



Woven Threads

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Employees Lend A Helping Hand To Senior Centers Project

Ten volunteers from Hamrick Mills participated in the United Way's 2009 Week of Caring, August 31 to September 4. During this week, hundreds of corporate and individual volunteers partnered with local agencies to complete projects throughout Cherokee County.

Wayne Mason, carding department manager at the Hamrick Plant, and Donnie Tate, carding department manager at the Musgrove Plant, volunteered to paint several rooms at the Senior Centers. They passed the information along to fellow workers asking for their help.

"I was the only one there at first," said Wayne. "Within a short time, ten people arrived and the project took on more of a party atmosphere. We even had to go out and buy more



Hamrick Mills' employees volunteered to paint several rooms at the Senior Centers of Cherokee County.

brushes. I enjoyed helping. You leave knowing you've done something good. It's a great feeling. It's also gratifying to look back and see what we've accomplished."

The group painted two rooms – a craft room and a fitness room, which received a fresh coat of Arizona Sunset paint giving them a bright and

cheery atmosphere.

"We're glad so many Hamrick Mills employees joined us in this project," adds Wayne. "We all came together and got it done in just three hours. We had a good time and were all glad that we could contribute to something that needed to be done."

Ways To Stay Healthy During The Flu Season

As fall approaches, we look forward to cool, crisp days and the spectacular colors of the leaves. Fall also marks the beginning of flu season and this year, there is much more alarm due to the H1N1 (swine) flu. This virus may cause more illness or more severe illness than usual.

H1N1 flu is a virus that infects the cells lining your nose, throat and lungs. The virus enters your body when you inhale contaminated droplets or transfer live virus from a contaminated surface to your eyes, nose or mouth from your hand.

The spread of H1N1 virus is thought to occur in the same way that seasonal flu spreads – mainly from person-to-person through coughing or sneezing by people with influenza. People may also become infected by touching something, such as a surface or object with flu viruses on it and then touching their mouth or nose. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting.

The Centers for Disease Control and Prevention (CDC) recommends

you stay informed and take the following actions to protect yourself and others from the flu.

Take time to get vaccinated.

☐ A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal influenza.

☐ The seasonal flu vaccine protects against the three seasonal viruses that research suggest will be the most common. However, it will not protect you against H1N1.

☐ A new vaccine against H1N1 is being produced and will be available

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Employees Celebrate Fall Birthdays



October Birthdays

Todd Allred	Scott Cole	Jimmy Gossett	Larry Ledford	Kim Phillips
Bobby Anthony	Tim Corbett	John Gossett	Brian Mathis	Nikki Proctor
Thomas Beaty	Ray Dodgen	Rose Hudson	Flecia McCraw	Dolly Rankin
Rhonda Bradley	Scottie Duncan	Emison Hughes	Patty McKinney	Debra Roberts
Pauline Byers	Tom Dysart	Laura Huit	Chuck Moss	Michael Scruggs
Larry Cobb	Pam Ford	Peter Hullett	Otis Patterson	Steve Short
Inkie Cody	David Foster	Steve Hyman	Rick Perrine	Randy Smith
Brian Coggins	Wilbur Goforth	Patricia Jeter	Christine Petty	Bill Tippins
			Pokey Petty	Dorothy Whisnant

November Birthdays

Stan Clements	Linda Greene	Butch Johnson	Howard Padgett, Jr.	James Watkins
Billy Costner	Mitchell Gunnells	Lucille Lipscomb	Jerry Patterson	Ronald Weeks
Donald Craig	David Hammett	Steve Messer	Jackie Poston	Phil Wilkerson
Ben Gossett	Joyce Harris	Vivian Moss	Billy Spencer	Steve Wright
Jessie Ann Gossett	Maryka Henderson	Carroll Mullinax	Leonardo Villalpando	Ostine Yancey

December Birthdays

Terry Blackwell	Wylie Hamrick	Paul Littlejohn	Janice Peeler	Penny Spencer
Amy Camp	Marcus Hopper	Marlene Mace	Brenda Poteat	Lois Splawn
Robert Campbell	Betty Horne	Tonya McCallister	Steve Ramsey	Cora Tessneer
Jackie Driskill	Lisa Jones	Jennifer Moore	Jack Rhinehart, Sr.	Anna Wood
Cornelious Gregg	Bobby Lemmons	Jeffrey Morgan	L. J. Seals	Phillip Wyatt
				Holly Zucker



NP Notes

by Teresa Martin

You've heard about MRSA, a form of staph bacteria but probably don't know much about it and the havoc it can cause. MRSA stands for methicillin resistant staphylococcus aureus, which is a form of staph bacteria that lives in our bodies naturally and normally does not cause any harm.

MRSA infections are transmitted person-to-person by direct contact of skin, clothing or area (for example a bed, bench, sink or doorknob) that has recently been in physical contact with a MRSA-infected person. It

starts as a skin infection which occurs when the bacteria enters the skin through a cut or wound. Healthy, intact skin will not become infected.

Unfortunately MRSA cannot be killed by most of today's antibiotics. It is very difficult and costly to treat, often requiring antibiotics given through an IV line. The goal is to prevent the infection by:

- Not sharing hair brushes, toothbrushes, shavers, razors or other personal care items.
- Not touching wounds of others without protection, such as gloves.
- Washing bedding and clothing of an infected person in hot water and drying it in the dryer.
- Wiping down shared items

such as gym equipment with antibacterial wipes prior to and after using them.

- Covering open sores or wounds quickly with a dry clean bandage and keeping them covered until a scab forms.
- Washing your hands. The best proven defense against a MRSA infection is washing your hands for at least fifteen seconds with antibacterial hand soap and warm, not hot, water, using an individual towel. Antibacterial hand sanitizers may also be used until you can wash your hands.
- If you do get an infection and are given an antibiotic, be sure to finish all of the medication. If you do not finish it, the next time you need it, it may not work.

*"Don't drop out of line; there is some one just around the corner waiting to take your place."
Feb. 28, 1913*

Gaffney Rotary Club Honors Wylie Hamrick

On August 11, George Fletcher, Governor, Rotary District 7750 (Gaffney) presented Wylie Hamrick with a clock celebrating 50 years of perfect attendance with the civic organization. That means that every week from July 1959 to July 2009, Wylie attended or within a designated time period made up a Rotary Club meeting.

Fletcher describes Wylie as an “iconic businessman, leader and benefactor in the Cherokee County community.” A graduate of Clemson University (1950), Wylie has served as Chairman of the Board and Director of Hamrick Mills, Inc. He has been a member of Limestone College’s Board of Trustees for almost 30 years and served as Chair of the Fullerton Foundation. He received an honorary Doctor of Public Service award from Limestone College in 2001.

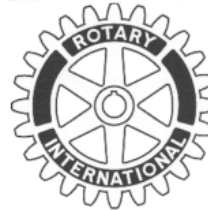
“The Rotary Club is a civic organization that meets once a week,” says Wylie. “We’re allowed a certain amount of time to make up missed



Wylie Hamrick

meetings. As a result, I’ve attended Rotary meetings throughout North and South Carolina, Florida, and in foreign countries, such as Scotland, England, France, and Germany. I’ve always been welcomed by the groups. It’s a tradition to take my district banner and trade with the group I’m visiting.”

The Rotary Club focuses on



charity work. Years ago, they were instrumental in the eradication of polio throughout the world. Initially, they had a student loan fund to help students pay for college. Students were responsible for paying back the principal but were not charged interest. That evolved into their scholarship program. “The organization has changed many students’ lives by helping them attain a college education,” adds Wylie.

According to Wylie, members of the Rotary are dedicated to improving their communities. “I’ve made a lot of friendships over the years and seen a lot of good projects initiated and completed. I was quite surprised to be recognized and certainly didn’t expect it. Rotary is a group that I’ve enjoyed and has been very beneficial to me, not only through what I’ve gleaned from it, but also through the aid they have given to many people in many communities.”

What Do You Really Know About The Swine Flu?

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in coming months as an option for prevention of the disease. People at greatest risk for H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

Take everyday preventive actions.

- ❑ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ❑ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand

cleaners are also effective.

- ❑ Avoid touching your eyes, nose or mouth. Germs spread that way.
- ❑ Avoid contact by staying away from crowds, if possible, and reduce exposure within your household if a member has the swine flu.
- ❑ Stay home if you get sick. You can pass swine flu to others about 24 hours before you develop symptoms and ending about seven days later.
- ❑ Follow public health advice regarding school closures, avoid crowds and other social distancing measures.
- ❑ Find healthy ways to deal with

stress and anxiety.

Measures to ease your symptoms if you come down with any type of flu.

- ❑ Drink plenty of liquids. Choose water, juice and warm soups to prevent dehydration.
- ❑ Rest. Sleep will help your immune system fight infection.
- ❑ Consider pain relievers. Use over-the-counter pain relievers cautiously, as needed, but remember that pain relievers may make you more comfortable, but they will not make your symptoms go away any faster and may have side effects.

“Nothing is more heroic than for one to conquer his passions and learn to govern his own soul.” March 6, 1913

Questions To Ask When Scheduling Surgery

If you are scheduling surgery, you might want to take a few precautions before lining up the date. According to Thomas R. Russell, MC, FACS, American College of Surgeons, surgical patients spend an average of just one hour researching their operation, carefully considering the surgeon and checking their credentials.

Since the majority of surgical procedures are elective, patients can take an active part in improving their odds of a positive outcome by:

- ❑ Asking your surgeon the tough questions. Does he/she do this particular surgery on a regular basis? Is he/she adequately trained for the procedure you are about to undergo?
- ❑ Ask about minimally invasive options. Just about every surgical procedure now has a less invasive alternative. Always find out if it is an option as minimally invasive procedures are far less traumatic than

“open” procedures.

- ❑ Get in shape. You’re less likely to have complications if you eat well, lose weight (if necessary) and exercise regularly prior to surgery. If you smoke, quit at least two weeks before the operation. Discuss medications and supplements you are taking as well as your alcohol consumption.
- ❑ Schedule wisely. Be cautious about scheduling a procedure just before the holidays. Try to schedule your surgery early in the morning when the surgical team will be fresh and fully engaged.
- ❑ Discuss with your surgeon and other surgical team members the site of the surgery. The Joint Commission on the Accreditation of Healthcare Organizations estimates that more than 2,000 wrong-site events occur annually – such as operating on the right leg instead of the left or removing the wrong kidney.



The Wicker Basket

The story is told of an old man who lived on a farm in the mountains of Eastern Kentucky with his young grandson. Each morning, Grandpa was up early sitting at the kitchen table reading from his old worn-out Bible. His grandson, who wanted to be just like him, tried to imitate him in any way he could.

One day, the grandson asked, “Papa, I try to read the Bible just like you but I don’t understand it, and what I do understand I forget as soon as I close the book. What good does reading the Bible do?”

The grandfather quietly turned from putting coal in the stove and said, “Take this old wicker coal basket down to the river and bring back a basket of water.” The boy did as he was told, even though all the

water leaked out before he could get back to the house. The grandfather laughed and said, “You will have to move a little faster next time,” and sent him back to try again.

This time the boy ran faster, but again the old wicker basket was empty before he returned home. Out of breath, he told his grandfather that it was impossible to carry water in a basket and he went to get a bucket instead. The old man said, “I don’t want a bucket of water; I want a basket of water. You can do this. You’re just not trying hard enough,” and he went out the door to watch the boy try again.

At this point, the boy knew it was impossible, but he wanted to show his grandfather that even if he ran as fast as he could, the water would

Spotlight On SAFETY

Hand safety is something we don’t always think about. Being conscientious and following the guidelines for hand safety on the job protects your hands and reduces time lost on the job as well as medical expenses for the company. Here are a few safety tips to help you prevent a hand accident.

- ❑ Do not wear rings, loose jewelry or bracelets that may catch on moving or stationary machinery.
- ❑ Be conscious of where you place your hands at all times especially when near any fast moving parts.
- ❑ Make sure you turn off machinery or equipment first before inspecting, cleaning or performing repairs.
- ❑ Do not remove shields, guards or safety devices on industrial equipment. Do not use equipment that has had any safety device removed.



leak out before he got far at all. The boy scooped the water and ran hard, but when he reached his grandfather, the basket was again empty. Out of breath, he said, “See Papa, it’s useless!”

“So you think it is useless,” the old man said. “Look at the basket.” The boy looked at the basket and, for the first time, he realized that the basket looked different. Instead of a dirty old wicker coal basket, it was clean. “Son, that’s what happens when you read the Bible. You might not understand or remember everything, but when you read it, it will change you from the inside out.”

Moral of the story: Take time to read a portion of God’s word each day. It will have a good effect on you even if you don’t retain a word.

Hamrick Plant Employee, Chico Martinez, Becomes A US Citizen

In 1993, Alberto (Chico) Martinez, who works in carding on the first shift at the Hamrick Plant, left his home in Guanajuato, Mexico and arrived in America when he was sixteen years old. He joined his two brothers who lived in Gaffney but could speak no English. In Mexico, Chico lived in a rural area where his family farmed. There were few luxuries. Chico started helping his dad on the farm when he was eight years old. They raised wheat, corn, peanuts, goats, cows and horses. There were no grocery stores; they were self sufficient.

Chico got a one year permit to live in the US. When he arrived in Gaffney, he was scared. "Everywhere I went, I didn't understand the customs and what people were saying," said Chico. "When I went to the grocery store, I didn't know how to use money so I would hand the cashier a bigger bill and hope they gave me the right change. On one visit to the store, I had my items and they scanned them. The man behind me had some bananas and the cashier asked me if the bananas were mine. I just grinned and nodded because I didn't know what he was asking. He added the bananas to my groceries and I paid for them. When I picked them up, the man behind me said they were his. So they had to do a refund. It was a very scary experience."



Chico Martinez

Chico, who had only six years of formal education in Mexico, was a determined and quick learner picking up English by talking to people and on his first job at Browns Packing.

When his first permit expired, he received another permit for two years. Then he got a green card which is good for ten years. His next step was to become a US citizen which he began last spring. To become a citizen, you must have a clean police record, complete a N400 application, and be finger printed. Chico then purchased the required book on US history. Questions for the citizenship test are taken from this book. The applicant must also be able to speak, read and write some English. "I studied for three months," said Chico. "My wife, Gloria, who is Hispanic and a US citizen since she was born in Orlando, FL, helped me and was a lot of support as were my two children, who are 11 and 6."

On July 1, 2009, Chico went to Charleston for his testing where he

was asked questions such as, "When is Independence Day? How many stars and stripes are there on the American flag? and What are the branches of government?" According to Chico, some of the test is written but a lot of it is verbal through interpreters who ask the questions. Chico passed as did 25 others that day and they then attended a ceremony where they all said the pledge of allegiance and were sworn in as American citizens.

"It's a wonderful feeling to know that I have achieved this goal," said Chico. "It means a great deal to me. Now, I will be eligible for retirement benefits. I have my application to register to vote and look forward to voting for the first time. I'm grateful to my family for all the help and support they gave me. They are all very happy for me."

Life today for Chico and his family is much different than what he experienced as a child. At home, the Martinez family speaks Spanish. His children are bilingual and their parents are passing on their Spanish traditions. Chico's parents, who arrived seven years ago, three of his seven sisters and his two brothers all live in Gaffney. His brother, Mario Martinez, works in carding at the Musgrove Plant. Four of his sisters live in Mexico. Chico enjoys his family and can be very proud of the many accomplishments he has made since he set foot on US soil.



It's Football Season! Support Your Favorite Team



Gaffney Indians Varsity Football

Oct. 2	Spartanburg	Away	7:30
Oct. 9	York	Home	7:30
Oct. 16	Nation Ford	Away	7:30
Oct. 23	Fort Mill	Home	7:30
	Homecoming		
Oct. 30	Clover	Away	7:30
Nov. 6	Northwestern	Home	7:30

Blacksburg Wildcats Varsity Football

Oct. 2	Dixie	Away	7:30
Oct. 9	Christ Church	Home	7:30
	Homecoming		
Oct. 16	Whitmire	Home	7:30
Oct. 23	Landrum	Away	7:30
Oct. 30	Southside Christian	Away	7:30



Search Puzzle Words

- | | | | |
|------------------|-------------|---------|-----------|
| Fatigue | Cough | Vaccine | Stay home |
| Muscle aches | Sneeze | Disease | Risk |
| H1N1 | Shot | Wash | Protect |
| CDC | Mouth | Soap | Touch |
| Nose | Virus | Water | Flu |
| Person-to-person | Sore throat | Germs | Infect |
| | | Illness | Hands |

See if you can find all the words in our flu related search puzzle. Give your entry with your name, department and shift to your supervisor and you will be eligible to win a gift certificate to chick-fil-a.

Name _____ Department _____ Shift _____

“No man is down and out until he has lost faith in himself.” March 3, 1913

Unclaimed Money

The National Association of Unclaimed Property Administrators is holding \$32.8 billion worth of unclaimed stocks, dividends, life insurance proceeds, bank accounts and other assets. To find out if any of these assets have your name on them, go to www.missingmoney.com or www.unclaimed.org Make sure you use the right web address. Some look-alike sites charge fees. ...AARP Magazine

Employees Celebrate Service Anniversaries

Congratulations to our employees who celebrate service anniversaries in increments of five years for July, August, and September.

Thirty-Five Years

- Wardlaw Hamrick Hamrick Plant Manager

Thirty Years

- Ann Turner Hamrick Weaving

Twenty-Five Years

- Eddie Wilson Hamrick Carding
- Frances Mullinax Musgrove Weaving

Ten Years

- Amy Camp Musgrove Weaving
- Paula Guilmette Musgrove Spinning
- Sharon Randolph Musgrove Weaving
- Robert Turner Musgrove Weaving

Five Years

- Thomas Lavendar Hamrick Carding
- Johnny Owensby Hamrick Cloth Room
- Otis Patterson Hamrick Weaving
- Santos Ramos Hamrick Carding
- L. J. Seals Musgrove Weaving
- Cora Tessneer Musgrove Warping