



PICA POINTS TO



Kimberly Hackett
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*“Lighten Up Webcrafters”
Encourages A Healthy Lifestyle*

On February 4th, employees stepped on the scale to weigh-in for a new program titled “Lighten Up Webcrafters.” By the end of the first week, 95 employees formed 11 teams and weighed in by team at either the Fordem or Westport receiving scales. Teams will continue to weigh-in every other week until the conclusion of the program on June 4th.

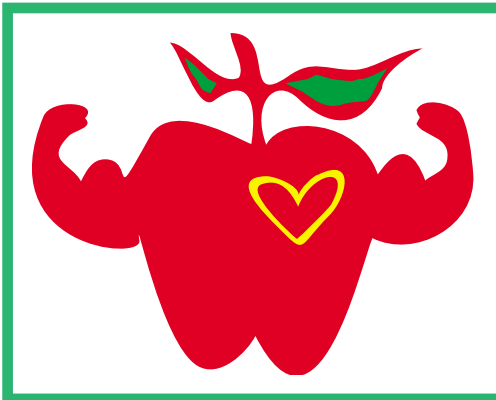
At each weigh-in, general nutrition and exercise literature is also given to each participant.

Topics discussed over the past few weeks have included lowering your cholesterol, calculating how many calories you need per day, and how to add more fiber to your diet.

Teams have also taken on an additional “walking” challenge. Team members with pedometers were encouraged in early March to keep track of their daily totals and record them by team. A chart recording the teams’ walking progress is located in the

Fordem Bindery Lunch Room.

Within the first two weeks, the Lighten Up Webcrafters teams have lost a total of 167 pounds. The team with the largest weight loss is awarded the “Lighten Up Webcrafters’ Traveling Trophy” until the following weigh-in (see photo, page 2). The team with



the largest total weight loss by June 4th will receive the trophy permanently.

Team members chose their own team names at the

start of this program. The teams (in alphabetical order) are as follows: Barbie and Friends, The Big Losers, Dirigible’s, Kurt’s Krew, Light-n-Fluffy, The Milkshakes, Nine Ladies and a Guy, Nutritionally Challenged, Rachel’s Wonders, Tomara’s Tamales, and Ton of Fun.

Watch for more info on team progress or contact Diane Aaroen in Human Resources for more info on the Lighten Up Webcrafters program.

What's Happening at Webcrafters?



Pictured at left and right: The Bindery broke their previous record of consecutive days without a lost time injury. Pizza was served to celebrate.



Pictured at left: Jung Soon Cho (Hand Bindery) & Sea Young Cho (Hand Bindery) received their U.S. citizenship. Congratulations!



Pictured at right: Kye Yong Hojem (Machine Bindery) received her U.S. citizenship. Congratulations!



Pictured above: Lighten Up Webcrafters weigh-in day.



Pictured above: Team "Barbie and Friends" were the 1st winners of the Lighten Up Webcrafters traveling trophy. "Weigh" to go team!

Ten Super Foods You Should Eat

1 Cantaloupe

A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.

2 Sweet Potatoes

A nutritional All-Star—one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

3 Fat-Free (Skim) or Low-Fat (1%) Milk

Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. (Soy milk can have just as many nutrients—if the company adds them.)

4 Salmon or Other Fatty Fish

The omega-3 fats in fish, especially fatty fresh fish like salmon and rainbow trout, can help reduce the risk of sudden-death heart attacks.

5 Oranges

Great-tasting and rich in vitamin C, folic acid, and fiber.

6 Broccoli

Lots of vitamin C, carotenoids, and folic acid.

7 Whole-Grain Bread

It's higher in fiber and has about a dozen more vitamins and minerals than enriched white bread or wheat bread.

8 Watermelon

Excellent source of vitamin C and carotenoids—and it tastes great! Perfect for a snack, dessert, or picnics.

9 Spinach or Kale

Loaded with vitamin C, carotenoids, calcium, and fiber. Steam'em and eat'em.

10 Beans

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.





Pica Points to Kimberly Hackett

When Kimberly Hackett's niece and nephew ask what she does at Webcrafters, she tells them she makes schoolbooks, and then the three and five year old ask her, "Do you read all day?" That's not quite what a 12-hour shift in the Machine Bindery is like, but they insist, "You're so smart because you read all day."

Kimberly, who was born and raised in Stoughton, now lives in Edgerton with her black lab, Dixie, and her feline friends, Autumn and Ruby, who are sisters. They share their home with 450 bears, who have their own room and range from tiny Beanie Babies to a life-sized stuffed black bear that commandeers an entire corner. It was a tight squeeze stuffing that big guy through the doorway when Kimberly moved in. One special bear she has is a highly collectible Steiff, made in Germany from dazzling lavender mohair, a Christmas gift from her family.

With family is where you'll often find Kimberly. "On my weekends, I go to church and visit my family," she says. Her parents still live in the Stoughton area, and she has a brother in Rice Lake, where she goes twice a summer to visit her nieces and nephew. "If money is more important than family, then something's wrong with your outlook on life," she says.

"I've had a lot of factory jobs and Webcrafters is the best one I've had," Kimberly says. She

says it's cleaner here and she likes the fact that people try to get along. She was laid off from Uniroyal for six months before she started working in the Machine Bindery. Kimberly's mother, who grew up on Sherman Avenue, suggested she get a job here and told her it's a good, family-oriented company, but hard to get in. Kimberly says, "I kept calling. I got hired because I was pretty persistent." On the day she was hired at Webcrafters, Kimberly turned down a job at Oscar Mayer. (Their loss.)

Persistence is a quality that comes out when you talk with Kimberly. Recently divorced, she persevered and has lost 60 pounds since last summer. She's on the "Barbie & Friends" team in the Lighten Up Webcrafters weight loss initiative. "It dawned on me that eating your way out of sadness doesn't work," she says. When she lost weight, "I found myself again as a person. It's not about numbers on a scale, it's about the kind of person you are every day. You are a whole different person and don't want to hide behind the weight anymore."

After a shift on the stitcher, Kimberly likes to relax crafting "no sew" blankets. She's made several for her coworkers here at Webcrafters. The secret, she says, is in the fringe. She also frequents garage sales and country flea markets hunting for savings and bargains. (Hunting bear too, probably.) And yes, as her niece and nephew know, she does read a lot of books.

It's hard to come away from talking with Kimberly without feeling a bit more upbeat about life. She may not read all day, but anyone who lives by words like "You have to have faith and know things will work out," is, as her nephew and niece put it, "so smart."

DID YOU KNOW? Since 1966, Pica Points has profiled over 400 Webcrafters employees. If you or anyone you know would be interested in being profiled, please contact Jane Halpin, x355.