

## Miranda Brooke Long born August 5

Mr. and Mrs. Bert A. Long of North Augusta, S.C., announce the birth of a daughter, Miranda Brooke, August 5 at University

Hospital, Augusta, Ga. Mrs. Long is the former Cindy Brackett of Kings Mountain. The baby's maternal grandpar-

ents are Mr. and Mrs. Clyde Wood of Kings Mountain. Paternal grandparents are Mr. and Mrs. Elwood S. Long Sr. of Pilot Mountain.



**EXERCISING FOR TWO** - These Moms-to-be exercise for two during prenatal classes on the job at CleveMont Mills. The class is a pilot program underway here, and if successful as anticipated, will be held in all Fruit of the Loom plants nationwide. From left, Sharon Blanton, Pamela Boone and Jean Clark.

## Pregnant women exercise on job

A pilot program for Fruit of the Loom's 30,000 employees is underway at the Kings Mountain CleveMont Plant where a dozen soon-to-be Moms are enrolled on-the-job in prenatal classes.

Exercising for two on Tuesday, the pregnant employees took their lunch hour to learn when and how to exercise for their own good and the good of their unborn babies. At 1 p.m. they reported back to their jobs in the plant.

The first baby from the group was born to Richard and Ann Mudd Tuesday morning at 1 a.m. at the hospital. Richard Lee Mudd IV weighed 7 pounds three ounces. Mrs. Mudd and all other new moms in the program receive infant car seats from the plant.

The prenatal class was started July 16 because CleveMont management "likes kids," according to Plant Manager Pat Carter. It will continue for three months every other week on Tuesday during lunch periods with Joy Fox, Teresa Dowda, first aid technician Kathy Hunt and Wellness coordinator Rita Lawing as instructors in such topics as good nutrition, fitness, what to do about stress, company insurance benefits, and informational materials from the March of

Dimes, the Governor's One on One, "First Step For Baby" program and other materials on good habits for baby's health.

Sharon Blanton is expecting her first baby August 25 and she plans to work up to the date of delivery. Jean Clark is expecting her second child in January and Pamela Boone is expecting her first child in January. Other members of the class are Pam Benningfield, Marcella Burch, Helen Jean Clark, Robin Crigger, Donna Childers, Khatsamone Himpathanh, Rebecca Black, Tammy Tipton, and Melissa Roberts, the newest member of the group. One member of the group became pregnant after she joined the class. Half the group are first time mothers.

Wellness Coordinator Rita Lawing said the program will end with "Happy baby hour" for new fathers and new mothers on September 17. The fall class starts October 1.

Lawing said the benefits of a successful program are three fold: more healthier babies, happy employees who know that their employers care enough about them to safeguard their health; less lost time out and cuts in insurance costs if children are born full term in-

stead of premature. One benefit is that the pre natal class member doesn't have to clock out when she goes to the doctor's offices from her job. Medical questions or problems are referred to local physicians who support the classes wholeheartedly.

"This one on-one program is working well and we probably are the only industry in this area with a prenatal program," said Lawing, who said similar programs are held by Fasco and Doran Textiles in Cleveland County.

The local plant employs 700-plus employees on three shifts. Fruit of the Loom employs nearly 4,000 in the Carolinas and 30,000 nationwide.

"Kids are our main concern," said Carter, who said that the local plant has been a leader two years in March of Dimes walk-a-thons for children with birth defects. "The fact that we care for our employees is well known in the various programs we plan for them."

CleveMont holds classes on-the-job for employees wanting to finish their high school education, sponsors Red Cross bloodmobile visits on a regular basis, and participates in Textile Olympics, among other things.

## Textile Olympics set at KMHS

Textile plants are gearing up for the big Cleveland County Textile Olympics October 19 at John Gamble Stadium and the first event will be a golf tournament September 28 at 7:24 a.m. at Riverbend Golf Course.

Fourteen four-some teams have signed up by Riverbend golf pro and manager Phil Wallace, J.C. Hall from CleveMont Mill and

Howard Greene from Doran Textiles.

In-house competition at the various plants will include volleyball, golf, horseshoes, and ping pong and there will be 12 areas of competition, including crafts, baking, one mile fun runs, softball throws, relay races, tug of war, softball games, basketball throw, and 1/2

mile walk.

Rita Lawing, Wellness Coordinator at CleveMont, is chairman of the event and other members of her committee are Amy Barrett, Frank Wilkins and Bill Procter, all of Doran Industries. Randy Patterson, of Grover Industries, is textile committee chairman.

## Businesses plan 'After Hours'

Phillips & DuPont Optical and Southern Bell will host the Kings Mountain/Cleveland County Chambers of Commerce "Business After Hours" Thursday, August 22, from 5:30 until 7 p.m. at Kings Mountain Holiday Inn.

Both companies will display their products and services and one of the highlights of the evening will be Southern Bell's display of

high definition TV and Phillips' slides of the various manufacturing steps involved in making a compact disc. Examples of each stage of disc manufacture will be on display.

Chamber secretary Lucille Williams said that the program is open to all members of the Chamber of Commerce and the after-hours discussion of high tech

business should be quite interesting.

The PDO plant is located on U. S. 29 south near Grover and is one of the largest compact disc manufacturers in the United States.

Both the Kings Mountain Chamber and Cleveland County Chamber of Commerce are encouraging all their members to attend.

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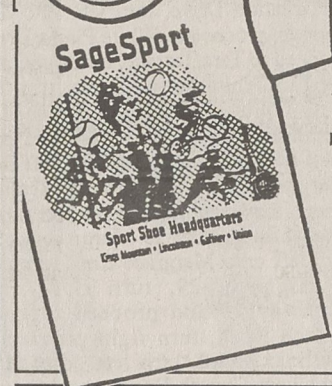


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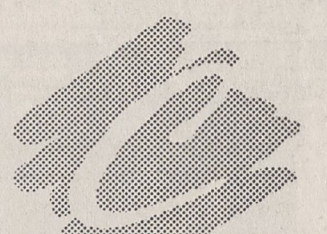
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