

2022 RAPID CITY AREA  
**GOLD TICKET COUPONS INSIDE**

# The **TICKET**

IT'S *Summer* TIME!

by **GPLOCAL**

**RESIDENTIAL • COMMERCIAL • ROOF REPAIRS**  
*Family Owned & Operated For Three Generations*



*Don't just hire a roofer...Hire a Bolt!*

- Asphalt Shingles
- Roof Repairs
- Seamless Gutters
- Re-Roofing
- Insurance Claims
- Hail Damage
- Clean Up/Haul Away
- References Available

**605-716-1765 • Rapid City • [www.GrantBoltRoofing.com](http://www.GrantBoltRoofing.com)**

# 2022

## SIGNATURE EVENTS

FUN | FOOD | MUSIC | DRINK | ART

<b>MAY 21</b>	<b>FRÜHLINGSFEST</b>
<b>JUNE 4</b>	<b>KIDS' CARNIVAL</b>
<b>JUNE 18</b>	<b>GOLDEN HOUR LIVE</b>
<b>JULY 23</b>	<b>BIERBÖRSE FESTIVAL</b>
<b>AUGUST 20</b>	<b>GOLDEN HOUR LIVE</b>
	<b>FT. NAPPY ROOTS</b>
<b>AUGUST 24</b>	<b>LOVE<sup>2</sup> WEDDING EXPO</b>
<b>SEPTEMBER 24</b>	<b>PUMPKIN FESTIVAL</b>
<b>OCTOBER 1</b>	<b>CRUISER CAR SHOW</b>
<b>OCTOBER 29</b>	<b>DOWNTOWN</b>
	<b>TRICK-OR-TREAT</b>
<b>NOVEMBER 11</b>	<b>VETERAN'S DAY CEREMONY</b>
<b>NOVEMBER 19</b>	<b>ICE RINK OPENING</b>
<b>NOVEMBER 26</b>	<b>HOLIDAY CELEBRATION &amp;</b>
	<b>WINTER MARKET</b>



A 501(C)(3) NONPROFIT

[MAINSTREETSSQUARE.ORG](http://MAINSTREETSSQUARE.ORG) | RAPID CITY, SD



# Hello Summer

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## WIN LOCAL PRIZE PACKAGE WORTH OVER \$200!

### Support Local Businesses & Win Prizes!

- Support any local advertiser in this publication.  
(Use their Ticket, if they have one, for a discount!)
- Go to [localblackhills.com/ticket.html](http://localblackhills.com/ticket.html) by 9/15/2022
- Upload a picture/copy of your receipt dated (5/6/22-8/31/22)
- Each unique receipt is an entry.

The more times you support a local business, the more times you are entered!

The collage features several discount tickets from local businesses:
 

- CORY'S**: \$10 OFF Any Oil Change. No Cash Value. Cannot Combine.
- PAPA JOHN'S**: Buy 1 Entree, Get 1 Entree Half Off. (Valid thru 8/31/22. One coupon per customer per visit. Cannot be combined with any other offers.)
- BLACK HILLS BLEND**: Any Large Pizza For \$13.00. (Promo Code: BHBT300)
- BLACK HILLS BLEND**: 20% Off Your Entire Purchase. (No Cash Value. May not be combined with any other offer or discount.)
- BLACK HILLS BLEND**: Buy One Drink, Get One Free. (Of Equal or Less Value. No Cash Value.)

 In the background, a person is shown holding a smartphone and scanning a receipt from a laptop screen.



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

## For the Right Shoe and Professional Fit

### LARGE SELECTION OF:

- Running & Walking Shoes
- Insoles & Arch Supports
- Athletic Clothing
- Sandals & Swimwear

**Mystic Mountain Run**  
July 10, 2022

**Heart of the Hills Run**  
July 16, 2022

*Check out website for  
more information!*

**the  
runner's  
shop**

[www.sdrunnersshop.com](http://www.sdrunnersshop.com)



**{605} 348-7866**

**41 East Omaha • RAPID CITY**





# RUNS & RACES

DATE	EVENT	LOCATION
September 10	Tom Pfeifle Memorial 5k .....	Raider Park • RC
September 11	Black Hills Beer Fun Run .....	Spearfish
September 17	Black Hills Veterans March.....	Rochford
September 25	Old Baldy.....	Northern Black Hills
October 2	Crazy Horse Volksmarch.....	Crazy Horse
October 8	Crazy Horse 5k & 1k .....	Tracy Hall Park • Hill City
October 9	Crazy Horse Marathon .....	Crazy Horse
October 15	South Dakota Trail Championship .....	Flume Trail
October 30	Sock Hop.....	Canyon Lake Park • RC
November 5	Spearfish Canyon 15k .....	Spearfish
November 24	Turkey Trot.....	Old Storybook Island • RC

**FIND YOUR PERFECT TRAIL!**  
**WWW.TRAILADDICT.COM**





# Be A Grill Master

## 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 spoon.
- 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 marinating.
- To get the richest flavor in your meat, don't flip often, one time flipping is enough.

## Why Gas/Propane?

- Easy to start
- Quick heat up 10-15 minutes
- Easy temperature adjustment
- Easy to clean

## Why a Pellet Grill?

- Effortless Ignition
- Even Heat Convection Cooking
- Wireless Connectivity
- Amazing Smoke Flavor
- Easy to Use
- Fewer Flare-Ups

## Why Charcoal?

- Gets hotter than gas grills
- A smokey flavor
- You get to play with fire
- More affordable cost of grill
- Avoid problem of running out of propane halfway through cooking dinner!



## Perfect Steak Marinade

1/2 Cup Soy Sauce

1 tsp Garlic Powder

2 Tbsp Worcestershire Sauce

3 Tbsp Crushed Garlic

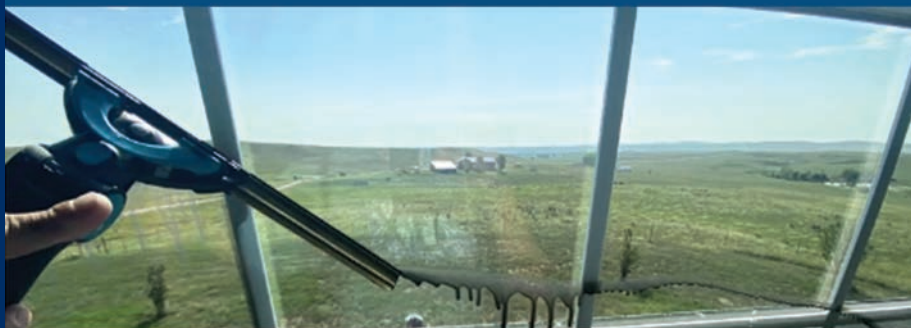
1/2 tsp Onion Powder

Mix ingredients. Marinate for 30 minutes before grilling.

## Providing Exceptional Service To The Rapid City Area

### Window Cleaning • Screen Cleaning & Repair

### Solar Panel Cleaning • Gutter Cleaning



# 605-786-2264

[www.DakotaWashPros.com](http://www.DakotaWashPros.com)



# Grilling Time & Temperature



## 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.



*If you can dream it  
we can fence it.*



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**[www.FenceRapidCity.com](http://www.FenceRapidCity.com)**







# Farmer's Market

## RAPID CITY

145 East Omaha St  
[www.BlackHillsFarmersMarket.org](http://www.BlackHillsFarmersMarket.org)  
[manager@blackhillsfarmersmarket.org](mailto:manager@blackhillsfarmersmarket.org)

**Saturdays**  
 Year Round  
**Wednesdays**  
 July-Oct

Seasonal produce, meats, eggs, honey, baked goods, jams, jellies, pickles, syrups, breakfast, lunch, snacks, drinks, arts. Cards accepted.

## HILL CITY

Prairie Berry Winery • 23837 US-385  
[www.BlackHillsFarmersMarket.org](http://www.BlackHillsFarmersMarket.org)  
[manager@blackhillsfarmersmarket.org](mailto:manager@blackhillsfarmersmarket.org)

**Tuesdays**  
 June-Sept

Enjoy a variety of seasonal vegetables, local meats, eggs, and baked goods at Prairie Berry Winery parking lot on Hwy 16.

## SPEARFISH

Brady Park • 111 E Illinois St  
[www.facebook.com/spearfishfarmersmarket](http://www.facebook.com/spearfishfarmersmarket)  
[spearfishfarmersmarket@gmail.com](mailto:spearfishfarmersmarket@gmail.com)

**Saturdays**  
 June-Oct

Fresh, locally grown produce and artisan crafts every Saturday morning in Brady Park.

## BELLE FOURCHE

Rsvlt Events Center • 1010 State St  
[www.facebook.com/farmersmarketbf](http://www.facebook.com/farmersmarketbf)  
[events@bellefourchechamber.org](mailto:events@bellefourchechamber.org)

**Thursdays**  
 June-October

Fresh, locally produced goods from the incredibly talented independent farmers, bakers, and crafters in our area.

## DEADWOOD

Corner of Siever St & Deadwood St 57732  
[www.facebook.com/DeadwoodFarmers](http://www.facebook.com/DeadwoodFarmers)

See Our  
 Facebook Page  
 For Info

Farmers will be selling their farm fresh vegetables, honey, teas, eggs & meat.

## Cracked or Uneven Driveway? Settled Patio or Sidewalk?

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2601 Haines Ave • Rapid City, SD [www.proliftingsolutions.com](http://www.proliftingsolutions.com)



**FREE ESTIMATES**



## Calvary Baptist Church

Rooted in Love, Reflecting Christ, Reaching Others  
 Come & Share Our Joy  
 Sunday School 9:00  
 Worship 10:15am  
**342-3384**  
 4601 S Hwy 16 • Rapid City  
[CalvaryBaptistrc.com](http://CalvaryBaptistrc.com)

## Calvary Christian School

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eat better.  feel better.

Exp: 08/31/2022  
[tropicalsmoothiecafe.com](http://tropicalsmoothiecafe.com)  
1612 Eglin St • 1301 W Omaha St  
Rapid City

**\$3.99 Any 24oz Smoothie**  
(Code 1150. No Cash Value)

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**Good For One \$50 Gift Card  
At Time Of Contract.**

(Minimum \$5000 contract) \*Mention offer at time of estimate.



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(605) 877-4879  
Exp: 08/31/22  
[allamericansidingandwindows.com](http://allamericansidingandwindows.com)  
[usaroofingrc.com](http://usaroofingrc.com)  
3745 Anderson Rd • Rapid City

**Buy One Drink, Get One Free**  
(Of Equal or Less Value. No Cash Value.)



Exp: 6/15/2022  
[blackhillsblend.com](http://blackhillsblend.com)  
(605) 791-0422

**10% Off Services**  
(No Cash Value.)



Exp: 07/31/22  
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(605) 391-7285

**\$100 off any purchase  
of \$500 or more**



Exp: 08/31/22  
[www.blindguybh.com](http://www.blindguybh.com)  
Spearfish • (605) 722-4489

**Video Lottery \$5 Free Play**  
(No Cash Value.)



Exp: 08/31/22  
[RobbinsdaleLanes.com](http://RobbinsdaleLanes.com)  
805 E St Patrick St • Rapid City  
(605) 342-7271

**\$10 off a \$50 purchase**  
(No cash value. Must present coupon.  
Not valid on membership shares or member orders.)



Exp: 08/31/2022  
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**Spend \$20 In The Liquor Store Get  
\$5 Off Meat Purchase**

(No Cash Value.)



Exp: 8/31/22

[www.dakotabutcher.com](http://www.dakotabutcher.com)

651 N Creek Dr • Rapid City  
605-791-1520

**Buy One Deli Lunch Get One 1/2 Off!**

Valid Monday-Saturday 11-2  
(No Cash Value, Equal or Lesser Value)



Exp: 8/31/22

[www.dakotabutcher.com](http://www.dakotabutcher.com)

651 N Creek Dr • Rapid City  
605-791-1520

**Buy one original, thin, or cauliflower  
crust pizza get one 1/2 off**

(No Cash Value, Equal or Lesser Value)



Exp: 8/31/22

[www.dakotabutcher.com](http://www.dakotabutcher.com)

651 N Creek Dr • Rapid City  
605-791-1520

**Buy 3 Get 1 Free Package Of  
Fresh Or Smoked Brats!**

(No Cash Value, Equal or Lesser Value)



Exp: 8/31/22

[www.dakotabutcher.com](http://www.dakotabutcher.com)

651 N Creek Dr • Rapid City  
605-791-1520

**Receive \$100 Visa Card &  
Save up to \$500 off Deductible  
FREE Courtesy Car During Repairs**

(No Cash Value.)



Exp: 8/31/2022

[dentspluspdr.com](http://dentspluspdr.com)

675 Creek Dr. • Rapid City  
(605) 381-9719

**25% Off Regular Priced Orders**

(Promo Code: BHP25)



Exp: 08/31/22

[www.papajohns.com](http://www.papajohns.com)

1520 Haines Ave • Rapid City  
(605) 348-7272

1011 Mt Rushmore Rd • Rapid City  
(605) 388-9999

**99 Days for \$99**

(No Cash Value.)



Exp: 08/31/22

[www.theweightroomrc.com](http://www.theweightroomrc.com)

601 12th St., Suite 4 • Rapid City  
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**\$500 Off Full Roofing or Siding Project**

(No Cash Value. Limit one per customer.  
Cannot be used with any other offer.)



Exp: 8/31/22

[www.allterrainexteriors.com](http://www.allterrainexteriors.com)

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**348-7272**

1520 Haines Ave • Rapid City

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After

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 Receive \$500 Off Your  
 Next Complete Roofing  
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[www.theweightroomrc.com](http://www.theweightroomrc.com)  
 601 12th Street, Suite 4 • Rapid City, SD

**Buy 1 Ice Cream Treat  
Get 1 For Half Off**



Exp: 09/05/22

[storybookisland.org](http://storybookisland.org)

1301 Sheridan Lake Rd. • Rapid City  
(605) 342-6357

**10% Off In The Gift Shop**



Exp: 09/05/22

[storybookisland.org](http://storybookisland.org)

1301 Sheridan Lake Rd. • Rapid City  
(605) 342-6357

**20% Off Your Entire Purchase**  
(No Cash Value. May not be combined with  
any other offer or discount.)



Exp: 08/31/2022

[wearitagainsam.com](http://wearitagainsam.com)

402 E Fairmont Blvd • Rapid City  
(605) 342-8283

**\$3.75 Off 2 Lunch Combos & 2 Drinks  
Or \$4 Off 2 Dinner Combos & 2 Drinks**  
(Limit 1 Per Table. No Cash Value.)



Exp: 8/31/2022

[guadalajaraspearfish.com](http://guadalajaraspearfish.com)

83 W Hwy 14 • Spearfish  
(605) 642-4765

BH

**\$1.50 Off Each Admission Before 6pm**  
(Up To 4 Players. Must Present Coupon. No Cash Value.)



Exp: 09/31/2022

[www.piratescove.net](http://www.piratescove.net)

1500 LaCrosse St • RC • 343-8540

**XL One Topping Pizza For Just \$10**

(No Cash Value. Not Valid With Any Other Offer)

Code: GP10



Exp: 08/31/22

[marcos.com](http://marcos.com)

See locations on the backside

**Buy 2 Cupcakes  
Get 2 Cupcakes for FREE!**



Exp: 08/31/22

1520 N Haines Ave • Rapid City  
(605) 390-6661 (Formerly Sweet Treats)

**\$10 Off Any \$50 Purchase**

(Not valid with any other offers. No Cash Value.)



Exp: 08/31/22

[www.minervas.net](http://www.minervas.net)

2111 North Lacrosse Street • Rapid City  
605-394-9505



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**\$350 Off All Roofing Jobs Over \$3,500**

(No Cash Value.)



*Don't just hire a roofer...Hire a Bolt!*

Exp: 12/31/22

[grantboltroofing.com](http://grantboltroofing.com)

1903 Lombardy Dr • Rapid City • (605) 716-1765

**\$10 OFF Any Oil Change**

No Cash Value. Coupon Code: GP0822



Exp: 8/31/2022

[PointSTire.com/rapidcity](http://PointSTire.com/rapidcity)

1700 Camden Dr  
Rapid City  
605-716-6600

1036 Cambell St  
Rapid City  
605-716-4348

**\$5 Off \$30 Purchase**

(No Cash Value.)



Exp: 8/31/2022

[www.sweetgrassinn.com](http://www.sweetgrassinn.com)

9356 Neck Yoke Rd • Rapid City  
(605) 341-3515

**Large Pizza for \$12.00**

Carry Out Only. Some restrictions apply.  
Not valid with other offers. (Limit 5 • Code 60010)



Exp: 6/30/2022

[pizzaranch.com](http://pizzaranch.com)

2 Rapid City Locations  
1556 Luna Ave • 605-348-9114  
405 E Stumer Rd • 605-791-5255

**\$1.00 Off Buffet**

Some restrictions apply. Not valid with other offers.  
(Limit 2 • Code 9271)



Exp: 6/30/2022

[pizzaranch.com](http://pizzaranch.com)

2 Rapid City Locations  
1556 Luna Ave • 605-348-9114  
405 E Stumer Rd • 605-791-5255

**\$25 OFF Guided Tour  
Kayaking, Paddleboarding, Hiking**



Exp: 09/30/22

[www.blackhillsrecretherapy.com](http://www.blackhillsrecretherapy.com)

605-393-5370

Call or Text to Schedule Today!

**\$10 Off Purchase of \$100 or More**

(Regular Priced Merchandise Only. No Cash Value)



Exp: 08/31/22

[www.sdrunnershop.com](http://www.sdrunnershop.com)

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- Insurance Claims
- Roof Repairs
- Hail Damage
- Seamless Gutters
- Clean Up/Haul Away
- Re-Roofing
- References Available



*Don't just hire a roofer...Hire a Bolt!*

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TIRE & AUTO SERVICE  
point S

**2 RAPID CITY LOCATIONS**

1700 Camden Drive (across from Menards)  
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1036 Cambell St. (across from the Fairgrounds)



**Dine-In • Carry Out • Delivery**  
**Pizza • Chicken • Buffet**

### 2 RAPID CITY LOCATIONS

**605-348-9114**

**605-791-5255**

1556 Luna Ave

405 E Stumer Rd

**[www.pizzaranch.com](http://www.pizzaranch.com)**



For the Right Shoe and Professional Fit

**the runner's shop**

**(605) 348-7866**

**41 East Omaha • RAPID CITY**

### Explore The Black Hills!

*Kayaking, Paddleboarding, Hiking*



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**Call or Text 605-393-5370**



# I'M BORED. WHAT CAN I DO?

- 1. EXPLORE NATURE & GO GEOCACHING
- 2. ACT OUT YOUR FAVORITE BOOK OR MOVIE
- 3. LEARN HOW TO TIE-DYE A T-SHIRT
- 4. MAKE A BOX FORT
- 5. WRITE A LETTER TO SOLDIERS
- 6. MAKE UP YOUR OWN MAD LIBS
- 7. LEARN A MAGIC TRICK
- 8. TRY TO REPLICATE A FAMOUS ART PIECE
- 9. MAKE A TIME CAPSULE
- 10. HAVE A PAPER AIRPLANE RACE
- 11. CREATE AN OBSTACLE COURSE
- 12. MAKE HOMEMADE PLAY-DOH
- 13. MAKE A BIRD FEEDER
- 14. MAKE A PINATA
- 15. VISIT A HISTORICAL SITE
- 16. DRAW WITH CHALK
- 17. LOOK AT OLD PICTURES
- 18. MAKE FOIL JEWELRY
- 19. CREATE YOUR OWN SUPERHERO
- 20. WRITE AND SING A NEW SONG
- 21. TRY A NEW SPORT
- 22. DRAW YOURSELF
- 23. CREATE A NEW GAME FOR GAME NIGHT
- 24. HAVE A BACKYARD CAMPOUT
- 25. GO SWIMMING
- 26. VISIT A MUSEUM
- 27. PLANT A GARDEN
- 28. PLAN A TREASURE HUNT
- 29. HAVE A LUAU
- 30. SLIP & SLIDE
- 31. HELP A NEIGHBOR WITH A PROJECT
- 32. GO ON A HIKE
- 33. BUILD A DERBY CAR
- 34. MAKE POPSICLES
- 35. GO TO THE FARMER'S MARKET
- 36. MAKE FRUIT KEBABS
- 37. FRISBEE GOLF
- 38. PAINT A PET ROCK
- 39. CREATE A COOL NEW COSTUME
- 40. MAKE A MOVIE
- 41. HAVE A WATER BALLOON FIGHT
- 42. HELP WITH A CHARITY
- 43. GO THRIFT STORE SHOPPING
- 44. STARGAZE
- 45. HELP OUT AT THE HUMANE SOCIETY
- 46. HAVE A MOVIE MARATHON
- 47. GO ON A DAY TRIP
- 48. GO FISHING
- 49. LEARN A NEW DANCE
- 50. PAINT WITH A SQUIRT GUN
- 51. CREATE A MEMORY JAR
- 52. GO HAMMOCKING
- 53. MAKE HOMEMADE ICE CREAM
- 54. PICK WILD FLOWERS
- 55. WASH YOUR BIKE
- 56. WRITE A LETTER TO SOMEONE
- 57. MEMORIZE ALL 50 STATES
- 58. LEARN YOUR NAME IN SIGN LANGUAGE
- 59. RUN THROUGH THE SPRINKLERS
- 60. CONSTRUCT A FAMILY TREE

## Promoting positive change in the lives of children & their families



- ABA Therapy/Autism Services
- Speech & Language Therapy
- School Consultation
- Social Skills Groups

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# 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.

## COFFEE 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.

## BUCKETS

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 seedlings.

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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](http://www.TrailAddict.com)

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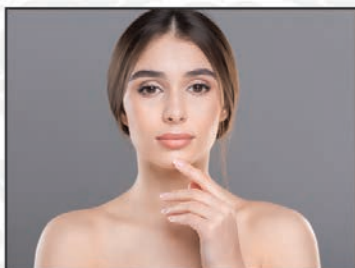


# BEAT THE HEAT DINNER IDEAS

<u>Grill</u>	<u>Sandwiches</u>	<u>Salads</u>
Shrimp Tacos	Club Sandwich	BLT Pasta Salad
Hawaiian Chicken Kebabs	Egg Salad	Cheeseburger Salad
Grilled Sausage Foil Packets	Grilled Balsamic Steak Sandwich	Italian Sub Salad
Cheese Burgers	BLT Grilled Cheese	Beef Taco Salad
CampFire Nachos	Monte Cristo Sliders	Deviled Egg Pasta Salad
Grilled Pizza	Buffalo Chicken Pinwheels	Peach Fruit Salad
BBQ Chicken	Chicken Avocado Pita	Corn, Tomato, Avocado Salad
Honey BBQ Ribs	Grilled Caprese Sandwich	Tex Mex Quinoa Salad

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# CAMPING CHECKLIST

## Tent Items

- \_\_Tent
- \_\_Ground Cloth/Tarp
- \_\_Extra Stakes
- \_\_Shade Tarp/Poles/Rope/Stakes
- \_\_Hammer
- \_\_Mat For Tent Entrance
- \_\_Dust Pan/Brush
- \_\_Sleeping Bag or Sheets & Blankets
- \_\_Pillow
- \_\_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
- \_\_Towel

## 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
- \_\_Smoers Supplies

## General Camping Items

- \_\_Lantern With Fuel & Mantles
- \_\_Flashlight
- \_\_Batteries
- \_\_Compass/GPS
- \_\_Bug Repellent
- \_\_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 Extinguisher

## Personal Items

- \_\_Soap
- \_\_Tooth Brush & Tooth Paste
- \_\_Deodorant
- \_\_Comb/Brush
- \_\_Razor
- \_\_Toilet Paper
- \_\_Tissues
- \_\_Sunscreen

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# EVENTS BY CITY



## 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

For Even More Events Go To [BlackHillsThingsToDo.com](http://BlackHillsThingsToDo.com)

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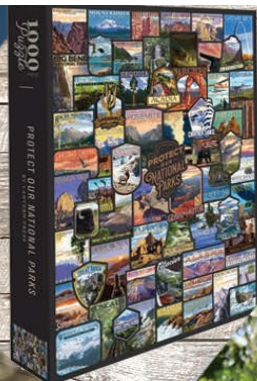
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