

Volleyball DC wins at Region to advance

Page 12

Probe gives window into activity

By Brad Nygaard

An investigation by the North Dakota Bureau of Criminal Investigation (BCI) into the whereabouts of missing money, firearms and files at

the Divide County Sheriff's Department has finished, according to Chief Deputy Jeremy Grohs, who

briefed



Jeremy Grohs

county commissioners on the probe last week.

As well, Grohs alerted commissioners to activities occurring within the courthouse that are prohibited by the county's employment

manual, specifically, consumption of alcohol in the building.

Grohs said the BCI was contacted last spring when he and current Sheriff Zach Schroeder started noticing discrepancies while conducting a departmental inventory – an inventory made difficult by the lack of consistent documentation.

"When we started to run into more issues we had to call the BCI to do an investigation into what they may, or may not find," said Grohs. "We couldn't do the investigation ourselves, since it involved our office.'

Grohs said to the best of his knowledge, the investigation consisted of interviews with a number of individuals formerly employed by, or with access to the sheriff's

department. It also included reviewing hours of surveillance videos recorded within the department. Many of those videos were prescreened by Grohs.

"Getting the BCI in here wasn't immediate," Grohs said. "We needed time to go through the videos and collect anything that we thought might be pertinent, or suspi-

Caught on camera

While review of the videos apparently doesn't show specifically what happened with any firearms, money or other property that turned up missing, Grohs said it does show what may be considered inappropriate behavior.

"We did find that there was definitely alcohol consumption within the sheriff's department," Grohs told

commissioners. "Specifically, the sally port."

The sally port is an enclosed area on the northeast side of the courthouse, adjoining the sheriff's department. Like a garage, it's used for storage, and as an enclosed passage where individuals can be taken into, and away from the court-

Grohs told the commissioners courthouse security cameras recorded "the State's Attorney (Seymour Jordan) actually brought alcohol in," he said. "Lauren (Throntveit), Coby (former deputy Coby Hubble), and a federal game warden were working on Coby's vehicle and drinking in the sallyport. After doing so, Lauren did end up taking

(See PROBE, Page 7)



Brittany Probasco helps a youngster at the concession stand.

Theater seeking help to shore up operating funds

(This is the second of two parts.) **By Cecile Wehrman**

"Do you have 5 more cents?" Brittany Probasco asks a young patron who has selected candy, popcorn and pop ahead of a recent Sunday matinee at the Dakota Theatre.

Seeing the child shrug, Probasco reaches into a drawer by the till and deposits the needed pennies, remarking to no one in particular that it's time to replenish the cup again.

The exchange is just one example of what sets Crosby's nonprofit movie house apart from those in bigger towns.

Real butter for the popcorn, ticket prices – though recently raised – far below the norm, and help for kids whose wants are a little bigger than their wallets, are

Also standard is the need to maintain a large building - heating it, repairing it and keeping the crowds coming to cover operating

For 20 years, the ebb and flow of volunteer management, parttime paid help, patronage and donations have kept the place going. There hasn't been a major fundraising effort since a conversion to digital projection about six years ago.

"This is our first problem since then. Other than the projector (SeeTHEATER, Page 6)

Mexico tragedy touches Stubbs crews

By Cecile Wehrman

The horrific deaths of three mothers and six of their children in the state of Sonora, Mexico, shocked people all over the world, but in northwestern North Dakota the news hits especially hard.

A couple of construction workers dropped their tools and left for Mexico upon hearing the news Monday last week. The surnames of the dead - Langford and Miller - are already familiar with anyone who has hired Stubbs Builders, Crosby.

"Langford's a big family. You have lots of uncles and cousins," said Shannon Stubbs. "And they're all in construc-

Stubbs spent his early years living about four hours from where the deaths occurred. One of the victims, Rhonita "Nita" Miller, is Shannon's cousin's daughter.

Shannon was with Nita's husband, Howard Miller, the joyful day 17 months ago when Howard learned his wife was expecting twins, now also among the dead.

"They were very good, beautiful people," said Shannon, which makes the violence of the deaths all the more difficult to understand.

Family has fueled Stubbs' labor force in Crosby and it is family that brought him to Divide County about eight years ago, when he and his wife, Marlo (Lindsey), decided to launch a construction business.

Jared Langford was the first of his clan to work for Stubbs in North Dakota. Langford's sister, Christina, was also among those gunned down.

Bryce Langford, whose mother, Dawna, and two brothers were killed, was at work framing a new bathroom at Skjermo Lake when he got the news of the deaths last week.

Another worker, Verlan LeBaron, was in Tioga at the time, working with a Stubbs drywall and framing crew on the new Zion Lutheran Church project. Nita Miller is his sister. Along with her 8-month-old twins, two more of her children were also killed.

"All these beautiful people, they passed away," said Shannon, a catch in his voice.

He shares a sentiment of Marlo's - that if these deaths were accidents it would be hard enough to take, "but when they're gunned down, you just



Members of the Stubbs Construction crew on site of a project in Powers Lake, are originally from a town just 15 minutes away from the community of LaMora, pictured below. A member of the framing crew for Zion Lutheran Church, lost a family member in the Nov. 4 attacks.



Tyler Langford, above, holds his daughter, Faith, one of several children who survived the attack on three vehicles. Langford's wife Christina was killed along with two other women and four children, including 8-month-old twins. An event planned in Crosby Friday will take up a collection to benefit the families of the victims.



think, 'There's people who are evil like that?' It really makes it tough and hard

Howard Miller and his dad, Kenny, both worked with the Stubbs crew in Crosby for a time. Kenny's first construction project in Crosby, years ago, was building the new Lighten Up Wellness Center porch. Howard now runs a trucking company in Williston.

Shannon's brother, Starrsky and his family, along with their mother, Larienne Jones, have also made the move to Crosby.

In addition to the direct family ties, Shannon said, unrelated workers from a community 15 minutes from the LaMora community where the Langfords are from - Vavispe/SanMiguel - have become a part of the Crosby community over the past eight years, too.

"They live here, they rent here, their kids go to school here. They are fulltime residents of Crosby," said Shannon, and all are heartsick over the tragedy.

The attack Shannon points to a Facebook post (See STUBBS, Page 7)

County districting process questioned

By Brad Nygaard

Community input is being sought about the idea of eliminating or combining districts for the Divide County Commission.

But there's some conflicting information about the proper way to go about it.

Regardless, a public meeting is set for Thursday, Nov. 21 at the courthouse. At that time, commissioners are expected to outline a proposal that would, in the terms of Commissioner Doug Graupe, "open up" the opportunity for residents to run for election to the commission no matter where they live in the county.

"Maybe bring in someone outside District 2," he said last month.

Graupe's term expires at the end of 2020. He hasn't announced plans to run for the District 2 post he's held since 1982, but has previously stated he wants others to have a chance to run.

In order for residents outside District 2 to be able to run for Graupe's position, districts would have to be eliminated by the end of this year, because candidate petitions are available starting Jan. 1. Potential candidates have to indicate what, if any, district they're running in. Earlier, commissioner's tasked County Attorney Seymour Jordan with research of options.

"You could do it by passing a resolution," Jordan told commissioners last week. "It's a procedural issue."

Jordan cites a section of state law that allows commissioners to combine two or more districts.

That section, under the heading of redistricting says districts may be combined as follows:

■As a result of an attempt to redistrict following a federal census; ■Or if a population shift results in districts having inequalities of more than 10 percent;

■Or if a petition is brought forth by the public.

If the number of districts is reduced, the number of commissioners elected must equal the number of districts combined. That means that if three districts are merged into one, three commissioners must be elected at large.

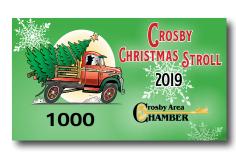
While Jordan told commissioners he had discussed the issue with Aaron Birst, legal council for the North Dakota Association of Counties, Birst told the Journal via email the association is "unaware of counties using that (resolution) method to move to at large districts."

(See DISTRICTING, Page 6)

Vet's song

55-year member of the Crosby Moose Lodge, Ken Unhjem listens to the program, seated next to his wife, Kay, after becoming one of only about 3,000 members worldwide who have obtained the degree of pilgrim. Kay is a highly decorated member of the Women of the Moose, having obtained that organization's highest degree several years ago.





On sale now

Crosby Area Chamber Christmas Stroll tickets are now available for sale at outlets around town. Strollers will match their numbers to prizes during the stroll, Friday and Saturday, Nov. 29-30.

Vet's song

Divide County

High School vocalist Emily Jeglum sings "Hallelujah Veterans Version" during a Veteran's Day program held Monday in Kirchhofer Auditorium. Stan Anderson, not pictured, gave the address.



THEATER: Marquee most visible, but not the top priority

(Continued from Page 1) thing, we haven't done a donation drive since then," said Chrissy Running, a member of the Dakota Theatre management committee.

"Every weekend, there seems to be so much going on," said Ed Retzer, paid staff overseeing day-to-day management with Probasco.

Competing activities, along with a dearth of blockbusters this season, have cut into the theater's operating funds.

"You need the big blockbusters," said Running, to compete with other entertainment options in town and with streaming services at home. "We were doing fine up until this year."

While big films like Midway, Terminator, Frozen II and Maleficent are expected to be good draws in coming weeks, the show hall needs regular patronage to stay healthy.

Previous drives

Declining population and patronage led owner Steve Joraanstad in 1999 to offer the operation to a nonprofit group. Along with initial fundraising of \$75,000 to refurbish the interior – interior painting, sound proofing, a new screen and sound system – along with a major insulation and roof repair project, were just a few of the efforts coming early in the ownership for Meadowlark Arts Council.

A switch to rope lighting on the marquee, later restored to the original neon, and subsequent damage to the marquee by a high-profile vehicle, required still more funds.

An Oscar night party held annually from 2000-2004, a Nickels for Neon campaign, the projector upgrade drive, and occasional sales of old movie posters have pushed community support for the theater well over the \$150,000 mark, not including grants.

At one point, settlement with the insurance company of some Canadians who struck the marquee with their motorhome provided funds not only to repair the marquee, but give a healthy cushion to the

operating account.

Over the years, the theater has been the recipient of Crosby Spirit Funds and grants from the North Dakota Community Foundation (NDCF) as well as smaller donations from local clubs, to name just a few

clubs, to name just a few.
Grants can only go so far,

"Some grant money we do get, it's not a whole lot," said Deb Clemens, arts council president, and it can only be used for certain things – not operating funds.

For instance, a \$5,000 award from the NDCF Greater Needs Fund this fall may only be used for the building.

That money has allowed for bathroom doors to be replaced. Plans are in the works to replace water-damaged carpet in the auditorium and possibly, the lobby. Clemens would like to see the candy counter remodeled to allow workers more room behind the concession stand. There's brick repair needed on the north side of the building where water has impacted the mortar and she is concerned about the furnace.

"I hope it makes it through the winter," she said, since the loss of heat would be devastating, not to mention, expensive.

Meanwhile, the marquee needs attention again, but finding someone to do the job has been difficult and now the work has to wait until warmer weather in the spring – never mind having the money to pay for it

"You're limited. You can only do so many things at once," said Clemens.

Fundraising plans

The arts council isn't only charged with overseeing the maintenance of the theater. In fact, there has always been some tension between the arts council's mission to provide arts programming in the community – from art exhibits to the annual concert series and drama activities for children – and overseeing the health of the theater property.

Though the arts council is run by a volunteer management board, it is the arts council that has the ownership and ultimate responsibility.

"We still own it so you have to upkeep it. You have to maintain it," Clemens said.

After years of getting by and making do with the facility, the needs today grab attention.

"Now they all add up to a big thing," Clemens said.

Which is why, as patrons enter the show hall on a Sunday afternoon, members of the arts council are gathered around a conference table upstairs to talk about needed projects and necessary fundraising, along with regular arts council programming.

Along with Clemens, arts council board members are Kathy Fagerland, Chris Keller, KayCee Lindsey, Wendell Nelson, Suzanne Lamontagne and high school liaison Brynn Oppegaard.

A beacon on Crosby's main street since 1938, "We don't want to lose that nostalgia," said Clemens, but 20 years



Cecile Wehrman -- The Journa

The arts council hopes refurbishment of the theater marquee can be done in the spring, but some interior projects will be done sooner.



after the initial refurbishment, some cosmetic updates may grant approximation grant g

Clemens also wants to update the inventory of movie posters for another round of poster sales.

"That money is going to go back for the operating," Clemens said, and they have more

also be warranted.

grant applications pending.
As well, donations coming

from the arts council's annual membership drive benefit the theater, but Running points out that if funds are not specified for the theater, they may be directed to other arts council projects.

The management board is



Arts council President Deb Clemens, above, meets with board members upstairs while Jenna Nelson serves up concessions for a matinee.

advertising a 20th anniversary fund drive for those wishing to give directly to the theater operations fund at Box 734. People wishing a tax credit for their charitable contribution should direct funds to the arts council, with a notation that the money is for the Dakota Theatre.

REDISTRICTING: County attorney says there is no case law on it

(Continued from Page 1)

Another section of the statute allows elimination, instead of combining districts, but that move has to be initiated by a petition from the public.

In that case, a petition signed by at least 10 percent of the qualified voters who cast ballots for governor in the last general election must be presented, and certified by the county auditor.

A petition triggers the question of dissolving districts being placed on the ballot at the next primary, or general election.

If 60 percent of voters in that election approve, commission districts are immediately dissolved, and as each commissioner's term expires, election occurs at-large.

"There's no case law on it, even though the Century Code says the commission can do it by resolution," Jordan said. "So my suggestion is have a public meeting and see what happens. You can always put it to a vote if people don't like the resolu-

tion."

The earliest such a move could be voted on is next June's primary. Too late for potential candidates from outside District?

"I'm not advocating one way, or the other," Commissioner Gerald Brady said of the proposal to do away with districts. "The fear used to be all three commissioners could live in Crosby, but with the districts the way they are now, that could happen anyway."

County commissioners have been elected from districts since Divide County was organized in 1910. Brady represents District 1; Graupe represents District 2; and Tim Selle, of Fortuna represents District 3.

If districts are combined, or eliminated, any resident could be elected "at large," meaning they could live anywhere in the county, rather than within the districts currently prescribed.

The public forum is scheduled to begin at 7 p.m., and will be held in the first floor meeting room at the courthouse.

People wishing to express an opinion, but who won't be able to attend are asked to contact the County Attorney's office at (701) 965-6451 or dividesa@nd.gov.

No decisions are expected to be reached at the meeting.

Jordan has declined to answer Journal requests over the past two weeks seeking clarification on the redistricting process.

Tax Director

Commissioners also met with Kassie Rose, newly hired Director of Tax Equalization, to discuss her work load.

"I think it would be a good idea to send letters to the cities and townships," Brady said. "To let them know the position's been filled and it's our intention to do their assessments."

Traditionally, the tax director has provided assessing services to the cities and townships on a per-parcel fee, although those subdivisions are allowed to hire others to do the work.

Prior to last week's county commission meeting, Rose met with the Crosby City Council to introduce herself, and let the council know she's willing to continue providing assessing services to the city under the

terms of a contract between the two entities.

That contract, suspended when former tax director Heather Kippen was fired by county commissioners in September, charges the city roughly \$9,000 annually for

property assessing services.
"I'm not in favor of changing the contract, now that the position's been filled," Crosby Mayor Bert Anderson said.

Previously, the council, by consensus, agreed to wait to sign a new contract with the county, pending a replacement being hired.

Now with Rose on board, council members agreed, again by consensus, to keep the arrangement in place.

Social services agreementBrady signed a letter formally acknowledging Divide

County's participation in the newly formed Human Service Zone with Burke, Renville and Williams counties. Under the agreement, made necessary by passage of Senate Bill 2124, administration of Human Services is now regionalized, but individual county offices are staying open.

The newly formed zone, called the North Star Human Service Zone, will be headquartered in Williams County, with Holly Snelling, Williams County Director of Human Services, serving as interim director, until a permanent director is hired.

Graupe and Nicole Johnson of Crosby have been appointed to represent Divide County on the zone's advisory board of directors.

Dakota Theatre

20th Anniversary Fund Prive

Can you help us shore up operating funds during what we hope is a temporary attendance downturn?

Send your donation to:

Dakota Theatre P.O. Box 734 Crosby, ND 58730

The Dakota Theatre is an arm of the non-profit Meadowlark Arts Council

memorable Independent journeys Thawet Agent

Jan Jacobson 701-570-0169 701-539-2310 journeystravelagent@gmail.com



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Time to watch for carbon monoxide poisoning

By Brad Nygaard

Carbon monoxie is colorless and odorless and it can kill you. Statistics from the National Safety Council show more than 400 people die every year, while more than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

Carbon monoxide is formed as a result of burning fossil fuels like gasoline, diesel, or oil products including fuel oil, kerosene, and lamp oil. Charcoal also produces the poisonous gas.

When the gas builds up in enclosed spaces, like your home or garage, people or animals who breathe it can be poisoned. Ventilation does not always guarantee safety.

The Divide County Sheriff's department last week issued a series of tips designed to help

keep residents safe.

Make sure there is no snow or ice covering your roof vents, and check periodically to see if steam leaves those vents.

Remove ice and snow buildup from furnace vents outside your home during subzero temperatures.

■Have your chimney checked and cleaned by qualified personnel, and make sure the flue is open before using a fireplace

is open before using a fireplace.

■Never let your car warm up in the garage with the doors

■Make sure all water traps in

sinks and bathtubs have water in them. If your sewer vent plugs, the water will syphon away. If that happens, just run your faucets into the drains to

refill them.

■Do not use portable flameless chemical heaters indoors.

■Don't use a gas oven to heat

your home.

The sheriff's department and local fire protection districts recommend every home have either a carbon monoyide de-

either a carbon monoxide detector, or a combination smokecarbon monoxide detector. The CDC recommends a battery operated, or battery back-up model. Change the batteries when you change your clocks consider a model with a digital read out, and it should be replaced every five years.

Symptoms of carbon monoxide exposure can be similar to the flu, with headache, nausea, fatigue, shortness of breath and dizziness. In more severe cases, symptoms like vomiting, mental confusion, loss of muscular coordination, or loss of consiousness may occur.

If you think you are experiencing carbon monoxide poisoning, or your alarm goes off, go outside immediately and call 911. Do a head count to ensure everyone, including your pets are out of the house. Do not go back inside until given the all-clear by emergency responders.





Noonan Commission Meeting Minutes

Unapproved Noonan City Commission Meeting Minutes

The meeting of the Noonan City Commission was held on November 12, 2019 at Noonan City Hall. The meeting was called to order at 6:09 p.m. by Doug Clemens with Debbie Kuryn as secretary.

Voting members in attendance included Chuck Power, Billy Espeseth and Dallas Lund. Guests in attendance were Donna Lagein, Monte Glasoe and Daniel Swanson of Ackerman Estvold

Donna Langein presented an agreement for the commission to approve for building rental in 2020 by the Good Sams Club. A motion was made by Billy Espeseth and seconded by Chuck Power to have President Clemens sign the agree-

Daniel Swenson presented options for sewer and water repair

work on two city blocks. A decision was made to include another city block to the repairs.

A motion to approve October 8th, 2019 meeting minutes with clarification of abatement adjustments was made by Dallas Lund and seconded by Chuck Power. Clarification as follows: Lot 36-65590, land value of 12,800.00 and improvements value 475,000.00, Lot 36-65670-0002 land value of 4,500.00 and improvement value of 40900.00, lot 36-65270 land value of 8600.00 and improvements value of 123,100.00.

A motion to approve bills to be paid was made by Billy Espeseth and seconded by Dallas Lund.

AmeriPride	\$198.66
Astro-Chem Lab, Inc	
Billy Espeseth	
Charles Power	
Circle Sanitation Inc	
Dakota Fire Extinguisher	
Dallas Lund	
David Steffins Electric	
Debbie Kuryn	
Doug Clemens	
Hanson Insurance	
Jeff Henze	
Journal Publishing	\$74.55
MDU	. \$1,113.90
Monte Glasoe	
NCC	
New Century	\$115.10
Noonan Landfill, LLC	\$30.00
ND State Chemistry Lab	
ND State Tax Dept	
ND Public Finance Auth.	
ND Fublic Finance Audi.	\$0,005.00

Trailbladers Excavating .. \$3,493.75 United States Treasury \$3,240.75 Vernon Manufacturing \$195.00 Visa \$434.68 Western Dakota Energy \$925.72 Total \$25,595.03

A motion was made by Chuck Power and seconded by Billy Espeseth for President Clemens to sign the IRS Authorization Form 940.

A motion was made by Chuck Power and seconded by Billy Espeseth for payment of the Visa bill upon receipt until billing dates can be changed to avoid interest.

Discussion was held on water billing. Commissioners were in agreement that account adjustments will be presented to them each meeting for approval.

Discussion was held on event

scheduling and costs for the community center. A motion was made by Dallas Lund and seconded by Chuck Power to have a \$150.00 refundable cleaning deposit, \$150.00 event charge with agreement for renter responsibility for all damages. Events will now be booked by

contacting the Auditor's office.

Chuck Power moved to adjourn the meeting, seconded by Billy Espeseth. Meeting adjourned at 7:47 p.m..

The next Noonan City Commission meeting will be held on December 10th, 2019 at 6:00 p.m..

Debbie Kuryn, City Auditor

NOTICE OF PUBLIC MEETING

Meeting Regarding Commissioner Districts

The Divide County Commissioners will be holding a public meeting on November 21, 2019 at 7:00 p.m. in the Divide County Courthouse within the community meeting room on the main floor. At this meeting the County Commissioners will be looking for public input to determine if the Divide County Commissioners should be elected, "at large" (one district), versus within one of three (3) districts currently. If you should have questions, concerns or you are unable to attend the meeting, please feel free to contact the Divide County State's Attorney at (701) 965-6451 or dividesa@nd.gov. This is purely an informational meeting and no decision will be made at this meeting.

(11/13,20)

Refuge in the shadow of His wing

I remember years ago hiking into a lake for fishing in the Washington Cascades with several friends when we were hit with a storm of wind and rain. It was miserable conditions but Bruce said, "I know of an old cabin up here where we can find refuge." We found it in the wind, rain and fog and, although it was not a five star hotel, it was a shelter.

In Psalm 57:1, David says "... I will take refuge in the shadow of your wings until the disaster has passed." David writes this as he recalls fleeing from King Saul into a cave. Notice the phrase "I will take refuge..." David declares he found a place of security.

It is true that storms, disasters or calamities will come to



Pastor's
Corner
By Dennis
Huenefeld
Crosby Assembly
of God

each one of us at different times and in different measures. It may be a health matter. It might be a struggle in your marriage. It may be that you are a farmer and you are struggling with the double hit of low prices on grain and a poor or non existent harvest this year.

David then makes reference to a shadow of wings - I recall as a young boy seeing my uncle's barn burn down one night. Farming equipment was lost as well as a few head of cattle and sheep. However, the following morning as Uncle Bob walked through remains of his barn, he saw the form of a burned chicken and when he went to remove the burned remains, out from under that hen came a clutch of chicks. They found refuge under mom.

Disasters and calamities are difficult and trying times. You can look back over your life and see how you made it with God's help.

He is still there and there is safety under His wings but you must avail yourselves of His shelter.

(Pastor's Corner is a weekly meditation provided by members of the Divide County Ministerial Association.)

4-H

The Roughrider 4-H Club met November 3rd at the courthouse in Crosby. There were 16 members present and five visitors at the meeting

For business, we talked about buying two trees, leadership team and the Christmas party. There will be an award program on November 17th at 2 p.m. at the courtbours

house.

We also discussed our yearly trip and what to bring to the awards banquet. New members are Tellie Sparks, Dylan Sorenson and Mason Potteiger.

Our next meeting is Dec. 1st at the Divide County Courthouse.

Roughriders Riley Jo Caraballo Reporter

Court News

Divide County Nov. 4-8 Forfeitures

Godbey, David Gerard; speeding - \$10.

Juvenile; speeding - \$25. Nov. 11-15 Forfeitures

Knudson, Tanner Jeffrey; speeding - \$10. Norby, Brion Lee; speeding - \$10.

Carson, Stephen N.; speeding - \$13. Overland, Brent Dean;

speeding - \$20. Bala, James, Randall; speeding - \$20.

Kately, Naomie Fay; failure to wear seatbelt - \$20.

Jenson, John David; speeding - \$20.

Meaney, Robert Milton; speeding - \$10.

Juvenile; speeding - \$10. Clemes, Heidi Ann; speed-

ing - \$95. Aaberg, Benjamin Allan; speeding - \$15.

Mahenia, Preet Harpal; speeding - \$10. Juvenile; speeding - \$8.

Laughter, Christopher Dean; insufficient/improper lights - \$20.

Shirley, Sheldon T., speeding - \$20.

ing - \$20. Olson, Jerrica Annalynn; speeding - \$10.

speeding - \$10. Gibbs, Jack Wiley; speeding - \$10.

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JOURNAL

2019-20

Stop into the Journal and grab your free Crosby Comets game schedule for the season

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO NDCC 43-62
MEDICAL IMAGING AND RADIATION
THERAPY

North Dakota Medical Imaging and Radiation Therapy Board

will hold a public hearing to address proposed changes to the N.D. Admin. Code Title 114.

Fort Union Room ND State Capitol South Entrance 600 E. Boulevard Ave. Bismarck, ND Tues., Dec. 17, 2019 10:00 a.m.-11:00 a.m.

The proposed rules may be reviewed at the office of the North Dakota Medical Imaging and Radiation Therapy Board, 2900 E Broadway Ave., P.O. Box 398 Bismarck, ND 58502. A copy of the proposed rules may be requested by writing the above address or calling (701) 425-0861. The proposed rules will be available at the North Dakota Medical Imaging and Radiation Therapy Board. Written or oral comments on the proposed rules may be sent to the above address or the Contact Us section of the website at www.ndmirtboard.com/ or email at info@ndmirtboard.com Comments received by December 30, 2019, the date the comment period closes, will be fully considered. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota Medical Imaging and Radiation Therapy Board at the above phone number or address at least ten days prior to the public hearing. Dated this 8th day of November 2019

Shirley Porter, President North Dakota Medical Imaging and Radiation Therapy Board P.O. Box 398, Bismarck, ND

Dakota Datebook

("Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org.)

Black Fox

November 18, 2019 — Breathtaking hills, valleys and grassy buttes surround the town of Linton, southeast of Bismarck. East of town, stallions run with their bands of mares. They are Nokotas, the North Dakota state equine.

In the late 1970s, Frank and Leo Kuntz of Linton bought a number of horses taken from the wild herds running in Theodore Roosevelt National Park. They soon realized these horses were unique; they were built differently – more agile and stocky than other breeds. Anthropologist Dr. Castle McLaughlin, of the Peabody Museum of Archaeology and Ethnology at Harvard, confirmed their suspicions; her studies revealed the breed – now called Nokota – appears to be unique to western North Dakota. Her research indicates the Nokotas descended from range and Indian ponies, including Sitting Bull's warhorses.

Frank, Leo and Shelly Kuntz have since organized the Nokota Horse Conservancy to guard the breed from extinction. One of their horses, Black Fox, was born to the oldest mare in the Park in 1986. That year, the three-month old and his aging dam were rounded up in a 20-mile helicopter chase. The mare and her foal survived the ordeal and were sent, along with others, to Dickinson for public auction. Leo Kuntz respected the old girl's heart and bought her for \$25. Moments later she laid dead when the gate was accidentally slammed down on her head and broke her neck.

The little orphan quickly became a favorite on the Kuntz ranch, where he matured into an exceptionally beautiful stallion with a distinctive proud carriage. Even those who find the breed's stockiness unattractive couldn't dispute his nobility. It's said that while he loved to strut and show off, Black Fox rarely looked for a fight. Unlike many other stallions, he was never rough with his mares, and he was extremely protective of his young offspring.

The Conservancy's registrar, Seth Ziegler, tells of a breezy summer day when one of Black Fox's young colts fell asleep in a shallow depression. As the band grazed, it slowly moved toward the water, and the mother didn't notice that she was getting farther and farther away from her foal.

A stallion named Red Badger was grazing with his band a few hundred yards away, and as they moved in behind Black Fox's band to drink, the little colt woke up to find himself in the wrong herd. He whinnied for his mother, who realized her mistake and started running for him. Black Fox was faster and quickly charged ahead to split Red Badger's band so that she could get her foal. His moxie nearly paralyzed both bands of startled mares.

"Red Badger reluctantly postured," writes Ziegler, "...but Black Fox, rock hard and quivering, rearing and pawing, prancing and pacing...held him at a distance. The little and slight Black Fox was a snorting, bulging, and pulsating inferno, right there in the middle of another stallion's mare band, buying time while his own mare worked to convince her lost foal that she was indeed (his mother). Finally, the mare and foal turned for home together, and when the distance seemed safe, Black Fox wheeled on a pinpoint and trotted, in a very exaggerated, long, and high reaching manner, to their sides. Somehow Black Fox had nearly halved another large band with so much courage and unpredictability that he did not even receive a scratch in return. And all for a small foal who probably would have found his way home on his own."

The Kuntzes, like all the Conservancy's supporters, grieved when Black Fox died a year ago. In a sort of eu-

logy, it was written, "Black Fox was peaceful yet strong, loving yet firm, wise yet carefree, old when young, but still youthful when old. He will be missed very, very much. At least he has his freedom again."

om again." *by Merry Helm*

Jamestown College

November 19, 2019 — Jamestown College was incorporated on this day in 1883. The Presbyterians had been proposing a college somewhere in Minnesota or Dakota Territory and began receiving bids from interested cities the year before. Reverend C.B. Stevens of Fargo favored a beautiful setting on the rim of the James Valley

at Jamestown, population 425.

Captain Samuel McGinnis contributed 27 acres, the city came up with money, and the college opened its doors in September 1886. A woman named Sadie Elliott was the first student to register. She and 34 other students had their choice of studying science, the classics, business, music or preparatory courses in what was called the "North Side School House."

At the time, Dakota Territory didn't have a school for those who wanted to go into the teaching trade – Jamestown filled this gap by becoming the territory's first normal school the following year. Old Main was built that year, as well, and the enrollment doubled.

Old Main had a remarkable presence on the treeless prairie and added considerable status to the college. Built of brick, it wasn't deep, but it was broad and impressive with a beautiful cupola sitting atop the building's fourth story.

Unfortunately, the college ran into trouble almost immediately, because there was no president. A Professor Crowe acted also as principal for the school, but he had little time for managing the business, and resigned the management position. Pastor Mendenhall of Grand Forks was asked to take over, but he declined, and finally Pastor Baskerville of Towner took the job.

A written report said Baskerville stepped into an impossible situation. "The country was new," read the report, "conditions pioneering, homes scattered, people poor, social life crude, protection against the elements little, and college facilities meager... Wood stoves distributed in rooms, with transoms for heat to percolate into the rooms not near enough to chimneys to have stoves, were the only means with which to heat the building."

The Presbytery reported, "We have no improvements on the ground, no under drainage, no system of heating, no library, no museum, no laboratory, no apparatus, nothing to obtain any of these things with, or even winter's coal, or storm windows to save fuel and render the apartments comfortable."

The first graduation took place in 1891 with three students. Debts continued to mount, and in the financial panic of 1893, the college closed its doors and boarded up its windows. Jamestown College started over in 1909, sixteen years later. Old Main was destroyed by fire in 1930, but the college has grown and still flourishes on the rim of the beautiful James River Valley.

Willard Dowsett, Distinguished Service

November 20, 2019 — On the night of November 20, 1942, the North Dakota 164th Infantry took up positions under cover of darkness on the island of Guadalcanal, where they had been in action for almost a month. The following morning, they were instructed to cross a deep ravine and attack the Japanese who were embedded on the opposite ledge.

It was virtually a suicide mission until Corporal Willard Dowsett volunteered to scout the jungle ahead by himself. Dowsett spotted one Japanese machine gun

nest, then another and yet more. He shot at them, and they all returned fire, which gave away their location. Corporal Dowsett was killed by the return fire but had saved an entire company from moving into a deadly ambush. For his actions, Dowsett posthumously received the Distinguished Service Cross.

By Merry Helm

Home Not-So-Sweet Home

November 22, 2019 — "Home sweet home" was not a term used to describe some of North Dakota's newest homeowners today in 1921. These prospective homeowners were to have modern, affordable homes built for them by the Home Building Association. The Association's laws said city homes were to cost no more than \$5,000, but homeowners soon found that the Association had exceedingly underestimated this cost. In fact, on average, many of the homes cost 61 percent more than the estimated cost.

Among the unhappy homeowners was the NPL Commissioner of Agriculture and Industrial Commission member, John Hagan. After Hagan's house was completed and he had moved in, Hagan found the house cost nearly \$2,000 more than estimated. Like others who were outraged by the high cost of the houses, Hagan refused to pay the extra amount and moved out.

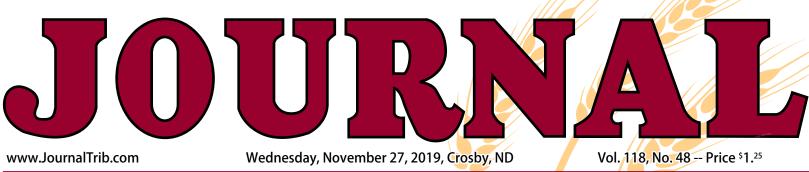
At this time the Home Building Association was just beginning their work, but its work would also soon be over. Officially established in 1919 by the Non-Partisan League, the Association was just one of the programs initiated under the Industrial Commission. The program intended to build 700 homes for farmers and working men, but poor planning, and even worse political actions, led to the end of the Association. In fact, during its short existence, the actual work of building homes both began and ended under the same administration, and the Association's failure would become one of the factors in the decline of the NPL.

Several factors contributed to the Association's failure, but among the most important was the poor planning of the Association. No contracts were drawn up for the 54 homes that were completed by the Association, but instead, the houses were built only on verbal agreements. Furthermore, the Association failed to keep track of the expenses, material and labor used, and the cost of each building during construction. This led to the inflated prices of the homes, and the refusal by homeowners to pay for them. Many of the cases were taken to court, and the homeowners were able to obtain them for little over the estimated cost. This resulted in a \$320,000 loss for the Association.

The poor planning, however, was just part of the problem. An investigation conducted in December 1921 found that the Association and the Non-Partisan League were conducting business in violation of state statutes. Many of the homes had been built for government officials, which violated a statute that forbade officials helping themselves to public money or property. This was especially controversial since the houses were intended for more disadvantaged people. The Investigation Committee of 1921 said, "The League bosses pretended to enact this law for the poor working man who had no home. The story of the Home Builders Association shows that it was only political bait."

Moreover, the Association borrowed money from another Industrial Commission program, the Bank of North Dakota. This activity was not allowed by law, and the action resulted in added debt for taxpayers. The Association had accrued a debt of over a half a million dollars by the time its laws were repealed and the Association liquidated in 1923. The Association did last two years longer than many responsible for its creation. Governor Frazier, Attorney General Lemke, and Commissioner Hagen were recalled from office over the controversy in a special election in 1921.

By Tessa Sandstrom





Opener Junior Gold vs. Watford

Page 7



Numbered tickets replace the buttons of old for the second year, during the Crosby Chamber's Christmas Stroll.

All set to start strolling

Stroll tickets were going fast on Friday, said Pam Urvand, chair of the Crosby Christmas Stroll committee.

She had just replenished the supply at one store late Friday afternoon.

"The ticket sales are really starting to go now," she said, so anyone who wants to hunt for prizes in Crosby stores on Friday and Saturday "should get theirs as soon as possible."

Tickets, which replaced buttons last year, each have a number potentially corresponding to prizes in participating stores.

Strolling will run from 9 a.m. to 8 p.m. on Friday and from 9 a.m. to 6 p.m. on Saturday, unless otherwise posted.

Since some businesses may be closed on Saturday, "any business that's closed will leave a note on their door," she said, indicating where those orizes can be viewed on Satur day. Businesses are responsble for getting their prizes to an alternate location.

Another type of ticket – one just for kids - will only be available Saturday.

"Children attending the kids' Saturday events will each receive a red ticket with numbers," said Urvand, and those not attending can obtain one free at the community center between 11 a.m. and 2 p.m., while the Prairie Tumbleweeds offer activities inside.

From 2 p.m. to 6 p.m. children will search the businesses with a gold ticket in their window to see if their number matches the "Golden Ticket" number inside. All of these prizes will be for Crosby Bucks, which spend in local stores the same as cash. Businesses will receive their ticket numbers by 1:30 p.m. Saturday.

Friday will feature music by elementary students at 6:30 p.m., the arrival of Santa at 6:50 p.m., followed by the drawings for Crosby Bucks prizes at 7:30 p.m. All of these events will take place in front of Garbel's Furniture.

Horse-drawn wagon rides will be offered on Friday and Saturday from 4 p.m. to 6 p.m.

A complete schedule of Stroll activities may be found on page 8, including times for the story time and matinee at the Dakota Theatre.

Seasonal breakthrough



Bianca Brudwick breaks through snow covered branches in front of her house Wednesday last week, upon waking up to about 9 inches of fresh snow. More snow -- up to three inches -- is forecast for Thanksgiving.

County districts not likely to change unless voters petition

By Brad Nygaard

The public was asked to provide feedback, and they delivered.

"How many here are in favor of not having districts?" **Divide County Commission** chairman Gerald Brady asked a group of nearly 20 residents, most of whom reside in the western part of the county.

No one said a word.

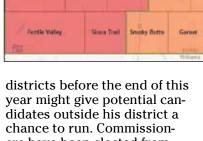
Nicky Berg, who lives in the Zahl area, just shook her

"Well," Brady said. "I guess we know what direction to take.'

The gathering, held last week as a special meeting of the county commission, was billed as a chance for citizens to give commissioners public reaction to a proposal to possibly eliminate districts, and instead hold elections for the office of county commissioner at large. That would mean anyone qualified to run for office could do so no matter where in the county they live.

"Who's idea was it to change it?" Robert Bendixson asked of the idea to eliminate districts.

"We've talked about it before," replied Commissioner Doug Graupe, most recently during a commission meeting in October. Having represented District 2 since 1982, Graupe said eliminating



ers have been elected from specific districts since Divide County was organized in 1910.

"If it's not broken, why change it?" Wade Bjorgen, Elkhorn Township resident, wondered.

"I like to see I'm represented by someone who lives in my district," replied Bjorgen, who is represented by District 3 Commissioner Tim Selle.

Graupe said of the 53 counties in North Dakota, "I don't know the exact number, but a lot of them" elect commissioners at large.

Requirements

Following every federal census, state law requires the county to convene a redistricting board. Under the law, North Dakota Century Code (NDCC) 11-07, that body

certifies the census results, and determines if a population shift is great enough to require district lines to be redrawn. No one district may be more than 10 percent larger or smaller than another.

Redistricting is permitted during a census interim if a dramatic population shift results in one district suddenly falling outside the 10 percent mandated by state law, or if a qualified petition is brought forth, as outlined in

Disagreement

Crosby resident Stephanie Nygaard asked why a public meeting to discuss eliminating districts was even neces-

sary.
"The commission can't do that," Nygaard said.

"I disagree," replied Seymour Jordan, Divide County Attorney.

(See COUNTY, Page 6)

Hospital reports revenue not as strong as in '18

By Jody Michael

St. Luke's Medical Center's last fiscal vear fell between a relatively good 2018 and a bleak 2017, CEO Jody Nelson reported at the hospital's annual meeting Tuesday last

Nelson vowed to continue efforts to lessen the hospital's losses and said half of the state's smaller, critical-access hospitals are in the red.

"We're not alone," Nelson said to the audience of about 40 people. "We're not the only ones sitting there. Of course, that's not where we want to

The hospital reported revenue of \$9.96 million in fiscal 2019, down from \$10.54 million in 2018. Expenses fell as well, to \$10.45 million, down from \$10.81 million. The resulting \$486,000

operating loss is above the \$276,000 loss in 2018 but a far cry from the 2017 loss that exceeded \$1 million. "2018 was a really good year

for us, so we're comparing it to one of our better years yet statisticwise," Nelson said. Patient counts for most de-

partments held steady, and at the Crosby Clinic it was nearly identical to 2018

"We're maintaining," Nelson said, "It wasn't a bad year."

One exception: physical and occupational therapy services, use of which increased by nearly three-fourths.

"We're really grateful for that," Nelson said.

She expressed hope those and other outpatient services provide even more of a revenue boost in the future.

Cutting expenses any further could be a challenge due to the current reliance on some outreach providers whose travel expenses are an added cost.

Foundation

The St. Luke's Community Foundation reported total assets of \$3.78 million, down from \$4.25 million.

Jean Nygaard, the foundation board's president, said she could not comment on the discussions to settle the lawsuit from the developer of its Northern Lights Apartment Community, but promised a joint statement from the parties "once the resolution has been finalized."

Nygaard thanked her fellow board members "for all of your time and effort that you've put into our board meetings and what we've been going through over the last year."

Funds raised from the annual Celebration of Lights memorials this winter will go toward replacing an old heated and refrigerated meal cart, said Karla Schwanz, foundation director.

Settlement is delayed

By Brad Nygaard

A delay in procuring documents means the settlement of a lawsuit between the St. Luke's **Community Foundation** and the builders of the Northern Lights Apartments in Crosby has been extended.

In a letter dated Nov. 8, Jason R. Asmus, the attorney rwepresenting Loretto Bay Six (LB6), the Minnesota-based builder that filed suit against the foundation, told District Court Judge Robin Schmidt a delay involving a mortage release document means a settlement hasn't been reached. Asmus's letter asked for a 60-day extension.

Filed in March 2018, the lawsuit, brought by LB6 against the foundation alleges breach of contract, and asks the court to enforce a 2014 agreement which, according to court documents, shows the foundation would purchase the 18unit apartment complex after completion. The final purchase price would have been subject to a sliding scale, depending on when the deal actually concluded.

At the time of construction, the original construction budget was just over \$3 million. In February 2018, the adjusted price was 128 percent of the construction budget \$3.88 million.

A jury trial scheduled for earlier this fall was cancelled when both sides notified Schmidt of a potential settlement.

An order signed by Schmidt, dated Nov. 12, gives both sides an additional 90-days.

Board elections

The foundation board reelected Deb Melby and Mike Rindel, while Elaine Heide will succeed outgoing member Tammy Feil. One seat is vacant due to Jerome Knudson's move out-of-state; his term has two years remaining.

On the hospital board, President Art Schilke, Sandra Simonson and Mark Holm each received a new threeyear term. The Northwest Hospital District re-elected Ray Nygaard, Kristi Haugenoe and Marlo Stubbs.

Angel tree

Marki Ellis of **Divide County** Social Services says there are nearly twice as many angels needed this year to provide gifts for the Angel Tree. Gifts are needed by Dec. 16.



Lodge collects socks

Crosby's Vidda Lodge of the Sons of Norway is sponsoring a project called "Sock it to

"We are asking people to donate socks of all sizes and colors, which will be donated to the Divide County Social Service and Food Pantry," according to a release from the group, to meet the needs of people who need

Drop-off boxes will be in place by Dec. 1 at Crosby Drug and St. Luke's Medical Center.

Along with providing warm socks to folks who need them the lodge will be in competition with others in the district to collect the most socks.



Perfect timing

Brad Johnson strings lights outside in sunshine Tuesday, and by Wednesday, right, had other pressing chores.



New insurance agency announced

By Brad Nygaard

Life is about choices, and Amber Haugland's made hers.

"I don't want to be bound only by what one company says," she said. "We're going to have an independent agency."

Following a stint at Farmers Union Insurance in Crosby, Haugland has decided to go out on her own. Soon, she expects to open Haugland Insurance Services, accompanied by Heather Svangstu and Caitlin Lindsey, both of whom worked with Haugland at Farmers

"They're such a key part of this business. They're going to get licensed here coming up," said Haugland. "It's not just about me, we've got a team."

Lindsey said it's a great opportunity.

"What I'm looking forward to the most is being a part of growing a business from the ground up and being a part of that from the very beginning," she said.

Recently the team has been busy contracting with insurance companies, lining up a variety of products to offer customers.

Haugland said the agency will handle all the traditional lines of insurance – life, home, auto, health, and crop. But what's different is being able to shop around to provide customers the "big bang for your buck."

"Now we get to say 'Okay, here's a customer's needs. Let's shop that, and put their needs first," she said.

Being a "free agent," not having a particular company to offer support for things like marketing or office space, while challenging, Haugland said, is also familiar territory.

"I think most people can relate to that," said Haugland. "I mean, you're working with farmers and ranchers. They're out there on their own, trying to figure out how to make their way each and every day out on the farm."



Amber Haugland, center, is flanked by employees Heather Svangstu and Caitlin Lindsey, both of whom plan to get licensed also.

Haugland has purchased the former Crosby Masonic Lodge

building to house the office. "I think that building is going to be just perfect for us," Haug-

land said. Built in 1927, it was also the longtime home of the Crosby Kiwanis chapter, and more

recently, the site of a gym.

Remodeling will include replacing the furnace and window improvements on the second floor. The agency will temporarily occupy the second floor while the first floor is remodeled. Once the first floor is done, the agency will move into that space and the second floor will be turned into three commercial office spaces. Two of those are already spoken for. Although Haugland said she's not at liberty to identify the new tenants, she is looking forward to having the public come

see the changes.

"It's going to look rustic. It's going to have barn wood and brick and sliding barn doors, and you know, just kind of reflect who we are," Haugland

Who they are, Haugland said, are three women with deep ties to the community who are looking to being able to offer products that help their friends and neighbors.

"Their heart is in it. They care about people in this community," Haugland said of Lindsey and Svangstu. "They're really passionate about helping, especially farmers and ranchers, you know, local folks in our community. They want to help them get what they need and save them money in the pro-

Plans are to open shortly after the first of the year in their temporary offices. In the interim, Haugland said the agency is

sponsoring a couple of events to introduce themselves to the public.

On Dec. 3, there's a luncheon at the Community Center where a representative from NAU, the agency's crop insurance carrier, will discuss the new Farm Bill, and how changes in the bill might affect local producers. The event is free and open to everyone.

The second event, a "get acquainted" dinner and social will be at the Crosby Moose Lodge on Dec. 17.

Once officially open, Haugland Insurance will be the newest of six insurance agencies in the community, which begs the question, is there enough work for everyone?

"That's a good question," Haugland said. "But I think what is good is that people have choices. I think competition makes us better at our job."

Bakken briefs

Tioga airport terminal opens

The Tioga airport's open house Oct. 16 for its new ramp and terminal building attracted dozens of impressed community

"This building looks great," said Ryan Eraas, a resident of Tioga. "From the outside it looks like a small version of a nice

The terminal was built by the airport board, a public entity, using county and state funds as well as money saved up by the board itself.

Tioga Aero Center, the fixed-base operator founded by Kathy Neset, will be renting an office in the building from which it will provide services and conduct the day-to-day

The main room has a flat-screen television, and a bedroom for tired pilots is down the hall.

Tioga's hangars have seen an influx of small planes whose owners were inconvenienced by the Williston airport's transition to a new site.

-Tioga Tribune

Williston airfield has bidders

As crews begin dismantling the site of Williston's former Sloulin Field International Airport, the city is beginning to entertain offers for the sale of portions of the site for redevel-

The city commission has accepted one proposal for the developing approximately 40 acres and is in discussions on another bid.

The accepted proposal from Copeland Development and Construction had a three-phase plan: five acres for big-box retail, 12 acres for smaller retail tenants and another 12 acres for uses such as quick- and full-service restaurants and small retailers and service providers.

The other bid is from Williston Motors owner David Billion and Darwin Lindahl Architects. It would use eight acres for a new dealership lot and also includes plans for uses such as big-box retail and fast-food restaurants.

-Williston Herald

COUNTY: Issue may come up after count

(Continued from Page 1) Jordan and Nygaard's disagreement stems from a

section of 11-07 that allows counties to combine districts under an attempt to redistrict, versus another section of the statute that says a move to eliminate districts can only come from the public.

If brought forth, such a petition would be voted on during the next general, or primary election - too late for anyone from outside District 2 who might want to run next year. A measure to eliminate districts would need approval by 60 percent of those voting to pass.

We found out we couldn't do it that way," said Graupe of getting districts eliminated by the end of the year, so the issue will not come into play in the next election.

Rural representation Regardless of motives, or the timing behind the move, residents were skeptical of the idea to do away with districts.

"We need representation in the country," Byron Carter, rural Fortuna, said.

Others expressed concern doing away with districts could potentially concentrate decision-making by having all three commissioners from a particular area, like Crosby, and ignoring the rest of the county.

"It's good to have boundaries," agreed Bjorgen. "If I have an issue where I live, I want to know who to call, otherwise there are breakdowns."

Jordan, holding up a map, told the group with districts the way they are now, it's entirely possible all three commissioners could live in Crosby anyway.

"Even if they did all come from Crosby, I'd hope they'd know they represent rural people, too," Berg said. Prior to the election of

1982, only voters in a particular district were allowed to cast ballots for candidates in that district. Since then, anyone in any district may vote for any commission candidate.

"I think it should go back to the way it was," said Zahl area resident Bendixson, speaking against allowing voting from outside a particu-

No one had any idea how, or if, such a move is possible, but attendees seemed unanimous in opposing the idea of eliminating specific districts.

"Producers should be represented, too," said John Mosser, rural Fortuna. "Sure, there's a lot of people in Crosby, but most of the county is engaged in farming, cattle or oil and gas, their needs need to be consid-

"No one up here's in favor, or against it," Jordan said of the three commissioners and himself. "I'm just glad everybody showed up. We don't like to make decisions and have people coming to us after the fact."

The issue could come up again.

"With the census coming next year, we might have to redistrict anyway," Brady said. "This is just an option to consider.'

A healthy dish for your holiday table

Thanksgiving is upon us as an important public holiday, setting aside time to give thanks for each of our blessings. Even though during this blissful day you are very busy greeting, eating, and socializing with family, everyone has that one favorite dish that they love. Thanksgiving dishes are carbohydrate-heavy and sugary desserts to be wary of, but some side dishes like cranberry sauce posing a danger for people with diabetes. November is National Diabetes Aware-

ness Month. According to the Centers for Disease Control and Prevention (CDC), 10.4% of adults in Divide county have diabetes, a chronic condition where a person's body does not use insulin and cannot keep blood sugar at a normal level. Diabetes is the seventh leading cause of death in the United States. Adults with diabetes are two to four times more likely than adults without diabetes to have heart disease or experience a stroke. During any given year, individuals with diabetes are more likely than those without diabetes to require hospitalization. Obesity and physical inactivity are strongly associated with the development of diabetes. Although diabetes develops

& Wellness on the Run By Kim Hermanson



most often in overweight, middle-aged and older adults, diabetes is becoming more common in overweight and obese children.

Modifying a recipe by decreasing sugar reduce sugar by one-quarter to one-third in baked goods and dessert. this works best with quick breads, cookies, pie fillings, custard, puddings and fruit crisps. Do not decrease the amount of sugar in yeast breads because it provides food for the yeast and promotes rising. Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness. Consider using artificial sweeteners, such as Splenda. follow the manufacturer's instructions for amounts to substitute.

Diabetes can be prevented, or at least delayed, by exercise, good nutrition, and other healthy lifestyle choices. **Chicken Rice Salad**

This healthy recipe comes from NDSU Ex-

Ingredients •4 c. lettuce

•2 c. brown rice, cooked

•2 c. chicken breast, skinless roasted

•1 cored and diced tomato •1 cored and diced green pepper

•1 Tbsp. olive oil •Juice of one lemon (or about a 1/3c. bot-

tled lemon juice) •2 Tbsp. vinegar, flavored dash hot pepper sauce (optional) •Italian herb mix and black pepper to

taste, (optional) Directions

Toss all ingredients together in a large salad bowl. Use personal taste preferences to determine the amounts of seasonings. Serve immediately. This salad looks great when served on a large plate with a few of the seasonings sprinkled on top. Makes four servings.

Per serving: 280 calories, 7 grams (g) fat, 28 g carbohydrate and 65 mg sodium.

come check out our vendors Wed, Bec 4th from 4pm to 7 pm at the Crosby Community Center *Judy Meyer will be selling soup, sandwiches and bars

* Mary Kay

* Rodan and Fields

* reclaimme

* Scentsy

* gold Cannon

* pampered chef

* cards by Marie Sorenson

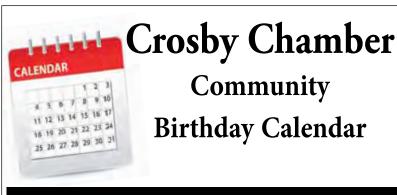
- * color street
- * origami owl
- * posh
- * signature homestyle * premier designs Jewelry * health and wellness
- * Usborne books * LulaRoe by Tracy
- * In the potters hand
 - * Norwex
 - * tastefully simple * tuberware





- (donated by First National Bank)
- One week at a time share plus \$200 spending cash (donated by Jerome & Cindy Johnson)

Two winners will be drawn during Christmas Stroll activities Friday evening



Please call LuAnn Unhjem, Crosby Area Chamber Treasurer, if you would like to be added, or have any changes to be made. Phone #701-641-9831

Deadline is: **December 6**th