companies that help create thriving communities in North Dakota. They don't all need to be in the oil patch or urban centers. Companies need to be profitable, but they also need to serve North Dakotans, not extract the wealth and send it out of state.

I am glad for the services provided by Costco and Walmart. I appreciate the folks who work there as well. But wouldn't it be better if those earnings were returned to North Dakota residents?

What is missing from the economic development strategies at the State level is an understanding of how to create companies and keep them. The market for food in North Dakota is large. The revenue from all the agricultural commodities sold from Morton County, North Dakota is less than the amount spent for re-

receded, waistline expanded, bankroll depleted, friends departed – who will be remembered for everything but when their mettle was tested, knowledge disputed, intelli-

controversial thoughts, ideas, and illadvised reaction to everything you see happening around you and

gence challenged, integrity ques-Don't kid yourself, Bucko, your

The Legislature established the two subdistricts in 2021. District 4A follows the boundaries of the Fort Berthold Reservation, while District 9A includes the Turtle Mountain Reservation and some surrounding

A three-judge district court panel found in 2023 that the map was constitutional.

The panel wrote that even if the Legislature did look to race when making the map, federal courts have previously found that states may consider race in a "narrowly tailored" capacity when drawing district lines to comply with the Voting Rights Act. Unsatisfied with that decision, the

plaintiffs asked the U.S. Supreme Court to send the lawsuit back to a lower court for further proceedings, or to accept the case. The high court on Monday dis-

missed the appeal of District 9A and affirmed the district court's decision on District 4A. The court did not explain its reasoning.

Robert Harms, an attorney representing the plaintiffs, called the decision disappointing.

"The troubling aspect of this whole case is that the North Dakota Legislature didn't have in front of it any statistical analysis," he said Monday.

The lawsuit was filed by Charles Walen and Paul Henderson, both of whom are former district chairs for the North Dakota Republican Party, Harms said. Walen last year successfully ran as a Republican for a District 4 state Senate seat.

The boundaries of District 9A and District 9B changed for the 2024 election after a federal judge imposed a new map following a separate voting rights lawsuit brought by the Turtle Mountain Band of Chippewa.

The MHA Nation, Finley-DeVille and MHA citizen Cesar Alvarez joined Walen and Henderson's lawsuit on the side of the state, arguing that the Legislature had gathered sufficient evidence to warrant the creation of the subdistricts.

That included testimony from tribal representatives, information

Opportunities -

(Continued from Page 4)

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tail food product by residents.

In the 1950s a large portion of the food bought at retail was generated in North Dakota. Butter, eggs, baked goods, beef, pork, and dairy products. Wedding receptions are now held in what used to be a massive bakery in Bismarck.

Perhaps in addition to passing Senator Mathern's Rural Community Endowment Fund, the legislature could commission a comprehensive study on the future of rural places and investigate strategies that have worked in other locations that have helped them prosper. Small communities that want to survive deserve that help.

(Patrie is a retired planner and economic developer having worked in regional and statewide positions. He is the author of "Creating Co-op Fever" printed by USDA as a service bulletin, and "100 Stories of Hope" a book about his interviews with 100 people in poverty.)

- Everywhere ·

(Continued from Page 4)

around the world aren't necessarily accepted or welcomed by everyone. Words to live by: You could be gone

In the 1970 issue of the Hatton newspaper, I referenced at the start of this personal bit of history revisited, a writer in a letter to the editor congratulated me on my first year at the Free Press. "You do good work. I'm sure you're going places."

Cue the lyrics to "I've been everywhere," thank you.

"I've been to Reno, Chicago, Fargo and Minnesota . . . Hatton, Langdon, Fosston, Rolla, Flagstaff, Phoenix, Saratoga, Grafton, New Town, Watford City, Garrison, Hettinger, Finley, Hillsboro and Harvey. I've been everywhere, man."

Johnny Cash, where are you when I need you.

District 9 –

(Continued from Page 1)

The panel wrote that even if the Legislature did look to race when making the map, federal courts have previously found that states may consider race in a "narrowly tailored" capacity when drawing district lines to comply with the Voting Rights Act.

about the use of subdistricts for Native American reservations in South Dakota and previous redistricting litigation, according to a brief filed by the MHA Nation, Finley-DeVille and

MHA Chairman Mark Fox testified during the redistricting process that candidates favored by Native residents of District 4 had been repeatedly defeated by the district's white majority. The plaintiffs disagreed. In one re-

sponse, they argued that even before the subdistricts were created, voters in District 4 and District 9 were able to elect Native lawmakers to the Legislature, and that therefore the subdistricts are not necessary. The brief cites Rep. Dawn Charging and Sen. Richard Marcellais as two Indigenous lawmakers elected in District 4 and District 9, respectively.

The U.S. Department of Just a December brief advised the the Voting Rights Act when it created Supreme Court against considering

the case. In an unusual move, North

Dakota came out against the district

court's ruling, despite that the court had ruled in the state's favor. In a memo filed this spring, the state said that the Legislature did not rely on race as a predominant factor in the redistricting process, and that the district court was wrong to rule that such behavior would be permissible in any circumstance. The state asked the Supreme Court to send the case back to district court for further pro-

"We said before and we maintain now that race was not the predominant motivator for the redistricting," North Dakota Attorney General Drew Wrigley said Monday.

ceedings.

The Supreme Court has taken up two other voting rights cases challenging a majority-Black district in Louisiana as racial gerrymandering.

In a 2023 voting rights case, Allen v. Milligan, the U.S. Supreme Court ruled 5-4 that Alahama had violated only one majority-Black district, finding that this unlawfully weakened the power of Black voters in the

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How to help a hoarding parent

Dear Savvy Senior,

My dad has always been a pack rat, but since mom died a few years ago he's become more of a hoarder. The clutter in his house has gotten out of control and I don't know what to do. Any suggestions? Distraught in Centerville

Dear Distraught,

Unfortunately, hoarding or clutter addiction is a problem that's become increasingly common in the U.S.

It effects approximately 6 percent of Americans age 65 or older. The problem can range anywhere from moderate messiness to hoarding so severe it may be related to a mental health disorder like obsessive-compulsive disorder. Here's what you should know,

along with some tips and resources that can help you help your dad.

Why People Hoard

The reasons most people hoard is because they have an extreme sentimental attachment to their possessions, or they believe they might need their items at a later date. Hoarding can also be a sign that an older person is depressed, anxious or showing early symptoms of demen-

Common problems for seniors who live in excessive clutter are tripping, falling and breaking a bone; overlooking bills and missing medications that are hidden in the clutsuffering from environmental effects of mold, mildew and dust, and even living among insects and rodents.

What to Do

To help you gauge your dad's problem, the Institute for Challenging Disorganization (ICD) offers a free "Clutter Hoarding Scale" that you can download at ChallengingDisorganization.org.

If you find that your dad has a moderate cluttering problem, there are a number of things you can do to

Start by having a talk with him, expressing your concern for his health and safety, and offering your assistance to help him declutter.

If he takes you up on it, most professional organizers recommend decluttering in small steps. Take one room at a time or even a portion of a room at a time. This will help prevent your dad from getting overwhelmed. Before you start, designate three

piles or boxes for your dad's stuff – one pile is for items he wants to keep-and-put-away, another is the donate pile and the last is the throwaway pile.

You and your dad will need to determine which pile his things belong in as you work. If he struggles with sentimental items that he doesn't

NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.



The reasons most people hoard is because they have an extreme sentimental attachment to their possessions, they believe they might need their items at a later date.

use, suggest he keep only one item for memory sake and donate the rest to family members who will use

You will also need to help him set up a system for organizing the kept items and new possessions. Find Help

If you need some help with the decluttering and organizing, consider hiring a professional organizer who can come to your dad's home to help you prioritize, organize and remove the clutter.

The National Association of Productivity and Organizing Professionals (NAPO.net) and the ICD (ChallengingDisorganization.org) both offer directories on their websites to help you locate a professional in your area.

If your dad has a bigger, more serious hoarding problem (if his daily functioning is impaired, or if he is having financial difficulties, health

problems, or other issues) you'll

need to seek professional help.

Talk therapy and/or antidepressants can help address control issues, anxiety, depression, and other feelings that may underline hoarding tendencies, and make it easier for him to confront his disorder.

To locate help, contact Helping Elders Live Productively (H.E.L.P.). This is a free education, counseling, and referral resource that helps older adults and their families who are experiencing hoarding, by connecting them with legal services, mental health assistance and support groups.

Call 310-533-1996 for a referral or visit Help4srs.org/support-services-for-seniors-who-hoard.

You can also find professional help through the International OCD Foundation, which provides a hoarding center on their website at Hoarding.iocdf.org. And to get help with challenging

cleanup jobs, the biggest provider is Steri-Clean, Inc. (see Hoarders.com or call 800-462-7337), a hoarding cleanup company that has franchises located throughout the country.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.





We would love to assist you with your Social Security Disability Insurance and Supplemental Security Income claims.



The ROLLA AFTER PROM PARTY Committee is happily accepting donations of all kinds for the fun and games planned for this year's party. Monetary donations or gift certificates can be delivered or mailed to Rolla School C/O After Prom at:

Rolla School 201 5th St. NE **Rolla, ND 58367**

Please make checks payable to the Rolla High School After-Prom Party.



Prize donations can be delivered to the Rolla School or prizes can be picked up. Please just text or leave a message with Tiffany Clouse at 370-2208 or Tiffany Bercier at 340-1700.



Public Utilities Commission

P.O. BOX 490 - BELCOURT, NORTH DAKOTA 58316 - OFFICE 477-6159 -FAX 477-8292

PUBLIC NOTICE AND NOTICE OF PUBLIC MEETING

The Turtle Mountain Public Utilities Commission (TMPUC) plans to submit a Rural Utilities Water and Waste Loan/Grant application to USDA Rural Development

THE APPLICATION BEING CONSIDERED WOULD REQUEST:

- \$4.000,000 for Contract 4-5, Belcourt Sewer and Water Improvements Phase 7
- (Water and Sewer)
- \$4,000,000 for TMBC Operational Improvements Phase 3 (Water and Sewer)
- \$4,000,000 for TMBC Operational Improvements Phase 4 (Water and Sewer)

A Public Hearing will be held at 10:30 A.M. on January 27th, 2025 at the TMPUC Conference Room

To obtain views and answer questions related to project economic and environmental impacts, or any other impacts to service areas.