



French lettuce is great for Dakota gardens

by Tom Kalb, NDSU Extension Horticulturist

France is famous for many things – the Eiffel Tower, the Louvre, wine and croissants among them.

But the French can also be proud of being the home of tremendous lettuce.

Batavia lettuce, also called French Crisp and Summer Crisp lettuce, is mild, sweet and crispy. It's absolutely delicious. C'est magnifique!

Batavia lettuce is preferred by chefs for its texture and flavor. The leaves of Batavia lettuce are crisper compared to leaf lettuce but not as hard and crunchy as iceberg lettuce. This texture is perfect for salads and sandwiches. Batavia lettuce has much more flavor than iceberg lettuce.

Batavia lettuce is preferred by gardeners because it is easy to grow. While most lettuce varieties turn bitter and go to seed in summer, Batavia lettuce keeps producing. Batavia lettuce tolerates the heat and rarely turns bitter. It's amazing! You may be enjoying salads all summer long.

I was introduced to Batavia lettuce while living in Taiwan, where the summers are scorching hot. Your body gets drenched with sweat all day, and then the temperature cools down to only 80 degrees Fahrenheit at night. That's 24/7 heat. My air conditioner was one of my best friends!

My organization, the World Vegetable Center, recommended the Batavia variety called Sierra for tropical countries. It could take the heat better than I could.

Newer, better Batavia varieties are available today. The most heat-tolerant Batavia lettuce today is Muir. It has slightly ruffled, bright green leaves that loosely form into



Batavia lettuce is delicious and easy to grow. Pixabay photo.

a head. Gardeners in North Dakota highly recommend it.

Other great Batavia varieties recommended by North Dakota gardeners include Nevada, Albachiarra and Fusion. For those who like some red color in the leaves, Magenta, Chrystal, Pablo and Sierra will delight your eyes and your taste buds.

This brings us to an important point when selecting lettuce varieties: look for varieties that can tolerate heat.

Besides the Batavia varieties, Buttercrunch is an heirloom that tolerates heat. Seed of this butterhead type is sold at every garden center.

If you prefer leaf lettuce, Bergam's Green, Starfighter and Tropicana are widely available. Red Salad Bowl and New Red Fire are popular red-leaf types.

I originally thought romaine lettuce was difficult to grow, but it isn't. Our team of gardeners likes Green Forest, Bluerock and Sunland for their flavor, crisp texture and tolerance to heat.

Whatever lettuce seed you grow, you can extend the harvest in summer by keeping the

plants cool. Plant your lettuce in a location where it is out of the afternoon sun. It helps to use straw mulch or a shade cloth cover in summer, too.

Lettuce seeds can be directly sown into the garden in early May. You can start your seeds indoors three to four weeks earlier and transplant the young plants into your garden.

Where can you get these varieties? Do a Google search and seed companies that sell the varieties will pop up. Some of these varieties may be at your local garden center, too.

North Dakota State University is inviting gardeners to test promising lettuce varieties, including Batavia varieties, in their gardens. To place an order or to find more information, visit ndsu.ag/gardentrials-26.

A fresh salad from the garden is wonderful. You can make that happen this summer by selecting a Batavia variety. Au revoir.

For more information about gardening, contact your local NDSU Extension agent.

HISTORY OF NEW ROCKFORD

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



A report on Nov. 27, 1908, showed the following: The First State Bank of Hamar, E.A. Lindstrom, cashier, had resources (assets) of \$15,183.25. Checking accounts amounted to \$5,552.60.

On November 28, pioneer blacksmith J.A. McCrum made final proof on a quarter near Tiffany. That evening, moving pictures were shown in Tiffany Hall.

On Sunday, Nov. 29, Rev. N. Reutenik of the German Reformed Church baptized May Lillie, daughter of Mr. and Mrs. John Wenz, and Evalyn Henrietta Mary, daughter of Mr. and Mrs. Dick Bohmbach, at the Wenz home, after which the mothers served a dinner.

On November 30, a blizzard struck the area. Andrew Walde, who lived on the Renfrew farm 2 1/2 miles north of town, went after some cattle that had strayed. Going with the storm, he stopped at the Horace Courtmanche farm about 10:30 a.m. to warm up. He indicated he would head east to the railroad and if he didn't find the animals, he would follow the tracks to New Rockford. Despite Courtmanche's pleas not to go out, he left. When he failed to return home, a search party was organized and found his body on December 2 about 400 feet south of the wagon crossing 1 1/2 miles north of town. Apparently, he had been walking the tracks, oblivious to the approach of the southbound passenger train which struck him. His left leg was broken in two places below the knee, and his left arm was broken above the elbow. From the evidence of the body, some observers surmised he may have lived several hours, but being unable to move, had frozen to death. However, on December 3, County Coroner Dr. W.W. Bartley held an inquest with a coroner's jury composed of John Von Almen, C.J. Stickney and O.G. Cooling and reached

the verdict that after the train struck Walde, death was instantaneous or came within a short duration. He was 27, single and had a brother named John and a sister in Eddy County. His gray gravestone in Prairie Home Cemetery has a carved arch and two gates swinging open, with a bird flying just above them. It reads, "ANDREW WALDE BORN DEC. 18, 1880 DIED NOV. 30, 1908." It rests upon a gray base that reads "WALDE." In turn, that base sits on a light-colored stone.

Before the blizzard, Peter Crane, who had been in the Tiffany area in Eddy County 25 years, started out after some cattle, but the storm caught him. He located a haystack and wormed his way into it, emerging unscathed the next day. The only casualty was the peace of mind of his worried family.

The blizzard chased Mr. and Mrs. George Kline, recent arrivals from Indiana, back to the Hoosier State until the spring.

On December 1, a daughter was born to Mr. and Mrs. Herman Hallquist. Mrs. Fred Wilson returned from Jamestown, where she had undergone treatment for her eyes.

On December 2, V.D. Heston arrived from Overly, N.D. and took over the management of the North Dakota Lumberyard from L.E. Weaver, who, along with his family, was moving to Judith Gap, Mont. At noon, George S. Everson and Eunice May Hobbs, both of Tiffany, were married at the home of her parents, Mr. and Mrs. James Hobbs, three miles south of Tiffany, by Rev. J.R. Beebe. There were 40 guests and numerous presents, including a \$150 check from her father. After the ceremony, there was "a bountiful dinner." After December 10, the couple would be at home on their Tiffany farm. Fred Davies left to live on his claim near Marmarth, N.D. Harry Sinclair went to Fargo for medical treat-

ments. Julius Gimble, who had resigned his position at the J.M. Mulvey Hardware, left with his family for a winter at French, Minn. That evening, the following were elected as Degree of Honor officers: Mrs. W.C. Beardsley, Chief of Honor; Mrs. W.C. Schwoebel, Lady of Honor; Mrs. C.J. Stickney, Chief of Ceremonies; Mrs. A.G. Gardner, Financier; Miss Etta Schwoebel, Treasurer; Miss Anna Haas, Recorder; Mrs. J.W. Rager, Conductor; Mrs. William Bucklin, Inside Watch; Mrs. A.H. Crawford, Outside Watch; Mrs. A.D. Tomlinson, Trustee; Mrs. David Henry, Representative; Mrs. A.G. Gardner, Alternate.

On December 3, Charles Lyman left for Alameda [sic, Almena], Wisc., where he hoped to have treatment for his hearing problem by "a noted healer"; he and his wife returned on December 9. He was hopeful that the treatment would prove effective.

The Dec. 4, 1908, "Transcript" stated that Mrs. W.M. Hotchkiss was heading a committee to collect books for the Public Reading Room. C.H. Babcock had a full set of the "Encyclopedia Britannica," new, for sale at less than half price.

Miss Celestia Kellington was attending Valley City Normal.

Thomas Quam was just recovering from a 10-day siege of appendicitis; the "Transcript" remarked, "better cut it out."

Mr. and Mrs. Toller Huff and family had moved to Long Beach, Calif., and were living near Mr. and Mrs. Charles Clure. Mr. and Mrs. William Koehler left for their new home at McKenzie, N.D.; they had been married the previous week west of town.

The previous week, James A. Manly moved the house from his farm west of New Rockford into town on lots near the creamery and was having it remodeled.

Public Notice

RESOLUTION
WHEREAS, Flickertail Wind, LLC submitted an application for certain amendments ("Amendment Application") to the Eddy County ("County") Zoning Ordinance ("Ordinance").

WHEREAS, after review of the Amendment Application, certain additional amendments to the Ordinance were proposed ("Additional Amendments").

WHEREAS, on February 9, 2026, the Eddy County Zoning Commission ("Zoning Commission") held a special meeting at which they scheduled a public hearing on the Amendment Application and the Additional Amendments.

WHEREAS, on March 6, 2026, the Zoning Commission and the County Board of County Commissioners ("County Commission") held a joint special meeting at which they conducted a joint public hearing on the Amendment Application and the Additional Amendments.

WHEREAS, at the March 6, 2026 special meeting, following the public hearing, the Zoning Commission recommended approval and adoption of the amendments attached as Exhibit A ("Amendments").

WHEREAS, at the March 6, 2026 special meeting, following receipt of the Zoning Commission's recommendation, the County Commission considered the information presented and the recommendation of the Zoning Commission.

WHEREAS, all requirements of North Dakota Century Code Chapter 11-33 and the Ordinance have been satisfied.

NOW, THEREFORE, BE IT RESOLVED by the County Commission as follows:

1. That the Amendments in Exhibit A are approved and adopted.
2. That the Ordinance is hereby amended as set forth in the Amendments in Exhibit A.

Dated this 10th day of March, 2026.

APPROVED BY EDDY COUNTY BOARD OF COUNTY COMMISSIONERS

By: Dave Gehrtz, Chair
Eddy County Board of County Commissioners

ATTEST
By: Becki Schumacher,
Eddy County Auditor

The motion to approve the foregoing resolution was made by County Commissioner Jamie Allmaras and seconded by County

Commissioner Dave Gehrtz and upon a vote being taken thereon:

The following voted YEA: Dave Gehrtz and Jamie Allmaras.

The following abstained from voting: Glenda Collier.

Whereupon the Chair declared the resolution adopted this 10th day of March, 2026.

STATE OF NORTH DAKOTA)
) ss.
COUNTY OF EDDY)

I, Becki Schumacher, County Auditor in and for the County of Eddy, State of North Dakota, as Secretary of the Eddy County Commission, do hereby certify that the attached document is a true and correct original of the addition to the Eddy County Zoning Ordinance which was adopted by the Eddy County Commission on the 10th day of March, 2026.

Witness my hand and official seal of Eddy County, North Dakota, this 10th day of March, 2026.

Date of First Publication: March 16, 2026

Exhibit A is available for review with the County Auditor and Recorder during normal business hours and on County's Website.

Becki Schumacher
Published April 6 & 13, 2026

The North Dakota Game & Fish Department announces the following summary of regulations and changes for the 2026-2028 fishing proclamation.

HOOK AND LINE, BOW (ARCHERY), SPEAR AND UNDERWATER SPEARFISHING

Hook and line, bow, spear and underwater spearfishing is legal from Apr. 1 - Mar. 31 of each fishing year. See proclamation for species legal to take.

DARKHOUSE SPEAR AND BOW (ARCHERY) FISHING

Darkhouse spear and bow fishing is legal from ice up through Mar. 15 of each fishing year.

PADDLEFISH SNAGGING

Paddlefish snagging is legal May 1 through May 21 of each fishing year, in certain areas of the Missouri and Yellowstone rivers. Snaggers must possess a valid tag. Snagging paddlefish shall be legal only from 7 am to 7 pm (Central Time) each day. Snaggers must immediately release all paddlefish on Snag and Release Days and immediately tag their one paddlefish on Harvest Days.

SUMMARY OF CHANGES FOR 2026-2028

- Allows for the use of white sucker as legal live baitfish on the Missouri River System, Lake Audubon, Devils Lake and Stump Lake.
- Allows for the harvest of chinook salmon with the reinstitution of a snagging season. Also, allows for the harvest of salmon with archery and spearing equipment during the new snagging season.
- The requirement to register before participating in darkhouse spearfishing is eliminated.
- The white bass daily and possession limits are increased to 30 and 60, respectively.
- Paddlefish tags are available for purchase online and at the Bismarck, Dickinson and Williston offices from 8 am-5 pm., Monday through Friday. Online purchases should accommodate for appropriate delivery time.

EXCEPTIONS TO STATEWIDE FISHING LIMITS

Red and Bois De Sioux Rivers up to the first vehicular bridge or crossing on any of their tributaries	NORTHERN PIKE - Daily 3, Possession 3 WALLEYE, SAUGER, SAUGEYE, OR COMBINATION - Daily 3, Possession 3
McDowell Dam	ALL SPECIES - Catch & release only while ice fishing.
OWLS Dam	ALL SPECIES - Catch & release only.
State Fair Pond	ALL SPECIES - Catch & release only from April 1-July 31.

Species	Daily Limit	Possession Limit
Walleye, Sauger, Saugeye, or Combination ^a	5	10
Northern Pike	5	10
Yellow Perch	20	40
White Bass	30	60
Bluegill	10	20
Crappie	10	20
Trout	3	6
Salmon	5	10
Burbot (Ling)	10	20
Channel Catfish	East of ND Highway 1 ^b West of ND Highway 1	5 5 20
Largemouth Bass, Smallmouth Bass or Combination		
Muskellunge (pure or hybrid)	1	1
Paddlefish (legal snagging only)		See proclamation
Nongame Fish (Other than legal live baitfish)	no limit	no limit
Legal Live Baitfish ^c	150	150
Leeches	300	300
Smelt	5 gallons	5 gallons
Frogs	50	50
Salamanders	50	50
Crayfish	50	50
Snapping Turtle ^d		One annually

^a-Zander are included as part of the walleye, sauger, saugeye combination in Spiritwood and Alkali lakes (Stutsman Co.).
^b-In the Red and Bois de Sioux rivers, the limit is 5 catfish regardless of the number of state or provincial licenses purchased by the angler.
^c-Aggregate of all legal species (see Section 4 of proclamation).
^d-Only one snapping turtle may be harvested with hook and line equipment between July 1 through November 15 of each fishing year.

FREE FISHING DAYS Residents of North Dakota may fish without a resident fishing license on Jun. 6-7, 2026, Dec. 26-27, 2026, Jun. 5-6, 2027 and Dec. 26-27, 2027.

A complete 2026-2028 Fishing Proclamation listing all regulations is available from the North Dakota Game and Fish Department, 100 North Bismarck Expressway, Bismarck, ND 58501-5095. (701) 328-6300.

Savvy Senior



by Jim Miller

Where to get help with Medicare decisions

Dear Savvy Senior,
I'll be 65 in a few months and could sure use some help sorting through all the confusing Medicare options that are available to me. Where can I get help with my Medicare decisions?

Baffled Bob

Dear Bob,

With around 11,400 Baby Boomers turning 65 every day in 2026, you're asking a very timely question.

Many people approaching Medicare are confused by all the choices available today. In addition to original Medicare (Part A and B) that has been around for more than 60 years, you also have the option of enrolling in a Part D prescription drug plan, and a supplemental (Medigap) policy – both of which are sold by private insurance companies.

Another option is a Medicare Advantage plan. These plans, also offered by private insurers, bundle hospital coverage, medical care, prescription drugs, and often extra benefits like vision, dental and hearing into one policy. Most operate as HMOs or PPOs and require you to receive care within a defined network of providers in your area.

Medicare Advantage plans have also faced increased scrutiny in recent years over prior-authorization requirements that can delay or deny certain services.

To help you determine which path makes the most sense for your situation,

there are several reliable resources available, depending on how much assistance you need.

Tools and resources

A good starting point is the "Medicare & You" handbook, which provides a clear overview of the program and your options. You can download a copy at medicare.gov/medicare-and-you, and you should receive a printed version in the mail about a month before your 65th birthday. The Medicare website also features a helpful "Find a Medicare Plan" tool at medicare.gov/plan-compare that allows you to compare health plans, prescription drug coverage and supplemental policies available in your area. If you prefer to speak with someone directly, call Medicare at 800-633-4227, and a representative can walk you through your options over the phone.

Another excellent free resource is your State Health Insurance Assistance Program (SHIP), which provides unbiased Medicare counseling either in person or by phone. To locate your local SHIP office, visit shiphelp.org or call 877-839-2675.

You can also contact the Medicare Rights Center (medicarerights.org) at 800-333-4114 for help with specific questions.

In addition, HealthMetrix Research publishes a free Cost Share Report at medicarenewswatch.com that compares Medicare Advantage plans by area based on cost-sharing and

health status.

Get help

If you'd like more hands-on help, you can work with a Medicare insurance agent.

Keep in mind that agents are paid commissions by insurance companies, so it's important to choose an independent agent who represents multiple insurers – not just one. That gives you access to a broader range of options.

Also understand that commissions are typically higher for Medicare Advantage plans than for Medigap and Part D policies used with Original Medicare. As a result, some agents may have a financial incentive to recommend Advantage coverage. That doesn't mean the advice is wrong, but it's wise to ask questions and understand all your choices before enrolling.

You can search for licensed agents through nabip.org, the website of the National Association of Benefits and Insurance Professionals.

Taking the time now to compare your options carefully can help you avoid costly mistakes and give you confidence in the coverage you choose.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

- Weekly Crossword - Answers from March 30

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