

Manage Stress With Relaxation

By ELLEN SCOTT

In our last edition we talked about stress, how it affects us and things we might do to relieve it.

Relaxation is an important aspect of stress management and an important part of our lifestyle.

Whether you choose reading, walking, watching television, fishing or doing nothing at all, relaxation can be very beneficial in reducing stress.

Relaxation not only makes you feel good, it also is effective in: 1 — decreasing heart rate; 2 — decreasing

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blood pressure; 3 — slowing the body so it can recharge; and 4 — releasing muscle tension and relieving body aches.

Though you probably have particular ways to relax that are enjoyable to you, the fol-

lowing technique called the "relaxation response" may also be helpful when you need to relax.

Read each step and follow the instructions and see if it works for you.

1. Sit quietly in a comfortable position.

2. Close your eyes. (Do not sleep!)

3. First, tighten all muscles in the body as tight as possible to the count of 10, then relax—let go all at once.

4. Breathe through your nose, deep breathe in, then as you breathe out, say "One" to yourself as you continue to breathe out. Breathe easily

and naturally.

5. Continue for 10 to 20 minutes. When finished, sit quietly for a few minutes before opening your eyes and getting up.

6. When distracting thoughts occur, try to ignore them and then return to breathing and repeating "One."

7. Make this a part of your daily routine. Practice the technique once or twice daily.

For some quick, simple tension release:

1. Get up, stretch, walk around.

2. Take several deep

breaths in and out.

3. Don't take yourself too seriously. Use your sense of humor. Laughter is an excellent tension releaser.

4. "Talk out" things that are upsetting you. Try not to hold them in.

5. Indulge yourself in a hobby. Remember to take a little time out each day just for you!

If you are interested in learning more about "relaxation response" you may want to consult your local library and look for *The Relaxation Response* by H. Benson, (William Morrow; New York, 1975).

Nine Plants Earn Aetna, A-M Awards

Nine Adams-Millis Corporation plants qualified for safety awards from the company and the Aetna Insurance Company for their 1985 records.

Adams-Millis President Robert Bundy presented the awards for plants which had operated throughout the year without a disabling injury.

Receiving the awards were Plant 1, High Point; Plant 4, Kernersville; Plant 6, Hickory; Plant 8, Franklinton; Plant 10, Kernersville; Plant 11, Mount Airy; Plant 33, Mount Airy; Plant 66, High Point; and Plant 70, High Point.



From Left, Seated, Wade Johnson, Ed Markushewski, Terry Hutchison; Standing, Jim Foster, Kenneth Hatcher, Doug Streetman, Dennis Hodges, Gary Swain and Robert M. Bundy, Jr.

New Employees

Greg Trolliner, Yarn Warehouse and Trucking Manager, High Point.

Robert Gates, Project Engineer, Industrial Engineering, High Point.

Arleen Daniels, Executive Secretary/Administrative Assistant, Administrative Office.

Pat Carlton, Credit Assistant, Administrative Office.

Sandy Duncan, Credit Assistant, Administrative

Office.

Donna Darden, Senior Data Entry Operator, Administrative Office.

Penny Hester, Outlet Store Manager, Plant 3, Kernersville.

Sandra Green, Sales Stock Clerk, High Point.

Crystal Carson, Data Entry Clerk, Plant 3, Kernersville.

Brenda Jones, Secretary/Time Study, Plant 3, Kernersville.

'85 Safety Awards

Twelve Adams-Millis Corporation plants received awards for their 1985 safety records from the N.C. Department of Labor.

Adams-Millis plants cited for 1985 included: Plant 1, fifth year; Plant 2, first year; Plant 3, fourth year; Plant 4, sixth year; Corporate Office, first year; Plant 6, first year; Plant 8, fifth year; Plant 10, second year; Plant 11, first year; Plant 66, Warehouse, second year; Plant 70, Maintenance, fourth year; Plant 33, second year.

Supervisors Honored

Many Adams-Millis Corporation supervisors received awards for their 1985 safety records.

Plant 1: Randy Stone, Jimmy Carrick, Jimmy Michael, David Howell.

Plant 7: Austin Hutto, Dallas O'Neal.

Plant 8: Wade Johnson, Carol Hart, Pat Young.

Plant 66: Shipping: George Neal.

Plant 70: Ed Markushewski, Ernie Kearns.

Plant 75, Sample Department: Gloria White.

Plant 2: Clifford Inman, Craig Dickens, Harry King, Kenneth Hatcher.

Plant 3: Ed Baker, E. Ray Willis, W. Doug Shelley, Carroll E. Lineback, W. Joe Justice, Robert D. Hoots, Dale A. Southern, Danny L. Jones, Larry M. Strader, Becky Lewis, Michael K. Sell, Buddy Taylor, Gail W. Warren, Leonard R. Taylor, Coy H. Bolick, Zona W. Carter, James M. Foster, Ann S. Hoover, G. Dot Clark, M. Louise Hester, Billie K. Stack, David Atkins, Harold L. Little.

Plant 10: C. Doug Streetman, E.C. Tatum, Bobby M. Dills, Gail R. Robertson, F. Tommy Bennett, Lisbeth L. Agee.

Plant 4: Harvey S. Stack, Michael E. Smith, Jeanette B. Surface, June Reynolds, Henry Smith.

Plant 6: William Finch, Henry West, Marie G. Bolick, Loretta P. Brown, Deborah S. Sprouse, F. Steward Dula, Geneva F. Fowler, Betty L. Bobbitt, V.J. Johnson, William Whetzel, Paul Wise.

Plant 11: Sally Utt, Harold Moorefield, Betty J. Hooker, Stephen D. Marsh, Bill E. Harmon, Virginia F. Nunn, Everett L. Hawks, Kenneth Carter, Timothy Beasley, Wade Felts, Steven Hodges, Folger Montgomery, Marvin Hutchens, Carol Lawson.

Maro

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the full spectrum of the population from the mass market to the top of the line speciality shop, is believed to be the widest variety provided by any hosiery maker. The company now provides hosiery products for all ages, sizes and sexes.

"I'm delighted that we have done this," Bundy said in connection with the recent purchase. "I'm excited about the future of the corporation. It should benefit both previous Maro and Adams-Millis employees."

The purchase is Adams-Millis' fourth in as many years, beginning with Socksmith in 1983, then fol-

lowed by Silver Knit in 1984, Hanes Socks in 1985 and Maro this year.

"We have been acquiring markets and distribution with these transactions," Bundy said. "Although there is some overlap with Maro and Adams-Millis, it does broaden our base."

He said the idea of the Maro purchase by Adams-Millis has been in the works for about five years but hard negotiations began in the fall of 1985.

Bundy explained that Maro Hosiery grew out of the efforts of a 12-year-old boy.

Max Rounick, for whom Maro was named, was a Russian immigrant whose family

sent him to the United States in the early 1900s to join his sister who was living in Philadelphia. He was to go to school but instead went to work selling newspapers on the square in Philadelphia.

The newspaper sales were made in the morning and afternoon. In the middle of the day Rounick began selling socks from his newspaper cart.

From that business Maro emerged to become the country's largest hosiery jobber. By the early 1960s Maro had become so large as a jobber that the company expanded into manufacturing to insure its inventory supply. Its first

operation was Influential Hosiery in High Point.

The Rounicks sold Maro in the mid-1960s to Spartan Industries which sold the company in 1970 to Norman Weiss, Rounick's son-in-law. In the next 15 years Maro tripled its size.

The company's sales offices occupy the entire 38th floor of the Empire State Building in New York City.

Along with Weiss, key Maro officials include Harvey Arnel, General Sales Manager; Stan Berg, Manager of Ladies Sheer Sales and President of Temptation Hosiery Mills; Ann Derrico, Treasurer and Controller; and Jerry Piper, Director of Manufacturing.