Message:
Geography. Starting in the N/E corner, moving in a parallel S/W manner, until a compact District 1 is formed. This will always be the origination of District 1. District 2 would start S of District 1, again moving in. S/W parallel manner. District 3 as well.

In order to maintain a uniform E border, you could create uniform panhandles. For example District 2 could be heavily populated Zone. In order to keep a uniform E border, it could have a panhandle S of District 2, joining with District 1 W border. Additional panhandle could be at the bottom of three, beginning District 4.

You would move from N to South, South to North, North to South, in a serpantine manner. Panhandles would only be used
to incorporate an area below an already drawn District, or in keeping a uniform E border.