



Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

May 2005

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

Mark McLachlan 13 years

Jeff Erfman 11 years

Leo Villares 8 years

Marcos Estrada 6 years

Victor Rivera 5 years

Victor Sosa 5 years

Ricky Miller 5 years

Dan Schwab 2 years

Johan Garcia 1 year

Kevin Klohs 1 year



What is Cinco De Mayo?

The holiday of Cinco De Mayo, *The 5th Of May*, commemorates the victory of the Mexicans over the French army at The Battle Of Puebla in 1862. It is primarily a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla, with some recognition in other parts of the Mexico, and especially in U.S. cities with a significant Mexican population. It is not, as many people think, Mexico's Independence Day, which is actually September 16.

The battle at Puebla in 1862 happened at a violent and chaotic time in Mexico's history. Mexico had finally gained independence from Spain in 1821 after a difficult and bloody struggle, and a number of internal political takeovers and wars, including the Mexican-American War (1846-1848) and the Mexican Civil War of 1858, had mostly wiped out the national economy.

During this period of struggle Mexico had accumulated heavy debts to several nations, including Spain, England and France, who were demanding payment. Similar debt to the U.S. was previously settled after the Mexican-American War. France was eager to add to its empire at that time, and used the debt issue to move forward with goals of establishing its own leadership in Mexico. Realizing France's intent of empire expansion, Spain and England withdrew their support. When Mexico finally stopped making any loan payments, France took action on it's own to install Napoleon's relative, Archduke Maximilian of Austria, as ruler of Mexico.

Happy Cinco De Mayo!

A Little Slice of Safety



Personal Lightning Safety Tips

1. **PLAN** in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain; so don't wait for the rain to begin before suspending activities.

2. **IF OUTDOORS...** Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. **Avoid proximity** (minimum of 15 ft.) to other people.

3. **IF INDOORS...** Avoid water. Stay away from doors and windows. Do not use the telephone. Take off headsets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. **SUSPEND ACTIVITIES** for 30 minutes after the last observed lightning or thunder.

5. **INJURED PERSONS** do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

6. **KNOW YOUR EMERGENCY TELEPHONE NUMBERS.**

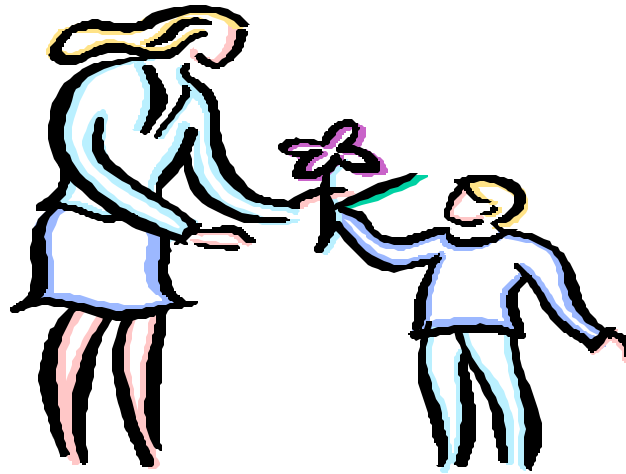
Denver Drywall Company puts the health and safety of our employees first and has developed a safety glass policy for all employees to follow.

Our policy is to wear your safety glasses at all times regardless of your trade.

Please help us to be compliant with the regulations of OSHA and many of our general contractors.

This policy is not just to keep in compliance but to keep you safe and able to see in the future.





Moms tend to love almost anything you give them. Moms enjoy so many things that you just have to be a little intuitive about things she would or would not buy for herself.

You can always give the classic staples of flowers, perfume, and candy. You may want to give this in addition to another gift. Presents are fun to open and mom is no exception when it comes to enjoying opening gifts on her special day. Mom will appreciate the thought you give to a gift more than anyone else. And she will usually tell you what she would like. LISTEN. If she is being conservative in what she asks for, probe, ask questions, see what she really could use. If she needs a new washing machine and you can afford it, get it for her and give her a little personal gift too. You are one of the few people who can give her a special big gift

Look at the colors she wears. These are excellent clues what colors she feels comfortable living around. See if she is currently collecting anything special. Many women like collectibles such as Hummels. Does she have an upcoming event that she could use some special item to complete her dinner table or wardrobe or golf ensemble?

Does she enjoy jewelry? Very popular Mothers Day gifts are boy and girl charms or the birthstones of her children and grandchildren in a ring or pendant.

Does she have any hobbies she enjoys? Sewing, Golf, Movies, Travel. Can she use accessories? If she is into home decorating give her either something for the house or a gift certificate to her favorite home decor store. You should go with her at least preliminarily if you're thinking of buying something important. Big decorative home purchases are best left to her personally making the selection.

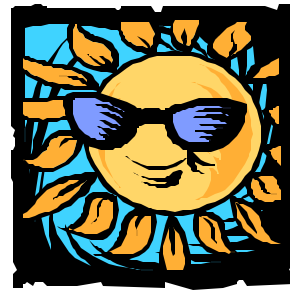
A picture of you (and you family) in a nice frame always makes a great gift for a mom. Particularly a picture of you and her together.

And you can always show her you appreciate her by giving a gift that pampers her, such as a massage or a day at the spa.

One of the best things you can do for your mother is to share your time and interests with her. She mostly just wants to be with you.

Remember, whatever you decide to give, give it along with the Best Gift of All – your love.

SUN SMARTS



Eager to spend another summer out by the pool? Planning a family vacation to the beach? Before you and your family make any plans to worship the sun this summer, make sure you and those you love are being smart about sun protection. According to the American Cancer Society, more than one million people in the United States will be diagnosed with skin cancer, the most common of all cancers, this year. More than 90 percent of these cases are a result of exposure to the sun's UV rays.

"Skin cancer, to a degree, is highly preventable," said Dennis Chong, MD, medical executive from CIGNA HealthCare. "Limiting exposure to the sun from 10 a.m. to 4 p.m., wearing protective clothing, hats and sunglasses and applying sunscreen regularly all greatly reduce the risk of developing skin cancer."

Those with fair skin, hair and complexions are at a higher risk than others to developing skin cancer. Skin cancer may also be genetic or the product of atypical moles. The American Cancer Society advises everyone to perform regular self-administered check-ups on their own skin and to be aware of the following signs that a mole or birthmark may be cancerous:

- Asymmetry – common moles are round and symmetrical
- Border – skin cancers often have an uneven border
- Color – skin cancers may be varied shades of brown, tan, black, red, white or blue
- Diameter – moles larger than a pencil eraser should always be checked by a physician

"Other warning signs of skin cancer include sores that won't heal, new skin growths, moles that have begun to itch, bleed or ooze, and moles that feel scaly or tender," said Dr. Chong.

Sun worshippers should also know that multiple sunburns increase a person's risk for developing skin cancer. According to Chong, when skin tans, it is merely trying to shield itself from the sun's deadly UV rays. If the skin burns, these UV rays have penetrated and damaged multiple layers of skin. Should you suffer from a sunburn this summer, Chong recommends the following treatments to relieve the pain and inflammation of the burn:

- Take an anti-inflammatory pain reliever such as aspirin
- Apply cool compresses as needed
- Drink fluids to help re-hydrate your skin
- Avoid sun exposure for one to two weeks
- Avoid home remedies such as butter or heavy ointments as they may cause irritation

"In addition to the health risk associated with the sun's UV rays, overexposure to the sun also causes skin to lose elasticity, which speeds up the aging process and creates wrinkles," said Dr. Chong. "Practicing sun safety can save your life and your looks."