2022 NORTHERN HILLS AREA

GOLD TICKET COUPONS INSIDE



by GPLOCAL

0000



TRAIL ADDICT.COM

- __Tent
- Ground Cloth/Tarp _Extra Stakes
- Shade Tarp/Poles/Rope/Stakes
- __Hammer
- Mat For Tent Entrance
- Dust Pan/Brush
- Sleeping Bag or Sheets & Blankets
- _Air Mattress/Sleeping Pad/Cot/Tarp
- __Air Pump __Repair Kit For Air Mattress

Clothing

- _Walking Shoes
- _Sandals Shorts
- __T-Shirts
- Socks & Extra Socks
- _Hats
- _Sweatshirt
- __Jacket
- .Underwear
- _Rain Gear
- Swimsuit
- _Towe

Kitchen/Food Items

- _Large Water Jug & Water Bucket
- Seasoning, Sugar & Condiments

 —Cooking Utensils Spatula, Knife, Spoon

 —Charcoal/Firewood/Bubby Burner

 —Coolers/Ice
- _Thermos
- _Stove With Fuel/Propane
- _Matches/Lighter
- __Dutch Oven
- _Campfire Grill/BBQ Grill _Fire Starters/Newspaper _Tablecloth/Thumb Tacks/Clips _Plates & Bowls
- _Silverware
- _Mugs/Paper Cups
- Aluminum Foil
- __Paper Towels
- Trash Bags Dish Soap







- _Clothes pins _Cooking Oil
- _Food Containers/Bowls Potholders/Oven Mitts
- _Pots & Frying Pans _Kitchen Soap
- Tongs .Skewers/Grill Forks
- _Can Opener
- Folding Table
 Cutting Board
 Ziploc Bags
- _Napkins _Dish Pan
- Dish Rags & Towels
- Scrub Pad
- _Potato Peeler
- __Popcorn
- Smores Supplies

General Camping Items

- _Lantern With Fuel & Mantles
- _Flashlight _Batteries
- - Compass/GPS Bug Repe**ll**ent
- Pocket Knife
- Plastic Grocery Bags Binoculars
- Rope/Clothesline
- __Canteen/Water Bottle __Bungi Cords/Straps
- _Axe`
- _Backpack
- _Fishing Gear/License/Bait
- Radio Camp Chairs
- Sunglasses
- _Hammock
- _First Aid Kit Duct Tape
- _Notepad/Pen
- __Cards/Games/Toys __Reservation Info
- Small Shovel
- Bikes
- Hand Wipes
- __Fire Extinguiser



Personal Items __ Soap

- Tooth Brush & Tooth Paste Deodorant
- .Comb/Brush
- Razor Toilet Paper
- Tissues
- Sunscreen











Grilling Tips

- If you don't have a grill brush you can just crumple up aluminum foil and use like a brush
- To avoid the lump in your burger, push down in the center with your thumb or a
- When grilling chicken, boneless meat needs direct heat. Bone-in pieces need lower indirect heat, direct heat will burn them.
- To sear steaks pat them dry on both sides after marinatina.
- To get the richest flavor in your meat, don't flip often, one time flipping is enough.

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RARE

Internal Temp 125° Cool Red Center 4 minutes on side 1 2 minutes on side 2

MEDIUM RARE

Internal Temp 135° Pinkish-Red Center 5 minutes on side 1 3 minutes on side 2

MEDIUM

Internal Temp 145° Pink Center with Brown Meat 6 minutes on side 1 5 minutes on side 2

MEDIUM WELL

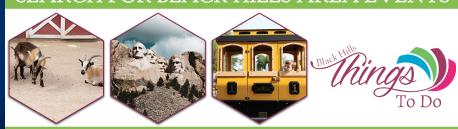
Internal Temp 150° Slightly Pink Center 7 minutes on side 1 6 minutes on side 2

WELL DONE

Internal Temp 135° Brown Center, No Pink 8 minutes on side 1 7 minutes on side 2

Times are based on a 3/4 inch steak. Grill temps may vary, keep an eye on your food & use a thermometer to check doneness.

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- O 1. EXPLORE NATURE & GO GEOCACHING
- O 2. ACT OUT YOUR FAVORITE BOOK OR MOVIE
- O 3. LEARN HOW TO TIE-DYE A T-SHIRT
- O 4. MAKE A BOX FORT
- O 5. WRITE A LETTER TO SOLDIERS
- O 6. MAKE UP YOUR OWN MAD LIBS
- O 7. LEARN A MAGIC TRICK
- O 8. TRY TO REPLICATE A FAMOUS ART PIECE
- O 9. MAKE A TIME CAPSULE
- O 10. HAVE A PAPER AIRPLANE RACE
- O 11. CREATE AN OBSTACLE COURSE
- O 12. MAKE HOMEMADE PLAY-DOH
- O 13. MAKE A BIRD FEEDER
- O 14. MAKE A PINATA
- O 15. VISIT A HISTORICAL SITE
- O 16. DRAW WITH CHALK
- O 17. LOOK AT OLD PICTURES
- O 18. MAKE FOIL JEWELRY
- O 19. CREATE YOUR OWN SUPERHERO
- O 20 WRITE AND SING A NEW SONG
- O 21. TRY A NEW SPORT
- O 22. DRAW YOURSELF
- O 23. CREATE A NEW GAME FOR GAME NIGHT
- O 24. HAVE A BACKYARD CAMPOUT
- O 25. GO SWIMMING
- O 26. VISIT A MUSEUM
- O 27. PLANT A GARDEN
- O 28. PLAN A TREASURE HUNT
- O 29 HAVE A LUAU
- O 30. SHP & SHDE

- O 31. HELP A NEIGHBOR WITH A PROJECT
- O 32, GO ON A HIKE
- O 33. BUILD A DERBY CAR
- O 34. MAKE POPSICLES
- O 35. GO TO THE FARMER'S MARKET
- O 36. MAKE FRUIT KEBABS
- O 37. FRISBEE GOLF
- O 38. PAINT A PET ROCK
- O 39. CREATE A COOL NEW COSTUME
- O 40. MAKE A MOVIE
- O 41. HAVE A WATER BALLOON FIGHT
- O 42. HELP WITH A CHARITY
- O 43. GO THRIFT STORE SHOPPING
- O 44. STARGAZE
- O 45. HELP OUT AT THE HUMANE SOCIETY
- O 46. HAVE A MOVIE MARATHON
- O 47. GO ON A DAY TRIP
- O 48. GO FISHING
- O 49. LEARN A NEW DANCE
- O 50. PAINT WITH A SQUIRT GUN
- O 51. CREATE A MEMORY JAR
- O 52. GO HAMMOCKING
- O 53. MAKE HOMEMADE ICE CREAM
- O 54. PICK WILD FLOWERS
- O 55. WASH YOUR BIKE
- O 56. WRITE A LETTER TO SOMEONE
- O 57. MEMORIZE ALL 50 STATES
- O 58. LEARN YOUR NAME IN SIGN LANGUAGE
- O 59. RUN THROUGH THE SPRINKLERS
- O 60. CONSTRUCT A FAMILY TREE

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Mental Health Benefits Of Being In Nature:

Improved Attention • Lower Stress • Better Mood • Increases In Empathy Reduced Risk Of Psychiatric Disorders • Increases In Cooperation

Research has shown that spending time in nature can act as a soothing balm for our brains. University of Chicago psychologist Marc Berman PhD, and his student Kathryn Schertz, explored in 2019 that green spaces near schools promote cognitive development in children and green areas near children's homes promote self control behaviors. Experiments have found that being surrounded by natural environments improves memory, cognitive flexibility and attention control, while being surrounded by urban environments has links to attention deficits. Just a few moments of being in nature and the outdoors can wake up your tired brain.

So now, step away from your computer screen and your favorite television program, and go outside to explore the hills and prairies that we are all fortunate to call home. Your mood will improve, and your work will improve. There are so many parks and trail systems near you that are waiting to be explored!

For a list and descriptions of Black Hills trails, visit: www.Trailaddict.com

CONTAINER GARDENING IN SMALL SPACES









Having a limited amount of space doesn't have to put a damper on your love of gardening. With some simple containers that are found around the house, you can grow lots of space-saving plants. Read on for ideas to help you get started plating your container garden

BAKING PANS

Cake pans and muffin tins that are made of metal start to look pretty worn after a while. Instead of pitching them in the trash, use them for starting seedlings. They are shallow and wide enough that each pan can fit quite a few little seedlings comfortably. Be sure to plant them in rows, just as you would in the ground. That way thinning is a little easier.

COFFFF CANS

Leftover plastic or tin coffee cans work best for medium-sized plants that need drainage, since poking holes at the bottom of them is easy. Miniature rose bushes that can be pruned back in the fall look lovely in them. So do rosemary plants and lavender. Several types of bonsai trees will also do fine because they usually have their roots pruned back along with their foliage.

-BUCKET'

For larger plants, big buckets work perfectly. They offer more room for an extended root system, so tomatoes and other types of vegetables will still thrive even though they aren't in the ground. Choose buckets that are wide enough for a tomato cage to fit in them comfortably. Tomato cages are essential to growing gardens in small spaces because they help direct growth vertically, instead of it spreading out on the patio or balcony.

TEA CUPS

Small tea cups and coffee cups with a chip or a cracked handle can be recycled into little planters. Since drilling into glass is difficult without it shattering, there won't be a way to add draining. Small herbs that don't mind saturated soil will solve this problem. Some of the best herbs to grow in tea cups are mint and chamomile. These containers can be used to start seedlinas.



DATE	EVENT	LOCATION
May 21	Breakers Beach Run 5k & 13k	Angostura
May 30	Stars, Stripes & Steps	Hot Springs
May 29	Big Hill 5k & 8 Mile	Spearfish
June 4-5	Crazy Horse Volksmarch	Crazy Horse
June 4	Mickelson Trail Fast 5k	Deadwood
June 5	Mickelson Trail Marathon	Deadwood
June 18	Bearlodge Trail Run	Sundance, WY
June 24	Black Hills 100	City Park • Sturgis
July 4	Belle Fourche Rodeo Run	Belle Fourche
July 4	Firecracker 5k	Lead
July 9	Spearfish Canyon Half Marathon	City Park
July 10	Mystic Mountain Run	Mystic
July 16	Heart of the Hills	Hill City
July 23	Rattler 5 Trail Run	Founder's Park • RC
July 23-24	Rapid City Half Marathon & 5k	Memorial Park • RC
July 30	Haven Half	Hisega
August 8	Legendary Sturgis 5k	Softball Field • Ft. Meade
August 20	Lean Horse 100	Custer
August 27	Hell Canyon - 5 Mile	Custer
August 21	Leading Ladies Marathon	City Park • Spearfish
September 3	7th Cavalry	Sturgis

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BLT Grilled Cheese

Monte Cristo Sliders

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Chicken Avocado Pita

Grilled Caprese Sandwich

Salads

BLT Pasta Salad

Cheeseburger Salad

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Deviled Egg Pasta Salad

Peach Fruit Salad

Corn. Tomato. Avocado Salad

Tex Mex Quinoa Salad



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Deadwood

June 10-11	Deadwood PBR
July 10-15	3-Wheeler Motorcycle Rally
July 25-30	Days of '76 Rodeo
Aug 24-28	Kool Deadwood Nites
Sept 16-17	Deadwood Jam
Weekly Events	Wednesday Nights Concerts

Rapid City

June 18-19	West Boulevard Summer Festival
July 16-17	Hills Alive
Aug 19-28	Central States Fair & Rodeo
Weekly Events	Thursdays Summer Nights

Spearfish

July 15-16	Black Hills Corvette Classic
July 15-17	Spearfish Festival In the Park
Aug 13	Hot Rods for Hatcheries
Weekly Events	Fridays Summer Concerts

Sturgis

Jun 24-26	Black Hills Bluegrass Festival
Aug 5-14	Sturgis Motorcycle Rally
Aug 30- Sept 4	Mustang Rally
Weekly Events	. Wednesday Summer Concerts

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