

### My Time in Alaska By Sebastian Rodriguez

What to say about Alaska, first thing I will say is that the moment I stepped outside of the airport I knew Alaska was an entirely different beast of a state. My time here has been very memorable, very positive, a little negative, but most of all it has been a very eye opening experience. I'm going to talk about my first 2 weeks here since they were the most memorable. My first 2 weeks here were probably one of the toughest times because of the odd weather phenomenon and adjusting to the environment. The first weekends were brutal because it was me staying in my apartment multiple days because I didn't have proper equipment to walk around for more than 20 minutes. Despite preparing myself with a sun lamp, vitamin D pills, and warm clothing, Alaska's winter got to me very quickly. My first week on the job however was a smooth transition, despite calling Alasconnect several times, because everyone here is super chill and educated me on either their positions, things to do around here, places to eat, and best places to get cool photos. The last day of the 2nd weekend I finally decided to go walk around and enjoy the outdoors because I didn't want to be trapped in my apartment again, and I had just bought snow bibs, so I was good to go. An hour and a half in I was at the end of the Creamer's Field enjoying the view, it was -30, and my legs were frozen, and I walked back in tremendous pain. When I got back I was laying on my couch for a couple of hours letting my bright red legs warm up. Despite the amount of pain I was in, I saw some of the most beautiful sights in my life. I think that's how I am going to remember my time here, you have to take the punches of life to see the best of life. With that in mind, I had put that to the test with the rest of my time here, to get the true Alaskan experience.

The one thing these photos have in common is that I almost froze myself to get there, either by walking an hour and a half in -20, waiting till 2 AM to get the perfect shot, or walking through piles of snow. Even with all the sub zero conditions outside, my time here has been fun and exciting but I think what made it the best were the kind hearted people and large animals, so I will leave with these extra photos and a quote I thought best fit.

Life is either a daring adventure or nothing at all.  
-Helen Keller

More Pictures from Sebastian's trip on page 3.



# President's Corner

## Take Care of it or Speak Up

We as humans have a strong tendency to accept certain situations no matter how big or small. We just grin and bear it to not make waves or spend effort. We all do it in many aspects of our lives. It is normal human instinct and at times, appropriate in lots of situations.

I see this around the office frequently in various forms, and I would encourage you to address and try to resolve these things that you notice to make your life better and likely others around you. Some examples:

1. The paper towels are out in the Break Room. Take a minute to grab a roll and install it. It is not one sole person's responsibility and will 'pay it forward' in a way for the next person. Although it may be a small inconvenience, others will appreciate it.
2. Your office chair is squeaking when you work. Drop an email to Kym, and she can have Jim come look at it to see if it is worth fixing. Nothing lasts forever so it may just be time to replace the chair.
3. It took 2 minutes to load a small file from the network. Check with others around you to see if they are having similar issues with the same file or network or if it is unique to just your computer. Call or send an email to Ampersand (AlasConnect) and ask for some tech support. They may not be able to fix it immediately, but they will keep it open until resolved. If you have an older computer it may just be time to get new hardware. Talk to your supervisor and Eric to get a new machine if you need it to keep work moving smoothly and productively.
4. You are having difficulty getting results out of an individual collaborating on a project with you. Pick up the phone and have a deliberate discussion to find a way to work together. If needed, bring in a project manager or supervisor to the discussion. We all have challenges in our work, but we must communicate with each other to be able to work together. Speaking up and getting the issue out into the open, more often than less, will improve the situation.

Next time something is bothering you, consider doing something about it by taking action or speaking up for help. It might be one of those things where you may need to take a moment to find a way to reframe the issue so as to not offend, but probably once fixed, may end up helping to create a better working environment for others at the same time.

Thanks for working together.

Chris Miller, PE

~ President, Design Alaska





**P.S:** I'll be back in the summertime to finish up my internship, just heading off to Poland to study abroad. Part 2 of my journey will be out later.

What's something that happened or something that someone said that changed how you view the world?	
Bill Guevremont	Being called into the Emergency Operations Center on 911. I had a sense the world would never be the same again.
Marcus Curley	While it didn't change my views on the world, I did start to look at Disney movies in a new light when someone pointed out to me years ago that almost every Disney movie the protagonist either starts off with a single parent, orphaned, or a parent dies in the movie. There are only five Disney movies which both parents stay alive throughout the movie.
Samuel Mitchell	In my early teens when I was struggling though classwork (yeah, hard to imagine now, but I hated everything related to school work) my oldest sister took a few minutes to point out some strengths and talents of mine that I never realized. Being at that awkward stage where I was trying to figure out where I fit in, it gave me a big boost and changed how I viewed my world, at least. This little "pep talk" gave me confidence that helped push me through high school and into college. Never underestimate the power of an encouraging conversation or insightful remark.
Cathryn Petersen	I try too hard to make other people happy and get stressed out when I can't. It changed my worldview when someone said that it's not fair of me to try and make people feel how I want them to feel. It's okay to just let people be sad or angry.
Corey DiRutigliano	Two DiRu Family Sayings: 1. Parenting is a time paradox at its core: Long Days and Short Years  2. Tragedy + Time = Humor. The goal to life-long happiness is making that time variable as short as possible  These two pieces of advice play hand-in-hand on daily, and have been invaluable in getting through tough patches
Chris Miller	I was talking with a friend of mine and she mentioned she did not like walking over the foot bridge when there were street people hanging out. I said something like 'they don't bother me at all when I walk by' with her reaction being 'that is the difference between being a 250lb male and 110lb woman'. Since that moment I have been much more conscientious that my view of the world is different with my height, size, sex, race, age, wealth, education etc.
Jack Wilbur	Marriage and children.
Blake Burley	When I finally understood that believing in Jesus Christ's death and resurrection not only saved me from sin, death, and Hell, but also saved me to an abundant life on Earth and an expectation to conform my life to his will. There is a lot of peace in knowing Romans 8:28, that all things work together for the good of those who love the Lord and are called to his purpose. When hard times come, it is much easier to go through them with that mindset.
Lyle Axelarris	My view of the world is constantly changing, but here's my top 3 game changers so far: Birth of first child, first Dead show, meditation with Thich Nhat Hahn.



## New Employee Spotlight: Danae Mehl



Danae is the newest edition to Design Alaska. She joined the Marketing Department wanting to try something new in a different field than Social Work. She has a strong interest in architecture and design.

Growing up in New Jersey, about 45 minutes east of Philadelphia and an hour from the Jersey Shore, Danae dreams of living near a beach. Her husband's career in the Air Force brought her, and their Alaskan Malemute, Maya, to Alaska.

In her free time Danae likes to exercise, work on home improvement projects, and being crafty. She considers herself a night owl. She thinks it would be cool to be on a construction team and renovate or build houses.

Danae says she doesn't have one favorite song, but enjoys a wide variety of music. Her favorite movies are any in the Marvel Universe. Growing up she really enjoyed Spongebob. If she could pick anything to eat it would be pasta. She loves Italian food.

She would eventually like to own her own business and live on or near the beach.

Welcome to the Team Danae!



## Valentine's Day Treats





## Recycling

By Elizabeth Johnston



Forget-Me-Not Books is a used bookstore serving Fairbanks and the Interior. Proceeds support the educational programs of the Literacy Council of Alaska. If you're doing a spring clean and have some books to donate we will be collecting books for donation in the Annex Break Room through the month of March.

To learn more about the Literacy Council of Alaska: <https://www.literacycouncilofalaska.org/about>





# FREE

## KIDS BOOKS

EVERY FRIDAY KIDS CAN PICK OUT A FREE BOOK LOCATED AT FORGET-ME-NOT BOOKS



## Exercise of the Month



### Downward Dog

#### Exercise



Downward Dog

#### Contract



Rotator Cuff,  
Scapular Stabilizers,  
Deltoids

#### Stretch



Latissimus  
Dorsi



Hamstrings  
& Glutes

### Cues for Movement


- Begin in plank position on hands and toes
- Lift your hips up and back, towards the ceiling
- Bring chest and hips back to starting position

### Modifications: Harder

- Move feet further back
- Bring ankles towards the ground and straighten knees



# February 2022 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Table Massage	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day 	15	16 Table Massage	17	18	19
20	21	22	23	24 Managers Meeting	25	26
27	28					

## February Birthdays

Emory Mildon February 6  
Jennifer Centers February 17  
Josiah Alverts February 18



## March Upcoming Events

Table Massage March 2, 2022  
Table Massage March 16, 2022  
St. Patrick's Day March 17, 2022  
Managers Meeting March 31, 2022

## Design Alaska Anniversaries

Eliza Cink 8th Anniversary February 24, 2021  
Ciarin Connor 3rd Anniversary February 4, 2019  
Zach Miller 1st Anniversary February 15, 2021

## Local Upcoming Events

World Ice Art Championship Starts February 14, 2022  
Fairbanks Symphony Orchestra Recital February 24, 2022  
UAF Men's Hockey February 25, 2022  
Family Day- Museum of the North February 26, 2022  
UAF Men's Hockey February 26, 2022

