



## The birds and the bees – and the trees!

by Joe Zeleznik, NDSU Extension Forester

A few years ago, I picked up beekeeping as a hobby. To be honest, I'm not a very good beekeeper. Mostly, the bees keep themselves.

The honeybees, along with myriad native insects and even a few bird species, are critical partners in helping trees reproduce. In general, the trees produce a sweet nectar for the animal, while the animal moves around pollen for the plants.

And sometimes the insect will take some of the protein-rich pollen for its own use. It's nature's own win-win situation.

Trees with showy flowers are primarily insect-pollinated. The chokecherries and juneberries in my yard are a classic example of this setup. But there are others.

The first showy-flowered shrubs I see each year are the forsythias. They have bright yellow flowers, and I saw some blooming just a few days ago. I also saw some dandelions at the same time.

My favorite tree-flower is from the northern catalpa,

a tree native to the eastern U.S. Catalpa has clusters of large, multicolored, trumpet-shaped flowers. These are primarily pollinated by bumblebees and, surprisingly, moths.

Northern catalpa trees do well in the southern third of North Dakota but might struggle as we move further north. They need a protected site and could likely use some supplemental water to perform best.

While insects do a great job pollinating trees and other plants, some tree species pollinate best by simply using the wind.

American elm is one of the first trees to flower in the spring, and it's wind-pollinated. Our native boxelder, willows and aspens are close behind. Some have been blooming for two weeks, and the elms are already producing seeds.

One group that flowers a little bit later are the spruce trees. The tiny pink-purple cones are produced at the branch tips, even before

the tree starts growing new leaves.

The big challenge with wind-pollinated trees? All that pollen in the air can be tough on some people, and I'm one of them (ironically, I'm actually allergic to cottonwood pollen).

The result of all this activity is fruit – the plant reproduces and can spread its genes via the next generation. While we can eat the chokecherries and juneberries, I wouldn't recommend trying the catalpa fruit. It's a long, bean-shaped pod with thin, papery, winged seeds.

In all this discussion of the birds and the bees, the birds have been mostly left out so far.

Yes, there are several examples of birds pollinating trees and other plants, though they're usually specialists. In our own yard, the ruby-throated hummingbirds love our Dropmore Scarlet honeysuckle vine.

Okay, that's not a tree. But its flowers, and the hummingbirds, are beautiful!

## HISTORY OF NEW ROCKFORD

K.C. Gardner, Jr. • Drayton, ND • NRHS Class of 1962



Around 8:15 p.m. on Jan. 9, 1909, Miss Christina "Christine" Mattson, 60, passed away. She had left the "Fatherland" (Sweden) in 1880 and in 1885 [sic, 1884] came to New Rockford, where she had resided ever since. Her funeral was in the Congregational Church, which was "packed," on January 12, Rev. J.R. Beebe presiding. Interment was in the cemetery north of town. She was survived by her sister Mrs. Andrew Johnson and her family and a brother and sister in Sweden. Rev. Beebe read a poem during the service which began "Such beautiful, beautiful hands"; the "Transcript" editor wrote, "The tired hands are folded, the dear eyes closed ... ." He also said that her death was "a loss felt in every family." Further, "never a hungry mortal was turned away from her doors ... ." [She opened the Hotel Mattson on Nov. 22, 1894, on what is today (2026) the empty lot south across Central Avenue from the American Legion building. She could be considered as the pioneer businesswoman in New Rockford. Her large granite tombstone on a rough granite base in Prairie Home Cemetery has carvings of leaves in the top two corners and is inscribed, "MATTSON" with the following below it: "CHRISTINA MATTSON BORN SEPT. 15, 1848 DIED JAN. 9, 1909 AT REST IN HEAVEN." There is also a small, difficult-to-read, granite stone with the initials "C.M."]

On January 9, Fred Anderson, who had worked as a bookkeeper at the Farmers & Merchants Bank for a few months [since November 20], left for his home southwest of town near Barlow, planning to resume his position in the spring.

On Sunday, Jan. 10, Lewis Mortenson [Mortensen], Rudolph Indergaard, E.T. Halaas, and a group of land seekers from the McHenry, Cooperstown and other areas left for the Rio Grande region. At 7:30 p.m., Prof. R.R. George of Chicago presented a gospel song service and a short travel talk on the

Holy Land at the Methodist Church.

On January 11, Mrs. Virgil Gilmore returned from Wadena, Minn., where she had been called by the death of her mother. Mrs. J.T. Syftestad left to see "Healer Till"; she returned on January 14. Edwin Wiltsie went to St. Paul to take a course in music and art.

On January 12, H.W. Glade arrived from Dawson, N.D., to manage the Powers Lumber Yard after the resignation of M.R. Fritz. At noon, Misses Mable Porter and Eliza Nunn of Sheyenne disembarked from the southbound passenger train to visit and take the northbound afternoon train home; however, they were a little late getting to the station and due to the slippery conditions hampering their run for the rear platform of the departing train, they had to stay overnight with friends. Mr. and Mrs. George J. Schwoebel left for the Twin Cities, where Mrs. Schwoebel would undergo medical treatment in a hospital. Roland Marriage left for St. Paul to take a business course. That evening, the All-Star Musical Comedy Co. appeared at the Opera House; the "Transcript" said they provided "a delightful evening of mirth and music."

On January 13, Miss Cora Eggelton of Barlow died of typhoid fever. George F. Fahrer became the owner of the Dowkes meat market, purchasing it from James Dowkes on Jan. 12, 1909; the business was on Chicago Street North (now 8th Street North) where the Do It Best Hardware is located (2026). That evening, the AOUW (Workmen) Lodge met and were pleasantly surprised by the ladies of the Degree of Honor, who appeared incognito, dressed in sheets and pillowcases and bringing "an elegant lunch."

On January 14, at the meeting of the stockholders of the Farmers & Merchants Bank, the members of the board of directors were re-elected (Dr. Charles MacLachlan, John F. Goss, Jakob Allmaras, Anton Haas, A.R. Johns, E.R. Davidson,

with the exception of A.D. Tomlinson, who was replaced by E.E. Forbes). Officers re-elected were Dr. Charles MacLachlan, president; Jacob Allmaras, first vice president; and Anton Haas, second vice president [who may have been elected, not re-elected].

The Jan. 15, 1909, "Transcript" stated that Miss Georgia Hersey had resigned as the delivery clerk at the post office and on January 11 had accepted a position as assistant saleslady at Rodenberg & Schwoebel; the work had become too strenuous for Miss Elizabeth Barry.

Mr. and Mrs. Andrew W. Johnson and family had a Card of Thanks to their friends for their sympathy and aid during the illness and death of their "beloved one" (Christina Mattson).

Wanted-Good milch cow at Fahrer's Meat Market.

Peter Schaefer, the recent victim of a bad fall, was recuperating at the Hotel Mattson. Alvin Keime reported that his sister Vera Keime was recovering from an appendectomy. [Vera Keime and Elmer E. Boslough had been married on Sept. 1, 1908, and were living in Dickinson.]

On Sunday, Jan. 17, services at the Congregational Church began 15 minutes early (at 10:45 a.m.), so that the reports of all officers and societies could be received and officers elected.

On the evening of January 18, North Dakota native and world champion speed skater Norval Baptie gave a skating demonstration of speed and skill at the New Rockford Skating Rink, despite the ice being "in very poor condition." Overcoming the poor ice, Baptie's performance was "a marvel." Upon request, he gave another exhibition the next morning. While in New Rockford, he stayed with an old schoolmate, John Blais. The paper listed four of his outdoor records and three of his indoor records. "Has never been defeated."

From January 18-20, Veterinary Surgeon C.H. Babcock attended the meeting of state veterinarians in Fargo.



## Savvy Senior

by Jim Miller

### The letter your loved ones will treasure

Dear Savvy Senior,

I want to leave something meaningful for my children and grandchildren, beyond just money or property. I've heard about "legacy letters," but I don't really know what they are or how to start one. Can you help?

Legacy Seeker

Dear Seeker,

You're asking a wonderful question. A legacy letter – sometimes called an ethical will – is a personal note to your loved ones where you can share your values, life lessons, cherished memories, hopes and guidance. Unlike a traditional will, which focuses on legal matters, a legacy letter comes straight from the heart.

#### Why write one?

Many people think a legacy is just money or property. But often, it's your words, values and life lessons that leave the deepest mark. A legacy letter gives your family something to hold on to – your stories, your traditions and the experiences that shaped who you are. Children and grandchildren often return to these letters for comfort, guidance or inspiration long after you're gone. In many ways, it becomes an emotional last will and testament, answering some of the most important questions about your life.

A legacy letter can also help explain the "why" behind your estate plan in a personal, thoughtful way. While a will handles the legal and financial details, a legacy letter adds context – why you made certain decisions or what you hope your loved ones will do with what you leave behind. That added perspective can ease misunderstandings, strengthen family connections and leave a lasting sense of closeness.

#### Getting started

Take a moment to reflect on what matters most to you. Consider asking yourself:

- What values or principles have guided my life?
- What moments or experiences am I most grateful for?
- What mistakes or regrets taught me the most?
- How do I hope to be remembered by my loved ones?
- What lessons, advice or guidance do I want to leave for my family?
- Which family traditions, stories or dreams do I want future generations to carry forward?

Keep it personal and sincere. You can write one letter or several for different family members. Most letters run one to three pages, though there's no strict rule.

If you'd like a little guidance as you get started, Trust & Will has a free legacy letter writing guide with step-by-

step prompts to help you organize your thoughts and begin writing. You can find it at [trustandwill.com/learn/legacy-letter-writing-guide](http://trustandwill.com/learn/legacy-letter-writing-guide).

If writing isn't your thing, consider creating a legacy video. Speak directly to your loved ones, sharing stories, guidance and heartfelt reflections. Most smartphones now record high-quality video and sound, making it easy to create, store and share. A video captures your voice, expressions and surroundings in a way that a letter simply can't.

#### Storing and sharing

Keep letters or videos in a safe, easy-to-find spot. Physical letters can go in a secure file, safe or with your attorney, while digital files can be backed up to the cloud or an external drive. You can share them now or wait until later, after you're gone. Be sure to include instructions in your will so family members know where to find them.

When it comes down to it, a legacy letter or video is truly the heart behind your will. It gives you the chance to share your values, tell your stories and even explain the intentions behind your estate plan, leaving your loved ones with words that will matter long after you are gone. Written with generosity, empathy and positivity, a few thoughtful pages or a short video can create an emotional imprint that money alone cannot provide.

Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

## Public Notice

### ANALYSIS OF THE STATEWIDE MEASURES APPEARING ON THE ELECTION BALLOT JUNE 9, 2026

The following analysis is for the measure appearing on the statewide Primary Election ballot on June 9, 2026. This publication is required by section 16.1-01-07 of the North Dakota Century Code to enable voters to become familiar with the effect of proposed measures. The full text of each measure is available on the Office of the Secretary of State's website at [vote.nd.gov](http://vote.nd.gov) or by requesting a copy from the Elections Division at 701-328-4146, or from the office of any County Auditor.

In addition, as required by section 16.1-01-17 of the North Dakota Century Code, a copy of the Legislative Council's report on the estimated fiscal impact of initiated Measures No. 1 is available on the Office of the Secretary of State's website at [vote.nd.gov](http://vote.nd.gov), by phone at 701-328-4146, by email at [soselect@nd.gov](mailto:soselect@nd.gov), or by letter to Secretary of State, 600 E Boulevard Avenue Dept 108, Bismarck ND 58505-0500.

**Analysis of Initiated Constitutional Measure No. 1 (Senate Concurrent Resolution No. 4007, 2025 Session Laws, Ch. 615)**

Initiated Constitutional Measure No. 1 was placed on the

ballot by action of the 2025 North Dakota Legislative Assembly with passage of Senate Concurrent Resolution No. 4007 (2025 Session Laws, Chapter 610). If approved, this constitutional measure would amend and reenact section 9 of article III and section 16 of article IV of the Constitution of North Dakota, relating to requiring each resolution adopted by the legislative assembly proposing a constitutional amendment and each initiative petition and measure proposing a constitutional amendment be comprised of a single subject. The proposed amendment would require constitutional amendments to be limited to one subject. The Secretary of State shall not approve an initiative petition for circulation if the Secretary determines that the proposed amendment comprises more than one subject. Additionally, the legislative assembly is required to limit proposed amendments to the constitution to one subject.

The estimated fiscal impact of this measure is none.

Voting "YES" means you approve the measure summarized above. Voting "NO" means you reject the measure summarized above.

**Published May 11 & 18, 2026**

**ADVERTISEMENT FOR BIDS**  
Notice is hereby given that sealed bids for roof replacement

of approximately 7,400 square feet will be received in the New Rockford-Sheyenne District Office, 437 1st Ave N, New Rockford, ND 58356 until May 26th at 10:00 am. All bids received after the scheduled time will be returned to the bidder unopened.

A copy of the bid document including specifications can be requested by emailing [dave.skogen@k12.nd.us](mailto:dave.skogen@k12.nd.us), or by calling Dave at (701) 947-5036.

Each bid shall be enclosed in a sealed envelope upon which there is disclosed and necessary information as required by the Bid Document. Please mark "BID Roof Replacement" on the envelope.

The Owner reserves the right to hold all legitimate bids for a period of thirty (30) days after the date fixed for the opening thereof. The Owner further reserves the right to reject any and all bids and waive irregularities. The Owner shall incur no legal liability for the payment of monies until the contract is awarded and approved by the proper authorities.

Dated this 5th day of May, 2026

Dave Skogen  
Business Manager  
New Rockford-Sheyenne School  
District #2  
437 1st Ave N  
New Rockford, ND 58356  
**Published May 11,  
18 & 25, 2026**

## Within our Walls

by Amber Kruse, Informatics RN & Mental Health Fair Coordinator  
CHI St. Alexius Health Carrington

### As normal as the flu: a new vision for mental health

May marks Mental Health Awareness Month, a crucial time to spotlight the profound impact of mental health conditions not only on our nation but

our community. Each year, approximately 44 million American adults experience a serious mental health condition, and yet less than half will seek treatment due to stigma and discrimination.

Among our youth, the situation is equally concerning: 1 in 7 United States youth aged 6-17 experiences a mental health disorder annually. By the age of 14, 50% of all lifetime mental illnesses emerge, and by age 24, 75%.

This highlights the harsh reality that suicide tragically stands as the second leading cause of death among individuals aged 10-24 in our country.

These statistics serve as a call to action to help our area by highlighting mental health awareness, providing resources of support, understanding and critical starting points to important conversations.

Our team at CHI St. Alexius Health Carrington is excited to host the third annual Mental Health Fair and Community Picnic on

Wednesday, May 13 from 5-7 p.m. at the Carrington City Park, in collaboration with our valued partners: Carrington Area Healthy Communities Coalition, Foster County Public Health, Carrington Public School, Advance In Recovery, Flatland Psychiatry and Open Prairie Health.

The evening for all will include a complimentary free-will meal, inflatables, mini-golf, a chance to test your aim at the dunk tank and over 20 insightful educational booths related to mental health.

There will be numerous chances to win fantastic door prizes, ensuring a fun filled evening for all ages. Our slogan is "Be Kind to Your Mind," a purpose we are very passionate about.

We started the Mental Health Fair with one goal in mind: to shine a light on mental health and chip away at the stigma

that often prevents people from seeking help. We want everyone to feel seen, understood and to know exactly where they can turn for support without feeling ashamed or afraid.

While this event introduces vital resources, our vision extends further.

Our goal is to create a "ripple effect" that resonates throughout our community long after the Mental Health Fair. This effect is created by having these conversations, starting at home, strengthening our workplaces and continuing in our daily lives.

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the support they need. Mental Health Matters!

Going to a mental health professional when you're feeling sad or overwhelmed should be as normal as going to the doctor when you have the flu. It's time we take care of more than just our physical health.

Please join us on May 13, a night of hope, connection and the collective power needed to turn this ripple into a wave of lasting change.

