



Denver Drywall Company
Since 1945

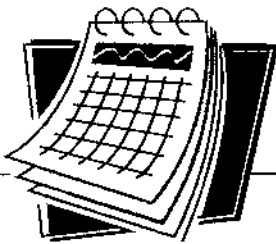
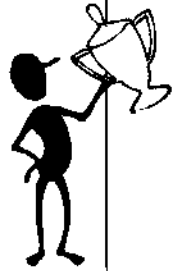
DENVER DRYWALL COMMUNICATOR

March 2003

Years of Service Awards

Congratulations to the following folks, who in the month of February have hit their respective anniversaries with Denver Drywall Company!

Rick "Shaggy" Redd	7 years	Clinton Jefferis	5 years
Ron Knapp	2 years	Brad Myers	4 years
Betty Kerbs	6 years	Sean Ballard Medina	2 years
Agustin Guerra	5 years	Arturo Solano	3 years
Jaime Nevarez	5 years	Herman Miller	1 year
Ernie "Mr. Safety" Sotolongo	2 years		



Schedule of Events for March

March 11 th	Superintendent Mtg	3:00 p.m.
March 12 th	Dave Heap Foremen Mtg	3:30 p.m.
March 19 th	Bob Peyer Foremen Mtg	3:30 p.m.
March 20 th	Bill Peyer Foremen Mtg	3:30 p.m.

Quotes of the Day...

A professional is someone who can do his best work when he doesn't feel like it.

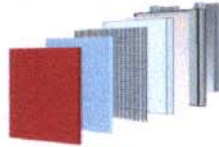
"The old believe everything, the middle-aged suspect everything, and the young know everything"

No man is a failure who is enjoying life.

Congratulations:

Ed Fernandez was recently promoted to a Superintendent. If you haven't met Ed over the years, Ed oversees our EIFS, Plastering, and Stucco Department with Denver Drywall Company. Ed has been in this industry for 28 years and been around Denver Drywall for almost 18 years and has much experience in his field.

Way to go, Ed. Keep up the good work.



TRAINING CENTER

Classes for March 2003

3/5	Wednesday	Hilti-DX Certification	4:00 p.m.
3/12	Wednesday	Hilti-DX Certification	4:00 p.m.
3/13	Thursday	Setting Door Jambs	4:00 p.m.
3/18	Tuesday	Setting Door Jambs	4:00 p.m.
3/19	Wednesday	Hilti-DX Certification	4:00 p.m.
3/20	Thursday	Shaft Wall	4:00 p.m.
3/25	Tuesday	Shaft Wall	4:00 p.m.
3/26	Wednesday	Hilti-DX Certification	4:00 p.m.

Health Education Corner



Rebound Headache

Over-the-counter pain medication (analgesics) such as aspirin, Tylenol, Excedrin, and Motrin work well for headache when used occasionally. But did you know that they may produce a new type of headache and cause an escalation of headache symptoms when used frequently?

Doctors have long known that headache sufferers may develop a pattern of daily or almost-daily headache.

Unlike other headache disorders, rebound headache has only recently been recognized. Rebound headache is a condition of daily or near-daily headache that develops in someone who has an underlying primary headache disorder, most commonly cervicogenic (originating in the neck), migraine, or tension-type headaches.

It is now known that excessive use of analgesics is the culprit. This problem, which turns intermittent headaches into chronic daily headaches, can, and does, occur with as little as two or three aspirin taken two to three times per week.

The chemical agents most often implicated in rebound headache are: acetaminophen; aspirin; caffeine; narcotics; barbiturates; and migraine products.

The best treatment for a rebound headache is to prevent it from occurring in the first place. This is accomplished, in part, with increased awareness and improved health habits.

The benefits of regular exercise cannot be overstated. Humans are not designed to be sedentary creatures. Passing the day at the work-desk, watching TV, reading a book, or other sedentary activity is counter-productive to good health. Our bodies need a variety of movement; otherwise we are at risk for a slow and inevitable descent into a deconditioned and unhealthful existence. One should also strive towards regular meal times, adequate sleep, the avoidance of headache triggers, employing stress reduction techniques, and, most of all, avoiding the regular use of analgesics.

Aspirin, acetaminophen, and caffeine can be discontinued suddenly. However, one can expect a worsening of the rebound headache in the first several days. The peak severity occurs in the first week or so, followed by a gradual lessening for up to three months.

Headache-prone individuals must keep in mind that they will be left with their original underlying headache once the rebound headache disappears. Consultation with your doctor may be needed to evaluate the best means of discontinuation (either a sudden or a gradual withdrawal of the offending medication).

Article can be read in its entirety from CIGNA's www.healthyroads.com web page.

The information provided in the "Health Education Corner" of Denver Drywall's monthly newsletter is provided in good faith, and not intended to be a substitute for proper medical care provided by a physician, nor is it intended to override a physician's recommendations. Denver Drywall assumes no responsibility for any circumstances arising out of the use, misuse, interpretation, or application of any of the information supplied in this article.

A LITTLE SIDE OF SAFETY:

Substance Abuse Awareness In The Construction Industry

The construction industry consists primarily of small businesses. Unfortunately, small companies are particularly vulnerable to workers who abuse alcohol and other drugs. Government surveys indicate that 71 percent of illegal drug users are employed and 60 percent of them are with companies that employ 500 or fewer workers.

Small businesses may be particularly vulnerable to problems of drug abuse among their employees because drug abusers will seek work at smaller firms where the likelihood of drug testing is slim.

The construction industry traditionally draws heavily from the pool of 18 to 34-year-old job seekers, a segment of the American population that is at the heart of a nationwide increase in illegal drug use. Among young adults age 18-20, 18 percent are current illicit drug users; 12 percent of those ages 21-25 and 8 percent of those ages 26-34 are also current drug users.

The construction industry has one of the highest rates of substance abuse among full-time workers between the ages of 18 and 49.

Nearly 12 percent of full-time construction workers report illicit drug use; almost 22 percent indicate they have used illegal drugs sometime during the past year and approximately 14 percent admit to heavy alcohol use.

Substance abusers do not make good employees. A study conducted by the U.S. Postal Service of workers who had tested positive in pre-employment tests, but were hired anyway, revealed that almost 60 percent were more likely to be heavy users of sick and personal time leave; by the 33rd month, those testing positive were absent about 66 percent more often than those who had tested negative; nearly 70 percent were involuntarily discharged in less than two and a half years.

Alcohol is the most frequently abused drug. If you don't have a drinking problem, chances are good that your safety has been in the hands of an alcohol-impaired co-worker. If you suspect that someone is affected by alcohol or drugs on the job, let your foreman know. It's the only way to prevent substance abuse related accidents.

