

Design Alaska's Holiday Spirit



On December 23 employees met on Zoom for the office holiday party. We were provided with holiday-themed sugar cookies from Let Them Eat Cake, and chicken and salad from Midnight Sun Catering. On Zoom there was a lot of fun creating pictures and doing a gift exchange. Design Alaska purchased gifts for kids 12 and under, which were handed to their parents at the annual holiday party. More pictures on pages 8 and 9.



Above: Ciarin Connor and Sabrina Davis practicing ballet while hanging ornaments.

Adam Shilling was very excited that he was able to put the first ornament on the tree.

Left: Jay Baxter, Blake Burley, and Ashley Bowser decorating the Christmas tree in the Annex.



President's Corner

Working Together

It is a new year and that frequently brings a time to reflect, set goals, and have some big picture thinking. One of the things I have been recently talking about is our ability to work together to accomplish project work. We pride ourselves on having a diverse workforce that can provide all of the services that are needed from Survey to Commissioning to complete a project for the users and owners.

We strive to have flexibility with which person or department does the work on any specific job, as well as sharing our skillsets interdepartmentally so we can develop as a whole. When anyone sees a need that could be filled, they communicate and say 'I will get that done'.

We had a recent example on a water service entrance to a building. It involved Mechanical, Fire, Civil, and even a little Structural to coordinate the drawings into a complete thought. Everyone had a piece of the solution where the team worked together to communicate who was showing what to make a clean set of construction documents.

This also happens at the project management level. When new work comes in, we look at the qualified staff that have availability to manage the project as well as the features of the project in order to pick an appropriate PM to run the work. Since we are flexible in our design work, our project managers have had a diversity of experience that allows them to run the whole spectrum of project types from Residential to Industrial.

This flexibility is somewhat unique in the A/E industry. Some firms specialize in a type of project (apartment buildings) or client (Walmart) so they can respond to the client's specific needs. Our flexible approach is a natural reaction to the fact that we live and work in a state with a small population and unique environments which requires custom solutions for each project.

As you are working through your projects, remember to please be as flexible as possible. Reach out to help your project team get the work done. Be curious when a new project comes up that we have never done before. There is infinite amount of information to learn, and it is rewarding to spread your breadth of experience with others.

Chris Miller, PE
~ President, Design Alaska

New Employee Spotlight: Corey DiRutigliano, Jay Baxter, Tessa Anderson, Josiah Alverts, and Sebastian Rodriguez



Josiah is a recent addition to the Design Alaska team. He is a Mechanical EIT. He applied for a position with Design Alaska because he wanted to be invested in the infrastructures built in Alaska. As a mechanical discipline, he is interested in the way buildings are designed to use resources like heat and water.

Josiah grew up in Eugene, Oregon before moving to Palmer, Alaska for high school. He really enjoyed the Pacific North West, but likes Alaska more. His only wish is that the trees in south-central and interior Alaska were bigger. He grew up with two younger sisters. He currently has a pet sea snail named Eugene.

Josiah has a passion for outdoor sports such as Nordic skiing, backcountry skiing, rock climbing, ice climbing, and mountaineering. He also currently plays guitar in a band. With his love of the outdoors, it is no surprise that one of his life's goals is

to climb Denali.

If he could live anywhere in the world, he would live in Chamonix, France. Josiah's favorite songs are Black by Pearl Jam, and his favorite movie is Lord of the Rings, he is unable to pick just one of them. Growing up he really enjoyed watching Teenage Mutant Ninja Turtles.

His ideal meal is freshly caught salmon with homegrown greens. One thing that not many people know about him is he has a webbed toe.

Josiah is looking forward to getting to know everyone.

Welcome Josiah!



Jay Baxter is the newest addition the Civil Department. Jay joined Design Alaska because he wanted to work on a variety of different projects.

Jay is a born and raised Fairbanks resident. He attended UAF, receiving a degree in Civil Engineering. Jay has two parakeets named Barnaby and Cockatoo. He enjoys outdoor activities such as running, walking, snowshoeing, skiing, and playing ice hockey. If it isn't too cold, he likes to ride his bike. He also plays the trombone and occasionally dabbles in watercolor painting.

Jay owns a motorcycle that he enjoys taking on road trips during the summer months. He considers himself a morning person. He has always enjoyed marching music, his favorite song being Colonel Bogey. Jay enjoyed reading *No Highway*, *Pastoral*, and others by Nevil Shute,

he says they have historical interest and a story that is also fun to read.

His ideal meal is any type of seafood, sauteed mushrooms, a side salad, and cheesecake for dessert. If he could live anywhere in the world it would be New Mexico, or some place with colorful landscapes, mountains, and lots of warm weather for the majority of the year! He would like to have a farm and grow fruit trees and all the other things that do well in a warm climate.

One of the goals on his life's to do list is to climb Denali.

Welcome to Design Alaska Jay!



Tessa Anderson recently joined the Structural Department as an EIT. She applied for a position at Design Alaska because she “saw an amazing opportunity to grow in her career and to join a company that is very community minded.”

Tessa was born and raised in Eagle River, Alaska, graduating from Eagle River High in 2017. The majority of her family lives in Alaska. Her great great uncle, Paul Swanson, homesteaded in Chugiak in the 1940s.

Her biggest hobby is quilting. She has been sewing/quilting since 11 years old when her grandma bought her her first sewing machine for her birthday. Over the last couple of years, she has entered a couple quilts into the state fair. Another one of her hobbies is bowling. While in high school, she bowled on the Eagle River High School girls varsity team where they took three first place titles. Tessa says she is a get up and

get the day started type of person, but she is also a night owl if she is working on a quilt or sewing project.

Tessa loves road trips and traveling in general. While attending the University of Wyoming, she did two round trips down the Alcan Highway and the Cassiar Highway. She also drove from Washington state to Minnesota, touring 8 colleges along the way. One of her life's goals is to visit Europe, especially the Nordic Countries. She also thinks if she could live anywhere in the world it would be the Nordic Countries.

Tessa's favorite song is currently “If I was a Cowboy” by Miranda Lambert, and her most recent favorite movie is “No Time to Die”. She really enjoyed watching “Kim Possible “ as a kid. Her favorite meal is Christmas lunch at her Grandma's. Grandma makes a mean prime rib.

Welcome Tessa!



Sebastian joined Design Alaska in late December as an Architect Intern. He was told about the internship from his school's Dean, who thought this would be a good opportunity for him to learn more and to explore a new area. He is really excited to be here and is looking for any and all recommendations of things to do and try while in Alaska.

He is originally from Chicago, IL. He believes that Chicago is one of the best cities, it has great food and tall structures. Sebastian comes from a family of seven. He has four brothers and one sister. They also have three labradoodles.

His hobbies include cooking dishes from other cultures and doing some photography, although he has not mastered either yet. He really loves Asian Cuisine, but his ideal meal is a combination rice with a spicy tuna roll. He loves collecting records, especially jazz and blues.

Not many people outside of his family know that he has a fraternal twin. He is also a mix of a ton of cultures with ancestors from Puerto Rico, Italy, Ecuador,

Spain and El Salvador.

One of his life goals is to design a cottage in the Redwood Forest, to get away from the hustle and bustle of city life. The Redwood Forest is his favorite place in the world.

Sebastian is a morning person, but due to studying architecture he is learning to be a night owl to study for tests. His favorite song is Stereo Hearts by Gym Class Heroes, and his favorite movie is The Usual Suspects. Growing up, his favorite show was SpongeBob. He loved it so much that he even had an imaginary friend that was a cleaning sponge.

Welcome Sebastian!



Corey recently joined the Architecture Department. Corey decided to join Design Alaska because he wanted to collaborate with a well-rounded, multidisciplinary organization, that had a long history of making a positive impact in Fairbanks.

Corey grew up in Columbus, Ohio in a 1900s streetcar suburb four miles north of The Ohio State University with his parents and three younger siblings. According to Corey, he has several nicknames, "Corey Fox (self-imposed while I was still trying to figure out how to spell my last name in elementary school), Corey spaghetti (given by my generalist sister-in-law), Cricket (behavioral tendencies as a kid)" He spent time in the scraps of woods along the Olentangy River building forts with neighborhood kids out of couches and other pillaged furniture, playing in creeks and skipping rocks. With experience building booby traps targeting their younger siblings, he naturally transitioned into industrial design after high school. However, he traded it for Architecture after a few months, realizing that fort-building was more his pace. A six-year whirlwind tour through

Columbus, Cincinnati, Seattle, and Chicago eventually landed him in Fairbanks.

Corey met his wife, Cassidy, after moving to Fairbanks. They have three kids, Eamon, Violet, and Stellan. They also have two dogs, a cat, and a bunch of out-of-state adopted children disguised as tenants in the houses that they take care of. Corey believes that you are not an adult until you can unclog your own toilets. His family enjoys board games, sledding, ice skating, and arguing about which Marvel character is *obviously* superior.

A thing not very many people know about Corey is he likes to sing and argue with himself in made up languages while on long solo road trips. He claims that the dialect is vaguely Russian-Jamaican-Irish. If he could live anywhere in the world, it would be a stones throw from the Mediterranean or English Channel.

His ideal meal is any warm food after a long hike. The longer the hike, the better the meal.

When asked what one of his goals on his life's to do list Corey had this to say, "This past Christmas, while catching up with my grandmother, I learned a little family history. My last name, DiRutigliano, quite literally means "from Rutigliano"; which makes me Corey from Rutigliano. At Ellis Island Immigration, one of two things led to this kind of name, 1. non-English speaking people accidentally transposed their point of origin with their surname or 2. they wanted to abandon their last name/ history for a reason; It seems that my family name falls into the latter category. My great-grandfather Tony (whose name will come up again) had married a pasta Baroness in Rutigliano (from the Divella family <https://www.divella.it/en/history-of-pasta.html>) It sounds like he had a mean streak, and was documented chasing people with hatchets for the most minor of incidents. Ultimately, he had done something that led to his exile (my grandmother suspected homicide). He was escorted to a boat, and because he spoke no English, given a piece of paper to assist with his transit. This quite literally read: To NY, Di (from) Rutigliano. And there you have it, the brief transition story of a Vengeful Exiled Pasta Baron, Tony DiRutigliano. Since hearing the story, I have a renewed interest in travelling to Rutigliano Italy, and trying to uncover more of my family heritage."

Corey is glad to be here and looks forward to getting to work alongside everyone. Also, he is now armed with nerf guns. We've been warned.



Welcome to the team Corey!

What was your favorite childhood toy?	
Eliza Cink	A Teddy Bear I got from my godmother when my brother was born. I still have him over 30 years later.
Robin Rader	My favorite childhood toy was a plastic machine gun my big brother borrowed and broke on Christmas day. Otherwise, it would be Matchbox cars.
William Guevremont	Mini-Snowmachine!!
Ryan Morse	Legos – I eventually gave roughly 60 lbs. (18,218 miscellaneous pieces) to my godson in a Rubbermaid tote.
Elizabeth Johnston	Playmobil
Chris Miller	LEGOs Everything Legos. I built stuff for hours and days in my room and would have entire cities with roads, civic buildings, cars, planes, trucks, the whole works. They were mostly space people because that was the lego rage at the time but it was still a community that I am still designing today.
Cathryn Petersen	I had a vast My Little Pony collection. My brother played with Hot Wheels, and we would play a game called GGBG (Good Guy Bad Guy) pitting ponies against cars. He always won, but I still think he cheated. He said my pegasi couldn't fly, but his cars could.
Deanna Woods	I had this doll I got for Christmas when I was little. Her name was Chuckie. We were inseparable for like 6 years, she went missing under mysterious circumstances.



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.

Chin Tucks on Hands and Knees

Exercise



Chin Tucks on Hands and Knees

Contract



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Muscles in the front and back of the neck, Scapular Stabilizers

Cues for Movement

- Start on your hands and knees and look at the ground.
- Draw your head back and tuck your chin.
- It may be helpful to think about giving yourself a "double-chin" as you draw in your chin.

Modifications: Harder

- Modify to the Resisted Chin Tucks.



The Benefits of Vitamin D

By Cathryn Petersen



If any Alaskan needs to be taking one vitamin supplement a day, it should be vitamin D. Sometimes called the “sunshine vitamin,” this vitamin offers many benefits. It helps the body absorb and regulate calcium, which in turn helps maintain strong bones and teeth. It also enhances the immune system—especially the respiratory system. It helps your metabolism, blood sugar levels, and brain and lung function. All of these combine to strongly suggest that vitamin D supplements would be a great addition to your arsenal to defend against covid-19. Furthermore, low vitamin D levels are associated with clinical depression, so taking vitamin D supplements may help stave off depression or seasonal affective disorder.

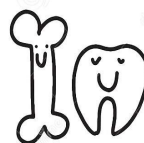
Unfortunately, a whopping 42% of Americans are vitamin D deficient. Our bodies can generate it from sunlight, but sometimes it can be difficult to get enough direct sunlight to produce as much as we need. Half an hour to an hour of direct sunlight every day is better than obtaining vitamin D from food sources (but people with darker complexions don’t absorb it as readily and require more time in the sun). Unfortunately, Alaska gets very little direct sunlight. In the winter, lack of sunlight, the indirectness of that light, and the layers of clothing we wear to protect us from the cold makes it impossible to get enough vitamin D from the sun. Vitamin D can also be obtained from diet, but it’s in relatively few foods and in fairly low doses. Food sources of vitamin D include fatty fish (including salmon and tuna), egg yolks, liver, mushrooms, and fortified foods such as Vitamin D Fortified Milk.

Fortunately, vitamin D supplements are small, inexpensive, and easy to take. Because vitamin D is a fat-soluble vitamin, it’s even easy to take if you’re bad at remembering to take pills. You could take a week’s worth of vitamin D supplements once a week, and it will hang around in your body for a while in case you need it. Even popping a couple of D3 supplements whenever you think about it could make a big difference; it isn’t necessary to establish a strict regimen.

The daily recommended intake is 400-800 IU, and the standard pill dose is 2,000 IU. But don’t worry; vitamin D is almost impossible to overdose on. You would need to take about 20,000 IU (ten pills) every single day for a year before you might start seeing some toxicity effects. Also, if your body has too much vitamin D in it, your skin won’t bother converting sunlight to vitamin D anymore, further protecting you from overdose. Most doctors in Alaska will recommend one to two supplement pills daily (2,000-4,000 IU) and sunlight exposure whenever possible (barring melanoma concerns).

Since the single biggest risk of vitamin D deficiency is lack of sunlight, Alaskans more so than anyone should take a regular supplement of vitamin D, especially in the winter. And when summer arrives, consider vitamin D as your excuse to go outside and enjoy the sunshine.

VITAMIN D BENEFITS



CONTRIBUTES
TO BONES
HEALTH



FACILITATES
HORMONE
REGULATION



HELPS
MANAGE BLOOD
SUGAR LEVELS

ENHANCES
THE IMMUNE
SYSTEM



HELPS WITH
CONCENTRATION
LEARNING AND
MEMORY



IMPROVES
HEART HEALTH

PROTECT
AGAINST
CANCER





Pay It Forward - Be An Organ Donor

By Elizabeth Johnston



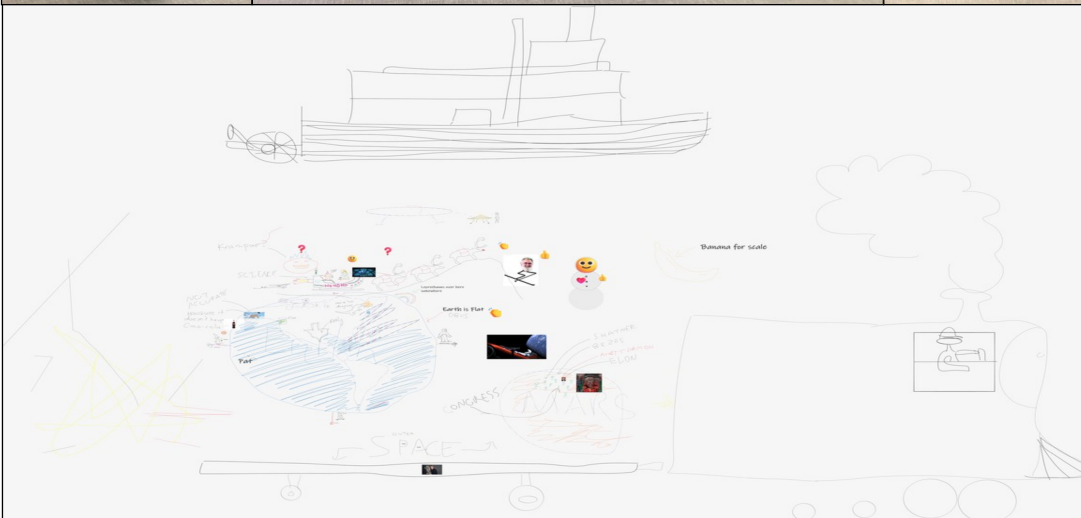
There are almost 114,000 men, women, and children on the national transplant waiting list. One person is added every 9 minutes to that list, and about 20 people die every day waiting for a transplant. Please consider paying it forward and becoming an organ donor. It's easy to sign up by going to www.organdonor.gov to register. The life your organs may save could be a friend, a loved one's, or mine!



December brought the end of the first year-long Wellness Challenge. 50% of employees participated! Four star earners were able to get two items from the wellness cache. The first picture shows Ryan with his new yoga mat! The second and third picture show Elizabeth and Jennifer pulling names for the three prizes; a one hour massage, an overnight stay at Chena Hot Springs, and a choose your own wellness adventure package. Stay tuned for information regarding next year's Wellness Challenge!

Holiday Pictures Continued...

November and December were very busy months for Design Alaska. From Pie Day, with pies provided by Lareae's Breads, Pies and Espresso, monthly birthday celebrations, Turtle Club Dinner, Christmas parties, and handing out ornaments at the Symphony's Holiday concert. It was a wonderful Holiday Season.



January 2022 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 New Year's Day off	4	5	6 Managers Meeting	17	8
9	10	11	12	13	14	15
16	17 Birthday Celebration	18	19 Table Massages	20	21	22
23	24	25	26	27 Managers Meeting	28	29
30	31					

December / January Birthdays Design Alaska Anniversaries

Elizabeth Johnston December 13
 Dantasia Baum December 28
 Brian Marmor December 30
 Tessa Anderson December 31
 Eliza Cink January 21
 Ciarin Connor January 27
 Emily Winfield January 29
 Ashley Bowser January 29



Jennifer Davis 2nd Anniversary December 21
 Florian Kienle 21st Anniversary January 10
 Jennifer Centers 3rd Anniversary January 28

