



Woven Threads

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Hamrick Plant Celebrates Two Million Hours Without A Lost Time Accident



"Our goal is for each employee to return safely to their families each day," says Wayne Mason, Carding Department Manager. "It is also cost efficient to operate our plant as safely as possible. We do this through our video-based training and keeping each employee involved as an integral part of our safety program."

"Every department in the plant addresses safety issues as they arise," says Wayne Crossley, Spinning Department Manager. "We reached this milestone through a collective effort of every employee in every department. It's a concentration on all the criteria of our safety program."

"This is an achievement of all the employees," says Bobby Anthony, Cloth Room Department Manager. "They are the ones who watch what they do at all times. The company's investment in safety programs helps the employees to keep safety on their minds at all times."



"Safety is our top priority company-wide," says Bobby Parker, Outside Department Manager. "We work diligently and efficiently. We wear all our protective equipment and strive to do everything as safely as possible."



"Safety takes top priority at our plants," says Cameron Hamrick, Warp Prep Department Manager. "We have a safety culture plant-wide ensuring that safety is fresh in everyone's mind. Implemented at every level through weekly supervisor and safety committee checks, we are constantly on the watch for unsafe conditions or acts."

"Our goal is to prevent all injuries," says Keith Humphries, Weaving Department Manager. "Supervisors and employees conduct regular safety inspections looking for possible hazards. We post safety slogans to constantly remind employees of the importance of safety."



Employees Celebrate Spring Birthdays



Frederick Baldwin
Bobby Blackwell
Russell Burns
Patricia Cook
Rosa Cooper
Billy Davis, Jr.

Shawn Dawkins
Franklin Duncan
John Durko
Pamela Foster
Millard Garland
Randy Gragg

Keith Greene
Wayne Hall
Allen Inman
Cassie Lipscomb
Keith Martin
Shirley Martin

Bobby Means
Scott Patrick
Arthur Peeler
Donna Proctor
Jack Rhinehart, Jr.
David Sims

Andy Smith
Michael Smith
Charles Spencer
Amy Upchurch
Chad Walker
Chance White
David Wise

May Birthdays

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

Joyce Cody
Beth Dobbins
David Dorman
Margaret Dye
Deborah Elliott
Charles Hamrick, II

Clifton Henderson
Kenneth Henderson
Marvin Higdon
Lora Hubbard
Benjamin Keller
David King

Johnny Knox
Monty Lane
Pauline Lankford
Gene Millwood
Elaine Moore
Frances Mullinax
Jessie Mullinax

Patricia Owensby
Rick Parton
Dwayne Proctor
Sharon Randolph
Robert Sailor
Terry Sims
Barbara Spencer

June Birthdays

Kenneth Bolin
Angela Brandon
Leslie Childers
Hielda Costner
Barry Dover

Kevin Dover
Henry Duncan, Jr.
Cathy Fowler
Janet Hall
William Holcomb

Wilborn Hudson, Jr.
Hugh Jennings
Ronnie Lail
Donald Lovelace
Chucky Martin

Chris McKenzie
Carolyn Messer
Preston Moore
Gloria Morris
Walter Patterson

Johnny Price
Tracy Thomas
Roger Turner
Clara Whisonant
Dewey Wyatt



NP Notes by Teresa Martin

Colon cancer is a leading cause of cancer-related deaths in the U.S. Last year it was the fourth leading cause of cancer-related deaths in South Carolina. But the good news is that colon cancer has a high cure rate if detected early through a colonoscopy.

A colonoscopy is a procedure used to examine the colon or bowel. The procedure is used to determine if a person has colon cancer, an irritation in the bowel or if there are polyps or growths present that may turn into cancer. When detected in

the early stages, it can be removed through a surgical procedure and there may not even be a need for further treatment. Once it has spread to other organs, the treatment will be more extensive and the survival rate declines. Early detection through a colonoscopy beginning at age 50 offers a much higher survival rate.

People often shy away from the procedure because they do not understand it. The procedure involves passing a light into the large colon or bowel and looking at the lining and the inside of the bowel. Prior to the procedure, the patient must cleanse the bowel of all material in order for the doctor to see the actual lining of the colon. This is usually the worst part of the

procedure because it involves the use of a laxative-type liquid or pill that causes diarrhea for a day. The patient is sedated and monitored throughout the procedure which usually takes between 30 to 60 minutes. After affects may include some bloating and abdominal discomfort for one to three hours. People are usually up and around in several hours and can return to work the next day.

Remember colonoscopies save lives. It is recommended that everyone have one at age 50. Those with a family history of colon cancer or bowel diseases should have the procedure done earlier. Talk to your nurse practitioner as to when you should schedule a colonoscopy.

*"No wise man ever expects to get something for nothing."
January 17, 1913*

United Way Gift-In-Kind Warehouse - Your Dollars At Work

For those who have ever wondered where their United Way dollars go, here is another example of how they are making an impact in our communities. The Gifts-in-Kind (GIK) Center, which opened in September 2009, is a 10,000 square foot warehouse in Spartanburg filled with products donated by a national retailer. The Center is a partnership between the United Way of the Piedmont, Exel Logistics and a major national retail provider. It offers low-cost membership to any nonprofit organization working with the ill, needy, youth or otherwise disadvantaged.

Deliveries from Exel arrive at the Center on a daily basis. The warehouse manager and a host of volunteers unload pallets and sort the donated products. A detailed scheduling procedure and policy on product use is employed to control



The Gift-in-Kind warehouse in Spartanburg is a partnership between the United Way of the Piedmont, Exel Logistics and a major national retail provider.

agency access to the donated goods. Nonprofit organizations pay a yearly membership fee of \$500-\$600 and a per-visit usage fee of \$10. Agencies can visit the warehouse up to once each week and are permitted to fill one buggy with paper products,

cleaning supplies, house wares, personal hygiene items and a variety of other items. Each visit typically nets the agency \$750 - \$1000 worth of products.

Currently there are 112 members from Spartanburg, Cherokee (approximately 25 members), Union and surrounding counties. Member organizations must comply with requirements, specifically that items may not be resold and must go directly to people in need.

Although volume and value will vary from year-to-year, it is estimated that the GIK Center will distribute more than \$12 million of donated product to nonprofit organizations during 2010.

"Any not-for-profit organization is eligible to join, including churches, and schools that have various outreach programs in place or wish to start such a program," says Libbie Cheek, Cherokee County Relationship Manager, United Way of the Piedmont.

To learn more about the GIK Center, contact Chris Steed at 866.345.3086 or email: csted@uwpiedmont.org

Hamrick Mills Honored For Safety By SCMA

Hamrick Mills was one of 121 plant sites in South Carolina recognized for outstanding workplace safety accomplishments during 2009 by the South Carolina Manufacturers Alliance (SCMA).

"We are proud to recognize the achievements of our members for meeting and exceeding the standards of this ambitious award," said Larry Phillips, SCMA Plant Safety Conference Chairman. "By making the safety and health of our employees a top priority, it is evident that our members are committed to providing a safer, more prosperous South Carolina."

New Hearing Testing Program At Hamrick Mills

Hamrick Mills recently introduced a new on-site hearing testing program. Designed to offer employees a more personal touch, the program will also be easier to implement than the previous program.



**Thomas Clark
Hamrick Weave Room**



**Renee Knox
Musgrove Spinning**

Testing will take place each month on an appointment basis. Each employee will be given several days notice prior to their appointment. They will also receive a questionnaire. It is of the utmost importance that each employee

completely fill out the questionnaire prior to their appointment.

Testing will take place in the nurse practitioner's office at the Musgrove Plant and in the warehouse behind the shop at the Hamrick Plant.



Attention All Golfers!



Now that warm weather has finally arrived, it's time to think about joining Hamrick Mills' golf league. See your supervisor if you are interested in playing. We need at least 25 players to form the league.

Fun Places To Visit In Cherokee County

Spring is here. Time to get out and enjoy what Cherokee County has to offer. Here are a few places for you to discover.

Enjoy the beauty of nature at one of our many parks: Azell Robbs Park on Gaffney Ave., City Hall Park on North Limestone St., Irene Park on Montgomery St., John Q. Little Park on College Dr., Littlejohn Street Park on Littlejohn St., McCluney Park on Hettie Hill St., Park Place on South Limestone and Union Sts., Skateboard Park at Irene on Montgomery St. at Irene Park, and Thompson Park at South Limestone and Union Sts.

Take a walking tour of Gaffney's commercial historic district and/or the historic residential area. Be sure to visit the replica log cabin home of

Gaffney's founder, Michael Gaffney, on Limestone St.

For the history buff, plan an outing to Cowpen's National Battlefield, Kings Mountain National Military Park and/or Limestone College.

Looking for indoor activities? Then a day at the Cherokee County History Museum, the Art Museum or the Cherokee County Veterans Museum is a must.

For the culturally inclined, there are theatre performances, art exhibits and concerts sponsored by Gaffney Little Theatre, Cherokee Alliance of Visual Artists, Cherokee County Arts Council and Limestone College.

For more information go to:
www.getintogaffney-sc.com

Spotlight On SAFETY

Do you know what's in your medicine cabinet? Often our medicine cabinets are a hodgepodge of outdated and rarely needed prescriptions with a bandage or two somewhere or a burn salve hidden behind a host of bottles.

It's important to keep your medicine cabinet up-to-date in order for it to be of real use. Start by cleaning out your cabinet, throwing away all drugs – prescriptions and over-the-counter - that have expired. Dispose of drugs by emptying them

out of the pill bottle and putting them into a garbage disposal or flushing them down the toilet. Pills left in containers and put in the trash can be retrieved from the dump and sold or taken. Move your meds away from the bathroom since heat and humidity can cause medications to lose their efficiency. A dark cool location, away from children, is best.

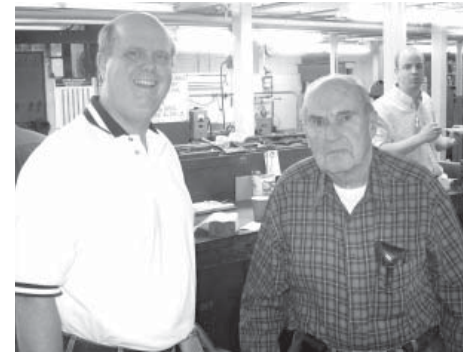
Check the expiration date of medicines regularly and remove those that have expired. Do a complete inventory annually.

Do You Know What's In The Products You Purchase?

Reading the nutrition labels might be your key to a healthier lifestyle. When you are purchasing an item, check out the nutrition label. Here's what you will find:

- ☐ All nutrients listed on the food label pertain to one serving of that food item.
- ☐ Calories provide a measure of how much energy you get from a serving of that food item.
- ☐ The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.
- ☐ The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
- ☐ The footnote tells that the percent daily value for the nutrients listed on the food label are based on a 2,000 calorie diet.
- ☐ The percent daily value helps determine if a serving of food is high or low in a nutrient.

Source: U. S. Food and Drug Administration, Center for Food Safety and Applied Nutrition.



Employees gathered to honor Phil Wilkerson as he retired from the Hamrick Plant where he was the security guard. Phil, who worked for the company for 26 years, was highly regarded by all the employees. A people person, he knew everyone by name and will be missed by all. Stephen and Chasity Ramsey, who both work in the weaving department, made Phil's retirement cake.

Junior Duncan Celebrates 50 Years At The Musgrove Plant

Junior Duncan recently celebrated 50 years of service at the Musgrove Plant, where he has spent his entire career in the weaving department. Today, he works part time changing the oil in the machinery.

When he was 16 years old, he walked down the steps of his mill village home, out of the gate and over to the Musgrove Plant to work. His first position was sweeping floors. One of his next responsibilities was to push the empty bobbins onto the elevator to go up to the spinning room. However, he was only 16 and, by law, one had to be 18 to ride the elevator. So, he loaded the elevator, walked up the stairs and met the elevator to remove the bobbins. Junior's next position was running the tie-in machines and from there he advanced to fixing looms. He spent 35 years in this position, 30 of them on the third shift.

"I feel great about reaching 50 years," said Junior. "I've always had good people to work for. Hamrick



**Junior Duncan
Musgrove Weaving**

Mills has been an important part of our family's lives. My Dad, Henry, worked for the company for 25 years as did his brother, Herbert. At one time, my four brothers, my younger sister and I all worked at the plant. Today, the tradition continues with my brother, Frank Duncan, who is a member of the overhauling crew and celebrated 50 years with the company last year, my sister, Betty Ruth Dillinger, who works in the spinning department and has already

reached 25 years with the company, my son, Stephen Duncan, who works in the weaving department and has over 20 years with the company, and my nephew, Johnny Duncan, who works in the carding department and celebrated 25 years in 2008."

Junior has fond memories of growing up on the mill village. "As kids, we played football on what we called the 'mill grass.' Now the plant sits on part of that area. We had fun at night running around with flash lights and BB guns shooting at the pigeons."

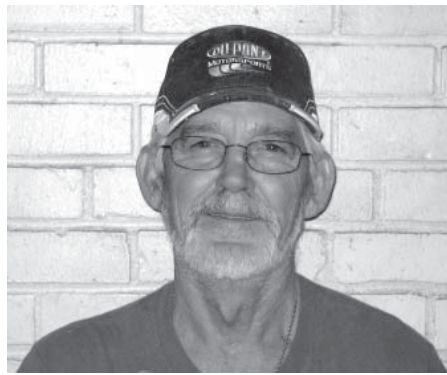
When Junior and his wife, Bonnie, who worked in the winding department at the Musgrove Plant for 15 years, got married, they lived in the mill village for seven years, continuing the tradition of walking each day to work."

"It's been a great 50 years," added Junior. "I'm proud to have carried on our family tradition that began many years ago at the Musgrove Plant."

*"All things come to him who waits' does not apply to the one that does nothing but wait."
November 20, 1913*



Congratulations to the winners of last issue's search puzzle, left, Lisa Larson, Musgrove, Weaving, and right, Clarence Messer, Hamrick, Spinning. They received \$20 gift certificates to Chick-fil-A.



CPR Saves Lives

CPR is part of the emergency cardiac care system designed to save lives. It is performed to restore and maintain breathing and circulation and to provide oxygen and blood flow to the heart, brain, and other vital organs.

CPR consists of rescue breathing, which delivers oxygen to the victim's lungs, and external chest compressions, which help circulate blood through the heart to vital organs.

Contact your local American Red Cross or American Heart Association, the two organizations that provide CPR training, for further information or to become certified.

*"You can lead a fool to opportunity but you can't make him think."
August 26, 1913*



Andy Griffith Show Trivia



1. What was the name of the housekeeper that Aunt Bee moved to Mayberry to replace?
2. After being sentenced to serve his jail time with Aunt Bee, Otis begins to refer to Aunt Bee as who?
3. What did Andy buy Aunt Bee for her birthday instead of the bed jacket that she had her heart set on?
4. Who was the only male performer from the Andy Griffith Show to win an Emmy?
5. How much did Emma Brand pay for her prescription that she got from Walker's Drugstore?
6. Who was the telephone operator on the show?
7. In the episode "The Education of Ernest T. Bass," Andy attempts to teach Ernest T. geography. Andy tells him that the United States is bordered by Canada, Mexico, and the Atlantic Ocean and then asks him if he knows what is the country's Western Border? What is the first answer Ernest T. gives to this question?
8. Who owned the fix-it shop?
9. Who does Barney try to arrest for jaywalking in Mayberry?
10. Who told Opie he was just "apple pie crazy?"
11. Where does Barney keep his bullet?
12. In "The Rumor," when Barney saw Andy and Helen kissing in the jewelry store, what was Helen buying for her niece?
13. What did Juanita like Barney to say when he called in the mornings?
14. Who once ate 57 pancakes in a contest?
15. What two characters were mentioned on the show but never seen?

See if you can answer these trivia questions. 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 _____

Cell Phone vs. Bible

Ever wonder what would happen if we treated our Bible like we treat our cell phone?

- What if we carried it around in our purses or pockets?
- What if we flipped through it several times a day?
- What if we turned back to go get it if we forgot it?
- What if we used it to receive messages from the text?
- What if we treated it like we couldn't live without it?
- What if we gave it to kids as gifts?
- What if we used it when we traveled?
- What if we used it in case of emergency?

This is something to make you go...hmm...where is my Bible?

Employees Celebrate Service Anniversaries

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

Fifty Years

- Junior Duncan Musgrove Weaving

Forty Years

- Raymond Huskey Musgrove Weaving

Thirty-Five Years

- Gene Phillips Musgrove Weaving

Twenty Years

- Betty Horne Musgrove Weaving
- Dorothy Whisnant Hamrick Weaving

Fifteen Years

- Monica Robertson Musgrove Spinning
- Mike Brittain Hamrick Weaving

Ten Years

- Renee Knox Musgrove Spinning
- Larry Moore Musgrove Weaving
- J.B. Blanton Hamrick Shop
- Linda Greene Hamrick Weaving
- Brian Mauney Hamrick Weaving
- Ostin Yancey Hamrick Spinning

Five Years

- Shawn Cody Musgrove Spinning
- Joyce Dover Musgrove Weaving
- Odell Knox Musgrove Spinning

*"An explorer or a pioneer is a rarity. Most of us are needed in the beaten paths of the world."
September 24, 1913*