

# Xtra

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Monday, Nov. 18, 2019

The best circulation  
for your dollar

## Scandinavian Supper



**Saturday, Nov. 23<sup>rd</sup>**  
at Camp of the Cross  
One Seating at 5:30 p.m.  
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## Retirement Open House

honoring  
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## Early Deadline

**5 p.m. Mon., Nov. 25**

In observance of Thanksgiving we will be closed on Nov. 28.

All classifieds, advertising, and events must be in by

**5 p.m. Mon., Nov. 25 for the Dec. 2 issue.**

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## GARDENING TIPS

The garden wizard

**BY BEV JOHNSON M.G.**  
UNIVERSITY OF MINNESOTA EXTENSION  
MASTER GARDENER

The 1900's were the era of farmers and avid home gardeners. New plant varieties were major innovations and the innovator was Luther Burbank. He developed more than 800 varieties of fruits, vegetables and flowers, many that we still plant. For many of this time, the development of the Santa Rosa Plum was as exciting as the light bulb invented by another wizard of the time, Edison.

Burbank was a self-taught vegetable farmer from a small town in Massachusetts fascinated by Darwin's theory of evolution. He used this idea to breed early corn and in 1875, he sold the right to one of his results, a nice looking, starchy potato, the Burbank for \$150. (about \$3,000 today) to a seed dealer. That money paid for a move to California where two of his brothers ranched. He worked as a carpenter while looking for a home for his nursery. He settled for Santa Rosa, thus the name for his plum. The farmers in that area were wheat farmers but the farm practices of the time were depleting the soil, so they were looking for another money-making crop and shifting to fruit.

Burbank was already collecting plants from around the world for breeding stock for his experiments. He was as interested in ornamentals as food crops. He said "the need for beautiful and gracious and lovely things in life is as vital a need as the urge for bread". It is almost unbelievable the longevity of the plants he developed. His Santa Rosa plum defines plum flavor and still serves as a pollinator in many commercial orchards. Burbank hybridized the Paradox walnut in 1896 to create a fast growing, fine-grained hardwood. It is still a popular rootstock for fighting disease in commercial walnuts. We still plant his Shasta daisies and Rainbow Swiss chard. He made gladiolas popular by developing a new gladiola with dense, long lasting blooms.

In 1892, the Santa Rosa Daily Democrat wrote "can't was never in his dictionary. He has never been bound by the supposed law of hybridity; by the laws laid down in books; that the books and supposed former facts of science say that hybrids cannot be obtained between this and that species,



**Bev Johnson M.G.**

is no rule or guide for him". Scientists didn't like him because he wasn't one of them and couldn't explain to them what he was doing. He didn't take meticulous notes that are the hallmark of scientific crossings. His were based on intuition and observation, not, scientists said, the way it should be done.

His record keeping was atrocious. Rachel Spaeth, garden curator of the Luther Burbank Home and Gardens told of his losing a Carnegie Grant for \$10,000 because he wouldn't write down the parentage for his experimental crossings. His unorthodox methods probably boosted his productivity and may have camouflaged his crosses from copycats as there was no legal protection for plant varieties. He did leave some clues. He made a fruit print of each of his crosses by pressing down a cut fruit onto a piece of paper, tracing it and writing his observations about it. Some of the plum prints still have a bit of flesh on it. Ms. Spaeth is attempting to use DNA from the prints to identify the maternal origins of Burbank's plums. She hopes to reveal the complexity of his crosses and how far he was able to push the laws of hybridity. Thanks to an article in the magazine "The Furrow" written by Steve Weblow for much of this information.

## EXTENSION NEWS

2019 Harvest Bowl celebrates county agriculturists

**BY CALLA EDWARDS**  
MCLEAN CO. EXTENSION AGENT

The success, dedication and hard work of outstanding agriculturists in 53 counties in North Dakota and seven counties in Minnesota were honored during the 46th annual Harvest Bowl program at North Dakota State University on Nov. 8.

Tom and Lena Volochenko raise canola, barley, oats, flax, wheat, durum, corn and soybeans near Butte using no-till farming practices. They also plant some cover crops and have a cow-calf and backgrounding operation. In addition, they've planted about 5,000 blue spruce trees for shelter belts and windbreaks. They have been farming for 45 years. They've received the South McLean Soil Conservation Award and Clean Tree Award. Tom also is chairman of the Byersville Township Board and South McLean Soil Conservation District. Lena is a benefits coordinator for Thrivent Insurance, Byersville Township Board clerk/treasurer and a member of the McLean Electric Co-op's Roundup Board. They have three children.

### Family caregiving

**BY MICHELLE EFFERTZ**  
4-H YOUTH EXTENSION AGENT

As people live longer, many are finding themselves becoming caregivers for dependent older adults. Although most adults over the age of 65 are self-sufficient, a significant minority are limited in their ability to do activities like getting out of a chair, or bed, dressing, bathing, or toilet routines. Family members and other unpaid helpers, such as friends and neighbors, provide most of the eldercare in the home. Many people who are caregiving for frail, vulnerable, ill, or disabled adult report that the job can be stressful and



**Calla Edwards**



**Michelle Effertz**

full of challenges. Sometimes being a caregiver means being companion, entertainer, nurse, doctor, advocate, pharmacist, chauffeur, parent, and maid, among other roles. These multiple roles can be overwhelming for one person to manage. These responsibilities can often place demands on the caregiver in terms of high levels of stress, frustration, depression, guilt and health problems. Caregiving can test a person's patience even during the best of times. Professionals who work with caregivers suggest a few strategies for coping with caregiver stress:

- It seems simple enough, but take care of yourself. Many caregivers find themselves so busy caring for others that they neglect their own routine health care or delay seeing a doctor until new problems are in an advanced state.

- Share the load. Find others to help out and to talk to. Often other family members, friends, and neighbors will lend a hand. Express your feelings and understand your emotions. It's important that you find someone with whom you can talk openly about your situation and emotions.

- Tap community resources. Learn about resources available to help family caregivers, including support groups, in-home services, respite care or adult day care.

- Remember to give yourself credit for things you've done

right. Don't fail to give yourself the credit you are due.

- Look on the bright side to improve your quality of life. Find the humor in daily life and allow yourself to laugh. When you do get a break, do something you really like, without feeling guilty. Although most research focuses on the burdens of being a caregiver, many people report that helping family members is very rewarding and satisfying. Many family members embrace the role of caregiving, even if it means a disruption in plans, routines and considerable self-sacrifice. In some cases, caregiving offers opportunities to talk about things, time to get to know each other, share family stories and history. Caregivers often grow closer with their siblings and some feel that it brings the family closer. When adults care for their parents, they often feel they have the chance to give something back to their parents. If you are not a caregiver, but know someone who is, consider giving them a call to see if you can help. Offer to run an errand, take a casserole for dinner, or maybe just lend an ear so they can express their feelings. Reaching out to a caregiver might help them continue with their duties, relieve a little stress and provide emotional support.

Source: North Carolina Cooperative Extension, Swain County, <https://swain.ces.ncsu.edu/2013/05/family-caregiving/>

## Santa's elves are working hard to keep up with Christmas orders!

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**Friday, Nov. 22, 2019**



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# PRAIRIE FARE

## Seven tips to catch your ZZZs

BY JULIE GARDEN-ROBINSON  
FOOD AND NUTRITION SPECIALIST  
NDSU EXTENSION

I leaned over and looked at my alarm clock.

I plopped my head back on my pillow. I did not need to be awake at 5 a.m. on a Sunday morning.

The previous evening, we had moved all the clocks back an hour to switch from Daylight Saving Time to Daylight Standard Time. In anticipation of the time change, I stayed up a little late because I would have an extra hour to sleep.

That didn't work.

At 5 a.m., my body thought it was 6 a.m., my usual wake-up time. My brain was wide awake, but my body was unwilling to move.

I flipped over, closed my eyes and tried to make myself fall asleep.

That really didn't work at all.

Eventually, I gave up and went downstairs, trying not to awaken the rest of my family or our dogs. I resisted taking a nap later in the day. However, by midafternoon, I was dragging



**Do your best** to stick to a sleep schedule, even on weekends. (Photo courtesy of congerdesign/Pixabay)

because of my sleep deficit.

I stayed up a little late again that night. Unfortunately, the next morning, I woke up at 4:30 a.m. This was getting worse. Fortunately, by the third day, I had adjusted.

Adjusting to time changes usually takes one to two days.

We adults need seven to nine hours of sleep per night to function at our best.



**Chocolate has a long history** dating back to about 460 A.D. (Photo courtesy of congerdesign/Pixabay)

Too little sleep can have many effects on our health, including weakening our immunity. Long term lack of sleep can increase our risk for chronic diseases such as diabetes and heart disease. Too little sleep also can promote weight gain.

According to the latest guidance, adults ages 26 to 64 need seven to nine hours, and older adults (ages 65-plus) need seven to eight hours.

On the positive side, a couple of "catnaps" of 20 to 30 minutes in the morning and/or afternoon are OK, according to researchers.

If you have occasional sleep issues, you are not alone. At least 50 million Americans have some type of sleep disorder.

Consider these tips:

1) Do your best to stick to a sleep schedule, even on weekends. If your sleep schedule has fallen outside of normal, make small changes. Maybe you are a night owl who usually goes to bed at midnight but you set a goal to go to sleep at 10:30 p.m. so you function better during the day. Try changing your bedtime by just 15 minutes a night.

2) Be aware of what you eat and drink because some foods and beverages will rob you of shut-eye. We are all different in what our bodies tolerate. Having too much caffeine and alcohol can lead to nighttime restlessness for most people. Watch out for cola, chocolate and high-fat foods.

3) Create comfortable sleeping quarters. A comfortable mattress and pillows are keys to good sleep. Be sure your bedroom is at the appropriate temperature: not too warm or too cold. A cooler room (between 60 and 67 degrees) helps promote snoozing. Babies and young children, however, may need slightly higher temperatures (65 to 70 degrees).

4) Turn off the TV, cellphones or other personal electronic devices. Better yet: Plug your phone in an outlet in another room. Artificial light from all kinds of screens can affect our sleep. Many kids like to have constant contact with their friends on phones and iPads. Consider moving all screens out of their room to promote their well-being and ability to learn.

5) Add some ambience to your sleeping quarters. Calm music, nature sounds or "white noise" works well for some people.

6) Practice a relaxing bedtime ritual. Read a little while. If your mind goes into overload when you lie down to rest, make a list of things that you will take care of the next day. Then close your notebook and put aside your worries.

7) Take some deep breaths. Breathe in for a count of three

and exhale for a count of three. Do five sets of these breathing exercises. Focusing on your breathing can be very calming.

If you have ongoing issues with sleep, be sure to discuss them with your medical care provider to learn about potential treatments.

You can gather many more sleep tips at the National Sleep Foundation website (<https://www.sleepfoundation.org/>).

I like to enjoy a small cup of herbal tea, such as chamomile or lavender, before I go to bed. I find it to be a relaxing ritual. If you need a bedtime snack, try prepackaging 100-calorie snacks such as this recipe. Or have a small bowl of cereal and milk.

### Do it yourself snack mix

1 c. whole-grain cereal with fruit  
1 c. Chex-type bran cereal  
1 c. Cheerios  
1/4 c. raisins or dried cranberries  
1/4 c. peanuts  
1/4 c. shredded coconut  
Mix together. If desired, prepackage in sandwich bags. Makes eight (scant 1/2-cup) servings. Each serving has 110 calories, 4.5 grams (g) fat, 3 g protein, 17 g carbohydrate, 2 g fiber and 80 milligrams sodium.

### Does chocolate have health benefits?

I recently returned from "the sweetest place on earth."

Do you know where that is? I'll give you a hint. After registering at the lodge, you receive a chocolate bar in a maroonish-brown wrapper.

I was in Hershey, Pa., at a nutrition conference. After our treat at check-in, we were enticed with chocolate on our pillows, nightstands, meeting tables and dessert tables.

The shampoo, conditioner, lotion and soap were chocolate scented. The wallpaper featured chocolate kisses, and the bedding was embossed with, you guessed it, the famous candy kisses. Even the street lamps were shaped like kisses.

By the week's end, I had more than my fill of chocolate. However, just like being overstuffed at Thanksgiving, I recovered. A little piece of chocolate sounds inviting again.

We went to a local attraction, and I rode around an educational exhibit in a metal cocoa bean "car" as I learned about processing cocoa beans to make chocolate candy.

Chocolate candy begins with the fruit from the Theobroma cacao tree. Cocoa beans are fermented, dried and roasted, then their shells are removed. Next the "nibs" (pure cocoa beans) are ground to form a paste, and the cocoa is separated

from the cocoa butter to form cocoa liquor.

To make powdered cocoa, much of the fat is removed from the cocoa liquor. To make dark chocolate, sugar is added to the chocolate liquor. As you might guess, milk chocolate contains cocoa liquor, sugar and, of course, milk.

Then the chocolate is tempered, where the temperature is raised and lowered in a controlled manner, and finally the chocolate is molded into shapes and wrapped.

White chocolate is made from cocoa butter plus sweeteners and other ingredients.

The candy company began more than 100 years ago with caramels and later, Milton Hershey switched the focus to chocolate.

We weren't at the conference to learn about chocolate, but I did pick up a few nuggets of wisdom.

The good news: A moderate amount of chocolate has been shown to have some health benefits.

Note the word "moderate."

Chocolate has a long history dating back to about 460 A.D. It was used as a medicine by early people.

Chocolate is rich in antioxidant compounds with names such as catechin, epicatechin and procyanidins. Antioxidants are the body's defenders, and they are found in a variety of fruits, vegetables and, yes, cocoa beans and other types of beans. Cocoa also contains several minerals, including copper, magnesium, potassium and iron.

By the way, cocoa doesn't count as a vegetable even though it is from a bean.

Cocoa compounds have been studied extensively, and researchers have reported several potential benefits for several body systems, including our cardiovascular system, our nervous system and even our skin.

Some researchers have reported that eating some chocolate may reduce our risk for heart attacks, strokes and diabetes. Other researchers have shown positive results of cocoa consumption on mood and brain function.

Chocolate isn't a magic cure-all, though. Your overall diet, physical activity and other lifestyle factors, and your genetics, play the most important roles in your health.

In some people, consuming chocolate may trigger migraine headaches or gastroesophageal reflux ("heartburn"). Other people are allergic to ingredients in chocolate, such as milk.

Remember that chocolate often is high in fat and sugar, which provide ample calories and could promote weight gain. An extra 100 calories per day theoretically can add 10 pounds to your frame per year. Balance your food with physical activity.

By the way, dark chocolate and milk chocolate have potential health benefits, but dark chocolate is higher in antioxidants. If you prefer milk chocolate, enjoy it and be sure to eat colorful fruits and veggies because they also are high in antioxidants.

Savor each chocolate candy morsel slowly. Smell it and snap a piece from the bar by your ear. Good-quality chocolate has a "snap." Then let it melt in your mouth and savor the richness and flavor.

While I was at the conference,

## Make your ads go further with All-Access Advertising

**What is it?** BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

**Where do ads appear?** Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of news stories and photos.

**What size ads can be uploaded online?** Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

### Why should you be online?

Over 3,000 users visit [bhgnews.com](http://bhgnews.com) each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

**Fast Facts about BHGnews.com**

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

### All-Access Advertising rates:

Individual newspaper home: \$5

BHG home page: \$7

All home pages: \$10

Contact your BHG advertising representative today to take advantage!





# CALENDAR

## Saturday, Nov. 16

Washburn Helping Hands applications are now available on the community bulletin board in the Washburn Post Office Lobby and at Central Dakota Social Services in the McLean County Courthouse. Application deadline is Nov. 16.

Bazaar, lunch and craft show, Ryder Senior Center, 10 a.m. to 3 p.m.

Community Cupboard of Underwood open 10 a.m. to noon for food and turkey distribution at 208 Lincoln Avenue.

The Feud fundraiser, 7 p.m., Garrison High School Gym.

Tis the Season vendor show, 9 a.m. to 3 p.m., Garrison Auditorium. Serving chilli.

Dan and Gloria Lies are celebrating their 60th wedding anniversary with a card shower. Send cards to: 4240 29th St. NW, Douglas, ND 58735.

## Sunday, Nov. 17

St. Paul Lutheran Sunday School kids will be going door to door in Garrison to collect cans for Gifts from the Heart from 11 a.m. to 12:30 p.m. Any donations would be appreciated. If you won't be home, you can leave a bag with items on your step and they will pick it up.

SACA Singers rehearsal, Kota Theater, 1 p.m.

Turkey Bingo, 2 p.m., St. Edwin's Catholic Church, Washburn.

## Monday, Nov. 18

McClusky Municipal Court, 7 p.m.

Yoga, First Congregational Church, Garrison, 8 a.m.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Max Food Pantry, Max Senior Center, 1-3 p.m. and 5-7 p.m.

Post 49 American Legion and American Legion Auxiliary meeting, American Legion Building in Garrison City Park, 7 p.m.

Turtle Lake-Mercer School Board meeting, 7 p.m.

## Tuesday, Nov. 19

McClusky Park Board meeting, 7 p.m.

Underwood School Board meeting, 5 p.m.

Gifts from the Heart star making, St. Paul Lutheran Church, 4:30 p.m.

Pickleball, elementary gym, 7 p.m., beginners welcome

Adult book club, Garrison Library, 7:30 p.m.

McLean County Commission meeting moved to Nov. 26.

## Wednesday, Nov. 20

Wilton School Board meeting, 6 p.m.

Wilton City Commission meeting, 7 p.m.

After school craft day, Garrison Public Library, 2-5 p.m.

Cougar co-op meeting in McClusky, 6 p.m.

## Thursday, Nov. 21

Food Bank at Sheridan County Courthouse is open from 1-4 p.m.

Community Clothing Share-Exchange open 10 a.m. to 6 p.m., at 221 Main St., Turtle Lake.

McClusky Merchant's Association meeting, noon, Union Grill.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Pickleball, elementary gym, 7 p.m., beginners welcome.

Dakota West Credit Union annual open house, 11 a.m. to 2 p.m., Washburn. See ad for full details.

First Presbyterian Church clothes closet open from 3-5 p.m. at 401 Dakota Avenue, Wilton.

Wilton Food Pantry open 4-6 p.m. at 42 Dakota Ave.

Mercer City meeting, 7 p.m.

## Friday, Nov. 22

Yoga, First Congregational Church, Garrison, 8 a.m.

Piecemakers Quilt Guild sew together, SACA Lodge, 9 a.m.

Garrison Lamplighter potluck supper, Garrison Senior Center, 6 p.m.

Underwood Senior English class is presenting two one-act comedy plays called the "Life O' the Party" and "Muggy's Merry Christmas," 7 p.m., at the Vonderheide Gymnasium.

## Saturday, Nov. 23

Lord's Pantry open 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

Scandinavian supper, one seating at 5:30 p.m., Camp of the Cross. Reservations required. Call 337-2246.

Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.

Community Food Pantry, Ryder, 10 a.m. to 2 p.m., free lunch provided.

Orville Speten 100th birthday open house, 2-4 p.m., Wilton Memorial Hall. No gifts please!

Holiday open house, 9 a.m. to 3 p.m., Chase Drug, Washburn.

Parshall community fall vendor showcase, 10 a.m. to 3 p.m., Parshall High School Gym. Lunch available.

## Sunday, Nov. 24

Fall harvest festival, 10:30 a.m., Frist Lutheran Church, Washburn, featuring the Preacher's Daughters.

Community Thanksgiving Service, Benedictine Living Center Chapel, 3 p.m.

## Monday, Nov. 25

Early deadline - All events, classifieds and advertising must be in the Xtra office by 5 p.m. for the Dec. 4 issue.

Retirement open house honoring Ted Weinberger, noon to 4 p.m., Hazen City Hall (small hall). See ad for full details.

Yoga, First Congregational Church, Garrison, 8 a.m.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

## Community Chest

Washburn Community Chest's annual fund drive begins soon! The 2020 campaign hopes to raise \$8,000 for various community clubs, churches and groups. Watch for inserts in the Xtra for complete details. Donations may be mailed to PO Box 496, Washburn or dropped off at Farmers Security Bank, Attn: Staci Berube.

# OUR OUTDOORS

## A world in motion

BY NICK SIMONSON  
DAKOTA OUTDOORS

It's almost like a switch turns off in my brain the second I settle in for a still hunt for deer, as was the case this opening weekend of the firearms season. The rammy, caffeine-fueled fidgeter checks out and some zen-like observer of the world settles down in place of my usual self anytime a bow or firearm is in hand and the idea of a big buck fuels all concentration on the sounds and sights around me. Perhaps zen-like is a bit of an exaggeration, but I'm certainly not physically and mentally turned up to 11 during the time on stand or during a sit as I normally am when upland hunting or bass fishing or even putting the dishes away on some Tuesday evening. Admittedly, the two personas have a serious battle when a doe and her two fawns come into sight, or a buck rumbles through, bumped by a nearby push, or even when the squirrels are having a solid go-round for the season's remaining acorns deep under the cover of the gnarled gray oak canopy.

This weekend, with ideal conditions for a still hunt and a corner draw of some public-access land to sit on and watch the season unfold, the Jekyll-and-Hyde duo were constantly at it as deer of all shapes, sizes and speeds came into sight, including more than 30 on opening day - by far the most I had ever seen in a single session. All day the squirrels were there too, helping me to remember the difference between their scrambling footsteps and those of a deer stepping gently (or sprinting at times) through the leaf-covered floor of the draw. By the time sunset darkened the valley, I was pretty sure I could



Nick Simonson

tell the difference again.

Waves of adrenaline washed over me and seemingly flowed down from my hillside vantage point, as I struggled to check my more excited nature which rattled the binoculars in my hand as I followed the deer, which at mid-day were moved by hunters on surrounding lands and toward evening, made their own cautious motions along the forested edge of the grassy lot where I sat. While other hunters ventured onto the plot of private land made open to the public through the state program and the landowner, their presence was an added benefit as they moved deer around, keeping the entertainment and the adrenaline rushes flowing. As two small bucks rustled in the leaves of the draw to my right, a third sneaky one bounded along the outcropping to my left, giving me only the time to catch a glimpse of him and his tall, shiny antlers in my scope as he slipped over the ridge and down into the river bottom. Later, two streaking whitetails, pushed from the private parcel behind me, burned along the creek bottom. The lead buck's headgear making him a definite shooter, but his awareness to ghost

himself in the branches as he made his escape kept the safety firmly in place on my firearm.

Following that, every buck of any size which was bounced from cover and ran through the drain, and every set of slow-creeping does that came over the adjacent hill provided a rush that the calmer portion of my mind struggled to put into check. Luckily, there was hardly a down moment as the dozens of deer came through at a regular pace, giving the fidgety sportsman in my psyche the continued excitement he craved, while providing a point of focus for the calmer side of me I have attempted to nurture as a still hunter in those moments of anticipation. When deer would slowly sneak into view, both sides of my brain teamed up to focus on picking out the legs, ears, body lines and antlers against the gray tree trunks and clusters of saplings, first without the aid of magnification and then with the help of my binoculars, as near tennis-elbow set in from lifting them up in reaction to the frequent movement the day brought.

Aside from maybe the buck tag still firmly tucked in my wallet at the end of the adventure, it was everything such an outing should be. It was filled with excitement as my fellow hunters moved the world around me, with shots echoing off the valley walls. It was relaxing and calming to sit in the autumn sun with legs outstretched behind my brushy vantage point and eyes on the eagles and magpies and squirrels doing their autumn activities as part of nature's supporting cast in the production. Most of all, it was a joy once again to be embroiled in the internal struggle between calm and chaos, brought on by a world in motion...in our outdoors.

## PRAIRIE FARE

continued from page 4

I stopped at the Partnership for Food Safety Education educational booth (<http://www.fightbac.org>) and picked up this chocolatey recipe. It has food safety guidance incorporated in the step-by-step directions for these antioxidant-rich cookies.

Yes, this is a treat to be consumed in moderation. I ran the nutrition analysis using my computer software with and without the added chocolate and marshmallow to show the differences that recipe changes can have on nutritional information. I trimmed 70 calories per cookie by leaving off the optional ingredients.

### Treat for the day hot chocolate cookies

- 1/2 c. unsalted butter
- 12 ounces semisweet chocolate chips
- 1/4 c. Dutch processed cocoa powder
- 1 1/2 c. all-purpose flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 1/4 c. light brown sugar, packed
- 3 large eggs, room temperature
- 2 tsp. pure vanilla extract
- Optional: 8 ounces dark chocolate, cut into 1/2-inch squares, plus more grated for garnish
- Optional: 12 large marshmallows, cut in half
- 1. Wash hands with soap and water.
- 2. Combine butter and



Julie Garden-Robinson

semisweet chocolate chips in a small saucepan over medium-low heat. Stir constantly until chocolate is melted and smooth. Remove from heat and let cool for 10 minutes.

3. In a medium mixing bowl, whisk together cocoa powder, flour, baking powder and salt until combined.

4. In a large mixing bowl, beat brown sugar, eggs and vanilla on medium speed until smooth. Add cooled melted chocolate and beat until just combined. Add flour mixture in batches, beating on low speed until just combined, stopping to scrape down sides of bowl as needed.

5. Don't eat raw dough or batter.

6. Cover and chill dough in refrigerator for one to two hours.

7. Wash hands with soap and water.

8. Preheat oven to 325 F. Line two baking sheets with parchment paper. Remove dough from refrigerator and scoop into 2-tablespoon-sized mounds onto prepared baking sheet, spacing cookies 2 to 3 inches apart. Flatten cookies slightly. Wash hands after handling raw dough.

9. Bake cookies 10 minutes, until tops start to crack.

10. Optional: Remove from oven and place a square of dark chocolate onto the center of each cookie. Top the dark chocolate with the marshmallow halves, cut side down, pressing down slightly into cookie. Return to oven for six minutes, until marshmallows soften.

11. Remove cookies from oven and let cool on baking sheet for five minutes before transferring to wire rack to cool completely. Top cookies with shaved dark chocolate and serve immediately.

12. Store in airtight container for up to one week.

Makes 24 cookies. Without the extra marshmallow and chocolate, each cookie has 190 calories, 8 grams (g) fat, 2 g protein, 1 g fiber and 80 milligrams (mg) sodium. Note: You could dust the cookie tops lightly with powdered sugar in place of the optional ingredients. With the added marshmallow and chocolate, each cookie has 260 calories, 11 g fat, 3 g protein, 39 g carbohydrate, 2 g fiber and 85 mg sodium.



# THE CLASSIFIEDS

• **DEADLINE:** 9 a.m. Thursday.  
 • **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.  
 • **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are FREE one week only.  
 • **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.  
 • **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128  
 Email: leadernews@westriv.com • Website: bhgnews.com  
 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577  
 • **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

## Announcements

**WANT TO SAVE** some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.  
 1-E-TFN-NC 58540

**SUPPORT GROUPS:** Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church, 701-460-0663.  
 1-E-TFN-NC 58540

**40TH ANNUAL MINOT RIFLE & PISTOL CLUB MINOT GUN SHOW**  
 ND STATE FAIR CENTER  
**NOV. 30 & DEC. 1**  
 SHOW HOURS: SAT. 9 A.M.-5 P.M., SUN. 9 A.M.-3 P.M.  
**BUY - SELL - SWAP - TRADE**

## Farm Related

**MW HAULING, LLC**, cattle hauling 8.5x53 spread axel cattle pot, 7x32 stock trailer. Licensed/insured for ND. Max Waloch, 701-516-3117.  
 28-39-E-PD 58577

## Giveaway

**5 GALLON JUGS**, for industrial purpose only: not to be used for human or animal consumption/food or beverage. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.  
 15-TFN-NC 58540

## Help Wanted

# GSSC SECURITY OFFICERS

**Washburn & Center, ND**  
 Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BillL@GSSC.net) for more information.  
 EOE/AA/Disability/Veterans/M/F Employer  
 Immediate full-time & part-time openings!



**BENEDICTINE LIVING CENTER OF GARRISON**  
 Benedictine Health System

## Culinary Services Director

Responsible for the direction, implementation, and supervision of all meal services and nutritional support for guests. Provides a quality assurance program that certifies guest therapeutic nutritional requirements are met. Manages the selection, training, development, and performance of assigned initial and ongoing clinical nutritional assessments and menu planning. Manages the department's budget.

Eligible associates are offered medical, dental, vision and life insurance; disability coverage; paid time off (PTO), and 401(k). In addition, associates may also experience several other benefits, such as paid holidays, flexible scheduling, cookouts, holiday parties and much more.

To learn more about BLC of Garrison and BHS, please apply online at [blcgarrison.com](http://blcgarrison.com)  
 EEO/AA/Vet Friendly

## Help Wanted

**NORTHSHORE INN & Suites/Garrison Motel** is hiring for a Front Desk/Housekeeping position. Please apply within.  
 28-2TCHIX 58540

**EQUIPMENT OPERATOR/TRUCK DRIVER** position open: The Board of Sheridan County Commissioners will be accepting applications for an Equipment Operator/Truck Driver. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Must have a CDL license or can acquire one. Wages \$16-\$21.50 per hr. - negotiable upon experience. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 or PH# 701-363-2205. Shirley A. Murray, Sheridan County Auditor.  
 28-30-E-X 58463

## CUSTOMER SERVICE REPRESENTATIVE

Growing insurance agency in Wilton is looking to add a Customer Service Representative. Customer service experience helpful, training provided. Please send resume to Todd: [tnewton@westernfrontierins.com](mailto:tnewton@westernfrontierins.com), Western Frontier Insurance Agency, PO Box 459, Wilton, ND 58579 or call **701-734-6318**.

## HELP WANTED



is looking for

## SALES ASSOCIATES

**Full Time or Part Time**  
 Stop in for an application  
 200 5th Ave SE, Garrison

## HELP WANTED

**CENEX OF GARRISON**  
**Night Time & Weekend Cashiers**



**All Shifts Available**

**Must be able to work weekends. Stop in for an application.**

## Help Wanted

**Garrison-Max Ambulance is** accepting applications for **Drivers** with a valid drives license.

Paid on call position, Stop at ambulance garage in Garrison.

For applications go to website [gmambulance.com](http://gmambulance.com)



**Garrison-Max Ambulance District**

## HELP WANTED

Steve's Plumbing Service, LLC in Garrison, ND is looking for **full-time Apprentice** or a **Licensed Journeyman plumber.**

Competitive wages and benefits D.O.E. Call 701-460-7471 or email a resume to [szach@restel.net](mailto:szach@restel.net)



## HELP WANTED

### Coaching Positions

Garrison Public School District is seeking applications

- **BASKETBALL CHEER COACH** Winter HS Head & JH Head
- **BOYS BASKETBALL -SPRING** Elem. Head & Assistant
- **TRACK COACH -SPRING** Two Assistant Coaches

Please stop by Garrison High School for an application. Applicant must include a resume and three references.

Contact Nick Klemisch at 463-2818 for more information.

## RURAL BUS ROUTE DRIVER

Underwood School is seeking applicants for a Rural Bus Route Driver. Hours are from 6:45-8:15 a.m., and from 3-4:30 p.m. daily. Salary is approximately \$25/hour based upon actual miles driven. Applicant must have, or be able to obtain proper Bus Passenger Endorsement. Underwood School District will assist successful applicant in obtaining proper licenses. If interested, email [brandt.dick@underwoodschool.org](mailto:brandt.dick@underwoodschool.org), or call Brandt Dick, **701-442-3201**.

## HELP WANTED



## Cooks, Servers & Bartenders

is looking for  
 Apply in person or call 701-337-2070  
 Lake Audubon • Hwy 83 337-2070



**GREAT RIVER ENERGY** | Powering what's possible

The power that makes Great River Energy an industry leader is our employees.

## We're hiring for a Maintenance Mechanic

Located at Coal Creek Station, Underwood, ND

- Provide routine and emergency maintenance on mechanical equipment to ensure safe, efficient and reliable electrical plant operation.
- Provide guidance, maintenance management and make recommendations to ensure continuous process improvement.
- Associate of Applied Science (AAS) degree in Mechanical Maintenance or Welding Technology or equivalent experience.

If you're ready to work in an environment that's rewarding, challenging and exciting learn more at [www.greatriverenergy.com](http://www.greatriverenergy.com) under the Careers tab by November 25, 2019.

*GRE is an EEO/AA/Minority/Female/Disabled/Vets Employer.*



**GREAT RIVER ENERGY** | Powering what's possible

The power that makes Great River Energy an industry leader is our employees.

## Associate Chemist

Located at Coal Creek Station in Underwood, ND

- Collect and analyze process samples
- Safely operate the chemical injection, water treatment, and demineralizer systems for maximum efficiency and output.
- Bachelor's degree in Chemistry or a science field. Will train qualified candidates.

If you're ready to work in an environment that's rewarding, challenging and exciting learn more at [www.greatriverenergy.com](http://www.greatriverenergy.com) under the Careers tab by November 15, 2019.

*GRE is an EEO/AA/Minority/Female/Disabled/Vets Employer.*



**Help Wanted**

**BENEDICTINE LIVING CENTER OF GARRISON**  
Benedictine Health System

**HELP WANTED**  
*Come Join Our Team!!*

**Full-Time CNA**  
Not a CNA? We can help!  
Benefit Eligible  
Starting wage \$14.56  
Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
Or call Jody Lawson at (701)463-2226  
"EQUAL OPPORTUNITY EMPLOYER"

**BENEDICTINE LIVING CENTER OF GARRISON**  
Benedictine Health System

**HELP WANTED**  
*Come Join Our Team!!*

**• RN/LPN**  
Full Time days  
Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
Or call Jody Lawson at (701)463-2226  
"EQUAL OPPORTUNITY EMPLOYER"

**THE MEADOWS ASSISTED LIVING**  
Benedictine Health System

**HELP WANTED**  
**• Resident Assistant**  
CNA preferred but will train the right person  
Part time/Full time  
Call Becca at The Meadows to set up an interview 701-463-2226  
"EQUAL OPPORTUNITY EMPLOYER"

**HELP WANTED**

**CHI St. Alexis Health**  
Imagine better health.™

**Turtle Lake Hospital**

**Part-time Clinic Nurse**  
Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.  
This institution is an equal opportunity provider and employer.

**HELP WANTED**

CHI St. Alexis Health Garrison has the following positions available:

**Full-Time**  
• RN/LPN • CNA

**Part-Time**  
• Housekeeper  
• Dietary Aide  
• Activities Aide  
• Nurse Aide/CNA

For more information call 701-463-6503  
Apply online at [CHISTAlexiusHealth.org](http://CHISTAlexiusHealth.org)

**CHI St. Alexis Health**  
Imagine better health.™  
Garrison Hospital  
The institution is an equal opportunity provider and employer

**Livestock**

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Nov. 18, Dec. 2 and Dec. 16. Have them there by 11 a.m. Call Darin, 701-315-0144.  
43-TFN-E-X 58577

**Misc. for Sale**

FOR SALE: Siemans 200 amp Heavy Duty Stainless Steel, 600 VAC HP Rated. NEMA 4/4x safety switch rated for outdoor use Model #hnf364S \$1150/each. Call Brad, 701-870-4228.  
21-28-E-PD 58523

**Misc. for Sale**

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.  
1-E-TFN-NC 58577

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.  
35-P-TFN-NC 58577

**Notices**

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday.  
1-E-TFN-NC 58577

**Real Estate for Rent**

1 BEDROOM STUDIO apartments available in Garrison. Furnished, all utilities included. Monthly rates. Call 337-5169 or 701-220-7477.  
28-2TCHIX 58540

**NOW RENTING**

**Heritage Heights Apartments**  
1040 Custer Dr., Washburn  
New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable.  
701-527-4739 or Manager 701-220-8145

**Real Estate for Sale**

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

**Services**

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul.  
44-TFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.  
9-34-E-PD 58577

**Statewides**

**HELP WANTED**  
NIGHT CUSTODIAN - LAKE REGION State College, Devils Lake Fulltime, full benefits, M-F, 3:00pm - 12:00am, rotating weekends. For more information see our website at lrsc.edu.

**FOOD SERVICE PREP COOK** - Lake Region State College, Devils Lake Fulltime 10 or 12 month contract, full benefits. Salary depending on experience. For more information see our website at lrsc.edu.

**COMMERCIAL APPLICATORS.** Competitive wage and benefits, meal allowance, paid lodging. Traveling position for railroad vegetation control, 60-80 hours/week. RAW (Cooperstown, ND). 888.700.0292 | [www.rawapplicators.com](http://www.rawapplicators.com) | [info@rawapplicators.com](mailto:info@rawapplicators.com)

**FARMERS UNION OIL** in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

LOOKING FOR THE most complete listing of ND Media? Get 2019 ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

**Statewides**

**FINANCIAL SERVICES**  
OVER \$10K IN Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 701-936-8487.

**EDUCATION /TRAINING**  
TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 701-929-9679. (M-F 8am-6pm ET)

**COMPUTER & IT TRAINING PROGRAM!** Train at home to become a Computer & Help Desk Professional now! Call CTI for details! 701-929-9484 (M-F 8am-6pm ET).

**BUSINESS FOR SALE**  
F/S: CITY CENTER MOTEL. Devils Lake, ND. 24 units, attached apartment. In busy tourism area. Selling due to health. 701-662-4918. Serious inquiries only! PRICE REDUCED!

**REAL ESTATE FOR SALE**  
NDFARMLAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701.371.8538. Kevin Pifer 701.238.5810. Free valuation.

**MISCELLANEOUS FOR SALE**  
QUILTED CEILING & GIFTS in Valley City, ND is going out of business! Fabric, notions, yarn, kitchenware and home decor at great prices!

**ANYONE CAN RUN STATEWIDE** with HELP WANTED ads in all ND papers with NorthSCAN! \$160 /25 words / 89 papers. Contact your newspaper or NDNA, 701-223-6397.

**FUR BUYER**  
ATTENTION WESTERN North Dakota Hunters/Furharvesters. Petska Fur running Bi-Monthly routes. Actively seeking Coyotes, Lynxcats, Fox, Coons, Deer/Elkhides and Antler. Coyote market exceptional. 308-870-4887. [www.petskafur.net](http://www.petskafur.net).

**AUTOS WANTED**  
DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415

**HEALTH/MEDICAL**  
A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-701-404-5808.

**ATTENTION: OXYGEN USERS!** Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 701-404-5994. (24/7)

**CASH SETTLEMENTS**  
ATTENTION: If you or a loved one worked around the pesticide Roundup (glyphosate), for at least two years and has been diagnosed with non-Hodgkin's lymphoma, you may be entitled to compensation. To learn more, call now: 844-287-7314

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 701-404-5389 today. Free Consultation. No Risk.

**MISCELLANEOUS**  
WE MAKE IT easy to place an ad in one or all 89 North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.

**AUCTION**  
December 7th, 2019 @ 10 AM MT  
Offering: 161 Guns, Buckskin Bar & Grill, 64 Central Ave S, Killdeer, ND.  
Wolff Auctioneers



**Fried rice**  
4 cups pre-cooked rice  
3-4 scrambled eggs  
1 large onion, chopped  
4-5 cloves garlic, chopped  
ham or chicken, cubed  
2-3 cups celery, chopped  
1/3 cup soy sauce  
1 cup frozen peas  
1 cup grated carrots (optional)  
Saute garlic and onions with 1/2 cup oil. Add celery. Cook until soft. Add meat. Stir in soy sauce. Cook for 3 minutes. Add rice. Cook until hot. Add garlic powder and black pepper to taste. Stir in scrambled eggs. Serve hot.

**Chicken taco soup**  
1 onion, chopped  
1 (16 ounce) can chili beans  
1 (15 ounce) can black beans  
1 (15 ounce) can whole kernel corn, drained  
1 (8 ounce) can tomato sauce  
1 1/2 cup chicken stock  
2 (10 ounce) cans diced tomatoes with green chilies, undrained  
1 (1.25 ounce) package taco seasoning  
3 whole skinless, boneless chicken breasts  
shredded Cheddar cheese (optional)  
sour cream (optional)  
crushed tortilla chips (optional)  
Place the onion, chili beans, black beans, corn, tomato sauce, chicken stock, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.

**Chocolate chip cookie delight**  
1 tube (16-1/2 ounces) refrigerated chocolate chip cookie dough  
1 package (8 ounces) cream cheese, softened  
1 cup powdered sugar  
1 carton (12 ounces) frozen whipped topping, thawed, divided  
3 cups cold milk  
1 package (3.9 ounces) instant chocolate pudding mix  
1 package (3.4 ounces) instant vanilla pudding mix  
Optional: Chopped nuts, chocolate curls and miniature semisweet chocolate chips  
Let cookie dough stand at room temperature for 5-10 minutes to soften. Press into an ungreased 13x9-in. baking pan. Bake at 350° until golden brown, 14-16 minutes. Cool on a wire rack.  
In a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in 1-3/4 cups whipped topping. Spread over crust.  
In a large bowl, whisk milk and pudding mixes for 2 minutes. Spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with nuts and chocolate curls if desired.  
Cover and refrigerate until firm, 8 hours or overnight.

**Corn casserole**  
1 can whole kernel yellow corn, undrained  
1 can cream style yellow corn  
1 (8 oz.) carton sour cream  
2 eggs, beaten  
1 1/2 cups corn muffin mix  
1 stick butter, melted  
Mix all together and pour into large, lightly oiled casserole dish. Bake at 350°F for 55 to 60 minutes.





2020 EQUINOX

**15%** Below MSRP  
on most models<sup>†</sup>

THAT'S

**\$6,174** Below MSRP  
on this Equinox Premier<sup>†</sup>

\$4,448 Purchase Cash + \$1,726 Price Reduction Below MSRP



**BLACK FRIDAY**  
SALES EVENT

Sale ends 12-2-19

**2019 Chevy Cruze Premier RS**

Hatchback  
Stock # CH18001



**20% off MSRP**

**2019 Buick Envision**

Essence AWD SUV  
Stock # BT1921



**16% off MSRP**

**2019 Chevy Silverado LTZ 4WD Crew Cab**

Stock # CT1949



MSRP.....\$56,000  
Discounts & Rebate.....\$10,640  
**NOW AFTER REBATE.....\$45,360**

Tax and license is extra on all vehicles

**GM Program Vehicles**

2019 Buick Enclave Premium AWD red tintcoat.....	11,600 miles.....	<b>\$42,995</b>
2019 Buick Enclave Essence AWD dark gray, leather.....	21,000 miles.....	<b>\$35,995</b>
2019 Buick Enclave Essence AWD white, leather.....	17,000 miles.....	<b>\$36,995</b>
2019 Buick Enclave Essence AWD slate gray, leather, sunroof.....	23,000 miles.....	<b>\$36,995</b>
2019 GMC Acadia SLT AWD silver, leather.....	21,000 miles.....	<b>\$34,995</b>
2019 Chevy Impala Premier dk gray, leather.....	20,000 miles.....	<b>\$24,995</b>
2018 Chevy Malibu LT Sedan black, sunroof.....	35,000 miles.....	<b>\$17,995</b>
2018 Chevy Cruze LT Sedan silver.....	19,500 miles.....	<b>\$16,995</b>
2018 Chevy Tahoe LT 4WD SUV white, leather, sunroof.....	23,000 miles.....	<b>\$47,995</b>

**Used Trade-Ins**

2018 Chevy Colorado Z71 Crew Cab black.....	11,000 miles.....	<b>Just In</b>
2018 Chevy Traverse LT AWD SUV silver.....	47,990 miles.....	<b>\$26,995</b>
2017 Chevy Colorado Ext Cab 2WD blue.....	25,000 miles.....	<b>\$16,995</b>
2016 Chevy Silverado 1500 Crew 4x4 brown.....	72,000 miles.....	<b>\$29,995</b>
2015 Chevy Silverado 1500 LTZ Crew silver.....	35,000 miles.....	<b>\$33,995</b>
2015 Chevy Equinox LTZ AWD SUV blue.....	96,000 miles.....	<b>\$15,995</b>
2014 Chevy Suburban LTZ 4wd champagne, loaded.....	75,000 miles.....	<b>\$28,495</b>
2015 Buick Lacrosse Sedan red, sunroof.....	98,000 miles.....	<b>\$9,995</b>
2013 Chevy Equinox LT AWD black.....	67,000 miles.....	<b>\$12,995</b>
2012 Chevy Traverse AWD SUV white.....	143,000 miles.....	<b>\$8,495</b>
2012 GMC Acadia AWD SUV gray.....	124,000 miles.....	<b>\$10,995</b>
2014 Chevy Traverse 2LT AWD gray.....	125,000 miles.....	<b>\$14,995</b>
2011 Chevy Tahoe LT 4WD maroon.....	111,000 miles.....	<b>\$16,995</b>
2008 Chevy Silverado 1500 brown.....	111,000 miles.....	<b>\$11,995</b>
2007 Dodge Grand Caravan silver.....	137,000 miles.....	<b>\$4,495</b>
2006 Chevy Uplander silver.....	145,000 miles.....	<b>\$4,995</b>
2006 Dodge Ram 3500 Crew Dually white,diesel.....	High miles.....	<b>\$12,900</b>
2005 Dodge Ram 1500 Quad Cab 4WD white.....	210,000 miles.....	<b>\$3,495</b>
2007 Chevy Tahoe LT 4WD blue.....	109,000 miles.....	<b>\$14,995</b>
2013 Ford F150 Crew 4WD Pickup.....	75,000 miles.....	<b>\$21,995</b>
2015 Chevy Trax AWD black.....	30,000 miles.....	<b>\$14,995</b>
1998 Isuzu Trooper.....		<b>\$1,495</b>

**Hazen Motor Co.**

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CERTIFIED  
PRE-OWNED

