



Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

January 2004

Denver Drywall Company hopes all of you had a Happy Holiday Season and wishes each one of you and your family a very Happy New Year.



Note from the Payroll Department

Make sure that DDC has your correct mailing address and telephone number. We will be running the 2003 W-2's in January.

Insure that we have that appropriate information, so that you can receive your forms quickly and correctly.

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

| | |
|--------------------------|----------|
| Bob Peyer | 22 years |
| Mario Cardenas | 7 years |
| Jose Balderrama | 5 years |
| Benjamin Hernandez Lopez | 2 years |
| Jorge Moreno-Guereca | 1 year |
| Jose Balderrama-Marquez | 1 year |
| Roque Zubia | 1 year |



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|-----------------|--------|
| David Chacon | 1 year |
| Martin Garcia | 1 year |
| Ramiro Ocampo | 1 year |
| Devor Schroeder | 1 year |
| Alan Maunton | 1 year |
| Jose Zubia | 1 year |

SPOTLIGHT EMPLOYEE THIS MONTH

Flashback – Significant events of 1982:

- Michael Jackson releases *Thriller*, which sells more than 25 million copies, becoming the biggest selling album in history.
- John Belushi dies of a drug overdose at age 33.
- *Cats* opens on Broadway. Becomes Broadway's longest running play.
- Academy Award, Best Picture for 1982: *Chariots of Fire*
- Record & Song of the Year: "Bette Davis Eyes," Kim Carnes
- Album of the Year: *Double Fantasy*, John Lennon and Yoko Ono
- A permanent artificial heart is implanted in a human for first time in Dr. Barney B. Clark, 61, at University of Utah Medical Center in Salt Lake City.
- The space shuttle, *Columbia* makes its first mission, deploying two communications satellites.



Yet most importantly, Gary Cummings began with Denver Drywall Company.

Long before beginning with DDC, Gary Cummings started his construction career as a carpenter's apprentice.

Gary began with Denver Drywall Company in 1982 as an apprentice. He worked both long and hard in learning the trade. Gary worked for numerous names over the years such as the Peyer brothers, Bill and Bob; Dave Heap; and Kip. From that point, it was on to bigger and better things.

In 1994, he was brought into the office to show off what he had learned. He put his time in the field and now it was time to try his hand at Project Management. As you are well aware, he has worked on many major projects over the years. Some of the projects include: Zephyr Mountain, Mountain Thunder Lodge, Redhawk, Colorado Mills Mall, Ben Nighthorse Campbell Health Center, and most recently Progressive Insurance to name just a few.

As well as being a loyal Denver Drywall employee, he is a dedicated family man with his wife and two daughters.

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.

A Little Slice of Safety

Winter Safety



Winter storms can be defined differently in various parts of the country. A heavy snow in the South may be considered a dusting in the mountains. A winter storm can range from a moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow that lasts several days. Winter storms can approach very quickly and without warning in the Rocky Mountains, and unprepared motorists can find themselves in a very unpredictable situation. Pack a Winter Disaster Supply Kit to keep in your car before hitting the road, anywhere in the country, during the winter season and keep in mind these few tips if you become stranded during a winter storm.

If You Become Stranded In Your Car

- ◊ Stay with your vehicle. Disorientation and confusion come quickly in blowing snow.
- ◊ Hang a brightly colored cloth (preferably red) to indicate you need help on your antenna. Raise the hood after the snow stops falling.
- ◊ Run the heater for 10 minutes every hour to keep occupants warm. Be sure to keep the exhaust pipe clear of snow and slightly open a downwind window for ventilation.
- ◊ Leave the overhead light on when the engine is running so that you can be seen.
- ◊ Try not to stay in one position too long. Clap hands and move arms and legs occasionally to keep up circulation.
- ◊ If more than one person is in the car, take turns sleeping. Sleepiness is the first sign of hypothermia and you need to periodically increase your body circulation and temperature. Huddle together for warmth.
- ◊ Use newspapers, maps, and removable car mats for added insulation.
- ◊ Drink fluids to avoid dehydration.

Winter Supplies for your Car

- ◊ Several blankets or sleeping bags
- ◊ Rain gear and extra dry clothing
- ◊ Mittens, socks and a wool cap
- ◊ Newspapers for insulation
- ◊ Plastic bags for sanitation
- ◊ Canned fruit, nuts, and high energy "munchies" (non-electric can opener)
- ◊ Bottled water
- ◊ Canned broth or soup
- ◊ Small shovel, pocket knife, pliers, wrench and screwdriver
- ◊ Small sack of sand for traction under wheels
- ◊ Tire chains or traction mats
- ◊ Jumper cables
- ◊ First aid kit and necessary medications
- ◊ Flashlight with extra batteries
- ◊ Candle with a metal can or other fireproof container for heat and light source
- ◊ Matches
- ◊ Cards, games and puzzles
- ◊ Bright colored cloth to tie to the antenna (preferably red)

Health Education Corner



Making a New Year's Resolution

It's hard not to get the resolution urge on New Year's Eve. There's that sense of renewal, of rebirth, and the guilty awareness that you ate your own weight in chocolate during the holidays. Sure, last year's resolutions didn't make it past the fifth of January, but hey, this year's going to be different, right?

Most of us don't have a clue how to make a reasonable resolution, which is why most of us fail to keep the ones we make. We set high goals for ourselves, and then wonder why we never attain them. So we either stop setting goals (never a good choice), or make resolutions that are ridiculously easy to keep.

Achieving Success

Are you determined that this year you'll keep those New Year's Resolutions? Here are a few goal-setting tips to get you started!

Don't Try Everything at Once:

There's a temptation, with the New Year, to run off a list of everything we've ever wanted to change. Don't fall for it! You'll have better luck fulfilling one or two goals than you will with a list of fifty. You can always add new resolutions to your list later. Take one thing at a time.

Word it Carefully:

Let's say your resolution is to relax more in the coming year. Word this carefully. Try not to think of it as "This year I am going to relax." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Try to make it sound a little gentler: "This year I'm going to explore different ways of relaxing." It also suggests more of a plan—you'll fulfill the resolution by experimenting with relaxation techniques. The first resolution sounds as if you're going to force yourself to relax by sheer willpower.

Make a Plan:

Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. This doesn't have to be a complicated plan; just brainstorm enough to give you a place to start.

For relaxing, you might devise a plan like this:

- 1) Surf the Internet to find different relaxation techniques.
- 2) Make a list of all the techniques that interest you.
- 3) Pick one of these techniques—meditation, progressive relaxation or self-hypnosis, for instance—and try one for a month.
- 4) Try a different technique every month until you find one you like.

Write it down:

Write down your resolution and your plan of action. Stick it up on the fridge, in your locker, wherever you know you'll see it. That way you'll have a constant reminder of the resolution. You may want to change the wording as time passes and your goal changes.

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.