



# Woven Threads

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## A Message From The President

The year 2009 has certainly been a challenging one in the business life of our company. The first half of the year, we were not able to run all of our equipment because we were trying to keep inventories at a manageable level and orders for the types of cloth that we can produce were hard to find. But as the economy seemed to bottom out mid-year, our outlook started to improve and by third quarter, we had most of our looms running five days. Then, in early December, we had an increased demand for several of our product lines and the plants will need to run additional hours through the end of the year to meet that demand.

At this time, the potential looks good for our business to remain strong into the first half of the year. I realize that it can be very stressful to operate this way and I also understand how difficult it can be to operate our plants with so many

styles, yarn counts and blends. Many of you might remember a time when we had five or six styles and one yarn count in each plant – those were the good old days – but unfortunately, we will probably not ever see that scenario again in our business. Consumers now dictate the markets and they change their minds quite often, so change is pretty much constant. It has been our ability to adapt to those changes that has kept us competitive and able to continue to operate our two plants when other facilities have been forced to shut down. Thank you for your hard work and dedication – it is only with your help that we will be able to continue to be successful.

Merry Christmas and best wishes for 2010 to our retired employees. Your loyalty and commitment through the years has been the building block for any success that our company has realized.

This continues to be a difficult year for many in our community with unemployment at a high level and jobs still scarce. There will be many who will need a helping hand just to buy food and keep heat in their houses during this winter season. Please remember those in need and assist them as you are able, either with material items or just by being there to help them with a task, with food or a kind word. We are all blessed many times over by being able to live in a country where we have the freedom to choose where to live, work and worship as we wish and we should be thankful and share these blessings with others as we can.

Thank you again for your hard work and may you and your family have a wonderful Christmas. Let us all look forward to the opportunities that await and may God bless our families, our company and our country in 2010.

*May the spirit of Christmas bring you peace,  
The gladness of Christmas give you hope,  
The warmth of Christmas grant you love.*

*Author unknown*

*Love is what's in the room with you at Christmas if you stop opening presents and listen.*

*Author unknown*



## Employees Celebrate Winter Birthdays



### January Birthdays

Ricky Allred Jr.	Shawn Cody	James Guilmette	Duck Jones	Michael Parris
Sherwood Blanton	Lillian Coffey	Judy Harris	Jennie Jones	Joel Seals
Mike Brittain	Veronica Davis	Keith Humphries	Roy Lockett	Charlotte Upton
Maurice Burris, Jr.	Russell Fortenberry	Raymond Huskey	Adam Mann	Ronnie Wessinger
Ray Chalk	Ricky Gay	Annie Johnson	Mario Martinez	Mary Wyatt
Thomas Clark	Caryn Graham	Gina Jolley	Roger McAbee	

### February Birthdays

Randy Arrowood	Anita Foxx	Ruby Kelly	Amanda Mathis	John Reed
Clark Baker	Linda Franklin	Jerry Knighten	Billy McDaniel	Donnie Tate
Ernest Blanton	Thomas Greene	Renee Knox	Brian Parker	Jim Westmoreland
Ruby Bolin	Sylvester Gregory, Jr.	Leslie Martin	Kim Phillips	Ricky Whisonant
Valentine Edwards	Diane Heavener	Franklin Martin, II	Edward Pittman	Donald Wyatt
Steve Emmerth	Michael Horne			

### March Birthdays

Richard Atkins	Lillie Hammett	James Lail	Rhonda Mullinax	Tina Robbins
Kevin Blackwell	Rachel Harrelson	Teresa Looney	Bobby Parker	Alton Scruggs
Joe Bonner	Frances Harris	Wayne Mason	Sam Petty	Karen Upchurch
Wesley Bradley	Earl Harvey	Clarence Messer	Santos Ramos	Charlie Varner
Toney Carroll	Amber Hylar	Karen Montgomery	Dennis Ray	Johnny Whitaker, Jr.
Ronald Dover	Yvonne Jones	Janice Mullinax	Tony Rayfield	Donald Yelton
Leslie Duffie	Albert Kinney	Karen Mullinax		



## NP Notes by Teresa Martin

Hamrick Mills' healthcare system for employees who participate in the health insurance plan offers a level of care that can ensure adequate and accessible healthcare. One of the benefits of the program is having accessibility to the nurse practitioner, who serves as a partner in your healthcare along with your family physician and specialty care providers.

Your healthcare begins with a health risk assessment which is done annually at the health fair. Attending this event is most important because

this is where we get the information about health conditions like high blood pressure, diabetes and high cholesterol levels that need to be addressed in the clinic.

This year's health fair was held in November. Healthstat mails the results of the health risk assessment to each employee advising him/her on how often he/she needs to see their family physician or the nurse practitioner. It is of the utmost importance that you follow up on the recommendations. If you choose to see the nurse practitioner, she will work with you to decide the best course of action. Please call Frankie or Lora in the human resources department at 864.487.6288 to schedule an appointment.

## T. Rowe Price Drawing Winners

Employees who attended the T. Rowe Price annual educational meetings the end of September and first of October were also eligible to win a \$50 gift certificate to Lowes. Congratulations to the following drawing winners:

### Musgrove Plant

- Edward Benton
- Cora Tessneer

### Hamrick Plant

- Mike Elder
- Jan Hall

*"In religion, do not believe your doubts, nor doubt your beliefs."  
January 27, 1913*

## Hamrick Mills Employee Appreciation Dinner



There were lots of smiles and a generous helping of socializing as Hamrick Mills honored their employees at the Annual Employee Appreciation Dinner on December 2.

*"Get sunshine into your thoughts and it will make the day brighter no matter what the weather outside."  
October 3, 1913*

## Congratulations To Our \$500 Savings Bond Drawing Winners

Hamrick Mills recently offered a neat incentive that drew the attention of all employees. The company announced they would hold a drawing for a \$500 savings bond at each plant. All employees' names were automatically entered into the drawing.

In addition, if you attended the health fair and had blood work done, your name was entered again. If you participated at a certain level



Left to right, Wardlaw Hamrick, Hamrick Plant Manager, Leslie Childers, drawing winner, and Wayne Crossley, spinning department manager.



Left to right, Ben Keller, Musgrove Plant Manager, Cornelious Gregg, drawing winner, and Gene Phillips, supervisor.

in the United Way Campaign, your name was entered a third time. This gave employees very good odds at winning.

Congratulations to the winners:

- Leslie Childers Hamrick Plant
- Cornelious Gregg Musgrove Plant

## Spotlight On SAFETY- Getting Back To Basics

Common sense and good housekeeping go hand-in-hand. It's the little things we do each day on the job and at home – the ones that just come naturally - that keep our environments safe.

Concentrating on the basic things can make a big difference when it comes to avoiding accidents on the job. It's important to keep work areas neat and orderly, maintain halls and floors so they are free of slip and trip hazards, and remove waste materials such as paper and cardboard and other fire hazards from work areas. Good housekeeping is a basic part of

accident and fire prevention.

So how can you help? By being aware of your surroundings and ready to identify something that isn't right. If an employee is performing his/her job unsafely, show them the correct way to do it or report it to your supervisor. Ignoring the situation could result in an injury. When you see a spilled substance, wipe it up. Stay focused so you can readily spot when something is out of order – something that could be a potential hazard that could cause an injury. When effective housekeeping becomes a task that

you automatically perform, the benefits are numerous.

- Fewer tripping and slipping accidents
- Decreased fire hazards
- Better control of tools and materials
- More efficient equipment cleanup and maintenance
- Better hygienic conditions leading to improved health
- More effective use of space
- Reduced property damage by improving preventive maintenance
- Improved morale

### Hamrick Mills Announces New Health Insurance Provider

Effective January 1, 2010, Blue Cross Blue Shield will be Hamrick Mills' health insurance provider. The benefits and the premiums will remain the same.

[Here are some important contact numbers:](#)

Blue Cross Blue Shield of SC:

[www.southcarolinablues.com](http://www.southcarolinablues.com)

Claims/Customer Service – mailing address:

Blue Cross Blue Shield of SC, PO Box 100300,  
Columbia, SC 29202

Health Claims Inquiries and Customer Service:

Local – members only 1.803.264.0015

Toll free – members only 1.800.760.9290

Specialty Pharmacy 1.866.513.5214

Mental Health and Substance Care:

From the Columbia area 1.803.699.7308

All other areas 1.800.868.1032 ext. 25317

Pre-admission certification for medical and surgical admissions:

From the Columbia area 1.803.736.5990

From all other locations 1.800.327.3238

Pre-authorization for MRIs, MRAs, CT Scans,  
or PET Scans: 1.866.500.7664



### Burnt Biscuits

When I was a little girl, my mom liked to make breakfast food for dinner every now and then. I remember one night when she had made breakfast after a long, hard day at work. On that evening, my mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed. All my dad did was reach for his biscuit, smile at my mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that biscuit and eating every bite.

When I got up from the table

that evening, I remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said, "Baby, I love burned biscuits."

Later that night, I went to kiss Daddy good night and asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Momma put in a hard day at work today and she's real tired. And besides, a little burnt biscuit never hurt anyone."

You know, life is full of imperfect things and imperfect people. I'm not the best housekeeper or cook. What I've learned over the years is

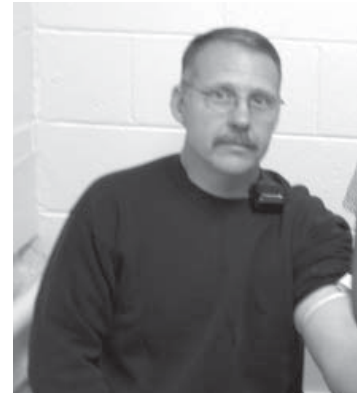


that learning to accept each other's faults and choosing to celebrate each other's differences is one of the most important keys to creating a healthy, growing, and lasting relationship.

My prayer for you today is that you will learn to take the good, the bad, and the ugly parts of your life and lay them at the feet of God because in the end, He's the only One who will be able to give you a relationship where a burnt biscuit isn't a deal-breaker. We could extend this understanding to any of our relationships, be it marriage, domestic partnership, parent, child or friend.

*...anonymous*

## Hamrick Mills Health Fair - Helping Employees Stay Well



Employees at the Hamrick Plant and the Musgrove Plant had the opportunity to attend the annual health fair in November to learn about preventative methods for staying healthy, have their blood pressure checked and have blood work done.

### United Way Thanks Employees

Hamrick Mills recently received a letter from Libbie Cheek, Cherokee County Relationship Manager for the United Way of the Piedmont, thanking all employees for their generous support. "Last year, a total of \$208,000 was invested into twenty-two proven effective and efficient programs that serve Cherokee County and our residents," she said.

Three priority initiatives have been adopted that the United Way believes to be at the core of countless social and economic problems facing our community: adolescent pregnancy prevention, financial stability, and early learning and literacy. "Gifts both large and small make it possible for the United Way to improve lives right here in Cherokee County," added Cheek.

### How Long Does It Take To Burn Calories?

You're hungry and in a rush. You open the refrigerator door and spy two options – an apple or a candy bar. You know that the apple is better for you, but how much damage could one candy bar really do to your ongoing effort to keep your weight under control?

Ah, here's the dilemma. One way to gauge the number of calories in a given food item is to connect it with the amount of exercise it takes to burn off those calories. When you look at calories this way, you'll quickly realize that the minor food decisions that you make throughout the day – an apple or candy bar, a bowl of strawberries or a bowl of ice cream, a glass of water or a can of soda – can result in huge swings in calorie consumption, without any benefit in terms of how well your hunger is satisfied, and to the detriment of your health.

Here are several examples: A person weighing 125 pounds would have to walk 65 minutes to burn off a two ounce Snickers bar which has 271 calories. If that person ate an apple instead, the walk time is 17 minutes. A 225 pound person would have to walk 16 minutes if they ate the candy bar and 4 minutes if they chose the apple. A 175 pound person eating a cup of vanilla ice cream with 274 calories would need to walk 48 minutes but if that same person ate a cup of strawberries with just 53 calories, they would have to walk only 9 minutes.

source: [www.HealthLetter.MayoClinic.com](http://www.HealthLetter.MayoClinic.com)



### Christmas Search Puzzle

B L E S S I N G S I S O U P  
 E E S C E R D A G N H J R O  
 L Y T V A B C A O E E A L I  
 L A O H K N M Y P C P M Y N  
 S L C J L C P O F A H C Y S  
 C S K F L E G N A E E F E E  
 A E I D L I H C L P R E K T  
 X L N O B F O E H A D O N T  
 H D G R E G N A M M S T O I  
 T N E P O H E A R T J E D A  
 A A B U S O V B T A F L S N  
 E C A R O L I N G I T T G B  
 R H R M T L A G L R V S R E  
 W E N A C Y D N A C D I A P  
 B E C I O J E R H N O M T C  
 E E R T S A M T S I R H C Y



### Employees Celebrate Service Anniversaries

Congratulations to our employees who celebrate service anniversaries in increments of five years for October, November, and December.

#### Thirty-Five Years

- Wayne Hall Musgrove Spinning
- Sherwood Blanton Hamrick Spinning
- Joyce Cody Hamrick Spinning

#### Twenty Years

- Charlotte Upton Musgrove Spinning
- Lora Hubbard Corporate Office

#### Ten Years

- Felicia McCraw Musgrove Cloth Room
- Randy T. Arrowood Hamrick Spinning
- Frances Moss Hamrick Weaving

#### Five Years

- Don Lail Musgrove Spinning
- Lucille Lipscomb Musgrove Weaving
- Mario Martinez Musgrove Carding
- Vivian Moss Musgrove Weaving
- Ronnie Weeks Musgrove Shop



### Search Puzzle Words

Hay	Magi	Shepherds	Donkey
Manger	Caroling	Peace	Hope
Child	Love	Stocking	Joy
Candy Cane	Barn	Blessings	Mistletoe
Holly	Poinsettia	Star	Christmas Tree
Bethlehem	Angel	Wreath	Candles

See if you can find all the words in our Christmas search puzzle. Give your entry with your name, department and shift to your supervisor and you will be eligible to win a \$20 gift certificate.

Name \_\_\_\_\_ Department \_\_\_\_\_ Shift \_\_\_\_\_

*"A spacious day was the old fashioned Sunday with room for friendship and relationships."  
February 23, 1913*

**In case of snow or other inclement weather conditions,** employees are expected to report to work unless otherwise notified through the local media, WZZQ FM 104.3; WZZQ, AM 1500; WSPA-TV channel 7. Employees should use common sense when traveling. Also, make sure you know how to contact your supervisor.