

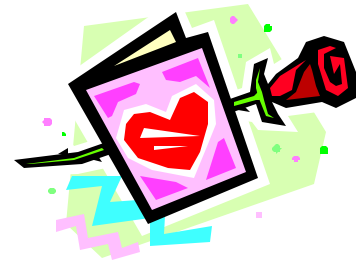


Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

February 2005

A Chuckle for the Month



The Valentine's Day Card Reads

On the cover, the flowery greeting card looks as innocuous as zillions of others. The sentiment asks simply: "Will you be my sweet Valentine?"

On the inside: "Please let me know ASAP, as I have some backups in mind."

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

Rick Redd	9 years
Betty Kerbs	8 years
Clinton Jefferis	7 years
Brad Myers	6 years
Scott Richardson	5 years
Ernie Sotolongo	4 years
Paul Evans	1 year



Rick Daulton	8 years
Agustin Guerra	7 years
Jaime Nevarez	7 years
Javier Castaneda	7 years
Sean Ballard Medina	5 years
Jeff Butler	2 years
Mark Rohrer	1 year



QUESTIONS:

1. **True or false?** Chocolate reduces heart disease risk.
2. **True or false?** Chocolate triggers migraine headaches and breakouts.
3. **True or false?** Milk chocolate is better for your heart than dark chocolate.
4. **True or false?** Eating chocolate helps you live a longer life.

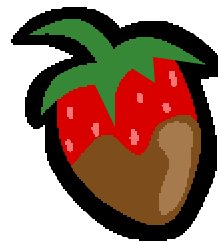
ANSWERS:

1. **True.** Researchers believe chocolate's natural antioxidants, called flavonoids, improve your odds against cardiovascular disease. These compounds may reduce blood clotting and ease blood-vessel constriction, which helps prevent deposits from attaching to artery walls. Preliminary research suggests the amount in a 40-gram serving (1.4 ounces) of commercial chocolate may be enough to produce measurable benefits.

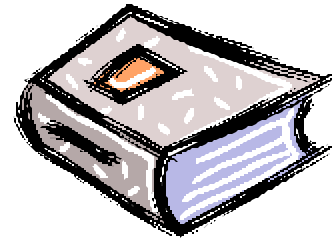
2. **True.** By altering cerebral blood flow and releasing norepinephrine, some chemicals in chocolate, such as caffeine, phenylethylamine, and theobromine, can trigger migraines. But a large amount of these chemicals are needed to start the migraine process, and for most sufferers, chocolate alone does not initiate the migraine chain reaction. And, although chocolate doesn't actually cause acne, the sugars in most chocolate products can worsen skin eruptions. High-glycemic-load carbohydrates have been shown to cause the hormonal changes that occur with acne.

3. **False.** Dark chocolate has more antioxidant power than milk chocolate because the dark contains more cocoa-bean liquor and therefore more flavonoids. A 40-gram serving (1.4 ounces) of milk chocolate typically contains around 400 milligrams of antioxidants, about the same as a glass of red wine. A serving of dark chocolate contains more than twice that. And unsweetened powdered cocoa has almost twice as many antioxidants as dark chocolate.

4. **True, up to a point.** One 1998 Harvard study, sponsored by the National Institute of Health, linked all candy consumption, including chocolate, with extending life by a year. Unfortunately, more isn't better, because eating too much chocolate can lead to weight gain, and obesity is linked to a shorter lifespan. Realistically, chocolate is too high in calories and fat to ever be considered a health food. But even the study's authors admitted to eating an average of one bar a day each.



Extra Extra Extra - Read all about it!!!



Recently, many of us were asked to read a book called "The Four Agreements". If you are looking for a book to read to figure out how to be a better person to your kids, your family, your co-workers, people in general, or for yourself, reading it could prove to be beneficial and helpful. This book can be useful for both work and personal use.

The Four Agreements

By: Don Miguel Ruiz

Here are the four agreements that we can all focus on.

Be impeccable with your word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

Don't make assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

Always do your best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply to do your best, and you will avoid self-judgment, self-abuse, and regret.

A Little Slice of Safety



Do you have a sweetie at home that you just don't know what to get for Valentine's Day? This year we want to help you with suggestions for a "Safe" Valentines Day. We want to ensure Cupid's arrow doesn't backfire.

To many of you, this could be a helpful preventative safety maneuver.



Valentine's Day General Gift Ideas: READ THIS FIRST!!!

Remember that the first and most important rule of gift giving is to give the recipient what he or she wants, as opposed to simply what you want to give them. When a gift "backfires," it is usually because the giver didn't think about what would really please the recipient. With that in mind, realize that gifts need not entail large sums of money in order to be effective and appreciated. Some people recall that their most memorable Valentine's Day presents included non-monetary gifts such as poems, change in the routine schedule as planned by their partner, or even a day off from chores. The best gifts are creative and targeted for the specific needs of the receiver. Be original!

Gifts recommended for women:

Personalized gifts from your heart: flowers; chocolates; balloon ride; original poetry; picnic breakfast at sunrise; a copy of the latest bestseller and an afternoon planned to let her enjoy reading it peacefully and quietly; specialty gift baskets; perfume; jewelry; ring, bracelet, necklace, or watch; wine; gift certificate to a spa, nail salon, beauty salon, the mall, or a restaurant; offer to take over chores; a home-cooked meal; a day planned specifically to leave "Mom" alone to do whatever she wants; do any long-unfinished chore of her choice; a petal-strewn bedroom with several lit candles properly shielded from anything flammable and mood music of her choice; a long massage with or without scented oil; or an evening out with the "girls".

Gifts recommended for men:

Personalized gifts for your sweetheart; tickets to the movies or a sporting event; cologne; a watch; home-baked heart-shaped cookies and brownies; satellite dish subscription; framed picture of you smiling in some romantic place; the latest gadgets; sports memorabilia; voucher to do some yard work or wash his car; night out with the "boys" or an afternoon golf date.

