

# JOURNAL

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## 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 county commissioners on the probe last week.



Jeremy Grohs

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 pre-screened 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 suspicious."

**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 courthouse.

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 standard.

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

For 20 years, the ebb and flow of volunteer management, part-time 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 (See THEATER, 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 construction."

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 Skjerme 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



Shannon Stubbs photos

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 to swallow."

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 full-time 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.



Brad Nygaard -- The Journal



## 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 Kirchofer Auditorium. Stan Anderson, not pictured, gave the address.



Brad Nygaard -- The Journal





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Haugland to open  
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vs. Watford  
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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 prizes can be viewed on Saturday. Businesses are responsible 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.

Brad Nygaard -- The Journal

## 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.

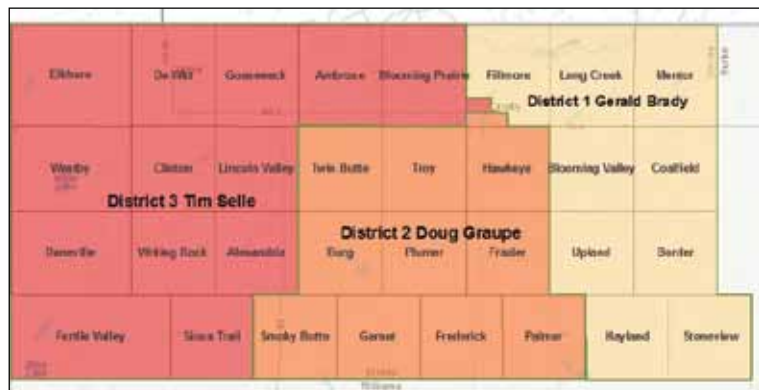
No one said a word. Nicky Berg, who lives in the Zahl area, just shook her head.

"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



districts before the end of this year might give potential candidates outside his district a chance to run. Commissioners 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 the statute.

### Disagreement

Crosby resident Stephanie Nygaard asked why a public meeting to discuss eliminating districts was even necessary.

"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 year fell between a relatively good 2018 and a bleak 2017, CEO Jody Nelson reported at the hospital's annual meeting Tuesday last week.

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 be."

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 statistically," Nelson said.

Patient counts for most departments 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 representing Loretto Bay Six (LB6), the Minnesota-based builder that filed suit against the foundation, told District Court Judge Robin Schmidt a delay involving a mortgage 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 18-unit 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 re-elected 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 three-year 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 'em!"

"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 them.

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 Union.

"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."



Submitted photo  
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," Haugland 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 said.

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 process."

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 members.

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

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 business.

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 redevelopment.

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 particular district.

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 considered."

"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 Awareness 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

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 ideas: 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

## Health & Wellness on the Run

By Kim Hermanson



other healthy lifestyle choices.

### Chicken Rice Salad

This healthy recipe comes from NDSU Extension.

- 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. bottled 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, Dec 4th from 4pm to 7 pm  
at the Crosby Community Center

\*Judy Meyer will be selling soup, sandwiches and bars

* color street	* Mary Kay
* origami owl	* Rodan and Fields
* posh	* reclaimme
* signature homestyle	* Scentsy
* premier designs Jewelry	* health and wellness
* Osborne books	* gold Cannon
* LulaRoe by Tracy	* pampered chef
* In the potters hand	* cards by Marie Sorenson
* Norwex	
* tastefully simple	
* tuberware	

See you Saturday!  
Crosby Community Center  
3RD ANNUAL  
**TURKEY TROT** 11.30.19  
5k & 1 Mile Fun Run

Race Day Registration @ 9 AM | Race Starts @ 10 AM

Divide County Area  
**Dollars for Scholars. Last Chance!**

Stop in JD Electric  
Friday, Nov. 29

- Orca 40 quart cooler (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

Crosby Chamber Community Birthday Calendar

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<sup>th</sup>**

