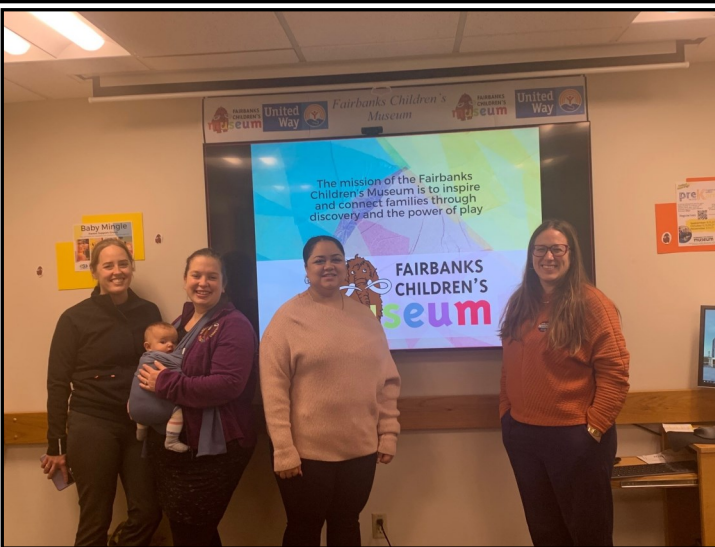


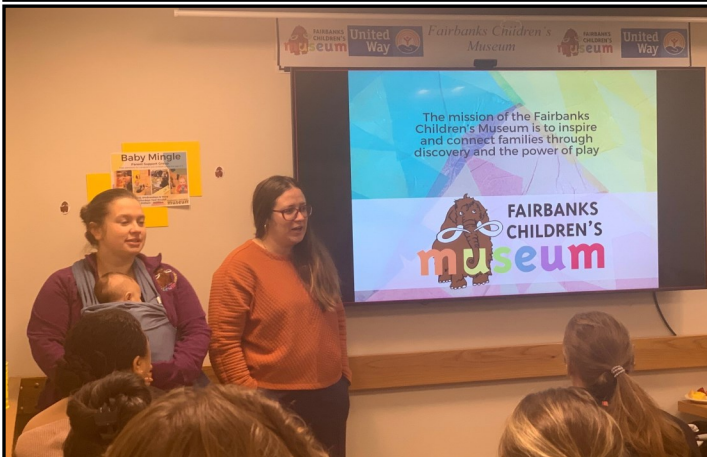
United Way Kickoff Breakfast Fairbanks Children's Museum

On Tuesday, October 3 staff gathered in the Large Conference Room for the annual United Way Kickoff Breakfast. Guest speakers, Meredith Maple and Jessica Farr from the Children's Museum talked about their local programs, which include Baby Mingle for new parents and a date night program to help encourage parents to have time for themselves. They also talked about how they want to bring enrichment and community to the underserved population of children in Alaska, and how being a part of the United Way has helped their program. Alyssa Handy from United Way also joined us to talk about events, programs, and volunteer opportunities that are available in our community.



Breakfast was comprised of hashbrowns, biscuits and gravy, a fresh fruit selection, and various baked goods, courtesy of Dantasia Baum.

If you'd like to donate to United Way, you can fill out a form through PDF and turn it in to Kym and Accounting, or you can print it off and bring it to the front desk.

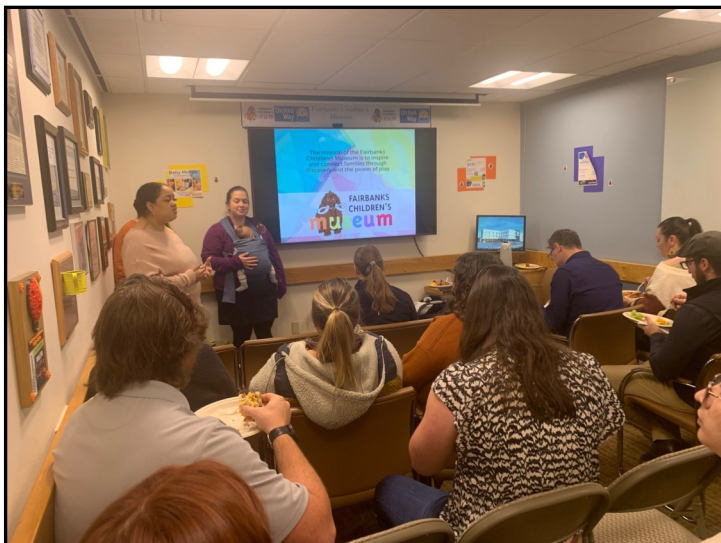


The first week we had four donors donate \$9,220, which resulted in a total donation of \$18,440.

The second week we had three donors for a total donation of \$3,750. With Design Alaska's 100% match, the total for the campaign thus far is \$25,940. Stay tuned to next month's newsletter when we will share the total amount donated to United Way for 2023.

The end of our campaign will be October 31 when we will draw for prizes for two Alaska Airlines tickets, and Visa gift cards.

Thank you to all who donated!



2023 Wellness Challenges are due by November 30!

President's Corner— Recharge your work

I just returned from a two week stretch away from the office on Annual Leave. It was my first long vacation since 2018. This trip was planned in the fall of 2019 before COVID. The trip was a pleasant reminder of the power of annual leave.

Leave has been part of the working culture in the US since about 1910 and became commonplace after World War 2 (Wiki). It is not mandated, so every US employer may have a different Paid Time Off system. In concept, leave is to allow time away from the work responsibilities to reset your internal energy and recharge you for work when you return and allow you some fresh perspective. My leave certainly had that effect. Individuals also use leave to attend to other responsibilities which are difficult to do in conjunction with work such as caring for a newborn (Congrats again Marina!).

Based on internal data, many people do not use all their accumulated leave, and we pay out the value of excess leave to some employees. There is no financial harm done to not taking leave, but I encourage you to take leave for yourself. Like many things in life, there are benefits to disconnecting for a bit and seeing the community around you from a different perspective.

From the analogy of physical training, the top performers push hard to compete most of the year but give themselves a break to recharge at the end of season so they are prepared to go again for another year cycle.

I frequently comment that the biggest difference between college degrees and working is there is no semester end. Annual leave is our 'semester break' to allow you to reset a bit and come back to your work with refreshed energy. At this moment I am experiencing the work it takes to come back from leave and address everything that has happened, and I appreciated the 2-week separation. I even used my phone and laptop to stay in communication with the office while I was gone, but I can certainly tell that I was able to disconnect enough to refresh along the way.

So please take time to recharge your work battery in any way that works for you. If a 200-mile bike ride across a landscape helps you recharge your mental bank, please do it and share the spirit of annual leave with your co-workers.

~ Chris Miller, PE

President



On Friday, October 13, Design Alaska gathered to say goodbye to Jade and Molly, and wished a happy birthday to all those born in October.

UAF Career Fair and Fun Around the Office

On Thursday, October 12, university students migrated to the UAF Wood Center for the annual UAF Career Fair. Design Alaska employees volunteered their time to meet with students and answer questions. A big thank you to Blake Burley, Isaac Ladines, Sam Mitchell, and Don Hopkins for volunteering their time.



On Friday, October 6, Sam Mitchell and Isaac Ladines gathered at the first snowfall of the year to create the company snowman. Standing taller than Isaac, it was a sight to behold (until unfortunate warming later in the day led to a melt condition causing a shear failure in section 2 that neither the civil designer nor the structural designer takes blame for).



Reminder to turn in your United Way donation sheets by October 31!

What is your favorite fall activity?

Tehya McLeod	Aurora chasing and carving homegrown pumpkins!
Emory Mildon	Frisbee golfing is my favorite fall activity. You either leave the vegetation colored frisbees at home or spend the afternoon digging through fallen leaves.
Blake Burley	I love most everything about fall. Walking on the crunchy frozen grass, listening to/ watching the geese head South, and wandering through the woods with a firearm are top on the list!
Chris Miller	I have always enjoyed the crisp in the air, and a walk in the yellow, red, and green leaves for fall. The equinox marathon can be an awesome walk this time of year with views over the valley.
Marina Jones	Purchasing my ski season pass for winter ski season! That, and it's soup season!
Samuel Mitchell	Responding to government RFPs! Nothing like it! The suspense – the anticipation of winning it big!
Jade Fine	My favorite fall activity is curling up with a warm blanket and a nice cup of soup! Along with drinking all the seasonal fall coffees.
Jim Godfrey	My favorite fall activity is Apple Hill in Auburn, California. It's an awesome fall festival that has all things apple and lots of fun activities.



The Herculean Labors of Vitamin C

By Cat Peterson



When asked to name one of the most important vitamins, often one of the first to come to mind is Vitamin C (also called ascorbic acid). Famed for preventing scurvy, a disease that killed millions of sailors between the 1500s and 1800s, vitamin C is a vitamin the human body can't produce and needs to acquire from outside sources (i.e. food). Being water-soluble, it is not well-stored, meaning excess amounts of it are discarded, and it must be consumed daily (as opposed to a fat-soluble vitamin, like Vitamin D, for which a supplement once a week is enough to keep you going).

Vitamin C is a powerful antioxidant that can neutralize harmful free radicals. Free radicals, as you may remember from chemistry class, are unstable atoms or molecules that are missing electrons. Normally, the body can handle free radicals without any difficulty, gradually destroying them. In fact, the metabolic process is one source of free radicals. Environmental sources of free radicals include pollutants, cigarette smoke, pesticides, solvents, and UV radiation. As free radicals build up beyond the body's ability to break them down, they start stealing electrons from wherever they can get them, leading to oxidative stress. This process damages cells and plays a major role in the development of chronic degenerative illnesses and conditions, including cancer, heart disease, neurodegenerative diseases like Alzheimer's, arthritis, autoimmune disorders, and even things as simple as wrinkles and sun spots (the kind on your skin, not the solar kind).

This is where antioxidants, including Vitamin C, come in. In fact, Vitamin C doesn't just function as an antioxidant; it has even been shown to regenerate other antioxidants within the body, such as Vitamin E. Vitamin C is also involved in protein metabolism and is also required for the biosynthesis of collagen, which is an essential component for healing wounds. Furthermore, Vitamin C plays an important role in immune function and improves the absorption of non-heme iron (the kind of iron that comes from plants instead of animals). All of these handy features can be yours for the low low price of eating a few fruits and veggies now and then.

Conveniently, the daily recommended intake of Vitamin C isn't very high at all: 90 mg per day for adult men, and 75 mg for women. It can be found in generous quantities in many fruits and vegetables, with citrus fruits, tomatoes, and potatoes being the typical American's most common source. Three quarters of a cup of orange juice contains 93 mg of vitamin C. Half a cup of cooked broccoli or sliced strawberries contain around 50 mg. Because the vitamin is water-soluble and susceptible to heat, raw fruits and vegetables contain more vitamin C, where cooking methods like boiling destroy or leech out some of it. It's very difficult to overdose on vitamin C, as once more than 1000 mg is available, the body simply reduces its absorption and discards the excess. Long-term use of amounts exceeding 2000 mg can lead to nausea, cramps, fatigue, headache, and so on.

From immune system boosting to wound healing to long-term health protection, Vitamin C's usefulness and versatility is truly impressive. With fruits and vegetables regularly set out for us during the work day, it's easy enough to boost our health by simply swiping an orange or a couple sliced peppers on our way past.

Sources:

Vitamin C. Mayo Clinic (2023). Retrieved from <https://www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932> on 4 October 2023.

Vitamin C. The Nutrition Source. Harvard School of Public Health (2023). Retrieved from <https://www.hsph.harvard.edu/nutritionsource/vitamin-c/> on 4 October 2023.

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Why You Should Care About Free Radicals. Cleveland Clinic (2022). Retrieved from <https://health.clevelandclinic.org/free-radicals/> on 4 October 2023.

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November 2023 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Table Massages	2	3	4
5	6	7	8	9	10	11 Veterans Day
12	13 Birthday Cake Day	14	15 Table Massages	16	17	18
19	20	21	22	23 Thanksgiving - Office Closure	24 Office Closure	25
26	27	28	29	30 Managers Meeting		

November Birthdays Holiday Bazaars

Molly McGuire November 3
 Taylor Tharpe November 5
 Marcus Curley November 13
 Bill Kinne November 17
 Lyle Axelarris November 24
 Kym Pihlaja November 25
 Blake Burley November 28



St Nicholas Catholic Church
 November 4 09:00AM - 03:00PM

University Women's Association Centennial Center
 November 4 - 5 10:00AM - 04:00PM

Fairbanks Holiday Marketplace Carlson Center
 November 10 12:00PM - 7:00PM
 November 11 10:00AM - 6:00PM
 November 12 11:00AM - 5:00PM

Ryan Middle School
 November 18 09:00AM - 05:00PM

Zion's Christmas Café Zion Lutheran Church
 November 18 10:00AM - 04:00PM

Black Friday Shopping Shoppers Forum
 November 24 12:00PM - 06:00PM
 November 25 10:00AM - 06:00PM
 November 26 11:00AM - 05:00PM

Design Alaska Anniversaries

Elizabeth Johnston	November 1, 2007	16 years
Sabrina Davis	November 6, 2017	6 years
Tessa Anderson	November 29, 2021	2 years