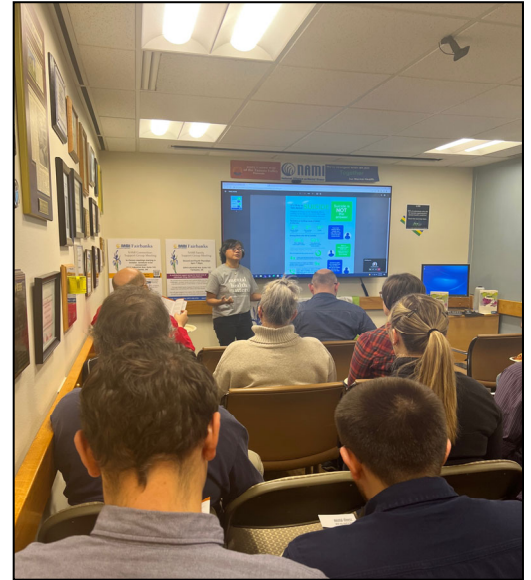


2022 United Way Campaign- NAMI



On Tuesday, October 4 staff met in the Large Conference Room for our annual United Way Kick Off Breakfast and to listen to guest speaker Nenette Rogers from NAMI - National Alliance on Mental Illness. She explained to staff what NAMI's mission is and why it is an asset to our community.

Dantasia and Sabrina enjoyed cooking bacon, sausage, eggs, pancakes, and potatoes for everyone.



President's Corner

Fatigue

You may have reviewed the new safety plan that was recently issued about Fatigue in the workplace. I have had many experiences through the years related to fatigue and I know first-hand it can have significant impacts on short- and long-term performance.

When I was much younger, I would push myself for very long days of working and playing. On the way to high school one morning, I fell asleep behind the wheel and in what was seemingly an instant, my car was flying through the ditch and skidding into a crumbled mess of an accident. My exhaustion almost cost me more than my car. I did learn from that accident, and I remember pulling over one late night driving home asking Angie to drive. She asked that I stay awake to help her navigate. An hour later I was hallucinating about people on the road and yelling for her to stop. Your brain can really play tricks on you.

When going through school, it was not infrequent to pull 'all-nighters' in which I crammed to get an assignment/project done, or study for a test. These sessions were frequently fueled by Mt Dew. When I looked at my tests and projects after I recovered, you could see the obvious errors and mistakes that really detracted from any good work that was done. By the end of finals week, my physical health would be a complete mess, and I would be down for days going through caffeine withdrawals.

While working here at Design Alaska, I have a clear memory of working through the night to finish the Randy Smith Middle School drawings to be submitted for the Design Development submittal. Two weeks later, we were prepping for the review meeting and we saw the poor drafting that was done in order to get something on paper that night. We were obviously not thinking clearly when we drew it and it was not professional work.

In aviation fatigue is very closely managed. Eight hours of rest each day is demanded and maximum hours between rests are tracked including maximum hours in 30 and 90 day periods as well. Fatigue has a short-term and long-term impact. Studies have clearly shown that fatigue has a similar impact on decision making as being intoxicated.

The point of all these stories is that fatigue is real. Make it a priority to manage your sleep and rest so you can think, work, and play with a full tank. Treat bedtime as a priority. Plan your work ahead and early so you can see if additional help is needed and not get caught in the "I don't have time to have you help me, I will just stay all night" situation. This does not get effective professional results, and you don't want to risk the chance of not getting home safely after a long, tiring night of work.

Chris Miller, PE

President, Design Alaska

New Employee Spotlight



Tehya McLeod joined the Architecture Department as an intern. She came in a few years ago when trying to decide on a direction with school. She really liked the environment and felt like applying here would be a good opportunity to gain skills prior to grad school.

Tehya was born in Oregon, but moved to Fairbanks at the age of two, and has been here ever since. She has one younger brother, a crazy Alaskan husky named Kai, and her parents. Her father is a civil engineer.

She is an artist and is in the studio every day she isn't at work. This fall she is collaborating with scientists at UAF and putting together a show of informed art to communicate about permafrost thawing and wildfire science. Tehya loves being outside, and regularly goes skjoring and bikejoring. She is an occasional hiker and used to run and swim.

Tehya thinks living in a hut in the woods on Hawaii would be really fun, but really loves Alaska and thinks she will end up staying somewhere in state.

She considers herself a morning person, but often stays up late working on her art often. Her current favorite song is *We'll Be Alright* by Hip Abduction. Her favorite movies are Jurassic Park/World, Napoleon Dynamite and her

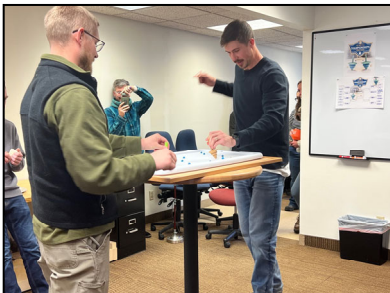
comfort show is New Girl. Tehya's favorite meal is calzones and apple pie. One of her goals is skjoring the 100 mile White Mountains Loop.

Welcome to Design Alaska Tehya!

Farewell to Corey

On Friday, October 21, we said see you later to Corey DiRutigliano. Corey was with Design Alaska for almost a year. We celebrated his time with us with a dipped ice cream bar party, complete with a Mighty Tree Top Championship.

It was a tough competition but Cutter pulled out victorious, winning a lovely pizza tray/top battle ground.



Which Halloween candy do you keep and which do you trade?	
Jay Baxter	Keep the candy corn, trade the chocolate!
Robin Rader	I like almost any type of candy. There might be some very sour candies I would pass up (trade).
Lyle Axelarris	I'll pay you money to get those fuzzy mothball Whoppers or whatever they're called out of my face. Almond Joy all the way!
Leah Monego	Keep the Smarties and Reese's Peanut Butter Cups, trade the 3 Musketeers and do whatever it takes for people to take the candy corn.
Chris Miller	Keep my Butterfingers.....trade away all things tootsie related....
Adam Shilling	Not a big candy guy, but have been known to pull a disappearing act on those white chocolate cookies and cream Hershey bars.
Cat Petersen	I keep anything with halfway decent chocolate, Starbursts, Skittles, taffy, and the like. I get rid of all hard candy, which is the WORST candy.
Corey DiRutigliano	Licorice, Peanuts, NECO Wafers, and Pennies go right to the landfill; do not pass go, do not collect \$200. Peanut M&Ms and white flavored Airheads however are not long for this world if left unattended in my presence.
Deanna Woods	Keep the Almond Joys, trade the Reese's Peanut Butter Cups.
Dantasia Baum	Trade all the candy for a brownie.
Kym Pihlaja	Keep Almond Joys and M&Ms, trade the gummies.
Sabrina Davis	I would keep the Almond Joys and trade the flavored tootsie rolls.

October 2022 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Table Massage	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Table Massage	20	21	22
23	24	25	26	27 Manager's Meeting	28	29
30	31 End of United Way Campaign					

October Birthdays

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



Design Alaska Anniversaries

Chris Miller	26th Anniversary	October 28, 1996
Emily Steele	13th Anniversary	October 05, 2009
Mary Sue Dates	9th Anniversary	October 14, 2013
Marina Jones	8th Anniversary	October 16, 2014
Adam Shilling	1st Anniversary	October 01, 2021
Kyle Rankins	1st Anniversary	October 11, 2021

November Upcoming Events

Table Massage	November 02, 2022
Table Massage	November 16, 2022
Pie Day	November 23, 2022
Office Closed	November 24, 2022
Office Closed	November 25, 2022



The Central Recycling Facility on Marika Road will reopen November 1, 2022 under the operation of Green Star of Interior Alaska.

