



## Do You Know?

Since February is the month in which we celebrate the birthday of two of our most famous and well liked presidents, we thought it would be fun to look at some of the popular beliefs concerning George Washington and Abraham Lincoln.

- **George Washington was very well educated & held a university degree.**  
No, although Washington was a military genius and wise in practical matters, he never held a college or university degree.
- **Washington's election was unanimous. His inauguration was held in 2 different cities.**  
Washington was the only President to be elected unanimously as he was unopposed. He was inaugurated in both New York City and Philadelphia.
- **Did Washington ever live in the White House?**  
No. He was the only President elected and serving before the White House was erected. He was involved in the planning of the Capitol however, even though he never served there.
- **Washington helped design the first US flag.**  
The flag had already been designed and had 13 stars on it when Washington became President in 1789. Five states (North Carolina, Rhode Island, Vermont, Kentucky and Tennessee) were added during his term.
- **Lincoln wrote the Gettysburg Address on an envelope on the train.**  
Lincoln worked on the address both before and after his trip from Washington DC to Gettysburg. He used official stationery for part of the speech, but writing on the train ride to Gettysburg would have been too bumpy.
- **Did young Lincoln do his homework writing with coal on a shovel back?**  
Yes, but not often. He usually had paper and pen for his schoolwork.
- **Did Lincoln walk miles to return change to a store customer?**  
Probably, Lincoln's scrupulous honesty was well known and beyond question. If he ever accidentally overcharged a customer, he would have made every effort to correct the error and return the money.
- **Was Lincoln's corpse ever stolen?**  
Almost. From 1865 to 1871, his body lay in a public receiving vault and then was moved to a temporary vault in Springfield's Oak Ridge Cemetery. Upon completion of the Lincoln Tomb in 1871, his remains were transferred there. In 1876, however, an unsuccessful attempt was made to steal the body and hold it for ransom. The body is now buried under many feet of concrete.
- **Was "Dixie" really Lincoln's favorite song?**  
After the Civil War, Lincoln requested "Dixie" be played at a performance at the White House by saying, "I have always thought 'Dixie' one of the best tunes I have ever heard. Our adversaries attempted to appropriate it but we've fairly captured it

# Happy Birthday!

## FEBRUARY

Tom M. 2/02, Ricky H 2/04, Jim T. 2/06, Pat P 2/09,  
Rick H. 2/11, Paul L. 2/12, Barbara P. 2/13, Scott G. 2/18,  
Matt S. 2/19, Glenn I. 2/21, & Kimberly W. 2/21,



## MARCH

Matthew T. 3/12, Robb M. 3/14, Richard B. 3/18, Randy H. 3/20,  
Dave K. 3/24, & Ann H. 3/29,



## APRIL

Doug B. 4/04, Larry G. 4/04, Richard H 4/05, Matthew M. 4/05,  
Carolyn T. 4/06, Lisa D. 4/07, Lee J. 4/08, Roger K. 4/10,  
Janice S. 4/11, Dave K. 4/13, Greg R. 4/13, Ralph J. 4/14,  
Greg W. 4/21, & Diane L. 4/29.



Patience is the ability  
to let your light shine  
after your fuse has blown.

## News from the Yards

Congratulations to Eric Frahm and his fiancé. They became engaged in November and are planning a summer wedding.

The Brainerd Yard had the pleasure of ringing the bells for the Salvation Army at Christmas again this year. Pictured are Denise Wilkins & Scott Kneeland.



Look at those smiles. They say they can hardly wait to do it again next year.

Congratulations to Brian Knettel & wife Nancy on the birth of their 4<sup>th</sup> child, Isabelle, born in December. She joins brothers, Griffin & Conner, and sister, McKenna at home.

## 10 Tips for Preventing Diabetes

As the population ages, becomes more sedentary and overweight, the chances of you or someone in your family developing Diabetes increases. This disease can often be prevented, or at least controlled by following the suggestions below.

10. Get more activity, at least 30 minutes per day most days of the week.
9. Eat 3 meals every day.
8. Eat more vegetables, Shoot for 2 to 3 cups per day.
7. Eat whole fruits. Try to limit the amount of juice you consume.
6. Try to limit snacks to less than 150 calories.
5. Make half of your plate vegetables.
4. Have 3 servings of low-fat dairy products every day.
3. Bake, broil or grill nearly all of your foods. Avoid frying.
2. When you use oil, use the healthy oils, (olive, peanut or canola oils).
1. Watch less than 2 hours of TV a day.

Diabetes is a serious disease with severe complications. Practicing simple healthy lifestyle choices can save your life, years of pain, and expensive medical treatment.

## and more News!

Paul Nylin traveled to Texas to visit family over the Christmas Holiday. Upon his return, he & wife Bonnie decided since all their family was in Texas, they would move there too. Crosslake says they will miss Paul but wish him well in this new endeavor.

They also want to extend a warm welcome to Dan Boyer who has returned as a driver for the Crosslake yard.

Congratulations to Steve Schmitz who became the proud daddy of Emma Jean born on December 20<sup>th</sup>. Emma weighed 6lbs 6oz and was 19 ¾" long at birth. We wish the family well.

Congratulations also to Tony & Kim Borka. Chloe Rae Borka arrived at 5:15pm on December 23<sup>rd</sup> weighing 7lbs 4oz. She was 20 ½" long. She joins big sister, Riley at home

Roxanne spent a lovely week long vacation in Mexico swimming in the surf and sunning on the beach, but is happy to return to work.

Congratulations to Melissa Murphy who became engaged over the Christmas holiday and is busy planning a wedding for sometime in 2008.

Kim Wieneke of The Design Team and Logan Green (Monticello Yard) spent a week vacationing in Las Vegas the end of January. They enjoyed the weather but said that the week went by too fast and they wish that they could have stayed longer.

## Benefits Notice

### Medical/Dental changes may be coming!

We are in the process of reviewing our current dental and medical coverages. Although we've worked very hard over the past five years to keep our rates steady, both carriers, Principal and Medica, respectively, have come to us with a very high increase in our premiums. As always, we will conduct a very thorough analysis and make the best decision for both the company and our valued employees. I anticipate a resolution in the coming weeks.

Glenn Carnahan, Controller

The best years are when the kids are old enough to help shovel snow, but too young to drive.

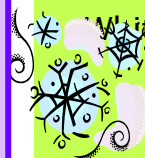


## Season of Beauty



Looking through the window  
Upon this blustery day  
I see the touch of winter  
In all its great array.

Deserted nests in treetops  
Are topt with snowy lids.  
And a frosty snowman's standing  
In a sea of snow- white drifts.



White clouds that match the snowfall  
Are blown by gusty winds  
And tiny snowflakes find a roost  
On trees with leafless limbs.

Looking through the window  
Into the sun-filled day  
I see the art of winter  
Majestically displayed.  
Remember Winter?



## and more News!

Greg Roberts reports that the St Cloud Yard held their 2<sup>nd</sup> annual "Old Man Winter" Cribbage Tournament with 24 entrants playing during breaks over the course of a month. The competition was fierce for this double elimination tournament. Wayne B was looking to repeat last year but was knocked off in the loser's bracket. First place trophy and award went to Dennis "Tiny" Lenz, who triumphed over 2<sup>nd</sup> place winner Greg "G-Money" Roberts. A disheartening 3<sup>rd</sup> place position was won by Don "Big Lew" Lewandowski. Good fun was had by all as the month of January sailed by. They are looking forward to next year's Tournament.

Linda Boie (Properties) is traveling to Cancun Mexico the middle of February for a week of sun and fun. She says if you want her to bring back some hot Mexican sunshine you need to put your order in right away.

A reminder to Simonson Lumber Outside Salespeople that the Annual Sales & Awards Meeting will be held on Tuesday February 20. If you have questions call Linda or Rick Hunt.

*Those that roll up their sleeves  
seldom lose their shirts*

Fran Knutson is Simonson Lumber's new Payroll Administrator. If you have questions that need to be addressed to her, please call her at Simonson Properties (320-252-9385) ext. 11 and she will be happy to assist you.

## Hypothermia..

### Killer of the Unprepared.

Hypothermia is a major cause of outdoor injury & death. Dressing appropriately is the best prevention. Recognizing early signs and symptoms, and then knowing how to treat hypothermia in the field, are the best ways to minimize its effects.

Usually your body maintains a healthy temperature. When exposed to cold temperatures or cool damp environment for prolonged periods, the body's control mechanisms may fail to keep your body temperature normal. Hypothermia results when more heat is lost than your body can generate. The elderly, infants & young children are especially at risk.

Symptoms include:

- Shivering
- Cold pale skin
- Slurred speech
- Loss of coordination
- Abnormally slow breathing
- Fatigue, lethargy &/or apathy

These symptoms may develop slowly and the person may be unaware of his loss of mental acuity & physical ability.

**To care for a victim of hypothermia:**

- ✓ Dial 911 or Emergency Assistance
- ✓ Move the person out of the cold
- ✓ Remove wet clothing & replace with warm dry coverings.
- ✓ Don't apply direct heat. Apply warm compresses to the neck, chest wall &