



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

March 2005

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Congratulations Steve Yant! Steve is one of our Estimators with Denver Drywall Company. Steve recently became a Certified Professional Estimator by the American Society of Professional Estimators.

The mission of the American Society of Professional Estimators is to serve construction estimators by providing education, fellowship, and opportunity for professional development.

During the 1970's and 1980's, chapter and national committees combined their efforts to develop and refine a system for evaluating the capabilities of construction estimators. A program for testing and certification was initiated. This program includes mandatory attendance at an educational workshop, writing an acceptable technical paper, successful completion of written examinations, and participation in the continuing certification program. ASPE certification has been judged to be timely and beneficial by several international construction publications.

The construction industry is, by any measure, the largest single industry in the world. The construction estimator is **THE PERSON** responsible for the evaluation of manpower, materials and other costs for this multi-billion-dollar industry.

Government agencies, owners, designers and contractors are increasingly looking to Certified Professional Estimators (CPE's) for reliable cost estimates that are the key to success in this competitive arena.

Way to go Steve Yant, CPE. Thanks for your hard work and dedication to the industry and to Denver Drywall Company.

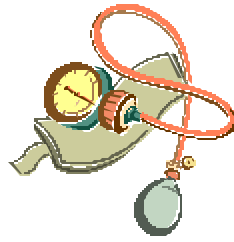
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Congratulations to the following folks who, in the month of March, have hit their respective anniversaries with Denver Drywall Company!

Jerry Dignan	19 years	Rafael Lerma	2 years
Jose Cabrera	11 years	Martin Lugo	2 years
Jimmy Stout	11 years	Joaquin Madrid	2 years
Rafael Marquez	7 years	Pat Lee	1 year
Nicolas Balderrama	6 years	Vern Medina	1 year
Carl Evans	5 years	David Martinez	1 year
Marty Herndon	5 years	Patch Bailey	1 year
Jesus Escobedo	3 years		

## Health Education Corner

### UNDER PRESSURE



It can affect your brother, sister, friend or coworker. According to the American Heart Association, one in four adults in the United States suffers from high blood pressure. However, because the disease is virtually symptom-free, nearly one-third of those affected remain dangerously unaware of their condition. Uncontrolled and untreated, high blood pressure can lead to stroke, heart attack, heart failure, kidney failure, atherosclerosis (fatty buildup in the arteries) and even blindness.

"Blood pressure is usually expressed as a fraction, where the first number measures the force in the arteries when the heart pumps, and the second number measures the heart at rest," said Rebecca Allison, M.D., head of Cardiology for CI GNA Medical Group. "In the past, a blood pressure reading of 140/90 was acceptable, but we now know that we must try to reduce blood pressure to 120/80 and even lower for those suffering from diabetes or heart conditions."

While the exact cause of high blood pressure is unknown, the American Heart Association reports the following potential risk factors to developing the condition:

- Obesity
- Inactivity
- Smoking
- Heavy alcohol use
- High-sodium diet
- Heredity
- Race – African-Americans develop high blood pressure at a higher rate than any other race
- Age – Men are more likely to develop high blood pressure after the age of 35, and women are more likely to develop high blood pressure after menopause

According to Dr. Allison, everyone should have their blood pressure checked as part of their annual physical examination, and she recommends the following tips to ensure an accurate blood pressure reading:

- Refrain from smoking and drinking caffeinated beverages at least 30 minutes prior to the reading
- Refrain from talking during the reading
- Use the restroom prior to the reading
- Wear short sleeves

"In most cases, high blood pressure cannot be cured, but it can be reduced and controlled through a healthy, low-sodium diet, exercise and medication," said Dr. Allison. "Our hearts beat approximately 100,000 times a day, and for someone suffering from high blood pressure, that's 100,000 beats closer to a number of deadly conditions."

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

The vast majority of drug users are employed, and when they arrive for work, they don't leave their problems at the door. Of the 16.7 million illicit drug users aged 18 or older in 2003, 12.4 million (74.3 percent) were employed either full or part time. Furthermore, research indicates that between 10 and 20 percent of the nation's workers who die on the job test positive for alcohol or other drugs. In fact, industries with the highest rates of drug use are the same as those at a high risk for occupational injuries, such as construction, mining, manufacturing and wholesale.

OSHA recognizes that impairment by drug or alcohol use can constitute an avoidable workplace hazard and that drug-free workplace programs can help improve worker safety and health and add value to American businesses. OSHA strongly supports comprehensive drug-free workforce programs, especially within certain workplace environments, such as those involving safety-sensitive duties like operating machinery.

A comprehensive drug-free workforce approach includes five components—a policy, supervisor training, employee education, employee assistance, and drug testing. Such programs, especially when drug testing is included, must be reasonable and take into consideration employee rights to privacy.

OSHA understands that many workers with substance abuse problems can be returned safely to the workplace provided they have access to appropriate treatment, continuing care and supportive services.

Although not required by OSHA, drug-free workplace programs are natural compliments to other initiatives that help ensure safe and healthy workplaces and add value to America's businesses and communities.

OSHA works closely with the U.S. Department of Labor's Working Partners for an Alcohol- and Drug-Free Workplace program to help employers ensure their health and safety plans are enhanced through workplace drug prevention. In particular, OSHA and Working Partners strive to raise awareness about the impact drugs and alcohol have on the workplace and provide information on how to establish drug-free workplace programs. A particular focus is placed on small businesses, since they are less likely than their larger counterparts to have mechanisms in place to prevent workplace substance abuse—despite being more likely to suffer from its negative impact.

# ABOUT SAINT PATRICK



Saint Patrick is believed to have been born in the late fourth century. Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland.

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been - the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye." Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city.

## Why Saint Patrick's Day?

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that it is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go so far as to dye rivers or streams green!