



The benefits of attending summer camp

Summer camp is something akin to a rite of passage for millions of youngsters each year. Many adults look back fondly on their experiences at summer camp, often crediting such times as formative periods in their lives.

Summer camp benefits children in myriad ways. Recognition of the many advantages of attending summer camp can serve as a great reminder of just how fun it can be for children to spend their time away from school at a camp of their choosing.

• **Campers continue to socialize throughout summer.** Socializing isn't just for the school year. While children in high school might be independent enough to come and go with their friends during summer break, kids who are still in elementary school or middle school might not be old enough to handle such freedom. That can make it hard to stay in touch with friends, which in turn can contribute to feelings of boredom and loneliness. Camp provides ample opportunities for young children to socialize during a time of year when they might not see their school friends as often as they're used to.

• **Campers can expand their horizons.** Though some summer camps are exclusive to residents of certain communities, many tend to feature children from numerous towns or municipalities. Such camps provide an opportunity for campers to expand their horizons by engaging with youngsters who come from different backgrounds. Indeed, the Graduate School of Education at Harvard University notes that summer camp may be the first time children spend substantial amounts of time with people whose backgrounds differ from their own.

• **Camp can get kids off their devices.** Modern children are growing up in a digital world, and parents know how hard it can be to get kids to put down their devices and get outdoors. But the key to making that pivot could be access to outdoor play spaces. A 2025 study from researchers at the University of Michigan published in the journal Health and Place found that efforts to reduce kids' screen time are more successful when children are given a chance to play outside. Many summer camps are structured around outdoor play, making them a potentially invaluable ally as

parents seek to help children cut back on the time they spend using their devices. Children who do not attend camp and live in households where both parents work or in single-parent households where Mom or Dad works may be forced to spend much of summer indoors, which could increase the frequency with which they turn to devices to occupy their time.

• **Camp adds structure to summer days.** Once a school year ends, the structure a school day provides vanishes into thin air. Couple that with extracurricular activities that go on hiatus during summer vacation, and kids accustomed to structure are left with little to do and no need to schedule their time. That can add an aimlessness to summer days. Camp can provide the structure kids are accustomed to but still offer a break from responsibilities like homework or the commitments required of extracurricular activities.

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MINUTES OF REGULAR MEETING ESMOND CITY COUNCIL April 9, 2025

The city of Esmond held a regular city council meeting on April 9, 2025 at 7 p.m. at the Esmond City Hall. Present were Mayor Ernest Suich; council members David Wolfe, Shari Wolfe, Roger Hill and Loren Preuss; City Auditor Leigh Wolfe Kaeding. Also present were guests Randy Thompson, Darla Willoughby, Karl Grossman, Kayla Knudson, Shawn Knudson, Justin Lund and Ruth Suich.

Randy Thompson with Benson County Tax Equalization presented the council with a new property book along with the value changes for six properties. Thompson answered several questions from the city council and guests, including questions from Kayla Knudson, Justin Lund and Darla Willoughby. Shari Wolfe made a motion to accept the new property changes, seconded by Roger Hill. The motion carried.

Shawn Knudson asked about the letter sent to all residents containing Esmond City Ordinance #101: Noxious Weeds and Other Vegetation Control. This is a reminder that yards need to have grass and noxious weeds cut to eight inches or less to keep our city beautiful and free from unwanted wildlife.

The bids for the Memorial Hall were opened and read. Bids were from: the Esmond Bar at \$5,000 with the city paying for transfer fees; and a bid from the Esmond Bandits, LLC (Jacklyn Martinson, Ryan Martinson, Hannah Leier and Tim Leier) for \$1 continent up to \$2,500. After a discussion with the city council and guests Darla Willoughby and Justin Lund, Loren Preuss made a motion, seconded by Roger Hill, to accept the bid from the Esmond Bar for \$5,000. The motion carried. It was also discussed that the new owner will honor an existing contract previously made for the Memorial Hall the weekend of Oct. 17-19, 2025, and the new owner agreed. The closing date has not been set.

Bids for mowing city lots were received from Donald Vetsch for \$500 per month and Matt Knudson for \$475 per month. A motion was made by Shari Wolfe and seconded by Loren Preuss to approve Matt Knudson with the bid for mowing city lots for the months of May through October. The mowing of unkept lots will need to be filled and the city will work on filling this vacancy.

The minutes from March 12, 2025 (a regular city council meeting) and March 27, 2025 (a special meeting) were read and a motion was made by David Wolfe and seconded by Shari Wolfe to approve them with no changes. The motion carried.

April's meeting agenda included past due accounts, a recall petition for our mayor, property at 35 Bernice Ave. N, a city attorney, funds received for the city, and any other business that was not mentioned.

A motion was made by Loren Preuss and seconded by David Wolfe to pay all approved bills. The motion

Why hiring a painter is the right choice

Few home improvements can change the look of a room faster and more affordably than painting. In fact, homeowners often turn to paint before they make any other renovations. Home Light, a real estate technology company, says painting a home's interior can net a return on investment as high as 107 percent.

Although painting is a project that can be tackled by do-it-yourselfers, there are various advantages to calling in a professional to handle painting projects. Here is a look at some of the benefits to working with a professional painter.

Cut down on the job time

A professional painter can reduce the project timeline. Painters have the skill set and experience to complete a project in a timely manner. This means the job will be streamlined from preparation to clean-up.

Pay attention to details

Professional painters are likely to do a job that is nearly flawless, especially after homeowners exercise their due diligence and vet painters carefully. Professionals will pay attention to the small details that less experienced painters wouldn't think about.

Reduce your workload

Painting can be a time-consuming job, and most of it occurs even before you pick up a brush. It can take hours to prep walls, patch holes, remove moldings, and apply painter's tape. Homeowners who do not have much time are better off leaving trusting the project to a professional.

Painters already have equipment

carried. The bills were as follows:
EXPENSES IN LATE MARCH
Karl Grossman (reimb. of tax and fees) \$234.14
First International Bank (counter check) 6.00
Benson Co. Treasurer (35 Bernice Ave. N) 5,253.70
Benson Co. Recorder (35 Bernice Ave. N) 20.00
APRIL EXPENSES
Central Plains Water \$59.00
Otter Tail Power Co. 1,024.59
Waste Management 2,279.93
Leigh Wolfe 1,015.85
BC Farmers Press 175.26
Park Board 62.23
Farmers Union Insurance (liability) 1,239.00
Digitally Yours (scanning services) 679.30
IRS (Q1 tax) 504.90
BC Tax Equalization 1,330.00
USPS 12.38
Ernie Suich (supplies) ... 42.74
Leigh Wolfe Kaeding (misc. supplies) 98.23

A recall petition was received in late March to recall our mayor, Ernest Suich. The sponsoring affidavit for the recall petition was Robert K. Stebbins of 26 1st St. NE, Esmond, and stated reasons from the recall are listed as: abuse of power and conflict of interest. The recall sponsoring committee consists of the following five individuals: Robert K. Stebbins, Adrienne Budd of 22 Bernice Ave., Cody Watson of 22 Bernice Ave., Dorothy Brown of 21 Bernice Ave. and Karl Grossman of 228 2nd Ave. S, all of Esmond. After the petition was received by the city auditor, it was found to be filed with the state of ND incorrectly and therefore null and void. The city council was very disappointed with this recall petition and wishes to invite all concerned residents to our monthly meeting to discuss any city issues. In the 2024 regular election, we had a difficult time finding individuals to fill the current city council member positions and if the city has no city government, we will no longer receive any state funding and the governing power is turned over to the county. For an example of this funding, this month the city received \$13,080.93 in the Prairie Dog funds from the state of North Dakota.

The property of 35 Bernice Ave. N. is now owned by city of Esmond and we are working on options for the house and property. Mayor Ernest Suich researched and presented paperwork to hire a municipal attorney of the Nyhus Law Firm out of Harvey, ND. The city council discussed it, and David Wolfe made a motion to move forward with retaining the Nyhus Law firm and it was seconded by Loren Preuss. The motion carried.

David Wolfe made a motion to adjourn the meeting, seconded by Shari Wolfe, and the meeting adjourned at 9:40 p.m. The motion carried.

The next regular meeting will be held on Wednesday, May 14, 2025 at 7 p.m. at Esmond City Hall.

Leigh Wolfe Kaeding
City Auditor



Do-it-yourselfers may need to buy new tools before beginning the job. This means brushes, rollers, tape, tarps, trays, and much more. Unless you plan to paint multiple times, this can make stocking up a considerable investment. Professionals already have all the right gear and tools of the trade.

Lasting results

Professional painters understand which products will produce the desired results, depending on the wear and tear of the space. Paints are not all created equal, and certain walls, floors and trim may require unique priming and preparation that novices are not familiar with. Professional painters can help ensure durability and save homeowners from having to do the job again in a few months or years.

A safer experience

Painting can be a challenging job when it involves painting hard-to-reach spaces and/or climbing and balancing on tall ladders. Homeowners are not at risk of injury when hiring a professional painter. In addition, professional painters should be licensed and insured. This means if an injury or incident occurs, the homeowner will not be on the hook for the cost.

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Considerations for your second act

Many people see their careers as one of their defining characteristics. Children are often asked what they want to be when they grow up, and as adults they will likely be asked "What do you do for a living?" more times than they can remember. Work is undoubtedly a major component of life for most people from the time they leave school to the day when they retire. And a growing number of adults value work so much that they pivot to second careers.

A phenomenon known as "unretirement" occurs when people who have previously retired return to the workforce. A 2010 paper published in the *Journal of Human Resources* found nearly 50 percent of retirees followed a nontraditional retirement path that involved partial retirement or unretirement. According to a recent Retirement Saving & Spending Study from T. Rowe Price, around 20 percent of retirees are working either full- or part-time, while 7 percent of study respondents are looking for employment. Some people return to work for financial reasons while others seek the social and emotional benefits employment can bring. But individuals mulling a return to work or those currently working but trying to determine a second act should not feel beholden to previous career paths. A second trip around the employment block can involve an entirely different line of work. The following are some things to look for in a second act.

• **Flexibility:** Choose a career path that enables you to set your own schedule or possibly work part-time if that is your preference. This way you can still reap some of the benefits of retirement, including the flex-



ibility to travel.

• **Social interaction:** Adults may lose daily opportunities to be social when they retire, which can compound feelings of isolation common among retirees. Consider a second career that lets you interact with a number of people and continue to build relationships and a good network.

• **Personal passions:** Reflect on what you might do for work if money were no object. This may help you narrow down new opportunities that are in line with your interests and passions. Find a job that utilizes your skills and experience and meshes with your interests. A former graphic artist, for example, may decide to teach design to young people.

• **Nonprofit opportunities:** Many retirees spent years in high-stress corporate environments where bottom lines may be more important than the bigger picture. Shifting to a career in the nonprofit sector can be a personally fulfilling job that utilizes skills learned in the corporate world.

• **Consulting or contract work:** If you're a retiree who loved your job, you might want to have a second career as a consultant or contractor in the same field.

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REQUEST FOR PROPOSALS TO PERFORM CONSTRUCTION ENGINEERING SERVICES FOR BENSON COUNTY

Benson County will engage the services of a prequalified engineering firm to perform Construction Engineering on the following project in Benson County scheduled to be completed in 2025.

HEC-0003(024), PCN 23758 - Curve realignment, grading, HBP and Incidentals CMC 0319 from 2.5 miles south of Flora, then south and east 0.653 miles.

The project is listed under the May 9, 2025 bid opening, Job 23758. Plans can be viewed on the NDDOT website at the following location:
<https://www.dot.nd.gov/dot/eplans/>

Work to be performed by the Consultant includes:

Construction Services: Perform Project Management, Project Administration, Construction Observation, Surveying and Material Testing. Additional services, if required, may be negotiated and supplemental agreements issued based on the consultant's performance, the consultant's proposal and available funding.

Firms are invited to submit a proposal for the project listed above. The Proposals shall provide the following information:

- Past Performance
- Ability of professional personnel
- Willingness to meet time and budget requirements
- Location
- Recent, current and projected workloads of the persons and/or firms
- Related experience on similar projects
- Recent and current work for the County
- Project understanding, issues & approach

The proposal pages shall be numbered and must be limited to 10 pages in length. Proposals that exceed the 10 page length requirement will not be considered. The cover letter will not be counted as one of the 10 pages. The proposal should list the personnel who will be assigned to work on the project, including titles, education and work experience. Benson County will only consider proposals received prior to **4:30 p.m., CST May 8, 2025**. Late proposals will be deemed unresponsive.

The consultant's proposal may include an appendix. Resumes, references, a statement of qualifications and other materials outlining experience may be included in an appendix. The appendix will not be considered as a part of the 10 page proposal. Each proposal will be evaluated by a selection committee.

Benson County will conduct interviews. The County plans to interview up to three (3) of the most qualified engineering firms based on whose proposals most clearly meet the RFP requirements. Interviews will take place on a date to be determined by the County. Firms not selected to be interviews will be notified in writing.

Fees shall be negotiated with the successful firm. If the fee cannot be agreed upon, the County reserves the right to terminate negotiations, and then negotiate with the second and third ranked firms in order, if necessary, until a satisfactory contract has been negotiated.

All costs associated with the proposal shall be borne by the proposer. The County reserves the right to reject any and /or all proposals and to not award contracts for any and /or all projects.

Engineering firms interested in performing the work shall submit seven (7) hard bound copies and an electronic pdf file of their proposal to:

Benson County Auditor
311 B Ave S
PO Box 206
Minnewaukan, ND 58351-0206
HEC-0003(024), PCN 23758
701-473-5340
bs Erickson@nd.gov

Title VI assures that no person or group of persons may, on the grounds of race, color, national origin, sex, age, or handicap or disability, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any and all programs or activities administered by the Department.

For information regarding the Title VI Program see the NDDOT website at:
<https://www.dot.nd.gov/about-nddot/civil-rights/title-vinondiscrimination-and-ada>.

MADDOCK HOME FOR SALE

503 4th Street, Maddock, ND

1.5 story stucco home for sale built in 1940 with a number of recent upgrades, new flooring in kitchen and den, updated bathroom with new stool and vanity. Full basement with large family room, NO EGRESS windows, 200 amp breaker electrical service as well as a newer high efficiency furnace. There is a screened gazebo for your summer enjoyment as well as a 26 x 32 two stall detached garage, new in 2012.

Contact Tami Feist 341-1591
Vorland Land Company 947-5626
Check out our website www.vorlandlandcompany.com to see all pictures and data or check the QR Code for all of our listings with pictures and data.