



Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

June 2003

Congratulations to the following folks who have hit their respective anniversaries with Denver Drywall in the month of May.

Mark Mc Lachlan	11 years
Jeff Erfman	9 years
Leo Villares	6 years
Andres Nava	5 years
Marcos Estrada	4 years



Ricky Miller	3 years
Victor Rivera	3 years
Guerrero Alvidrez	1 year
Hector Martinez	1 year
Cesar Salas	1 year

HEALTH EDUCATION CORNER

A Thirst For Success

Working out in the summer requires persistence and plenty of fluids.

Physical activity at any time of the year increases fluid needs, and with the heat of summer the need is even higher. Normal fluid need is a minimum of 64 ounces each day. When you're physically active perspiration evaporates from your skin increasing needs.

To keep hydrated, drink:

- at least two cups of water, 2 to 2 1/2 hours before your activity
- two cups fifteen minutes before your activity
- 1/2 cup every fifteen minutes during the activity

After the activity, drink two cups of water or a high carbohydrate drink like fruit juice or a sports drink, for each pound lost during the activity.

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.

THOUGHTS FOR THE MONTH

John Andrew Holmes

* There is no exercise better for the heart than reaching down and lifting people up

Will Rogers

* Lead your life so you wouldn't be ashamed to sell the family parrot to the town gossip



JUNE CALENDER OF EVENTS

June 15th Father's Day

Happy Father's Day to all of our Dad's out there. Have a great day.



"F" aithful.

"A" lways there.

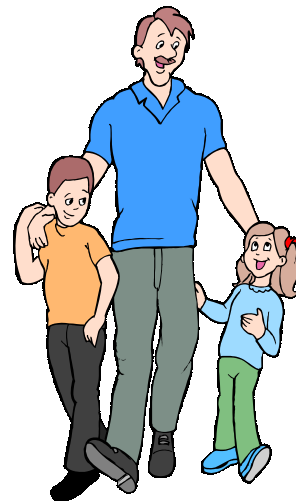
"T" rustworthy.

"H" onoring.

"E" ver-loving.

"R" ighteous.

"S" upportive.



A Little Slice of Safety



DEHYDRATION

With summer approaching, we wanted to re-visit the topic of dehydration.

Dehydration can be defined as "Loss of water content and essential body salts (electrolytes) needed for normal body functioning."

Dehydration can strike anyone at any time. However by taking some basic precautionary measures, the harmful effects of dehydration can be avoided.

1. Always drink plenty of fluids especially when going out to work in the sun.
2. Keep a careful check on intake and outflow of fluids. The human body should never lose more fluids than it is taking in.
3. For re-hydration, a simple solution with a little salt will do wonders. Common athletic drinks like Gatorade are useful in maintaining electrolyte balance.

Mild dehydration can be treated by simple re-hydration. Oral fluids are very effective. Sports drinks like Gatorade are very effective in restoring body fluids and salt balance. Another very effective way of maintaining salt balance and fluid intake is to drink fresh lemonade with salt in it.

For moderate dehydration or severe dehydration contact a physician.

Signs of Dehydration

<u>Mild</u>	<u>Moderate</u>	<u>Severe</u>
Thirst	Very dry mouth membranes	All signs of moderate dehydration
Dry lips	Sunken eyes	Rapid, weak pulse (more than 100 at rest).
Slightly dry mouth membranes	Sunken fontanelle (soft spot) on infant's head.	Cold hands and feet
	Skin doesn't bounce back quickly when lightly pinched and released.	Rapid breathing
		Blue lips
		Confusion, lethargy, difficult to arouse

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UP & COMING...



ELITCH'S DAY OF FUN...

Mark your calendars - Saturday, July 26th from 10:00 A.M. - 10:00 P.M.
It will sure be a day of fun in the Colorado sun!



Cellular Telephones continued...

Again, we need to re-visit this policy. Cellular telephones are to be only used during break and lunch hour.

Any emergency calls must come directly into the Denver Drywall office and a message will be given immediately.

Denver Drywall is asking for an honest 8 hours of work for 8 hours of pay. With employees continually on their cellular telephones, this does not happen.

Consequences could include: Verbal or written warnings and possible termination.

Cellular telephones = Use during break and lunch break only!!!