

Opportunities
(Continued from Page 4)

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?

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 tomorrow.

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-DeVile and Alvarez.

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 response, 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 Justice in a December brief advised the 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 proceedings.

"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.

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 Alabama had violated the Voting Rights Act when it created only one majority-Black district, finding that this unlawfully weakened the power of Black voters in the state.

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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



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.

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

It affects 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 dementia.

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 clutter; suffering from the 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 help.

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 throw-away 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

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

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 web-

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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.**

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.

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.

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