

### 'COMMUNITY' CON'T FROM PAGE 1

"I like to be able to talk to people and help them," Mattice said. "There are people who go into this profession who don't have a great deal of compassion. I felt I wanted to be the person that does."

Mattice said that because the county office is 45 minutes away, there are ordinances the city needs to enforce. When someone needs help in the middle of the night, he can be there when needed.

"Nobody needs a cop until they really need one," Mattice said. "People call for help at 3 a.m. in the morning knowing someone will be there. If someone calls me, I am going to do my best to respond unless I am out of the area and unable to."

He said for a small-town community next to the interstate which often has an influx of contractors throughout the year and truck drivers during beet harvest, there are many different people coming into the city of Drayton.

"A lot of people don't realize how much I deal with," Mattice said. "It is amazing how many people come into town."

In addition to his law enforcement duties, Mattice tries to bring his loyal companion, a three-legged German Shepherd named Freeway to the school several days a week, as well as to the Drayton Senior Center once a week to visit and greet students and community members. Freeway was certified in April of 2025 and rides with Mattice whenever he is on duty.

"The companionship is great to have and he just loves everyone," Mattice said. "He seems to cheer people up. He is a very loving dog. I find when I get to a situation that isn't the best, where children are involved, they can pet and play with him. His presence is enough to keep people calm instead of acting out."

Mattice said he loves the Drayton community because it is a community that takes care of each other. He said people work together and that is an unbelievably important aspect to witness.

"The community pulls together and

does fundraisers for people who are struggling," Mattice said. "People look out for each other here."

Mattice married his wife Jamie on Dec. 31, 2022. Jamie worked for Altru Clinic in Drayton for 29 years before taking a job at Kittson Healthcare in Karistad, Minn., as a Radiation Safety Officer. They currently live in rural Drayton and have seven children and two grandchildren.

"Ian truly cares about the people of this community and I believe it shows. He takes pride in serving Drayton," Jamie said. "Whether someone needs help, support, or simply someone to listen, he is always there with a genuine heart. Even when he is off duty, he often takes calls and makes the time to listen to whoever is on the other end. His kindness, dedication, and compassion for others are what make him so respected and appreciated by the people he serves."

According to City Clerk Sonia Misialek, whose mother was a deputy sheriff, Mattice has the right temperament for the Drayton community. She said a large population comes into town throughout the year, people from all

over the country and it is important to have a police department.

"If you don't have a police department and a municipal court, you can't enforce ordinances and they are important to the city," Misialek said. "For towns that don't have law enforcement, it becomes quite a process. It is one thing that is extremely important for a small town."

Drayton Mayor Chip Olson said Mattice is the perfect small town police officer because he understands people and small towns. He is extremely helpful on many levels.

"If we didn't have a city cop, the closest law enforcement would have to come from Cavalier and that takes precious time," Olson said. "In an emergency, that is a lifetime."

Olson said Mattice knows everyone and even though he has the look of authority, he smiles and has a generous spirit. Because of that, people love him.

"He keeps us all safe and that is the most important thing," Olson said.

Mattice said he does his best to be

### 'PREVENTION' CON'T FROM PAGE 1

somebody in the immediate family, they are going to be equipped with the skills to ask the questions, to figure out what's going on and to help people before they put that suicidal idea in their minds."

Local religious leaders, healthcare professionals, or other community leaders are also prime candidates for such training, practitioners say, as is increasing telehealth penetration or one-on-one house calls.

More focus on setting a self-care regimen - regular exercise, a healthy diet, lower alcohol consumption, adequate sleep - would be ideal, but juggling all that is difficult for men with high-pressure professions.

For farmers, whose jobs require long hours where they are making decisions all day, coupled with weather fluctuations and a packed but variable family schedule, finding that time daily can be difficult to impossible.

### Successful interventions

Markegard said she's seen success in some of the couples' retreat programs for farmers in several locations across the state.

"It's really fantastic for building connections because we've found farmers, or rural guys, don't like

to talk about all this, even with their wives," Markegard said. "The couples' retreats really get them communicating, and communicating appropriately, and it's not just them but they're with other couples who have the same types of experiences."

Florence Becot, a rural sociologist at Penn State who focuses on rural mental health challenges, said another aspect of the pressure on farmers is the sense that communities aren't what they once were.

"There's this sense that there's been a dismantling of rural communities and people are mourning that," Becot said. "I think that has really come up in our interviews, and in a survey that we did over the winter of 1,700 farmers, that sense of a loss of what we had, a sense that we don't have neighbors like we used to."

That increases the importance of interventions around creating community, creating third spaces, and other opportunities for farmers or veterans to decompress outside of their grinding day-to-day work that doesn't necessarily involve a local bar, those in the space say.

Other initiatives, such as the Black Box Project, spearheaded by the national group Stop Soldier

Suicide, have involved families who are the victims of suicide attempts to prevent it from happening to others.

The project allows researchers working with the families to scour the digital history of a suicide victim from phones and computers to try to find out why the person got to a crisis point in the first place.

First started with veterans, the group is looking at extending this to other high-risk groups.

Keith Hotle, CEO of Stop Veteran Suicide, who also worked as a senior public health administrator at the Wyoming Department of Health for 10 years, said the program is helping build interventions before a person gets to a crisis point.

"When we go back and look at what that digital private life was like the three months before they died, we see these spikes in risk factors, it's very much like an EKG, it spikes up and down," Hotle said.

This includes increases in sleep disturbances, people living a very different digital life compared to what they're presenting in real life, and a gradual withdrawal from their normal connectivity to friends and family in the weeks and months before their death, he said.

Teaching people how to have conversations with those who are struggling is one of the most

helpful aspects, Hotle said.

"Ultimately, the best gatekeepers are those who live within the home," Hotle said.

For the wider community, thinking about the unique aspects each area has is something to create connectivity and build support around, he said.

"That's not just an escape valve, but it builds that infrastructure of connectivity," Hotle said.

Locally, the North Dakota HHS is currently rolling out more suicide prevention support and training for rural healthcare providers, with a \$400,000 grant from the Rural Health Transformation Program that it hopes can make more inroads.

While the award has not yet been granted, the organization selected will work with rural and tribal healthcare providers to coordinate training, technical assistance and standardize screening.

This will include more routine screenings by clinical healthcare providers, strengthening referral protocols and standardizing follow-up procedures following attempted suicides.

Editor's note: If you or someone you know is struggling with thoughts of self-harm or suicide, call the National Suicide Prevention Lifeline at 988 or contact the Crisis Text Line by texting TALK to 741741.

present at various community events to show his support and also tries to educate people through his work as the Chief of Police. He is grateful to be an essential part of the community and will continue to be there for people when needed.

"I love the community of Drayton," Mattice said. "It has been a true honor to serve this community through the years."

80055	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
Wysh Life And Health Insurance Company In the state of Wisconsin	
Total Assets	21,983,772
Total Liabilities	9,082,272
Aggregate write-ins for special surplus funds	202,838
Common Capital Stock	2,500,000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	80,003,359
Unassigned Funds	(69,804,697)
Total Capital and Surplus	12,901,500
Total Liabilities, Capital And Surplus	21,983,772
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
Total Life and Annuity Premiums	5352
Written Total Life and Annuity Direct Losses	0
Paid Total Accident and Health Direct Premiums Written	0
Total Accident and Health Direct Losses	0
Paid	
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the Company in this office.	
IN TESTIMONY WHEREOF, I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of March, A.D. 2026 (SEAL).	
<b>JON GODFREAD</b> Commissioner of Insurance	
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
<b>COMPANY'S CERTIFICATE OF AUTHORITY</b>	
WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2025 conformable to the requirements of the laws of this State regarding the business of insurance and WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,	
<b>NOW THEREFORE, I, JON GODFREAD,</b> Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2027.	
IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of March, A.D., 2026 (SEAL)	
<b>JON GODFREAD</b> Commissioner of Insurance	

60052	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
Humana Benefit Plan Of Illinois, Inc. In the state of Illinois	
Total Assets	1167710233
Total Liabilities	675634044
Aggregate write-ins for special surplus funds	0
Common Capital Stock	2500000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	367528084
Unassigned Funds	122048106
Total Capital and Surplus	482076190
Total Liabilities, Capital And Surplus	1167710234
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
<b>ACCIDENT &amp; HEALTH</b>	
Total Premiums	1690591
Earned	
Total Amount Incurred	1968726
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of March, A.D., 2026 (SEAL)	
<b>JON GODFREAD</b> Commissioner of Insurance	

60518	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
American Health And Life Insurance Company In the state of TX	
Total Assets	998278732
Total Liabilities	790566450
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3000000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	03709100
Unassigned Funds	174003183
Total Capital and Surplus	207712283
Total Liabilities, Capital And Surplus	998278733
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
Total Life and Annuity Premiums	419538
Written Total Life and Annuity Direct Losses	443240
Paid Total Accident and Health Direct Premiums Written	639350
Total Accident and Health Direct Losses	225799
Paid	
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of March, A.D., 2026 (SEAL)	
<b>JON GODFREAD</b> Commissioner of Insurance	

60984	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
CompBenefits Insurance Company In the state of Texas	
Total Assets	153858548
Total Liabilities	133562121
Aggregate write-ins for special surplus funds	0
Common Capital Stock	2004000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	140346567
Unassigned Funds	-122054138
Total Capital and Surplus	20296429
Total Liabilities, Capital And Surplus	153858550
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
<b>ACCIDENT &amp; HEALTH</b>	
Total Premiums	25383
Earned	
Total Amount Incurred	32632
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>JON GODFREAD</b> Commissioner of Insurance	

61700	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
Renaissance Life & Health Insurance Company In the state of Wisconsin	
Total Assets	129,913,083
Total Liabilities	80,664,601
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3,000,000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	23,376,765
Unassigned Funds	22,871,717
Total Capital and Surplus	49,248,482
Total Liabilities, Capital And Surplus	129,913,083
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
Total Life and Annuity Premiums	0
Written Total Life and Annuity Direct Losses	0
Paid Total Accident and Health Direct Premiums Written	24,264
Total Accident and Health Direct Losses	16,885
Paid	
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>JON GODFREAD</b> Commissioner of Insurance	

70580	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
HumanaDental Insurance Company In the state of Wisconsin	
Total Assets	152118879
Total Liabilities	75678973
Aggregate write-ins for special surplus funds	0
Common Capital Stock	2600000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	57674680
Unassigned Funds	16165226
Total Capital and Surplus	76439906
Total Liabilities, Capital And Surplus	152118879
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
<b>ACCIDENT &amp; HEALTH</b>	
Total Premiums	3885
Earned	
Total Amount Incurred	2185
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>JON GODFREAD</b> Commissioner of Insurance	

73288	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
Humana Insurance Company In the state of Kentucky	
Total Assets	13048917023
Total Liabilities	6470702934
Aggregate write-ins for special surplus funds	0
Common Capital Stock	8833336
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	4165092362
Unassigned Funds	2404288391
Total Capital and Surplus	6578214089
Total Liabilities, Capital And Surplus	13048917023
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2025</b>	
<b>ACCIDENT &amp; HEALTH</b>	
Total Premiums	54173651
Earned	
Total Amount Incurred	41430323
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	
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<b>JON GODFREAD</b> Commissioner of Insurance	

76236	
<b>ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2025</b>	
of the	
Cincinnati Life Insurance Company In the state of OH	
Total Assets	5409717397
Total Liabilities	4786926863
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3000000
Preferred Capital Stock	0
Aggregate Write-ins for Other Than Special Surplus Funds	0
Gross Paid in and Contributed Surplus	1000000
Unassigned Funds	618790534
Total Capital and Surplus	6227905