



### Company Picnic

On June 11th employees gathered in the backyard for our annual company picnic. Pulled pork, brisket, baked beans, potato salad, coleslaw, and corn on the cob were on the menu for a delicious bbq dinner catered by Midnight Sun Catering. For dessert we were joined by Bristol's Shave Ice for some flavor packed, jumbo sized snow cones. While The Headbolt Heaters played some tunes, employees socialized and played a series of fun Minute to Win It games. In addition to all the food and fun going on, there were also jars of candy on each table that employees strategically placed guesses on. The winner from each table took home the candy and a special prize from The Roaming Root, a local storefront that features Alaska Grown food and items.



# President's Corner

## Right Sized Hammer

I have frequently used the phrase 'use the right sized hammer' for the job. Not every job needs the same amount of detail to produce an acceptable result. Sometimes a light touch is all that is needed, while other times you need to go full force to get the job done.

This comes up all the time in our work. For example, when you are first learning a new design or drafting technique, it is really best if you do the work thoroughly and completely covering every step with as few shortcuts as possible. Using the hammer metaphor, the 'light hammer' ensures you take time to learn the technique and understand its limitations and accuracy. Then, when a similar task comes up that needs to be done on a fast customer deadline, you can use the 'big hammer' to skip steps and get to a result that may not be as accurate, and certainly not as completely documented, but acceptable to meet the client's quality, cost, and schedule constraints.

I sometimes use the same phrase for submittals. I have noticed at times that 35% schematic submittals sometimes look like 95% draft construction submittals. There are lots of details, lots of ink on drawings, and lots of calcs and specs. Frequently projects stall or change course at 35% based on cost and it can be potentially lost detail if the project does not go down the original path. If it does change direction, there is reluctance to change the drawings because of all the work that went into 35%. It is good to think through what is 'right' for your discipline in this submittal, which may not be the same for everyone. Some clients require lots of detail in the submittal (say full specs at 35%), but we can still be selective in providing them the right level of effort while editing them on the first pass.

When we are busy with lots of competing deadlines, I encourage you to think through what is the right tool for the job. Sometimes we will need to use the 'big hammer' as it is a known way to get to acceptable results and when under pressure, using proven techniques and processes can actually make it easier to complete. But also use your experience and judgement to use the 'light hammer' to get the job done and provide a great value to the client.

~ Chris Miller P.E.

President

## Company Picnic Continued..



# Administrative Professionals Day

To celebrate Administrative Professionals Day, we invited local artist Cheri Bagwill of Alaska Art & Soul to come and teach a paint class. This project consisted of painting a Northern Lights scene on glasses. The technique was easy to learn and gave everyone the opportunity to customize the colors and add custom designs. Before the paint class, we enjoyed a lunch from Blue Roof Bistro. We have an awesome and diverse administrative support team that includes Accounting, Admin, and Marketing. Each team member brings a unique set of skills and together we strive to accomplish the tenets of our administrative mission statement: Provide superior client and co-worker satisfaction by maintaining standards of excellence through quality control and technology awareness, and communication in a kind, fair, and calm atmosphere.



structurally sound



**REMOTE RACE**

**BY THE TIME YOU RECEIVE** this issue of *Modern Steel Construction*, the 2021 Student Steel Bridge Competition (SSBC) will be well underway. In normal times, ASCE staff would be flying around the country during the spring to attend SSBC Regional Events. But like last year, these aren't normal times (figures crossed for once) and more than we did in 2020. While ASCE is not holding Regional Events this year, schools are still building their bridges on their own campuses and submitting photos, videos, and scores remotely.

The first team to complete its bridge for this year's competition? The University of Alaska Fairbanks (UAF). And they did it in under eight minutes. For those not familiar with the competition, that is an excellent time—especially since there were only three builders!

The National Bridge awards presentation will take place June 3, and we'll have more comprehensive coverage of the SSBC in the coming months.

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The University of Alaska Student Steel Bridge team was mentioned in the May 2021 issue of *Modern Steel Construction* magazine. The article talks about how the competition worked this year after taking a break in 2020. Two of our very own, Taylor Tharp and Zach Miller, were part of the team this year. Because of the team’s hard work, they were recognized as “the team that shows the most engineering ingenuity in the design and/or construction of their bridge based on the requirements of the competition rules.” earning them the Frank J. Hatfield Ingenuity Award. The team was commended for their: unique truss with splayed ends, featuring offset top chord and web members and connection to the bridge piers as well as an innovative twist-lock connection.” The award included \$1,000 in scholarship funds. <https://www.aisc.org/modernsteel/news/2021/june/aisc-announces-2021-student-steel-bridge-competition-winners/>

## New Employee Spotlights

### Daniel Ackerman



Daniel, Electrical Intern, was born in California, but has lived in Fairbanks since he moved here in 2004. His family consists of 3 people including himself, his mother who enjoys gardening, and his father who loves to play golf when his back lets him. They also have one cat named Riley. Daniel enjoys playing alto sax, specifically playing jazz. His favorite songs to play are "Misty by Ella Fitzgerald and "Boplicity" by Miles Davis. He also practices taekwondo and his current rank is 2nd degree black belt. Daniel likes to create designs with wood and is currently trying to build his own desk out of oak and cedar. If he could live anywhere in the world, he would choose somewhere that doesn't get too cold or too hot, but there would have to be forests and lakes nearby as he enjoys hiking and fishing. Because he enjoys staying up late and then sleeping in the next day, Daniel considers himself a night person. His ideal meal is a nice seasoned steak cooked over charcoal briquettes with a side of lightly buttered corn and a chicken salad. His favorite song is "All the Things You Are" by Ella Fitzgerald and one of his favorite movies is "Iron Giant." In his childhood, Daniel's favorite show was "Star Wars the Clone Wars." A goal on Daniel's life's to do list is to design his own future home. In high school Daniel was on his school's competition rifle team during his junior and senior years.

### Grace Cooley



Grace, Architectural Intern, was looking for a unique internship experience and found Design Alaska's opening to be intriguing and a great opportunity to travel, something she loves to do, while learning more about the technical side of architecture. From Dearborn Michigan, Grace is the oldest of 2 children. She enjoys playing guitar, reading and loves to bake. Although she does not collect anything, she does keep cards that people give to her. Something you may not know about Grace is that she is interested in British history and she enjoys watching documentaries like The Crown and reading books on the British Monarchy. If she could go anywhere in the world, Chicago or NYC are at the top of the list because of the energy and how much there is to do in each city. Grace is a morning person and if she had her way, she would be in bed by 9pm every night. Heat of Life by John Mayer is Grace's favorite song and although she does not have a favorite movie, Little Women, Pretty Woman, the Jurassic Park series, the Harry Potter series, or the Back to the Future series are among her favorites. Grace's favorite dish is Shahi Paneer. She loves seafood and would consider her favorite meal to be a really good seafood pasta. Grace is pescatarian, enjoys yoga, and is very good at organizing things.

### Joseph Lemon



Joseph, Mechanical Intern, applied to work at Design Alaska to gain experience and to learn new things that will help him to grow into a better engineer and person. Having lived a childhood full of world adventures and travel, Joseph spent 10 years of his life in Korea with his family who are missionaries. He has also spent time living in Mongolia, Glennallen, Palmer/Wasilla, North Dakota, Wisconsin, along with spending time in many other places. Joseph is very close with his family and is looking forward to seeing them when they come up to Alaska for his older sister's wedding this summer. As a people person, Joseph enjoys spending time with people, especially if coffee and talking are involved. Something you might not know about Joseph is that he was able to ride a Mongolian horse in a full gallop in the snow along the mountain ranges of the Gobi Desert. He describes it as a rare, fascinating opportunity. Although fall time in Korea is one of his favorite environments, he finds it hard to beat Alaska when the question of where he would live if he could pick anywhere in the world is asked. Joseph's favorite meal is anything healthy that he can eat, as he has several food allergies. He has a sweet tooth and loves Korean food. He is an outside guy and enjoys working with his hands on shop style projects/inventions. He also enjoys hand drawing and has a passion for people.

## What are you interested in that most people haven't heard of?

<p>Bill Guevremont</p>	<p>Kumla!! It's a Norwegian dish made from potatoes, flour, and salt port...delicious. Making it correctly is tricky!</p>
<p>Blake Burley</p>	<p>Hanging out at the Shopping Center. There are always lots of good things there: a new to you refrigerator, a slightly melted extension cord, a nice pair of shoes, a lawn mower... you can even find something for dinner on a good day. Some people only throw out their trash and drive right by. Sad</p>
<p>Robin Rader</p>	<p>I'm interested in hydrofoil surfing. Florian showed a clip from a couple of weeks ago. It looks like a blast.</p>



## New Arrival!

Congratulations Leah and Family on the arrival of Baby Greyson!

Greyson Joseph Monego was born at noon on May 7, 2021. Weighing in at 8lbs 7oz and 21 inches long, Greyson is healthy and his 3 siblings are very excited for his arrival.

## Cinco de Mayo

We kicked off our summer of BBQs with a Cinco de Mayo celebration. Employees enjoyed a nacho/taco bar with all the fixings and were able to enjoy their meals together outside. It was a fun celebration and a great way to kick off the summer of lunches. Our summer lunches will continue through September.





# Wellness

By: Elizabeth Johnston



## 100 Miles in May

A big **Congratulations** to our 100 Miles in May finishers. Our 25 participants helped raise over \$300 to support youth sports and physical activity programs.



Team Members		
Rank	Name	Total Miles
1	<a href="#">Aaron Wilbur</a>	220.0
2	<a href="#">Jack Wilbur</a>	206.1
3	<a href="#">Elizabeth Johnston</a>	195.4
4	<a href="#">Marina Jones</a>	183.7
5	<a href="#">Ryan Morse</a>	175.1
6	<a href="#">Blake Burley</a>	137.1
7	<a href="#">Jennifer Davis</a>	132.2
8	<a href="#">Emily Winfield</a>	110.0
9	<a href="#">Jeff Putnam</a>	104.6
10	<a href="#">Ciarin Connor</a>	101.0
11	<a href="#">Josh Clifton</a>	100.9
12	<a href="#">Taylor Tharp</a>	100.2

### Running

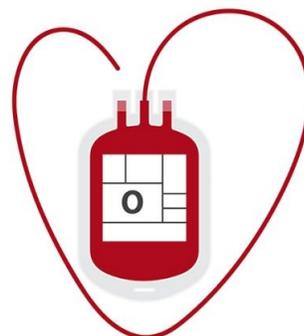
Samuel Mitchell, Blake Burley, Ryan Morse, and Marina Jones (behind the camera) enjoyed a run on a sunny day in May.



### Design Alaska Blood Drive

The Design Alaska blood drive reached 5.5 gallons! With 5.5 gallons, the Blood Bank can potentially save 132 people.

Thanks to all who participated!!



**1 BLOOD DONATION  
CAN SAVE UP TO 3 LIVES**

## SPOTLIGHT ON MEN'S HEALTH

**INCREASING AWARENESS** of preventable health problems and encouraging early detection and treatment of disease among men and boys is an important topic year-round. Following up on Men's Health Month, this infographic reminds us that by raising awareness, advancing health education, and recognizing culturally influenced behaviors, each of us can help improve men's health.

**MEN LIVE SHORTER LIVES WITH A LOWER AVERAGE QUALITY OF LIFE THAN WOMEN.**

AT BIRTH, MALES OUTNUMBER FEMALES  
**105:100**

BUT BY AGE 65-74, THE MALE-TO-FEMALE RATIO IS  
**80:100**

### MORE THAN HALF OF ALL PREMATURE DEATHS AMONG MEN ARE PREVENTABLE.

## SIMPLE STEPS TO IMPROVE YOUR HEALTH

- DO MONTHLY SELF EXAMS.** Check yourself for testicular, skin, oral, and breast cancers each month.
- PROTECT YOURSELF FROM THE SUN.** Limit alcohol to 2 drinks per day.
- EXERCISE & EAT RIGHT** to maintain a healthy weight. Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods. (high-fiber/low-fat)
- EXERCISE moderately** for 30 minutes 5 times a week, or vigorously for 20 minutes 3 times a week. Drink 8 glasses of water per day.
- QUIT SMOKING.** Limit cholesterol intake and avoid saturated fats.

\*THIS INFOGRAPHIC IS MEANT FOR INFORMATIONAL PURPOSES ONLY. NOT FOR HEALTH GUIDANCE. CONSULT A HEALTH CARE PROFESSIONAL WITH ALL HEALTH-RELATED QUESTIONS. CREATED IN JUNE 2012.

**SOURCES**  
[menhealthmonth.org](#)  
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## MEN ARE...

- 3-4x AS LIKELY TO BE AUTISTIC**
- 2-3x AS LIKELY TO BE DYSLIC**
- 16x AS LIKELY TO BE COLORBLIND**
- 2x AS LIKELY TO SUFFER FROM HEARING LOSS**
- 2x AS LIKELY TO DIE FROM PARASITE-RELATED DISEASES**

### TOP 10 CAUSES OF DEATH IN AMERICAN MEN

- 450,000** men die of cardiovascular disease each year.
- > 6 million** men in the U.S. are clinically depressed.
- > 60%** of adult American men are overweight or obese.
- 13 million** men have diabetes.
- 92%** of workplace deaths are men.
- Accidents** are the #1 cause of death for men under age 44.
- 1/6** of men will get prostate cancer.
- 50%** of men will develop cancer in their lifetime.
- > 700,000** men are diagnosed with cancer each year, and **300,000** men die of it.
- Testicular cancer is most common in men ages 15-35. It is **100%** curable when caught and treated early.

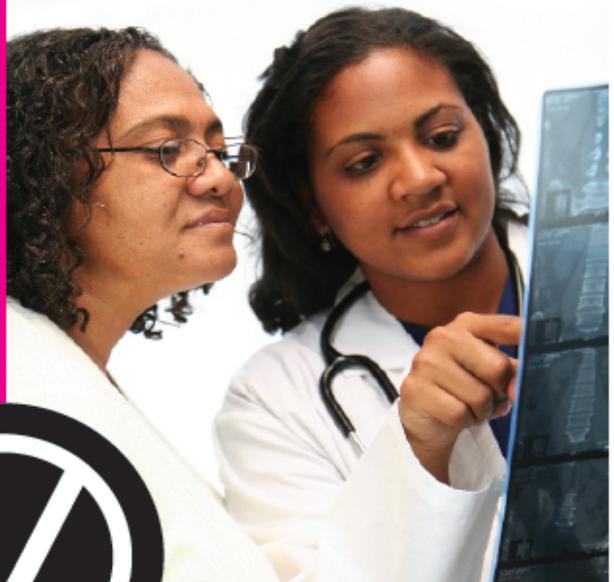
### GET IT CHECKED!

THE FOLLOWING CHART TELLS YOU WHEN AND HOW OFTEN DOCTORS SUGGEST MEN TAKE THESE PREVENTATIVE TESTS.

- EKG**  
Screens for heart abnormalities  
AGE 20-39: Baseline  
AGE 40-49: Every 4 years  
AGE 50+: Every 3 years
- BLOOD TESTS & URINALYSIS**  
Screens for diseases such as cholesterol, diabetes, and kidney or thyroid dysfunction before symptoms occur  
AGE 20-39: Every 3 years  
AGE 40-49: Every 2 years  
AGE 50+: Every year
- TB SKIN TEST**  
Should be done on occasion of exposure or suggestive symptoms  
AGE 20+: Every 5 years
- BLOOD PRESSURE**  
High blood pressure can cause damage to body organs  
AGE 20+: Every year
- RECTAL EXAM**  
Screens for hemorrhoids, lower rectal problems, colon and prostate cancer  
AGE 20+: Every year
- CHEST X-RAY**  
Detects lung cancer and should be considered among smokers over the age of 45  
AGE 40+: Talk to your doctor
- HEMOCCULT**  
Screens stool for early signs of polyps or colon cancer  
AGE 40+: Every year
- PHYSICAL EXAM**  
Overall health status report  
AGE 20-39: Every 3 years  
AGE 40-49: Every 2 years  
AGE 50+: Every year
- SEXUALLY TRANSMITTED DISEASES**  
Sexually active adults at risk for STDs should be screened regularly  
AGE 20+: Talk to your doctor
- PSA BLOOD TEST**  
Tests levels of Prostate Specific Antigen for infection, enlargement, or cancer  
AGE 50+: Every year (Earlier if you have a family history of prostate cancer)
- TESTOSTERONE SCREENING**  
Checks for low testosterone  
AGE 40+: Talk to your doctor
- BONE HEALTH**  
Bone mineral density test  
AGE 60+: Talk to your doctor

# WOMEN: Get It Checked.

Checkup and Screening  
Guidelines for Women



## Checkups and Screenings

	When?	Ages		
		20-39	40-49	50+
<b>Physical Exam</b> Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>Blood Pressure</b> High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB Skin Test</b> Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>Blood Tests &amp; Urinalysis</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>Tetanus Booster</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>Rectal Exam</b> Screens for hemorrhoids, lower rectal problems, and colon cancer.	Every Year	✓	✓	✓
<b>Breast Health</b> Clinical exam by health provider. <b>Mammography:</b> X-ray of breast.	Every Year Every 1-2 years Every Year	✓	✓	✓
<b>Hemoccult</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
<b>Colorectal Health</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
<b>Chest X-Ray</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>Bone Health</b> Bone mineral density test. Testing is best done under the supervision of your physician.	Postmenopausal			✓
<b>Self Exams</b> Breast: To find abnormal lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth.	Monthly by self	✓	✓	✓
<b>Estrogen</b> Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (leutenizing hormone) to determine if a supplemental estrogen therapy is needed.	Discuss with a physician			✓
<b>Sexually Transmitted Diseases (STDs)</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓
<b>Reproductive Health</b> PAP test/Pelvic exam.	Every 1-3 years after 3 consecutive normal tests. Discuss with a physician.	Age 18	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease. For more information about your health, contact: Men's Health Network: 202-543-MHN-1, [www.menshealthnetwork.org](http://www.menshealthnetwork.org)



# June 2021 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Massages	3	4	5
6	7	8	9	10	11 Company Picnic	12
13	14 Birthday Cake	15	16 Massages	17	18	19
20	21	22	23	24 Managers' Meeting  Food Truck	25	26
27	28	29	30			

## May/June Birthdays

Leif Olsen	May 3
Leah Monego	May 8
Marilyn Fye	May 28
Marina Jones	May 28
Eric Gabrielson	May 29
Daniel Dougherty	May 29
Pat Brandon	June 18
Emily Steele	June 20
John Rowe	June 20



## Design Alaska Anniversaries

May		
Jack Wilbur	46th Anniversary	May 19, 1975
Marilyn Fye	20th Anniversary	May 21, 2001
Cutter Degerlund	17th Anniversary	May 10, 2004
Jeff Putnam	13th Anniversary	May 1, 2008
Marcus Curley	12th Anniversary	May 11, 2009
John Rowe	11th Anniversary	May 23, 2010
Pat Brandon	8th Anniversary	May 6, 2013
Matt Krueger	6th Anniversary	May 18, 2015
Josh Clifton	3rd Anniversary	May 7, 2018
Samuel Mitchell	3rd Anniversary	May 7, 2018
Emory Mildon	2nd Anniversary	May 13, 2019
Taylor Tharp	2nd Anniversary	May 13, 2019
Daniel Dougherty	1st Anniversary	May 11, 2020
Grant Olson	1st Anniversary	May 13, 2020
June		
Susan Walker	21st Anniversary	June 12, 2000
Bill Kinne	17th Anniversary	June 1, 2004
Mitchell O'Bryant	11th Anniversary	June 1, 2010
Lyle Axelarris	9th Anniversary	June 4, 2012
Isaac Ladines	2nd Anniversary	June 3, 2019

## July Events

July 1—Company Barbecue
July 2—Design Alaska Closed
July 7—Massages
July 21—Massages
July 22—Food Truck