

Administrative Professional's Week 2024

On May 7, 2024 the admin staff headed up to Polar Alley at the UAF Wood Center for a fun mid-day bowl! They were joined by special guests, Chris Miller and, honorary admin, Amur-Eden Danger Jones! Every year, the admin staff comes together to do an activity and enjoy lunch together to celebrate Administrative Professional's Week. This year's activity featured matching shirts, lunch from DW Grill, and a trophy for the highest scoring bowler. Jennifer Davis held the high score at 113 for a majority of the event, but as we reached the end of our time at the alley, Susan Walker snuck up and left everyone in the dust with a final score of 118! Thank you to the admin staff for all that you do!



10-25-94											TENN								
	1	2	3	4	5	6	7	8	9	10									
Jennifer	7	2	X	7	-	X	8	1	1	/	7	-	5	7	-	90			
	9	26	33	52	61	71	78	78	83	90									
Susan	X	5	3	5	2	7	/	7	1	8	-	9	-	6	-	1	7	X	118
	18	26	33	50	58	66	75	81	98	118									



Jennifer	9.50 MPH
Team 2	



President's Corner

Public Testimony

Recently I was before the FNSB planning commission testifying about the Fairbanks Downtown Plan. It was a good reminder that as part of our community involvement, we are frequently discussing topics in which we have professional experience through our work at Design Alaska.

When giving formal testimony, I am clear to state what role I am representing. It can be President of Design Alaska, private property owner, commercial business owner, professional society member, etc. The topic is frequently 'which hat, am I wearing.'

When I am talking, and there can be any possibility that I am representing Design Alaska, I make it clear who I am representing, and I try not even to say the name Design Alaska if it is not needed.

This comes up at the Architects, Engineering, Land Surveyor Board frequently. Sometimes I am advocating as an individual licensee, but many times I am representing as a Design Alaska leader who has thirty licensed people providing services to the public.

When you are at public open houses or review sessions for projects that we are working on, it is clear that you are representing the Design Alaska role in the project and supporting our client. Occasionally there may be some conflict with your individual interests, but we should prepare for that before the meeting so you can be clear that you are speaking as a professional.

Your experience as a professional is important. Please feel free to share that you are an 'engineer with 25 years' experience designing building sites' if that is helpful to give context. The public needs to hear from us on topics that affect the community.

If you find yourself in a position to give testimony and that it should represent Design Alaska, please come work with Jeff and I before you testify. Always better to say 'I will get back to you' than to speak to something which you may not have the whole story on. Similarly, if I get asked about a Design Alaska project, I say, 'I will have to get with our project manager' and try to help with my overall experience and not specifics.

So please get out there in the community and share your thoughts and opinions and be sure it is clear from which hat you are speaking. If you need to represent Design Alaska, please get me involved.

~ Chris Miller, President

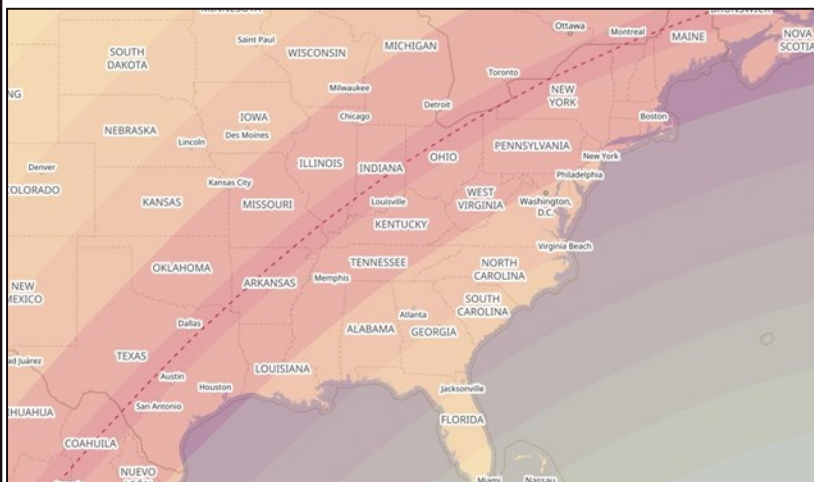
2024 North American Total Solar Eclipse!

By: Peter Jacobsen

After looking forward to this event for decades, especially the seven years since the last one, my wife, Brandy and I got to see the total solar eclipse on April 8. It wasn't as easy as the last time. Instead of a six-hour drive from our home in Livingston, Montana to sunny, central Wyoming, we flew to El Paso, Texas a few days before the eclipse. Our plan was to catch it in the Hill Country of central Texas, a nice landscape of pretty wildflowers in early April and worthy of a visit even without a solar eclipse. This area also historically has the best chance of clear skies in early April along the path of totality in the US, but still not great at about 50%. And while El Paso was a good bit further from the center of totality than Dallas, Austin, or San Antonio, it was a cheaper place to fly to and close to another destination goal for this trip:



Pictured above: Midday Darkness!



Pictured above: Solar eclipse path across the US

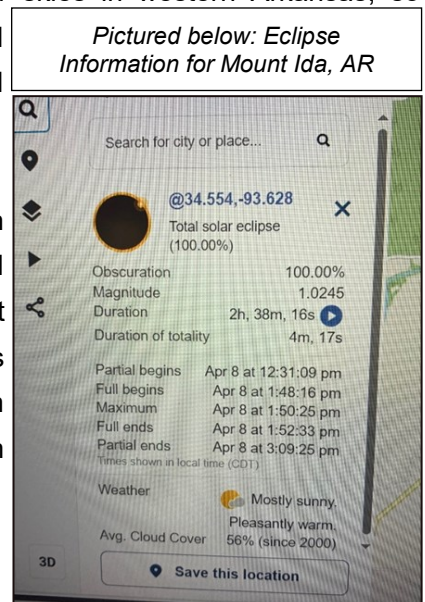
Big Bend National Park, a favorite and special corner of our southwestern deserts.

Unfortunately, we rolled snake eyes on the Texas weather. The developing forecast increasingly showed we'd be under clouds on April 8th. A useful interactive eclipse path cloud forecast map on the New York Times website proved invaluable in locating an oasis of projected clear skies in western Arkansas, so we left the Hill Country and

drove nearly six hundred miles further to the northeast, to Mount Ida, Arkansas.

Rural, western Arkansas was NOT a tourist destination for the eclipse like Austin or Niagara Falls. The couple hundred or so people who joined us in the baseball field near Mount Ida were all fellow hard-core enthusiasts. Everyone we met were fellow overcast refugees who had hoped to see the eclipse in Texas, folks from all over the world. Parked on one side of us were three Millennials from London, and the party parked on our other side included a surgeon from Anchorage!

See next page for some incredible eclipse photos...



2024 North American Total Solar Eclipse Continued...



The eclipse begins!



Eclipse exposed to show solar prominences

2024 North American Total Solar Eclipse Continued...



Solar prominences



Eclipse exposed to show the solar corona

2024 North American Total Solar Eclipse Continued...

When I started putting this essay together, the developing eclipse descriptions were similar to things I had written and spoken of repeatedly for years. I'll spare the repetition here, and instead share [my previous eclipse writeup](#) in the September, 2017 Design Alaska newsletter (the newsletter also included my reintroduction to Design Alaska after a 15-year detour).



Pictured above: Hill Country Wildflowers north of Fredericksburg, TX

One thing to note about most photographs, including mine: they don't capture the entire experience. The human eye can readily see the solar prominences and the corona clearly and simultaneously. Single exposures from even the best cameras don't have the same dynamic range as human eyesight and can't show everything in one frame. In addition to the photos, we shot an iPhone timelapse that can be viewed [here](#). The auto exposure of the iPhone didn't accurately capture how DARK it gets during totality, but it gives a decent impression of how

dramatically and quickly the light changes from at the beginning of totality.

We did get a few nice days in the Hill Country and Big Bend, but not as much time as we had hoped for, given the 1200-mile detour to Arkansas. We ended up putting 3,400 miles on our rental car in just over a week. It is the gamble we take when chasing an eclipse, and worth every mile!

Thank you Pete for taking the time to share this incredible experience with us!

Pictured below: Mule Ear Peaks, Big Bend National Park, Texas



New Employee Spotlights

Casey Gooch



Casey Gooch is closing out her first week as one of the newest members of the Mechanical Department here at Design Alaska. Casey applied for a position as a Mechanical Intern because she needed internship experience and wanted to be closer to home. Originally from Palmer/Wasilla, Casey is excited for a little extra adventure while on summer break from attending college at Brigham Young University in Utah. Fun fact, Casey and her two siblings, a brother and sister, are all studying mechanical engineering in college!

Music is a big hobby of Casey's; 4 instruments that she plays passably well are piano, trumpet, organ (yes, that is very different from the piano), and ukulele. Something that not many people know about Casey is that she is scared of heights, but oddly enough really likes riding rollercoasters. Although she doesn't mind too much where she lives, her dream home has to have a big garden with a greenhouse. Casey is a morning person and her favorite childhood TV show is Doctor Who. Her favorite song changes every day, and she is happy to keep you updated on it. A goal of Casey's is to crochet or knit a sweater. Although she doesn't currently know how to crochet more than a granny square, and she doesn't know how to knit at all, she will get there some day!

We are very happy to welcome Casey to the Design Alaska Team!

Local Events

Summer Sessions @UAF
& LIFELONG LEARNING



Music in the Garden

2 bands for you

Enjoy free concerts featuring two fabulous bands each week! The first band begins at 6 pm, the second at 7:30 pm. Free shuttle from the Nenana parking lot.

5/23



6pm
Fireweed Fiddle

7:30pm
Steve Brown and
the Bailleurs

5/30



6pm
Cold Steel Drums

7:30pm
Marc Brown and
the Blues Crew

6/6



6pm
Ice Jam

7:30pm
Sourdough Rizers

6/13



6pm
UAF Summer
Music Academy

7:30pm
Red Hackle
Pipe Band

6/20



6pm
Serevende
Marimba Ensemble

7:30pm
Valley Below

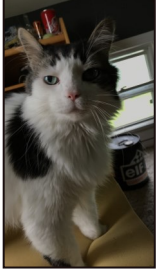

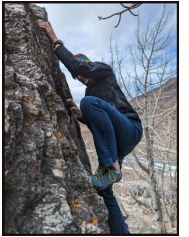

6/27



6pm
Almost a Minyan


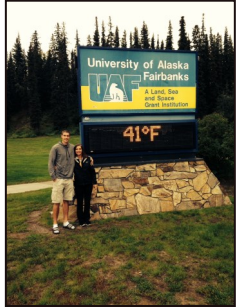



7:30pm
O Tallulah

Employee Question of the Month

How many pictures do you have in your cell phone camera roll? Give a description of your 23 rd photo (or share it with us!)	
Emory Mildon	My camera roll has 501 photos, about half of which are work related, and my 23 rd photo is from this year's company adventure, looking out across Otto Lake while the Sherp was paddling around the lake.
Kate VanDerZanden	<p>I have 8 or so Twisted Tea memes from 2020 and about 10,097 other photos saved in my camera roll. My 23rd photo is of my childhood cat, Nemo. He passed away last summer at nearly 20 years old!</p> 
Taylor Tharp	<p>It looks like I have somewhere around 16,000 photos on my phone dating back to around 2008, not counting the photos I've taken of old printed photos that I've taken that are mixed in there somewhere. The 23rd photo is a great photo of my dad looking slightly miserable after a long, rainy day of fishing on the Kenia River, bundled up in his hoodie and rain gear sitting on the boat while we wait and hope for a fish to take the bait.</p>
Marcus Curley	<p>I have only 291 photos in my cameral roll that I now realized I should archive/clean up. The 23rd photo is a progress picture of a retaining wall I helped build last summer.</p> 
Cathryn Petersen	<p>I have hundreds of pictures, but I don't know how to check exactly how many. My 23rd photo is from climbing the rocks at Savage River over the company holiday weekend. This is a warmup route called Sauropoda.</p> 
Leah Monego	<p>3,807</p> 
Chris Miller	<p>22,062. I have migrated them to the Cloud, and I will make sure the next phone purchase does not migrate all the photos over. #23 is a picture of WV Builders' new property with Ventilation Solutions on the corner of Davis and Peger. 1/26/2014.</p>

Employee Question of the Month

How many pictures do you have in your cell phone camera roll? Give a description of your 23rd photo (or share it with us!)

Katherine East	<p>I have a total of 7,774 pictures on my cell phone. My 23rd picture is from an unforgettable spring break service trip I took in 2019. I was in Monte Cristi, Dominican Republic, teaching English to youth for a non-profit called Outreach360. The picture shows me happily swinging on top of a mountain at Parque Nacional El Morro - a beautiful spot with stunning views! It captures a fun moment from a very rewarding experience.</p> 
Marilyn Fye	<p>20,588 photos; 22,291 with videos. The 23rd photo is from 2014 and shows me with my daughter and sister toasting a glass of wine on a visit to my Dad. We were in a little cabin and figured that my 7-year old grandson took the photo.</p>
Isaac Ladines	<p>My 23rd photo, taken at UAF a couple days before school started Sept 1st 2014. This will be the beginning of my 10th year in Alaska!</p> 
Dantasia Baum	<p>I have 25,510 photos in my cell phone camera roll. My 23rd photo is a picture of my son, Kingston, eating a big bag of popcorn at the Carlson Center. He was a month shy of 3 years old in the picture. Today he is 9.5, and can still be found happily eating big bags of popcorn!</p> 
Blake Burley	<p>7,813</p> <p>My dad, Johnny, and I from November 21, 2018</p> 
Sabrina Davis	<p>18,999 photos. My daughter, age 6, liked to steal my phone and take selfies.</p> 

Wellness

By Cathryn Petersen

I was going to write an article about the importance of setting a good sleep schedule, turning off screens before bed time, and eating dinner at a regular time to help your circadian rhythm do its thing. Then I realized that we're all smart adults and have almost certainly heard it all before. Nevertheless, sleep is a surprisingly interesting topic. A few years ago, I did a lot of reading about sleep because I was trying to figure out some kind of shortcut to waking up better in the mornings. While I unfortunately never did find a cheat code, I did learn a lot, and I thought it was interesting, so here are the cliffnotes of what I learned.

As we know, sleep occurs in stages. You don't just go to sleep, the body does its little repair thing, and then you wake up refreshed (or groggy, if you're like me). There are five stages of sleep, counting being awake: wake, N1, N2, N3, and REM. On a typical night, the body goes through several sleep cycles which typically last 90-110 minutes.

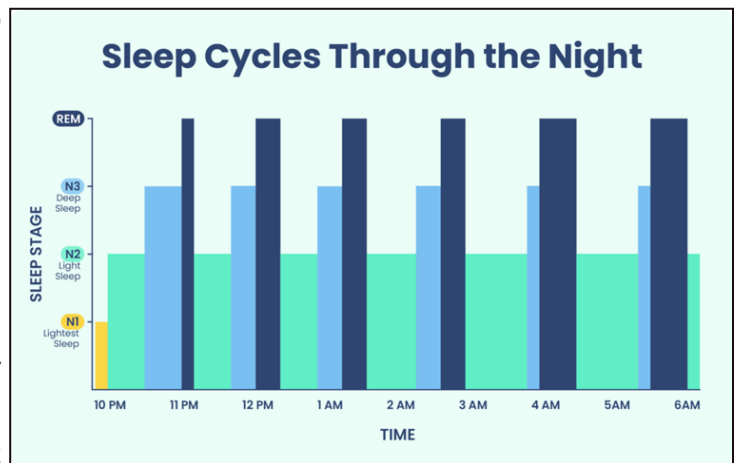
Stages N1 and N2 are what we often refer to as light sleep. N1 only lasts a few minutes, and is the phase where the body is relaxing and turning itself off. It's usually pretty easy to wake someone up when they're in N1 sleep. N2 is fully asleep. Your body temperature, breathing and heart

rate have slowed down. At this phase of sleep, your body works on memory consolidation. Most people spend almost half of the night in N2 sleep. Fun fact: N2 sleep is where bruxism occurs (teeth grinding).

N3 is deep sleep. It's hard to wake someone up when they're in N3 sleep. If you do wake someone up from deep sleep, they're often groggy for 30-60 minutes (that's called sleep inertia, and it's totally a thing!). Pulse, breathing rate, and brain activity are all very slow in this phase of sleep. This is where the body does a lot of repairs, including repairing tissues, building bones and muscle, and strengthening the immune system. The first N3 stage of the night is usually the longest, lasting around half an hour, but deep sleep stages tend to get shorter in subsequent sleep cycles.

REM sleep is the final stage of sleep, known for being responsible for dreaming. Dreams can happen in other sleep phases as well, but not as often or as vividly. In REM phase, the brain is almost as active as it is when you're awake, but to keep yourself from acting out your dreams, your body paralyzes itself during this phase of sleep, except for your eyes and diaphragmatic muscles (so you can still breathe). REM sleep is believed to be essential for cognitive functions like memory, learning, and creativity. Typically, it takes about 90 minutes of sleep to hit your first REM cycle, and each REM cycle gets a little longer. At the end of the REM cycle, the brain goes back to N2, and the cycle repeats (skipping N1).

It's helpful to know about these stages because it helps to understand why it's important to have a regular sleep schedule. The body is pretty good at timing, and once you teach your brain what time to be prepared to wake up in the morning, it figures out not to be in N3 sleep at that time. The brain can also train itself to get the right amounts of the right stages of sleep to repair itself properly. Turns out our brains can be pretty clever on their own! Anyway, hopefully this was some fun information that can help you understand your own sleep patterns and maybe even help you iron out your own nighttime habits.



June 2024 ~ Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Table Massages	6	7 Company Picnic 4—7pm	8 Stream Clean Up Day
9	10	11	12	13	14	15
16	17 Birthday Cake	18	19 Table Massages	20 Food Truck 12 pm	21	22
23	24	25	26	27 Manager's Meeting	28	29
30						

June Birthdays & Design Alaska Anniversaries

Birthdays

Patrick Brandon	June 18th
Emily Steele	June 20
John Rowe	June 20
Adrian Medrano	June 20
Alexei Tillstrum	June 29



Susan Walker	
Bill Kinne	
Mitchell O'Bryant	
Isaac Ladines	

Anniversaries

24th Anniversary	June 12, 2000
20th Anniversary	June 1, 2004
14th Anniversary	June 1, 2010
5th Anniversary	June 3, 2019