



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

March 2004

## Project Spotlight of the Month

This month we would like to spotlight the Brannon Sand and Gravel Office Building located in Commerce City. Calcon is the general contractor on the project.

Bob Kellerman is the Project Manger for the Brannon project and Jeff Erfman is the foreman on site.

Jeff started this project in December 2003 with the projected completion date of April 2004. This one story building is their new corporate headquarters. The outside of the building is pretty impressive. The exterior is made of 12X24 pieces of sand stone.



The entire inside of the building is a Level 5 finish. Steve Gagnon and Horacio Chavez have done an exceptional job on the level 5 finish with all of the ceilings being over 10 foot.

Good job guys. Keep up the good work.

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

Jerry Dignan	18 years	Jose Cabrera	10 years
Carl Evans	4 years	Antonio Arizmendi	1 year
Jim Stout	10 years	Simon Ramirez	2 years
Darrell "Big D" Harken	8 years	Brian Maurer	6 years
Rafael Marquez	6 years	Raul Venzor	1 year
Nicolas Balderrama	5 years	Rafael Lerma	1 year

# Little Slice of Safety

Together, OSHA and the American Apparel and Footwear Association are committed to providing apparel and footwear industry employers and workers with information and assistance to help them comply with OSHA and industry standards and to ensure safer workplaces.



A set of ANSI (American National Standards Institute), when met, reduce the possibility of puncture wounds to the soles of the feet by objects that could penetrate the soles of footwear, e.g., nails, glass or sharp metal. A measure of foot-pounds to the toe cap will resist while retaining the minimum clearance of:

Men - 16/32 Inches (12.7 mm)

Women - 15/32 Inches (11.9 mm)

when a 50 lb weight is dropped from 18 inches or under a 2,500 lb test load for compression.

## The Proper Personal Protective Equipment

Having completed the Hazard Assessment, we at Denver Drywall Company have selected and require each employee to use the correct PPE (personal protective equipment), including a good sturdy work boot.

*All footwear purchased after July 5, 1994 must comply with ANSI Z41-1991/1999 Revisions: "American National Standard for Personal Protective Footwear." This standard has become a fundamental guideline for determining the proper footwear for any work situation.*

The 1991/1999 Revisions Standard is broken down into some of the following categories:

1. Impact and Compression Resistance - This is a test of a shoe's capacity to protect the toe area of the foot against falling objects or heavy rolling objects such as a forklift. The toe area is protected by using protective toe cap construction, commonly referred to as "Steel Toes," although some safety shoes use a Non-Metallic protective cap that is equally effective.

The ANSI Class 75 test standard is a measure of foot-pounds the toe cap will resist while still retaining the acceptable clearance shown. The established minimum clearance for ANSI Class 75 is: Men - 16/32 inches (12.7 mm), Women - 15/32 inches (11.9 mm), when a fifty-pound weight is dropped from eighteen inches onto the protective cap or under a 2,500-pound test load for compression

2. Metatarsal Footwear - Established standards for the protection of the upper foot (metatarsal bones) and toe areas. Designed to prevent or reduce injuries when the toe and metatarsal areas of the foot are exposed to "drop" hazards.

3. Sole Puncture - A set of standards that, when met, reduce the possibility of puncture wounds to the soles of the feet by objects that could penetrate the soles of footwear, e.g., nails, glass or sharp metal.

Utilizing these standards, and paying special attention to your workplace needs, you can comply with the OSHA regulations by purchasing the proper footwear to help eliminate the hazards of your workplace.

The information provided in the "A Little Slice of Safety" 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



The year was 1986.

- Ronald Reagan is the President and George Bush is the Vice President of the United States.
- Space Shuttle Challenger explodes after launch at Cape Canaveral, FL. killing all seven aboard.
- US Supreme Court reaffirms abortion rights (June 11).
- The Television Bureau of Advertising announces that the average American household watches television for more than seven hours a day.
- *The Oprah Winfrey Show* hits national television.
- Nintendo video games are introduced in U.S.

Yet, of all the news and events that occurred in 1986, nothing came close to the big event in 1986 for Denver Drywall Company. 1986 was the year that Don Goldtrap began his career with DDC.

Don was hired on with DDC as a rocker working under Dave Heap. From what I hear, Don had always achieved or exceeded the rock productions. Besides working in Denver, Don also worked up in the mountains building a few of our large projects.

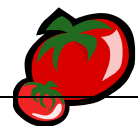
Don's first project as a foreman was the ICG Building on I-25 and Orchard. If you have driven down I-25 south of the Denver Tech Center, you will know that this building is the facility that leans forward similar to the Leaning Tower of Pisa. It would seem that this building does not appear to be plumb. We still don't know for sure if the building was supposed to be like that or if Don was just being funny.

Anyone who has ever worked with Don would agree that he is a true leader. They will tell you that he is well liked, fair, respected, and loyal to the company. Don is a true team player.

Donny is an avid outdoorsman with some of his hobbies including fishing, ice fishing, and hunting to name just a few. If it's outdoors, I bet Donny has tried it.

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



### Can Your Eating Plan Fight Cancer?

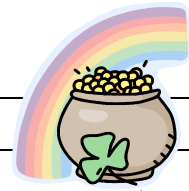
From heart disease to cancer prevention, research points to many health benefits of consuming plant foods.

Plant foods contain phytochemicals, which have been found to slow down cancer cell growth, lower hormone levels that can trigger prostate cancer and inhibit enzymes that cause cancer. Obtaining these phytochemicals means consuming a variety of vegetables every day. Try dark green, yellow or orange vegetables such as broccoli, brussel sprouts, cabbage, tomatoes and cauliflower.

Omega-3 fatty acids may also help fight cancer cell growth. Include flaxseed and fatty fish like salmon, mackerel, sardines or herring in your eating plan for extra health benefits.

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### A 'Lil St. Patrick's Day History



We celebrate Saint Patrick's Day each year on March 17th. The festive holiday has everyone wearing green (so they don't get pinched) and chatting of four leaf clovers, shamrocks, lucky leprechauns, and kissing some big rock called a blarney stone. Does it all sound a bit strange?

Did you know that Saint Patrick's name at birth was Maewyn Succat? He was born somewhere near the end of the fourth century and took on the name Patrick or Patricus, after he became a priest, much later in his life. At the age of sixteen Maewyn Succat was kidnapped from his native land of Britain, by a band of pirates, and sold into slavery in Ireland. Maewyn worked as a shepherd and turned to religion for solace. After six long years of slavery he escaped to the northern coast of Gaul.

In Gaul, Maewyn became Patrick (a more Christian name) and studied in the monastery under St. Germain, bishop of Auxerre for twelve years. He came to believe that it was his calling to convert the pagans of Ireland to Christianity. St. Palladius was appointed to go to Ireland first but transferred to Scotland two years later opening up the door for Patrick. Patrick was about sixty years old when he arrived in Ireland and it is said that he had a winning personality that helped him win converts. He used the shamrock, which resembles a three-leafed clover, to help explain the concept of the Trinity (father, son, holy spirit).

Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries and setting up schools and churches to aid in converting the Irish country to Christianity. Legend has it that Saint Patrick drove all the snakes out of Ireland. Evidently, they all went into the sea and drowned. The snake is a pagan symbol and perhaps this is a figurative tale explaining that he drove paganism out of Ireland.

Patrick's mission in Ireland lasted for thirty years. He then retired to County Down and died on March 17 in 461 AD. That day has been commemorated as St. Patrick's Day ever since. The first year St. Patrick's Day was celebrated in this country was 1737 in Boston, Massachusetts. As the saying goes, on this day "everybody is Irish!" Over 100 U.S. cities now hold Saint Patrick's Day parades.

**Shamrock:** St. Patrick used the shamrock leaf to symbolize the Trinity, and today many people wear a shamrock to commemorate Saint Patrick's Day.

**Leprechauns:** Just what does a Leprechaun look like and why are they so special? A Leprechaun (Irish fairy) looks like a little old man. He's about 2 feet tall and dresses like a shoemaker with a cocked hat and leather apron. A Leprechaun's personality is described as aloof and unfriendly. They live alone and pass the time by making shoes. They're special because they also possess a hidden pot of gold. If you listen closely for the sound of their hammer you might be able to capture one. If you do you can force him (with the threat of bodily violence) to reveal where he's hidden his treasure. Be careful! Do not take your eyes off him for if you do he will surely vanish and your hopes of finding his treasure will vanish with him.

**Green :** So why do we all wear green?

Probably because you'll be pinched if you don't! School children started this tradition. Green is also the color of spring, the shamrock and is connected with hope and nature.

#### The luck of the Irish



Want to be lucky this St. Patrick's Day? Follow this advice:

1. Find a four-leaf clover.
2. Wear green (so you don't get pinched).
3. Kiss the blarney stone.
4. Catch a Leprechaun if you can.

In honor of the festivities we leave you with this Irish blessing: May your blessings outnumber the shamrocks that grow and may trouble avoid you wherever you go!