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## HANGAR-

He said he's working with local contractors including Frueh Construction of Harvey, as well as Rue Excavating and Yri Electric of New Rockford.

Though not yet complete, the erection of Thomes' hangar marks the first time anything has stood at Tomlinson Field since a 2018 wind storm destroyed any existing infrastructure.

The airfield itself fell into disrepair in the years that followed, until the New Rockford City Commission decided to do a full reclamation of the airfield with the help of a \$1.6 million grant from the North Dakota Aeronautics Commission.

## SURVEY-

bers also participated in the survey, and their feedback was almost unanimously positive when asked how they feel about their respective classrooms and student relationships.

When asked if they believe their curriculum is based on high expectations and prepares learners for their next levels, 96% said they agree or strongly agree. The other 4% said they disagree.

All of the participating staff members agreed that they "provide a challenging learning environment that enables all students to meet their maximum potential."

Community members, meanwhile, were asked questions about the school district's role in the wider community.

Only eight community members responded to the survey, and 75% of them said they agree or strongly agree that the school has a positive role in their community. The other 25% said they disagree.

All eight community members said they agree or strongly agree that the school involves the community in its events.

The full survey results are available on the transcript's website at [www.newrockfordtranscript.com](http://www.newrockfordtranscript.com).

Also during the school board's regular meeting on Monday, the board received the results of their fiscal year 2025 audit by Widmer Roel, an accounting firm out of Fargo.

Heath Erickson, a senior audit manager with Widmer Roel, presented the report on Monday and said the audit was a successful one.

"I'm glad to be able to say that it's an unmodified opinion, which means it's a clean opinion," said Erickson. "... that's always what we like to see."

He went on to thank NR-S Business Manager Dave Skogen for his cooperation throughout the audit process.

NR-S Board President Todd Allmaras also commented to say the school appears to be in decent shape given the results of the audit.

"I feel that we're obviously in a good spot right now ... given the fact that we are a smaller organization with minimal staff," he said.

"I definitely agree," re-

sponded Erickson.

With that, the audit report from Widmer Roel was approved unanimously by the board.

The school board's next regular meeting is scheduled for 7 p.m. on Monday, June 15.

## LARSON-

Larson said that being on the road is one of her favorite parts of the job.

"The residents enjoy it and I enjoy it," she said. "A lot of residents don't get out much, and I really like being the one that gets to take them out and enjoy the sunshine and the scenery."

Originally from western Montana, Larson moved to North Dakota when she was around 20 years old, and has now been working at the LHGS for a decade.

Her recognition as May's Employee of the Month just so happens to coincide with National Skilled Nursing Care Week, which was observed at LHGS May 4-8.

Do you know someone like Billie Larson who takes pride in their work and shows genuine care and concern for others? Nominations for Employee of the Month are always open. Employee of the Month is a program sponsored by the New Rockford Area Chamber of Commerce to recognize local people for customer service excellence.

Send written nominations to P.O. Box 67, New Rockford, N.D. 58356 or email [newrockfordchamber@gmail.com](mailto:newrockfordchamber@gmail.com). There is also a form on the Chamber's Facebook page that can be filled out online.

## CLINIC-

itioner who has worked within a system, Ystaas has felt limited by time constraints, productivity expectations and administrative pressures.

That's why she went down a different path.

"I chose the Direct Primary Care model because I wanted to practice medicine the way I was trained to - by focusing on the patient, not the system."

At James River Family Medicine, there's no deductibles, co-pays or pre-authorizations for routine visits - just a simple monthly membership fee with the goal of building direct, one-on-one relationships between provider and patient.

Patients can reach her directly, schedule visits when they need them, and feel like they actually have a provider who knows them.

Ystaas said that for many people - especially those with high-deductible insurance plans - pairing insurance with a DPC membership can help reduce out-of-pocket costs for everyday healthcare needs and minimize unnecessary urgent care or emergency room visits.

"It's not meant to replace the entire healthcare system," she said. "It works really well alongside insurance, especially for routine and ongoing care, while insurance can still be used for larger or unexpected

medical needs."

For example, the membership model covers all routine visits, whether it's for an annual physical exam or to assess symptoms related to an infection, and any labs are billed to insurance. Imaging and specialist referrals are billed to insurance by those providers.

Patients who don't have insurance receive the same personalized, consistent care, with a predictable monthly membership fee and easy access to their care provider. For lab work, cash pricing is available and provided up front.

All routine visits, including annual physical examinations and well-child visits, are covered through the membership. There is a one-time enrollment fee of \$100, and patients make a minimum six-month commitment when joining the practice to establish care, review medical history and develop a personalized care plan.

One-time visits are available for \$125, and sports physicals and DOT exams are also billed separately from the membership.

James River Family Medicine is one of the first rural DPC clinics in North Dakota. Resurgent Health in Fargo was the first one to open in the state, and currently there are only two others, one each in Bismarck and Buffalo.

Ystaas' practice is considered a "hybrid" clinic, because she plans to accept Medicare. Once she receives her credentials, patients with Medicare will be billed the same as they are anywhere else. However, she does not bill commercial insurance or Medicaid for routine visits covered under the membership.

James River Family Medicine is open for in-person appointments Mondays and Wednesdays from 9 a.m. to 5 p.m. Telehealth is available by appointment outside those hours.

For more information on James River Family Medicine and the DPC model, go to [www.jamesriverfamilymedicine.com](http://www.jamesriverfamilymedicine.com). There you'll find detailed information and answers to many questions to help determine if Direct Primary Care is the right choice for you and your family.

A native of Sheyenne, Liza Ystaas is a board-certified Family Nurse Practitioner licensed in both North Dakota and Colorado.

Before becoming a nurse practitioner, Liza worked as a Registered Nurse for 15 years. She went on to earn her Master of Science in Nursing from the University of North Dakota and became board certified in 2020.

She has practiced in Fort Totten and with Dakota Regional Medical Center, caring for patients of all ages and addressing a wide range of medical concerns, from preventive care to chronic disease management.

### The Clarity Shift

In addition to owning and operating James River Family Medicine, Ystaas also runs a separate business,

The Clarity Shift, where she provides personalized care to help women navigate perimenopause. She is a woman's coach, clinician and consultant, integrating medicine, mindset and lifestyle to support lasting change.

She recently completed a continuing education course to become a Certified Menopause Coaching Specialist.

"This work has grown from what I have seen over and over again in my 20-plus years working in healthcare - smart, capable women feeling dismissed, confused and disconnected from their bodies during midlife," Ystaas said. "Symptoms were brushed off as 'normal,' questions went unanswered, and too many women were left thinking they just had to push through. I knew there had to be a better way."

Through The Clarity Shift, Ystaas shows women how to work with their body, nervous system and real life - not against it. More information is available online at [www.clarityshiftwellness.com](http://www.clarityshiftwellness.com). She also shares her vision and philosophy on Facebook, Instagram and Tiktok.

## BRANTFORD-

No. 1 (Eddy Co. 1) to the top of their priority list.

Eddy Co. 1 has been second on the county's priority list for as long as the Brantford Road has been first, and Weber said that it too is suffering from an aging surface.

About 20 miles in length, Eddy Co. 1 is the road that connects Warwick to Sheyenne and Highway 281 to Highway 20. It's also used as a bus route by multiple school districts and sits partially on the Spirit Lake Reservation.

By comparison, Collier said the Brantford Road is used almost entirely by local farmers. The town of Brantford itself no longer has a working grain elevator, a school or any local businesses which once generated more traffic.

Commissioners seemed to agree that Eddy Co. 1 would stand a better chance if the county can demonstrate its importance to farmers, nearby communities and local school districts.

"There's a lot more traffic on it and we could probably get a letter of support from the Spirit Lake Tribe," said Collier. "That alone would be a big plus."

As for the Brantford Road, Collier said the increasing safety risk means Eddy County can't just leave it alone.

The commission did not make a final decision regarding either road at their regular meeting in May, but commissioners seemed to be on the same page about the path forward.

"We can't just sit here, we need to move on to our next project that's crumbling too," said Collier.

## Community Calendar

**BLOOD SUGAR/BLOOD PRESSURE CHECKS AND MORE** on Tuesday, May 19 from 12-1 p.m. at Sheyenne Senior Center and 2-3 p.m. at Central Pharmacy in New Rockford.

**NEW ROCKFORD COMMUNITY BLOOD DRIVE** on Thursday, May 21 from 11:45 a.m.-6 p.m. at St. John's Catholic Church. Book your appointment today at [donors.vitalant.org](http://donors.vitalant.org). 57 donors are needed.

**NR-S GRADUATION CEREMONY** on Sunday, May 24 at 2 p.m. in the NR-S gymnasium.

**FISHING DERBY** on Saturday, June 6 from 9 a.m. to 12 noon at the New Rockford City Park. Lunch served by New Rockford Lions Club.

**MAY ITEM OF THE MONTH** at the Eddy County Hunger Free Food Pantry is boxed meal options. Donations can be dropped off at First Lutheran Church, 436 1st Ave. N., New Rockford.

**BINGO** at Ostby Hall in Sheyenne every Saturday at 7 p.m.

**EDDY CO. VETERAN SERVICE OFFICER** Same day appointments available. Please call 701-302-8087.

**RELAX & RETREAT MASSAGE** offers massage therapy through VA Community Care Program. For more information, call 701-302-0325.

**TOPS 370** is a weight loss support group. Meetings are on Mondays at 5 p.m. at First Lutheran Church in New Rockford. For more information call 701-947-2138.

**COMMUNITY AMBULANCE SERVICE BOARD** meets the second Monday of each month at 7 p.m. at the Ambulance Hall, New Rockford.

**LAKE REGION SURVIVORS OF SUICIDE** support group meets on the second Tuesday of each month at 7 p.m. in the Community Room of North Star Community Credit Union, Devils Lake. For info call Theresa at 701-662-4790.

**FOOT CARE CLINIC** every third Wednesday of the month at Eddy County Public Health. Call 701-947-5311 for appointments. Cost is \$30.

**EDDY-NEW ROCKFORD LIBRARY BOARD** meets on the fourth Wednesday of the month at 5 p.m.

**NEW ROCKFORD POST OFFICE** has a new phone number, 701-505-8842. The office is open 9-11 a.m. and 12:30-4 p.m. Monday through Friday.

**SHEYENNE POST OFFICE** also has a new phone number, 701-404-1149. Open 8 a.m. to 12 p.m. Monday - Friday.

Please contact the Transcript at [nrtranscript@gmail.com](mailto:nrtranscript@gmail.com) or (701) 947-2417 to have your event notices listed.

### NORTH DAKOTA DEPARTMENT OF WATER RESOURCES PUBLIC NOTICE OF PRELIMINARY FINDING AND OPPORTUNITY TO PROVIDE COMMENT ON THE NAVIGABILITY OF THE FOLLOWING NORTH DAKOTA WATERS: BOIS DE SIOUX RIVER, MISSOURI RIVER, MOUSE RIVER, RED RIVER, UPPER DES LACS LAKE, AND YELLOWSTONE RIVER

The North Dakota Department of Water Resources (Department) hereby provides notice that pursuant to North Dakota Century Code (N.D.C.C.) § 61-33-05.1(2) it is soliciting public comment on the preliminary navigability findings (made under N.D.C.C. § 61-33-05.1(1)) of the following North Dakota waters (Waters):

- Bois De Sioux River
- Missouri River
- Mouse River
- Red River of the North
- Upper Des Lacs Lake
- Yellowstone River

#### 1. Mailing and E-Mail addresses where public comments may be sent

North Dakota Department of Water Resources  
C/O Regulatory Division  
1200 Memorial Highway  
Bismarck, ND 58504  
[sovereignlands@nd.gov](mailto:sovereignlands@nd.gov)

#### 2. Body of Water(s) for Finding of Navigability

The Department solicited a study of the Waters for their potential for being used for commerce, or susceptible for being used for commerce, in their condition at the time North Dakota became a state (1889). Below is a summary of the preliminary navigability findings.

##### Bois De Sioux River

All portions of the Bois De Sioux River within the state of North Dakota.

##### Missouri River

All portions of the Missouri River within the state of North Dakota.

##### Mouse River

All portions of the Mouse River within the state of North Dakota.

##### Red River of the North

All portions of the Red River of the North within the state of North Dakota.

##### Upper Des Lacs Lake

All portions of Upper Des Lacs Lake within the state of North Dakota.

##### Yellowstone River

All portions of the Yellowstone River within the state of North Dakota.

#### 3. Public Hearing

The Department will conduct a public hearing at 9 AM on July 14, 2026, at the Lewis & Clark Room No. 238 at the Bank of North Dakota (1200 Memorial Highway, Bismarck, ND 58504). A virtual option will also be available at [www.dwr.nd.gov](http://www.dwr.nd.gov).

Each of the Waters will get at least 15 minutes and up to an hour of public comment, with a break from 12 PM to 1 PM central for lunch. Each waterbody will have a hearing open and closed in the order presented in this notice. If no members of the public in-person or virtual provide comment within a 15-minute period, the hearing for that particular waterbody will be closed and the next waterbody comment hearing will be opened.

#### 4. Public Hearing Purpose

The purpose of the public hearing is to provide the public with an opportunity to provide comment to the Department on the draft determinations of navigability prior to making a final determination of navigability. The Department welcomes all comments that will aid in the Department's final determination of navigability on all segments of the Waters under consideration.

If a waterbody is determined to be navigable, the area within the ordinary high water mark of the navigable water body is held in trust by the State of North Dakota for the people of North Dakota.

#### 5. Availability of Preliminary Finding Documentation

The Department's preliminary finding of navigability for the Waters are available on the Department's website at [www.dwr.nd.gov](http://www.dwr.nd.gov).

Dated the 11th of May, 2026  
North Dakota Department of Water Resources  
Reice Haase, Director



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### SERVICES

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## Graduation Open House

honoring Rikka Gudmunson

Saturday, May 23  
6:00-8:00 p.m.

St John's Parish Hall  
116 1st Ave. N.  
New Rockford

Come celebrate the  
grad with us!

