

Conference Room Renovations



Alaska Quality Builders, owned by Kevin Karella, has come to Design Alaska to renovate and upgrade the large and small conference rooms in the main building.

Here are a few pictures of the renovations and the progress over the last couple of weeks. More picture to follow in next month's newsletter.

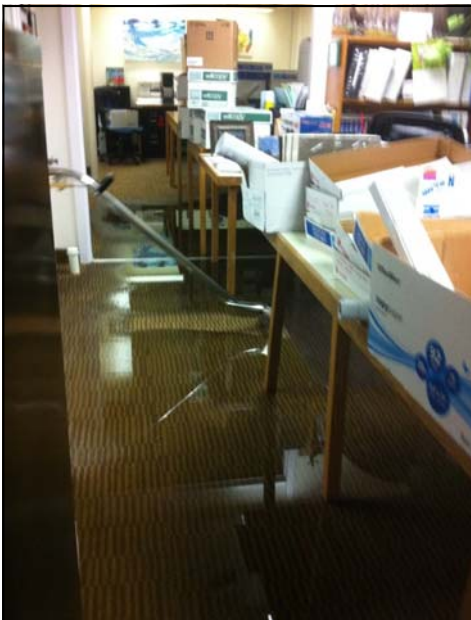


Flood at Design Alaska



Submitted by Kym Pihlaja:

Can you imagine my surprise when I got a phone call at 9 p.m. on a Wednesday night and Billy Brookins is on the other end of the line telling me that, as we speak, the basement is flooding. The supply hose to the toilet in the women's bathroom in the main building came apart and water was gushing everywhere. As you can see by the pictures, there was a lot of water and it flooded the bathroom, supply closets, plotter room, admin area and all the carpet in between. I am so thankful that Billy and Joe from Del Norte were here. I can't imagine what downstairs would have looked like the next morning if they weren't here to turn the water off. A huge thank you goes out to all the people who helped clean up the water: Billy Brookins, Joe and Ted Larranaga from Del Norte, Tony and his friend Jeremy Stepp, and Keith Pihlaja.

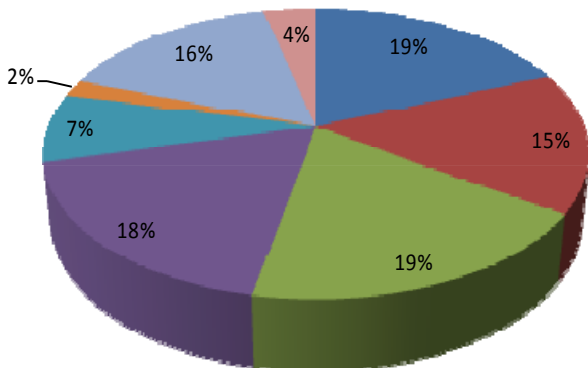


Recycling Survey Results

Thank you to everyone who responded to the Survey. We had 44 people respond. Below are the results of the 7 question survey.

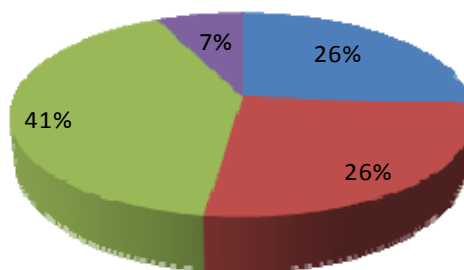
1. What materials do you recycle?

■ Paper ■ Glass ■ Plastic ■ Aluminum ■ Tin ■ Copper ■ Batteries ■ Other:

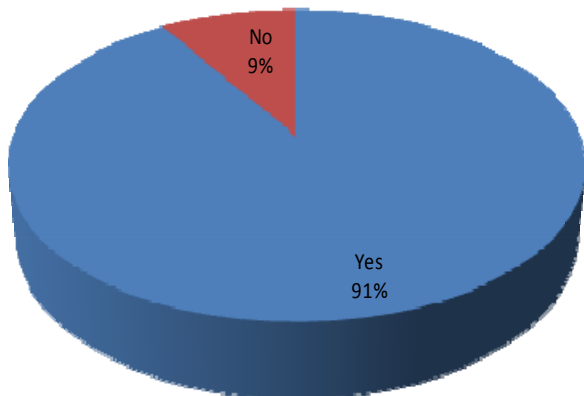


2. What reasons would you not recycle?

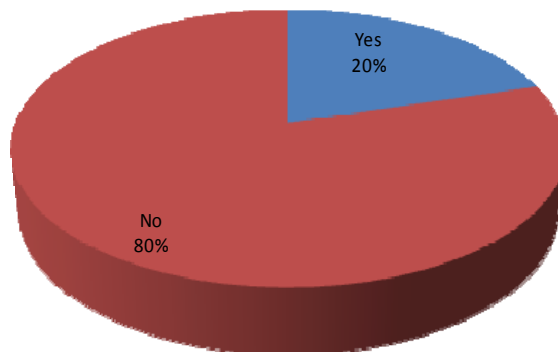
■ Convenience ■ Not sure if the material can be recycled ■ Facilities not available ■ Other



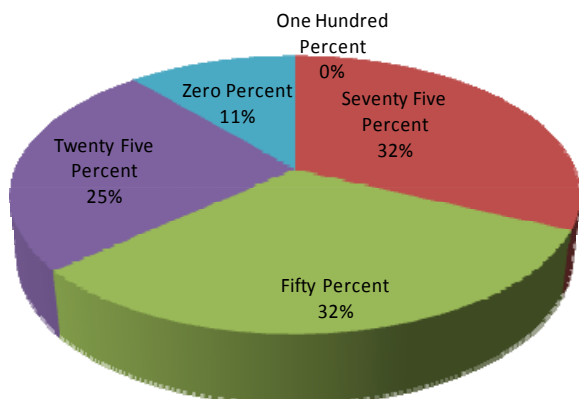
3. If recycling is available, do you sort your materials?



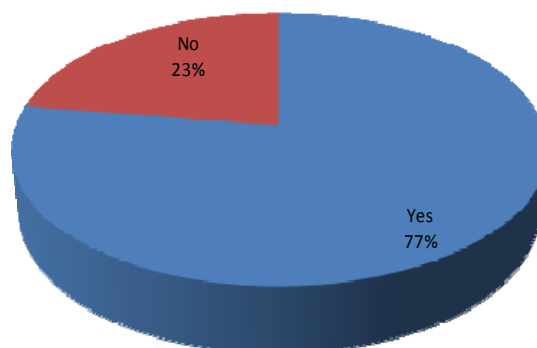
4. Do you consciously look for recycled products?



5. On Average, what percentage of recyclable materials do you recycle?

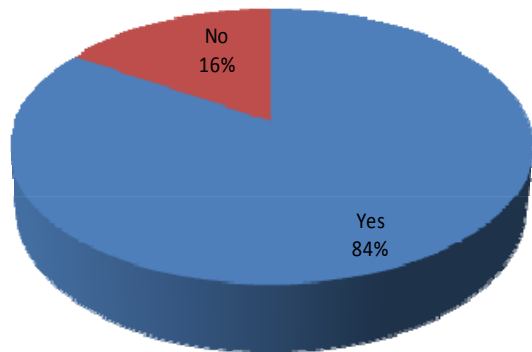


6. If recycling was available at the public transfer sites, would you drop off your materials?



Recycling Continued

7. If Design Alaska made recycling more available and easier, would that help you recycle more?



There will be a lunchbyte in the Large Conference Room on April 13th to kick start our recycling program.

Phil Cole from K&K will be here as well as some students and teachers from Pearl Creek. It will be a great hour of learning more about recycling.

Lunch will be provided.

Remember to accept your calendar request so that the proper amount of food can be ordered.

We encourage questions, comments, and suggestions at any time. Below are a handful of questions and comments that were on the surveys. You can email us at any time at recycle@designalaska.com. We will pick some and answer them in future monthly newsletters. The recycling committee is David Weissman, Alicia Mayo, Jennifer Holmes and Danita Orr.

Through our partnership with Pearl Creek, we have purchased 30 recycling bins for them to use in the classrooms. They were delivered earlier this week by Tony and the teachers are very excited to get the recycling program going. The older students are going to be teaching the younger students about recycling and getting everyone involved.

Comment: I understand the value in Reduce and Reuse. I employ both. I remain unconvinced that recycling has value. My mind could be changed if I understood the process in Alaska better.

Response: We agree, reducing and reusing is first priority. What we collect remains in Fairbanks as a resource for local reuse. The exception is the metals and has a high value. Mixed paper will be burned to generate electricity, glass will be crushed and used in Greenhouses and fill material, Plastic is being stored while research is conducted to convert back to petroleum. Batteries/computers and other hazardous materials are sent to Seattle where they are disposed of responsibly for the environment. They are not sent overseas.

Comment: A very large bin for cardboard. I have a mountain of old boxes at home, but feel I can not recycle them at work because the bin is just too small for all those boxes. Maybe a large heavy-duty shredder next to the cardboard bin would help to fit more material in the container?

Response: We are in the process of getting a large outside dumpster for paper/cardboard boxes. We will update you when that option is available.

Comment: Reminding what types of recyclables are recycled by Design Alaska in your emails. Explanation of what kind of plastic is good to recycle and which is not.

Response: We will send out a list of what is recyclable and as always, if you have a specific question if something is recyclable, please email us and we will research it and get back with you.



The State MathCounts Competition was held in Fairbanks on March 26, 2011. For those of you who are not familiar with this competition, it is a math competition between middle school teams (6, 7, and 8th graders). Statistically, over 75 percent of the participants in this competition go on to have careers in engineering or science. We had teams representing Elim, Noorvik, Homer, Juneau, Mat-Su, Anchorage, Cantwell, Manly Hot Springs, and Fairbanks. The competition was held at the Reichardt Building (formerly known as the Natural Sciences Building) at UAF.

Design Alaska had several volunteers that graded papers on Saturday morning. Attending were Linda Taylor, the State Competition Coordinator and the following: Michael Dean, Misty Karella, Jenn Holmes, Victor Apodaca, and former employee, Yuanyuan Zhao also assisted in grading papers.

Misty Karella did an outstanding job designing the artwork for the T-shirts. See below.

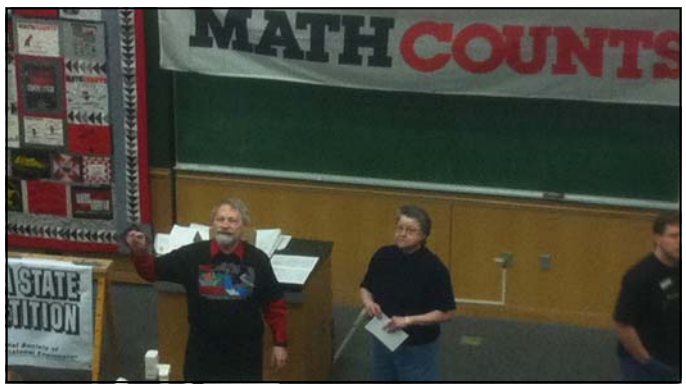
For more information on MathCounts, go to: <https://mathcounts.org/SSLPage.aspx?pid=1828>. And, for anyone who is interested, there are additional MathCounts shirts available for purchase; they are \$15 a piece. Please see Linda or Misty for details.

CHANCES OF SURVIVAL

MATH COUNTS!

Anchorage Chapter: Homer Middle School • Romig Middle School • Goldenview Middle School • Mat-Su Central School
 Fairbanks Chapter: Ryan Middle School • Randy Smith Middle School • Tanana Middle School • Watershed Charter School
 Juneau Chapter: Dzantik'i Heeni Middle School • Floyd Dryden Middle School
 Remote Chapter: Cantwell School • Elim School • Noorvik School • Gladys Dart School

MathCounts Continued



"...the best math students from across the state were in Fairbanks for the MathCounts competition. As part of the competition, middle school students had to finish math problems under a certain time and sometimes without a calculator.

Thirty-seven students competed as individuals and with team members. The top four math students will travel to Washington D.C. and compete at the national level.

At the end of the day, the best 12 students faced off in a head to head Count Down Round. William Mitchell from Randy Smith Middle school competed in the Count Down Round and said there is some strategy outside of completing the problem correctly. "Sometimes I hit the buzzer at the beginning and use the two seconds I get before the answer to find the answer to the question. And that sometimes helps," Mitchell said.

When the State Competition Coordinator, Linda Taylor asked who had fun today, all the students raised their hands and gave themselves a round of applause. Clark Milne, who calls himself the "Grandfather of Math Counts" said he can't wait to hire these kids in 10 years. "It's been fun. The kids, we're preparing them to be engineers and scientists of the future. And, it's been great, we have a fine set of kids out of Alaska every year."

Reported by: Tyson Hansen @ktvf11.com.

Meet the Newest Members of Our Family



Ezra Orion Tafoya—3.5 years old and Escher Cross Tafoya—1 year old are sons of Rayne and Rapper "Sleep" of the Chicharones. "EZ" and "Cross" are grandsons of Marilyn and Keith Fye.



Elijah Gerald Ross - son of Glenn and Ashley Ross. He was born on March 25th, weighing 9 lbs and 21.5 in long.



Mackenzie AnnaGail Tisdell - daughter of Kylee and Aaron Tisdell, granddaughter of Kym and Keith Pihlaja. She was born on Feb 1st, and weighed 7lbs and was 18 inches long.



Amelia Okalani Spencer - daughter of Patrick and Emma Spencer. She was born on Feb 19th, weighing 7lbs and 6oz and 20 inches long.

A WARM WELCOME TO DESIGN ALASKA'S NEWEST EMPLOYEES



Kari Pile grew up in North Pole. She has 2 dogs (Ellie and Odin) that keep her company along with Thomas in their cabin. Kari spent two years working for AmeriCorps and lived in Germany as an exchange student. In 2001 she started the Fairbanks branch of Rotoract (Aurora Borealis Rotoract Club), a service organization for 18-30 year olds. Kari is pursuing a degree in Sociology and Construction Management.

Goals on her life's "to-do list": Spend a year working in Antarctica, join the Peace Corp, tour at least 5 different countries by motorcycle, and build a house with running water.

One thing many people do not know about her: She has a single line across the palm of her hand. Only 1 in 30 people have a simian crease and usually only on one hand...she has it on both.

Judith Salumbides was born and raised in Manila, Philippines. She is the mother of three daughters, aged 16 to 18 and has been a single mom for 11 years. Judith started her work overseas to help with family financial needs back in 2000. She worked for a USDoD contractor in Seoul, Korea as a designer/drafter and had TDY assignments with satellite offices in Saipan and Texas, USA. Judith moved to New York in 2010.

Some interesting things about Judith include: cooking, mountain biking, babysitting for members of the church, computer-related activities and, she would love to learn how to play a musical instrument. Judith likes working with remote control gas and electric cars and also used to collect stamps. Recently, she started collecting US quarters. Other activities of interest are visiting museums, antique shops and aquariums.



Goals on Judith's life's "to-do list": Going back to school, become a Registered Communications Distribution Designer (RCDD), become a permanent US resident, have her parents and daughters come to Alaska and to also ensure her children are on track with their own life's goals.

One of Judith's dreams is to build a house overlooking the ocean and farmlands near Boracay Beach, Philippines. Her mother owned a big farm there. Judith and Randy Correa have been together for 11 years and accompanied Randy during his move to Fairbanks in January 2010, which happened to be the coldest of winters that they had ever been in.



Joseph Ginley has joined our team to help Tony with various tasks around Design Alaska. Born and raised here in Fairbanks, Joseph is an avid hockey player. He is 18 years old and has 2 older sisters.

His dad encouraged him to apply here for the summer. He is wanting to play college hockey, move away from Alaska, play in the professional hockey leagues, and run his own business.

Interesting Tidbit: His favorite childhood TV program was the Smurfs and he lived in California for 2 years.



Submitted by: Andy Foran

I enjoy the future. For me anticipating an event is a lot more enjoyable than receiving a surprise. Sporting events and competitions are so fun because they are ripe with possibilities to contemplate, analyze and hope for. The value of this aspect is why I consistently arrived hours early for the best possible seats at a Texas Tech football game.

I enjoy the present. Only in the here and now is information new. It is easy to get lost in the narrative at theater productions or movies. The ability to selectively ignore the inconsistencies, faults and plot holes ensures delight in every story heard. (Even *Inception*)

I enjoy the past. Our histories connect us with people. Each competition, project and event has an end. I long for the satisfaction of a job well done or a difficult victory achieved. Scoring exactly one point in a track meet is beautiful when it breaks the tie.

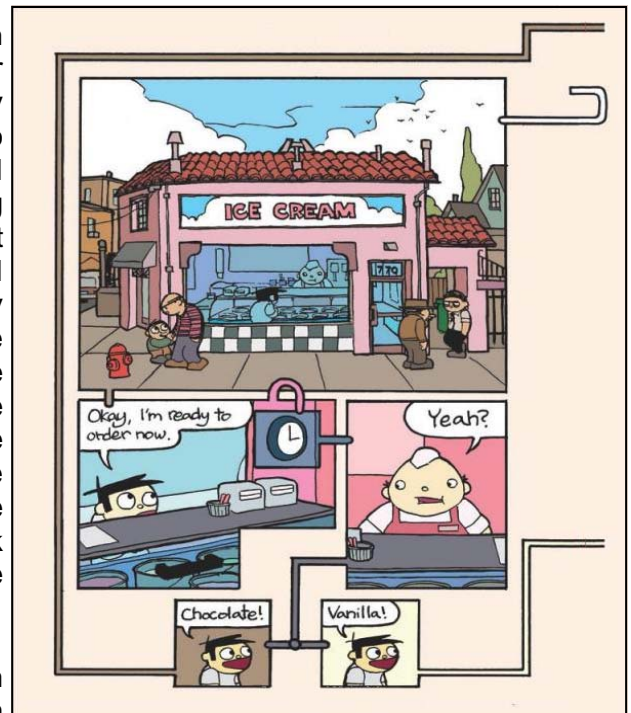
Every once in a while an activity pulls a hat trick, and offers joy at all three of those stages. And even more rarely, an experience repeats nicely such that there is overlap between the anticipation of the next occurrence and nostalgia from the previous event. "Guy's Read" is such a rarity and it charges me up.

From the very first moment that the announcement aired on KUAC, I was excited. A volunteer activity with kids? Spreading the joy of reading? It can only be good. As the first day approached, so my delight increased, and I immersed myself in the stories that would be read aloud. This preceded the discovery that they were of outstanding quality and contained depth well past the chapters that could be completed in a 30 minute lunch period. Wonder filled me and memories of the stories heard as a kid washed over me.

The first experience exceeded high expectations and each elementary school provided excited fourth graders. Their enthusiasm fueled my own and it took willpower to pay attention to the clock. The readers took great pains to maximize our reading time and a blast was had by all. I would leave each classroom full of pride and already looking forward to the next session. On two occasions, that meant 10 months in between and yet there is no disappointment. I witnessed groups of boys chow down their food so that they could move closer to the screen where pages of "Bone" were projected. I saw kids come alive when called upon to make the next decision in the choose-your-own-adventure "Meanwhile". An entire classroom would unify behind the bravery of Liam in "Mouseguard". I remember the collective horror when they discovered that the terrible rain of bottle caps would continue hour after hour for 6 weeks in "Duck Tales". The surprises, humor, adventure and absurdity were made new with every fresh audience.

Our own Skye Sturm participated in the companion program "Gal's Read", which was expanded to include each elementary school in the FNSB this year. Her experience was different, since that program does not have the reader switch schools and deeper relationships can be developed with the more focused program.

If you are interested in Guy's or Gal's Read for next year, we can give you additional stories and contact information. My thanks go out to Design Alaska for providing a flexible lunch schedule and full financial support for these two opportunities at Pearl Creek Elementary.



Know your numbers to avoid Diabetes, Heart Attack or Stroke

Blood Pressure—Measures the pressure put on artery walls when your heart beats and between beats.

Less than 120/80mm Hg is normal
120/80-139/89mm Hg is pre hypertensive
140/90mm Hg or above is high

Body Mass Index (BMI) - BMI indicates whether or not a person is overweight or obese.

Weight (in pounds) /height (in inches)² X 703 = BMI

18.5 to 24.9 indicates a healthy weight
25 to 29.9 is overweight
(excluding well muscled individuals)
30 or higher is considered obese

Waist Circumference—The number of inches around your unclothed abdomen, just above the hip bone, can indicate your risk for some diseases like diabetes.

A measurement of less than 35 inches is desirable for a woman and less than 40 inches for a man.

Blood Sugar—a measure of how much sugar (glucose) is in your blood. High blood sugar can signal diabetes.

Fasting levels below 100mg/dl are healthy
Fasting levels between 100mg/dl and 126 mg/dl are considered pre-diabetic.
Fasting levels of 126 mg/dl or higher typically result in a diabetes diagnosis

Cholesterol—know the “good” - HDL, the “bad” - LDL, and the fats—your triglycerides. The higher your HDL, the lower your chance of heart disease, while more the LDL and triglycerides you have, the greater your chance of heart disease.

Total Cholesterol should be less than 200 mg/dl
HDL levels at 60mg/dl or above are ideal
LDL levels should be below 130 mg/dl (even lower with certain health issues)
Triglycerides should be below 150

Information from the HR Health Report from Denali Center and Fairbanks Memorial Hospital

Recipe of the Month

This recipe takes just 7 minutes to prepare and 8 minutes to cook! The green onions will mellow as they grill. Be sure to place them crosswise on the grilling rack. Use kitchen shears to easily cut the cooked onions into 1 inch pieces.

Ingredients:

4 (6-ounce) Halibut Fillets
1 Bunch Green Onions (about 10 onions), trimmed
Cooking Spray
1/4 teaspoon black pepper
1/8 teaspoon salt
1 (10-ounce) can of mild diced tomatoes and green chilies, undrained
1 avocado, peeled and diced
4 lime wedges

Serves 4.

292 calories, 37.6 grams of protein, and 12 grams of fat per serving.

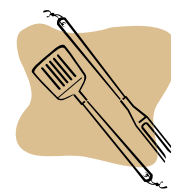
Directions:

Prepare Outdoor Grill.

Coat fillets and onions with cooking spray. Sprinkle fish evenly with salt and pepper. Place fish and onions on grill rack coated with cooking spray; cover and grill fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Grill onions 3 minutes on each side or until charred and tender.

While fish and onions grills, combine tomatoes and avocado in small bowl.

Cut grilled onions into 1 inch pieces. Place grilled fish on a serving plate. Top with tomato mixture; sprinkle with grilled onions. Squeeze 1 lime wedge over each serving.



From Mindless to Mindful Eating

Topping the list for many people as a New Year's resolution is losing weight and feeling better. If you have tried many times in the past and been unsuccessful, mindless eating could be the root cause. This simply means that what, when and how we eat runs counter to what our body needs and our health goals. Often it is not the meals we eat, but the mindless snacking or eating while watching TV or working on the computer, when we are really on autopilot!

Psychologists have found that the majority of food decisions have nothing to do with hunger, but with stress, sadness, anxiety or frustration.

Helpful Hints:

- ◆ **When you eat, just eat!** Eliminate distractions such as reading, TV, computer or driving. Really savor your food and notice when you are hungry or full.
- ◆ **Keep a food journal.** Track what you are eating, time of day, why, and any emotions associated with eating.
- ◆ **Change how you eat.** Slow down! Use smaller plates and glassware. Use chopsticks instead of a fork. Change your location and see what happens.
- ◆ **Pay attention to your senses.** Notice the taste and feel of what you are eating. Ask yourself if you really want the item. Are you really hungry or just low on energy? Are you hungry or just thirsty? Our brain confuses the signals, so drink water first and see how you feel.
- ◆ **Ask yourself if you are physically or emotionally hungry.** If the latter, set a timer for 2 minutes, find an activity that soothes you, then ask the question again. This will help you avoid eating to "fix" your feelings.

Get up off of that Chair!

Perhaps one of the most eye-popping and important scientific developments on the health front has been the recognition that prolonged sitting is definitely hazardous to our health. Regardless of the amount of "exercise" you get over the course of the day—sitting for long segments of time comes with a host of adverse metabolic effects that boost your risk of heart disease, diabetes and cancer and can completely negate any form of exercise you may have done. In one recent study, sitting for four hours straight completely erased any exercise a person had done. According to a brand new report, those who spent four or more hours a day playing or working on a computer or watching TV had a 48 percent greater risk of dying from any cause and 125 percent greater risk of having a heart attack or stroke. As in previous studies, engaging in formal exercise did appear to mitigate the adverse effects of the prolonged "screen time." (Journal of American College of Cardiology, Jan. 2011)

Thankfully—studies do show that regularly getting up from sitting, even for as little as one minute at a time, can help off-set the risks. Based on the critical new understanding of prolonged sitting as an independent, high risk behavior, it could be time for you to convert to a stand-up desk! Standing up while working could produce some great benefits—reduction of "daily" neck pain, better focus (the more you engage your muscles the better you can concentrate), and less sluggishness at the end of the day. (Source: www.drannwellness.com)

Tips of the Month

Lifting Weights is a great way to stimulate your metabolism. Every pound of muscle in your body burns 35-50 calories per day, where every pound of fat burns only 2 calories per day. A recent study found that strength training boosts your metabolism and fat burning capabilities for up to 2 days after a work out.

A great stress reduction technique is to take a five minute vacation every few hours during the day. Picture your favorite beach or vacation spot. The idea is to escape the rat race briefly, but completely.

The Benefits of Weight Training

Weight training is an important part of overall fitness. But recent studies show that it does far more than build muscle and bone. While cardio exercise helps your heart to function more efficiently, weight training can actually strengthen the heart. Muscles get bigger because the force needed to lift weight actually makes small tears in muscle tissue. As your body repairs these tears, the muscle grows. This, it seems, is also true for the heart which works hard to force out blood as you weight train.

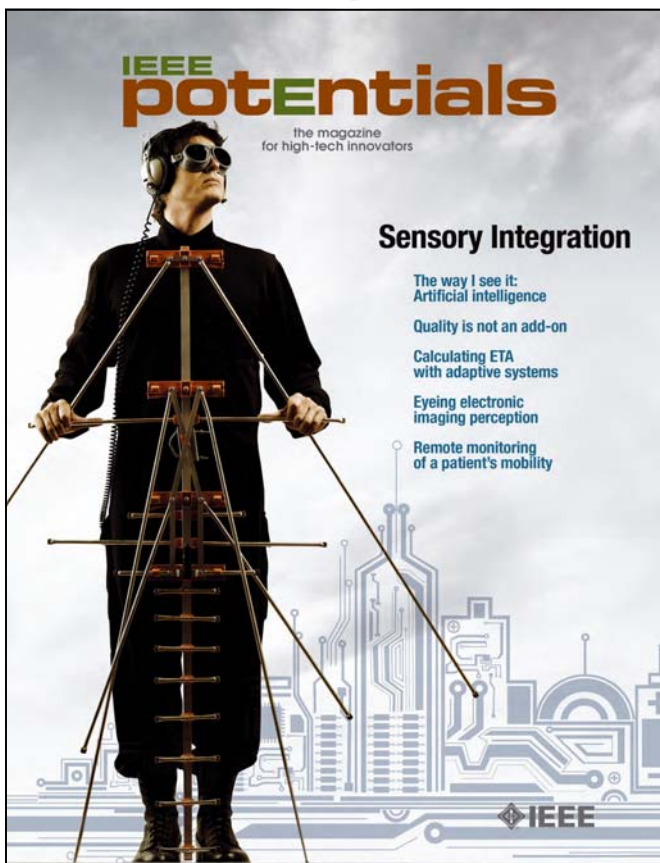
Strength training also appears to increase certain proteins that reduce glucose levels in the blood stream. This can significantly reduce the risk of diabetes and the complications that come with it. Having more muscle may also help dialysis patients. Dialysis appears to be more effective for those who lift weights because of increased blood flow through muscle tissue—according to a 2010 study in the Clinical Journal of the American Society of Nephrology.

And there's more. In a 2010 study in the Archives of Internal Medicine it was found that women ages 65-75 had better brain function if they did resistance training twice per week. It is thought that a protein that helps brain growth may be increased by weight training.

So what are you waiting for? It seems moderate weight training is enough to achieve all of these benefits, and you are never too old to start.

Where do you start? Most local gyms offer personal trainers that will orient you on how to use their weight machines, or for a fee you can hire a trainer to work up a plane tailored to just for you. You can also take a look at www.livestrong.com for some great information online.

Congratulations Elizabeth!



Elizabeth Johnston is the Editor-in-Chief for the IEEE Potentials Magazine! She holds this position for 2 years and says that it reaches 400,000 people world wide. If you get the chance, stop by and congratulate Elizabeth on this proud achievement.

401K Lunchbyte

Wondering if you have all of your eggs in one basket when it comes to your retirement? Unsure of where the market is headed and if we are out of the recession? Wally Thomas, our Wells Fargo 401k Rep will be here on April 26th with a presentation and to answer any questions that you might have.



These sessions are very informative and are usually packed. Lunch will be provided. Remember to accept your calendar request so that the proper amount of food can be ordered.

EMPLOYEE QUESTION OF THE MONTH

What is Fairbanks Best Kept Secret??

Billy Brookins	Since it is a secret, it cannot be revealed.
Elizabeth Johnston	Community Theater: Fairbanks Drama Association, UAF Theater, Fairbanks Shakespeare Theater, Fairbanks Light Opera Theater. For less than the cost of a movie you can see a two hour live performance!
Jack Wilbur	Skiland
Eric Gabrielson	Free parking
Robin Rader	Minus 40F is not that bad
Chris Miller	Alaska Gold and Coins (2 nd Ave.). City Mayor Cleworth runs the store and although he mostly deals in gold, he has an impressive collection of Alaska and old books. Stop by some time and take a look and maybe discuss a little city business while you are there.
Tony Mustered	If I told you it wouldn't be a secret now, would it?
Lona Uzueta	It's not really a secret, but there are so many people I talk with who've never been to the Museum of the North at UAF. Anytime we have out-of-town guests, we always take them; or – if they're doing things on their own – we urge them to go to the museum. If friends have out-of-town guests coming and ask, "What can we do with them while they're here?" – we always tell them to go to the museum. The museum is a great place to take young children. There are displays specially designated where children are encouraged to touch items, and their docents are trained to work with children's groups. With the remodeled facility, they have more room than ever for learning activities. Even if you've been to the Museum once, you need to return again and again because there is so much to take in. Also, they have temporary exhibits that change periodically. My advice: "If you can't be in Alaska long enough to travel at length all over the state, go to the museum – it's the next best thing – maybe even better!"
Danita Orr	There are a lot of places that I recommend for people to go while they are up here visiting. One of them is the Knotty Shop out by Salcha, just past Eielson AFB. It's a wonderful shop and I try to make it out there a couple of times a year.
Julia Harris	Arctic Travelers Gift Shop is a wonderful shop to visit. The owner has a "museum-quality" collection of the local native art. One of the items that I was impressed with was a parka made of seal gut. There is an extensive array of carved jewelry made of petrified walrus tusk, wooly mammoth tusk and local gemstones, like Jade. They also have Qiviut pieces available, which are scarves and shawls made from the wool of musk oxen. Another interesting place to visit is the Knotty Shop in Salcha. Great ice cream, too.
Joyka Degerlund	There are no secrets amongst Fairbanksians, we are such a close, tight-knit community.

April 2011 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						Conference Room Remodel
3	4	5	6	7	8	9
Large and Small Conference Room Remodel						
10	11	12	13 Recycling Lunchbyte	14	15	16
17	18	19	20	21	22	23
24 Easter Sunday	25	26 401k Lunchbyte	27	28 Business Managers Mtg	29	30
Administrative Professionals Week						

May Upcoming Events

Sunday, May 8th—Mother’s Day
 Saturday, May 21st—Armed Forces Day
 Monday, May 30th—Memorial Day—Design Alaska,
 FNSB, State, Federal, COF and Post Office Closed

Classifieds:

If you’re looking for a house sitter, look no further. Just give Joyka Degerlund a call for rates and more info: 750-5748. Most pets are fine (except snakes).

Quotes of the Month

“You cannot climb uphill by thinking downhill thoughts” ~Wilfred A Peterson

“Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” ~John F. Kennedy, Former President of the United States.

Design Alaska Anniversaries

Eve Campbell	4 Years	April 2, 2007
Curtis Seaman	2 Years	April 2, 2009
Don Hopkins	8 Years	April 14, 2003
Bob Gras	25 Years	April 14, 1986
James Bartlett	15 Years	April 19, 1996

April Birthdays

Rick Hoegberg	April 6th
Skye Sturm	April 9th
Loraine Phillips	April 15th
Rebecca Gumbs	April 15th
Jennifer Holmes	April 18th



The health information, unless otherwise noted, came from the weekly wellness information from the Wilson Agency.

Coming in August—Summit Health Screening. Testing could include the following: Cholesterol, Blood Pressure, Glucose, and BMI. More information to follow in the next month or so.