

ISSUE 1

BLACK HILLS

2024

family



Swish!



Smashing!



Love to dance



SPIKE!

SUMMER CAMPS

WE'VE GOT YOU COVERED



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Hole-in-one!



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Before investing, you should consider whether your state of residency, or your intended beneficiary's state of residency, offers a state tax deduction or any other state benefits such as financial aid, scholarship funds, and protection from creditors that are only available for investments in that state's 529 savings program.

The CollegeAccess 529 Plan is issued by the South Dakota Higher Education Savings Trust. The Program Manager and Underwriter for the CollegeAccess 529 Plan is VP Distributors, LLC, One Financial Plaza, Hartford, CT 06103, 800-243-4361.

Certain of the investment management firms that manage underlying mutual funds in the Program, including Virtus Investment Advisers, Inc., are affiliated with the Program Manager.

Only South Dakota residents and Account Owners who designate a South Dakota resident as Beneficiary can invest directly in the CollegeAccess 529 Plan. Certain Portfolios are not available to those who invest directly. Residents of states other than South Dakota can invest in the CollegeAccess 529 Plan only through a financial professional. Additional fees apply for investments made through a financial professional. Please see the Plan Disclosure Statement for details. State taxes may apply for residents of states other than South Dakota.

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WELCOME



In this issue, we're also training your eye on the future. We give you an inside look at the incredible camp opportunities coming this spring and summer ...

A pebble tossed into the center of a still lake, making wave after wave after wave. It's one of the first things I think about when I hear of someone making an impact in our community. Doing something positive in someone else's life, whether it's bringing them a meal or donating business resources to a good cause, will always have a ripple effect. It's why I'm so excited that Black Hills Family is featuring its first Difference Maker in this edition. Weston Chapman, co-founder of Camp DRIVE reminded me of the real reason to give back – not for accolades or a return on your investment – but because it's the right thing to do.

We hear you Weston, and we agree. We hear stories every day of people giving back and we're honored to devote space in each issue of BHF to people and businesses doing just that. In this issue, we're also training your eye on the future. We give you an inside look at the incredible camp opportunities coming this spring and summer, encourage you to take on the annual Custer State Park Challenge and help you plan ahead for intentional time with family and friends as the weather warms up. Enjoy!

*Blessings,
Kayla*

A big thank you to our models for letting us capture their smiles and pizazz on one of our favorite covers ever. The shoot was such a blast, and we at Black Hills Family hope the fun and energy of this group gets you and your kids excited for the warmer months of 2024.



18 2024 Camp Run Down

So. Many. Camps. Here's your 2024 guide.

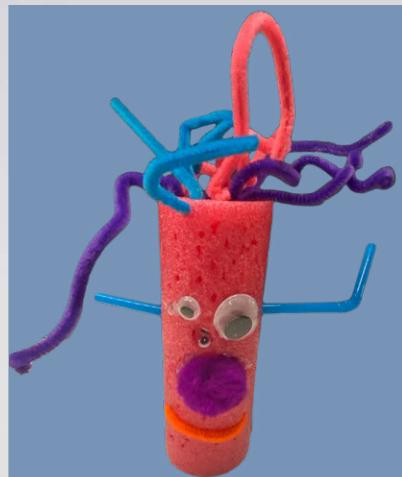
16 Creamy, Dreamy Carbonara

Quick, easy and the kids will love it. Learn how to make this classic.



26 Difference Maker: Driven to Give Back

Black Hills Tire is on a mission to give back. One big way they're doing that is through Camp DRIVE.



40 Craft Corner

You need these pool noodle monsters and glow-in-the-dark fireflies in your life. Trust us.



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Looking for a challenge to take on as a family? Look no further.



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Here's your list of boredom busters in the Black Hills.

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Welcome to the family

**WE'D LIKE TO CORDIALLY INVITE
YOU TO THE BLACK HILLS FAMILY
BIRTHDAY CLUB.**

A bunch of local businesses have teamed up with us to offer you and your family some amazing discounts during your child's birth month.

And get this: each month one lucky kid will be selected to win a basket of goodies filled with amazing gifts and prizes from local birthday experts throughout the Black Hills.

All you have to do to register your kid is to scan this QR code and fill out the form.

YOUR KID'S TICKET TO SOME
Free Birthday Fun!



SCAN THE QR TO ENTER

When it's your child's birthday month, they could be randomly selected to win a **BIRTHDAY BASKET FULL OF GOODIES**



Jack Wellman owns and operates Dakota Party. He said that his team is more than just your local birthday party supply experts — they're also here to help make any holiday or celebration look and feel its best.



WE HAVE BIG PLANS FOR THE BIRTHDAY CLUB IN 2024!

In our 2024 issues, you can expect to meet some of our other friends who specialize in:

Venues
Party supplies
Desserts
Food
Gifts
And more!



This Hometown Party Shop

In each issue of Family, we'll be highlighting one of our friends who is helping us make the Black Hills Family Birthday Club a bonanza of fun. First up is Dakota Party.

Dakota Party is your locally-owned party supply store. This hometown shop has been serving the people of the Black Hills with their party needs since 1989. Locals have come to trust this team of experts to add that extra something to their birthday, graduation, holiday and other parties. From their extensive selection of

helium balloons, banner printing and an outstanding range of themed party supplies and decorations, this hometown shop is ready to serve you.

1165 Eglin Street, Suite 100
Rapid City, SD 57701
dakotaparty.com



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Age Groups: 6-10 & 11-16
More info at bhbasecamp.com



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A FEW SUMMER HOURS CAN PAY OFF BIG IN THE FALL!



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The nursing profession is currently experiencing a shortage in the United States.

According to research conducted by the American Nurses Association, it is projected that the U.S. will need an additional 275,000 nursing professionals by the end of the decade — in addition to the already millions of openings in private health care, academic or government roles. One roadblock to addressing this growing crisis is another shortage — the lack of nurses with doctorate degrees. Nursing Ph.D. programs are not graduating enough potential nurse educators with doctorates to meet the current and future demand.

South Dakota State University's College of Nursing Ph.D. program is working to combat this growing issue. This fall, the college pivoted its Ph.D. program to become more accessible to a larger swath of students and potential nurses by adopting fully online delivery.

"SDSU offers the only nursing Ph.D. program in South Dakota and is one of only a handful in the Upper Midwest," said Tom Stenvig, director of the Ph.D.

program.

SDSU's Doctor of Philosophy in Nursing program was established in 2005 and has evolved alongside the needs of the health care sector to ensure graduates are ready to make an immediate and sustained impact when entering the field.

SDSU's program can be accessed with either a master's degree or a bachelor's degree. Those with a master's degree will seek the 60-credit option while holders of bachelor's degrees will seek the 90-credit option. Each pathway takes approximately five years.

"Course schedules are flexible so students can complete the program while maintaining employment and schedule learning activities and projects around their life rather than planning life around school," Stenvig explained.

With 46 graduates to date, SDSU's College of Nursing Ph.D. program has three areas of emphasis intentionally chosen to ensure South Dakota's health care needs are met. They are: health promotion and disease prevention in underserved and rural populations, health outcomes, and nursing education.

For more on the program, visit sdstate.edu/nursing/graduate-nursing/doctor-philosophy-nursing.

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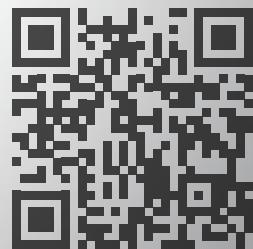
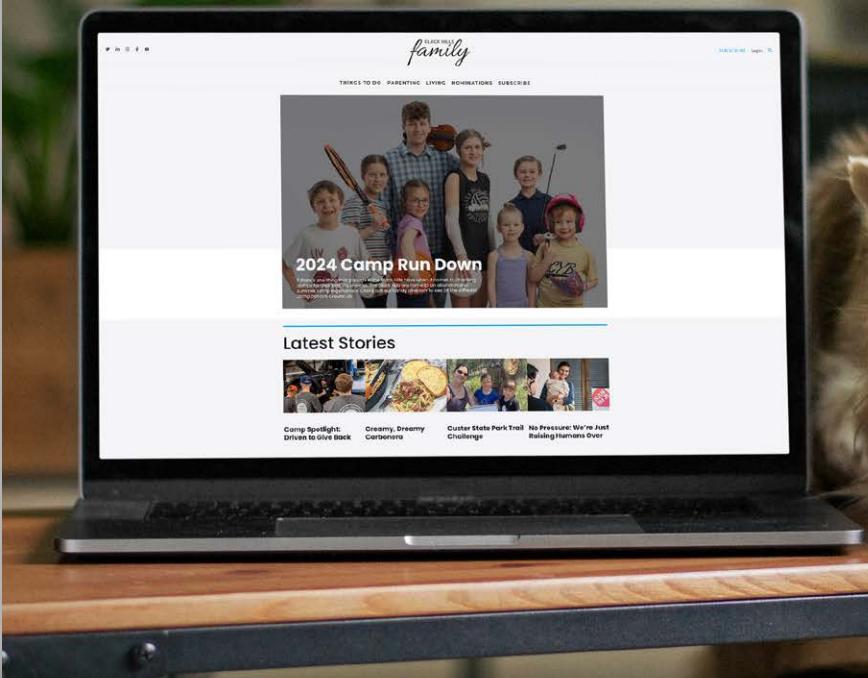
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4 p.m. - 7 p.m.

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on Facebook or Eventbrite for details



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and Toddler



A LITTLE PLANNING CAN GO A LONG WAY

Thinking ahead is one of the great lessons of parenthood. Maybe it's time to apply that lesson to your child's educational future, too.

As anyone who's ever hiked with kids can tell you, a little preparation goes a long way. Planning ahead pays off — whether that's snacks or sunscreen on the trail, or thinking ahead about your child's financial and educational future.

529 college saving plans are special tax-advantaged savings accounts that can grow with compound interest and are a great option to consider for funding a college education. Parents, grandparents, and other adults can easily open and fund one of these accounts for the special kids

in their lives. Even a small monthly contribution can add up over time to make a big difference when it comes time to think about paying for college.

As you prepare for the summer by making decisions about camps and other activities, consider taking some time to think about your child's educational future, too.

To learn how to start saving or to connect with an expert, visit collegeaccess529.com.

CollegeAccess 529 Plan accounts are not insured by any state, and neither the principal deposited nor any investment return is guaranteed by any state. Furthermore, the accounts are not insured, nor the principal or any investment return guaranteed, by the federal government or any federal agency.

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CREAMY, DREAMY CARBONARA

As spring gets into full swing, so do activities. We need a recipe that is quick, easy, filling — and bonus points if the kids think it tastes good.

Carbonara is a classic Italian dish that brings the warm, gooey comfort of bacon, eggs and cheese to spaghetti. The name carbonara possibly refers to how the black pepper that covers the finished pasta looks similar to the black flecks of carbon that would cover charcoal heaters used in Italy. Carbonara, despite the elemental origins of its etymology, is a name that is hardly ever spoken in my house, but a dish we eat on an almost weekly basis.

I saw a traditional preparation on a cooking show and figured that I could easily trade out some of the more esoteric components (pancetta, mostly) for stuff we already had in the fridge and pantry. Thus, carbonara was transmogrified to bacon, noodles and peas — as later dubbed by my kids. “Can we have bacon, noodles and peas?” is now a common refrain in my house.

I like this recipe because, as I mentioned, it's made with low-cost ingredients that you probably already have kicking around. I also like it because the pasta and its sauce is very accepting of a wide variety of vegetables, fresh or frozen. Frozen peas are my go-to, but asparagus, spinach or even carrots can easily go undercover on your kids dinner plate with this recipe.

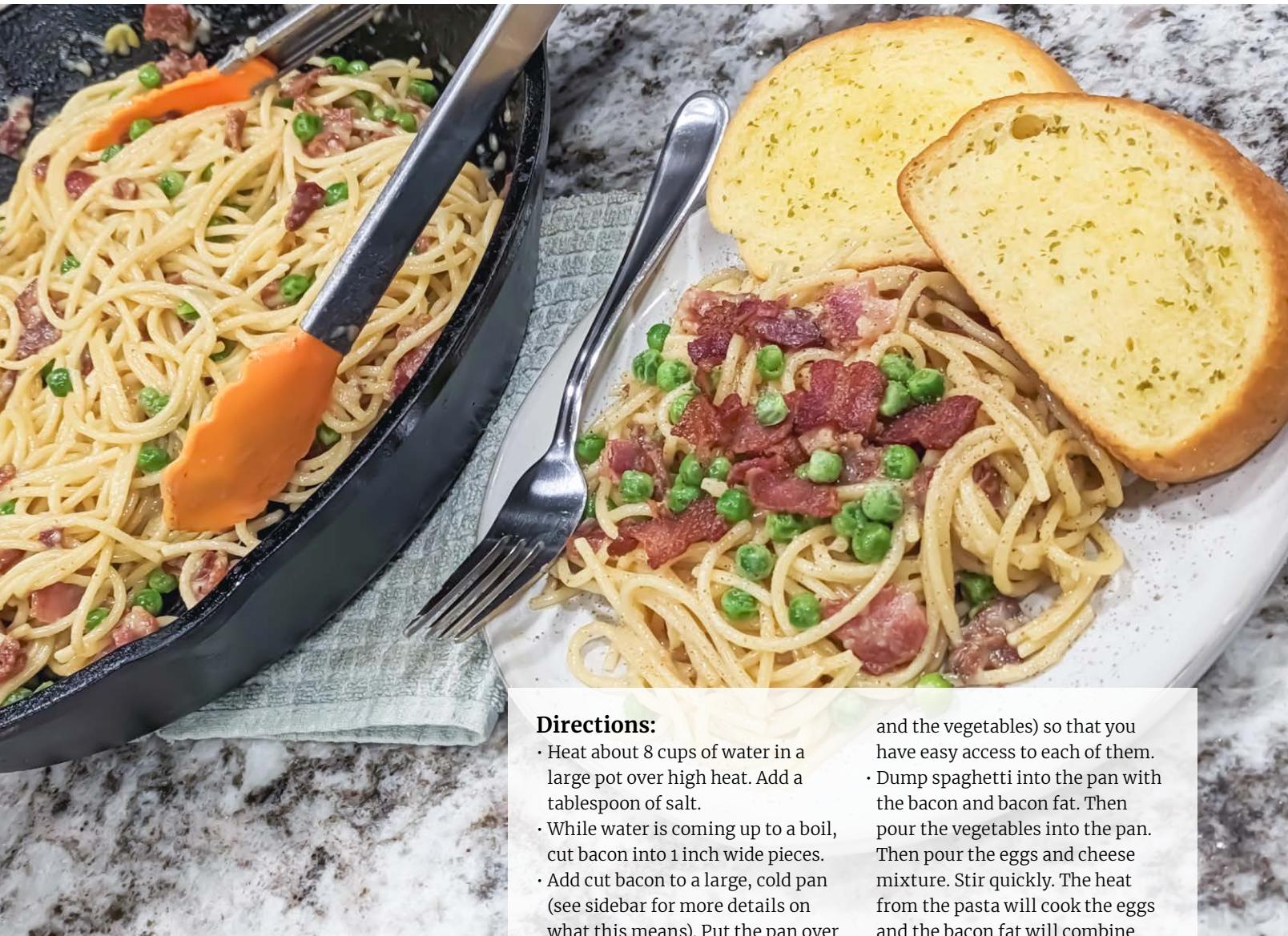
The other thing to love about BNP is it takes about 20–30 minutes from start to finish. And it's darn tasty — like a wizard turned a breakfast sandwich into pasta.

There's some great lessons in cooking here, too — pan temperature, timing, emulsions. If you're just starting out in the kitchen and want to grow your confidence, this is a perfect dish to do just that.

A cold pan

Starting bacon in a cold pan means that you place the raw bacon in a pan and then turn up the heat. Usually in cooking, you'll preheat the pan and then add the food. By starting bacon and certain other foods — like ground beef — in a cold pan, the fat slowly warms up and becomes a liquid, lubricating the pan. That's called rendering fat. When you do that, you're frying the food that's leftover, resulting in crispy deliciousness.



**Recipe:**

12 strips of bacon
2 cups of parmesan cheese (the kind that comes in a shaker bottle with a green top)
1 pound of thick spaghetti
2 eggs
2 cups frozen peas (or another vegetable)
1 tablespoon of salt, plus more to taste
Ground black pepper, to taste

Directions:

- Heat about 8 cups of water in a large pot over high heat. Add a tablespoon of salt.
- While water is coming up to a boil, cut bacon into 1 inch wide pieces.
- Add cut bacon to a large, cold pan (see sidebar for more details on what this means). Put the pan over medium heat. Stir occasionally.
- Combine the eggs and parmesan cheese in a medium bowl to make a thick paste.
- When water comes to a boil, cook spaghetti according to the directions on the box.
- If using frozen vegetables, cook in the microwave according to the directions on the package.
- When bacon is cooked perfectly, remove from heat. Do not drain the bacon fat.
- When spaghetti is cooked, save 2 cups of pasta water. Then drain spaghetti.
- Arrange all of your elements (the spaghetti, the bacon, the egg and cheese mixture, the pasta water and the vegetables) so that you have easy access to each of them.
- Dump spaghetti into the pan with the bacon and bacon fat. Then pour the vegetables into the pan. Then pour the eggs and cheese mixture. Stir quickly. The heat from the pasta will cook the eggs and the bacon fat will combine with the eggs and cheese to create a thick and creamy sauce.
- Slowly drizzle some of the pasta water into the pasta while stirring. The water will make the sauce thinner and cover the pasta even more. Keep stirring in pasta water until you're happy with the consistency of the sauce. You can even stir in a little more to freshen the sauce up as you eat.
- Taste for salt and grind pepper over for a classic presentation.

2024 CAMP RUN DOWN

If there's one thing that parents in the Black Hills have when it comes to choosing camps for their kids, it's choices. The Black Hills are home to an abundance of summer camp experiences. Check out our handy directory to see all the different camp options around us.

DAY CAMPS

Black Hills Boy Scouts of America (BSA)

144 North St

Rapid City, SD 57701

beascout.scouting.org

Both boys and girls ages K-20 are encouraged to join any of the BSA programs. A Scouting journey provides programs and activities to allow youths to try new things, explore the outdoors, serve others, boost self-confidence and make ethical choices.

[Learn more](#)



Camp DRIVE

2223 Jackson Blvd

Rapid City, SD

campdrivebht.com

Camp DRIVE is a passion project from the founders of Black Hills Tire. It creates a hands on experience to help kids discover their passion.

[Learn more](#)



Children's House Montessori Summer Camps

Primary Campus

Ages 3 to 6

Preschool + Kindergarten

4021 Range Rd

Rapid City, SD 57702

chkids.net

Elementary Campus

Ages 6 to 12

Grades 1 through 6

3520 W Main St

Rapid City, SD 57702

chkids.net

Montessori summer camps offer 8 weeks of fun and discovery. Ages 3-6 campers will be filled with wonderful indoor and outdoor experiences that will capture their imaginations. Ages 6-12 campers will enjoy outdoor activities that include hiking, sightseeing and swimming in the beautiful Black Hills.

[Learn more](#)



Every Child is Special Child Care & Learning Center

4703 S Canyon Rd

Rapid City, SD 57702

621 N Creek Dr

Rapid City, SD 57703

everychildisspecial.org

Every Child is Special offers adventurous and fun summer camp programs for ages 5-12. Kids will experience themed activities and special field trips to include swimming, bowling, hiking, area attractions and restaurant tours for a summer of fun, learning and friendship.

[Learn more](#)



Fit-N-Fun Child Care & Preschool

3660 Sturgis Rd

Rapid City, SD 57702

fitnfun.org

During the summer months, Fit-N-Fun in Rapid City offers a camp learning experience for kids ages 3-11. Kids will enjoy a program full of on-the-go activities and field trips, as well as spending time at Fit-N-Fun's amazing outdoor playground or inside their 17,000 square foot gym.

[Learn more](#)



Girl Scouts Dakota Horizons

1202 E St Francis St

Rapid City, SD 57701

gsdakotahorizons.org

The sky's the limit for Girl Scouts grades K-12 when it comes to decide which of the thousands of rewarding activities to try. Forever friendship is the joy girls find from discovering new museums to camping at a state park all weekend together, or restocking the local food pantry, or lobbying for change at the local city council meeting.

[Learn more](#)



Pennington County 4-H Camps

601 E Centre St

Rapid City, SD 57701

<http://tinyurl.com/mr3jcy42>

Youths ages 8-19 learn agriculture by doing, following the principles of experiential learning. Youths are empowered through adult collaborations and research-based experiences.

[Learn more](#)



Rapid City Arts Council Summer Camps

The Dahl Arts Center

713 7th St.

Rapid City, SD 57701

rapidcityartscouncil.org/campinfo.html

Weekly art camps for grades 1-3 and 4-7 are sure to unleash kids' creativity for a fun-filled artistic journey.

[Learn more](#)



YMCA, Custer Branch

Child Care & Camp

644 Crook St

Custer, SD 57730

rcymca.org/locations/custer-ymca/custer-ymca

Each week offers a different fun theme for field trips and activities, with swimming included.

[Learn more](#)



YMCA Giraffic Park Day Camp

22734 US-385

Hill City, SD 57745

rcymca.org/youth-programs/giraffic-park-day-camp

Giraffic Park is specifically designed as an introduction to elementary-aged children to experience camp for the first time. Kids are dropped off in the morning and picked up in the evenings, and throughout the day they get a chance to gain some outdoor skills, make new friends and grow as people.

[Learn more](#)



Dakota Dreams Career Exploration Camps

Black Hills State University

1200 University St.

Spearfish, SD 57799

bhsu.edu/about-bhsu/community-summer-camps/Dakota-Dreams

Incoming 7th and 8th grade students will have hands-on learning exposure to ten career paths with a 5-day overnight residential camp at Black Hills State University, with day trips to Western Dakota Technical College and SD School of Mines, and afternoon tours of area business and industry. Evening recreational and social activities will also be available.

[Learn more](#)



Dakota Frontier Camp Adventure for Kids

12913 Bear Butte Lake Rd

Whitewood, SD 57793

Dakota Frontier Camp provides a free one-week summer camp and year-round activities for kids with cancer, located one mile west of Bear Butte.

[Learn more](#)



Youth & Family Services (YFS)

Girls Inc. of Rapid City

120 E Adams St, Ste 400

Rapid City, SD 57701

youthandfamilyservices.org/girls-inc-of-rapid-city

YFS Girls Inc. serves girls ages 6-11 with fun, educational, and recreational programs. Girls are inspired to be strong, smart and bold with challenging and creative experiences.

[Learn more](#)



RELIGIOUS CAMPS

Black Hills Retreat Center

12145 Paha Sapa Rd
Deadwood, SD 57732
blackhillsretreat.org

Adventure awaits campers at Black Hills Retreat Center – water activities, zipline, high and low ropes course, and much more are sure to thrill campers as they grow in their faith at this secluded retreat. Packages are available to rent for any ministry event.

[Learn more](#)



Camp Hallawasa

12513 Argyle Rd
Hot Springs, SD 57747
Hallawasa.com

A Camp Hallawasa experience will help kids in grades 3-12 connect with God, nature, and one another. The remote setting encourages campers to disconnect and to be able to interact and build meaningful relationships.

[Learn more](#)



Camp Judson

12965 Old Hill City Rd
Keystone, SD 57751
campjudson.org

Camp Judson covers 160 acres of remote terrain. Camp days blend hikes, swimming, boating, campfires and sleeping under the stars, with downtime to explore nature and grow with God.

[Learn more](#)



Cedar Canyon Camp

5130 Memorial Rd
Rapid City, SD 57702
cedarcanyoncamp.com

Cedar Canyon Camp is located in Rapid City, but it feels like it could be in a secluded area of the Black Hills. Churches and other organizations host their camps and events throughout the year here to connect and grow with God.

[Learn more](#)



Flag Mountain Camp

23071 Kinney Springs Rd
Hill City, SD 57745
dakotayouthandyoungadults.org/fmc.html

Retreat your kids to the heart of the Black Hills for worship and adventure. Kayaking, rock climbing, mountain biking, archery and crafts, are some of the activities that await campers at Flag Mountain Camp.

[Learn more](#)



Outlaw Ranch

12703 Outlaw Ranch Rd
Custer, SD 57730
lods.org/outlaw

Experience a blend of outdoor activities at Outlaw Ranch's youth and family summer camps, each with a custom-designed week of faith, fun and exploration in the beautiful Black Hills.

[Learn more](#)



Placerville Camp UCC

13801 SD-44
Rapid City, SD 57702
placervillecamp.net

Modern amenities await campers at this historical camp that's provided a place of retreat for more than 100 years. The facility is available to rent for your camps or events. Kids, teens, adults and families enjoy different church camps and retreats available here.

[Learn more](#)



Rainbow Bible Ranch

14676 Lone Tree Rd
Sturgis, SD 57785
rainbowbibleranch.org

Kids ages 6-18 are able to enjoy riding horses and working with livestock. Ranch adventures are fun with teaching colts how to lead, camping, playing capture the flag, and fishing activities. Campers will grow with God while learning and experiencing ranch life.

[Learn more](#)



Rimrock Camp and Retreat Center

23125 Thunderhead Falls Rd
Rapid City, SD 57702
rimrock.camp

Worship and outdoor activities are provided for youths, adults, and families to connect with God, self and others.

[Learn more](#)



Storm Mountain Center

23740 Storm Mountain Rd
Rapid City, SD 57702
dakotasumc.org/camping/storm-mountain

Storm Mountain is located just 20 minutes outside of Rapid City. Church camps happen throughout the summer,

and the gorgeous facilities are rentable for family reunions or other events.

[Learn more](#)



STEM/STEAM YOUTH PROGRAMS

Brick Bots & Beakers

236 W Jackson Blvd
Spearfish, SD 57783
bricksbotsbeakers.com/blackhills
Kids will discover a passion for programming, robotics, chemistry and more fascinating STEAM concepts.

[Learn more](#)



Camp Invention: Illuminate

Corral Dr Elementary
3736 Corral Dr
Rapid City, SD 57702
summercamps.com/camp/camp-invention-at-rapid-city-location-tbd/
A confidence-boosting STEM summer camp where kids grades K-6 build creative inventions and lasting friendships.

[Learn more](#)



Code Ninjas

5565 Bendt Dr, Suite 404
Rapid City, SD 57702
codeninjas.com
Dedicated code senseis will guide your child through the wonders of coding during one of Code Ninjas' summer camps. Coding is such an increasingly

valuable skill in today's world, and your child can learn the skill all while having a blast.

[Learn more](#)



Dakota STEAM Learning LLC

5311 Sheridan Lake Rd
Rapid City, SD 57702
dakotasteamlearning.com
Kids get up close and personal with STEAM concepts during this two week camp.

[Learn more](#)



The Mammoth Site

1800 US-18 BYP
Hot Springs, SD 57747
mammothsite.org/summer-classes
Register for STEAM camps and let your kids experience the joy of discovery at the Mammoth Site. Families are invited to dig together and experience paleontology first hand.

[Learn more](#)



South Dakota Mines

501 E St Joseph St
Rapid City, SD 57701
sdsmt.edu/SummerCamps/
It is rocket science at SD Mine's summer STEM programs. And sword science. And computer science. And so much more!

[Learn more](#)



West River Health Science

Center

4300 Cheyenne Blvd
Box Elder, SD 57719
bhsu.edu/rapid-city

High schoolers and middle schoolers get a chance to explore nursing as a career during this West River Health Science Center's Give Nursing a Shot camp each summer.

[Learn more](#)



YMCA of Rapid City

815 Kansas City St
Rapid City, SD 57701
rcymca.org/child-care/school-age
[Learn more](#)



YMCA Custer Branch

644 Crook St
Custer, SD 57730
rcymca.org/locations/custer-ymca/custer-ymca
Full fun-day school age programs are offered during the summer months, where the curriculum focuses on a variety of subjects. In addition, the YMCA offers youth sports and aquatic programs and much more.

[Learn more](#)



OUTDOOR ADVENTURE CAMPS

Black Hills Basecamp

2461 Seger Dr
Rapid City, SD 57701
bbbasecamp.com

Kids ages 6–10 and youths ages 11–16 work on their climbing skills at the climbing facility and then put their newfound climbing ability to the test in the Black Hills

[Learn more](#)



Camp Bob Marshall

25007 Camp Bob Marshall Rd

Custer, SD 57730

campbobmarshall.org

This classic and rustic camp located 6 miles east of Custer provides a retreat for youth camping adventure. Hiking, bicycling, trout fishing, boating, swimming, campfires and storytelling are some of the activities that make this a once-in-a-lifetime experience.

[Learn more](#)



Medicine Mountain Scout Ranch & Adventure Base

24201 Bobcat Rd

Custer, SD 57730

camp.blackhillsbsa.org

This camp hosts the Boy Scouts and provides their campers an opportunity to get acquainted with nature and outside adventure.

[Learn more](#)



Outdoor Campus - West

4130 Adventure Trail

Rapid City, SD 57702

gfp.sd.gov/toc-west

Make sure to check out the always-changing offerings of outdoor classes that focus on fishing, camping, hunting and much more. Families are able to enjoy these classes together and discover

a new way to experience the Black Hills.

[Learn more](#)



PERFORMING ARTS

Academy of Dance Arts

230 Main St, Suite B

Rapid City, SD 57701

4251 Canyon Lake Dr

Rapid City, SD 57702

Special dance camps are offered throughout the summer with fun themes that are sure to thrill the dancers in your life.

[Learn more](#)



Black Hills Community Theatre

601 Columbus St

Rapid City, SD 57701

<https://www.bhct.org/bhct-summer-stage.html>

William Shakespeare's Love's Labour's Lost is this year's Summer Stage production at outdoor locations throughout Rapid City between June 1st and June 9th, plus at Lead's Renaissance Faire June 15th & 16th. Black Hills Community Theatre is excited to bring free theatre to our community for family-fun enjoyment. Youth and adult workshops are also available year-round.

[Learn more](#)



Black Hills String Retreat @ Cedar Canyon Camp

5130 Memorial Rd

Rapid City, SD 57702

bhsuzuki.org/black-hills-string-retreat

Since 1990, the Black Hills String Retreat has offered kids a wide variety of fun musical activities. There's a Suzuki Day Camp for preschool to 3rd grade students, and youths in grades 5-12 are offered more intensive and varied programs under the direction of outstanding guest faculty in a casual, fun environment. All campers participate in a closing performance concert.

[Learn more](#)



Black Hills Playhouse Jr. Camps

Placerville Camp & Retreat Center

13801 W Hwy 44

Rapid City, SD 57702

Blackhillsplayhouse.com

The Black Hills Playhouse Jr. Performing Arts Camps provide a full week overnight camping experience for grades 5-7 and 8-12. The 5-7 graders will explore their skill level and expand their theatre experience and knowledge. The 8-12 program moves youths to expand their capabilities. Both camps are an inclusive and creative theatre experience that focuses on lifetime learning and appreciation of the arts.

[Learn more](#)



Flying Lotus

5734 Sheridan Lake Rd, Ste 206

Rapid City, SD, 57702

flyinglotusaerial.com

In this two week program, campers can learn the basics of aerial and end the week with a performance.

[Learn more](#)**Matthews Opera House & Arts Center**

612 Main St

Spearfish, SD 57783

matthewsopera.com/education-and-programs/youth-engagement

During the summer, Matthews Opera House & Arts Center offers free arts, crafts, and theater program to kids in grades 2-12, where youths experience arts and every aspect of theater inside the historic Matthews Opera House.

[Learn more](#)**Rushmore National Music Camp @ Camp Judson**

12965 Old Hill City Rd

Keystone, SD 57751

rushmoremusiccamp.com

Rushmore National Music Camp will host senior high students for a week this summer at Camp Judson. Your young musician will have the opportunity to perform in concert and jazz band, along with activities including chess, fitness, dance and choir. Weather permitting, a final concert experience is held at the Mt. Rushmore Amphitheater.

[Learn more](#)**SPORTS SKILL CAMPS & YOUTH PROGRAMS****Black Hills Rapids Soccer Club**

3737 N Elk Vale Rd

Rapid City, SD 57701

blackhillsrapsids.com

This soccer club is passionate about providing a unique path for every player and offers a Skills Soccer Camp for ages 5-10, and a Summer Soccer Camp for ages 6-13. So, whether your kid wants soccer to be a hobby or if they're serious about competition, the Black Hills Rapids Soccer Club wants to craft a camp experience that's right for everyone.

[Learn more](#)**Black Hills State University Yellow Jacket Youth Individual & Team Sports Camps**

1200 University St

Spearfish, SD 57799

blackhillsstatemensbasketballcamps.

totalcamps.com/shop/EVENT

Elementary, middle school and high school athletes are offered opportunities to develop and improve their basketball skills and abilities. All camps offered are a great basketball experience for athletes of all skill levels.

[Learn more](#)**Breakthrough Basketball Camps**

631 WaTiki Way

Box Elder, SD 57719

866-846-7892

breakthroughbasketball.com/camps/southdakota.html

Middle and high schoolers who are looking to improve and further their basketball skills will be able to take their game to the next level before next season starts.

[Learn more](#)**Canyon Lake Little League**

PO Box 9072

Rapid City, SD 57709

canyonlakelittleleague.org

Regardless of physical size, skill, strength, gender, religion or nationality, Canyon Lake Little League offers baseball, softball, and a challenger division to kids ages 4-16. A District Travel program is also offered for a more competitive playing opportunity.

[Learn more](#)**Fellowship of Christian Athletes (FCA) Sports Camp**

Black Hills State University

1200 University St

Spearfish, SD 57799

southdakotafca.org/camp

Boys and girls grades 7-12 will receive intense athletic instruction in football, basketball, golf, cheer, cross country, swimming, soccer, tennis, track, wrestling, and volleyball. Youths learn practical leadership skills, hear inspirational speakers, engage in nightly programs, build lifelong friendships and more!

[Learn more](#)

Ignite Soccer Club

3119 Flint Dr
Rockerville, SD 57702

ignitesoccersd.com

This youth soccer club is family-focused and emphasizes good sportsmanship and success in both the sport of soccer and in life.

[Learn more](#)



Nike Softball Camp - Black Hills State University

Yellow Jacket Field
1200 University St
Spearfish, SD 57799

ussportscamps.com/softball/nike/softball-camp-black-hills-state-university

Girls ages 6-14 will learn how to play softball with some of the best training in the area, while having fun and creating lasting memories.

[Learn more](#)



Physio Performance

1130 W Omaha St
Rapid City, SD 57701
bhphysio.com/training

Board-certified performance coaches use state-of-the-art biomechanics technology for uncovering the details of what makes your youth perform at his/her best. Summer classes, camps and training sessions this summer for elementary-age, middle school, high school and college-aged athletes.

[Learn more](#)



Rapid City Gymnastics Academy

2025 Samco Rd
Rapid City, SD 57702

rapidcitygymnastics.com

Hone your competitive gymnastic skills this summer at Rapid City Gymnastics Academy. Summer program features a guest clinician.

[Learn more](#)



Rapid City Junior Olympic USA Fastpitch Girls Softball League

4415 Parkview Dr
Rapid City, SD 57701

rapidcitygirlsfastpitch.com

Opportunities for personal and athletic growth will be provided to girls ages 4-18 as they learn the fundamentals of softball.

[Learn more](#)



Rapid City Parks & Recreation

515 West Blvd
Rapid City, SD 57701

rapidcity.activityreg.com

Swimming, golf, tennis and more. Kids are able to register for classes to improve these skills and maybe discover a new love.

[Learn more](#)



Rapid City Sliders Baseball

1555 Rand Rd, Ste B
Rapid City, SD 57702
rapidcitysliders.com

Sliders Baseball is the premier youth baseball development and travel program in western SD for ages 11-18.

[Learn more](#)



Rapid City Youth Baseball Little League

1450 32nd St
Rapid City, SD 57702

rapidcityyouthbaseball.com

Rapid City Youth Baseball Little League offers kids ages 4-12 the opportunity to experience and benefit of baseball

[Learn more](#)



SD School of Mines Athletics

Hardrocker Youth Individual & Team Sports Camps

501 E Saint Joseph St
Rapid City, SD 57701

hardrockersportscamps.com

Learn from SD Mines Hardrockers' athletic staff during camps for individual youths entering grades 4-12.

[Learn more](#)



Sturgis Soccer Association

P.O. 833
Sturgis, SD 57785
sturgissoccer.com

This soccer club serves all of western SD. They strive to meet the unique needs of each player.

[Learn more](#)





NOURISHING SUMMER FUN

Dr. Robert Kuyper is one of the practitioners at Alternative Health Care Center of the Black Hills. We sat down with him to build a comprehensive guide on hydration and nutrition. Here's some of those tips.

Water, the unsung hero of hydration, should be the beverage of choice for optimum hydration. Encourage youngsters to carry reusable water bottles, fostering a habit of sipping throughout the day, particularly during outdoor activities, sports, or camp adventures.

A foundation of balanced nutrition is pivotal to a thriving summer for children and teens. Making wise snack choices and integrating a diverse range of nutrient-packed foods into meals ensures they receive the essential vitamins and minerals necessary for growth and development.

Encourage children to snack on whole foods — think colorful fruits like berries, mangoes and watermelon. Beyond providing essential vitamins, minerals and fiber, these fruits boast high water content, aiding our hydration goals. Vegetables such as carrot sticks, cherry tomatoes and bell pepper strips make for a delicious and nutritious treat.

Explore alternatives like coconut ice cream, frozen

fruit bars, or craft refreshing smoothie bowls for a refreshing way to beat the summer heat. We recommend scrutinizing labels for hidden sugars and comparing options to ensure a health-conscious choice. As a general guideline, lean towards options with a shorter list of ingredients.

Summer is a time for exploration, learning and, above all, fun. Prioritizing hydration and nutrition ensures children have the energy to make the most of their summer adventures. By incorporating water-rich beverages, fresh fruits and nutrient-dense snacks, parents can contribute to their children's overall well-being, creating a summer filled with lasting memories.

2024 Jackson Blvd
Rapid City, SD 57702
605.341.4850
www.alternativehealthcaredoc.com



CAMP SPOTLIGHT:
DRIVEN TO
GIVE BACK

**WHAT'S IN A NAME?**

Camp DRIVE was founded by owners of Black Hills Tire, Weston and Tenise Chapman. DRIVE stands for Determination, Resourcefulness, Innovation, Vision and Enthusiasm. This young camp, which started in 2023, has already proved to be a driving force for good in the Black Hills community.

This local couple is putting the pedal to the metal while making a difference in the Black Hills.

It's not hard for Weston Chapman to look back and see the hand of mentorship guiding his college days and early career in the automotive industry. Weston graduated from Western Dakota Technical College (WDT) in Rapid City in 2004. "My instructor, Jim Schniale, had a huge influence on my love of automotive repair," said Weston.

It's one of the reasons Weston and his wife Tenise Chapman, owners of Black Hills Tire, work so hard to give back to their home state and local community.

Camp DRIVE

Last year, Black Hills Tire kicked off Camp DRIVE, a two-day automotive camp for kids aged 12 through 15. The idea was to teach kids about automotive maintenance and to meet professionals in the field.

Tenise had heard of a similar camp on the east side of the state and wondered why there wasn't something in the Black Hills.

During the camp, the students rotate through sessions about 30 minutes long, each taught by a staff member: a brake session, an electrical session, a tire session, a suspension session and an engine session. The camp will expand this year to add an additional program for 16-18 years old. Tenise said they do not have children of their own, but they deeply desire to pour into the next generation. "I love all kids and especially that age," she said. "They were so polite and kind."

The couple said they required students to drop their cell phones in a basket at the start of the camp each day. They expected some pushback but were pleasantly surprised. "There were the expected



INSIGHT FROM THE CHAPMANS

When Weston and Tenise founded Black Hills Tire, they went into it with some intentional goals in mind. "We wanted to create a place that our staff would be proud of," Tenise explained. The technicians at Black Hills Tire stay up-to-date on the latest in the ever-changing world of automotive repair and maintenance.

Beyond this commitment to excellence, the Black Hills Tire team also takes pride in how they serve the community. And for Weston and Tenise, they're always on the lookout for new ways to give back and build relationships with the community they love. Because of that, Black Hills Tire has given away over \$100,000 in the last four years to several nonprofits and other causes. "If it wasn't for the Black Hills community, we wouldn't even be here, so we wanted to give back," Tenise said.



groans and eye rolls, but not once during the entire first day did anyone want their phone back — they were so engaged," Weston said. "The next day we didn't even have to ask, they ran over to the basket and threw their phones in there and couldn't wait to start the next session."

In another favorite moment, Weston recalled overhearing a conversation between two of the students as they worked on a vehicle. "One boy asked the other 'What do you want to do when you grow up?' and the other boy responded 'This!'" Weston said. "It was an awesome moment for me."

Weston said his biggest hope for students is to change perceptions of the automotive technology industry. "I want them to know what an exciting field it is," he said. "It's one of the fastest advancing fields in the world, with constantly changing technologies that rival any other field. It's mechanics, computers, high voltage electricity, chemistry, performance modifications and even AI technology."

It's not only an exciting career field, but one that pays well. He hopes to continue to partner with his alma mater to open doors for students. This year's Camp DRIVE will include

"It's one of the fastest advancing fields in the world, with constantly changing technologies that rival any other field."

Western Dakota Technical College
 Since 1968, Western Dakota Technical College has been preparing the highly-skilled professionals of the Black Hills region. President of WDTC, Dr. Ann Bolman, said, "Our mission is to get our students out into the workforce, using their skills, receiving great compensation and being able to give back to the community." With such a wide variety of programs combined with affordable tuition and an extensive selection of scholarships, everyone has the opportunity to discover their full potential at WDTC. "It doesn't matter which program they're going into," Dr. Bolman explained, "our graduates are going into careers where there is already a lot of demand for individuals with those skills or licenses or credentials."



a tour of WDTC. "We are such huge supporters of WDTC because they set us on our path to be successful," Tenise said.

"We had amazing mentors at WDT. We listened and asked for advice, and we hope we get to do the same for someone else someday. It's really full circle."

Gaining Skills

Weston grew up in Bison and Tenise is from Webster. Weston discovered a love of cars in middle school when he spent time with his dad and grandpa in a garage "tinkering around," Tenise said. "A lot of kids don't have that these days," she said. "We're really passionate about finding activities for kids."

Weston operated an auto repair shop on Deadwood Avenue for 12 years before the couple opened Black Hills Tire 5 years ago. "I want this camp to play a vital role in helping students understand that automotive repair can be a lot of fun getting your hands dirty and learning how things work but can also be a super clean, tech space of computers and electronics," Weston said.

Lukas Cann, 14, attended the first Camp DRIVE alongside a friend. He has a natural love of cars and said he was drawn to the

The favorite camp activity of Lukas Cann, 14, was a pit crew challenge, which had teams facing off to see who could change tires the fastest.

"My team ended up winning on the last day," Lukas shared.



Making the connection to the real world

One of the important lessons that the participants of Camp DRIVE learned in 2023 is that the skills that they're honing during this camp can help launch a fulfilling and lifelong career in the field of auto tech. One of the ways this idea was taught last summer was to introduce the kids to professionals who are using their skills and passion for auto tech in the real world. The S.D. National Guard visited Camp DRIVE and shared how skilled auto techs are vital to their mission. The guardsmen even brought some of their trucks for the campers to check out and answered any questions that they had.

camp because he wanted to learn more about automotive repair. "They told us what we needed to know to be safe," he said. "They walked us through it and then they let us try it."

His favorite was a pit crew challenge, which had teams facing off to see who could change tires the fastest. "My team ended up winning on the last day," he said. He also learned about alignments, how to take apart brakes and put them back together. "And I can change tires and oil really well now," he said. "I feel like these are just really good skills to have."

Cann said he appreciates the Chapmans intentionally investing in youth.

"A lot of kids benefitted from this," he said. "Their whole team was kind and helpful. It was really fun, and they just did a great job."

The Why

Giving back to the community is two-fold, Tenise said. The infusion of excitement when their business donates or hosts an event to give back to the community is evident in their staff.

The team at Black Hills Tire loves helping out with Camp DRIVE. The techs look forward to passing on their passions to the next generation.



"Camp DRIVE is the favorite thing my staff does," she added. "They really enjoy that we are involved in the community and that is one of the reasons we do it."

Weston agreed. "The camp is an incredible experience for our employees," he said, as it aligns with their business vision to be a helping hand to everyone. "There is a lot of satisfaction in repairing someone's vehicle, whether it's getting them to their workplace reliably or keeping their family safe on a trip, but to be able to directly impact these young men and women at the camp really made them see how they can make a difference."

He hopes Camp DRIVE leads by example for other leaders and business owners in the community. "Go for it," he said. "Everyone wants to, but actually taking the time or committing the funds is a big step — but you won't regret it. Do it because you want to make a difference, not for marketing, etc. There's a good chance it will help bring in business, but let that be a byproduct, not a goal. Giving back to the community, providing scholarships and hosting Camp DRIVE have really become our 'why' at Black Hills Tire."



BIGGER AND BETTER THAN EVER!

Camp DRIVE started in 2023, and, to the surprise of the Chapmans, quickly reached its max capacity for campers that first year.

Because of this overwhelming response, the Camp DRIVE team has been busy planning an even bigger camp for 2024. One of the biggest changes for 2024 is the addition of another camp experience. Starting in 2024, there'll be two camp sessions. June 4-5 will host ages 16-18 and June 7-8 will host ages 12-15. Campers will learn hands-on skills, including how to work with brakes, tires, engines, an alignment machine and more. Campers will even get a little competitive with a NASCAR-style pitcrew race. Above all else, campers will learn a heart of service and a commitment to excellence.

To discover more information about Camp DRIVE and to register, visit campdrivebht.com or call (605) 342-1876.





PROTECT YOUR CHEEKS AND UNSUBSCRIBE FROM HARMFUL UV RAYS

Skin care is vital to our health. As the weather warms up and we spend more time outside, it's important — for both children and adults — to establish a skin protection regime.



Mary Logue, M.D.

In addition to practicing general adult dermatology, Dr. Logue specializes in pediatric dermatology, skin of color, psychocutaneous dermatology and surgical dermatology.

As the days grow longer, reminders to wear sunblock get a little bit louder. Now is the time to spring clean your medicine cabinet so you're ready for summer with the sun protection that's right for you and your family.

When enjoying summer sun, don't underestimate the benefit of sun protective behaviors like seeking shade, wearing broad-brim hats and sunglasses and wearing UPF (sun protective fabric) clothing. Remember, all skin tones can burn, and all skin tones have a risk for developing skin cancer.

Sunblock is essential for outdoor activities, and it's vital to remember to reapply. Sunblock protects for a specific amount of time and UV exposure at once, no matter the SPF. All sunblocks need to be reapplied. In general, reapply once an hour. However, individuals with lighter skin tone, or those who get more intense UV exposure at high altitudes or during midday sun may need to reapply as often as every half hour.

I recommend mineral-only SPF 30–50 sunblock. Mineral ingredients are titanium dioxide and zinc oxide. Stick applicators can make application more convenient, and there are sheer and tinted formulas that prevent white residue on darker skin tones.

For children, sun protective behaviors are essential – teach them to wear hats and sunglasses while they're young. UPF clothing and rash guard style swimsuits provide extra protection in addition to sunblock. Remember to reapply sunblock and be extra vigilant for signs of sunburn.

Enjoying summers in the sun is part of a healthy, well-balanced life, but it is important to avoid sunburns to decrease our risk of developing skin cancer, especially melanoma. Even without sunburns, excessive chronic UV damage adds up over time and increases the risk for nonmelanoma skin cancer. This is common for those who work primarily outdoors, and it is particularly severe for those who practice outdoor and indoor tanning behaviors.

BHP JR. PERFORMING ARTS CAMP
proudly presents **FROZEN JR.**

5-8TH GRADE
Performing Arts Camp

Dates: July 7 - 13, 2023

- Sleep-away camp in the Black Hills forest
- A musical that is learned, rehearsed and performed by campers in one week
- Summer camp activities such as campfires, games and exploring the great outdoors

8-12TH GRADE
Performing Arts / Technical Theatre Camp

Dates: July 14 - 20, 2024

- Sleep-away camp in the Black Hills forest
- Work with theatre professionals to develop techniques and expand capabilities
- Perform a full musical at the end of the week for friends and family

REGISTER BY JUNE 1ST AT
BlackHillsPlayhouse.com/camps

CAMP LOCATION
Placerville Camp and Retreat Center
13801 W. Hwy 44
Rapid City, SD 57702

QUESTIONS?
Email edu@blackhillsplayhouse.com or call 605-255-4910 Ext 2 for more information.

Come See Us This Summer!

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TWO WEEK PROGRAM
JUNE 10TH TO JUNE 22ND
MONDAYS, WEDNESDAYS & FRIDAYS, 12 - 3PM

- A performance day for parents on Saturday, June 22nd
- Snacks, Arts and crafts, Silks, Lyra and Dance
- Limiting to 20 students only!
- Taking applicants now for ages 8-14.
- Registration deadline is May 18th!
- \$250 plus tax per student
- Photo Journal in gallery form will be given as a thank you for joining us!

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Secure your spot and save today at
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Corral Drive Elementary School - Rapid City
June 3-6 | Grades K-6



BASS AND CELLO AND VIOLA AND VIOLIN... OH MY!

So, your child has started to play an orchestral string instrument. Now what?

Not your average summer camp, Black Hills String Retreat is dedicated to providing a rewarding musical environment for students of all abilities, ages 4 to 18. This retreat goes beyond the ordinary, offering a unique blend of education, inspiration and community that sets it apart from other musical education formats.

Whether your student is seeking to refine their skills, collaborate with like-minded individuals or simply revel in the joy of making music, the Black Hills String Retreat promises an unforgettable journey into the heart of string artistry.

Since 1990, the Black Hills String Retreat — lovingly operated by Co-Directors Deb Knowles and Charlie Savot — has offered young string players an intensive and varied program under the direction of outstanding guest faculty in a relaxed and fun environment. String Retreat is held at the Cedar Canyon Camp in Rapid City, South Dakota. Suzuki Day Camp is also provided for younger students.

Instructors with Heart

At the heart of the Black Hills String Retreat is



a roster of world-class instructors from around the country who bring a wealth of experience and expertise to the table. From renowned soloists to seasoned ensemble players, these instructors are dedicated to nurturing the talents of participants, offering personalized guidance and sharing the secrets of their craft. Whether you are a beginner or an advanced player, the retreat caters to all levels, creating an inclusive space for learning and growth.

Students spend a great deal of time with their instruments, but that's not all Black Hills String Retreat offers. Music is fun and creative, working a different part of the brain. For this reason, elective classes not only offer fun, but encourage rhythm and teamwork. Some electives have included fiddle, ukulele and trash can band.

Traditions — cherished by students and instructors alike — include a faculty concert, ice cream making and a skit night that has everyone in stitches. "We start with the youngest, who make their own storylines just like the older kids, but include far more dramatics and don't always face the crowd," said Charlie. "The senior class is always exceptional and quite humorous. Faculty even join in on the fun — last year our skit theme was Barbie."

Camaraderie at its Finest

These shared musical experiences forge lasting connections and create a supportive community that extends beyond the duration of the retreat. "That's one of the most important things," said Deb. "These students know that there are adults in the world that care about them and their musical development. They may not see them everyday, but they think of them often."

Don't Take it from Us. Here's What a Former Student Has to Say

We spoke with Black Hills Family's own Justin Pederson, former Black Hills String Retreat student, who fondly remembers his time at camp.

How many years did you attend String Retreat?

I attended String Retreat for eight years, until I graduated out of the program.

What was your favorite part of camp?

Camp was a lot of hard work, but it was an opportunity to learn from world-class musicians who come from all over the country — some come internationally. At the time, most of the other kids and I were just discovering ourselves, trying to find out where we fit. Camp was a way to meet and build friendships with like-minded people. The camaraderie, the teamwork experienced here is unparalleled.

Did the skills learned and practiced at Black Hills String Retreat translate to your education and into adulthood?

Absolutely! For me, camp not only helped to improve my confidence in playing, but taught me discipline and focus in a way that was fun and engaging.

What's one thing you would share with parents?

I'm not a parent yet, but if it were my child, I would sign them up in a heartbeat.

Registering your child early ensures their spot and offers a discounted fee. Early Bird registration closes May 31. Scholarship applications are also available.

To learn more about Black Hills String Retreat, Suzuki Day Camp and Black Hills Suzuki School, visit bhsuzuki.org.

"Musical ability is not an inborn talent but an ability which can be developed. Any child who is properly trained can develop musical ability, just as all children develop the ability to speak their mother tongue. The potential of every child is unlimited."
— Dr. Shinichi Suzuki

What is the Suzuki Method?

The Suzuki Method was developed by Dr. Shinichi Suzuki, a Japanese violinist, in the 1930s.

Suzuki's method is built upon the principle that all children possess abilities that can be developed and enhanced through a nurturing environment.

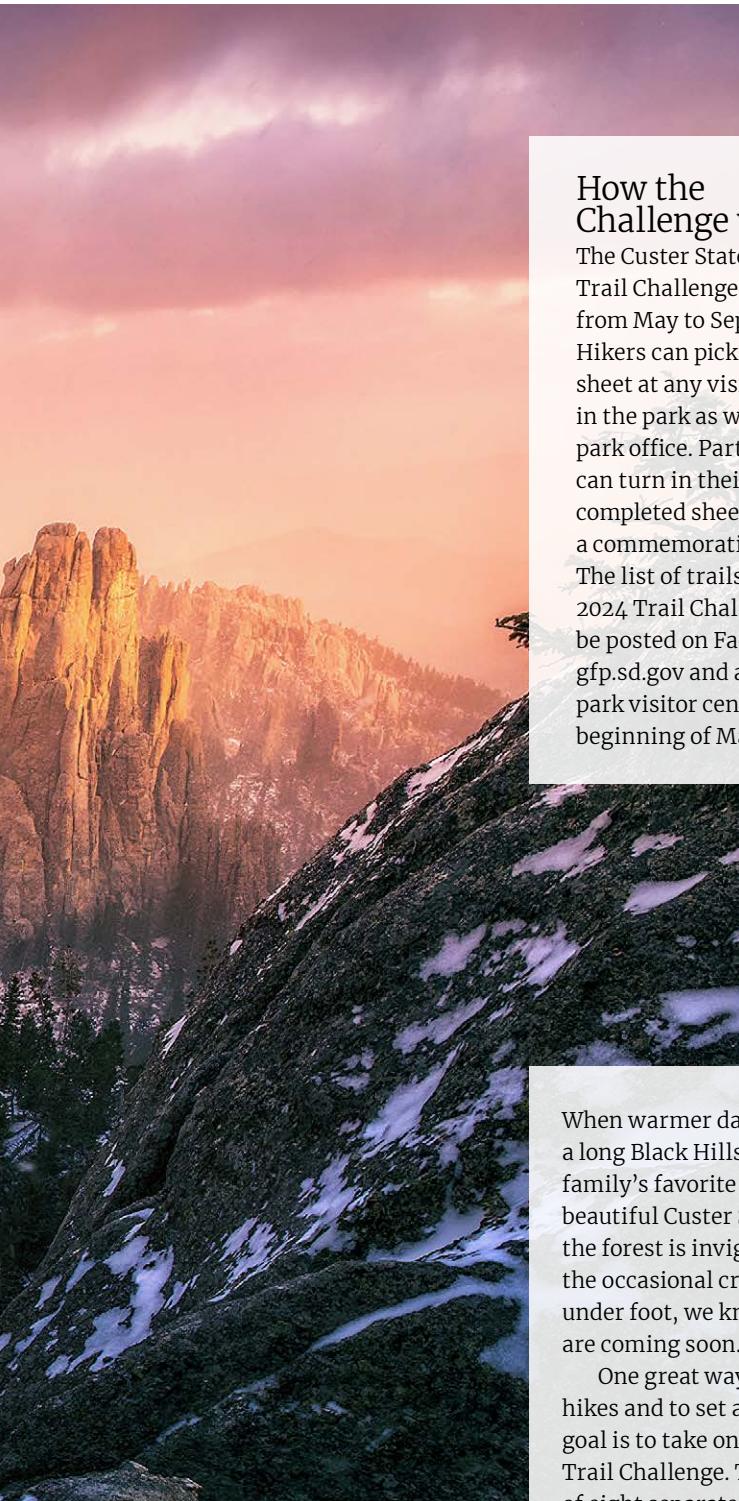
Tenets of the Suzuki Method are beginning early, the importance of listening to music, delayed reading (learning to play before learning to read music), parental involvement, and encouragement.



CUSTER STATE PARK TRAIL CHALLENGE

Looking for a way to challenge your family this spring and summer? Consider hitting the trail at Custer State Park. You might be surprised what you find along the way.

Katie Brown Wiederholt



How the Challenge works

The Custer State Park Trail Challenge runs from May to September. Hikers can pick up a log sheet at any visitor center in the park as well as the park office. Participants can turn in their completed sheet to earn a commemorative pin. The list of trails for the 2024 Trail Challenge will be posted on Facebook, gfp.sd.gov and at the park visitor centers at the beginning of May.



When warmer days finally arrive after a long Black Hills winter, one of my family's favorite activities is hiking in beautiful Custer State Park. The smell of the forest is invigorating, and even with the occasional crunch of snow remnants under foot, we know spring and summer are coming soon.

One great way to add variety to our hikes and to set a fun summertime goal is to take on the Custer State Park Trail Challenge. The challenge consists of eight separate hikes chosen by park officials in late April and posted in early May.

The challenge actually began as a way to invite visitors to get out and hike the trails of Custer State Park and experience a different aspect of the park than the popular drives and loops people typically stick with each year.

Making the best

My husband and I started doing the Trail Challenge with our two young daughters in the summer of 2020 when our original vacation plans had to be canceled because of the Covid-19 pandemic. That was an extremely hard season for everyone, but had we not been looking for a fun family activity that involved social distancing, we might not have given the Trail Challenge a try. Getting outdoors and appreciating nature was especially important during that time of isolation and uncertainty.

That first year of hiking involved a lot of piggy-back rides for our then-three-year-old, and many, many snack breaks. We felt a good sense of accomplishment when we earned our badges as a family.



TIPS FROM THE CSP STAFF

Custer State Park Visitor Service Supervisor Lydia Austin said the Trail Challenge began in 2013 as an idea to encourage use of the many hiking trails in the park. "I think the Trail Challenge offers a perfect opportunity to have kids enjoy hiking," Lydia said. "It is not just another day on the trail, it's a treasure hunt. Who can find the sign or medallion first? It's a family event. Everyone from the youngest to the oldest can take part."

Lydia, a mother of two boys, said her favorite trail is Lovers' Leap while her sons love Little Devils Tower Trail. She offers some suggestions for enjoying a fun and safe hike with kids.

- Choose the right trail:

Select a trail that is suitable for children based on their age, physical ability and experience.

- Pace yourself:

Take breaks as needed, especially if you have younger children. Let them set the pace and explore nature at their own speed.

- Dress appropriately:

The Black Hills weather is always unpredictable so be ready. Make sure to have warm or cooler clothes depending on the seasons as well as water and food.

- Have fun and be flexible!

"Make the experience enjoyable for your kids," Lydia said. "Let them explore and discover the wonders of nature while being mindful of their safety."



Priceless memories

Each trail on the challenge has a medallion located somewhere on the hike. Hikers must take a rubbing on a log sheet of the medallion using something in nature or, in our case, a brightly colored Crayola crayon. Finding the medallion on each trail is my daughters' favorite part of the challenge and it often leads to some friendly family competition.

Detailed information about each trail is available online or at the park's visitor centers. It is helpful to know how long and strenuous a hike is before embarking, especially with young children. While some of the longer, more strenuous hikes can be intimidating with small children, we just take it slow and avoid the hottest times of the day. Taking plenty of snacks and water breaks are a must.

There's a huge variety of trail options at Custer State Park, so even families with the smallest hikers can find a trail that suits them.



I have kept our family's log sheets and pins from the years we completed the challenge. I like to write the dates we completed each hike on the sheet as well. It is fun to look back and reminisce about the time we came very close to a pronghorn on the Centennial Trail or a silly song my daughter made up while hiking Lovers' Leap Trail.

For those not ready to take on eight trails this summer, there are plenty of shorter options to enjoy with kids. One of my daughters' favorites is Cairn Trail behind the Peter Norbeck Outdoor Education Center. It is steep, but short. A visit to the education center there is a must, too.

It's called a challenge for a reason

Sometimes it is not always fun and laughter. It is called a challenge for a reason and there are times my daughters complain about pine needles in their shoes or their legs getting tired. Usually a short rest and a snack do the trick. Some days we must push ourselves a little, and that's OK, too. Fresh air, tired muscles, and some mud on our shoes make for the best night's rest.

If you're worried about weather (I think we can all admit that the weather in the Black Hills can be a little ...

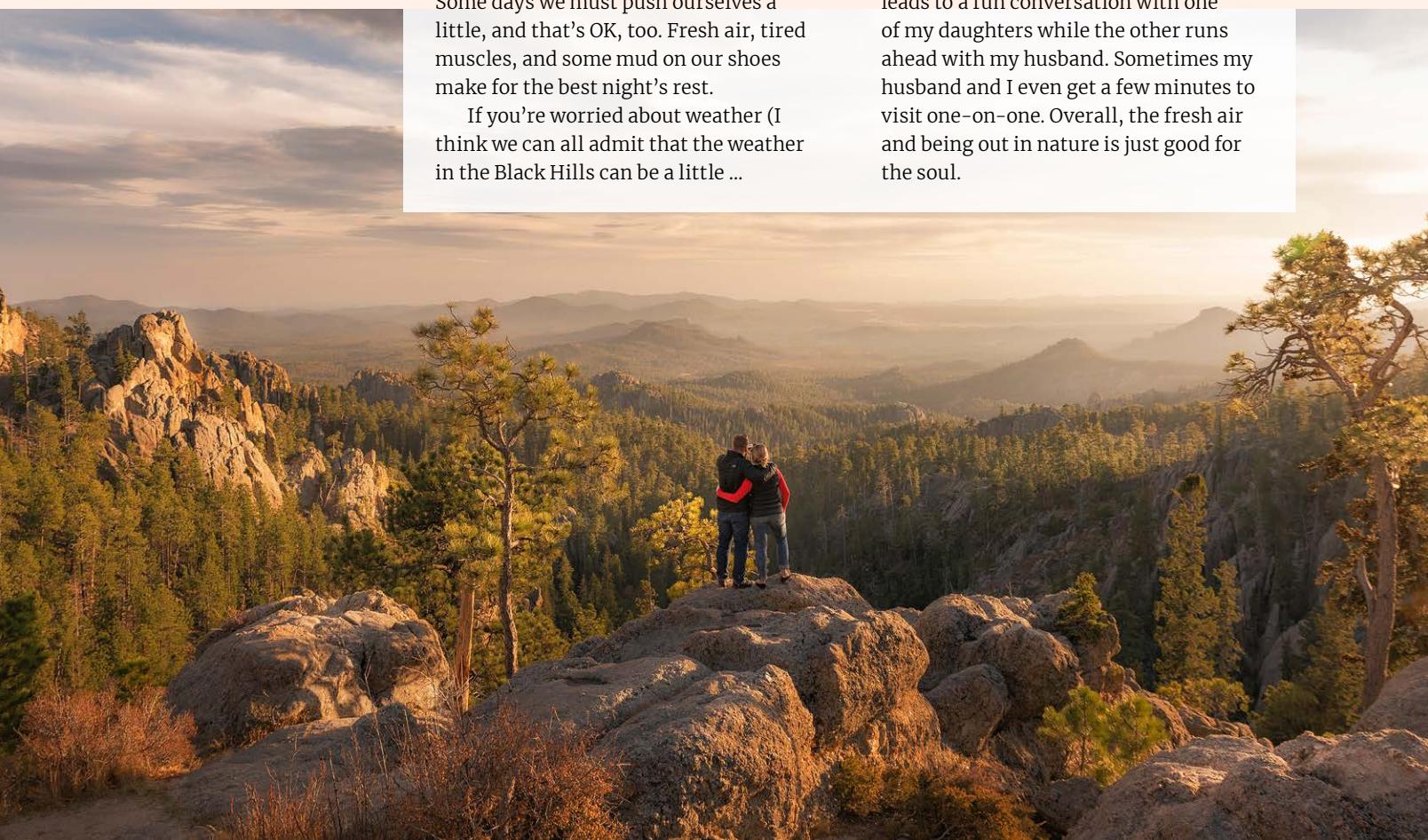
Of course taking on a family challenge like this won't always be smooth sailing, but the memories are well worth any obstacles.

unpredictable), err on the side of caution with littles and reschedule when needed. One time we did come upon a large bull buffalo on our last hike of the challenge, but it was uneventful and makes for a fun story now.

I've been less apprehensive about the weather and buffalo than I am about snakes. I don't like snakes. At all. We rarely spot any on the trail, and I have to admit that when we have, the girls get a good laugh because of my screaming and jumping.

Getting outdoors as a family might mean speeding up to race up a hill or slowing down to watch butterflies gathered near a creek. It means taking a moment to enjoy the small details, like wild raspberries along the trail. Above all, it means making memories with the ones we love.

One of the best parts of the Trail Challenge is that it gets us away from screens and even from regular household tasks. We can clear our heads and have conversations. Sometimes it leads to a fun conversation with one of my daughters while the other runs ahead with my husband. Sometimes my husband and I even get a few minutes to visit one-on-one. Overall, the fresh air and being out in nature is just good for the soul.



POOL NOODLE MONSTERS

When the kids need to keep their hands and minds busy, we've got just the thing.

Step 1:

Cut 4-6 inch pieces of pool noodle. We used a kitchen knife to cut pieces.

Step 2:

Use your hot glue to adhere googly eyes, a pom pom nose, and pom pom feet to your pool noodle.

Step 3:

Use scissors to create a hole in each side of the pool noodle. Insert bendy straws or pipe cleaners to form your monster arms.

Step 4:

Add pipe cleaner hair to your monster. Mix this up a little - cut pieces, curl around your finger, etc. You can poke the pipe cleaner into the pool noodle, but we recommend adding a dot of hot glue to keep pieces in place.

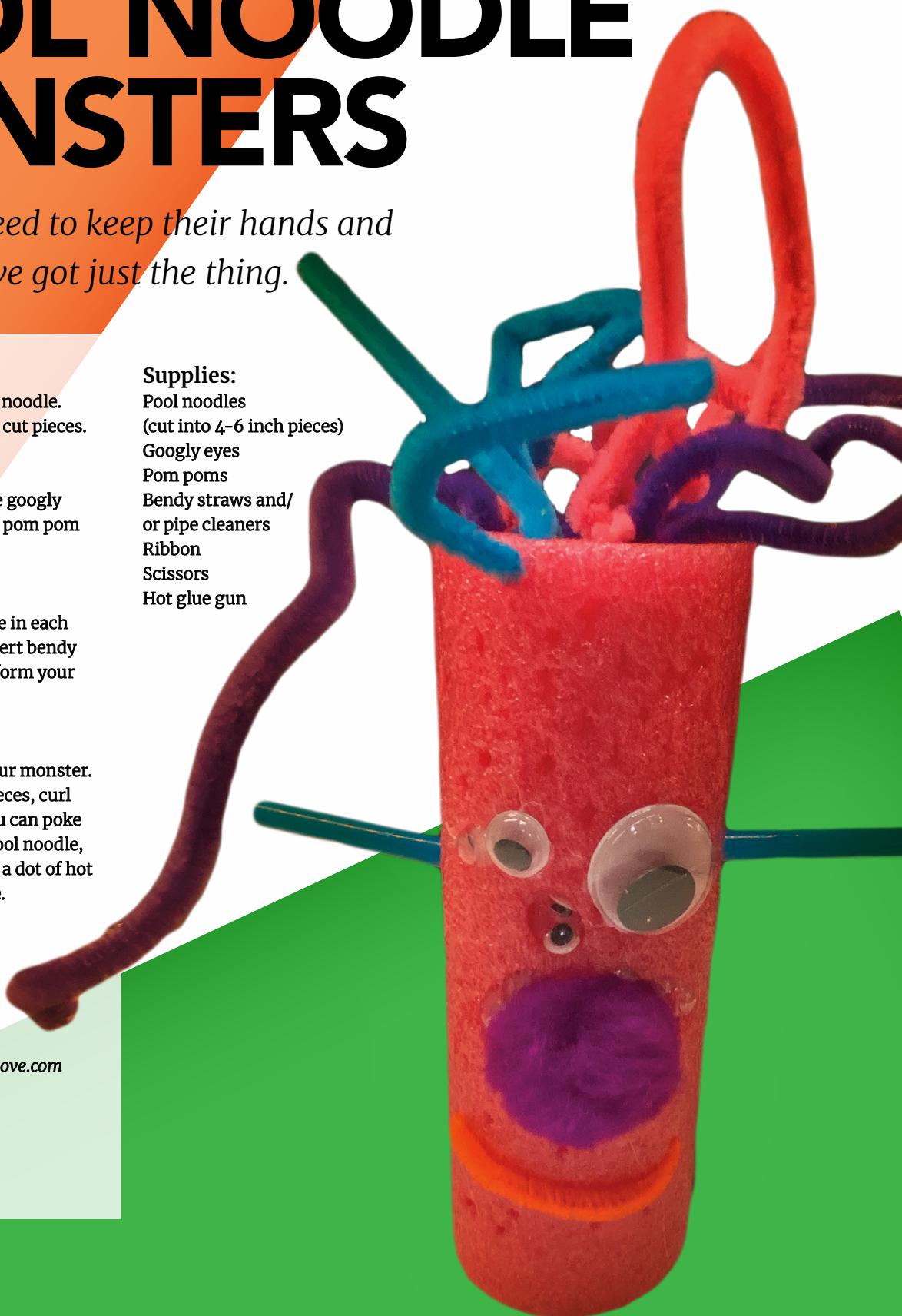
Step 5:

Use ribbon to add a bow to your monster's hair or dress him with a bowtie.

Craft idea credit: createcraftlove.com

Supplies:

Pool noodles
(cut into 4-6 inch pieces)
Googly eyes
Pom poms
Bendy straws and/
or pipe cleaners
Ribbon
Scissors
Hot glue gun



GLOW-IN-THE-DARK FIREFLIES

Step 1:

Paint the farfalle (bowtie) pasta whatever color you like to create the firefly wings.

Step 2:

Paint the small shell pasta to create a firefly head. We recommend using a different color for each pasta component.

Step 3:

Paint the jumbo shell pasta to create a firefly body.

Step 4:

Once paint is dry, hot glue mini googly eyes onto each firefly head to create a face.

Step 5:

Hot glue heads to wings, then hot glue to the end of a wooden skewer. Hot glue the firefly body below the head and wings.

Tips: Apply multiple coats of paints to increase the glow, just make sure to let dry completely between coats.

Let fireflies sit beneath a lamp to "charge" the glow.

Craft idea credit: handmadecharlotte.com

Supplies:

Glow-in-the-dark acrylic paint
Paint brushes
Googly eyes
Wooden skewers
Pasta noodles (small and jumbo shells, farfalle)
Hot glue gun





NO PRESSURE: WE'RE JUST RAISING HUMANS OVER HERE

While parenthood can feel overwhelming at times, the rewards are priceless. Try to surround yourself with support, not unsolicited advice.



It takes a village. That's what the proverbial "they" have been telling soon-to-be and new parents since the beginning of time — or at least as far back as any of us at Black Hills Family can recall.

We've read countless baby and parenting books and come away with one universal truth — there is no perfect formula for parenting. We're all learning as we go and learning from each other. We're supporting each other. We're finding out what works for our families and what doesn't. And that, my friends, is the village "they" have been droning on about.

We're a community of parents, grandparents, aunts, uncles, neighbors and teachers with experiences that help us help each other. None of us is perfect, many days we're far from it. But we're working toward the same goal — to raise tiny humans who grow to be happy, healthy and productive members of our communities.

See page 14 for more details.

Birth Plan and Pacifiers and Preschool

Let us introduce you to some of the Black Hills area village members at the Bump & Baby Expo, brought to you by Black Hills Family and Kicks & Giggles. This annual event gives new and soon-to-be parents and families the chance to learn about local businesses and resources available in our community. Plan for an evening celebrating parents-to-be, new parents, babies and families.

While it may be reminiscent of studying for finals, educating yourself on all things pregnancy, birth and baby will help you to make informed decisions. In and of itself, that will help to ease some of the stress that comes with parenthood. As Dr. Suess once said, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." We suggest steering yourself toward a supportive network, like the vendors and families found at the Bump & Baby Expo.

This event provides the opportunity to learn about the wonderful local resources, services and products available to encourage a healthy pregnancy, birth and new parenting experience. It's an evening full of information, shopping and tons of giveaways. Previous year's vendors have included ultrasound studios, photographers, healthcare professionals, postpartum support, fitness, boutiques and much more.

Consider this your official invitation to join the Black Hills area village. We hope to see you there!



WHAT'S GOING ON?

It's the homestretch to spring. We're starting to thaw (probably). It's time to start thinking about warmer, longer days. Don't forget to set your clocks back on March 10 (check your smoke detectors, too). Saint Patrick's Day is on March 17 (don't forget to wear green). The first day of spring is March 19 (yay!). Easter Sunday is March 31 (so early this year)!

And whatever you do, don't forget that the day after Easter this year is April Fool's Day.

RAPID CITY EVENTS

MARCH

- 2-30 Black Hills Farmers Market, Saturdays @ Market Park, Rapid City 8am-1pm
3 Pancake Breakfast @ the VFW, Rapid City 8am-12pm



- 4 Amy Grant @ The Monument, Rapid City 7:30pm
5 The Black Jacket Symphony presents Pink Floyd's Dark Side of the Moon, The Monument Fine Arts Theatre, Rapid City 8pm
6 Black Hills Regional Job Fair @ The Monument, Rapid City 11am
7 Rapid City Concert Assoc. - Camille & Stuie @ The Monument, Rapid City 7pm
17 Aeolus Quartet, Black Hills Chamber Music Society, Rapid City 3pm
24 The High Plains Regional Science & Engineering Fair, SD Mines, Rapid City

APRIL

- 6-7 Youth & Family Services Kids Fair @ The Monument, Rapid City 9am-5pm (Saturday) 11am-5pm (Sunday)
6-27 Black Hills Farmers Market, Saturdays @ Market Park, Rapid City 8am-1pm
7 Pancake Breakfast @ the VFW, Rapid City 8am-12pm
11 Bump & Baby Expo
13 Breaking Benjamin w/Daughtry + Catch Your Breath @ The Monument, Rapid City 6:30pm
13 Black Hills Symphony presents Maya Anjali Buchanan, Performing Arts Center, Rapid City 7:30pm-9:30pm
24 Day of Excellence @ The Monument, Rapid City 8:30am
25 Brantley Gilbert - Off the Rails Tour @ The Monument, Rapid City 7pm

SPEARFISH EVENTS

MARCH



- 8 Camilla Meza, Matthews Opera House, Spearfish 8pm
9 Mike Oregano, Crow Peak Brewing Co., Spearfish 7pm

APRIL

- 24 Black Hills Tri Fest, Black Hills State University, Spearfish

DEADWOOD EVENTS

- 14-16 St. Patrick's Celebration in Deadwood
15 Marty Stuart & His Fabulous Superlatives, Deadwood Mountain Grand 8pm
21 Preservation Thursday: The 1862 US - Dakota War, Homestake Adams Research & Cultural Center, Deadwood 12pm



- 23 John Waite, Deadwood Mountain Grand, Deadwood 7:30pm

APRIL

- 12-13 Forks, Corks & Kegs Food & Wine Festival, Deadwood
26 Kevin Marlowe, Deadwood Mountain Grand, Deadwood 7pm

BELLE FOURCHE EVENTS

MARCH

- 2 First Saturday Brunch, Tri-State Museum, Belle Fourche 10:30am-12:30pm
12 Puppet Show and Storytime at Belle Fourche Library, 10:30-11:30am
15 Break A Leg: A Night of One-Acts, Belle Fourche Community Hall, 7-9pm

STURGIS EVENTS

MARCH

- 22 Devon Sants 'Freezing to Death,' 44 Degrees North Whiskey & Seltzer Bar, Sturgis 7:30pm
23 Devon Sants 'Freezing to Death,' 44 Degrees North Whiskey & Seltzer Bar, Sturgis 7:30pm

APRIL

- 20 Tracy Byrd Music, City of Sturgis, 9pm



LEAD EVENTS

MARCH

- 5 Texas Hold'em Poker for Fun, Blackstone Lodge, Lead 6:30-9:30pm
8-10 Lead Mile High Youth Basketball Tournament, grades 4-8, Handley Recreation Center, Lead
9 An Irish Rambling House, Homestake Opera House, Lead 7pm



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**Two camp dates, now expanding to
two age groups!**

DISCOVER YOUR PASSION

**CAMP WILL BE JUNE 4
AND 5 FOR KIDS AGES
16-18 AND JUNE 7 AND
8 FOR KIDS AGES 12-15**

Registration will open April 1 and be limited to 40 kids per camp

We will have 8 hands on sessions for all kids to go through, tool truck tours, and a pit crew challenge at the end for families to attend. All of the sessions will be taught by our technicians.

Cost is \$140.00

2024 Dates

**JUNE 4-5
AGES 16-18**

**JUNE 7-8
AGES 12-15**



GIVE NURSING A SHOT

SUMMER CAMPS FOR MIDDLE AND HIGH SCHOOL STUDENTS

Is your child interested in a future career in nursing? During our **Give Nursing A Shot!** Summer Camps, students will learn about nursing and healthcare topics, and participate in several hands-on activities.

Camps will be led by BHSU faculty, SDSU College of Nursing faculty, medical professionals from the Black Hills area, and the West River Area Health Education Center.

Registration is now open!

COST IS \$50 PER STUDENT PER CAMP

Scholarships are available for students with financial need.

See camp session dates, find out more info, or register now at BHSU.edu/NursingCamp



**WEST RIVER
HEALTH
SCIENCE
CENTER**



KEYSTONE EVENTS

APRIL

6 Keystone Spring Fling Vendor Show, Keystone Community Center, Keystone

MAY

31 Keystone Locals Weekend, Keystone

HOT SPRINGS EVENTS



MARCH

- 8 Hot Springs Area Concert Assoc. – Camille & Stuie, Mueller Civic Ctr., Hot Springs 7 pm
- 29 Southern Hills Job Fair, Mueller Civic Ctr., Hot Springs 10am – 4pm

APRIL



- 13 HS Area Concert Assoc. – Brandon, James & Effie Trio, Mueller Civic Ctr., Hot Springs 7 pm
- 20 Southern Hills Holistic Fair, Mueller Civic Center, Hot Springs
- 26 Earth Day Rummage Sale & Donation Day, Mueller Civic Center, Hot Springs
- 27 Earth Day Rummage Sale, Mueller Civic Center, Hot Springs

POOLS & SPLASH PADS

Rapid City

Roosevelt Swim Center

Horace Mann Pool

YMCA of Rapid City

Parkview Pool

WaTiki® Indoor Waterpark Resort

The Fountains at Main Street Square (splash pad)

Sturgis

Sturgis Community Center

Belle Fourche

Belle Fourche Rec Center

Spearfish

Spearfish Rec & Aquatics Center

Custer

Custer Swimming Pool

Hot Springs

Evans Plunge Mineral Springs

Lead

Manuel Brother Park (splash pad)

Deadwood

Deadwood Recreation Center

MARCH

2 Live On Stage, High Country Guest Ranch, Hill City



8 Mike Oregano @ Miner Brewing Co., Hill City 3pm

10 Hill City Seniors Sunday Breakfast Fundraiser, Hill City Center 8am-12pm

11-15 Black Hills Institute's 50th Anniversary Celebration, Hill City

16-17 Hill City Antiques, Railroad & Collectibles Show & Sale, Hill City Center

16 Live On Stage, High Country Guest Ranch, Hill City

20-23 Hill City Restaurant Week, Hill City

23 Hill City Children's Easter Egg Hunt, Visitor Info Center, Hill City

24 Granite Sports' Run for the Rangers, Registration 11:45am - 12:45pm, Hill City

24 Quilt Binding Class/Demo, The Farmer's Daughter, Hill City 1-2pm, 2-3pm & 3-4pm

APRIL

12-14 The Farmer's Daughter 19th Anniversary Celebration, Hill City

14 Hill City Seniors Sunday Breakfast Fundraiser, Hill City Center 8am-12pm

GOLF COURSES

Rapid City

Elks Golf Course

Meadowbrook Golf Course

Golf Club at Red Rock

Rapid City Executive Golf

Hart Ranch Golf Club

Box Elder

Prairie Ridge Golf Course

Sturgis

Boulder Canyon Golf Club

Belle Fourche

Belle Fourche Country Club

Spearfish

Spearfish Canyon Golf Club

Elkhorn Ridge Golf Club

Custer

Rocky Knolls Golf Course

Hot Springs

Southern Hills Golf Course

Lead

Lead Country Club

Deadwood

Tomahawk Lake Country Club

CUSTER EVENTS

MARCH

1-2 'Taste of Custer' 7th Annual Restaurant Week, Custer

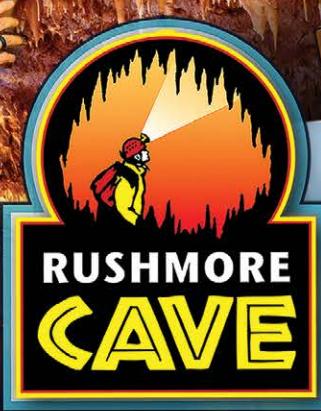
2 19th Annual Custer Area Chamber Trade Show, Custer High School

24 Bluebird House Workshop & Hike, Custer State Park

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This group training membership includes unlimited access to our innovative classes and one foundational nutrition coaching session with our EXOS Performance staff. Each class includes a dynamic warm-up, fundamental strength training, competitive fun circuit, and mobility and recovery techniques.

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- + Pre and Post season nutrition classes
- + Open gym times (16 yrs and older)

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