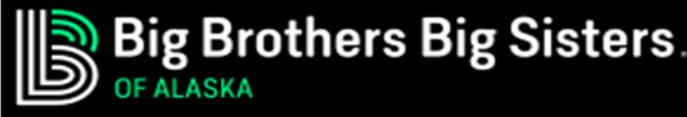


United Way Kick Off Breakfast



On Tuesday, October 5, employees gathered virtually for our annual United Way kick-off breakfast. Breakfast burritos, fruit salad, and assorted pastries were delivered to each department for employees to eat while they logged on and enjoyed a presentation by Karen Taber from the Big Brothers Big Sisters of Alaska, this year's chosen partner agency. Morgan Gallagher from United Way also joined the event.

In the first week of our campaign, 6 donors pledged a combined amount of \$10,510, and with the Design Alaska 100% match our company total is up to \$21,020. We are appreciative of each donation and are looking forward to seeing that total grow.



Since 1904, Big Brothers Big Sisters has operated under the belief that inherent in every child is incredible potential. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"), ages 5 through young adulthood in communities across the country. We develop positive relationships that have a direct and lasting effect on the lives of young people.

Donation forms are located on the table across from the Small Conference Room and on the snack bar across from the Large Conference Room.



President's Corner

Employee-Owned Business

I recently returned from my Senior Executive Institute reunion from the class I took in 2018 through the American Council of Engineering Companies (ACEC). This class was created in 2012 in order to bring a collaborative learning experience of leadership throughout A/E firms. Each year, we have class reunions to share our experiences running companies and sharing the personal side of being a leader. I always enjoy visiting with this group of leaders as we all are experiencing similar things in the industry, and always learn from each other.

One of the topics that was discussed during this trip was the value of being an employee-owned business. Two of the employee-owned firms in our group have recently been bought by financial investors. This is becoming a trend in the industry where private equity firms (venture capitalists) are coming in and purchasing A/E companies because our industry generally generates cash profits every year. The investors are looking for places to grow their money, and generally, the current owners don't have a plan to transition to new employee owners. The investors take the business profits and may buy more similar sized firms, where eventually they sell to even bigger firms (AECOM, JACOBS) when a new investment opportunity arises for their money.

Design Alaska has only been through a purchase one time in our history. In the 70s, Ellerbe (A/E firm out of Omaha, Nebraska) came to Alaska and purchased the original company from Gray Rogers and ran the company until they left the state in the 80s when the economy turned down. The employees who were here at the time bought the Fairbanks office work from Ellerbe and branded to Design Alaska. We have been employee-owned ever since. We are not interested in selling our firm to investors looking for profits that are not vested in our purpose of providing rewarding professional work.

We are interested in growing the company to meet the needs of Alaska. We hold true our values of strengthening the community, supporting employees, and serving our clients. We will continue to grow by doing great work, hiring wonderful people, providing excellent services, and designing projects for our entire state.

Chris Miller, PE

~ President, Design Alaska

CONGRATULATIONS ELMER DEGERLUND!

Elmer passed his LSIT Exam on September 16.

New Employee Spotlight: Adam Shilling and Kyle Rankins



Adam Shilling, recently joined the Architecture Department. Adam joined our team at Design Alaska because he believes it is a great opportunity to broaden his experience as an architect in Fairbanks. Adam was born and raised in Fairbanks, where he graduated from West Valley High School in 2011. After graduation Adam took a year off before heading to Bozeman, Montana where he received his undergrad in 2016, and finished grad school in 2018.

Adam is lucky enough to have a lot of family and friends residing in Alaska. His biggest responsibility is his 4-year old German Shepard mix, Lola. She keeps him on his toes. When he isn't at work, he enjoys small construction projects and woodworking. If he isn't doing that, he enjoys the great outdoors. His favorite time of year is fall, once all the hustle from summer is over and there is not enough snow on the ground to do as much.

If he had to choose anywhere in the world to live, Adam said it was an easy choice, Fairbanks.

Adam is slowly starting to become a morning person. He had a hard time picking a favorite song. He goes back and forth between Garth Brooks—Friends in Low Places, and Bruno Mars' song Uptown Funk. His favorite movie is a toss up between

V for Vendetta and Hot Rod. His favorite childhood show is Avatar— The Last Airbender, although he wasn't sure if it counted as he watched it all as an adult. When asked what his favorite meal is he replied, "I'll eat most anything, but I eat some sort of wild game/fish, rice and stir fried vegetables 4-8 times/week. If there were no ramifications, I'd probably have a cheesesteak twice a day."

His retirement fantasy is to own an ocean boat, spend the summer in Prince William Sound, and then chase the fall colors down the inside passage/west coast to Mexico, then run it back in the spring.

Welcome, Adam!

Kyle Rankins is the newest addition to Design Alaska. After his recent move to Fairbanks, he had multiple people recommend Design Alaska as a great place to work and made the decision to join the Mechanical Department as a Fire Protection Engineer. Kyle grew up in a small town in Oklahoma, called Coweta, which is a rural town outside of Tulsa, with roughly 10k people living there. Most of Kyle's family is back in Oklahoma.

Kyle moved to Alaska with his two dogs, a pitbull mix named Blue and a golden retriever named Gracie. One of his main hobbies is woodworking. He has built custom cutting boards, toy chests, coffee and end tables, and in-built shelves. Something many people do not know about Kyle is that he is left-handed. If he could live anywhere in the world he would choose Alaska. He recently had the opportunity to move anywhere he wanted, and he chose Alaska. He drove 3,700 miles to get here and doesn't plan on leaving anytime soon.

Although he is attempting to become a morning person, Kyle is currently a night person. Choosing a favorite song is tough, but Kyle typically listens to 90's/00's playlists, although lately he has had The Shins on his playlist rotation. His favorite movie series is the Indiana Jones trilogy (not the latest movie) and his favorite show growing up was Fresh Prince of Bel-Air.

His ideal meal is Thanksgiving dinner, all the main items and associated side dishes that go with it. One of the items on his life's to do list is to become a licensed FPE.

Kyle is new in town and would welcome any recommendations on places/activities/restaurants.

Welcome, Kyle!



What do you think is the greatest invention in your lifetime and why?	
Robin Rader	I vote for the semi conductor. This revolutionized the computer making them household items.
Chris Miller	The internet.....it has completely changed everything on communication and storage of information for others to access. I was just out of college in 1994 and remember using an early version of Netscape just as a user. I was never a programmer but I loved to be curious of information available to me from my computer.
Marina Jones	Pop-up up and down headlights. (YouTube it)
Eliza Cink	The cell phone and all the technology that it utilizes (GPS, internet, etc). I literally have the world's knowledge at my fingertips, and google maps is nothing short of amazing.
Dantasia Baum	Maybe not the greatest, but I sure do love my air fryer.
Deanna Woods	The push button start on cars. I lose my keys in my car almost daily.
Blake Burley	YouTube! How did anyone do maintenance on their vehicles before 2005??? What did people do with all their spare time??? Probably trying to fix their car since they didn't have YouTube to show them how!
Kym Pihlaja	Cell Phones, which are a curse and a blessing. Auto start is great too!

Last Food Truck of 2021 Grandma's Genuine Navajo Tacos





Exercise for 3 Minutes, Every Half-Hour, to Counter the Ill Effects of Sitting

By: Elizabeth Johnston



Climbing stairs, doing jumping jacks or even taking as few as 15 steps during mini-breaks improved blood sugar control among office workers.

Sitting for hours at a desk can play havoc with our metabolic health, contributing over time to high blood sugar and high cholesterol, even in people who otherwise seem mostly healthy. But a practical though small new study shows that standing up and moving every 30 minutes for about three minutes may lessen the health impacts of over-sitting. The study found that climbing several flights of stairs, bopping through some

jumping jacks or squats or even taking as few as 15 steps during these mini-breaks improved aspects of blood sugar control among office workers, without noticeably interrupting their work flow.

These semi-hourly, three-minute breaks likely represent the minimum amount of movement needed to protect metabolic health. While 15 steps twice an hour may be a good start, they should not be the only steps we take toward reducing how much we sit.

For most of us, sitting is not just commonplace but constant. According to epidemiological studies, adults in the United States typically sit for about six and a half hours a day, with most of that time uninterrupted by standing or strolling.

Such relentless sitting squashes metabolic health. Or, as the new study's authors write, "Every waking hour spent in sedentary postures (that is, sitting or lying) increases risk for metabolic syndrome and Type 2 diabetes." Blame flaccid muscles. When we sit, the muscles in our legs, which are the largest in our body and are usually active and hungry, barely contract, so, require minimal fuel and slurp little sugar from our bloodstreams. They also do not release biochemical substances that would normally help break down fatty acids in the blood. So, when we hunch over our desks, blood sugar and cholesterol build up in our bloodstreams.

The findings suggest that aiming to get up twice an hour is worthwhile, even if we do not always succeed. He offered two pieces of advice to anyone concerned about over-sitting and their metabolic health.

- Download an app or set an alarm on your computer or phone to remind you to rise every half-hour.
- Be sure to keep moving, outside of work hours.



9/11 Stair Challenge

By Samuel Mitchell and Cathryn Petersen



"It was a very good event, the ceremony was meaningful, and we got some good exercise." "We ended up all climbing the 110 stories. It took about 1 hour. Climbing alongside firefighters in full gear was humbling. These folks train for this kind of thing, but the demand of climbing this many floors in gear was still evident." - Samuel Mitchell

"I knew that keeping a steady pace was the key to completing the challenge, and I wondered whether the firefighters who climbed the towers were trying to rush to the emergency and risk getting too tired to finish, or if they slowed down to be able to get to the top and feared not getting there in time. I wonder if they knew, or at least suspected, that the buildings would collapse. And I wonder how much warning they had before the towers came down. It was really sobering, trying to put myself in their shoes as I climbed. It was definitely a valuable and meaningful experience." Cathryn Petersen



Cathryn, Samuel, John, Nathan, and Blake made the front page of the News-Miner.



Bear Crawl Holds

Exercise



Bear Crawl Holds

Contract



Rotator Cuff, Scapular Stabilizers, Deltoids
Abdominals
Latissimus Dorsi

Cues for Movement

- Position on hands and knees, toes tucked
- Push into hands and toes, lift knees off the floor
- Lower knees back down to the floor

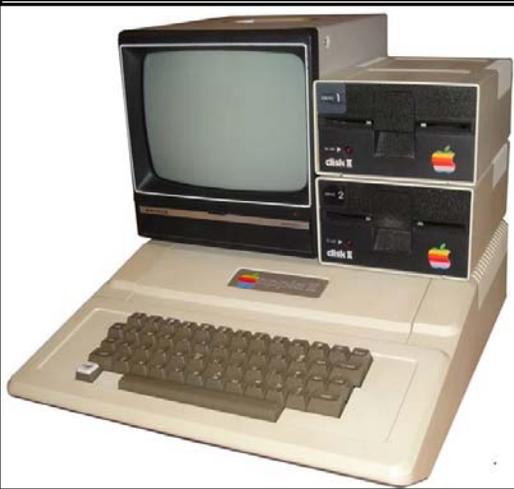
Modifications: Harder

- Raise one foot off the floor at a time, keeping a 90 degree angle at the knee.
- Raise one foot off the floor at a time. Straighten knee and hold, bend knee to return to bear hold position.

Exercise of the Month

7 reps / 3 times a week for a healthier back/neck

Desk jobs can be a contributing factor to a significant number of musculoskeletal injuries and repetitive motion injuries. Illnesses that can be attributed to poor ergonomics, lack of movement and cramped working conditions include diabetes and cardiovascular disease. Taking 30 minutes out of your day to stretch, and walk around will help decrease your risk.



When the Apple II personal computer was shipped in 1977, it came with a detailed manual for upgrading and repairing the device. Parts were readily available from Apple Inc. (and, later, other manufacturers), and if Apple owners didn't want to fix or upgrade at home, they could find plenty of small, competitive repair businesses to do the work for them.

That was then. These days, Apple's products arrive sealed shut, often with proprietary screws. Service manuals, circuit-board schematics, and repair parts are reserved for Apple's technicians, shops, and a handful of "authorized" partners. As people are less able and/or willing to repair things the tolls on the environment and our budgets have risen. "Right to repair" laws can help but there are already many opportunities to repair things right in Fairbanks.

Repair Shops in Fairbanks

Phone Repair

iT Works Fairbanks

<https://www.itworksak.com/iphone-and-ipad/>

Batteries & Bulbs

<https://www.batteriesplus.com/service>

Boot/Shoe Repair

Fairbanks Boot & Shoe Repair – 505 Old Steese Hwy – 907-456-8033

Sewing Repairs

Alaska Tent & Tarp

<https://www.airframesalaska.com/>

Alaska Refinishing & Upholstery

<http://akrefinishingandupholstery.com/>

Appliances

Goldstream Appliance Repair

<https://www.goldstreamappliance.com/>

Gun Repair

Arctic Gunworks

<http://arcticgunworks.com/>

Feel more like repairing yourself?

Fairbanks has a lending tool library:

<https://www.chenatoollibrary.org/>



October 2021 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 United Way Kick Off Breakfast	6 Table Massages	7	8	9
10	11 Birthday Celebration	12	13	14	15	16
17	18	19	20 Table Massages	21	22	23
24	25	26	27 UAF Career Fair	28 Managers Meeting	29 United Way Wrap Up	30
31						

October Birthdays

Cutter Degerlund	October 2
Isaac Ladines	October 12
Jim Godfrey	October 19
Jack Wilbur	October 25
Zach Miller	October 28



November Upcoming Events

Table Massages	November 3
Table Massages	November 17
Thanksgiving Pies	November 24

Design Alaska Anniversaries

Chris Miller	25th Anniversary	October 28, 1996
Emily Steele	12th Anniversary	October 5, 2009
Mary Sue Dates	8th Anniversary	October 14, 2013
Marina Jones	7th Anniversary	October 16, 2014

Design Alaska is closed the 25 and 26 of November for Thanksgiving.

