

### ASPE Engineers Banquet

Every year the Fairbanks Chapter of the Alaska Society of Professional Engineers (ASPE) hosts the Engineers Week Banquet. This event is a place where engineers network across disciplines, industries, and career stages while celebrating the amazing profession of which we are all a part. This year we had a healthy range of professionals from the engineering firms around town, as well as a significant attendance by UAF students and faculty.

Attendees were treated to a prime rib and cod dinner while they listened to the keynote speech on permafrost by Dr. Taylor Sullivan, local CRREL geophysicist and TEDx speaker. The keynote was followed by a series of presentations recognizing new PEs (Jason Gresehover), awarding scholarships (Ashley Hall), updating the group on MathCounts (Clark Milne), informing about AEEF (Chris Miller), presenting the new Order of the Engineer Inductees, and giving the “state of CEM” (Bill Schnabel).



The evening concluded with Samuel Mitchell (Chapter President) presenting the 2023/24 ASPE Engineer of the Year awards to some outstanding professionals:

Student Engineer of the Year: Dominique Hinds – Electrical Engineering senior at UAF.

Young Engineer of the Year: Charles Hnilicka – Project Manager at Johnson River Enterprises.

Samuel, Emily, and Kyle made a surprise presentation at the JRE office before the banquet since Charles could not attend the banquet.

Engineer of the Year: David Prusak – Principal Civil Engineer at Stantec.

ASPE is grateful for Design Alaska's generous sponsorship of the banquet.

## Lyle's Farewell

On February 13th we bid farewell to Lyle, marking the end of his remarkable 14-year journey with Design Alaska. You will be deeply missed, and we extend our heartfelt wishes for success and fulfillment in your newest adventure!



*Design Alaska Family,*

*Over the past 14 years, I have been a dedicated member of the Design Alaska team, deeply invested in the success of our projects and the growth of our company.*

*Design Alaska holds a special place in my heart, having played a fundamental role in the upbringing of my family. I have developed deep respect and care for the incredible individuals at Design Alaska, and I am committed to maintaining these relationships. I am profoundly grateful for the opportunities for skill development and career growth that this company has provided me.*

*I want to express my sincere gratitude to the entire Design Alaska team for the support, camaraderie, and opportunities throughout my tenure.*

*Thank you very much and keep smiling!*

*- Lyle Axelarris, PE, BECxP, LEED AP*

## UAF Engineering Career Fair

This Spring's Engineering Career Fair at UAF was a rousing success with 135 employer partners, Design Alaska included, and over 600 students and alumni in attendance! We would like to give a special thanks to the Design Alaska employees who volunteered at the event on Tuesday; Emory Mildon, Blake Burley, Elizabeth Johnston, and Emily Winfield. Thank you for continuing to contribute to the careers of engineers in Fairbanks!

## Lunchbyte with Lightbotics



On February 9th Design Alaska hosted a Lunchbyte presentation by the accomplished Lightbotics team. Winners of the 1st Inspire Award at the FIRST Tech Challenge state tournament, they also represented Alaska at the FIRST World Championship in Houston last summer. Best of luck to the team!

**UAF CAREER SERVICES**  
University of Alaska Fairbanks

**SPRING 2024 CAREER FAIR WEEK**

**ENGINEERING CAREER FAIR**  
**FEBRUARY 20TH**  
10am-3pm | UAF Wood Center

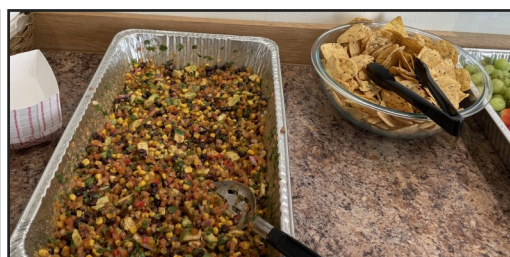
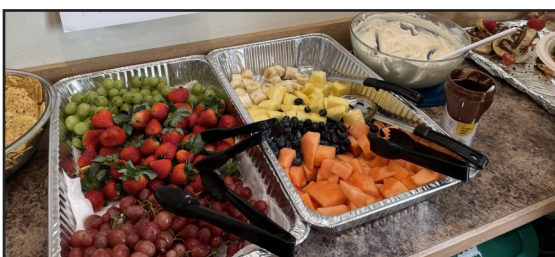
**JOB & INTERNSHIP FAIR**  
**FEBRUARY 22ND**  
10am-3pm | UAF Wood Center



What do you like to do for your lunch break?	
Blake Burley	As soon as the snow melts enough to find the picnic tables I enjoy spending time outside chatting with my DA friends. I often head home to spend a few minutes with Courtney, David, and Alyssa on my lunch break. Benefit of living close to work!
Eliza Cink	Since I work from home, I have the luxury to cook myself a nice lunch, eat at my dining table, or take a walk with my dog. I find that getting away from my desk and office does wonders for productivity in the afternoon!
Tehya McLeod	Usually I run home and let the dog out, sometimes I sneak in a fast skjore! On Friday I get tacos!
Cathryn Petersen	I like to attend the jiu jitsu and muay thai classes at the gym down the street.
Marina Jones	Go for a run or get outside somehow! Despite my current weird schedule, I still give myself an hour to go for a run or take the dogs and Amur for a walk. Exercise really energizes the rest of my day (and mood) to keep plowing through work and motherhood.
Mary Sue Dates	What is a lunch break? People actually participate in lunch breaks? I gotta get better about participating in those things.
Chris Miller	My preferred lunch is bringing a meal from home, going to the kitchen in the main building at 12:30 or so to warm it up, and then sitting at the picnic table/kitchen table and visiting with people while eating. It is a nice break and a great way to get to know people. I tend to visit with the same people all the time that like to eat the same time I do.
Elizabeth Johnston	Run.
John Rowe	Save up some extra money (\$100, \$500, \$1,000, more??) and wait for an opportunity to give it anonymously to someone in true need. Truly an uplifting experience.
Darwin Cameron	Drink hot tea and catch-up field notes. You're telling me I can take lunch?
Aaron Wilbur	I like to inhale a smashed PB&J that was left over from my lunch the day before and wash it down with the dregs of my gritty room temperature coffee while driving from one jobsite to the next.
Marilyn Fye	I like to sit outside in the sunshine. Even if it is in my car.
Sabrina Davis	I usually run errands so I don't have to do it after work! Though sometimes I like to just sit in my car and listen to music and relax for a few.
Samuel Mitchell	Play a blitz round of disc golf. I can easily get 9 holes in over a typical lunch break, but if I am really hustling and not throwing my discs into the brush (a rare alignment of the stars), I can play 18 over a slightly longer lunch break.



## Valentines Day Treats

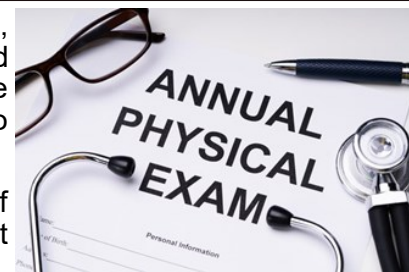


# Scheduling Annual Physical Exams

By Shelby Devon

Annual physical exams serve as a cornerstone of preventive healthcare, offering individuals a crucial opportunity to monitor their overall well-being and address any health concerns proactively. This article delves into the significance of these exams and explores the optimal times of the year to schedule them.

Regular physical exams are instrumental in promoting early detection of potential health issues, facilitating timely intervention, and preventing the onset or progression of diseases. During these comprehensive evaluations, healthcare professionals assess various aspects of an individual's health, including vital signs, cardiovascular health, weight management, and screenings for conditions such as diabetes, cancer, and hypertension. Additionally, annual exams provide an opportunity for discussions about lifestyle factors, mental health, and preventive measures, empowering individuals to make informed decisions about their health and well-being.



**Best Time of Year to Schedule Annual Exams:** Determining the optimal time to schedule annual physical exams can enhance their effectiveness and ensure consistency in healthcare maintenance. Several key periods throughout the year offer strategic advantages for booking these appointments:

Beginning of the Year: Starting the year with a comprehensive physical exam sets a positive tone for prioritizing health and well-being. It allows individuals to establish baseline health metrics, set health goals for the upcoming year, and address any health concerns or lifestyle changes following the holiday season.

Spring: Springtime marks a season of renewal and rejuvenation, making it an ideal time to schedule annual physical exams. With the change in weather and outdoor activities resuming, individuals can assess their health status, address seasonal allergies or respiratory issues, and fine-tune their wellness routines for the warmer months ahead, reflecting on any health challenges they may have encountered during the winter months.

Your Birthday: Scheduling annual exams around your birthday serves as a convenient reminder to prioritize personal health milestones. It provides an annual opportunity for reflection, self-assessment, and celebration of another year of well-being. Moreover, aligning physical exams with birthdays ensures regularity and consistency in healthcare maintenance.

Fall: As the summer season winds down and individuals prepare for the colder months, fall presents an opportune time to undergo annual physical exams. It allows individuals to assess their health before the onset of flu season, address any lingering summer health concerns, and make necessary adjustments to their wellness routines in preparation for the winter months.

**Worst Time of Year to Schedule Annual Exams:** It's best to avoid scheduling your exam in December. If your birthday falls in these year-end months, it's a good idea to schedule them ahead of time to avoid the end of year rush and avoid the risk of catching something that is going around in those months.

<https://www.healthdigest.com/1437627/best-time-of-year-schedule-annual-physical-checkup-late-spring-summer/>

Isaac and Marina taking advantage of a leap year lunch run despite the -20F frigid temps. They are always looking for others to join to motivate each other to exercise regularly, get outside at lunchtime, and get to know one another more. Even if you are new at running, being able to start with others together and meet at the end can create a great healthy habit! Talk with either of them if you would like to join in the Teams group on all things exercise, or are interested in joining them on runs.



# Spring Gardening Webinar Series

Grow your gardening knowledge. Kenai Peninsula Cooperative Extension Service agent Casey Matney will teach a series of 11 gardening webinars to help get your garden ready for this year.

The free classes will be held online via Zoom at 5:30 p.m. on Tuesdays, from March 19 to May 28.

Topics include seed starting, soil testing, raised beds, planting potatoes, hardening off seedlings and transplanting them, as well as composting.

Matney is the agriculture and horticulture extension agent for the Kenai Peninsula. He can be reached at [camatney@alaska.edu](mailto:camatney@alaska.edu) and 907-262-3443.

If you register and can't make it to the Zoom meeting, you will receive a link to watch at a later time. Here is a look at the upcoming schedule and topics:

Date	Title
March 19	Seed Starting from Scratch
March 26	Large Seed Starts: Corn, Pumpkins and Potting Soil
April 2	Soil Testing and Interpretation for Garden and Farms
April 9	Working with Fertilizers and Compost
April 16	Warming Things up with Plastic, Glass and Plastic Mulch
April 23	Raised Rows, Raised Beds, and How to Make Them
April 30	Herb Gardening: Inside and Out
May 7	Seeding Directly into the Garden
May 14	Planting Potatoes
May 21	Hardening Plants and Transplanting into the Garden
May 28	Composting: No Time to Waste

Register here: [www.uaf.edu/ces/garden/webinars/index.php](http://www.uaf.edu/ces/garden/webinars/index.php)

Check out more online gardening resources as seen below here: [www.uaf.edu/ces/garden/](http://www.uaf.edu/ces/garden/)



Variety Trials



Master Gardener  
Program



It Grows in Alaska



Soil Testing



Lawn Care



Greenhouses



AgrAbility



Composting

# April 2024 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Table Massages	4	5	6
7	8	9	10	11	12	13
14	15 Birthday Cake  Taxes Due	16	17 Table Massages	18	19	20
21	22	23	24	25 Managers Meeting	26	27
28	29	30				

## April Birthdays

Jennifer Davis	April 3rd
Kate VanDerZanden	April 4th
Aaron Wilbur	April 14th
Darwin Cameron	April 27th



## Design Alaska Anniversaries

Bob Gras	38th Anniversary	April 14, 1986
James Bartlett	28th Anniversary	April 19, 1996
Don Hopkins	21st Anniversary	April 14, 2003
Blake Burley	6th Anniversary	April 9, 2018
Aaron Wilbur	5th Anniversary	April 10, 2019
Matthew Encelewski	1st Anniversary	April 26, 2023



**Office Visit from Former Employee Isak Quakenbush and Family!**