



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

November 2003

## PROJECT SPOTLIGHT OF THE MONTH



This month, we would like to highlight the Exempla Project, which is located off of Hwy 36 in Lafayette, Colorado. Darrell Harken is the Foreman over this project and Bob Kellerman heads up the project management team with the help of Jeff Butler.

The Exempla Project consists of 2 buildings plus a utility plant. We are responsible for the core and shell on the diagnostic treatment building, patient care facility as well as the utility plant. We started the core of the buildings in February of 2003 and we are anticipating completion by years end. The utility plant posed a specific challenge, and we decided to use Team Panels to panelize this building. It only took 2 weeks for us to set the panels and then a month to complete the welding. A total of 6 weeks to completion! Great time!!

Currently we are completing the stucco work. The stucco team is headed up by EdFerannadez and Tony Williams. The stucco began in September of this year and is scheduled to be complete in January.

The safety record for this project has been extraordinary. With over 22,000 man-hours worked, the job has seen only one small finger laceration. The crew has been participating in the stretch and bend exercises every morning. This has helped in the prevention of muscle strains.

Thanks to Darrell and his crew for a job well done. Keep up the good work.

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

Steve Gagnon	10 years
Steve Yant	8 years
Manuel De Jesus Martinez	5 years
Jose Hernandez Lopez	5 years
Kenny Dorrance	5 years



Eliut Guzman	4 years
Loretta Steves	3 years
Anselmo Cordero Chavez	2 years
David Flores	1 year
Alex Covarrubias	1 year

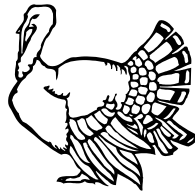
## A Little Slice of Safety

### 10 PROPANE SAFETY TIPS

#### AT CONSTRUCTION SITES

1. Store tanks and cylinders outside in a safe secure area away from other flammables or sources of ignition.
2. Mark storage area with no smoking and flammable signs.
3. Cylinders should always be stored, transported and used in an upright position to assure proper functioning of pressure relief devices.
4. After making connections, check for leaks with soapsuds or other leak detector solution. Make sure all propane hoses are protected from damage.
5. If you suspect a leak, smell near the floor as propane is odorized and is heavier than air. Shut off supply tank, ventilate the area and contact your propane supplier to have leak repaired.
6. Propane cylinders should not be used below grade unless prior approval has been obtained from the local fire marshal's office.
7. Use only U.L. and AGA approved equipment and keep all fittings and regulators clean to assure proper functioning.
8. Only take cylinders inside as they are needed to be connected to consuming devices. Inside storage is prohibited by most fire departments.
9. NEVER direct flames toward a propane container to hasten vaporization.

## Health Education Corner



### Does turkey make you sleepy?

We'd always heard that post-turkey lethargy was a result of a natural chemical found in turkey, the same one that makes a glass of warm milk such a touted sleep aid.

We were surprised when we found pages of turkey tidbit at the University of Illinois Extension site that asserted, "Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner. Carbohydrates in your Thanksgiving dinner are the likely cause of your sleepiness."

Not willing to write this off as a culinary urban myth, we moved on. Dr. Weil, a popular health guru, seemed to confirm our long-held belief, at least initially. He affirmed that the amino acid L-tryptophan found in turkey skin is a natural sedative. But, the good doctor points out that this probably isn't the cause of post-turkey sleepiness:

L-tryptophan doesn't act on the brain unless you take it on an empty stomach with no protein present. So I don't think the amino acid is to blame for the sudden lethargy that hits just about when it's time to do dishes. That's more likely due to drinking alcohol and overeating...

So, this Thanksgiving, moderate your alcohol and side-dish intake rather than passing on seconds of the bird. Have a happy holiday!

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.

## SPOTLIGHT EMPLOYEE THIS MONTH

Some call him Mr. Safety; others just call him Ernie. For those of you who don't know, Ernie Sotolongo is our Safety Director for the company and is our spotlight employee this month.

Since starting with Denver Drywall in February 2001, his guidance and knowledge have assisted us in keeping our jobsites safe and efficient.

Ernie has been involved with many organizations. He is currently on the Board of Directors for both the ABC (Association Building Contractors) and AWCI-Colorado (Association of the Wall and Ceiling Industries). He is also on the Insurance/Safety Committee with AWCI at the national level. He is well known and respected in our industry.

His rate of success since he began Denver Drywall Company has been impressive. Check out these statistics:

- Before Ernie, in 2000, our company had 41 recordable injuries and 907 loss days.
- After Ernie began in 2001, our recordable injuries dropped to 22 and 235 loss days.
- In 2002, the recordable injuries again dropped to 19 for the year and 40 loss days.
- In 2003, we currently have 12 recordable injuries to date with 4 loss days.

With his constant effort to improve safety and by making himself available to anyone who calls for help, we expect to deplete to minimal injuries in the upcoming years. We attribute this to new safety programs and his constant attention to detail. To top it off, Ernie is bilingual, which is a huge asset in our industry.

Ownership has said that Ernie is a great addition to our company, relates well with everyone, is well respected, has a mass of knowledge, is focused and goal driven.

Anyone who has witnessed his so-called golf game might say something different though.

Ernie is married and has 2 children.



Each month we will be featuring a spotlight employee from Denver Drywall. We want you to get to know your fellow employees. We have enjoyed getting to know each other better and we hope you will too.

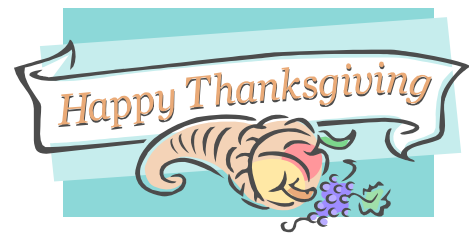
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### Calendar of Events for November

November 19<sup>th</sup> All Foremen's Meeting 3:30 p.m.  
(Foremen, don't forget to sign up ahead of time for your flu shot. Contact Lisa for more information)

November 27 & November 28 Office closed in observance of Thanksgiving

# DID YOU KNOW?



Thanksgiving in the United States is a day when people reflect on all the things they are thankful for during the year. People celebrate the bounty of the harvest and their lives, just as the Pilgrims did years before.

The pilgrims were the first real European settlers to go to North America. They boarded a ship called the Mayflower in 1620. They were setting off to the new land of America for a variety of different reasons.

Whilst we generally refer to the whole group of colonists on the Mayflower as "Pilgrims", the term more appropriately refers to these religious separatists. In fact, the word "pilgrim" was not used to describe the colonists until 200 years later.

The Pilgrims celebrated Thanksgiving that first year after they arrived at Plymouth as they had suffered through much hardship. They had run out of food and the crops they had planted failed to grow. With the help of Native Americans led by Chief Massasoit, they survived to once again have an abundant harvest and rebuild their lives and carve a niche for themselves, and those who later followed, in the New World.

One of the things that enabled the Pilgrims to survive was their friendship with Chief Massasoit and his tribe. They showed the Pilgrims about native food and crop cultivation so that their farming would be abundant. The Pilgrims, in turn, showed their appreciation for the friendship of Chief Massasoit and his tribe by inviting them to celebrate their harvest and bounty after all of their sufferings.

The first Thanksgiving meal was nothing like the meals of today. It was more like a giant cook out. Now, traditionally, people eat turkey, mashed potatoes and gravy, corn in some form or other and a variety of other vegetables and side dishes. The traditional dessert is pumpkin pie and/or pecan pie.

The Pilgrims continued to hold a Thanksgiving celebration every year, and it was eventually declared a national holiday. In 1863, President Abraham Lincoln declared Thanksgiving a national day of Thanksgiving, and made a proclamation. Every year since, the current President of the United States gives a Thanksgiving Day proclamation.

Every Day is the perfect Day to say Thanks!

Thanksgiving is America's national chow-down feast, the one occasion each year when gluttony becomes a patriotic duty

- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- A 15-pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- The male turkey is called a tom.
- The female turkey is called a hen.
- Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States.
- Forty-five million turkeys are eaten each Thanksgiving.
- Male turkeys gobble. Hens do not. They make a clicking noise.
- Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.
- The five most popular ways to serve leftover turkey is as a sandwich, stew or soup, salad, casserole and stir-fry.
- The fleshy growth under a turkey's throat is called a wattle.