



Woven Threads

Volume 11, Issue 4

A Publication of Hamrick Mills, Inc.

December 2008

A Message From The President

The year 2008 has proved to be one of great challenges, mainly due to the upheaval in our country's financial markets and the extreme swings in the commodity markets. These changes have affected you, our company, our suppliers, our competitors and our customers in ways that heretofore could not be imagined. But the good news is that Hamrick Mills is on solid ground financially and our customers continue to need high quality, economically produced fabrics. Hopefully, as we head into 2009, we have seen the worst of our country's economic woes, but in any case, we must be prepared to continue to find ways to manufacture goods competitively and to develop more markets for our products.

We do have much to be thankful for, as we have been able to maintain a solid five-day running schedule while keeping our inventories in good shape. Raw material prices have settled down to a degree, but we are

hampered by rising electrical power and supply costs. Our plants continue to run various blends and types of fabrics in order to be diversified and service many different market areas. It is a testament to you that we are able to maintain our high quality standards and efficiencies with such a diverse product mix. Thank you for all that you do to help our company be able to continue to operate and to be successful.

We also want to remember and thank our retired employees who have contributed so much to our company through the years. Their dedication has been the cornerstone of our longevity and critical to any success that we have enjoyed.

In 2009, we should all try to do something to improve our health – either by stopping a poor habit or starting a good habit, or both. Our nurse practitioner, Teresa Martin, can help you with a program to achieve your goals, so set up an appointment with her at your earliest convenience.

She will have scheduled office hours each week at both plants and at the corporate office. Any visit with her is free to all employees who are on the Hamrick Mills insurance plan.

Finally, because of the poor economic situation in our country, this will be a difficult time for many in our community. Therefore, it is more important than ever for all of us to be aware of our fellow men and women and try to help those in need. Understandably, money is tight, but there are so many other ways to show our concern: a home-cooked meal, a ride to the grocery store, baby-sitting children to give parents a break, a visit to someone in the hospital or nursing home, a kind word and even something as simple as a nod or a smile. Find some way to repay a kindness or to make someone feel special this Christmas season.

Thank you for all that you do and for your hard work and dedication. May you have a blessed Christmas and let us all look forward to the opportunities that await in 2009.

*Dr. Hamrick's wise words will, once again, appear in blue italic throughout this issue.
Sunday April 9, 1911 – I believe in a Supreme God and that His will and power is manifest
in the lives of individuals and nations.*



Joy came down on Christmas Day
As angels came to earth
Heralding the miracle
of our Messiah's birth.



Benefits Offered By UnitedHealthcare

Beginning January 1, 2009, Hamrick Mills' health care provider will be UnitedHealthcare. The plan design benefits are similar to Cigna's with very few plan changes. One of the changes is that the pharmacy co-payments will apply after the deductible has been met instead of coinsurance. Preventive care is still covered at 100 percent. However, this is an unlimited benefit with no annual maximum.

The program features a disease management program which helps you control chronic conditions such as asthma or diabetes and a wellness program that encourages you to improve your health through a personalized e-mail newsletter. Just choose the topics of interest to you, such as heart health, diabetes, asthma, women's or men's health, fitness, nutrition and healthy weight and you'll receive pertinent information as well as other health related tips.

Care24 services provide access to a wide range of health and well-being information through a toll-free telephone number. You can speak directly with an experienced registered nurse or master's level specialist any time. It also provides access to an audio library with recorded health and well-being messages. For questions about routine illness, minor injuries, stress and anxiety, symptoms, relationship worries or grief and loss, call Care24 at 1-888-887-4114.

UnitedHealthcare provides a web site, www.myuhc.com, to assist you in achieving your healthy living goals. Log on to take a personalized health assessment and keep track of your personal health records. You'll find health improvement tools, discounts on wellness products and services, and a comprehensive library of health and wellness articles. In addition, you can find a doctor and/or hospital, look up claims, order prescriptions, or speak with a nurse.

Wishing You A Very Happy Birthday

Birthdays are a special time. So bring a bit of cheer to your co-workers and wish them a Happy Birthday on their special day.

January

Ray Chalk
Shawn Cody
Caryn Graham
James Guilmette
Judy Harris
Raymond Huskey
Gina Jolley
Jennie Jones
Roy Lockett
Mario Martinez
Michael Parris
Juanita Spencer
Charlie Teague, Jr.
Charlotte Upton
Mary Wyatt

February

Ruby Bolin
Valentine Edwards
Steve Emmerth
Linda Franklin
Thomas Greene
Michael Horne
Ruby Kelly
Jerry Knighten
Paula Knox
Tammy Parker
Ozzie Phillips
Edward Pittman
John Reed
Donnie Tate

March

Kevin Blackwell
Joe Bonner
Tracy Brower
Toney Carroll
Ronnie Dover
Yvonne Jones
Albert Kinney
Janice Mullinax
Karen Mullinax
Rhonda Mullinax
Dennis Ray
Bay Bay Scruggs
Johnny Whitaker, Jr.



David Wise

David Wise Joins The Hamrick Plant As Second Shift Supervisor

David Wise recently joined the Hamrick Plant as second shift spinning department supervisor. David has twenty-five years experience as a supervisor in manufacturing, working at Progress Lighting in Cowpens, SC for ten years and at Freightliner for five years.

"I'm happy to be here," said David. "Hamrick Mills has a wonderful reputation. I especially like the fact that the company is people oriented and very stable. It has been a smooth transition for me. I have been well received by everyone."

David's responsibilities include monitoring quality and safety and making sure the product is produced on time. Ironically, David's first job as a teenager was in the weaving department at the Hamrick Plant. Today, his niece, Shannon Mann, and nephew, Adam Mann, work in the spinning department at the plant. Shannon works on the second shift and Adam works on the third shift.

David and his wife, Lori, live in Gaffney. They have two children, one grandson, and are expecting another grandchild this month. David is the head deacon at the Salvation Army Church in Gaffney. He is also an avid NASCAR and Dallas Cowboys fan.

Saturday, May 4, 1912 – I often find more pleasure in doing something for others than for myself.

Hamrick Mills Welcomes Nurse Practitioner Teresa Martin

Teresa Martin, Hamrick Mills' new nurse practitioner, is a firm believer in preventative medicine and early recognition of diseases. Her past experience includes 23 years as an emergency department nurse. During five of those years, she also worked as a hospice nurse. Teresa worked in a wellness clinic before joining Hamrick Mills. She earned her Bachelor of Science in Nursing Degree from UNC Chapel Hill and her Masters of Science in Nursing and Adult Nurse Practitioner Degree from UNC Charlotte.

"My goal is to meet the people where they are and provide health care that meets their needs in the working environment," she said. "This is when I feel people are more likely to utilize health care. Early recognition of diseases, such as diabetes and high blood pressure combined with preventive strategies are where a nurse practitioner can excel."

Teresa comments, "Working with the people at Hamrick Mills has been



Teresa Martin

wonderful. Everyone has made me feel very welcomed and comfortable. I'm looking forward to a long and lasting health relationship with the company."

Teresa and her teenage son live in Shelby, NC with their dog, Bandit. She is active in community service and is currently working towards a Paramedic Degree at Cleveland Community College.

Be sure and read Teresa's new column, [NP Notes](#), which will appear in upcoming issues of Woven Threads. She will address pertinent health issues and relay valuable advice.

Beware! Whooping Cough Is On The Rise

Whooping cough, a highly contagious, infectious, bacterial illness that affects the respiratory passages, has made a comeback in recent years. The disease dates back to the 1640's and was so named because its spasms of coughing have a characteristic "whoop" when the person inhales.

Although once considered a childhood disease, adults and adolescents accounted for more than half of the reported cases of the illness in recent years. Whooping cough begins as a mild, upper

respiratory infection, a cold, and includes sneezing, runny nose, fever and occasional cough. Within 10-14 days, the cough becomes more severe. The symptoms may last one to two months. For those who have not been immunized, the symptoms are more severe. If symptoms last more than two weeks, you should seek medical assistance.

The Center for Disease Control, CDC, now recommends that children get a whooping cough booster before entering middle school and that adults up through age 64 get the adult combination vaccine version.

Tuesday, December 24, 1912 – Let the children revel in the holiday spirit, for much of the enthusiasm is lost as age approaches.

NP Notes

Do you find yourself facing the holidays with dread or excitement? If your holidays are not the "merriest time" of the year, then here are a few tips from Blue Cross Blue Shield and your nurse practitioner to help you cope with the stress of the holidays.

- ❑ **Stay within your holiday budget.** Know your spending limits. Expensive gifts do not assure a happy holiday.
- ❑ **Make a shopping list, and stick to it.** This eliminates impulse buying.
- ❑ **Go easy on the alcohol.** Exercise moderation. Overindulging in too much alcohol only adds to your stress level.
- ❑ **Keep moving.** Do not neglect your exercise and physical activity during the holiday season. Spending time outdoors helps prevent depression and increases your energy level.
- ❑ **Eat healthy and be merry.** All that extra sugar and carbohydrates adds unwanted pounds that you have to struggle to lose after the holidays.
- ❑ **Stay flexible.** Not everything you plan will turn out perfectly. Cherish holiday traditions, but only if they are not sources of holiday stress.
- ❑ **Remember the reason for the season.** Take time to tell those around you how much they mean to you, not just at Christmas, but everyday.

Wellness Fair Information

Hamrick Plant - Wed., Dec. 17

7:00 – 9:00 am

3:30 – 4:30 pm

Musgrove Plant - Thur., Dec. 18

7:00 – 9:00 am

3:30 – 4:30 pm

Remember, in order to receive the premium discount, you must have your blood work and health risk assessment completed at the Wellness Fair.



Congratulations to the winners of our 2008 golf league. Show above with their trophies are, left to right, first place, Jeff Morgan, Musgrove Carding, second place, Roger Parker, Musgrove Shop and third place, Tim Corbett, Musgrove Shop.



Congratulations to Billy McDaniel, who won the puzzle drawing at the Hamrick Plant for a \$20 gift certificate to Daddy Joe's BBQ

Here Are A Few Ways To Minimize Health Risks When Using A Cell Phone

Many wonder about the possible dangers associated with long-term cell phone use. Some recent studies suggest a link between cell phones and cancer. Here are a few tips to consider when using cell phones:

- ❑ Use the speaker-phone mode, whenever possible, or a wireless Bluetooth headset, which produces significantly less electromagnetic emission than a normal cell phone.
- ❑ Keep your distance from others

using cell phones in public places.

- ❑ Carry your phone with the antenna facing away from your body.
- ❑ Use text messaging rather than making a call, whenever possible.
- ❑ Do not keep your cell phone near your body at night. Keep it at least three feet away.
- ❑ Avoid using your cell phone when the signal is weak or when moving at high speed, such as in a car or train – this automatically increases

the phone's power as it repeatedly attempts to establish a connection to a new relay antenna.

- ❑ If talking without a hands-free kit, change ears occasionally. Also, don't put the phone to your ear until the person you are calling answers.
- ❑ Choose a cell phone with the lowest possible Specific Absorption Rate which is the measure of the strength of the magnetic field absorbed by the body.

Friday, December 27, 1912 – The snowstorm makes the sheep huddle closer together, so do the storms of life often bring us closer together.

When Drugs And Juices Don't Mix

If you take prescriptions or over-the-counter medications, you may be reducing their benefits and/or increasing their risks by drinking certain beverages, such as apple, orange or grapefruit juices when you swallow the drug. Potentially harmful interactions may also occur if you drink the beverage hours before or after taking the medicine.

Here are a few of the drugs that interact with grapefruit juice:

- ❑ Anti-arrhythmic medications such as Cordarone, Quinidez and Norpace, risks – heart arrhythmias as well as thyroid, pulmonary or liver damage.
- ❑ Blood pressure lowering calcium channel blockers such as Plendil, Procardia and Calan, risks – a precipitous drop in blood pressure as well as flushing, swelling of the extremities, headaches, irregular heartbeat and in rare cases, heart

attack.

- ❑ Cholesterol-lowering drugs such as Lipitor, Mevacor and Zocor, risks – headache, stomach upset, liver inflammation and muscle pain or weakness
- ❑ Sedatives, such as Valium and Halcion, risks – dizziness, confusion and drowsiness

By Beverly J. McCabe-Sellers, PhD, RD, University of Arkansas in Bottom Line health

In case of snow or other inclement weather conditions, employees are expected to report to work unless otherwise notified through the local media, WEAC, 1500AM; WFGN, 1180AM; WSPA-TV channel 7; or by calling the Hamrick Mills Information Line – 864.487.6289. Employees should use common sense when traveling. Also, make sure you know how to contact your supervisor.

Barry Cox Is The New Third Shift Weave Room Supervisor At The Hamrick Plant

Barry Cox is a firm believer in team work. As the new third shift weaving department supervisor at the Hamrick Plant, he likes to apply his coaching experiences to the work environment. "It's pretty much the same philosophy," he said. "We work together to get the job done, encouraging each person to do their best, helping them to improve and uniting our efforts to produce the best product possible."

Barry, who has ten years textile experience, worked at Swift Galey



Barry Cox

in Marion, NC where he was a supervisor for eight of his ten years with the company. He also worked as

a weaver, doffer and in yarn service.

"I'm happy to be a member of the Hamrick Mills' team," said Barry. "I have a really good group of people on my shift. I appreciate their hard work as we strive to work efficiently and produce good quality products while working safely."

Barry lives in Marion, NC. He has three children. He enjoys spending time with his children, coaching youth sports, and working out at the gym.

Winter Car Maintenance And Safety Tips

Being prepared is the key to safe winter driving. Several auto maintenance jobs and safety checks are recommend, insuring that you are ready for the chilly air and winter driving conditions.

- Check your antifreeze – Your car contains a 50/50 mix of water and antifreeze. Make sure the level is full and the mixture close to 50/50.
- Inspect your tires – Winter is not the time to get cheap about your tires. Check the tread depth. The old penny

test is as reliable as anything to find out whether your treads are ready for winter action. Also, be sure to check your tire pressure.

- Inspect all belts and hoses
- Make sure the battery is fully charged
- Replace your wipers. It takes top shape wipers to keep your windshield clean and safe.
- Check your windshield washer fluid – And don't fill your washer fluid reservoir with anything except

washer fluid, it won't freeze!

It's also important to make sure you are up to date on the maintenance items on your car that should be taken care of throughout the year.

Safety tips include remembering to drive more slowly when confronting winter road conditions. Be sure to brake before you turn a corner and if you go into a skid, turn your wheels into the skid and accelerate slightly to regain control of your vehicle.

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



Hamrick Mills employees wholeheartedly supported the United Way Coats for a Cause campaign. Shown in the photos above are employees donating their coats, left to right, corporate office, center, Hamrick Plant, and right, Musgrove Plant. Many thanks to everyone who helped those who are less fortunate stay warm this winter.

Christmas Symbols Have Significant Messages

Christmas is a wonderful time of year. It's when thoughts turn to giving, reaching out to those less fortunate and making plans to celebrate with family and friends. Many symbols and imagery are associated with the holiday reminding us of the Christmas story, the true meaning of Christmas.



Wreath – Traditional Christmas wreaths are a symbol of faith. When decorated with evergreen leaves and branches they symbolize everlasting life and God's everlasting love. Their green color is a representation of hope and new life.



Angel – An angel told the shepherds of the birth of Jesus. Angels come in many varieties including the tree topper.



Bells – Church bells rang to announce the birth of Jesus. They still ring today.



Candles – Candles represent the light that Jesus brought to each. Pagans who converted to Christianity used candles on the sacred evergreen tree.

Holly – The holly leaf has sharp, pointy edges, which remind us of the crown of thorns Jesus wore on his head. Its red berries symbolize the blood he shed on the cross.



Christmas Caroling – A medieval custom of singing and dancing around a Christmas tree. Early carols weren't holy enough for singing inside a church, so caroling was done outside.



Christmas Tree – Symbol of the Jesse tree. Jesse was the father of King David. He had eight sons and two daughters. It is from his lineage that the Christ Child received his earthly ancestry.



Christmas Stocking – According to a legend, St. Nick, who wanted to remain anonymous and help a poor family, threw gold coins down their chimney. They fell into a stocking that was hanging there to dry.



Candy Cane – Made by a Christian confectioner, it is a reminder of the shepherd's staff. Red represents the blood shed by Jesus Christ and white represents his purity.

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

- ❑ Iris Burgess Corporate Office

Thirty Years

- ❑ Bruce Price Musgrove Weaving

Twenty-Five Years

- ❑ John Duncan Musgrove Carding

Twenty Years

- ❑ David Johnson Musgrove Carding

Ten Years

- ❑ Virginia Bilak Musgrove Weaving

Five Years

- ❑ Kenneth Bolin Musgrove Weaving
- ❑ Michael Scruggs Musgrove Weaving



Congratulations to Penny Spencer, who won the puzzle drawing at the Musgrove Plant for a \$20 gift certificate to Daddy Joe's BBQ