

Engineers Week Banquet

This year, the Engineers Week Banquet was held at the Wedgewood Resort on Saturday, February 22, 2020. Over 100 people attended the banquet this year! Student groups presented their designs, engineers were inducted into the Order of the Engineer, scholarships were awarded, Engineers of the Year were announced, good food and jokes abounded. A great time was had by all.

Design Alaska's very own Taylor Tharp, Ben Mildon, Rowland Powers, Pat Brandon, Chris Miller, and Samuel Mitchell joined Order of the Engineer this year. Order of the Engineer is a society that works to foster a spirit of pride and responsibility in the engineering profession. Order of the Engineer members wear a stainless steel ring on the little finger of their dominant hand such that the ring grazes the paper of the document they're signing. Initially the rings were steel, forged from the girder of a collapsed bridge. The girder failed in part due to engineering negligence. The ring symbolizes and reminds the engineer of the solemn duty we have as engineers to protect the public.



ASPE, along with the University and other partnering groups were able to award four scholarships this year. Two went to high school students planning on seeking a degree in engineering and two more were awarded to college students to fund travel to engineering conferences. Specifically, the two high school students were Vaughn Simpson and Anthony Iles. The two UAF students were Anshul Dhaliwal and Elizabeth Richards. Keep an eye out for these outstanding students, undoubtedly they're going to make great contributions to the engineering profession.

ASPE also awarded Engineers of the Year, recognizing those engineers and engineering students who go above and beyond in their profession and studies. ASPE is proud to announce the following engineers of the year for 2020:

- Student Engineer of the Year: Jonathan Gates
- Young Engineer of the Year: Jonathan Hutchinson
- Engineer of the Year: Karen Brady



Also, a very special thank you to the following participating organizations, as well as the E-Week organizing committee: Alaska Society of Professional Engineers, UAF College of Engineering and Mines, American Society of Civil Engineers, Design Alaska, Shannon & Wilson, PDC, Stantec, Nortech II-Sahng Ahn, Patrick Brandon, Sam Carlson, Reggie Dallarie, Joe Alloway, Eliza Cink, Marina Jones, Ashley Hall, Dantasia James, Clark Milne, Robert Perkins, Rowland Powers, Wendy Presler, and Jeff Putnam.

A note from Pat Brandon, current ASPE President: Design Alaska provides tremendous support for ASPE and the annual banquet. Design Alaska employees are always quick to volunteer and enjoy the full support of Design Alaska. Thank you, Design Alaska for your steadfast commitment to our engineering community and all your continuing support!

President's Corner

Seeing COVID-19 through a Lighter Eye



Here is some humor in this situation – for those finally using skype, Microsoft Teams, Zoom, GotoMeeting, for first time and having all correspondence this way – Here is a timely BINGO game board for your desk.

These have been true for a long time, so I doubt it is going to improve during this crazy time.

~ *Chris Miller, PE*
President, Design Alaska

COVID-19

HI, WHO JUST JOINED?	CAN YOU EMAIL THAT TO EVERYONE?	IS _____ ON THE CALL?	GUIDANCE TO BE RELEASED SOON.	HEY, GUYS, I HAVE TO JUMP TO ANOTHER CALL.
(SOUND OF SOMEONE TYPING, POSSIBLY WITH A HAMMER)	(LOUD, PAINFUL ECHO/FEEDBACK)	(CHILD OR ANIMAL NOISES)	HI, CAN YOU HEAR ME?	NO, IT'S STILL LOADING.
MENTION OF PPE, N95, OR PAPR	CAN EVERYONE GO ON MUTE?	I'M SORRY; I WAS ON MUTE.	(FOR OVERTALKERS) SORRY, GO AHEAD.	HELLO? HELLO?
SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?	SORRY I'M LATE (INSERT LAME EXCUSE).	I HAVE A HARD STOP AT ...	I'M SORRY, YOU CUT OUT HERE.	CAN WE TAKE THIS OFFLINE?
I'LL HAVE TO GET BACK TO YOU.	CAN EVERYONE SEE MY SCREEN?	(SPELLS OUT) C-O-V-I-D	I THINK THERE'S A LAG.	SORRY, I DIDN'T CATCH THAT, CAN YOU REPEAT?

Conference Bingo Call

Welcome, Ryan!



Ryan joined the Architecture Department on March 2, 2020. He grew up in Saginaw, Michigan and lived in Detroit for five years while earning his master's degree in Architecture. His thesis was focused on sustainable community development in response to homelessness and urban decay in Detroit neighborhoods. He's an only child from a small family and doesn't have kids. He was drawn to architecture because of the combination of construction, logistics, science, and design aspects to it. His role model is his grandpa who he spent a lot of time with working on construction projects. He swam competitively as a kid joining regional and national events and coached swimming at a local YMCA during his undergrad years.

Since moving to Alaska in 2011, he has found interests in snowboarding, overlanding, and last summer he ran his first marathon and finished in under 4 hours. He ran his own design/build company in Anchorage for 7 years, helped run a mid-sized construction for 5 years, and has consulted for designers, envelope experts, native corporations, and constructions firms.

If given the opportunity, he would like to build a custom van to eventually live in full time and travel anywhere the road will take him. Ryan tries not to take himself too seriously and remains open minded to opportunities for growth and service.

Lunch and Learn



On March 3, 2020, Design Alaska hosted a lunch and learn with ABR, Inc. Drone Services. They have been providing biological and consulting services since 1976. ABR, Inc. Drone Services take pride in being able to maintain three measures of success: economic viability, environmental stewardship, and social responsibility.

UAF Career Fair



The University of Alaska Fairbanks hosted its annual Career Fair on February 19, 2020. Rowland Powers from our Structural Department, Don Hopkins from Electrical Department, and John Rowe from Civil Department represented Design Alaska at the event. Thank you for volunteering for this event.

Congrats & Welcomes!



On March 6, 2020, Design Alaska employees gathered to celebrate Rowland Powers' Professional Engineer license and to welcome the new additions to the family, Ryan Morse and Kat Del Fierro. Welcome Ryan and Kat. And congratulations Rowland for this great achievement!

H2O Facts

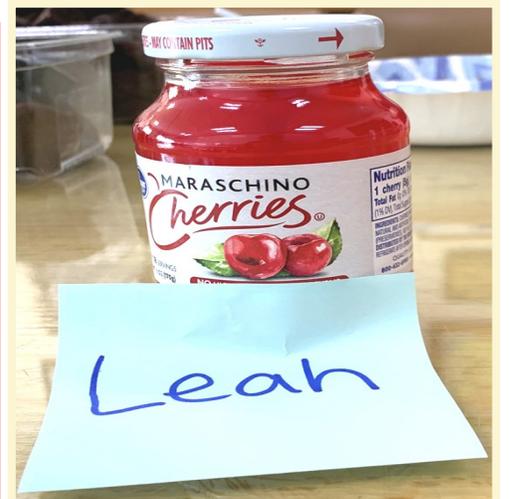
Dehydration can cause fatigue, foggy memory, and irritability.
Stay well hydrated to feel good all over!

#WaterYouWaitingFor?

Design Alaska Babies



Design Alaska welcomes three adorable babies to the family namely, Benjamin Zenek Cink (Feb 17), Peyton Jodi Monego (Feb 28), and Hazel Mitchell (Feb 29)! Everyone including their parents are doing well. On February 21, 2020, just a week before her delivery, Design Alaska employees gathered for Leah's Ice Cream Social as a way of celebrating.



What is your favorite software: browser (Chrome, IE, Firefox), photo management (Windows, Picasa), music streaming (Pandora, Spotify), other favorites, most frequent website, social media (Twitter, Facebook, LinkedIn, Instagram)?

Blake Burley	Bing. Bing is the future.	
Marina Jones	Browser: Mozilla Photo Management: I don't take enough and end up staying on my phone Music Streaming: Spotify all the way! Social Media: Instagram and Houzz for inspiration.	
Chris Miller	Browser - Chrome Photos - Microsoft Paint (I need a better one) Music -Tune in Radio Social Media - Facebook and some Twitter	
Ryan Morse	Browser: Chrome Photo Management: Google Photos Music: Spotify (converted from Pandora for the podcasts) Other: F.lux (saves my eyes and helps with sleep schedule)	



Keeping Mental and Physical Health During COVID-19

As the person that never misses the gym every morning to all of a sudden going from all to nothing, it can be difficult to figure out what is possible from your home to continue to exercise and continue healthy practices when all around you hear of illness, shortage of supplies and food, and having to distance yourself from friends and in some cases, family. These trials we are all facing can create anger, loss of ambition, unhealthy practices of eating and lack of physical fitness and mental health problems. You may think you are stuck and can't do anything until this all blows over but you are wrong!

It's known that physical activity is good for many things such as bone, heart, muscle and cardiorespiratory health, but the reason you should be getting in that 150 minutes or more of exercise a week now of all times is its strong correlation to building immunities to certain illness such as the cold or flu, and yes, even COVID-19! The rise in body temperature creates simulated fever that may prevent bacteria from growing and help the body to fight infection better. Breathing heavy also helps to flush bacteria from lungs and airways. You can also look [here](#) for other benefits of physical activity on your immune system.

- If you love **yoga**, there are local yoga studios such as Fairbanks Yoga and Cirque Air Fitness who are adding live classes that you can follow along at home. Yoga is a great option to reduce stress and provide mental clarity so what better time to start a practice than now. Here are some links to local studios and free online classes: [\[1\]](#) [\[2\]](#) [\[3\]](#) [\[4\]](#)
- If you love **strength training**, you can go to Play it Again and get some dumbbells, exercise bands, and a pullup bar. If you don't want to spend too much money, fill backpacks with books or sandbags, use gallon jugs filled with water/sand, build a pullup bar, challenge yourself with bodyweight exercises (you would be surprised some crazy bodyweight exercises that leave you flat on the floor when you are done). There are many reputable trainers online/social media that are switching up their workouts to cater to home limited equipment workouts. [Planet Fitness](#) is one doing Live Stream workouts and [FitnessBlender](#) is always a good source. Come see me and I can give you a few other people to look up also if interested.
- If you are the **cardio** hound, get outside! The weather is now the perfect temperature for a run or walk, getting ahead of your wood pile for next year by cutting your own wood, cross country skiing, stair climbing at UAF, park bench workouts, etc. The best thing for your mind is to be outside, breathing in fresh air with no worries of getting any type of virus.

If you need any help on ideas or exercises please come see me. Now grab that brand new Design Alaska water bottle and get moving! ~ *Marina Jones, Wellness Committee Member and NASM Certified Personal Trainer*



Help us clean up our act. The recycling is getting a little out of control and we want to ensure the most material gets recycled. Here are our top 3 offenders at Design Alaska.

WATCH THOSE PIZZA BOXES

Clean paper only. No pizza boxes, napkins, or paper towels.

Recycle THIS

NOT That



Cardboard

Simply flatten and toss it in.



Pizza Boxes

Any dirty takeout food container belongs in the trash.

JUGS AND BOTTLES ONLY

Type 1 and type 2 plastic only. No other types. Also even within these types no plastic bags, to-go containers, spinach containers. Only bottles and jugs that are type 1 and type 2. Also these should be rinsed and not have spoiled milk, laundry detergent, stray food, etc.



KNOW YOUR METALS

Sort your metals. Steel is magnetic and aluminum is not. Also don't leave food in your cans or the labels on. It is nasty or makes more work for others.



If you ever have questions, please consult this handy guide from the FNSB Central Recycling Facility that is posted in each building's break room.



Dos



Don'ts

Aluminum

- Beverage containers
Crushed or whole okay
Empty & rinsed

• NO GLASS

- Aluminum foil/pie pans
- Soup or pet food cans
- Aerosol cans

Corrugated Cardboard

- Brown/Kraft paper (bags)
- Tubes (paper towel, shipping)
- Egg cartons
- Shiny boxes (w/pictures)

- Pizza box bottoms
- Waxy boxes (food shipment)
- Styrofoam
- Magazines or newspaper

Paper

- Mixed paper
Books & magazines
Boxboard (cereal boxes)
Packaging cartons
- Newspaper
Inserts okay
- Office paper
Copier, printer, notebook
Shredded paper (bagged)

- Cups, plates & paper towels
- Napkins & Used Tissue
- Photos
- Books more than 1/4" thick
- Hard book covers
- Plastic bag liners
- Plastic/metal bindings/clips

Plastic #1 & #2



- Bottles & jugs

- Plastic bags
- To-go containers
- No food or oil contamination

Electronics

- TVs, monitors, VCR/DVD players
- Tablets & smartphones
- Computers/laptops/servers
- Computer accessories (cords, cables)
- Printers/scanners/copiers
- Microwaves & stereos
- Household batteries
- Ink/toner cartridges
- Small household appliances

- Light bulbs
- Vehicles batteries
- Smoke detectors
- Exit signs
- Thermostats (containing mercury)
- CD/DVD/VHS/floppy discs
- Vacuum cleaners
- Gas motors
- A/C refrigerants



Tips

- Empty & clean containers
- Flatten/break down boxes
- Remove & discard lids



According to the Centers for Disease Control and Prevention (CDC), the best way to prevent illness from coronavirus disease 2019 (COVID-19) is to avoid exposure. Below are the steps we could take to protect ourselves and to protect others.

Protect Yourself

Clean your hands often

- **Wash your hands** with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use **hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.



Avoid close contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **To disinfect:** Most common EPA-registered household disinfectants will work. Use disinfectant appropriate for the surface.
Options include:
Diluting your household bleach. To make bleach solution, mix: 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
Alcohol solutions. Ensure solution has at least 70% alcohol.
Other common EPA-registered household disinfectants. Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow manufacturer's instructions carefully.



Protect Others



Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.

Cover coughs and sneezes



- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds,

if not available, use **hand sanitizer that contains at least 60% alcohol**.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** No need to wear a facemask unless you are caring for someone who is sick.

H2O Facts

Drinking water helps flush toxins out of your body. That's why it helps reduce the risk of UTIs and kidney stones.

#WaterYouWaitingFor?

March 2020 ~ Upcoming Events

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Table Massages	5	6 Congrats & Welcomes	7
8	9	10	11	12	13	14
15	16 Birthday Cake Celebration	17	18	19	20	21
22	23	24	25	26 Managers Meeting	27	28
29	30	31				

March Birthdays

Jeff Leonelli	March 3
Mary Sue Dates	March 7
Mike Schuetz	March 15
Samuel Mitchell	March 21
Susan Walker	March 22
McKinley Putnam	March 25
Chris Miller	March 27



April Upcoming Events



- April 1—Table Massages (TBD)
- April 13—Birthday Cake (TBD)
- April 15—Table Massages (TBD)

Design Alaska Anniversaries

Kym Pihlaja	19th Anniversary	March 1
Jeffrey Leonelli	10th Anniversary	March 22
Brian Marmor	8th Anniversary	March 5
Ashley Hall	7th Anniversary	March 4

