service Anniversaries

April—June, 1996

25 Years

Ross Copeland	Plant No. 4
Steve Dobbins	Administration
Dorothy Leatherman	Plant No. 3
Elizabeth Moncree	Plant No. 5
Elsie Yarbrough	Plant No. 1

20 Years

Shirley Bumgarner	Plant No. 14
Richard Hallman	Purchasing Dept.
Phillip Luther	Plant No. 1
Geneva Tarter	Plant No. 12
Emma Watts	Plant No. 12

15 Years

Danny Blalock	Plant No. 5
George Bost, Jr.	Plant No. 9
Emma Carpenter	Plant No. 3
Jimmy Clower	Plant No. 12
Jerry Hall	Plant No. 3
Leonard Schronce	Plant No. 5

10 Years

George Bradley	Data Processing
Kenneth Campbell	Plant No. 9
Margo Campbell	Plant No. 14
Raymond Gates, Jr.	Plant No. 22
Dennis Gibson	Plant No. 4
Jimmy Harbinson	Plant No. 5
David Hoffman	Credit Dept
Doris Jarrett	Plant No. 5
Marion Lunsford	Plant No. 22
Danny Mason	Plant No. 14
Edgar Miller	Plant No. 9
Bobby Minton	Plant No. 12
Gary Moore	Plant No. 21
Darrin McCray	Plant No. 4
Randy Page	Plant No. 8
Tammy Parson	Plant No. 3
Debbie Pezzeca	Plant No. 8
Franklin Shrum	Plant No. 8
Nam Van Tran	Plant No. 22
Tina Travis	Plant No. 4
Kevin Walker	Aviation Dept
Hugh White	Warehouse
Suzanne Whitney	Indust. Engin. Dept
Walter Willis	Plant No. 3

5 Years

Burgin Auton	Plant No. 3
Claude Berry	Plant No. 9
Lori Berry	Plant No. 9
Anna Bingham	Plant No. 21
Linda Bolick	Plant No. 9
Sharon Brafford	Data Processing
Don Brown	Plant No. 9
Perry Brown	Plant No. 9
Debra Bumgarner	Plant No. 1
Thomas Church	Plant No. 9
Daniel Conner	Plant No. 29
Christopher Daniels	Plant No. 9
Larry Dellinger	Plant No. 9
David Early	Plant No. 4
Mary Edwards	Plant No. 2
Tracy Feedback	Plant No. 9
Susan Flynn	Plant No. 9
Tonia Foster	Plant No. 9
April Gardin	Plant No. 4
Charles Garrison, Jr.	Plant No. 9
Timothy Hamrick	Plant No. 24
Keith Hartness	Plant No. 12
Charles Helms	Plant No. 4
Lisa Herman	Plant No. 9
Mary Jane Hoyle	Plant No. 9
Crawford James, Jr.	Plant No. 9
Cheryl Jarvis	Plant No. 1
R. Allen Leatherman	Plant No. 1
Robert Ledwell	Plant No. 8
Henry Little	Plant No. 9
Wayne Little, Jr.	Plant No. 9
Vickie Love	Plant No. 12
Brian Lowman	Plant No. 9
Larry Doug Lowman	Plant No. 9
Nouanchanh Luangkhot	Plant No. 3
Lester Martin, Jr	Plant No. 9
Eddie Mason, Jr.	Plant No. 9
Michael Monroe	Plant No. 9
Gail Morrison	Plant No. 6
Keith Newton	Plant No. 9
William Robinson	Plant No. 9
Patty Rudisill	Plant No. 1
Larry Schroeder	Plant No. 3
Mark Sebastian	Plant No. 9
Thomas Sebastian	Plant No. 9
Kent Sigmon	Plant No. 9
Barry Slenker	Plant No. 9
Michael Vinson	Plant No. 8
James Wilcox	Plant No. 1
Wanda Wilcox	Plant No. 1
Pat Wisener	Plant No. 9

Retiree News

Jean Jones...recovering from a bout of pneumonia. Feeling much better now.

Eula & Ellen McRee... received a visit from Mark Yarbrough. Both are getting along better. It has been a rough year but we have assured them it will get better.

Ola Moore...sends many thanks for her "checkerboard" sweatshirt. "I will wear it with pride."

Leonard Jenkins...enjoys reading the Carolines!

Bud Martin...Dot is feeling much better. She wants Bud to get out in the garden more.

Bill Underwood...using all his spare time fishing. He says its hard but someone has to do it.

Pauline Black... made the front page of the Hickory Daily Record in March, singing at the Maiden Recreational Center.

Jim Harwell...just returned from a trip to the beach.

Robber Deffenbaugh... recently lost his wife. Our sympathy to him and his family.

Bill Wooten and John McKay...stopped by Plant No. 3 to take a look at the new machinery.

Bill Cooke... dropped by Plant No. 3 just to visit.

Paul Reynolds...doing well. Lois keeps him in line!

Hours Worked Without a Lost Time Injury

As of May 4, 1996

Plant No. 3	1,489,477
Plant No. 12	1,301,650
Plant No. 24	1,223,596
Plant No. 8	1,184,970
Plant No. 1	517,972
Plant No. 21	505,313
Plant No. 22	345,268
Plant No. 2	197,038
Plant No. 14	189,595
Plant No. 5	115,559
Plant No. 6	77,069
Plant No. 4C	24,490
Plant No. 9	-0-



Enjoying the meal are (L-R): Carolyn Muse, Allen Minton, Joyce Minton, Michael Pendergrass

Plant No. 12 Celebrates Safest Plant Award

In March, employees of Plant No. 12 were recognized for their achievement of Safest Plant in 1995, with a cold cut buffet. Also in attendance for the celebration was Ed Schrum, President of Carolina Mills, Inc.; Steve Dobbins, Vice-President Yarn Manufacturing; Nancy Schrum, Director of Human Resources; and Harold Lineberger, Corporate Safety

Director. Members of Plant No. 12's safety committee and others commented on their dedication to safety, and thanked Carolina Mills for the support and encouragement provided to all employees to make their plant a safer place to work. Good food, fun, special guests, and money! All made for a successful and enjoyable celebration!

Industrial Accidents Comparison

1/1/96 - 3/31/96

PLANT	NUMBER/ACCIDENTS	LOST TIME CASES	NUMBER/DAYS LOST
1	1	0	0
2	0	0	0
3	3	0	0
4C	3	1	24
5	1	0	0
6	0	0	0
8	0	0	0
9	9	1	15
12	0	0	0
14	0	0	0
21	2	0	0
22	3	0	0
24	1	0	0
TOTALS	23	2	39



Bad Backs Are Bad Business

JULY IS BACK INJURY PREVENTION MONTH

Back injuries cost you time and money. Many hours at work, home, and play are lost to bad backs. It is estimated that 8 out of 10 Americans will have a back injury sometime during their lives. And yet, preventing back injury can be as simple as learning proper lifting and material handling techniques, eliminating excess body weight, strengthening neglected back muscles, and adopting good posture habits at work, home, and play.

Protect your back by lifting properly. Before you start:

- Examine the object for hazards, and decide how to hold it
- Clear your path
- Plan where and how to put the load down
- Get help, if you have doubts about your ability to move it yourself

When lifting:

- Stand close to the object
- Squat down and straddle the load, keeping your back straight and your knees bent
- Grasp the object firmly
- Lift with your legs, slowly straightening
- Hold the object firmly, close to your body

The personal pain and inconvenience caused by back problems cannot be measured. But we can calculate costs in dollars and cents. Back injuries cost employers an estimated \$10 billion a year. In addition, employees spend hundreds of millions more visiting doctors for back complaints. Slowed production, increased turnover, medical bills and pain - bad backs are bad business for you and your employer.



Employees of the Corporate Office brought their umbrellas along with them during their one mile walk through town.

National Employee Health & Fitness Day

May 15, 1996

Carolina Mills, Inc. celebrated National Employee Health & Fitness Day on Wednesday, May 15. Many plants held one-mile walks in promotion of fitness, while others celebrated with fitness videos. Several locations served a healthy breakfast of muffins and juice, and others distributed fruit as a healthy choice for the day. Each walk participant was presented with a Carolina Mills thermos for their participation in Employee Fitness Day. Over 300 employees also purchased customized T-shirts especially designed for the company's fitness day celebration.

Bloodmobile Visits Maiden

Employees of the Corporate Office, along with employees of the service areas, Plant No. 1 and Plant No. 8, participated in a Bloodmobile on May 1. A goal of 45 was received, with 4 first time donors. Special thanks to all who participated!

In Upcoming Months . . .

"Don't Become Stiff Like The Tin Man"

August is Arthritis Month. Emphasis will be placed on the prevention and control of crippling arthritis.

"Preparing Your Child for Healthy Living"

September is Children's Health Month. Baby and child safety will be the health focus throughout the company. Also discussed will be eye health, and immunizations.

"An Ounce of Prevention is Worth A Pound of Cure"

October is National Family Health Month. Choosing a health care provider and visiting your provider regularly is an important decision we all must make. Take advantage of this special information that could prove very beneficial to your entire family.



July 4th Vacation Schedule

Carolina Mills, Inc. will close
Friday, June 28, at 5:00pm,
and will re-open Monday,
July 8, at 8:30am.

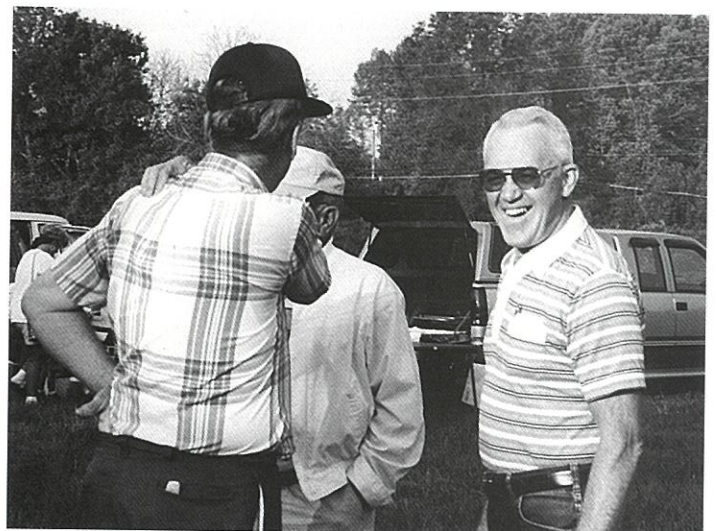
Have a Safe Holiday!

*Schedule may vary at
each plant



Employees Yard Sale

The old company ballfield was the chosen location for the annual Carolina Mills Employees Yard Sale which was held on Saturday, May 4. The sale began at 8:00am, and as usual the buyers were out even earlier. Many employees and retirees turned out for the event, some buying - some visiting.



Tips for a Safe July 4th

- Be in charge of the fireworks wherever there are young children. Supervise their use of sparklers.
- Light fireworks away from houses, dry leaves, trash, and other unused fireworks. Also keep used fireworks away from your firing area.
- Wear glasses or goggles for eye protection.
- Keep a bucket of water handy—just in case.
- Read fireworks warning labels.
- And maybe the best suggestion of all: Leave fireworks displays to the professionals.

Fireworks Facts:

- Sparklers only seem harmless. They can burn 1,800° F – hot enough to melt gold. The hot steel core can burn flesh and ignite clothing and hair.
- The firecracker is the most popular firework, and the primary cause of accidents.
- Bottle rockets cause the most eye injuries.

Source: American Academy of Ophthalmology



100th Olympic Games Begin

The long-awaited opening of the XXVIth Olympiad is slated for July 19 in Atlanta, Georgia.

More than 40,000 volunteers, demonstrating the true Olympic spirit, will work the 100th anniversary of the modern Olympic Games by helping stage the event. There will be over 11 million tickets for the 542 sessions in 26 sports and 31 venues. More

than two million visitors are expected to witness one or more events.

The total TV audience is projected to be equal to two-thirds of the world's population.

For more information, you can contact the Atlanta Committee for the Olympic Games at 250 Williams St., Atlanta, GA 30303. Or call (404)224-1996.

July Days Crossword

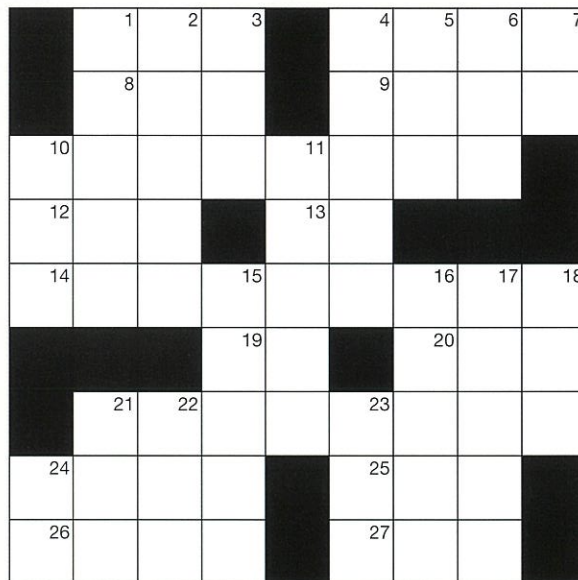
ACROSS

1. Dyeing tub
2. Canal started on July 4, 1817
8. Actress Lupino
9. Fork prong
10. ___July, Independence Day: 2 words
12. Building extension
13. Whirlwind
14. July flower: 2 words
19. 32 quarts: abbr.
20. Inlet
21. Neil A. Armstrong took on July 20, 1969
24. Adventure story
25. Picnic pest
26. July gem
27. Family member, for short.

DOWN

1. Musical instrument
2. Grown-up
3. Feather adhesive
4. Lucy's friend
5. —Grande
6. Data: abbr.
7. Poet Cummings
10. Several
11. Poland City
15. Black
16. Persian

17. Spirited songs
18. Chatter
21. Tsetse fly
22. Sphere
23. Existed
24. 365 days: abbr.



Handle Your Summer Cookouts With Care

More than 50% of the cases of E. coli poisoning can be traced to contaminated ground beef. And many other cases of food poisoning – although less deadly – come from animal products, including beef and chicken.

Most people taken ill by “bad bacteria” are the very young and the elderly. To make sure the meat you eat is safe:

- Cook hamburger (and all meat) thoroughly – until the juices run clear and there's no pink in the middle.
- Don't put cooked meat on the same plate it sat on when raw, or use the same utensils with raw and cooked meat.
- Wash any surfaces raw meat has touched (chopping boards, etc.), and wash your hands after handling raw meat

Source: Centers for Disease Control.

CATAWBA Science CENTER

Catawba Science Center

While enjoying free, unlimited admission for your entire family to the Catawba Science Center, just look what else your CSC membership has to offer!

Discounts! Many are available including discounts on SummerFun classes, science birthday parties, and gifts. And get in touch with science by visiting the CSC's traveling exhibits!

About Faces. June 1 – September 1, 1996. Use masks, mirrors, computers, and more to compare and change your face.

Electric Space. October 1 – December 29, 1996. Explore with magnets, Geiger machines and plasma balls!

Stitches to Britches. January – March, 1997. Try the weaving wall, hands-on loom, microscopes, touch-screen computer and play "dress up."

Creatures of the Dark. April – June, 1997. See living bats, owls, hedgehogs, and spooky animals that come out after dark.



Plant No. 24 held their appreciation dinner on May 1 and 2 for all shifts. These second shift employees seemed to enjoy their meal. Pictured (L-R): Cindy King, Peggy Wood, Mary Jo Biggers, Emma Lipscomb, and Debbie Dreher.

Employee Appreciation Dinner

During April and May, Carolina Mills showed their appreciation to all employees by hosting a special steak dinner at each plant. The dinner, catered by Myra's Catering of Valdese, included steak, baked potato, salad, beverage, and dessert. This was the second year for steak dinners in lieu of having a plant outing. In 1997, each location is scheduled to celebrate with a plant outing for the entire family.



(L-R) Mildred Campbell and Betty Sain, Plant No. 6, enjoying their steaks.

Newspaper Reporters Recognized

During March, Carolina Mills, Inc. recognized the reporters and staff of the plant newspapers. These employees assist in gathering news from all areas and shifts of the plant, and strive to make their newspaper fun and informative. Each group was treated to a luncheon and was presented with a special gift from the company.



Enjoying food, fun and fellowship - The reporters from Plant No. 21/22. Pictured (L-R): Mary Rhyne, Dot Gittens, Peggy Whitaker, Erma Burgess, Judy Ratchford, Sharon McClure, and William Seate.



The staff of Plant No. 3's "Green Valley News" enjoyed lunch at the Golden Corral. Pictured (L-R): Pauline Sutherland, Donna Smith, Patsy Leatherman, Pat Reinhardt, Mari Ledford, Marilyn Roseboro. Not pictured: Teresa Sigmon.



Dewayne Moore presents Loyce Leophard (L) with a Carolina Mills portfolio and pen in appreciation for her work as a news reporter for Plant No. 5/6.



Hall Of Fame Inductee

Andy McMurry, Quality Assurance Supervisor for Plant No. 4/9, was recently inducted into Greensboro College's Hall of Fame.

Andy is a 1985 graduate with a degree in Business Administration. While attending college, Andy led the golf team to four top finishes in the NCAA Division III National Golf Tournament. He also was very important factor in obtaining the 1980 and 1981 DIAC Championships. Andy was the first Greensboro College athlete to receive First Team All American. He was the 1984 Medalist in the DIAC Golf Tournament and received the Fred Joseph Award.



Jemco III Model 2000 CBR Bleach Range

The Knit Finishing Division of Carolina Mills, Inc. has recently purchased and installed three new bleach ranges at Plant No. 9 in Valdese. The Jemco III Model 2000 CBR Bleach Ranges are high production, low cost systems designed to wash a variety of fabrics from lightweight cotton and poly/cotton jersey to heavy weight high cotton fleece fabrics.

The bleach range is made up of two sections - the kier area for bleaching and the washer area for removal of the bleach chemicals. The kier area contains a heated hydrogen peroxide solution that is continuously circulated through the cloth as it progresses through each of the seven compartments. To minimize crease marks, cloth is transferred through the kier without being subjected to any squeeze rolls. Fabric is in the

kier approximately 50-60 minutes. The fabric is "balloon-squeezed" as it leaves the kier to optimize crease avoidance.

The six compartment Jemco Jet washers wash twice as clean with half as much water as conventional slackloop washers. The gentle handling action and lack of squeeze rolls means superior quality on crease sensitive goods. The fabric leaves the washer through another "balloon-squeeze" and is plaited into flatfold form.

The Jemco ranges will allow our customers to manufacture garments that are "crease free", giving them access to upscale markets. The machinery was purchased from Jacumin Engineering and Machine Company in Icard, NC, only a short distance from Plant No. 9.



The "Insurance Corner" is a column designed to answer your questions about our company's group medical and dental programs. If you have any questions you would like to see addressed, send them to "The Insurance Corner", c/o Human Resource Department, PO Box 157, Maiden, NC 28650. The Human Resource Administrator at your plant will also send your questions to us.

Q: Does our group health plan include Life Insurance coverage for my spouse or children, even though they are not covered under the plan?

A: Life insurance is included in our group health plan with HealthSource Provident, however it only applies to dependents covered under the medical program. Life insurance of \$1,000 is available for participating spouses. Dependent children also covered have \$1,000 life coverage (this amount decreases if under 5 years of age). Please refer to your plan booklet for more information.

Q: I have been employed with the company for 8 years, and have fortunately never been out of work with an illness. I carry the long term disability coverage, but is it really necessary?

A: Although we cannot decide for you if the

long term disability coverage is necessary coverage for you to carry, we can say this - long term disability insurance provides financial protection for you and your family should you become disabled. Your ability to earn income is an asset. Everything you have depends on it. Just think what would happen if you became disabled and your income stopped.

Carolina Mills, Inc's long term disability program is administered by CNA Insurance Companies of Orlando, FL. You are covered 24 hours a day, worldwide. The program is designed to provide monthly benefits when you are disabled by accident or illness and unable to work your regular job. After a elimination period of 13 weeks, benefits will begin and continue throughout your disability. For more information about our long term disability program please contact your Human Resource Administrator or Insurance Clerk.

Short Term Disability Program Revised

A very beneficial change has taken place in our group short term disability program. Effective May 1, 1996, CNA Insurance Companies of Orlando, FL, will be the administrator of our disability program. This company also handles our long term disability program.

What does this change mean? For current participants, the weekly premium has been reduced from \$2.00 per week, to \$1.80 per week. In the event of an injury or illness that prevents you working, the disability benefits payable will be \$100 per week, an increase of \$30 per week, for a maximum of 13 weeks.

This change was only applicable to current short term disability participants. Any employee who wishes to enroll in the short term disability program may apply for coverage during our annual election period at year end. Late applicant forms must be completed and approved by the insurance company before coverage is effective.

For additional information about the short term disability plan contact your Human Resource Administrator or the insurance personnel at your plant.



RoastBusters

Some suggestions for making summer a little more pleasant:

1. **Keep a cool head - wear headgear whenever you're in the sun for long periods.**
2. **Tan safely - apply sunscreen; the higher the number, the better.**
3. **Look good - save your eyesight with sunglasses that block ultraviolet ray penetration.**
4. **Drink to your health - take lots of liquids when working or playing outdoors.**
5. **Avoid the Lyme light - use repellents when roaming woods or tall grass. Check yourself often for tiny black deer ticks. Suspect Lyme disease and see a doctor if you develop a circular red lesion where you might have been bitten, especially if it is followed by a rash or flu-like symptoms.**



Employees Discounts

MEMORIALS

The family of Carolina Mills expresses their deepest sympathy to the family and friends of the following retired employees who recently passed away:

Lee Canipe,

a retired employee of Plant No. 5, who passed away on March 16, 1996.

Effie Mitchell,

a retired employee of Plant No. 15, who passed away on May 3, 1996.

Maggie Campbell,

a retired employee of Plant No. 12, who passed away on May 10, 1996.

Daisy Anthony,

a retired employee of Plant No. 12, who passed away on May 10, 1996

Nettie Bruce,

a retired employee of Plant No. 12, who passed away on June 4, 1996

Employee Discount:

The following items are available in the Human Resource Department

Health Book	\$5
Glass Mugs	\$7 (set of 4)
Ponchos	\$6
Umbrella	\$7

Carpet Samples

Actual carpet samples can be checked out from the Human Resource Department in Maiden. Maximum two week check out period.

Carolina Mills

CARPET OUTLET

Highway 7 in Ranlo, NC

Tuesday - Thursday: 10am - 4pm

Saturday: 9am - 12 noon

United Artist VIP Theatre Tickets

Discount theatre tickets are available for \$4.00 per ticket. Tickets may be used at any United Artist theatre.



ADULT:	\$25.40
CHILD:	\$16.55

Tickets valid April 20-November 3, 1996



- ° March 30 - May 30 Weekends only
 - ° June 1 - August 18 Open daily except for July 11, 25 and 26.
 - ° August 19 - October 6 Weekends only
- ADULTS: \$19.95
CHILD (4-6): \$13.45
SR. CITIZEN (55+): \$13.45
Children 3 and under admitted free.



ADULTS: \$23.00

YOUTH (10-15): \$18.00

Children 9 and under are admitted free with paying adult.



WALT DISNEY'S Magic Kingdom Club

Memberships Available

Walt Disney World's Magic Kingdom memberships are available from Human Resources. Members receive discounts on various services and activities at the park. Available by request only.

Chimney Rock

Adults: \$7.00

Children(6-15): \$5.00

Has your address changed?

To enable us to send the CaroLines to the proper person and address, please fill out the change form below, and mail it to our return address indicated on the newsletter. If you would like more than one person to receive the CaroLines, please indicate. We would also like to hear any comments you might have concerning the CaroLines.

NAME: _____

PO BOX OR STREET NUMBER: _____

CITY AND STATE: _____ ZIP: _____

COMMENTS: _____

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EDITOR: Kim Abernathy
REPORTERS: Human Resource
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