



Woven Threads

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Hamrick Mills Welcomes Nurse Practitioner Rhonda Jackson

Rhonda Jackson is the new Nurse Practitioner at Hamrick Mills. Rhonda earned her Masters in Nursing Degree from Western Carolina University in 2004. She has worked in family practice and long term care.

Rhonda will be seeing employees at the two Hamrick Mills clinics and the corporate office as well as spouses and dependents 16 and over of insured employees. She will help employees who have high cholesterol, high blood pressure and diabetes control the effects of their diseases by prescribing medications and doing blood work. She also provides acute care for those who are ill, performs minor skin biopsies and



Rhonda Jackson

physicals.

“Education is a big part of what I do,” said Rhonda. “I let each person know what their medications will do and why it is important to take them as

prescribed. I also encourage them to stay on their medication plan. Together we can help prevent heart attacks and strokes by keeping blood pressure, cholesterol and blood sugar levels down.”

Rhonda enjoys the people at the Hamrick and Musgrove plants. “I’m catching people up on the status of their blood work,” she added. “I’m reviewing files of those who had problems and making sure they are either seeing their primary physician or coming to our clinics. I want to be sure their disease is under control.”

Rhonda and her husband, Greg, live in Kings Mountain. They have two children and two basset hounds. She enjoys reading and bicycling.



A United Way Campaign Kick-Off dinner and meeting was held on February 25 for all Department Managers and Supervisors at the Hamrick and Musgrove plants. The United Way Campaign is an ideal way to multiply the power of our personal giving by uniting with others and extending our influence beyond the workplace. All dollars raised will remain in Cherokee County.

In this issue, we are featuring quotes from Dr. Hamrick's Dairy in 1911. Look for his wise sayings in blue italic throughout this issue of Woven Threads.

Saturday, March 18, 1911 – Kind words in life are better than flowers at a funeral.

Vendor Profile: Ronnie Meeks, President And Owner Maxima Freight Lines, Inc. and Southeastern Warehousing & Distribution, Inc.

Maxima Freight Lines Inc. and their sister company, Southeastern Warehousing and Distribution, Inc. were founded in 1993 by President and Owner, Ronnie Meeks. Based in Spartanburg, the companies have been working with Hamrick Mills for over 15 years. Maxima has 25 tractors and 125 trailers. One of their rigs pulls up to the Hamrick Mills' plants on a daily basis. In addition to delivering Hamrick Mills' products, Southeastern Warehousing and Distribution, which has three warehouses, is an outside warehousing facility for the company.

Hamrick Mills employees work closely with Jimmy Hughes, warehouse manager, and Jamie Scruggs, invoicing, at Southeastern Warehousing and Tina Scruggs, human resources department, Martha Arthur, billing, and Mark



Ronnie Meeks

Clayton, dispatcher, at Maxima.

"We have a good working relationship with Hamrick Mills," said Meeks. "Our lines of communication are excellent. It's almost like we are the same company. We work so closely with Kelly Galloway, shipping manager, and Janice Peeler, customer service/

shipping clerk, our contacts at Hamrick Mills, that it seems as if they are one of our employees. Kelly assists us with inventory negotiating, freight rates, and informing us of loads that need to be moved. Not only do we talk daily but we also visit each others sites to keep us current of one another's operations."

When Maxima drivers pull into the Hamrick Mills plants, they are received by Bobby Anthony, cloth room department manager, and Johnny Owensby, foreman in the cloth room, at the Hamrick Plant and Joey Bright, cloth room department manager, and Leonard Price, warehouse/forklift operator, at the Musgrove Plant.

"It's a pleasure to work with Hamrick Mills," adds Meeks. "I wish every customer we have was as easy to work with and for as Hamrick Mills."

Hamrick Mills Golf League Begins On April 15

The Hamrick Mills golf league begins on Tuesday, April 15 and runs through Tuesday, August 19, with no play on July 1. The season is divided into two sessions: first session – April 15 – June

10; second session - June 17 – August 19. The top two players from each half will play for the top three slots on August 26. The league plays at the Gaffney Country Club on Tuesdays. Cost per round is

\$15.00.

Sign-up sheets are available through your department managers. Deadline for signing up is April 7. If you have any questions, call Kim Phillips in the human resource department at ext. 241.

Thursday March 23, 1911 – The home is the foundation of true Christianity.

Saturday March 25, 1911 – Life is a great school and experience one of the textbooks, but graduation often comes too late.

Tuesday April 18, 1911 – I believe in friendship and have often found it of more value than money.

Isn't Perspective A Wonderful Thing?

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "how was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they

grow theirs. We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless. Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your friends. Life is too short and friends are too few.

Anonymous

Frankie Allison Retires After 42 Years Of Service At The Hamrick Plant

When Frankie Allison retired on February 29, he made history at Hamrick Mills. With 42 years of service, he has the fifth most number of years of service at the company. During his retirement party, Wardlaw Hamrick, Hamrick Plant manager, presented him with a plaque and fellow employees congratulated him and wished him well in retirement.

Frankie began his career in 1966 at the Hamrick Plant dying thermal weave blankets before joining the crew at the Shop. In 1983, he was named Shop foreman and in 1995 Department Manager of the Shop. "I've changed every machine in the building at least once, some twice," he said. "We've moved machines and wired them up putting in miles and miles of pipes and wires for all the equipment. We got so good at doing the process that we could move 20 machines in a day and have them running before the shift ended."

According to Frankie, the Shop is the support arm for the rest of the plant. "We take care of the boilers, air conditioning, air washes, air compressors and grounds around the plant," said Frankie. "I've enjoyed my 42 years here. Hamrick Mills has real good people. We have a good rapport between the department managers and overseers. We work together to solve problems. We took our time when problems arose to find the best solutions for fixing them. We always



Co-workers wish Frankie Allison well in his retirement. Frankie Allison cuts his cake.



Left, Wardlaw Hamrick, Hamrick Plant manager, presents Frankie Allison with a retirement plaque.

established a plan before moving forward. It's important to sit down and think about what needs to be done. We solved problems. We didn't create them."

Frankie's years at Hamrick Mills were good ones. "All the Hamrick family has always been real good to me," he added. "We stayed on the same page of what needed to be done and were able to accomplish it in a timely manner. The management

at Hamrick Mills is excellent. They look after their employees and are always striving to keep costs as low as possible."

Frankie is pleased with the accomplishments he has assisted with to save energy. "Several years ago, we began using an alternate fuel for the boiler system that has saved the company a lot of money. We installed energy efficient lighting and have everything running on as fine an energy savings system as possible."

"I'm proud of my years with the company," comments Frankie. "Each day was different, presenting us with new challenges. We met every one of them."

Frankie and his wife, Joyce, live in Gaffney. They plan to do some traveling now that he is retired. "I've been working since I was 13 and look forward to being able to sit around and enjoy the country side. It will be good to be able to be home and enjoy my wife and family. Frankie has two daughters, Cindy and Anita. His son-in-law, Mike Elder, also works in the Shop.

Saturday April 22, 1911 – You run but little risk of having your umbrella stolen on a fair day, which shows that morality with some men is conditional.

Sunday April 23, 1911 – Today was the opening of the magnificent new Cherokee Avenue Baptist Church. The membership of this church is composed largely of the citizens of Limestone and Hamrick Mills and I take great pride in their achievements.

If You're Really Craving Fast-Foods, Healthy Alternatives Can Be Found On Most Menus

Do you have a craving for fast-foods? Even though you know they are high in fats, salt content and calories, there are ways you can eat a relatively healthy meal at a fast-food restaurant if you know a few tricks.

Here are a few secrets to reading the menu at Wendy's:

- ❑ Chicken meals are often labeled as healthy but watch their method of preparation. A Chicken Caesar Salad with Caesar dressing and croutons has 540 calories and 32.5 g of total fat. Instead order the Chicken Grill Sandwich with honey mustard sauce which has 211 calories and 7g of total fat.
- ❑ Order a plain baked potato and top is with a small – 3 ounce – order of chili for a total of 350 calories and 2.5 g of total fat. Potatoes are a good source of potassium, which has been linked to reduced stroke risk. In addition, the fiber in the chili, mostly

from the beans, slows down the absorption of the sugar that naturally occurs in a baked potato.

When ordering a salad, choose a low-fat dressing. When ordering items from Taco Bell, order "fresco" style which means the food will be dressed with salsa instead of cheese and sauce which are high in calories and total fat. Kentucky Fried Chicken offers low-calorie, low-fat meals with a vegetable and legume while a Veggie Delite at Subway allows you to choose from a variety of vegetables to get a meal that contains antioxidants, vitamins and minerals.

Finally, if you drink a lot of soft drinks, you can lose at least half a pound a week by simply drinking water, seltzer or unsweetened iced tea instead. You can spice up seltzer by adding a dash of Sprite, 7UP or lemonade.

Saturday April 29, 1911 – This world is not for men to take their ease; but a world for work.

Wednesday May 17, 1911 – Too much time and money is spent foolishly for our own pleasure and too little for the needs of others.

Protect Yourself From Identity Theft By Detering, Detecting, And Defending

Identity theft can cost you time and money. It can destroy your credit and ruin your good name. It occurs when your personal information is stolen and used without your knowledge. It is a serious crime.

Here are some valuable tips on safeguarding your personal information.

- ❑ Shred financial documents and paperwork with personal information.
- ❑ Protect your Social Security number by not writing it on checks or carrying a card in your wallet.
- ❑ Do not give out information on

the phone, through the mail, or over the Internet unless you know who you are dealing with.

- ❑ Never click on links sent in unsolicited emails; instead type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer and keep them updated.
- ❑ Keep your personal information in a secure place within your home.

Detect suspicious activity by routinely monitoring your financial accounts and billing statements. Be alert to signs, such as bills that do not arrive as expected, denials of

Take 30 Minutes A Day To Walk

Exercise will help you look better, feel better and have better health. It's also inexpensive and has no negative side effects.

You'd be surprised at the impact just 30 minutes of exercise per day can have on your mood, health, weight, and ability to live an independent and fulfilling life. You don't have to be a super athlete. All you have to do is add a brisk paced walk to your daily routine. Add some simple strengthening exercises several times a week and the benefits are even greater.

Here are some of the benefits that can be gained from regularly exercising 30 minutes a day:

- ❑ Lower your blood pressure
- ❑ Improve cholesterol
- ❑ Prevent or manage type 2 diabetes
- ❑ Manage your weight
- ❑ Prevent osteoporosis
- ❑ Prevent cancer
- ❑ Maintain mental well-being
- ❑ Increase energy and stamina

(taken from Mayo Clinic Health Letter)

credit for no apparent reason or calls or letters about purchases you did not make, that require immediate attention. Inspect your credit report and your financial statements.

If you suspect identity theft, defend it immediately by placing a "fraud alert" on your credit reports and reviewing the reports carefully, closing accounts and notifying the security or fraud departments of each company where an account was opened, filing a police report and reporting the theft to the Federal Trade Commission.

For additional information go to www.ftc.gov/Idtheft

United Way Dinners, Meetings, And Gift Certificate Winners



United Way Kick-Off dinner and meetings



United Way Kick-Off dinner and meetings



Bobby Anthony - Hamrick Plant - Cloth Room - \$100 gift certificate



Left, Iris Burgess and Lora Hubbard - Corporate Office - \$25 gift certificate each



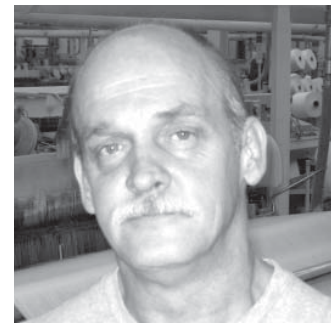
Oliver Baker - Hamrick Plant - Shop - \$100 gift certificate



Tracy Thomas - Musgrove Plant - Spinning - \$100 gift certificate



Mary Arrowood - Musgrove Plant - Weaving - \$100 gift certificate



Robert Turner - Musgrove Plant - Weaving - Grand Prize Winner - a BMW for a weekend

Employees Support United Way Campaign

Congratulations to the shifts and/or departments listed below who have achieved a level of at least 50% of the employees who are contributing \$2.00 or more per person, per week to the United Way. To date, they have pledged approximately \$23,200. Soon, they will

enjoy a meal in recognition of their contributions.

- Cloth Room – Hamrick Plant
- Lab – Hamrick Plant
- Card Room – Musgrove Plant – 1st, 2nd, and 3rd shifts
- Outside Department - Musgrove Plant

- Shop – Musgrove Plant
- Spinning Room – Musgrove Plant – 2nd and 3rd shifts
** 3rd shift had 100% participation!
- Warp Prep – Musgrove Plant – 1st, 2nd, and 3rd shifts
- Corporate Office

Thursday May 18, 1911 – If you have some article you do not expect to use but may be of value to another, do not store it in the attic but let him have it.

May 22, 1911 – If you can pay nothing else you can pay a complement.

Woven Threads Easter Search Puzzle

RESURRECTIONY
 OGAEBAHSVFJVL
 CGWSIZBLAMBT
 RSAUTLCBHSMUS
 SPTGEEITINOST
 MHONBARLETTYS
 LKTNAILSGCSR
 ARCYNPSEUPCAP
 PMGOAOTBONAVP
 ORTERHKULFDLE
 FWGCANDLESNAR
 AYADIRFDOOGCY

Search Puzzle Words

- | | | |
|-------------|---------------|--------------|
| Rabbits | Easter Sunday | Lilies |
| Last Supper | Palms | Nails |
| Eggs | Calvary | Resurrection |
| Tomb | Rock | Candles |
| Good Friday | Lamb | Cross |
| | | Lent |

See if you can find all the words in our Easter search puzzle. Give your entry with your name, department and shift to your supervisor and you will be eligible to win a \$25 gift certificate.

Name _____ Department _____ Shift _____

May 23, 1911 – Anybody can work when everything goes smoothly, but a man must be made of the right kind of stuff who can rise above the things which annoy and handicap the weak and do his work in spite of them.



Twenty-two Blacksburg and Gaffney High School Juniors are participating in the Leadership Cherokee program sponsored by the Chamber of Commerce and the Hamrick Mills Foundation. The students visit area agencies and businesses learning about developing leadership skills.

Employees Celebrate Service Anniversaries

Congratulations to our employees who celebrate service anniversaries in increments of five years for January, February and March.

Forty-Five Years

- Ben Lee Gossett Hamrick Spinning

Thirty-Five Years

- Larry Cobb Hamrick Spinning
- Charlie Varner Hamrick Spinning
- Lyman Hamrick Corporate Office

Twenty-Five Years

- Ronnie Wessinger Hamrick Slashing
- Michael Horne Musgrove Carding

Twenty Years

- Dab McCullough Hamrick Shop

Fifteen Years

- Fred Baldwin Hamrick Weaving
- Toney Carroll Musgrove Spinning
- Dean Whisonant Musgrove Weaving

Ten Years

- Marlene Mace Hamrick Weaving
- Wayne Mason Hamrick Carding
- Chastity Ramsey Hamrick Weaving
- Ruby Bolin Musgrove Weaving

Five Years

- Kim Crowe Hamrick Cloth Room
- Gerald Jones Musgrove Spinning
- Larry Raines Musgrove Weaving
- Lamont Sible Jr. Musgrove Shop
- Alice Tyler Musgrove Weaving