



Woven Threads

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First shift spinning department employees at the Hamrick Plant



Second shift spinning department employees at the Hamrick Plant

Congratulations To The Spinning Department At The Hamrick Plant

The spinning department at the Hamrick Plant recently surpassed 2 million work hours without a lost time accident. "This is a credit to each of the employees of the spinning department," says Wayne Crossley, spinning department manager. "They are taking the right measures and thinking about what they are doing each time they perform their job."

The last lost time incident for this department was on July 24, 1989. This is calculated according to the number of people and the number of hours they work. "It's an on-going process," adds Wayne.



Third shift spinning department employees at the Hamrick Plant

"We have to achieve this level of performance every day, one day after another."

Hamrick Mills' safety program

plays a vital part in the employees reaching a milestone like this. Two programs, job safety analysis, which looks for ways within the plant that injuries might occur and then addresses them with each employee to make sure they understand the possibility for injury, and lock out, tag out procedures. "These two programs, plus being aware of every aspect of your job, are the key to remaining accident free," comments Wayne.

"I try to instill safe procedures and safe work ethics at all times. We are extremely proud of this accomplishment."



Employee Appreciation Dinner Musgrove Plant



Employee Appreciation Dinner Hamrick Plant

United Way Drawing Winners Announced

Congratulations to the winners of the United Way drawings. The following employees won \$100 gift cards to Lowe's or Outback:

Hamrick Plant

- ❑ Todd Allred
- ❑ Leslie Childers
- ❑ John C. Gossett
- ❑ Frankie Martin
- ❑ Tina Robbins
- ❑ Anita Waters

Musgrove Plant

- ❑ Mary Arrowood
- ❑ Marcus Hopper
- ❑ Tonya McCallister
- ❑ Jessie Mullinax
- ❑ Brian Parker
- ❑ John Reed

Congratulations to the following drawing winners:

Hamrick Plant

- ❑ Angel Blanton – cups
- ❑ Anita Foxx – United Way T-shirt

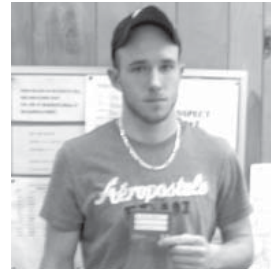
- ❑ Bobby Means - United Health Care blanket
- ❑ Wesley Phillips – beach towel
- ❑ Mike Smith – cooler
- ❑ Trip Turnage - United Health Care blanket



Anita Waters - Hamrick Plant



Brian Parker - Musgrove Plant



Marcus Hopper - Musgrove Plant



Mary Arrowood - Musgrove Plant



Ben Keller picks a name as Lora Hubbard and Jackie Poston watch.



Mike Smith and Todd Allred - Hamrick Plant



John Gossett - Hamrick Plant

Musgrove Plant

- ❑ Scottie Duncan – United Way T-shirt
- ❑ Deborah Elliott - United Health Care blanket
- ❑ Jim Hipp – cooler
- ❑ Charlie Teague – cups
- ❑ Elaine Moore - United Health Care blanket
- ❑ Johnny Whitaker – beach towel

March 30, 1913 - "Some of the greatest truths are the simplest."



Hamrick Mills employees toured the Senior Centers of Cherokee County as part of the United Way Campaign.



Musgrove Plant employees at their appreciation dinner



Hamrick Plant employees at their appreciation dinner

Attention Golfers

Hamrick Mills' golf league begins the second week of April. Sign up sheets will be sent out soon. Be sure you sign up if you are interested in playing. Our goal is to have at least 15 players for this year's league.

Employees Gather Valuable Information At The Hamrick Mills Wellness Fair

Hamrick Plant - Wednesday, December 17, 2008



Musgrove Plant - Thursday, December 18, 2008



Employees Celebrate Spring Birthdays



April Birthdays

Frederick Baldwin
Bobby Blackwell
Harold Burns
Patricia Cook
Rosa Cooper
Billy Davis
Franklin Duncan

John Durko
Pamela Foster
Randy Gragg
Keith Greene
Wayne Hall
Gabriel Henry
Linda Hughey

Allen Inman
Gerald Jones
Cassie Lipscomb
Keith Martin
Shirley Martin
Bobby Means
Scott Patrick

Arthur Peeler
Donna Proctor
Jack Rhinehart, Jr.
David Sims
Alice Smith
Andy Smith
Mike Smith

Charles Spencer
Johnny Spencer
Amy Upchurch
Chad Walker
Chance White
David Wise



May Birthdays

Randy Arrowood
Joanne Barnes
Michael Blackwell
Sherry Bridges
Scott Butterbaugh
Walter Cavell

David Dorman
Margaret Dye
Deborah Elliott
Charles Hamrick
Edgar Henderson
Ken Henderson

Marvin Higdon
Tracy Hodge
Lora Hubbard
Ben Keller
David King
Johnny Knox

Monty Lane
Pauline Lankford
Gene Millwood
Elaine Moore
Frances Mullinax
Jessie Mullinax
Patricia Ownesby

Rick Parton
Dwayne Proctor
Sharon Randolph
Bobby Sailor
Terry Sims
Barbara Spencer
John Spencer

June Birthdays

Kenneth Bolin
Angela Byrd
Leslie Childers
Hielda Costner
Kevin Dover

Jackie Driskill
Henry Duncan
Cathy Fowler
Janet Hall
William Holcomb

Wilborn Hudson
Hugh Jennings
Ronnie Lail
Donald Lovelace
Christopher McKenzie

Carolyn Messer
Gloria Morris
Walter Patterson
Johnny Price
D. J. Spencer

Tracy Thomas
Roger Turner
Clara Whisonant
Trina Whisonant

Protect Your Health - Be Knowledgeable About Diseases And Their Symptoms

Cholesterol

Cholesterol is a waxy, fat-like substance needed in order for your body to function normally. It is naturally present in cell walls or membranes throughout the body, including the brain, nerves, muscles, skin, liver, intestines and heart. Only a small amount of cholesterol in the blood is needed to meet these requirements. When there is too much cholesterol in the bloodstream, the excess may be deposited in arteries, including the coronary arteries, where it contributes to the narrowing and blockages that cause the signs and symptoms of heart disease.

A simple blood test can reveal your total cholesterol level. A lipid profile measures your total cholesterol, LDL, bad cholesterol, and HDL, good cholesterol, as well as your triglycerides, another fatty substance in the blood. Genetic factors and eating too much saturated fat are the main reasons for high levels of cholesterol.



Blood Pressure

High blood pressure may cause no symptoms but can still cause serious long-term complications. Many people have high blood pressure and don't even know it. Complications of high blood pressure include heart disease, heart attack, congestive heart failure, stroke, kidney failure, peripheral artery disease and aortic aneurysms. When the heart pumps blood into the arteries, the blood flows with a force pushing against the walls of the arteries. Blood pressure is the product of the flow of blood times the resistance in the blood vessels.

Certain factors contribute to high blood pressure, such as:

Factors that can't be changed:

- ❑ Age, gender, race, heredity
- ❑ Socioeconomic status

Factors that can be changed:

- ❑ Overweight, alcohol use
- ❑ Sodium (salt) sensitivity
- ❑ Birth control pill use
- ❑ Lack of exercise
- ❑ Drugs - certain drugs tend to raise blood pressure

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Type 1 diabetes results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. Type 2 diabetes results from insulin resistance, a condition in which the body fails to properly use insulin, combined with relative insulin deficiency. Common symptoms of type 1 and type 2 diabetes are:

- ❑ Fatigue
- ❑ Unexplained weight loss
- ❑ Excessive thirst
- ❑ Excessive urination
- ❑ Excessive eating
- ❑ Poor healing of wounds
- ❑ Infections
- ❑ Altered mental status
- ❑ Blurry vision



November 6, 1913 - "The great hope of most of us is that it is never too late to do better."

Obesity

Foods provide us with the nutrients we need for healthy bodies and the calories we need for energy. But if we eat too much, the extra food turns to fat and is stored in our bodies. If we overeat regularly, we gain weight, and if we continue to gain weight, we may become obese. When the foods you eat provide more calories than your body needs, the excess is converted to fat. Initially, fat cells increase in size but when they can no longer expand, they increase in number. If you lose weight, the size of the fat cells decreases, but the number of cells does not.

Obesity is on the rise in our society because food is abundant and physical activity is optional. Businesses suffer an estimated \$20 billion loss in productivity each year from absence due to illness caused by obesity. For most overweight or obese people, the safest and most effective way to lose weight is to eat less and exercise more.

Time To Quit! The Negatives Of Smoking

The statistics are scary! The reality is that more than 400,000 Americans die from tobacco-related causes each year in the United States. More deaths are caused annually by tobacco use than all deaths from HIV, illegal drug use, motor vehicle injuries, alcohol use, suicides, and murders combined.

Smoking also causes more US residential fire deaths each year than any other ignition source. The impact of smoking or smoking related disease on medical care costs is astonishing - more than \$50 billion annually. A tobacco user employee costs an average of \$1,300 (national average) extra on their health insurance plan per year.

In addition, smoking harms nearly every organ in the body.

Smokers are 2 to 4 times more likely to develop coronary heart disease than nonsmokers, and their risk of suffering a stroke is nearly double that of a nonsmoker. Risks from smokeless tobacco products include mouth cancer, tooth loss, and other health problems. The following illnesses and conditions have been linked to smoking:

- ❑ Abdominal aortic aneurysm
- ❑ Acute myeloid leukemia
- ❑ Cataracts
- ❑ Cervical cancer
- ❑ Kidney cancer
- ❑ Pancreatic cancer
- ❑ Pneumonia
- ❑ Stomach cancer
- ❑ COPD
- ❑ Lung cancer



Benefits Are Immediate

Smokers – when you stop using tobacco products, the benefits can accrue within minutes.

- ❑ After 20 minutes, acute effects of nicotine on pulse rate, blood pressure, and body temperature are eliminated. Within 8 -12 hours, carbon monoxide level in the blood drops to normal.
- ❑ After 24 hours, chance of heart attack decreases. Within 48 hours, nerve endings begin to rejuvenate; ability to smell and taste improve.
- ❑ After 72 hours, bronchial tubes relax; lung capacity increases.
- ❑ After 4 days, all nicotine is eliminated from the body.
- ❑ After 10 days, stamina and vigor improve as a result of increased oxygen in the system and improved circulation.
- ❑ After 2 weeks to 3 months, circulation improves, walking becomes easier, lung functions increase by 40 percent, enhanced self-image is brought on by a sense of accomplishment.
- ❑ After 1 to 9 months, coughing, sinus congestion, fatigue, and shortness of breath decreases, cilia rejuvenates in the lungs, ability to handle mucus in the lungs increases cleaning the lungs and reducing infections.
- ❑ After 1 year, the risk of coronary heart disease is half that of a smoker.

Additional Reasons To Stop Smoking

- ❑ Nonsmokers have stronger bones than smokers.
- ❑ You'll sleep better, you'll hear better.
- ❑ You may be less likely to get psoriasis.
- ❑ Your chance of having cold hands and feet will decrease.
- ❑ You may be able to cut back on your dosage of certain medications.
- ❑ You'll brighten up your teeth and have fewer wrinkles.
- ❑ You'll reduce the risk of acid reflux.
- ❑ You'll reduce the premature need for expensive hair treatments.
- ❑ You'll reduce the need for premature hairpieces.
- ❑ You may be able to improve your outlook on life. Smoking may increase the risk of depression.

(taken from Health.com)



NP Notes by Teresa Martin

Smokers, you don't have to go it alone! Once you have made the decision to stop smoking, you may ask yourself "Now what do I do next?" The answer to this question is to make an appointment with your nurse practitioner. There are numerous programs and stop-smoking aids out there. These range from "cold turkey", to patches and nicotine replacement aids, to medications and many other options. Not everyone smokes for the same

reasons and each person has to decide which stop smoking program will work best for them. Another reason to involve your healthcare provider is that nicotine dependence and tobacco abuse often impact your health and medication needs as well. For example, quitting smoking can lower your blood pressure and can even affect the amount of blood pressure medications you need. You may also need adjustments in the amount of other chronic medication as well.

As you go through the process of quitting, it is also important to keep an eye on your health in general. After all, you ARE changing a habit that has been a part of your daily life for some time, and change, even a good change, can be kind of scary. Your healthcare provider can help you understand the changes that are taking place in your body and your mind as you go through the process of becoming a healthier, smoke-free person.

Employees Celebrate Service Anniversaries

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

Thirty Five Years

- Roger McAbee Hamrick
Carding
- Carolyn Messer Musgrove
Warping

Thirty Years

- Tim Corbett Musgrove
Shop

Twenty Five Years

- Phil Wilkerson Hamrick
Shop

Twenty Years

- David Hammett Hamrick
Weaving

- Debbie Ervin Musgrove
Weaving
- Brossie Ann Shippy Musgrove
Weaving

Fifteen Years

- Wayne Parton Hamrick
Carding
- Steve Ramsey Hamrick
Weaving
- Michael Blackwell Musgrove
Weaving
- Bruce Hawkins Musgrove
Weaving
- Johnny Knox Musgrove
Spinning

Ten Years

- Randy Gragg Hamrick
Warp Prep
- Tony Rayfield Hamrick
Weaving

- Jim Westmoreland Hamrick
Weaving
- Mary Wyatt Hamrick
Weaving
- Cornelious Gregg Musgrove
Weaving
- Bob Pettit Musgrove
Weaving

Five Years

- Hielda Costner Hamrick
Weaving
- Cameron Hamrick Hamrick
Warp Prep
- Leslie Martin Hamrick
Spinning
- Chance White Hamrick
Weaving
- Roger D. Turner Musgrove
Weaving

Lucille Lipscomb Travels To Washington, DC For The Inauguration

It was the trip of a lifetime. Lucille Lipscomb, who works in the weaving department on the third shift at the Musgrove Plant, traveled to Washington, DC for the presidential inauguration. "It was the best day of my life," says Lucille. "I got to witness history. There were so many people. When President Obama made his speech, I looked around and it was like I was standing in an

ocean of people."

Lucille's adventures began long before the presidential election. Her sister worked on the campaign and plans were in the works to attend the inauguration as the campaign neared election time. After the election, it was a definite "go."

They traveled by bus leaving Charlotte at 9 pm Monday night, arriving in Washington at 7 am

January 20. "The tour guide in Washington told us what to expect and passed out maps," adds Lucille. "We walked and walked, taking pictures and watching all the people. After the President's speech, we stayed for the parade. When he drove by us and waved to the crowd, we just froze. It was wonderful to be there, experience all the crowds and have the opportunity to meet new people."

After The Winter...God Sends The Spring

Springtime is a season of hope and joy and cheer,
There's beauty all around us to see and touch and hear...
So, no matter how downhearted and discouraged we may be,
New hope is born when we behold leaves budding on a tree...
Or when we see a timid flower push through the frozen sod
And open wide in glad surprise its petaled eyes to God...
For this is just God saying - "Lift up your eyes to Me,
And the bleakness of your spirit like the budding springtime tree,
Will lose its wintry darkness and your heavy heart will sing" -
For God never sends the winter without the joy of spring.

Helen Steiner Rice

