

# Service Anniversaries

## 35 Years

Claudette Bevan, Corporate Offices

## 30 Years

Louis Bowman, Mount Airy Plant  
Phyllis Scott, Mount Airy Plant  
Clara Sink, Distribution  
Buddy Taylor, Product Development  
Mary Tolbert, Mount Airy Plant  
Pat Willard, Mount Airy Plant

## 20 Years

Linda Corns, Kernersville Knitting  
Catherine Easter, Mount Airy Plant  
Roy Edwards, Influential  
Brenda King, Mount Airy Plant  
Marilyn King, Corporate Offices  
Carol Lawson, Mount Airy Plant  
Kathery Lineberry, Kernersville Knitting  
Janie Pegram, Kernersville Knitting  
Raymond Smith, Mount Airy Plant

## 15 Years

Mary Boles, Kernersville Knitting  
Ronald Combs, Mount Airy Plant  
Craig Cox, Mount Airy Plant  
Kenneth Easter, Mount Airy Plant  
Teresa Holt, Mount Airy Plant  
Martha Milliken, Influential  
Valee Moore, Influential  
Janet Thompson, Mount Airy Plant  
Donald Wright, Kernersville Knitting

## 10 Years

Janice Arnder, Mount Airy Plant  
Ricardo Barajas, Kernersville Knitting  
Ronnie Bowman, Mount Airy Plant  
Linda Cockerham, Mount Airy Plant  
Earnestine Collins, Mount Airy Plant  
Robin Fine, Kernersville Knitting  
Suzanne Fletcher, Kernersville Knitting  
Cynthia Fowler, Kernersville Knitting  
Allen Graves, Mount Airy Plant  
Diane Harper, Kernersville Knitting  
Ruth Hawks, Mount Airy Plant  
Betty Hodges, Mount Airy Plant  
Theresa Jefferys, Kernersville Knitting  
Cheryl Johnson, Mount Airy Plant  
Dorothy Jolly, Influential  
Evelyn King, Mount Airy Plant  
Linda Leach, Corporate Offices  
Betty Lowe, Mount Airy Plant  
Ruth Payne, Mount Airy Plant  
Jackie Redding, Influential  
Michelle Smith, Mount Airy Plant  
Mary Turnage, Influential  
Iva West, Influential

## 5 Years

Harris Badgett, Corporate Offices  
Faith Burnette, Kernersville Knitting  
Tina Collins, Distribution  
Ricky Hawks, Mount Airy Plant  
Beatrice Holmes, Influential  
Annie Jenkins, Influential  
Derrick Jennings, Mount Airy Plant  
Lesia Jennings, Mount Airy Plant  
Benjamin Montgomery, Mount Airy Plant  
Montez Smith, Distribution  
Rosa Smith, Influential  
Stephen Smith, Corporate Offices  
Ruby Underwood, Mount Airy Plant  
Reba White, Mount Airy Plant  
Nellie Wilson, Influential



CLAUDETTE BEVAN



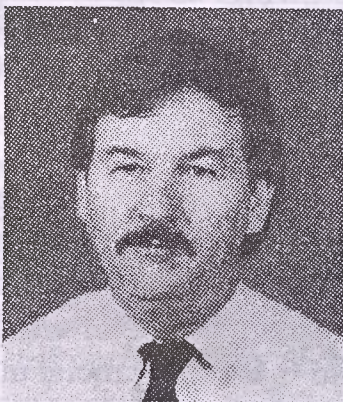
LOUIS BOWMAN



LINDA CORNS



CATHERINE EASTER



ROY EDWARDS



BRENDA KING



MARILYN KING



CAROL LAWSON



KATHEY LINEBERRY



JANIE PEGRAM



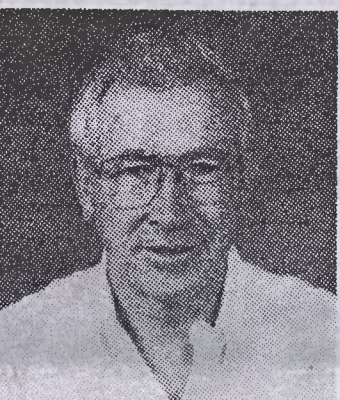
PHYLLIS SCOTT



CLARA SINK



RAYMOND SMITH



BUDDY TAYLOR



MARY TOLBERT



PAT WILLARD

## In Memoriam

Willie D. Brown  
Retired

Dura Browning  
Retired

Harley Greenhill  
Retired

William Gurley  
Dep. of Juanita Gurley  
Influential

Henry D. Haselden  
Product Development

Daphne Hensley  
Retired

Avalee Hill  
Retired

Mildred Robbins  
Retired

Dossie Stephens  
Retired

Louisa Tolbert  
Kernersville Knitting

Mary Young  
Retired

## Retirements

Betty Brown Adkins  
Silver Knit

Ruth Albertson  
Silver Knit

Levaughn Ashley  
Silver Knit

Nancy Bethea  
Silver Knit

Stanley Bryant  
Silver Knit

Nancy Bull  
Kernersville Annex

Jack Burks  
Truck Driver

William Coleman  
Kernersville Knitting

Yvonne Little  
Silver Knit

Henry D. Neal  
Kernersville Knitting

Shirley Nifong  
Kernersville Annex

Dallas O'Neal  
Silver Knit

Raymond Riggs  
Mount Airy Plant

Ida L. Shelley  
Silver Knit

Verna Terrell  
Silver Knit

Faye York  
Silver Knit

# Feeling Good About Yourself

By Jeanne Smith  
Health Services Manager

Positive attitudes and high self-esteem help people feel good about themselves.

Attitude is another way of saying "state of mind." A positive attitude is when you feel enthusiastic, hopeful and full of energy. You try hard to do what's expected of you and often succeed. Even when things are difficult, you try to do your best. You set goals for yourself and try to meet them.

The opposite of a positive attitude is a negative attitude. Some people have negative

attitudes occasionally, and some have them all the time. These people feel grumpy, look sloppy, perform carelessly, and don't add much that's good to work or home. They may

get bored, tired or discouraged easily.

People with high self-esteem like themselves and feel proud of who they are. They feel good about their friendships, work relationships and families. They know that people usually like them.

They are able to let go of situations they can't control, but they take action if it can help.

People with low self-esteem often were told negative things

about themselves as children. When they grow up, they need to learn to improve their self-esteem.

Attitude and self-esteem work together. If you feel good about yourself, you'll expect to do well. You'll try hard because you expect it to be worth your effort. When you succeed, it reinforces both your high self-esteem and your positive attitude.

The opposite is true, too. If your self-esteem is low, you don't feel that anything you do will be appreciated. So you don't try. When you don't try, you don't do well. Both your self-esteem and your attitude sink.

Improving self-esteem and attitude takes some effort. Start with two lists: one, things you

like about yourself and two, things you don't like. Include things like "I'm friendly" on the first list, and "I put things off" on the second.

Then, ask two people who know and like you to help you add things to the list of things you like. Your goal is for the first list to get longer than the second list.

Next, practice saying the things you like to yourself several times each day. It may help to write them on a card and leave the card where you can see it.

Do the same exercise with your positive and negative attitudes. Practicing positive self-esteem and attitudes, you'll be a winner on and off the job!



SMITH

# Credit Union Expands

Credit union services will become available to additional Adams-Millis employees in March as Sara Lee Credit Union expands to all company locations.

An Automated Teller Machine (ATM) will be installed at the Mount Airy plant, giving Adams-Millis its second workplace ATM. The other ATM is located at the Barnwell plant, the only other location with enough employees to warrant a terminal.

In addition, membership in the credit union will be opened to Adams-Millis employees at Kernersville and High Point locations. Employees who belong to Members Credit Union can continue their memberships. Sara Lee Credit Union membership is already available to employees in Mount Airy and Barnwell.

With a Sara Lee Credit Union ATM card, members can use any SLCU 24 ATM or ATMs worldwide that display the HONOR, EXCHANGE or CIRRUS symbols. Accounts can be accessed with the card and a personal identification number or PIN.

The ATMs may be used to withdraw funds from your savings or checking account or transfer funds between accounts. Deposits may be made through direct deposit of payroll, at a Sara Lee Credit Union office or at one of the growing number of Credit Union Service Centers. In North Carolina, service centers are located in Greensboro, Winston-Salem, Charlotte and Durham.

Accounts also can be accessed at anytime of the day or night through SLCU INFO 24. This is an automated telephone service which allows you to get immediate and confidential information, make transfers and request savings withdrawals by check. All you need is your account number, PIN and a touch-tone telephone.

Sara Lee Credit Union offers a wide range of consumer financial services, including regular savings and checking accounts, Christmas Club/vacation accounts, money market investments and Individual Retirement Accounts.

Members are part owners of the credit union, and profits are returned in the form of higher dividends on savings and lower interest rates on loans.