

A Chat With The Chairman

Maintaining good health is extremely important. Without good health we just don't have very much.

We can't be productive. We can't enjoy life.

It has been shown that maintaining good health is much easier than restoring one's health after it has declined. It's the old "ounce of prevention is worth a pound of cure" theory. But it's true.

With that in mind, we encourage everyone in the Adams-Millis Family to get involved in whatever is necessary to keep you healthy -- both physically and mentally. I can tell you this is not always easy.

I'm sure we all have some habits that aren't good for us. I do. One in particular is smoking.

As some of you know I gave it up about 18 months ago. I just threw my cigarettes away. It was easy because I was mentally prepared to do that.

But some time later, I resumed that awful habit. Now I'm trying to quit again. It is not as easy this time.

I share this with you because I'm sure some of you have gone through this situation or may experience it in the future. For those who have quit, I applaud you. For those who have tried but have not yet succeeded, I commend you and wish you well. It is not an easy thing to do.

And for those who smoke and plan to quit, I encourage you. It likely will not be as simple as Mark Twain made it sound. When advised by his doctor that he should stop smoking, Twain replied resolutely and without hesitation, "I will."

The doctor questioned Twain as to how he was so certain that he could break the habit.

"I know I can," Twain answered. "I've done it a thousand times."

I'm sure I will feel better and be healthier when I break the habit. That's one way I can contribute to the campaign for "wellness" in Adams-Millis. I'm sure each of us can make a similar contribution to our own good health.

I encourage each of you to participate in a health fair either within Adams-Millis or through an organization in your community. I also hope you will begin some activity to promote your own physical fitness such as walking, jogging, swimming, bowling, or tennis.

And as for any habits harmful to your physical or mental well being, try to break them.

Finding a new fitness activity is easy. Breaking the old habits is the hard job.

J. H. Millis



The President Corner

Every where we look there is competition -- in sports, business, academics, even among individuals. Competition truly surround us.

It brings out the best in us.

So often we have seen in athletic competition how a person, faced with tremendous odds, an athlete reaches beyond normal boundaries to achieve what seems to be impossible.

Tremendous satisfaction and exhilaration follow a great accomplishment.

Competition in business is much the same as it is in sports. We sometimes are faced with tremendous odds against us. That's what when each one of us must reach beyond normal boundaries to achieve what seems to be impossible. It requires extra effort, that super strength, that determination and dedication to purpose to perform at our very best.

At Adams-Millis we are constantly faced with strong competition -- new products, lower priced products, new service capabilities, from both foreign and domestic companies.

In order to overcome these challenges we must rededicate ourselves to our individual tasks. The Adams-Millis Family works as a team. Just as in sports, if each member of the team does his individual job in the best way possible then the team product is the best it can be.

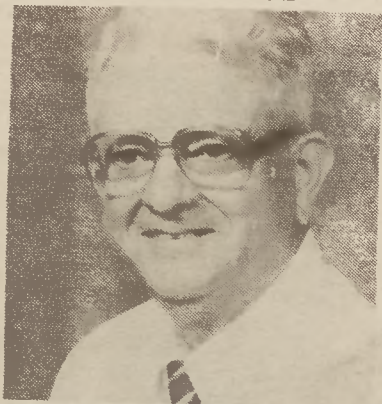
It covers the concept of new products, design, production, packaging, quality control, sales and service and delivery to the customer. We are all a part of that effort.

We have all seen how the Adams-Millis Family can dedicate itself to a challenge. The most vivid example followed the fire in Kernersville. We set records in adverse conditions.

As we are faced with increased competition, I'm sure everyone will rededicate himself to that challenge. Adams-Millis will continue to be the leader of the industry.

Robert M. Brundy

Amco News Introduces



Thurman Millikan
Assistant to Sr. Vice President
Manufacturing

AMCO NEWS

July 1987

Vol. 43, No. 2

AMCO NEWS is edited and produced quarterly by Adams-Millis Corporation, 225 North Elm Street, High Point, North Carolina. Contributions, comments and suggestions are always welcomed by your staff.

Jackie Barnard, Editor

Walk For Fitness

About 25 persons from the Administrative Offices in High Point participated in a month-long walking program which began May 19.

The program, co-sponsored by Adams-Millis and the High Point YWCA, was conducted to generate interest in personal fitness among employees.

Cathy Edwards, YWCA Fitness Director, led the program and provided information to participants on the correct methods for walking, proper footwear and warm up and cool down exercises.

"This program was extremely successful in that it generated a lot of enthusiasm in walking and other exercise to promote fitness," said Ellen Scott, Adams-Millis Health and Safety Director. "We hope the enthusiasm is catching and that more people will begin

their own exercise programs."

A walking club is being considered in the future as well as incentives to be offered for completing 100, 200 and 300 miles of walking.

Persons interested in participating should contact their personnel department.

Credit Union

You owe it to yourself to check out the many features of Members Credit Union. Start getting the most from your money.

Where else can you get "free life insurance" equal to up to \$2,000 of your combined checking and savings balance? Who else gives you up to \$10,000 in FREE credit life insurance on the combined balance of most loans?

When you qualify for a VISA credit card you come

out way ahead. Unlike most financial institutions, Members Credit Union charges no annual fee and keeps interest payments as low as possible.

When you put your money to work at Members Credit Union, you benefit as a member and as an owner in a thriving financial institution.

Why not sign up today? Contact your plant representative for an application.

First Aid Classes

Several employees at Plants 3, 4 and 10 recently completed first aid classes taught by Bill Dameron, safety representative with the N.C. Industrial Commission.

Participating from Plants 3 and 10 were David Atkins, Faye Lawson, Billie Stack, Coy Bolick, Louise Hester, Gail Robertson, Alesia

Smith and Peggy Jones.

Plant 4 participants included Ila Tudor, Medlin, Charles Jonathan Larrimore, Hedgecock, Mary S. and Willie Wilson and Kathleen

Photo Contest

Share your vacation photos with the Adams-Millis Family. You could earn a prize for the best photo.

Send us your best photo which you shot during your vacation this year.

Prizes to be awarded to the winners of the best photos submitted. Prizes include a U.S. Savings certificate to any Adams-Millis Outlet Store, Adams-Millis T-shirt, Adams-Millis mug, Adams-Millis calendar.

Winning photos published in the July issue of the Amco News.

Entry deadline is August 15. Include your name and a brief description of the photo. Send to: Amco Photo Contest, P.O. Box 268, High Point, N.C. 27261.

Good shooting!