



Denver Drywall Company
Since 1945

DENVER DRYWALL COMMUNICATOR

June 2005

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

Tommy Cearns 11 years

Robert Darras 9 years

Randall Alexander 4 years



Larry Perryman 1 year

Rene Dominguez 1 year

Cortney Mace 1 year

Jobsite Project Spotlight



This month we would like to spotlight Children's Hospital at Fitzsimons. The General Contractor for this project is a joint venture between Gerald Phipps and McCarthy Construction out of St. Louis. This project began for us around March 2005 and is expected to be complete by fall of 2006.

The management team in charge of this project is Gary Cummings, Project Manager, with the assistance of Russell Pershing and our newest addition to the DDC team, Cheryl Smith, who is the coordinator on jobsite. Our outstanding production team is lead by the infamous, Dave Heap with the strong support of Barry Garrison and Jerry Dignan. The crew size should reach an average of 70 to 80 employees at peak.

This building will be approximately 10 finished floors when completed and 800,000 square feet. The topping out ceremony was on April 19, 2005. This signifies the last structural member placed on the building.

Thanks to all of the crew who will participate on this impressive project. And, special thanks to Dave Lassen, the superstar Estimator, who worked so hard to obtain this project for DDC. It took Dave 6 weeks to bid this size project. Way to go!

A Little Slice of Safety

Safety begins at the top level of a company and works its way down and is only successful if you have the participation and support from every person in the entire company.

The Superintendents and Foremen for DDC understand the importance of safety. We want everyone in the entire company to strive to make safety one of their top priorities. Every employee must be willing to follow the safety guidelines set forth.

Safety cannot be a separate line item!

Safety must be incorporated into every aspect of the job. It starts at bid time when the estimators consider possible safety hazards. It then moves to the Project Manager, Superintendent and Foreman, who must preplan the construction of the project. They are then responsible for conveying this to all employees.

Everyone must work as a team to insure that Safety, Quality and Production are our top priorities on any given project. Lets face it, "Production equals Profit", so, let us all:

- Encourage employees to be proactive in Safety.
 - Encourage employees to report unsafe conditions.
 - Encourage employees to make safety related suggestions.
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SAFETY AWARD



Recently, Denver Drywall Company received recognition from the Associated Builders and Contractors, Inc. at a Safety Awards Banquet on May 19, 2005. Ernie Sotolongo was there to receive the honor.

Denver Drywall Company was given the (STEP), Safety Training and Evaluation Process, award. This is in recognition of the company's Gold Level of achievement and its ongoing efforts in the development of a quality safety program for 2005.

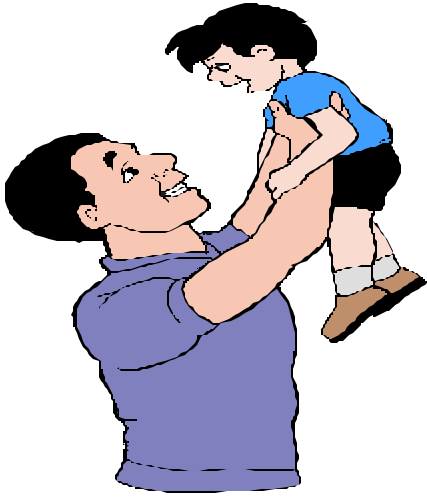
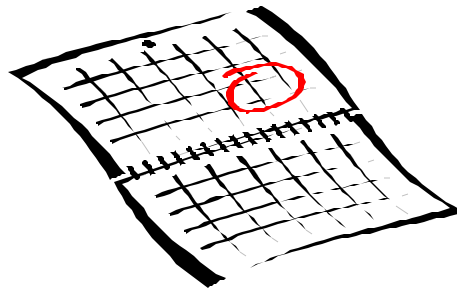
STEP Program

Safety Training and Evaluation Process

The Safety Training and Evaluation Process (STEP) program was developed and written by contractors, for contractors. The STEP program provides the following benefits:

- Provides an organized approach to analyze and further develop your company's safety and loss prevention program;
- Provides a valid, objective method to measure safety program improvements;
- Provides your company with safety performance recognition that can be used as an important business development tool with clients.

Up & Coming Events in June



Sunday, June 19th Father's Day

Father's Day is a day of commemoration and celebration of Dad. It is a day to not only honor your father, but all men who have acted as a father figure in your life - whether as Stepfathers, Uncles, Grandfathers, or "Big Brothers."

It is a time of burnt toast and breakfast in bed, family gatherings, crayon scribbled "I Love You's" and, of course, that lovely new tie!

Father's Day is celebrated in the US on Sunday, June 19, 2005. Other Countries celebrate throughout the year.

So, turn off the television and spend time with and enjoy your family.

June 21st Summer Begins - Longest Day of the Year



In the United States and the rest of the northern hemisphere, the first day of the summer season is the day of the year when the Sun is farthest north (on June 21st or 22nd). This day is known as the Summer Solstice.

In the southern hemisphere, winter and summer solstices are exchanged so that the Summer Solstice is the day on which the Sun is farthest south.

A common misconception is that the earth is further from the sun in winter than in summer. Actually, the Earth is closest to the sun in December, which is winter in the Northern hemisphere.

So, put on your sunscreen and enjoy the great outdoors of Colorado.



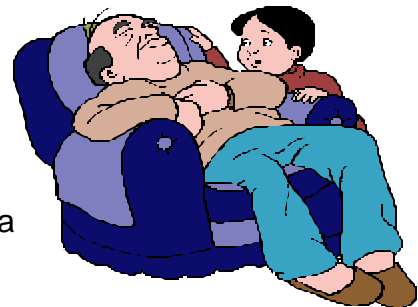
TEMPORARILY WORN-OUT OR ALWAYS TIRED?

Life seems to move faster and get busier, and as 2005 marches on, all you want is... a nice, long nap. But are you just tired, or is it a sign of a deeper problem? According to the National Institutes of Health, approximately 500,000 people suffer from Chronic Fatigue Syndrome (CFS), experiencing the inexplicable and noticeable exhaustion that appears suddenly, comes and goes, or doesn't seem to stop at all.

"The diagnosis of CFS can be difficult because there are no diagnostic tests available," said Martha Fay, nurse practitioner with CIGNA Medical Group. "The diagnosis is based on symptoms, and the treatment is geared toward alleviating those symptoms."

But what are the warning signs that tell a medical professional that you may be suffering from CFS and you're not "just tired"? According to Fay, severe, chronic fatigue lasting six months or longer accompanied by at least four of the following could result in a diagnosis of CFS:

- Memory impairment or difficulty concentrating
- Sore throat
- Sore lymph nodes
- Muscle pain
- Joint pain without a diagnosis of edema or erythema
- Headaches
- Unrefreshing sleep
- Exhaustion after activity
- Exclusion of other known medical conditions



"Diagnosing CFS can be frustrating for both the patient and their medical provider, since the quality of life for patients can be difficult, and the diagnosis process can be challenging," said Fay. "CFS affects both personal and professional relationships, but the good news is there's help available."

What is that help? According to Fay, pharmacologic treatments can be part of an individual treatment plan. These can include the use of antidepressants, stimulants, anti-micro bacterial, anti-allergy or anti-hypotensive medications. Natural treatments may also provide relief for patients: light physical activity, massage, acupuncture and hypnosis have been reported as effective remedies for CFS sufferers. For those who are also affected by concurrent depression, cognitive behavioral therapy can prove to be beneficial.

For more information about Chronic Fatigue Syndrome's symptoms and possible treatments, visit the American Association of Chronic Fatigue Syndrome's web site at www.aacfs.org.