



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

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## A Little Slice of Safety

### Back Strengthening Tips

Back problems are the most common physical complaints among American adults today. People who are active with sports or do a lot of physical labor develop good muscle tone in their backs and legs. People who sit most of the day lose that muscle tone, and their backs are the first place to show it.

Most of our back troubles happen because of bad habits, generally developed over a long period of time; poor posture; over extension in work or play; sitting incorrectly at the desk or the steering wheel; pushing, pulling, and lifting things carelessly. Sometimes the effects are immediate, but in many cases back problems develop over time.

#### Here are some sure fire tips that will direct you back to health:

THESE ARE TIPS FOR BACK PAIN AND IN NO-WAY SHOULD COUNT AS A SUBSTITUTE TO SEE A PHYSICIAN!

**Swedish massage:** Helps to relieve tired, sore muscles, improves circulation, and basically helps you deal with the pain in a very relaxing way!

**Strong stomach** muscles are vital to defeating back pain because they give the spine support and help the back muscles handle physical strain. Physical therapist Marilyn L. Miller, of Neskowin, Oregon, has developed these stomach-strengthening techniques that are especially good for back pain sufferers.

### PROPER SIT-UPS FOR PAIN-FREE BACKS!



**THE CURL-BACK:** Sit on the floor with your knees bent, back rounded, and arms out front, Bend your head forward and contemplate your navel and your heels on the floor. Breathe out to contract your abdominal as your back touches the floor slowly, one vertebrae at a time. Stretch your arms behind you as you hit the floor and unbend your head. Take a deep breath. Aim for a smooth, 5-second motion.



**THE CURL-UP:** This is the reverse of the Curl-Back. Lie flat, with your head. Suck in your abdominal, exhale and let your arms lead you smoothly forward until you are curled, with your arms forward and your eyes on your navel.

When you can curl up without having your feet fly, you're ready to combine both curls into one motion. Breathe out as you curl back, take a breath, then breathe out again as you curl up. When it becomes easy, place your hands over your chest to give you more of a challenge and more of a reward.

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## SPOTLIGHT EMPLOYEE THIS MONTH

The year was **1968**. Not only did Dave Heap begin his career with Denver Drywall Company, but the following events happened in history.



- U.S. had almost 525,000 men in Vietnam.
- President Johnson announced he will not seek or accept the presidential renomination (March 31)
- Martin Luther King, Jr., Civil rights leader was slain in Memphis (April 4).
- James Earl Ray, indicted in King murder, was sentenced to 99 years.
- Sen. Robert F. Kennedy was shot and critically wounded in a Los Angeles hotel after winning the California primary (June 5)—dies June 6th.
- 60 minutes airs on CBS, beginning its reign as the longest-running prime-time news magazine.
- The motion picture rating system debuted with G, PG, R and X ratings.

Dave Heap is the “John Elway” of Denver Drywall Company. His career began in **1968** with DDC and will end with DDC when he chooses to retire. He will leave this company with an amazing reputation.

Dave started as an Apprentice Rocker and quickly continued his path to Foreman, Superintendent and currently Assistant Field Operations Manager.

Dave is known for many qualities. In the past, he was referred to as “**Mr. Clean**”. We are told that Dave would hang drywall for the entire day and look as clean as when he started at the beginning of the workday. And, in the dusty world of drywall, that is a rarity.

We were told that many years ago, Dave Heap hung 100 sheets of drywall in one day. Rumor has it that his tools have been put on display at the Smithsonian.

Dave has been an excellent mentor and teacher to many of our Foremen in the company over the years. He continues to teach and educate not only the foremen, but also the up and coming leaders within our company. We only hope that any of these men can measure up to such a role model. He has mentored such names as: Don Goldtrap, Bob Kellerman, Clyde Baggett, Jerry Dignan, and Jeff Erfman to name a few. All of these foremen have stated that Dave is a true professional; calm; a good listener; extremely organized; and a straight shooter. If anyone has seen inside of Dave’s work truck, they will realize why sticky notes were invented and how he continues to keep that company in business.

We are told that he ran a tight ship and was a strict Foreman, but more impressively is he also made everyday work an enjoyable place. As an example, around Christmas time, Dave would put up a tree on the jobsite to get in the holiday spirit.

They say behind every man is a good woman and that is true with Dave. Dave married his high school sweetheart and has been married for over 35 years. Jill has caused a lot of us around here to gain a few extra pounds due to her amazing baking and cooking skills. Dave also has two sons and two grandchildren that we are sure he treasures.

The one future event in DDC history most dreaded would be when Dave Heap decides to retire. We all hope for many more years of his loyalty, excellent work, and positive attitude.

There is not another employee in this company who is as highly respected; a true professional; and a loyal employee as Dave Heap. And that is why Dave is in the Employee Spotlight this month.

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.

# Health Education Corner

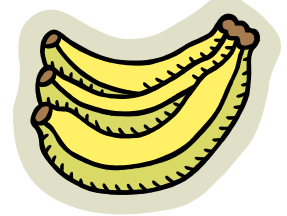
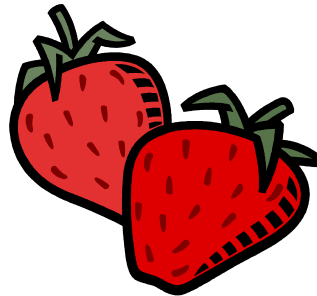
## A Winter Alternative To Fresh Fruit

Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the winter?

A convenient option that's always available is dried fruit. Like fresh fruit, dried fruit provides fiber, vitamins A and C, potassium and folate. Per serving, dried fruit may contain more calories than fresh, but in the dead of winter, it's still a good choice.

Dried fruit is easy to carry. It can be added to salads, pancake batter, bread recipes or even your daily bowl of cereal.

Some dried fruits may be preserved with sulfite, which can trigger allergic reactions in some people. Read the labels to find out if sulfites are present. Dried fruits make it easy to consume necessary nutrients year-round.



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

Rick "Shaggy" Redd	8 years
Rick Daulton	7 years
Betty Kerbs	7 years
Agustin Guerra	6 years
Clinton Jefferis	6 years
Jaime Nevarez	6 years



Brad Myers	5 years
Javier Castaneda	5 years
Scott Richardson	4 years
Robert Dickinson	4 years
Sean Ballard Medina	4 years
Herman Miller	2 years
Jeff Butler	1 year

## History of Valentines Day



Every February we celebrate Valentines Day by giving flowers, candy and cards to those we love. We do this in honor of Saint Valentine. You may be wondering, "Who is St. Valentine"?

Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those that were married. With this thought in mind he outlawed marriage for young men in hopes of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.

Perhaps we'll never know the true identity and story behind the man named St. Valentine, but this much is for sure...**February has been the month to celebrate love** for a long time, dating clear back to the Middle Ages. In fact, Valentines ranks second only to Christmas in number of greeting cards sent.

Another valentine gentleman you may be wondering about is Cupid. In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, god of love. Cupid is often said to be a mischievous boy who goes around wounding both gods and humans with his arrows, causing them to fall in love.



Dance Like nobody's watching. Love Like you've never been hurt.

Of all earthly music, that which reaches farthest into heaven is the beating of a truly loving heart.

## What is a leap year?

A leap year is a year with one extra day inserted into February; the leap year is 366 days with 29 days in February as opposed to the normal 28 days.

Why are leap years needed?

Leap years are needed so that the calendar is in alignment with the earth's motion around the sun.

