

Hamrick Mills 2008 United Way Campaign Raises Over \$30,000

Hamrick Mills 2008 United Way campaign surpassed their goal and was a huge success. Employees responded to the call, raising dollars that will touch the lives of friends, families and neighbors throughout Cherokee County. The campaign kicked-off with a supervisor and management meeting hosted at the home of human resources director

Kim Phillips. Supervisors then took the message back to their employees.

Over half of our employees participated in this year's campaign and combined with the corporate gift, Hamrick Mills total amount raised was over \$30,000, more than double the amount raised in 2007. "We ran 14 separate work place campaigns in Cherokee County," said Libbie Cheek, Cherokee County Relationship Manager for the United Way of the Piedmont. "We raised \$217,000 which will be distributed to 20 different programs that have been proven to be successful in serving the Cherokee County area. This is a tremendous increase over last year's \$94,000. The United Way of the Piedmont partners with local agencies to better our community."

Hamrick Mills is very involved with the United Way of the



Some of the Hamrick Mills employees who participated in the United Way Campaign gather around the trophy presented to the company.

Piedmont, which has an open door system for donations meaning that all money raised goes to partner agencies in Cherokee County unless the donor requests otherwise. Carlisle Hamrick serves on the local advisory board and is a member of the Board of Directors. Kim Phillips, human resources director, and Kelly Galloway, shipping manager, serve on the community impact process allocations council. The members of this council listen to the needs of the agencies that have applied for assistance and help determine the funding amounts for the Cherokee County partners.

This year 20 agencies in Cherokee County were awarded money. Some of these agencies are the American Red Cross, the Salvation Army, the Boys and Girls Club, and the Senior Center.

Sales Representatives Must Adhere To Safety Related Issues When Traveling Abroad

Hamrick Mills sales representatives are now regularly traveling to and doing business in many areas of the Western Hemisphere, particularly Mexico, Central and South America. When they leave the U.S., many of the ways and traditions they are accustomed to suddenly change. For instance, U. S. citizens basically have no "rights" once outside the U.S. border. This is very unlike the U.S. where foreigners who visit our country are more often than not treated like U.S. citizens. Even those with emergency health issues will be treated in our hospitals. However, once our salesmen arrive in a foreign country, these benefits no longer exist.

Here are some basic safety related issues the sales representatives must be aware of when traveling out of the country:

□ The ease of travel that they are accustomed to changes dramatically. They generally need to have someone from the customer's company pick them up and take them to their offices or they must get an approved taxi from the hotel where they may be staying in order to safely travel back and forth to the customer's offices. Only authorized taxi's from a hotel or registered drivers from the airport are

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Thomas Hogan Joins Musgrove Plant As Second Shift Warp Prep Supervisor

Thomas Hogan recently joined the Musgrove Plant as second shift warp prep supervisor. Thomas is a 1972 graduate of Gardner Webb University where he earned a degree in management. He has 41 years experience in the textile industry, last working at Mt. Vernon Mills. His positions have ranged from shift supervisor to plant manager.

"Hamrick Mills has a wonderful reputation," said Thomas. "I have been aware of their impact on the textile industry for years. I also know some of the people who work here. This is a great opportunity for me. I'm pleased to be a part of the Hamrick Mills team.



Thomas Hogan

Thomas' responsibilities as supervisor include overseeing production, quality, safety, and the scheduling of the different styles

for the looms. "I'm asking lots of questions and learning a lot," he said. "Some of the operations are familiar, others are new to me. Everyone has been very helpful and I have been well received."

Thomas and his wife, Cindy, live in Spartanburg. They have one son. Thomas enjoys high school and college football, camping with his son, fishing, and tinkering on projects around the house. He is very active in his church, East Side Baptist Church, where he sings in the choir, has been a brotherhood director, served on the building and grounds committee and was basketball director.

Wishing You A Very Happy Birthday

Bring a little cheer to your co-workers as they celebrate their birthday. Take a look at the list below and be sure to make some one's day by wishing them a "happy birthday."

October	November	December
Mary Arrowood	Vivian Blackwell	Amy Camp
Rhonda Bradley	James Blackwood	Robert Campbell
Pauline Byers	Stan Clements	Cornelious Gregg
Gloria Cody	Joyce Harris	Wylie Hamrick
Scott Cole	Maryka Henderson	Marcus Hopper
Tim Corbett	Allen Knox	Betty Horne
Ray Dodgen	Lucille Lipscomb	Bobby Lemmons
Linda Driskill	Howard Padgett, Jr.	Tonya McCallister
Scottie Duncan	Jackie Poston	Jeffrey Morgan
David Foster	Billy Spencer	Janice Peeler
Wilbur Goforth	Leonardo Villalpando	Jack Rhinehart, Sr.
Jimmy Gossett	Ronnie Weeks	L.J. Seals
Rose Hudson	Dean Whisonant	Penny Spencer
Emison Hughes	Michelle Workman	Lois Splawn
Laura Huitt		Cora Tessneer
Felecia McCraw		Anna Wood
Patty McKinney		
Chuck Moss		
Rick Perrine		
Kim Phillips		
Dolly Rankin		
Michael Scruggs		
Steve Short		

Look for quotes from Dr. Hamrick's diary in blue italic throughout this issue.

"A merry heart shines through the fog of despondency like an electric light in the dark." August 3, 1913

Nurse Practitioner Schedule

Here's the nurse practitioner schedule which begins Oct. 7, 2008.

Monday	Corporate Office 8am to 12 noon
Tuesday	Musgrove Plant 1 to 5pm
Wednesday	Hamrick Plant 1 to 5pm
Thursday	Musgrove Plant 7 to 11am
Friday	Hamrick Plant 7 to 11am

Be Sure To Vote On November 4

Be sure to vote on November 4. Polls will be open from 7am to 7pm.



Roy Lockett Joins Hamrick Mills Sales Team

Roy Lockett recently joined Hamrick Mills' sales department. Roy's sales responsibilities will compliment both Steve Emmerth and Jim Hopkins and include domestic and international sales. Roy is a graduate of Clemson University where he earned a degree in economic biology. His career began in the chemical industry where he was responsible for marketing and sales programs in the U.S. and Canada. A career move brought him into the textile industry, where he initially worked in sales throughout the U.S. and later assumed responsibility for international sales. Most recently, Roy was V.P of International Sales for R. L. Stowe Mills in Belmont, NC.

"The passage of NAFTA in the mid 90's and subsequently CAFTA in 2000, has led to an increased focus on international sales from U.S. companies," said Roy. "Select areas in Central America, South America and the Dominican Republic have become increasingly viable markets for American goods and some of our customers have moved a portion of their production into these areas. Domestic customers will remain a primary focus of Hamrick Mills but we will continue to search for segments of new business, not only in the U.S., but also in these



Roy Lockett

International areas which present exciting new challenges and directions. Diligent efforts are being made to identify areas of opportunity for our business."

Roy is pleased to be on the team at Hamrick Mills. "Everyone I have had the privilege to meet at Hamrick Mills has been very supportive and truly a pleasure to work with. Steve Emmerth and Jim Hopkins are educating me about Hamrick Mills' product mix and customers." Roy plans to travel extensively with Steve and Jim to gain a better understanding of how Hamrick Mills' products fit with the customers' specific needs.

Roy and his wife, Donna, live in Gastonia. He enjoys playing golf, fishing and hunting.

Opportunity To Purchase Life Insurance

Representatives from Unum Life Insurance will be visiting the Musgrove Plant on October 21 and the Hamrick Plant on October 22. You must be a full time employee as of Sept. 1, 2008 in order to be eligible to purchase additional life insurance. Employees that are currently enrolled in the life insurance plan can make changes or additions at this time. Eligible employees can also sign up for coverage on their spouses, children and grandchildren.

Notices will soon be posted with sign up sheets. Once all the names are in, the human resources department will send out appointment times. You will need to have your date of birth, social security number and address at your appointment.

Winners Of The T. Rowe Price Drawing

Congratulations to the following employees who won the drawings for attending the T. Rowe Price 401(k) update meetings. They each received a \$50 gift certificate to Lowe's.

Musgrove Plant

- ❑ Francis Mullinax
- ❑ William Morris

Hamrick Plant

- ❑ Terry Blackwell
- ❑ Lee Gossett

When Your Hut's On Fire

The only survivor of a ship wreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements and to store his few possessions. One day, after scavenging for food, he arrived home to find his little hut in flames,

with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger. He cried out, "God! How could you do this to me?" Early the next day, he was awakened by the sound of a ship approaching the island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signals," they replied.

The moral of this story:

It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the Grace of God.

Anonymous

Seven Specific Foods That Have Been Proven To Fight Cancer

A healthier lifestyle may be the key to helping prevent cancer. According to the experts, up to one-third of all cancers could be prevented if people adopted healthier lifestyles, including eating healthier foods such as the seven foods listed below which have been proven to fight cancer.

Cabbage – It's high in anticarcinogenic compounds called glucosinolates. Statistics show that a high consumption of cabbage provides significant protection from developing breast cancer. Alternatives include any cruciferous vegetables such as brussel sprouts, cauliflower, kale and broccoli. Studies have found that men who ate at least

three servings per week of broccoli or other cruciferous vegetables were 41 percent less likely to get prostate cancer.

Flaxseeds are also linked to lowering the risk for breast cancer and appear to inhibit colon cancer in both men and women.

Mushrooms, in particular white button mushrooms, can help block an enzyme that promotes breast cancer, as well as suppress the growth of prostate cancer cells.

Olives contain two compounds that inhibit the proliferation of cancer cells and promote the death of these cells.

Onions have compounds that are thought to be among the most potent

anticancer substances found in foods and appear to reduce the risk for lung, liver and colon cancers.

Pumpkin has been found to lower the rate of gastric, breast, lung and colorectal cancers. There is some evidence that pumpkin seeds can help reduce the risk for prostate cancer. Alternatives include carrots, broccoli and all the winter squashes.

Raspberries as well as cherries, blueberries and strawberries contain anti-inflammatory compounds that reduce cell damage that can lead to cancer. Raspberries are higher in fiber than most berries and are an excellent source of ellagic acid and selenium, both of which protect against a variety of cancers.

taken from Bottom Line

Golf League Winners Announced

The Hamrick Mills golf league has completed their first and second sessions of play.

Winners of the first session are:

- ❑ First Place - Larry Morgan - Musgrove Spinning
- ❑ Second Place – Tim Corbett Musgrove Shop

- ❑ Third Place – Roger Parker - Musgrove Shop

Winners of the second session are:

- ❑ First Place – Jeff Morgan - Musgrove Spinning
- ❑ Second Place - Frankie Allison - retired
- ❑ Third Place - Larry Morgan - Musgrove Spinning

Winners of the playoff are:

- ❑ First Place – Jeff Morgan - Musgrove Spinning
- ❑ Second Place – Roger Parker - Musgrove Shop
- ❑ Third Place – Tim Corbett - Musgrove Shop

Coming Soon

- ❑ Flu shots have arrived. Notices will go up in mid October with dates and times for receiving the shots.
- ❑ Watch your bulletin board for dates and times of this year's Health Fair which will be held in October.

"In the acquisition of habits include in the list the health habit and the reading habit." August 9, 1913

Support Your Favorite High School Football Team

Gaffney Indians Varsity Football

Oct. 3	Spartanburg	Home	7:30
Oct. 10	York	Away	7:30
Oct. 17	Nations Ford	Home	7:30
	Homecoming		
Oct. 24	Fort Mill	Away	7:30
Oct. 31	Clover	Home	7:30
Nov. 7	Northwestern	Away	7:30

Blacksburg Wildcats Varsity Football

Oct. 3	Dixie	Home	7:30
	Homecoming		
Oct. 10	Christ Church	Away	7:30
Oct. 17	Whitmire	Away	7:30
Oct. 24	Landrum	Home	7:30
Oct. 31	Southside Christian	Home	7:30
	Senior Night		

Guidelines Hamrick Mills Sales Representatives Adhere To When Traveling In Foreign Countries

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recommended. More often than not, they will contract a specific driver for the day who will stay with them throughout their appointments. It is also common to have customers' drivers travel with them in certain locations. It is not wise to try to drive on their own.

- ❑ Food and water are concerns in all areas outside of the U.S. Drinking water must be bottled in most cases and ice in one's drinks is not advised unless it is from a known source using "Agua Pura." Canned or bottled drinks are recommended. Cooked food from most popular restaurants is generally okay. However, it is wise to stay away from salads and fresh uncooked vegetables unless they are peeled – like avocados or mangos, etc. Fresh vegetables are often washed in water that one should not drink – unless it is from a hotel with special purification systems for their water.
- ❑ It is advisable to have Hepatitis A and B shots prior to traveling to these countries. Extensive

travel in these countries will prevent one from donating blood to the Red Cross due to the risk associated with foreign travel and the possibility of contracting insect borne diseases.

- ❑ Most of Hamrick Mills' customers speak English. Many of our customers were educated in U.S. schools and universities and may be 2nd or 3rd generation graduates from well known schools. It is helpful to know some Spanish for basic conversation, but English is spoken in most meetings held in these countries.
- ❑ Each country in Central America and South America has their own currency with the exception of El Salvador, which uses the U.S. dollar as their currency. One must become familiar with exchange rates that often change on a daily basis in order to know what items cost when traveling. Tipping in Central and South America is normally 10% compared to the U.S. where it is common to tip at a rate of 15% or more. There is also a charge

associated with currency exchange. When traveling abroad, there is an additional charge added to credit cards to cover the respective exchange rate.

- ❑ There are also benefits to traveling outside of our country. Experiencing other cultures, customs, and lifestyles are "eye opening" and sometimes sobering experiences. When traveling by bus or car from one city to the next, one can see an active volcano with white smoke rising from its peak, while at its base one can see the crowded conditions of those who are living in the outlying areas of the major cities.

The business that has been developed thru the sales representatives' travels in foreign countries has been of significant benefit to Hamrick Mills. Through these efforts, the sales representatives have forged solid, long term business relationships that will hopefully continue for many years to come.

Ways To Curb Your Monthly Spending

Are you a bit overwhelmed by all the rising costs of living? If so, you might want to take a closer look at your monthly spending and see if there are ways to save. According to the Consumer Reports Money Lab, there are savings hidden in everyday spending. Here are a few ways you might be able to save:

- ❑ Find cheaper auto insurance – Surveys show that many consumers have remained with the same insurer for multiple years. You might be able to save a bundle by shopping around.
- ❑ Optimize your life insurance – Premiums have dropped dramatically since the 1990's. You may be able to replace your premium with a comparable one at a substantial savings.
- ❑ Shop smart for food – By making different choices at the supermarket and when eating out you could trim quite a bit from your monthly spending.
- ❑ Call up phone savings – See if you are using the minutes on the program you have chosen. You may be able to save by going to another plan.
- ❑ Stop paying bank fees – Bank at a large institution with lots of ATMs in convenient locations to avoid the cost of using other banks' machines. Use the no-fee cash-back options at supermarkets.
- ❑ Pay off your credit card – The trick is to stop charging and then pay more than the minimum required each month until it's paid off.



It's Football Season!



G S R E D A E L R E E H C A
 M A R C H I N G O F A L L P
 G H F D T R I H S T U P W C
 R A S F E O Y U K B N B I W
 U S M A N M Y T L A Y O L I
 B U F E X E S C O R E R D N
 S P R Z M J Y L V B N T C S
 K P A O C T G I W A O H A T
 C O H K I L O M N N U Y T E
 A R D S J N H U I D L A S K
 L T R N C A E F G A I W B C
 B A M E K N R S H D L A M I
 V R E T S O O B T H C R N T
 O T S R E H C A E L B S C S

Search Puzzle Words

Blacksburg
 Wildcats
 Support
 Loyalty
 Bleachers
 Club
 T-shirt
 Marching

Booster
 Home
 Away
 Night
 Score
 Gaffney Indians
 Win

Cheerleaders
 Senior
 Tickets
 Varsity
 Band
 Game
 Fall

See if you can find the words in our football search puzzle. Give your entry with your name, department and shift to your supervisor and you will be eligible to win two tickets to a Blacksburg or Gaffney varsity football game and a \$20 gift certificate to Daddy Joe's BBQ.

Name _____ Department _____ Shift _____

Hamrick Mills 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

- Roy L. Parker Musgrove Outside

Thirty Years

- Judy Wilson Musgrove Warping

Twenty-Five Years

- Elzie Spencer Musgrove Carding

Twenty Years

- Jackie Driskill Musgrove Cloth Room
- Mike Elder Hamrick Shop

Fifteen Years

- Pat Owensby Hamrick Spinning

Ten Years

- Donald Craig Hamrick Weaving
- May Dover Musgrove Warping
- Clara Whisonant Musgrove Warping
- Gina Jolley Corporate Office

Five Years

- Brian Mathis Hamrick Carding
- Kenny Henderson Musgrove Slashing



HAPPY HALLOWEEN

"There is a blessing attached to every condition. If it be poverty and toil, when we emerge from them we know how to empathize and help." July 29, 1913