

### Waffle Party

On Friday April 29, admin staff cooked up a waffle party to say farewell to Ciarin Connor, welcome Kayla Messina to the team, and congratulate Zach Miller and Cat Petersen on their UAF graduation. There were Scooby Doo and Darth Vader shaped waffles, along with the classic square and circle shape. Admin staff had 6 waffle makers going to provide a continuous stream of waffles. Toppings included freshly cut fruits, bacon, sausage, chocolate chips, syrup, whipped cream, and Nutella.



### Cinco De Mayo

Design Alaska employees enjoyed our annual Cinco De Mayo Party complete with all the taco and nacho fixings, and churros with chocolate syrup, caramel, and whipped cream for dessert. It was a sunny day, which seemed rare this year in early May, so all were able to sit outside and soak in the start to summer. It was the perfect way to kick off BBQ season. Design Alaska prides itself on providing an inviting and friendly atmosphere for employees, and company get togethers are the perfect way to mingle with disciplines you may not get to see often.



# President's Corner

## Code Analysis

As architects and engineers, we are considered experts in our community on the family of codes that are adopted to protect the health and safety of the people. The majority of the community probably have little idea the extents of codes that we use to make sure the buildings they enter are safe.

In our work, it is important to get into codes very early in a project. As I prepare fees for work, I frequently have the books open and in front of me for reference, as the details of codes can have a major impact on the complexity and costs of projects. Frequently, code provisions will completely stop a project before it even starts. For example, trying to change a warehouse into a restaurant may be completely cost ineffective and I would advise the owner to look for a different facility to start with.

When we start a project, one of the very early things the team should do is explore what code impacts to the project are. There are triggers for fire rated walls/shafts, sprinklers, seismic upgrades, egress paths, emergency lighting, etc. Understanding the constraints that code has very early in the project can lead us down different designs in order to accommodate the code.

Many of these paths revolve around the cost of construction for renovations. It takes some thinking on what code impacts have on the owner's vision. New buildings from the ground up have challenges as well, but renovations are more likely to unravel the sweater quicker than a new build.

Very early in your work, review the codes as it applies to the building. Everything is interrelated, so a decision on a code provision in your discipline may have significant costs to others. Explore all the codes. Learn about fire rated construction as it relates to your work. This will help you balance your work with other trades. Come to a decision early about fire walls, occupancy, egress, seismic, and ADA issues as they may have significant impact to the overall project. Finally, get the analysis written in a narrative and documented in a code summary on the drawings. Future generations of designers and the owner will appreciate a well thought out code approach on the drawing set so they can understand how codes were applied to protect the public.

Once you find yourself getting really good at the codes, consider serving on Boards that develop or adopt codes. Your expertise will help contain the cost of construction, while providing safe buildings for our community.

Chris Miller, PE

President, Design Alaska



# Administrative Professionals Day



To celebrate Administrative Professionals Day, the admin staff broke into two teams and went to Escape Room AK. Team One did Gold Heart Laboratories, and Team Two did Temple of the Lost Jaguar - Tikal. Each team had one hour to complete various tasks to escape certain doom. Only Team Two survived. After leaving the escape rooms, we enjoyed lunch from Aurora Mediterranean.



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 personality to the mix, 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.



What life lesson did you learn the hard way?	
Mary Sue Dates	Learn to trust your instincts and the voice within. God gave it to you for a reason.
Chris Miller	That if you don't 'get to work' on a large project and make progress a little bit at a time, you won't be able to pull it together at the last minute deadline. I still struggle with this at times.
Cathryn Petersen	When I was a kid, I noticed that strawberry milk was a thing, and it inspired me to create lime flavored milk (lime has always been a favorite flavor of mine). So I poured an overzealous amount of lime juice into a cup of milk, added chocolate syrup to sweeten it, and drank it. It curdled immediately, of course, and it was like trying to drink cottage cheese. Really nasty, acidic, rotten cottage cheese. With chocolate syrup.  Lesson learned: next time use a spoon.
Marina Jones	Rule #1: Your parents are always right Rule #2: If they are wrong, refer to Rule #1
Kym Pihlaja	There is no manual to tell you how to raise kids. Helping raise grandkids is so much easier.
Deanna Woods	Learn how to say no to people, set boundaries. (Still a work in progress)
Dantasia Baum	Vet your repair shop prior to dropping your car off.



## United Way Wrap Up

This year Design Alaska Employees donated a NEW company record-high amount to the United Way of the Tanana Valley. During 2022's annual campaign, which began in October 2021, employees pledged funds from donor forms, and a 100% match from Design Alaska. The funds donated also included Design Alaska's end of the year donation for a total of \$58,560.24. We surpassed last year's donation amount of \$57,830.00.

Thank you all so much for making this United Way Campaign such a success.

We are looking forward to the 2023 United Way Campaign, which starts in October 2022.



# Summer Wellness Tips for Your Team to Keep in Mind

By Seraine Page



Article can be found at <https://info.totalwellnesshealth.com/blog/summer-wellness-tips>

Ready for summer already? While it's a glorious time of year, there are some health hazards to keep in mind too. Don't let the carefree, dog-days of summer get the best of you. Play it smart and you can have fun while also staying healthy, too.

**Here's a little checklist to keep your health in check this summer:**

## EAT SUMMER FOODS

Not only does eating seasonally mean you're enjoying the best nutrients produce has to offer, but it also can be purchased directly from a local farm — an economic and environmental perk. Enjoy foods like garlic, radishes, arugula, carrots, bell peppers, and beets in the summer.

## TRAVEL SMART

If you're traveling this summer, keep an eye on the news. Watch if the area you plan to go to is experiencing issues that would impact your health and ruin your trip. COVID-19 outbreaks could increase your risk of getting it, for example. Or, if an area is dry and is experiencing excessive wildfires, the air quality is often impacted. Watch for local advisories from the health department and other entities before traveling.

## STAY OUT OF INTENSE HEAT

Summer heat waves are common throughout the country during the hottest months of the year. If you're planning to spend time outdoors, ensure you're staying hydrated and in the shade, if possible. Heat-related illnesses, known as hyperthermia, can cause issues like muscle cramps, nausea, confusion, slurred speech, rashes, dizziness, and worse. Heat illnesses can range from mild to deadly. Knowing the signs and staying inside in the heat of the midday can help you avoid serious heat-related issues.

## HAVE A BACKUP WORKOUT PLAN

With temperatures rising and the beautiful outdoors beckoning, workouts outdoors can look a lot more appealing after too many dreadful runs on an indoor treadmill. If the weather gets above 90 degrees on the heat index, switch your workout to one indoors to reduce the risk of heat illness.

## SPEND TIME RELAXING

While it's good to chill on a regular basis, be sure to do it this summer especially. After a few summers of lockdowns and travel restrictions, make some fun plans to let loose and relax. You'll do your health a favor: Research shows those who relax have lower heart rates, less stress, and reduced symptoms of issues like **anxiety** and depression.

## WEAR SUNGLASSES

Sunglasses aren't just a fashion statement; they actually are useful in preventing serious eye conditions. Wear UV sunglasses to protect your eyes from excessive UV radiation, which can cause issues like cataracts and macular degeneration, according to eye experts.

## SKIP DEHYDRATING DRINKS

Dehydration can happen to the body any time, but it's much more common in summer when you're more likely to be outdoors enjoying different activities. It happens when we sweat and lose fluids and those fluids aren't replaced. Drink plenty of water; for optimal hydration, skip caffeinated or alcoholic beverages.

## KEEP SUNSCREEN AND BUG SPRAY ON HAND

Both sunscreen and bug spray are essential summer must-haves when enjoying the great outdoors. Sunscreen will keep your skin from getting burned (and reduce wrinkle risk!) and bug spray keeps away pesky insects like ticks, fleas, and mosquitos, which can carry dangerous diseases. When using both, apply repellent **after** sunscreen is applied. Once you're back inside for the day, it's a good idea to rinse off to get rid of the residue on your skin.

# Month Year ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Table Massage	5 Cinco De Mayo	6	7
8	9	10	11	12	13	14
15	16	17	18 Table Massage	19	20	21
22	23	24	25	26 Food Truck: Alaska Cheesesteak Company	27	28
29	30 Memorial Day Design Alaska Closed	31				

## May Birthdays

Leif Olson	May 3
Leah Monego	May 8
Kayla Messina	May 8
Marilyn Fye	May 28
Marina Jones	May 28
Eric Gabrielson	May 29



## Design Alaska Anniversaries

Jack Wilbur	47th Anniversary	May 19, 1975
Marilyn Fye	21st Anniversary	May 21, 2001
Cutter Degerlund	18th Anniversary	May 10, 2004
Jeff Putnam	14th Anniversary	May 01, 2008
Marcus Curley	13th Anniversary	May 11, 2009
John Rowe	12th Anniversary	May 23, 2010
Pat Brandon	9th Anniversary	May 06, 2013
Matt Krueger	7th Anniversary	May 18, 2015
Josh Clifton	4th Anniversary	May 07, 2018
Samuel Mitchell	4th Anniversary	May 07, 2018
Emory Mildon	3rd Anniversary	May 13, 2019
Taylor Tharp	3rd Anniversary	May 13, 2019
Grant Olson	2nd Anniversary	May 13, 2020
Deanna Woods	1st Anniversary	May 24, 2021

## June Upcoming Events

Managers' Meeting	June 2
Annual Family Picnic	June 10
Table Massage	June 15
Table Massage	June 22
Food Truck-Hungry Robot	June 23
Managers' Meeting	June 30