

Did You Know?

Music historians say jazz originated in New Orleans during the latter half of the 19th century. As a port city in Louisiana, New Orleans welcomed people from all over the world, including West Africa. These immigrants brought the sounds of their native countries to the streets of New Orleans. When slavery was abolished after the American Civil War, many former slaves found jobs as musicians and shared the rhythm and blues of African roots. In addition, church hymns, field chants and Cuban-inspired rhythms were included in these musical stylings. These styles combined to form what would become “ragtime” and later



“jazz” music. Jazz style is emphasized by swing and blues notes, complex chords, call and response vocals, and improvisation. The Tri-State Jazz Society says jazz continued to evolve and around 1945 “modern” jazz was created. Over the years, there have been many great jazz musicians, from Scott Joplin to Lou Watters to Duke Ellington to Billy Holliday to Louis Armstrong.

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Entertaining ways to prevent summer learning loss

Summer vacation presents an opportunity for students to enjoy an extended break from the classroom. While this respite from routine may be a welcome change to youngsters, teachers frequently lament that valuable educational lessons seem to be forgotten each summer. Educators then face tougher hurdles when students return to school in the fall.

Such a phenomenon is dubbed “summer learning loss,” but it can occur during any extended break from school. Scholars have realized for some time that students’ rate of academic development declines during summer vacation. Oxford Learning, a tutoring and education training group, offers these eye-opening statistics.

· Over the summer, students tend to lose 2.6 months of math skills and two months of reading skills.

· Summer learning loss can be seen in students as young as six.

· It can take up to two months from the first day of school to get students’ brain development back on course.

Summer learning loss, sometimes called “brain drain,” can be prevented. Proponents of year-round schooling at The National Association for Year-Round Education recommend a more balanced school year, where summer vacation lasts only 30 days and other school breaks are lengthened. In this scenario, the school year would still last about 180 days, but without the lengthy breaks.

Parents may prefer the status quo, and those who do can take several steps to prevent summer learning loss from affecting their children.

· **Encourage more reading.** Schools recommend summer reading lists, but students should also learn to read for pleasure. Research from the National Literary Trust indicates reading for pleasure can improve reading attainment and writing, as well as one’s general knowledge. Children



can bring books to the beach that they can read between frolicking sessions in the waves.

· **Enjoy family game nights.** Games can be customized to highlight certain skills that require reinforcement. For example, math-centered games that require counting or addition can strengthen generalized math skills. Problem-solving board games may help children become better critical thinkers.

· **Make vacations educational.** Add travel to historical sites or other places of interest to help history come alive. When visiting new towns and cities, read the placards that explain important moments in history that took place in each town or city, making sure to include some thought-provoking areas of interest on your itinerary.

· **Look for science moments.** Trips to the seaside, parks and much more present myriad opportunities to learn about science. Children can stage their own experiments with items they find in nature, such as learning about tides, wind and water flow by sailing homemade boats.

· **Teach kids through daily tasks.** Barbecuing, making a cake, building a raised garden bed, seeding the lawn - each of these moments present educational opportunities for parents who want to keep their kids’ minds sharp during summer.

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Keep summer road trips safe

When the outdoors beckons, road trips can be the perfect way to see the countryside, escape the routine of daily life and enjoy short vacations.

When taking to the open road, it is important to focus on safety. The National Highway Traffic Safety Administration says that planning and prevention can spare road-trippers from the consequences of breakdowns, traffic accidents or other road emergencies.

· **Stock emergency preparedness items.** Prior to a trip, drivers should make sure their vehicles are equipped with necessary safety items. Liberty Mutual Insurance New Beginnings Report warns that nearly half of Americans do not check that proper emergency items are stored in their vehicles prior to getting on the road. Before embarking on a road trip, make sure vehicles have a first aid kit, flashlight, water bottles, phone chargers, tire-repair tools, flares, jumper cables, towels, and even an old backpack for storage.

· **Schedule a service call.** Regular maintenance can keep vehicles from breaking down. Drivers should take their cars in for tuneups before long road trips. Such tuneups should include an oil change, battery check, tire rotation, and any other necessary servicing.

· **Plan your route.** Map out the route before heading out. Be aware of potential road closures, obstacles or construction. Thanks to real-time GPS updates through mobile phones and other devices, some drivers like to rely on tech to get them through. But it’s important to realize service may be spotty in rural areas. Mapping a trip out in advance can save drivers from getting lost during mobile service interruptions.

· **Join a roadside repair service.** Breakdowns happen even if trips are carefully planned. Automotive clubs can help drivers when breakdowns occur. Some car manufacturers also include roadside assistance in warranty packages, so inquire about your coverage.

· **Refresh defensive driving skills.** A safe-driving course can remind drivers of the rules of the road. In some cases, courses also may qualify drivers for discounts on their auto insurance policies. One such class is the AARP Driver Safety course.

· **Avoid distractions.** Keep children and other passengers occupied so they are not a distraction to the driver. Set out with favorite music, books, video games, or even a pad and paper for doodling. Pack snacks to keep everyone feeling full in between roadside pit stops. Drivers also can load their cars up with tissues, water and music to limit distractions.

· **Plan fun breaks along the way.** Breaks give drivers a reason to rest and passengers an opportunity to get out and stretch their legs. The Roadside America smartphone app lists must-see stops along any route, and drivers can plan their own stops as well.

· **Stay over if necessary.** According to the NHTSA, driving while drowsy is a contributing factor in 100,000 accidents every year. Drive only when well-rested. Share driving duties or plan a night at a motel so everyone is well-rested.

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ADVERTISEMENT FOR BIDS

THE PROJECT

Misc. Projects: Sinks, Eyewashes, & Ceiling Four Winds Middle School Fort Totten, ND

1.02 THE OWNER (HEREINAFTER REFERRED TO AS OWNER)

Four Winds Schools, 7268 Hwy. 57 West, Fort Totten, ND 58335

1.03 DATE: June, 2025

1.04 TO: POTENTIAL BIDDERS

- A. Sealed SINGLE BASE BID will be received for ALL WORK for the above referenced project.
- B. All Bids will be received by the Martin Mechanical for the Owner until **2 p.m. Central Standard Time on June 19, 2025.**

1. Bids shall be delivered before the time and date above to:

**Martin Mechanical Design  
1201 25th Ave North  
Fargo, ND 58102  
Attention Mr. Steven Reinhold.**

Bids will be publicly opened and read aloud. Emailed bids are allowed and are to be sent to sreinfeld@martinmech.com. Telephone and Fax Bids will not be allowed.

2. The Engineer assumes no responsibility for receiving and delivering Contractor Bids to the bid opening.

C. All bids shall be in accordance with Bidding Documents prepared by Martin Mechanical Design, Inc., 1201 25th Avenue North, Fargo, North Dakota 58102.

D. The Bidding Documents may be examined at the following locations until Bid opening time:

1. The office of the Engineer.
2. The Builders Exchanges located in Bismarck (Bismarck Builders Exchange), Fargo, and Grand Forks, North Dakota.
3. The Minnesota Builders Exchange located in Minneapolis, Minnesota.

E. Bid Documents may be obtained from the office of the Engineer as outlined below.

1. Any Prime Bidder and Electrical Work Sub-bidder may obtain electronic Bid Documents (digital download of pdf files) at no cost, by completing and submitting the REQUEST FOR ELECTRONIC DOCUMENTS form in Section 01 15 00.

F. No Bids will be read or considered which do not fully comply with North Dakota bond and license requirements as stipulated in Section 00 21 13 - Instructions to Bidders and the North Dakota Century Code.

G. Each Bid shall be accompanied by a separate envelope containing a Bidder’s bond in a sum equal to 5% of the highest amount of the Bids, executed by the Bidder as principal and by a surety company authorized to do business in this state, conditioned that if the principal’s Bids be accepted and the contract awarded to principal, the principal, within ten days after Notice of Award, will execute and effect a contract in accordance with the terms of the Bids and a contractor’s bond as required by law and the regulations and determinations of the Owner.

H. Bidder shall have North Dakota Public Contractors License for highest amount of Bids, including any Alternate Bids, and such license shall have been in effect for at least ten days prior to Bid opening date.

I. Bid security shall be made payable to Four Winds School District.

J. Bid security will be retained and your Bid will be required to be submitted under a condition of irrevocability until Contract has been awarded and executed, but not longer than a period of 30 days after the Bid date.

K. The Owner reserves the right to reject any or all Bids and waive informalities therein.

1.05 SIGNATURE

- A. For the Owner: Four Winds Schools  
Fort Totten, ND
- B. By: Perry Kopp, Business Manager

ADVERTISEMENT FOR BIDS

THE PROJECT

BLDG 900306 (Middle School) Dry Sprinkler Replacement Fort Totten, ND

1.02 THE OWNER (HEREINAFTER REFERRED TO AS OWNER)

Four Winds Schools, 7268 Hwy. 57 West, Fort Totten, ND 58335

1.03 DATE: June, 2025

1.04 TO: POTENTIAL BIDDERS

- A. Sealed SINGLE BASE BID will be received for ALL WORK for the above referenced project.
- B. All Bids will be received by the Owner until **2:30 p.m. Central Standard Time on June 19, 2025.**

1. Bids shall be delivered before the time and date above to:

**Martin Mechanical Design  
1201 25th Ave North  
Fargo, ND 58102  
Attention Mr. Steven Reinhold.**

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