

Thanksgiving weekend travel tips

Thanksgiving is consistently one of the busiest travel holidays of the year. In fact, AAA indicates that, in the United States, it may be the most traveled of all the holidays, with record numbers of both drivers and air travelers. In 2024, nearly 80 million Americans were expected to travel over Thanksgiving weekend. The Wednesday before Thanksgiving is a particularly busy day on the roads, but high volumes continue throughout the weekend.

A high demand for travel during this time of year means individuals wanting to see friends or family for Thanksgiving should plan accordingly. These tips, courtesy of AAA and the Transportation Safety Administration (TSA), can make Thanksgiving travel go more smoothly.

- **Book flights early.** If you are able, secure flights early in the day and use personal time off from work to fly in to a destination at the beginning of the week. The propensity for flights to be delayed or canceled increases as the day and week goes on. An early departure may increase the chances of a flight leaving on time. Also, the TSA reports that the Tuesday and Wednesday before Thanksgiving, as well as the Sunday after, are the busiest days for Thanksgiving air travel. Choosing an alternative day to fly may mean smaller crowds and less stress.
- **Consider TSA PreCheck®.** TSA PreCheck is a paid program that enables you to get through security lines faster. Interested parties must verify their identities through a third-party service that handles PreCheck applications, and await confirmation of approval. A TSA PreCheck membership lasts for five years. This membership offers consistent time savings at the airport with dedicated PreCheck lanes, and the benefit of keeping items like laptops and liquids in your bag.
- **Consider traveling by train.** If Amtrak services your



destination, taking the train may be the least stressful way to travel over Thanksgiving. In addition to not having to navigate roadways or sit in traffic, you won't face security screening like you will at the airport. Once on the train, there is Wi-Fi, nice views and efficient travel. Trips booked in advance are more affordable than booking closer to the holiday.

- **Pack light.** Avoiding the baggage carousel can shave much time off of travel. Plus, there's no risk of luggage getting diverted or not making it to your final destination. A carry-on bag is the way to go for ease, particularly if you must get on a different flight if the original one is delayed or canceled.
- **Service your car.** If road travel is planned for Thanksgiving, make sure your car is in good condition for a road trip. Be up-to-date on oil changes, make sure the tires are properly inflated and double-check your emergency preparedness kit prior to leaving. It also may be a good idea to invest in AAA benefits, which afford extra peace of mind in the event of a breakdown as well as savings on travel-related expenses, such as lodging.
- **Pack your patience.** In addition to your holiday essentials, it is wise to also pack some patience this Thanksgiving travel season. Leave extra time so you're not racing to your destination and can calmly contend with people also looking to get home for the holidays.

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What aging drivers can do to improve their driving skills

Motor vehicles have come a long way since the days of the Model T. Safety features in particular have undergone significant enhancements over the last several decades. Improvements in airbags, structural modifications like crumple zones and technological features like automatic emergency braking have helped to make modern vehicles far safer than the cars and trucks of yesteryear.

While there's no denying that modern vehicles are safer than ever, the human element remains an unpredictable variable. Even in an era marked by vehicles with greatly enhanced safety features, distracted or impaired drivers can compromise the well-being of everyone on the road.

Age is another variable unique to each driver that merits consideration when considering road safety. The National Institute on Aging notes that certain conditions associated with aging, including increased stiffness of muscles and joints, can make it difficult for seniors to safely operate motor vehicles. Seniors who want to ensure they're safe to drive can take various steps to ensure they are not compromising their own safety or the safety of others when getting behind the wheel.

- **Have your driving skills assessed by a trained professional.** The NIA notes that the American Occupational Therapy Association maintains a database of driving specialists who can help seniors assess their skills behind the wheel. These trained professionals may

assess existing skills and offer advice about how to overcome any issues aging drivers might be having.

- **Take a driving course.** Safe driving courses can help drivers of all ages stay up-to-date on the latest safety protocols and advice on how to drive safely. Modern driving is vastly different than it was when many current seniors became licensed drivers. A safe driving course can refresh drivers' memories about safety protocols, and some may even offer advice on how to navigate modern roadways, which may be marked by distracted drivers and feature vehicles with brighter headlights that can make it more difficult for older drivers to drive at night.
- **Speak with your physicians about your medications.** A recent study from the U.S. Food and Drug Administration found that the average adult age 65 and older now uses roughly four medications. Medications produce side effects that can affect every area of a user's life, including their ability to drive. Those effects might be heightened when taking more than one medication, and interactions also can lead to side effects that might not manifest if individuals were taking just one prescription. Aging drivers can maintain an honest and ongoing dialogue with their physicians to ensure they're aware of the effects their medications might be having on their ability to drive safely. Report any new side effects the moment they appear.

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The benefits of getting a flu shot

Although flu season runs from October to May, a combination of factors during the chilliest months of winter, such as increased time indoors in close proximity to others who may be ill, tends to escalate the rates of flu infection. Also, the Centers for Disease Control and Prevention says cold, dry conditions make it easier for the virus to spread.

Individuals can take different steps to reduce their risk of contracting the flu, which includes frequent handwashing, keeping a distance from others who are sick and eating a healthy diet to help boost the immune system. Getting an annual flu shot is another notable and highly beneficial strategy to beat the flu.

Reduces risk of getting the flu

The primary reason to get a flu shot is to train the body's immune system to recognize and fight off the most common strains of influenza anticipated in a given year. During seasons when the shot is a good match, individuals who get it can reduce their risk of flu contraction by 40 to 60 percent.

Lessens severity of the flu

For those who do get the flu, being vaccinated means the illness is likely to be less severe than it might be for those who are not vaccinated.

Prevents serious conditions

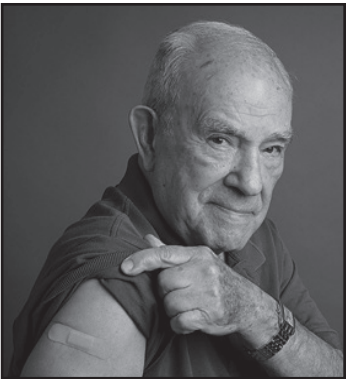
The flu can be dangerous to vulnerable populations, but the virus also can lead to health problems like inflammation of the heart or brain, pneumonia, or the worsening of conditions like asthma and diabetes. By getting the vaccine, one can reduce their risk of these serious outcomes.

Offers protection to pregnant women

Pregnancy increases risks posed by the flu. The flu shot can reduce the chances of flu-related hospitalization for pregnant women. Also, the mother's antibodies to the flu will be passed to the fetus, helping to protect the newborn baby for several months during a time when the infant is too young to be vaccinated.

Protects kids

A flu vaccine can significantly



cantly reduce a child's risk of pediatric intensive care unit admission and even death from the illness.

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MINUTES OF REGULAR MEETING OBERON CITY COUNCIL September 8, 2025

A regular meeting of the Oron City Council was called to order at 7:28 p.m. on Sept. 8, 2025. City council members present: Mayor Faron Stensland, Shawn Trotter, Ellis LaPorte and Kim Krebsbach; and City Auditor Tina Ploium.

Agenda -- Krebsbach made a motion to approve the agenda; LaPorte seconded. All in favor; the motion carried.

August Meeting Minutes -- Krebsbach made a motion to approve the meeting minutes; Trotter seconded the motion. All in favor; the motion carried.

New Business -- Garbage: Why is the city paying for business dumpsters? There are seven total dumpsters in the city and there are two businesses.

Will be sending letters and bills to all residents, including those only here during summer months.

Old Business -- Water resource manager hire.

Auditor Report -- Pay LaPorte for mowing all summer, \$125 per mow.

Bills and Payroll -- Krebsbach made a motion to approve bills and payroll; Trotter seconded the motion. All in favor; the motion carried.

Other Tail Power Co.	\$50.99
Other Tail Power Co.	70.86
Other Tail Power Co.	84.03
Other Tail Power Co.	49.60
Other Tail Power Co.	364.20
ND Telephone Co.	103.06
Waste Management	1,479.49
Central Business	
Systems	54.89
Grand Forks Utility	26.00
Oberon Post Office	106.00
ND Workforce Safety	4.00
Tina Ploium	1,108.20
Total	\$3,501.32

Next meeting is Monday, Oct. 13, 2025 at 6:30 p.m. The meeting adjourned.

Tina Ploium
City Auditor

Faron Stensland
Mayor

Tips to protect your personal financial information

Identity theft is a very real threat in the digital age. While it once was complicated for criminals to collect personal data, such as identification numbers, emails, phone numbers, and more, the connectivity the internet offers can sometimes make stealing information as easy as clicking a button.

In 2024, the Federal Trade Commission fielded more than 1.1 million reports of identity theft. Credit card fraud was the most common crime. Also, 2024 saw the largest data breaches in history, impacting billions of users and subjecting customers to the potential of having personal data exposed and ultimately exploited.

Although there is no foolproof way to keep personal and financial data safe, people can take several steps to safeguard their information.

- **Use strong, unique passwords.** Have several different and complex passwords for each online account to prevent a compromised password from providing access to all of the accounts. People can use a password manager to help create and store these unique passwords. The U.S. Cybersecurity & Infrastructure Security Agency says that strong passwords



should be at least 16 characters; feature a random string of mixed-case letters, numbers and symbols; or comprised of a memorable phrase of four to seven unrelated words, known as a passphrase.

- **Use two-factor authentication.** Enable two-factor authentication (2FA) on all accounts to add an extra layer of security. This second form of verification often comes by the way of a texted or emailed code that must be entered to log into an account.

- **Consider extra security for your credit report.** Individuals can contact the three major credit bureaus and bolster their credit-related security. A fraud alert tells businesses to check with the person before opening a new account to verify if it is really him or her. An initial fraud alert or active duty fraud alert expires in a year, while an extended fraud alert lasts seven years, but requires an FTC identity theft report. A credit freeze is a greater measure of security that keeps others from getting into the credit report at all (with a fraud alert the credit report can still be accessed). That means no one can open a new credit account while the freeze is in place. It must be lifted each time a person wants to open a new account.
- **Protect your identification numbers.** Individuals should not carry a Social Security card in a wallet or give out their Social Security Number (Social Insurance Number in Canada) unnecessarily.

- **Exercise caution on the phone and when answering emails.** Scammers can mislead others by using seemingly legitimate phone numbers or email addresses to solicit information. Always verify the validity of requests before sharing personal information.
- **Regularly check accounts.** People should double-check all financial accounts periodically for suspicious transactions. Each year individuals are able to request and check a free credit report from Experian, TransUnion and Equifax.
- **Use a secured internet connection.** To reduce the risk of data being stolen, only review financial information when utilizing a secured (password locked) internet network.

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ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMINISTRATIVE CODE CHAPTER 75-03-42 AUTHORIZED ELECTRONIC MONITORING

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed amendments to N.D. Admin. Code chapter 75-03-42 relating to authorized electronic recording and documentation at 3:00 p.m. on Friday, December 12, 2025, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operate behavioral health clinics. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, December 22, 2025.

ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing.

Dated this 30th day of October, 2025.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMINISTRATIVE CODE CHAPTER 75-03-21 LICENSING OF FOSTER HOMES FOR ADULTS

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed amendments to N.D. Admin. Code chapter 75-03-21 relating to definitions, application, facility requirements, insurance, general practices, substitute caregiver and respite care provider qualifications, and temporary assistants regarding licensing of foster homes for adults at 12:00 p.m. on Friday, December 12, 2025, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operate behavioral health clinics. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, December 22, 2025.

ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing.

Dated this 31st day of October, 2025.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMIN. CODE CHAPTER 75-02-01.2 TEMPORARY ASSISTANCE FOR NEEDY FAMILIES PROGRAM

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed changes to the N.D. Admin. Code chapter 75-02-01.2 relating to definitions; diversion; transition assistance; decision and notice; monthly review; good cause; eligibility; asset limits and exempt assets; income, unearned income and deductions; reinstatement; benefit computation; essential services; payment; disqualification and sanctions; and the job opportunities and basic skills program for the temporary assistance for needy families program at 9:00 a.m. on Friday, December 12, 2025, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol.

Copies of the proposed rules are available for review at human service zones offices and at the state-operate behavioral health clinics. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, December 22, 2025.

ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing.

Dated this 30th day of October, 2025.

SCHOOL DISTRICT ANNUAL FINANCIAL REPORT FOR PUBLICATION

NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION
OFFICE OF SCHOOL FINANCE AND ORGANIZATION
SFN 7618 (06-08)

TO: COUNTY SUPERINTENDENT OF SCHOOLS OR DESIGNEE

After verification of the items below, please transmit this statement for publication in accordance with NDCC, section 15.1-09-35 to: Name and Address of Official Newspaper of the School District

The publisher is requested to send a copy of the published statement and the bill for publication to:

Name of Business Manager	School District Name and Number	School District Address
	Ft Totten 30 03-030	

	Beginning Fund Balance July 1, 2024	Revenue	Expenditures	Ending Fund Balance June 30, 2025
General Fund	11,463,811.81	3,626,194.74	4,980,718.38	10,109,288.17
Tuition Fund	0.00	0.00	0.00	0.00
Miscellaneous Fund	0.00	0.00	0.00	0.00
General Fund (01)	11,463,811.81	3,626,194.74	4,980,718.38	10,109,288.17

	Beginning Fund Balance July 1, 2024	Revenue	Expenditures	Ending Fund Balance June 30, 2025
Special Reserve Fund Group (02)	0.00	0.00	0.00	0.00
Capital Projects Fund Group (03)	88,319.00	2,000,000.00	0.00	2,088,319.00
Sinking & Interest Fund Group (04)	0.00	0.00	0.00	0.00
Food Service Fund Group (05)	0.00	0.00	0.00	0.00
Student Activities Fund Group (06)	3,325.20	70,504.50	153,081.98	-79,252.28
Trust and Agency/Consortium Fund (07)	0.00	0.00	0.00	0.00

GENERAL INFORMATION CONCERNING SCHOOL DISTRICT DEBT AS OF JUNE 30, 2025			
1. Bonds Outstanding	0.00		
2. Certificates of Indebtedness Outstanding	0.00		
3. Amount Owed to the State School Construction Fund	0.00		
4. TOTAL INDEBTEDNESS OF DISTRICT - Total of lines 1-3			0.00

I do solemnly swear that to the best of my knowledge and belief the information within is a true and correct statement of all revenue and expenditures of the school district.

x Christina Anderson

Signature of School District Business Manager

This report is found correct in every particular and is hereby approved.

x

Signature of School Board President

NOTICE

City of Warwick is seeking

Snow Removal Bids

City of Warwick is requesting bids for snow removal. Submit bids to: City of Warwick, PO Box 826, Devils Lake, ND 58301.

The City of Warwick reserves the right to accept or reject any or all bids.

--Lottie Caldwell, City Auditor