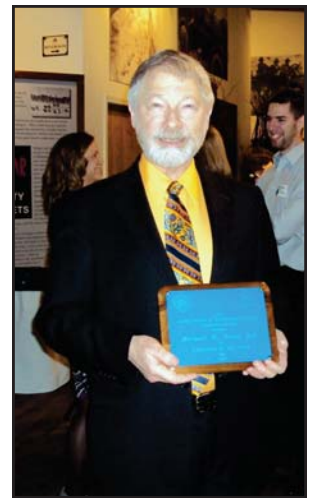


Design Alaska

NEWSLETTER

March 2011 Volume 3 Issue 3

Design Alaska's Engineer of the Year



Congratulations to Michael Dean for being named the 2011 Engineer of the Year. The Engineers Banquet was held on Saturday, February 26th at the Wedgewood Antique Car Museum. Thank you to all the employees who attended this event. We will be having a celebratory lunch from the Cookie Jar for him on March 8th, 12-1 in the Annex Break Area. Again, Mike, congratulations on your accomplishment.



Design Alaska's Biz Bee Team

The E² (Encyclopedic Engineers) team of Wendy Presler, Jack Wilbur and Victor Apodaca participated in the 2011 Biz Bee on February 10th at the Westmark Hotel. It was a lot of fun and if anyone is interested in forming a 3 man team for 2012, please contact Kym.

On February 9th, we said farewell to Yuanyuan Zhao and Melissa Johnston.

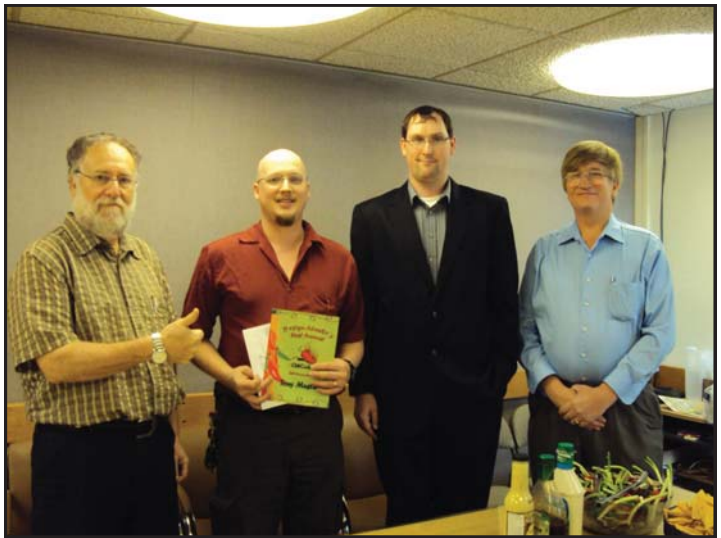
Yuanyuan, We wish you many happy memories as you spend time watching your daughter grow up.

Melissa, Thank you for all your hard work in archives and keeping our lawns and flowers looking so beautiful.

Design Alaska's First Annual Chili Challenge *by: Julia Harris*



On Thursday, February 24th, Design Alaska hosted its first annual chili challenge. There were five entries: Danita Orr's "Country Chili", Linda Taylor's "Mom's Atomic Chili", Julia Harris' "Nor'easter Chili", John Rowe's "Sweet Pepper Rastrero", and Tony Mustered's "Steak & Bean Chili". The judges for the competition were: David Weissman, Bill Payton and Jason Colquhoun. After sampling all entries, the winner was Tony's now "Award Winning Steak & Bean Chili." Afterwards, all Design Alaska employees were able to sample all recipes and sit down and have an enjoyable lunch together. What a success and a nice warm break during this long winter! Thank you to the judges, entrants, and to Kym Pihlaja and Connie Stephenson for tallying the scores.



Go Red

On February 11th, 2011, women from Design Alaska joined others in the annual GO Red Event at the Carlson Center. There were classes for us to attend as well as a very lively silent auction. The 640 seat luncheon was sold out and the Carlson Center was buzzing. There was a fashion show during lunch and the models were survivors and family members of those who battled with heart conditions. At the end of the lunch there was a live auction for a trip for 4 to a spa in Seattle. It was a very nice lunch and everyone had a ball. LaDonna Gatlin of the famous Gatlin Brothers was this year's featured speaker and she was wonderful. Design Alaska attendees were: Eve Campbell, Julia Harris, Connie Stephenson, Marilyn Fye, Misty Karella, Danita Orr and Loraine Phillips.

10 Ways to a New You

By Steve Edwards



Most of us make resolutions to somehow change ourselves for the better in the upcoming year. More often than not, these resolutions involve promising ourselves to get into better shape, improve our diet, or quit some habit we think is hurting our health or well-being.

While the practice of making health-related resolutions tends to be great for health and fitness businesses, these resolutions really only matter to you if they're helpful to you. Unfortunately, the statistics show that most of us won't see our resolutions through to the end of the coming year. Of course, you're an individual, not a statistic. Whether or not you succeed is entirely up to you. My job is to make your path to health and fitness easier. So here are some tips to help you succeed with your New Year's makeover.

Feel free to change your resolutions. After all, they're yours. You made 'em and you can change 'em. While New Year's resolutions are a great idea in theory, we tend to make them so challenging that most are virtually doomed to fail. Research tells us that the majority of people have already cheated on their resolutions or given up on them altogether by the end of the first week of January.



The main reason is difficulty. The average resolution aims high—really high. For example, let's look at the ubiquitous, "I'm going to stop smoking." It's pretty easy to mess this one up, and once you've cheated at all, it's very easy to give up completely. In fact, a case could be made that many of us make our resolutions too difficult on purpose, because it makes it so much easier to stop trying. Instead, attempt a more holistic approach. Maybe your resolution is to stop smoking, but throw in "by the end of the year." Now you've got an entire year to work toward your goal.

Make a plan. This is a big step, because given the scenario above, without a plan it's unlikely that you'll change anything in your lifestyle until the following December. Most of us can look at a calendar for the coming year and come up with a decent idea about our schedule and what might work for us if we were, say, going to schedule an event as part of a resolution. Taking a minute to look at the upcoming year can give you a realistic sense of what you want to attempt.



Again, using quitting smoking as an example, you might want to schedule some kind of healthy retreat where you can cleanse yourself, get healthy, etc., during the year. You'll need to know your schedule, or, as we tend to do, you may find your resolution-related goal happens to fall during a month when you've got a lot of other obligations. Planning ahead will help stack the odds in your favor. Then you can also plan goals for the months leading up to your retreat.

Remember the big picture. This one has to do with the fact that most resolutions are about self-improvement (or helping someone or something else improve). Some of the main resolutions we make are to quit a bad habit, change the way we look or feel, or become more educated. All these things require our minds and bodies to change. And while it is possible to do a 100-percent turnaround at the stroke of midnight on December 31st, it's not very likely. Your chances for success will increase dramatically if you use your brain and make a plan that allows for failure, plays to your strengths, and moves towards your overall goal in a way that makes it harder for you to give up than to keep going.

Again using quitting smoking as an example, here's an idea that's focused on the big picture. Break the year into 12 months. For January, you might want to start with an exercise program, because you know that the harder your body has to work physically, the less it'll crave cigarettes. So your entire first month might not actually address your ultimate goal directly. Instead, it can focus on something you know will help you down the line.

Involve your family. If you've got a family, find a way to involve them in your quest. If you can't get them on your side, you might face some trouble, because you might find they're pulling you in the opposite direction. If quitting smoking is your goal, chances are your family will be supportive and do anything you ask. So for this example, let's use a family that consists of a dog, who isn't about to stop you from doing something you enjoy. Involving your dog is easy, because while he doesn't care whether or not you smoke, Fido would certainly rather have you out hiking with him. So thinking something like, "When I want a cigarette, I'll take the dog for a walk" could be an effective element in achieving your ultimate goal. And as you well know, Fido will be very supportive on this one.

Continued from Page 3

Involve your bad habits. We've all got some bad habits. If you can embrace yours and somehow involve them in your efforts to stick to your resolutions, you'll stand a much better chance of achieving success. Let's say you smoke most often when you're out drinking socially. Since you know you're vulnerable and will probably break down no matter what you tell yourself, find a roundabout way of allowing this. For example, in the beginning, you might allow yourself to socially smoke a cigarette if you've exercised for an hour that day. This can evolve over the year to be stricter—perhaps increasing the exercise intensity or time required to earn the reward. In this instance, the harder you exercise, the less your body will crave that cigarette. So even though you've set up a cigarette as a reward, you'll be likely to find that you'll crave it less and less the more you exercise. The possibilities are nearly endless, and you'll need to get creative, but by involving your bad habits you'll virtually eliminate your excuses to quit progressing towards your goal.

Involve your good habits. While this should fall in the "duh" files, it's surprising how often people try to ignore their own history when they attempt to make themselves over. Get realistic and embrace the things you like to do. Certainly, you must have some healthy things that you love to do that are good for you—going for walks, dancing, a favorite sport. Make sure they're a part of your plan. And even if something you love isn't currently good for you, there's usually a way to change that. For example, if you love watching *House*, you can make this more positive by vowing to stretch in front of the TV, or exercise during the commercials. An hour long network TV show has 20 minutes of commercials. You can get a lot done in 20 minutes.



Find strength in numbers. Even the most independent of us needs support from time to time. Unless your goal is completely off the radar, there's probably a support group available, which you can prove to yourself by performing a 30-second Internet search. These support groups can be amazingly helpful and can fit any personality type. Even if you're very shy, just reading through what others say can help to motivate and keep you on track.



Get involved for a higher purpose. This doesn't have to mean a religious higher power—although it can be. A higher purpose can be your family, your friends, or any number of causes—essentially anything that helps you make the world around you become a better place. We can often wallow in our bad habits due to a sense of helplessness. Getting involved in something beyond yourself can give you the sense that your life matters, because, well, it does. Engagement can be very empowering. Not to mention fun.

Schedule some alone time. This is important because we tend to allow the outside world to distract us. Often this is done for the most altruistic purposes, putting family, friends, or job above ourselves. But all work and no play makes Jack a dull boy, and allowing control of your own life to slip away—even for a higher purpose— isn't the answer. If you're not healthy, happy, and content, it's going to be difficult for you to help others to be healthy, happy, and content. Even if it's just minutes a day, make some time for yourself to be alone where you're able to gather your thoughts and focus on what you want to happen in your future.

Use a target goal that's qualitative, not quantitative. Our society loves numbers. Losing X amount of pounds, running X amount of miles, going X number of days without smoking—these are things we dangle in front of ourselves as if they were some Holy Grail. In fact, these things have very little impact, if any, on what we really want, which is to improve our lives. Numbers can be great motivators. They can be nice as signposts on your road to progress. But they can also mislead you and shouldn't be a part of your ultimate goal, because you can't really control them. Shooting for unattainable numbers is one primary way we can sabotage our self-improvement goals. The adage "It's not whether you win or lose, but how you play the game" isn't just about sports. Live your life well, and in the end, you'll be content, no matter where the numbers fall.

Be a Witness to Fitness

Have you ever been a couch-dweller? You know - the person who rolls out of bed after the third snooze alarm goes off, shuffles into work with a triple shot latte in hand, sits a desk most of the day for work, grabs a quick bite at a local fast food restaurant for lunch, then heads straight home for an evening in front of the television to catch up on sitcoms?

If you are a couch dweller, the thought of changing those behaviors can be daunting! How can people get up feeling so spunky in the morning and actually get to the gym to do more than sit in the hot tub or steam room? And who has time to plan for a healthy lunch and a healthy dinner? Workout after work? No way!

If you're the over-worked parent who's every free moment is taken by shuttling kids to soccer, piano lessons or scouts, you may feel a lot like the couch-dweller but have no time to actually make it to the couch!

So what do you do? You know that eating right and exercise are important to your health – not just for today, but for life. How can you possibly make reasonably easy, but effective changes that actually matter?

SOS....Start Out Small! Andy Core, a Nationally recognized motivational speaker has these four tips:

- Thou shall walk 30 minutes, three days a week
- Thou shall drink one bottle of water, before and after 3p.m.
- Thou shall eat two pieces of fruit a day
- Thou shall eat two veggies a day

That doesn't sound so hard, does it? If you need to, break up that 30 minutes into three 10-minute session. And no, french fries don't count as a veggie!

Sometimes making change is a hard thing to do alone. Why not get a fitness partner? Grab a co-worker for a quick walk at lunch, or try out a health food restaurant. Ask your spouse or kids to join you for an after dinner walk. Find a local fun run to participate in with friends or your family.

Be a witness to fitness! Ask the active people around you what they are doing for their health and try to pick up ideas that will work for you. You don't have to join a gym to be active, and you don't have to spend a fortune on food to eat healthy. It's most important to find activity that you enjoy and will stick with, and to find healthy foods that are easy to prepare.

Once you get started on making changes, plan to stick to it for at least six weeks to insure that the new behaviors become habit. Before you know it, you will no longer be a couch-dweller but a person full of energy, in control of stress, well rested, and an inspiration to others who want to be a witness to fitness.

Tips of the Month:



Mercury exposure and toxicity is more common than most people think. To avoid your risk of mercury poisoning limit eating large, predatory fish such as swordfish, tuna, shark, mahi-mahi, King mackerel and tile-fish. Ask your dentist about mercury-free fillings if dental work is needed.

Holding on to negative emotions such as resentment, hostility, grievances and regrets can be toxic to your body. Let go of these negative emotions and experience and increase in energy and vitality.



No More Portion Distortion!

Knowing portion sizes is just as important as knowing how many portions to eat. The list below includes the number of portions that are recommended daily for most adults and children, and matches standard SINGLE portion sizes with an easy way to visualize its real size.

A Single Serving	Is About this Size..
1/2 cup cottage cheese, pudding, or frozen yogurt	Child's fist
1.5 ounces nonfat cheese	9-volt battery
1 ounce regular cheese	Pair of dice
1 cup milk or yogurt	Baseball



In this fast paced world, men can be more affected by stress than ever. Maybe you work long hours and come home to a frenzy of kids and a pile of bills. Maybe you worry about your aging parents, quarrels with your wife or your health that certainly isn't getting better as the years pass. Men don't always deal with stress in healthy ways. Many men try to keep how they're feeling to themselves, or take it out on those they love. Stress is a part of life, and some stress is normal and healthy. But there needs to be a balance of how much stress is in your life.

What stresses men out?

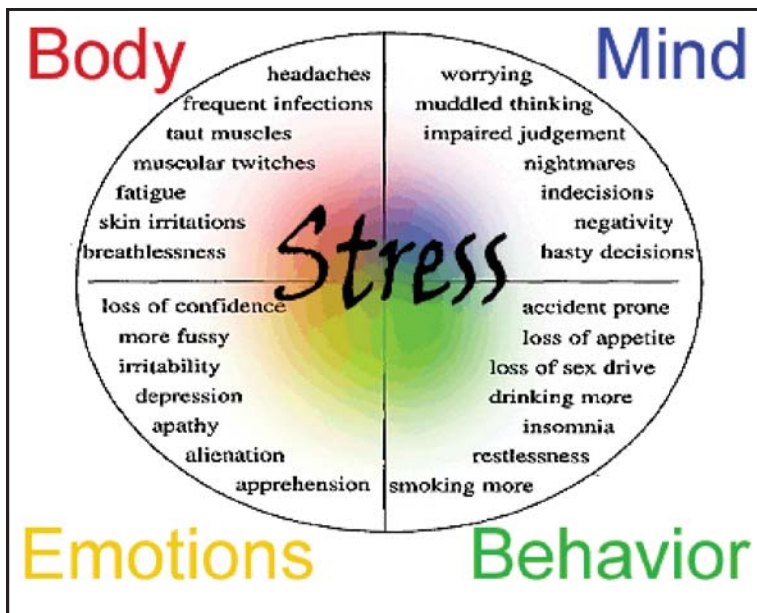
Sources of stress vary from person to person. Work, relationships, money: Almost anything can be stressful at times. Two common sources of stress for men are work and parenthood. Men are particularly likely to experience job stress, Dr. Glenn Good, PhD, the former president of the American Psychological Association's Society for Psychological Study of Men and Masculinity says. "Many men define themselves, in large part, through their work. So if our work is not going well, that kind of shakes us to our core." Even positive events at work, such as a promotion, can trigger stress. At home, parenting can present unique challenges for men. "To be an effective parent typically means putting the adult person's needs aside to better serve the needs of the younger person. Guys aren't necessarily socialized to do that until they're quite a bit older," Dr. Good says.

Stress can take a toll

Just as the causes of stress can vary from person to person, how men deal with stress is also an individual matter. It's important to make sure this response is a positive one. Letting stress go unchecked or dealing with it in negative ways can affect your relationships and your health.

Examples of unhealthy ways to respond to stress include:

- **Hostility.** Stress can make anyone snap at friends, co-workers or family members. But according to the **National Women's Health Information Center**, men may react to stress with hostility and anger more than women do. This may be because the male hormone testosterone blocks the calming effects of a chemical called oxytocin during stress.
- **Withdrawal.** Men may also be less likely to talk about stress. Guys often get the message that the strong, silent type is ideal and that they shouldn't show vulnerability, according to Dr. Good. But that really is very problematic for most guys because that isn't what a healthy person is," he says.
- **Poor health choices.** Responding to stress by smoking, drinking alcohol or driving too fast can jeopardize your health and the safety of others, according to the Men's Health Network. Making poor dietary choices as well as not exercising is other unhealthy ways that some men deal with stress.
- **Take positive action.** There are a variety of healthy and positive steps you can take to help cope with stress. Here's some advice from Dr. Good and other experts:
- **Take care of your health.** "Routine maintenance," like eating nutritiously, exercising and getting enough sleep, can help you manage stress, Dr. Good says.
- **Talk about it.** Talking with a trusted friend or partner is a good way to cope with stress. "It's particularly important that guys have someone who is nonjudgmental, interested and can provide some supportive feedback," Dr. Good says. "That doesn't mean they have to know how to fix it."
- **Balance work with downtime.** "If we're trying to burn the candle at both ends for a while, then we ought to make sure we schedule time where it's not burning at all," Dr. Good says.
- **Don't self-medicate with alcohol, tobacco or drugs.** In the long run, this may cause more stress and health problems.
- **Unwind.** Take up a hobby or a new sport. "Find some healthy way to recharge your batteries," Dr. Good says.
- **Get help when you need it.** A mental health professional may be helpful if you need someone to talk to or if stress is overwhelming. "Guys have a stigma about seeking assistance, including asking for directions—it's the classic cliché," Dr. Good says. But, he adds, mental health professionals are trained experts who can provide consultation, "just like we take our car in to a mechanic if it isn't running so well."



Quotes of the Month:

"You cannot climb uphill by thinking downhill thoughts."
-Wilfred A. Peterson

"Ultimately, the only power to which man should aspire is that which he exercises over himself." -Elie Wiesel

What was your favorite sitcom (or TV show) when you were growing up?	
Victor Apodaca	Johnny Quest along with his dog Bandit.
Janet Matheson	Bonanza – the intro music, the guys, the action-
Julia Harris	My favorite sitcom, albeit short-lived, was “When Things Were Rotten” back in 1975. It was Mel Brooks’ parody of the Robin Hood legend where Robin Hood and his Merry Men were imbeciles. This sitcom was considered the stepping stone to the Mel Brooks’ movie, “Robin Hood: Men in Tights”. I could probably say that the other close ties to this were the cowboy shows, “Rawhide” starring Clint Eastwood before his movie career and “Lancer” starring James Stacey and “Big Valley.” Wow, did I just tell everyone how old I was? Yikes!
John Rowe	Happy Days or Gomer Pyle.
Andy Foran	I have wonderful memories of “Square One”. It was a silly variety show, played completely straight, in which every segment was math related. It included dramas, police mysteries, song and dance numbers among its diverse curriculum.
Ron Wilkes	Ooooo!!! Good Question!!! ... Doctor Who!!! I remember the first episode I ever watched “Horror at Fang Rock”. I was a freshmen in high school and was flipping through the channels on a Saturday afternoon to see what was on. When I got to WHYY Channel 13 the PBS affiliate in Wilmington, Delaware. My thought 5 minutes in was, what is this strange thing? At 30 minutes I couldn’t believe anyone watched this crazy low budget sci fi show, but I didn’t change the channel. At the end of the episode I was enraptured. I check the TV Guide to see if New Jersey’s PBS affiliate aired the program and discovered that they did and that they aired it on Saturday Evenings. I was hooked and introduced it to all of my friends!!! BEST SHOW EVER!!!
Jason Colquhoun	I liked MacGyver the best. It always gave me an excuse to take things apart and make something else out of them.
Chris Miller	M*A*S*H – I can still almost tell the jokes from some episodes if I see it playing somewhere. It was on at 10:30 right after the night news in Milwaukee. It was also on at 5:30pm before the 6:00pm evening news. My parents loved to watch the news so we also saw MASH. Frequently twice a day. So I guess this is really a memory of laughing with my parents. I still remember the episodes were the original length at 10:30pm, but the 5:30pm ones were shortened a little for additional commercials. Sometimes the cuts to shorten them did not really work for the episode.
Elizabeth Johnston	We didn’t have TV until I was in my teens so my TV exposure when I was little was watching Nick-at-Night at my Great Grandmother’s house on sleepovers. This resulted in somewhat older favorites than my age group including I Dream of Jeannie and Bewitched.
Casey Walsh	Bill Nye the science guy! It was on at 4:30pm after elementary school. The show is pretty self explanatory, and awesome.
Jack Wilbur	Walt Disney’s Magic Kingdom was definitely the favorite in my family. They just seemed to always have the most entertaining programs and it was aired at a very family friendly time slot, Sunday evenings at 7 pm.
Loraine Phillips	I grew up with Leave it to Beaver, My Three Sons, Father Knows Best, Red Skeleton, Ed Sullivan Show, Captain Kangaroo Show and The Amateur Hour. These shows were clean, fun loving, and wholesome. These shows taught their TV audience moral values that are lost in our culture today and captured the everyday situations that are deal with on a daily basis. I remember every week sitting in front of the TV with popcorn and watching with my parents. The discussions we had afterwards were awesome and educational.
Kym Pihlaja	My favorite to watch even now is The Andy Griffith Show. Good ‘ol’ Mayberry R.F.D.
Rick Hoegberg	Growing up in England, we didn’t have a ‘telly’ but on occasion I’d go over to one of my friends after school and over tea, we’d huddle around their 18” black & white telly to watch “Till Death Do us Part” for a laugh. A couple of years later my family moved to America and (in COLOR !) I watched the Americanized version “All in the Family”. In addition to being just as funny and thought provoking, Archie Bunker despite and because of his generally Neanderthal attitudes helped me better understand my new home.
Lona Uzueta	When I was young, I loved watching reruns of old Sherlock Holmes mysteries – the ones with Basil Rathbone and Nigel Bruce. In fact, I still watch them; I have a couple of boxed DVD sets of vintage Sherlock Holmes.
Danita Orr	Star Trek The Next Generation was my favorite show to watch. We didn’t get a chance to watch a lot of TV but this is one show I couldn’t miss every week. That one and Dr. Quinn Medicine Woman was a family favorite every Sunday.
Joyka Degerlund	Bones. I love the characters.

March 2011 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13 "Spring Forward" Daylight Savings Begins	14	15	16	17 St. Patrick's Day	18	19
20 First Day of Spring	21	22	23	24	25	26
27	28 Seward's Day State Offices Closed	29	30	31 Business Manager's Meeting		

April Upcoming Events

Fri., April 15th—Emancipation Day—Federal & Government
Offices Closed
Fri., April 22nd—Good Friday
Fri., April 24th—Easter Sunday

Design Alaska Anniversaries

Kym Pihlaja	10 Years	March 1st, 2001
Damon Zimmerman	8 Years	March 12th, 2003
Wendy Presler	6 Years	March 14th, 2005
Jeffrey Leonelli	1 Year	March 22nd, 2010

Recycling Tip:

Recycling is not exactly first in line in the Waste Reduction Hierarchy. In fact, it comes third. To make a difference to the environment, you should first look towards reducing consumption, as it is actually the first and most effective step toward producing less waste (consuming less automatically produces less waste).

However, there are times when consumption is necessary. In these cases, reuse as much as possible before recycling any remaining materials. Reusing products, where possible, is even better than recycling because the item does not need to be reprocessed before it can be used again. Finally, if you have to make the purchases, buy products that are made of recycled materials. And make sure you recycle the items when you don't need them anymore. Look out for the recycling symbols on your products that tell you that they are made of recycled materials, or are designed for recycling. These practices count!

Classifieds:

If you're looking for a house sitter, look no further. Just give Joyka Degerlund a call for rates and more info: 460-6327. Most pets are fine (except snakes).

March Birthdays

Jeff Leonelli	March 3
Ron Wilkes	March 7
Crystal Alstom	March 8
Curtis Seaman	March 18
Alicia Mayo	March 21
Susan Walker	March 22
Wendy Presler	March 26
Chris Miller	March 27
Matt Scerbak	March 28

