

Just Listening Helps At Women's Shelter

During the recently completed United Way fund drives, Adams-Millis employees pledged generously of their money.

However, many employees have given more than their monetary gift. Lynn Ream, a computer programmer-analyst in the Administrative Offices in High Point, is but one example. She volunteers several hours a week at the High Point Women's Shelter.

The shelter is a haven for abused or "battered" women and their children.

"Quite often I'm there just to listen to them talk about their situation," Ream explained. "At a time like that they need someone to listen."

She explained that the

problem of abused women continues to grow.

"There are new women there every week," she said. "And domestic violence cuts across all segments of the community."

Since volunteering at the shelter two years ago she has completed an eight-week volunteer training program which she said has helped her to better understand the shelter's purpose and how to break the cycle of abuse.

"It can be very frustrating at times," Ream noted. "You can work on building self esteem and confidence in the victim, see some progress and then see it all destroyed overnight."

The Cambridge, Ohio, native, who has lived in High Point three years, said her



Lynn Ream

volunteer work at the shelter is directed at making women feel better about themselves.

"I feel women need to be more independent," Ream said. "I stress that at the shelter."

She once felt "very negative" toward the men who abused their wives but added, "I now see that it's a

sickness that they are getting away with."

Ream said she became aware of the women's shelter through her church when she inquired about an organization that could use some items she wanted to donate.

Part of her efforts at the shelter is to assist with the "clothing closet" which was established for women and children who have to come to the shelter.

"Many of them come to the shelter with nothing more than the clothes on their back," she said.

Her efforts also are directed at children.

"Often the children in these situations are deprived," she said. "When living with the batterer they weren't allowed to have any

fun, so we take them to the park to let them run and play."

She also is a volunteer coordinator at the shelter, organizes monthly volunteer meetings and pot luck dinners to which past residents at the shelter are invited.

Since her involvement began, she said, she and Adams-Millis employees have talked to her about donating clothing and other items to the shelter.

Ream said she hopes her efforts have benefited women at the shelter, and have helped her, she said.

"What I see there makes me appreciate the husband I have. He's not an abuser," Ream noted. "I have a blessed and love life. I hope that I should share that."



At left, Plant 3 employees gather following United Way victory celebration. Below, Plant 4 employees celebrate United Way campaign success.

United Way

(Continued From Page 1)

that it can fulfill many of the human needs in the community."

Some plants conducted "victory celebrations" with special luncheons, prizes and celebrities upon completing their campaigns.

High Point radio personality Rod Davis of WMAG-FM was master of ceremonies at festivities at Plant 3 in Kernersville. WSJS-AM and WTQR-FM morning traffic reporter J. R. Snyder was on hand for the celebration at Plant 4 in Kernersville.

Plant 3 winners of steak dinners, car washes, movie tickets, gift certificates and other prizes included: Roby Pegram, Frances Whicker, Brenda Jones, Linda Tolbert, Billie Stack, Victoria Coldfelter, Keith Millikan, Janet Bassett, Tammy Joyce, Jo Ann Willard, Van Harrell, Steve Hentz and Tammy Siddle.



Also, Douglas Streetman, Sandra Rose, Tonya Scales, Charles Hutchins, Steve Spicer, Larry Young, Tonya Taylor, Pauline Webster, Donna Duggins, Karen Bullard, Marie Kidd, Patricia W. Smith and Chris Tucker.

Plant 4 prize winners included: Carolyn Pope, Marie Wright, Roxie Joyce, Ruby Hall, Belinda Norman, Sue Stevens, Polly Gray, Gaither Loy, John Pegran, Gary Swain, John Mabe, Ila Tudor, Annie Pack, Rebecca Jackson, Toni Pegram, Walter Freeman, Orvel Scott, Joni Harrison, Clara Avant, Patricia Butler, Kermit Brothers and Ricardo Barajas.



Blood Drives Net 140 Pints

Adams-Millis employees have been generous with their blood during recent blood drives.

Ninety pints were collected October 27 in Mount Airy with three employees,

Sarah Coalson, James Goad and Nancy Hornaday, becoming one gallon donors.

A November 12 blood-mobile visit in High Point netted more than 50 pints of blood.

Tom Craig, Plant 70, came a two-gallon donor. Three other employees, Tom Craig, Viola Lineberry and Mitzi Byerly, all of Plant 70, achieve VIP status in the blood donation program.