



Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

January 2005

A Chuckle for the Month

Here are New Years Resolutions That You Can Really Keep...

Are you sick of making the same resolutions year after year that you never keep? Why not promise to do something you can actually accomplish? Here are some resolutions that you can use as a starting point:



1. I want to gain weight. Put on at least 30 pounds.
2. Stop exercising. Waste of time.
3. Read less.
4. Watch more TV. I've been missing some good stuff.
5. Procrastinate more.
6. Drink. Drink some more.
7. Take up a new habit: maybe smoking.
8. Spend more time at work.
9. Stop bringing lunch from home: I should eat out more.
10. Start being superstitious.

SPOTLIGHT EMPLOYEE THIS MONTH

Important events in history and trivia for the year 1970.

- Richard Nixon is the President of the United States
- US troops invade Cambodia (May1). Background: Vietnam War
- The Beatles break up. By the end of the year, each member had released a solo album.
- George C. Scott gives one of film's most memorable performances in *Patton*. He won the Best Actor Oscar for his turn as the title character, but refused the gold statuette.
- Jimi Hendrix and Janis Joplin both die drug-related deaths at age 27.
- FCC regulations require separate ownership of television networks and studios.
- Monday Night Football debuts on ABC, with Howard Cosell, Frank Gifford, and Don Meredith giving play-by-play.
- IBM introduces the floppy disk.
- Bar codes (computer-scanned binary signal code) are introduced for retail and industrial use in England.



Of course none of these events top our company's important date in history. This was the year Vern Yant arrived on the doorstep of Denver Drywall Company to begin his long distinguished career. His son Steve, one of our estimators, was only 4 years old when Vern started with DDC. Little did Steve know he would end up following in his Dad's footsteps.

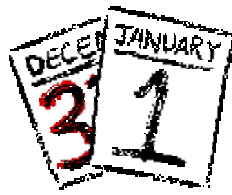
Any job position one could conjure up at DDC, Vern has probably done it along the way. For those of you who don't know Vern, he is one of our Project Managers. He began back in 1970 as a rocker and progressed up to a foreman. From what we hear, his reputation was quite strict as a jobsite foreman. Vern is well liked and respected these days.

Vern has been married to Willa going on 40 years. Way to go.

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.

Congratulations to the following folks who, in the month of January, have hit their respective anniversary with Denver Drywall Company!

Vern Yant	35 years	Bob Peyer	23 years
Jose Balderrama	6 years	Juan Cabrera	5 years
Benjamin Hernandez Lopez	3 years	Jorge Moreno	2 years
David Chacon	2 years	Martin Garcia	2 years
Ramiro Ocampo	2 years	Jose Zubia	2 year
Roque Zubia	2 years		



We've heard it said that by the end of January, over 90% of individuals who make New Years resolutions don't remember what they were. Why is this so?

People are often sincere, however, they are not yet in the right place for big changes in their lives. Many others want to continue same behaviors, such as eating the wrong things, and still reap the rewards of increased levels of energy and weight loss.

The most important question for you is... are you ready for a change? And, if the answer is "yes," the second question is... how ready are you?

You have your own pace. Too many folks know they need to make a change and beat themselves up because they are not on the schedule they feel they "should" be on. You're on the schedule you're on.

The "New Year" provides symbolism for "clearing out the old" and "bringing in the new." In that capacity alone, it is a golden opportunity for a fair review of your life. But, if there were one thing I'd wish for you it would be that this year you take your learning to a new level. A year is too long to wait to complete a personal inventory. Several of you will have a few too many drinks on New Years Eve to really be serious about personal change.

And life truly is too short. Do you only clean your house once each year? I suggest you utilize the symbolism of the New Year to evaluate your life every 3-6 months.

Cleaning yourself out, making yourself new is a wonderful gift to give yourself and those around you. Don't you think?

GUIDELINES TO KNOW IF IT'S TIME FOR A CHANGE:

1. Are you ready to make a change?
2. On a scale of 1-10, ten being powerful desire, how ready are you? If you are at 7 or above you're ready to begin on your goal. If you're a 6 or below, ask yourself, "What needs to occur for my passion to rise above 7?"
3. Why are you considering making this change?
4. Do you feel an increased level of energy when thinking about this goal?
5. Have you considered what tools/resources you will need to accomplish this goal?
6. Can you see what your life looks like once you've accomplished your goal?
7. Are you ready to make your goal known to family, friends, God... for support and accountability?
8. Have you written your goal down in explicit detail?
9. Have you set a start-time and an end-date for the goal in mind?
10. Do you have a heartfelt commitment towards this goal?
11. Is this goal in alignment with what's in your best interest, and the best interest of those around you?
12. Are you willing to do "the work" it will take to accomplish this goal?



There you have it - A twelve-step guide for discerning personal transformation. If the questions assisted you in knowing that now is not quite the right time to move on a new goal, then I wish you patience, gentleness and self-acceptance in the New Year.

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.

A Little Slice of Safety

Drinking and driving don't mix. Drinking and driving don't mix. Drinking and driving don't mix.

No matter how many times you've heard it, there are people who just don't get it. In fact, every 30 minutes, someone in this country dies in an alcohol-related crash. Every 30 minutes! And last year alone over one million people were injured in alcohol-related traffic crashes.

QUESTIONS AND ANSWERS ABOUT DRINKING AND DRIVING

How does alcohol affect a person's ability to drive?

The more a person drinks, the more their ability to make crucial driving decisions becomes impaired. After just one drink, a driver can begin to lose their ability to perform the tasks necessary to drive a car: braking, steering, changing lanes, and using judgment to adjust to changing road conditions. At a certain point, a driver will become legally intoxicated and can be arrested for attempting to operate a motor vehicle.

What do DUI and DWI mean?

DUI means "Driving under the Influence" of alcohol or drugs. DWI means "Driving While Intoxicated". These are terms used by police. In every state in our country there is a legal limit to how much alcohol you can have in your body if you are driving. If you drink and drive you can lose your driver's license and even go to jail.

How do you Measure how much Alcohol is in the Blood?

A driver's Blood Alcohol Content is measured by the weight of the alcohol in a certain volume of blood. Police test breath to measure a driver's BAC. It can also be tested in blood, urine or saliva.

What can you do about drunk driving?

- Follow these suggestions from Mothers Against Drunk Driving (MADD). Your best defense against a drunk driver is to wear your safety belt, make sure any children in the car are in child safety seats.
- Never ride in a car operated by someone who has been drinking - call a cab or ask a friend to drive you home.
- Report drunk drivers to law enforcement from a car phone or pay phone.
- Keep a safe distance from anyone driving erratically.

