

Little BLACK Book

LOVE, BLACK HILLS WOMAN

*For every woman
who calls this
community home.*

INSIDE THESE PAGES, YOU'LL FIND MORE
THAN BUSINESSES — YOU'LL DISCOVER
WOMEN YOU'LL BE GRATEFUL TO KNOW.

KEEP IT CLOSE, SHARE IT OFTEN, AND MAY
THE LITTLE BLACK BOOK BE A TRUSTED
COMPANION YOU'LL REACH FOR TIME AND
TIME AGAIN, FOSTERING MEANINGFUL
CONNECTIONS AND REMINDING YOU THAT
YOU BELONG.

EVERY WOMAN DESERVES SOMEONE

Home, Lifestyle & Retail

THE WOMEN HELPING MAKE EVERYDAY
LIFE A LITTLE MORE BEAUTIFUL.

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Angelica Wojtanowicz

ANGELICA'S BOUTIQUE OWNER

Angelica Wojtanowicz is the owner and visionary behind Angelica's Boutique, a family-owned boutique redefining shopping in the Black Hills. After relaunching the business under her own name, she set out to create a destination where women could discover thoughtfully curated fashion from today's most sought-after brands, including MOTHER, RAILS, Pistola, Perfect White Tee, Free People, and more. Every collection is selected with an emphasis on quality, timeless style, and effortless sophistication.

More than a boutique, Angelica's Boutique is built around creating an elevated shopping experience where every customer feels welcomed, inspired, and confident. Angelica believes fashion should empower women to express their individuality while investing in pieces that complement their lifestyle and stand the test of time.

Her vision extends beyond the boutique, as Angelica helped bring to life a walkable destination where people can shop, dine, work, and gather that continues to grow. Passionate about supporting fellow entrepreneurs, she believes locally owned businesses create the heart and character of a thriving community.

Opening Angelica's Boutique was about more than creating a beautiful boutique. It was about building a place that reflects Angelica's passion for style and her commitment to helping every woman feel confident, comfortable, and authentically herself.



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Abbey Ivers

COPPER & IRON BOUTIQUE OWNER

Abbey Ivers created Copper & Iron Boutique with one mission: to help people embrace their individuality and let their inner badass shine. More than a clothing boutique, Copper & Iron is a destination for those who aren't afraid to express their personal style through fashion that is bold, effortless, and uniquely their own.

Known for its carefully curated collections, Copper & Iron Boutique offers a diverse selection of men's and women's apparel, accessories, and inclusive sizing, ensuring every customer can find pieces that fit both their style and their confidence. Every collection is thoughtfully selected to blend moody, edgy, funky, and industrial influences with everyday comfort, creating a shopping experience unlike any other in the Black Hills.

For Abbey, fashion has never been about following trends or fitting in — it's about giving people the confidence to show the world who they truly are. She believes everyone deserves to feel comfortable in their own skin and wear pieces that reflect their personality, not someone else's expectations. Her vision has always been to create a welcoming space where every customer feels encouraged to explore their individuality, take risks with their style, and leave feeling more confident than when they walked in.

At Copper & Iron Boutique, shopping is about more than finding the perfect outfit — it's about discovering a style that feels authentically you.

Through thoughtfully curated collections, exceptional customer service, and a passion for helping others express themselves, Abbey continues to build a boutique where confidence, creativity, and individuality are always in fashion.



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COPPER AND IRON BOUTIQUE LLC



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Andrea Adams

ANYTHING'S POSSIBLE CATERING OWNER

Andrea Adams never imagined that the little girl who grew up without much would one day own one of the Black Hills' most respected catering companies. That journey has shaped the way she leads Anything's Possible Catering, where food is more than a meal — it's an opportunity to serve others, bring people together, and make every occasion memorable.

For nearly three decades, Andrea and her team have built a reputation for exceptional food, genuine hospitality, and an unwavering commitment to excellence. From serving the homeless community and first responders to elegant weddings, corporate events, private aviation, and distinguished guests from around the world, they approach every event with the same care, professionalism, and attention to detail.

While Andrea is often recognized for the company's success, she is quick to credit the team beside her. She believes the heart of Anything's Possible Catering is found in the people who arrive before sunrise, stay long after the guests have gone home, and pour themselves into creating unforgettable experiences for every client.

Andrea's journey has taught her that success isn't measured by awards or recognition. For her, food has always been a way of showing love. That belief continues to guide everything she does and serves as the inspiration behind the company she built on one simple truth: Anything IS Possible.



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Joselyn Haines

AMAZING GRAZE CHARCUTERIE OWNER

Joselyn Haines believes some of life's best moments happen around the table. As the owner of Amazing Graze Charcuterie, she has transformed her passion for creativity, hospitality, and beautifully prepared food into a business that elevates every gathering through thoughtfully crafted charcuterie experiences. After transitioning from a career in foster care, Joselyn followed her passion for food and launched Amazing Graze in 2023, quickly becoming a favorite for celebrations throughout the Black Hills.

From intimate date nights and family gatherings to weddings, corporate events, and large celebrations, Joselyn designs each grazing board, box, and table with fresh, high-quality ingredients and an artistic eye. Every creation is thoughtfully curated to reflect each client's style and vision, ensuring no two displays are ever exactly alike. She also introduced the Black Hills' first mobile charcuterie cart, bringing an interactive and unforgettable culinary experience directly to events.

Known for her creativity, attention to detail, and genuine care for her clients, Joselyn believes every event deserves a personal touch. She takes pride in creating more than beautiful displays — she creates memorable experiences that encourage people to slow down, connect, and celebrate life's special moments.

For Joselyn, every grazing table is about more than serving food — it's about creating moments people will remember long after the last bite. Through Amazing Graze Charcuterie, she continues to bring people together with beautiful food, genuine hospitality, and experiences worth celebrating.



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Rainen Amundson

CRAFTED CLEAN OWNER

Crafted Clean was founded by Rainen Amundson, a wife, mother of two, dog mom, and local business owner who understands firsthand the demands of balancing work, family, and home. What began as a passion for helping others maintain their homes has grown into a thriving cleaning company built on compassion, integrity, and exceptional attention to detail.

Rainen knows that a clean home is about more than appearances. It's about creating a space where families can relax, recharge, and spend more time together without the constant stress of keeping up with everyday responsibilities. That understanding shapes every service Crafted Clean provides and every relationship the team builds with its clients.

Today, Crafted Clean is supported by a dedicated team that takes pride in creating spaces that help ease the physical and mental load so many families carry each day. Whether serving a busy household or a local business, every project is approached with the same care, professionalism, and respect as if it were their own.

For Rainen, cleaning has never been just about spotless countertops or freshly vacuumed floors. It's about giving people back their time, reducing stress, and helping them enjoy the spaces that matter most. Her philosophy remains beautifully simple: where cleaning isn't just a chore — it's our craft.



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Katy Lee

HOUSE OF THREAD OWNER

Katy Lee has always believed the smallest details can make the biggest impact. That passion for creativity and personalization inspired her to launch House of Thread, South Dakota's first live embroidery business, where custom embroidery becomes part of the celebration itself. By bringing embroidery directly to parties, weddings, corporate events, and special occasions, Katy creates experiences that are just as memorable as the keepsakes guests take home.

She loves helping people transform ideas into something meaningful, whether it's a single embroidered item with sentimental value or thousands of custom pieces for a business, organization, or event. Every project is an opportunity to create something unique, carefully stitched with precision, creativity, and attention to detail.

With House of Thread's ten-needle embroidery machine and a custom menu designed for each event, Katy gives guests the chance to watch their items come to life in real time. The experience adds a personal touch that turns ordinary merchandise into lasting memories and conversations.

For Katy, embroidery is about more than thread and fabric. It's about celebrating life's moments, creating something uniquely personal, and helping people tell their stories one stitch at a time. Whether she's

designing one piece or embroidering 10,000, she brings the same enthusiasm, craftsmanship, and creativity to every project.

She can't wait to design, stitch, and party with you!



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HOUSE OF THREAD



HOUSEOFTHREAD —



Kelsey Parker

SÓL VIBE
CO-OWNER

Kelsey Parker believes wellness is about far more than physical fitness — it's about creating balance, building friendships that feel like family, and finding space to recharge and restore in the midst of everyday life. As co-owner of Sól Vibe, she has helped create a welcoming studio where people of all fitness levels feel encouraged, supported, and inspired to discover their strength and become the best versions of themselves.

Alongside her husband, Aaron, Kelsey founded Sól Vibe with the vision of bringing an uplifting, community-centered fitness experience to the Black Hills. The studio offers hot yoga, indoor cycling, rowing, and strength-based classes designed to challenge the body while restoring the mind. Every class reflects Kelsey's commitment to positivity, personal growth, meaningful connection, and the belief that wellness is a lifelong journey.

Outside the studio, Kelsey is an accomplished attorney who values service, leadership, and giving back to the community she proudly calls home. That same passion for helping others shapes everything she does at Sól Vibe, where members are welcomed like family and encouraged to live healthier, more intentional lives.

For Kelsey, success isn't measured by personal records or perfect poses. Through Sól Vibe, she inspires people of all fitness levels to invest in themselves, embrace balance, recharge, restore, and discover the strength that comes from both movement and meaningful connection.



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Brandi Schutz

THE WORKOUT WAREHOUSE OWNER

Brandi founded The Workout Warehouse because she was tired of watching strong, capable women walk into gyms and feel small. She believed women deserved more than a workout — they deserved a place where they could feel confident, encouraged, and supported while growing stronger mentally and physically.

The Workout Warehouse was created to be that place. Offering a variety of classes in a welcoming environment, the boutique studio brings together real, everyday women who want to feel their best, challenge themselves, and lift each other up in positive ways. It's a safe place to get healthy, stay happy, and rediscover their confidence that comes from being surrounded by women who genuinely want to see each other succeed.

For Brandi, the goal was never to create just another gym. She envisioned a place where a 55-year-old mom, a recent graduate, and a nurse coming off the night shift could laugh through a bungee class, take a Pilates Reformer class, and know the woman beside them had their back. The Workout Warehouse



is built on positivity, where women encourage one another, celebrate each other's successes, and are genuinely committed to helping each other grow.

Together We Stand Motivated and Stronger!



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Cheri LaVelle

BLISS FLEURS
OWNER

For Cheri LaVelle, flowers do more than brighten a room — they speak when words can't, celebrate life's moments, and bring beauty and comfort right where it's needed most.

From her small studio in Rapid City, Cheri thoughtfully designs every arrangement with care and arranges each one with heart. She specializes in custom floral designs for every occasion, from life's biggest celebrations to the quietest "just because." Rather than creating flowers in mass production, Cheri believes every arrangement should feel abundant, artful, and personal, bringing more beauty, more joy, and, of course, more bliss.

That same philosophy inspired Bliss Fleurs' signature Bloom Bar, a one-of-a-kind floral experience that travels directly to weddings, anniversaries, bridal showers, corporate gatherings, and special events. Guests create their own hand-selected bouquets to take home, leaving with both a beautiful arrangement and a memory they'll be talking about long after the celebration ends.

For Cheri, Bliss Fleurs is more than flowers. It's a tradition of kindness, a personal touch, and a promise that wherever your heart leads, her flowers will follow.



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Tammy Yanders

STAPLE & SPICE MARKET OWNER

Tammy Yanders believes true wellness begins with education, intention, and caring for the whole person. As the owner of Staple & Spice Market in downtown Rapid City, she has combined her background in nursing with her passion for preventative health to create a welcoming space where the community can discover natural products, trusted guidance, and healthier ways to live.

Since purchasing the nearly century-old market with her husband, Wayne, in 2020, Tammy has honored the store's rich history while thoughtfully expanding its offerings to meet the evolving needs of today's customers. Staple & Spice features natural foods, bulk herbs and spices, premium vitamins and supplements, essential oils, specialty teas, gluten-free products, and locally made goods — all carefully selected with quality and wellness in mind.

As a certified health coach, Tammy enjoys helping individuals find practical solutions that support their unique health journeys. In addition to one-on-one coaching, she and her daughter, Carly, created the fitness app Fitt. tammyandcarly, giving people another way to build healthier habits and stay motivated. Tammy believes wellness is never one-size-fits-all and is passionate about empowering others through education, personalized recommendations, and meaningful conversations.

Known for her genuine care, community involvement, and exceptional customer service, Tammy has helped make Staple & Spice more than a neighborhood market — it's a gathering place where relationships flourish and healthy living is encouraged. She is proud to continue the store's longstanding legacy while inspiring generations of Black Hills families to live healthier, more intentional lives.



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Natalie Walch

BELLA PATINA OWNER

Natalie Walch has a passion for creating beautiful spaces that feel warm, inviting, and uniquely personal. As the owner of Bella Patina in Rapid City, she has built a destination where timeless design, quality furnishings, and thoughtful details come together to help clients create homes they truly love.

Known for her creative eye and approachable style, Natalie specializes in custom furnishings, organic textures, cozy bedding, and seasonal decorating. She enjoys working closely with homeowners to understand their vision while blending functionality with beauty. Whether refreshing a single room or designing an entire home, her goal is to create spaces that reflect each client's personality and lifestyle.

Bella Patina offers a carefully curated collection of furniture, home décor, rugs, artwork, and one-of-a-kind accessories that inspire creativity and bring lasting character to every space. Natalie believes that exceptional design isn't about following trends—it's about creating homes that tell a story and provide comfort for years to come.

Dedicated to serving the Black Hills community, Natalie has earned a reputation for her attention to detail, personalized service, and ability to bring fresh ideas to every project. She values the relationships she builds with her clients and considers it a privilege to be part of creating the places where families gather, memories are made, and life unfolds. Through Bella Patina, Natalie continues to help homeowners transform houses into homes filled with warmth, beauty, and timeless style.



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Alyssa Crawford

ALYSSA CRAWFORD PHOTOGRAPHY OWNER & PHOTOGRAPHER

Alyssa Crawford believes life's most beautiful moments aren't always the loudest — they're often found in the quiet in-between. As a Black Hills photographer specializing in maternity, newborn, and family photography, she is passionate about preserving the love, wonder, and connection that make each season of life unforgettable.

Inspired by the timeless artistry of film photography, Alyssa approaches every session with patience, creativity, and an appreciation for life's beautifully imperfect moments. Rather than chasing perfectly posed portraits, she creates space for authentic connection, allowing families to relax, be present, and simply enjoy one another. The result is a collection of images that feel honest, emotional, and deeply personal.

Alyssa believes every season of family life deserves to be celebrated — from the anticipation of welcoming a new baby to the everyday moments that quietly shape a family's story. Her thoughtful approach allows her to capture not only what a moment looked like, but the emotion and connection that made it meaningful.

For Alyssa, success isn't measured by the number of photographs she delivers.

It's measured by the memories they preserve. Through Alyssa Crawford Photography, she hopes every family can look back on their images and be transported to exactly how that season of life felt. She believes the greatest photographs don't simply capture a moment — they allow you to experience it again.



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Barbara Downen

MIST & MOONLIGHT PHOTOGRAPHY OWNER

For more than 20 years, Barbara Downen has been turning her clients' stories into artwork they will treasure for years to come. As the owner of Mist & Moonlight Photography, she has built a fine art portrait studio where creativity, connection, and individuality come together to create images that are as unique as the people in front of her camera.

A South Dakota native who proudly calls the Black Hills home, Barbara is continually inspired by the region's beauty and loves discovering new locations that complement each client's story. Whether photographing senior portraits, maternity sessions, couples, professional branding headshots, or her favorite — an empowering fine art boudoir experience — she believes every session should feel safe, enjoyable, and completely tailored to the individual.

One of Barbara's greatest joys is helping clients celebrate who they are. Every session begins with a complimentary consultation, giving her the opportunity to dream up creative ideas, discuss styling, and develop a vision that feels authentic to each person she photographs. Her approach combines fine art with a welcoming, no-pressure atmosphere, allowing personalities, connections, and genuine moments to naturally unfold.

For Barbara, photography is about creating more than beautiful portraits. It's about designing an experience that clients will enjoy from beginning to end while creating artwork that reflects who they are and the story only they can tell.



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MIST_MOONLIGHT_PHOTOGRAPHY

Katy Odenbach

LUXE OWNER

For Katy Odenbach, beautiful hair begins with more than color or technique — it begins with creating an experience where every client feels seen, cared for, and confident. That philosophy inspired her to create LUXE, a salon where quality always comes before quantity and every appointment is tailored to the individual.

As the owner and stylist at LUXE in Rapid City, Katy specializes in lived-in color, blonding, and extensions, helping clients achieve effortless, personalized looks that complement their lifestyle. She believes exceptional results come from listening first, understanding each client's vision, and paying close attention to every detail throughout the process. Rather than following trends alone, Katy focuses on creating timeless styles that leave her clients feeling like the very best version of themselves.

Under Katy's leadership, LUXE has grown into more than a salon. While it may have started as an idea, it has become what it is today because of the incredible team behind it. Every stylist and esthetician has helped create the experience so many clients have come to know and love, sharing a passion for their craft and a commitment to delivering an elevated experience with every visit. Together, they are committed to refining their craft while fostering an environment where artistry, education, and genuine connection are at the heart of everything they do.

For Katy, the greatest reward isn't simply creating beautiful hair — it's helping people leave with renewed confidence. She believes every guest deserves to feel comfortable, valued, and cared for, and strives to ensure each visit to LUXE is as memorable as the results themselves.



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LUXE HAIRCARE & SKINCARE



COLOREDBYKATY

Hannah Helms

CEDAR ROSE SPA OWNER

Some businesses are built around services. Cedar Rose Spa was built around Hannah Helms' belief in how people deserve to feel.

As a former hairstylist turned spa owner, Hannah has always been drawn to the details others often overlook — the energy of a room, the comfort of a robe, the warmth of a welcome, and the feeling a guest carries long after they leave.

That philosophy has shaped every decision she has made while building Cedar Rose Spa. Her intuitive approach allows her to look beyond the treatments themselves, creating a retreat where every detail — from the design of the space to each personalized experience and every element of the guest journey — has been thoughtfully considered to create a sense of calm, luxury, and true restoration. It reflects the principle that has guided her throughout her career: to always leave people and places better than she found them.

Nestled just outside Deadwood in the breathtaking Black Hills, Cedar Rose Spa has become a destination where guests are invited to slow down and reconnect. Whether visiting for a relaxing treatment, time in the Garden, or simply a quiet escape from everyday life, Hannah and her team are committed to creating an experience that feels personal from beginning to end — one where every guest leaves feeling lighter than when they arrived and where Cedar Rose remains a place where beauty, wellness, and genuine hospitality come together in an unforgettable way.



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Somer Kingsbury

WHO'S TOY HOUSE OWNER

Since opening Who's Toy House in 2011, Somer Kingsbury has been passionate about creating a place where families can explore, play, and create lasting memories together. As the owner of the locally owned downtown Rapid City toy store, she believes the best toys do more than entertain — they spark imagination, encourage connection, and create moments families remember long after childhood.

Somer has carefully curated a collection of toys, games, and crafts for children of all ages and abilities, making Who's Toy House a destination for families across the Black Hills. Today, the store is Rapid City's exclusive Jellycat retailer, a flagship store for Schleich, and home to the one-of-a-kind Super Plexus #3.

For Somer, the experience extends far beyond what's on the shelves. She believes a visit to Who's Toy House should feel special from beginning to end. From complimentary gift wrapping and custom birthday party guest bags to the Birthday Bucket Wish List program and free interactive community events, she is always looking for ways to create memorable experiences for families.

Her commitment to the community reaches beyond the store, supporting local fundraisers, silent auctions, and nonprofits through donations and partnerships. For Somer, shopping local means investing in the families, businesses, and community that make Rapid City such a special place to call home.



605-716-4386



WHOSTOYS@RUSHMORE.COM



WHOSTOYS.COM



WHOSTOYSTORE



WHOSTOYHOUSE

Mary Petersen

PINE HAVEN VENUE & LODGING HEAD VENUE MANAGER

For Mary, creating memorable celebrations is more than a career — it's something she's experienced firsthand. After celebrating her own wedding at Pine Haven Venue & Lodging, she developed an even deeper appreciation for the moments, details, and emotions that make life's biggest milestones so meaningful. Today, she has the privilege of helping other couples and families create unforgettable memories in the same beautiful setting she once chose for her own special day.

Having called the Black Hills home for most of her life, Mary understands what makes this region so special. As Head Venue Manager, she works alongside guests from the very beginning, helping bring their vision to life for weddings, family reunions, corporate gatherings, and other special events. Serving as both a planning partner and day-of coordinator, she is a trusted resource, offering guidance, support, and creative solutions every step of the way.

Nestled at the base of Storm Mountain on 19 scenic acres, Pine Haven Venue & Lodging offers a breathtaking backdrop with a beautiful event venue, 30 cozy cabins, 30 RV sites, and unique covered wagon accommodations, making it an ideal destination for celebrations, family getaways, and outdoor adventures.

For Mary, every event is personal. She understands that every couple and every family has a unique story, and she finds the greatest joy in helping create an experience they'll cherish long after the celebration ends.



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PINE HAVEN VENUE & LODGING



PINEHAVENVENUEANDLODGING

Julie Bendlin

PAW PATCH OF THE BLACK HILLS OWNER

When Julie Bendlin, her husband, Jimmy, and their three children relocated from Gillett Grove, Iowa, to the Black Hills a couple of years ago, they left behind the boarding and grooming business they had built and purchased Paw Patch. Since then, they've built upon its foundation, making it their own while creating a place where pets feel as comfortable as they do at home. Today, Paw Patch of the Black Hills is where every pet is welcomed and cared for like family.

Julie has built the business around the belief that exceptional pet care goes beyond meeting basic needs. Through boarding, daycare, and grooming services, she and her team provide personalized care tailored to each pet's unique personality and routine. Whether it's playtime, enrichment, or extra affection, every stay is designed to help pets feel safe, happy, and loved while their owners are away.

In addition to pet care services, Paw Patch of the Black Hills offers a wide selection of pet food and products, making it a trusted resource for local pet owners. Known for offering some of the most affordable pet food in the Black Hills, Julie is committed to helping families care for their pets with quality products and exceptional service.

For Julie, Paw Patch of the Black Hills is more than a business — it's a place where lasting relationships are built with both pets and their owners. Her

mission is simple: "Your pet's home away from home, where you and your pet are like family." It's a promise she strives to fulfill every day, and one she closes with a heartfelt thank you: "Thank you for trusting our family with a member of yours."



605-255-4413



PAWPARTNER.COM/PAW-
PATCH-OF-THE-BLACK-HILLS



PAWPATCHBLACKHILLS



Tenise Chapman

BLACK HILLS TIRE
CO-OWNER

Tenise Chapman is the co-owner of Black Hills Tire alongside her husband, Weston, and a driving force behind the company's commitment to serving the Black Hills community. Known for her heart-forward leadership, Tenise has built a business rooted in trust, service, and genuine connection, believing that success is measured not only by the customers you serve but by the lives you impact.

Whether organizing local charity drives, supporting families in need, or creating meaningful opportunities for her team to give back, Tenise is passionate about making a difference beyond the walls of the business. Her innovative approach to community involvement has helped make Black Hills Tire more than a place to buy tires — it's a trusted community partner where people know they'll be treated with honesty, respect, and care.

Committed to investing in the future of the automotive industry, Tenise founded Camp DRIVE, the first automotive camp in the region designed for youth ages 12–15. By introducing young people to career opportunities in the trades, she's helping inspire the next generation of technicians and industry leaders. Her dedication earned her recognition as a finalist for the Women in AutoCare Shop Owner of the Year award, selected from more than 100 nominations across the United States.

At Black Hills Tire, every customer interaction is guided by one simple philosophy: one car, one customer, one opportunity at a time. For Tenise, that mission reflects more than great service — it's a commitment to building relationships, strengthening the community, and making every opportunity count.



605-342-1876



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BLACKHILLSTIRE

Alissa Orban

LET'S MAKE CENTS BOOKKEEPING OWNER

Alissa Orban understands that most business owners didn't start their companies because they love bookkeeping — they started them to pursue a passion. That's what inspired her to build Let's Make Cents Bookkeeping, a boutique bookkeeping and advisory firm dedicated to helping small business owners feel confident and in control of their finances.

With more than 15 years of accounting and bookkeeping experience, Alissa provides accurate bookkeeping, payroll, sales tax compliance, financial reporting, and business advisory services that allow her clients to spend less time worrying about the numbers and more time growing their businesses. A graduate of Black Hills State University with a bachelor's degree in Accounting, she combines technical expertise with a practical, approachable style that helps clients make sense of their finances without feeling overwhelmed.

Proud to call the Black Hills home, Alissa enjoys spending time with her husband, Jason, and her daughters, Katelyn and Abigail. Whether she's cheering from the hockey rink, relaxing at the lake, or enjoying a great cup of coffee, she values the relationships she builds both personally and professionally. For Alissa, bookkeeping is about more



than balancing accounts — it's about giving business owners the clarity, confidence, and peace of mind to focus on what matters most: building the business they've worked so hard to create.



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LETSMAKECENTSBOOKKEEPING



Spencer Hattervig

ZEISLER CONSTRUCTION PROJECT MANAGER

For Spencer Hattervig, construction is about far more than the finished product. After building her career through a variety of roles within the industry, she has developed a deep appreciation for the collaboration, communication, and trust required to bring every project to life. Today, as Project Manager at Zeisler Construction, she helps guide projects from concept to completion while ensuring every client feels informed, supported, and confident throughout the process.

Building quality spaces and lasting relationships is at the heart of everything Zeisler Construction does. As a locally owned and operated construction company proudly serving the Black Hills and surrounding communities, the team specializes in both commercial and residential construction, delivering quality craftsmanship with a commitment to attention to detail, dependable timelines, and open communication.

Working alongside a team with decades of combined industry experience, Spencer is proud to help build more than exceptional spaces. Through honesty, reliability, and a customer-first approach, Zeisler Construction strives to make every project a positive experience while creating homes and commercial spaces that stand the test of time. For Spencer, that's what construction is really about — building trust that lasts long after the project is complete.



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ZEISLER_CONSTRUCTION

Amanda Williams

ACW DESIGN STUDIO OWNER & PRINCIPAL DESIGNER

Amanda Williams is the owner and principal designer of ACW Design Studio, where she and her team believe exceptional design has the power to shape the way people live, work, heal, and connect. Specializing in commercial interior architecture and luxury custom homes, Amanda and her team partner with business owners, healthcare professionals, developers, and homeowners to create environments that are as functional as they are beautiful.

From thoughtful space planning and custom detailing to carefully curated material selections and immersive 3D visualization, every design is tailored to the people who will experience it. Amanda understands that great design is about more than aesthetics — it's about creating spaces that inspire productivity, encourage connection, and enhance everyday life. Every decision is made with purpose, balancing timeless style with practical functionality to deliver spaces that feel effortless, refined, and uniquely personal.

Collaboration is at the heart of ACW Design Studio. Amanda and her team believe the best spaces are created by listening first — taking the time to understand each client's vision, goals, brand, lifestyle, and aspirations before thoughtfully translating them into environments that authentically reflect the people and businesses they serve. Their work is defined by a timeless, organic aesthetic that balances beauty with function.

For Amanda, great design is measured by more than the finished space. It's about creating environments that enrich everyday experiences, support the people who use them, and leave a lasting impression long after the project is complete.



605-484-7591



ACWSTUDIO.COM



ACW DESIGN STUDIO



ACWDESIGNSTUDIO

Cierra Alegria Hernandez

ADAMS ALEGRIA DRYWALL, LLC
OWNER

For Cierra Alegria Hernandez, success is built on faith, family, and the belief that hard work always speaks for itself. As the owner of Adams Alegria Drywall, LLC, a wife, and the proud mother of seven children, she understands the importance of perseverance, integrity, and leading by example.

Together, Cierra and her husband, Melvin Alegria Hernandez, built Adams Alegria Drywall with a shared vision of providing exceptional craftsmanship while treating every client with honesty and respect. Through dedication, long hours, and a commitment to quality, they have grown the company into a trusted name serving the Black Hills and surrounding communities.

Specializing in residential and commercial drywall, Adams Alegria Drywall partners with homeowners, builders, and contractors to bring projects to life with precision, reliability, and attention to detail. Cierra believes every project is more than just drywall — it's helping create the homes and businesses where families grow, memories are made, and dreams become reality.

As a woman leading a construction company in a traditionally male-dominated industry, Cierra hopes to inspire others to pursue their goals with confidence. She believes success isn't about proving people wrong — it's about working hard, staying true to your values, and lifting others along the way.

For Cierra, the greatest accomplishment isn't just building a successful business; it's building a legacy of faith, family, and service that her children can be proud of for years to come.



605-431-2203

ADAMS ALEGRIA DRYWALL, LLC

Kayla Schad

AFLAC REGIONAL SALES COORDINATOR

For more than a decade, Kayla Schad has helped businesses across the Black Hills strengthen their employee benefits programs through personalized solutions and trusted guidance. As a Regional Sales Coordinator with Aflac, she partners with employers of all sizes to design voluntary benefits packages that help employees gain financial protection and peace of mind when life's unexpected moments arise.

Known for her consultative approach and commitment to exceptional service, Kayla works closely with business owners and leadership teams to identify benefit solutions that complement existing healthcare offerings while supporting employee recruitment, retention, and overall well-being. She believes strong employee benefits are an investment in a company's greatest asset — its people.

Beyond serving clients, Kayla is passionate about developing the next generation of Aflac professionals. She leads with a focus on mentorship, training, and leadership development, helping agents build successful careers while making a meaningful impact within the communities they serve.

A lifelong Rapid City resident, Kayla is deeply committed to giving back to the Black Hills. She proudly serves on the boards of the Ronald McDonald House of South Dakota, Monument Health Foundation, and Black Hills SHRM, while also volunteering her time with numerous local charitable organizations.

Through Aflac, Kayla continues to help businesses protect what matters most by delivering innovative employee benefits, trusted relationships, and exceptional service that supports both employers and their teams for years to come.



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AFLACOFTHEBLACKHILLS



Alexa Stulken

BLACK HILLS TRUST COMPANY, LLC
CHIEF WEALTH & TRUST
OFFICER, CTFA®, AFIM®

Alexa Stulken believes true wealth is about more than financial assets—it's about protecting the people, values, and legacy that matter most. As Chief Wealth & Trust Officer at Black Hills Trust Company, LLC, she helps individuals and families navigate life's most important transitions with confidence, compassion, and trusted fiduciary expertise.

With more than 26 years of professional experience, including extensive leadership roles and a strong background in financial services, Alexa has built her career on integrity, accountability, and exceptional client service. She is passionate about helping families preserve what they have worked hard to build while ensuring their wishes are honored for future generations.

Alexa leads a team focused exclusively on fiduciary services, including trust administration, estate management, conservatorships, agency services, and custodial services. She understands that every family has a unique story and that every estate plan deserves thoughtful administration and stewardship. Her team is committed to preserving legacies while providing clarity and peace of mind through every stage of life.

Known for her collaborative approach and commitment to doing what is right, Alexa works closely with attorneys, financial advisors, accountants, and families to ensure each plan is carried out with care, precision, and respect for the grantor's intentions. She believes trust is earned through transparency, meaningful relationships, and consistently putting clients' best interests first.

Through her work, Alexa remains committed to protecting what matters most and delivering fiduciary solutions that provide lasting confidence, security, and peace of mind.



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Holli H. Mitchell

EDWARD JONES FINANCIAL ADVISOR

Holli Mitchell is a Rapid City-based Edward Jones Financial Advisor who helps individuals, families, and business owners navigate both their personal and professional financial journeys. She understands that financial decisions can often feel overwhelming and believes planning should bring clarity instead of complexity. Her goal is to help clients replace uncertainty with a clear path forward, allowing them to move ahead with confidence and purpose.

Working alongside her clients, Holli provides an elevated experience that goes beyond the numbers. By partnering with her, clients gain a trusted financial professional with years of experience and a clear strategy for navigating complex decisions. She works to simplify the planning process, helping clients reclaim their time while staying rooted in the future they want to create.

Holli has centered her work around three cornerstones of wealth preservation: robust tax efficiency, proactive protection planning, and intentional legacy strategy. Whether clients are navigating business succession, maximizing long-term opportunities, or safeguarding the wealth they have worked hard to build, Holli develops thoughtful strategies that grow and adapt alongside life's changes.

For Holli, financial planning is about more than managing wealth — it's about lifting the weight of financial uncertainty. She believes that when people have a thoughtful plan and a trusted guide, they are free to spend less time worrying about money and more time living with confidence, meaning, and purpose.



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Tamara Burke

FINANCIAL BENEFITS INC.
PARTNER & MANAGING
ADVISOR, ChFC®, CLU®

Tamara Burke, ChFC®, CLU®, is Partner and Managing Advisor at Financial Benefits Inc., where she has spent nearly three decades helping individuals, families, and business owners align their financial decisions with what matters most to them. After joining the firm in 1996, following more than ten years in accounting across western South Dakota, Tamara brought financial and business expertise that helped strengthen the firm's operations and client service model. Her dedication and leadership led to her becoming a full partner in 2005.

Today, Tamara continues the legacy established by the late Harvey Krautschun, guiding clients through meaningful conversations that uncover their vision, values, and long-term goals before developing personalized strategies to help them achieve financial security. She believes every financial plan should begin with understanding the person behind it, because every family, business, and life journey is unique.

As a Chartered Financial Consultant® (ChFC®), Chartered Life Underwriter® (CLU®), Financial Adviser affiliated with Eagle Strategies LLC, and Member Agent of The Nautilus Group®, a service of New York Life Insurance Company, Tamara provides clients with access to advanced planning resources in retirement, estate, business, tax, and charitable planning.

Known for her contagious smile, genuine desire to understand others, and servant-hearted approach, Tamara has built a reputation for helping clients navigate important financial decisions with clarity and confidence. Beyond her work with clients, she is an active member of NAIFA and proudly serves on the Black Hills State University Foundation Board and Finance Committee, as well as the Deadwood History Board of Directors.

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Natasha Alt

ALTIMATE FLOORING CO-OWNER

Natasha Alt knows that flooring is one of the most important decisions a homeowner can make. It's the foundation of every room, setting the tone for a space while standing up to the moments of everyday life. As co-owner of Altimate Flooring, Natasha has helped families and businesses throughout the Black Hills select flooring, tile, and finishes they'll enjoy for years to come.

Alongside her husband, Barak, Natasha proudly leads the family-owned and operated business that has served Rapid City and the surrounding area for more than 35 years. From hardwood, luxury vinyl, carpet, and tile flooring to custom tile showers, backsplashes, accent walls, and quartz countertops, Altimate Flooring combines quality products with expert craftsmanship to bring every project to life.

Natasha enjoys helping clients sort through the many styles, colors, and materials available, making what can feel like an overwhelming process both enjoyable and approachable. Whether updating a single room or completing an entire home, she believes every customer deserves honest guidance, quality workmanship, and a finished product they'll be proud of for years to come.

For Natasha, the greatest satisfaction comes from seeing a space transformed through craftsmanship and attention to detail. Every floor installed, backsplash completed, and tile shower finished reflects Altimate Flooring's commitment to quality, integrity, and helping clients create homes they'll love living in.



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Katie Cook

**GUNDERSON, PALMER,
NELSON & ASHMORE LLP**
PARTNER

Katie Cook is a partner at Gunderson, Palmer, Nelson & Ashmore LLP, where she is dedicated to helping people navigate some of life's most challenging legal situations with confidence, clarity, and unwavering advocacy. Her practice focuses on complex civil litigation, including personal injury, insurance litigation, construction law, corporate litigation, and contested estate matters.

Throughout her career, Katie has represented clients at both the state and federal trial court levels, argued multiple cases before the South Dakota Supreme Court and the Eighth Circuit Court of Appeals, and served as first chair in numerous civil jury trials and lengthy arbitrations, securing multiple million-dollar-plus judgments on behalf of her clients.

A Rapid City native, Katie earned bachelor's degrees in Chemistry and Spanish with honors from the University of South Dakota before graduating summa cum laude from law school in Phoenix, Arizona. She joined Gunderson, Palmer, Nelson & Ashmore in 2015, bringing a disciplined, analytical approach to complex litigation and a passion for advocating on behalf of her clients.

Outside the courtroom, Katie serves on several community and South Dakota State Bar boards and enjoys spending time with her two children, photography, hiking with her dogs, and traveling. Whether representing clients in court or giving back through professional service, she believes preparation, integrity, and perseverance are the foundation of lasting results.



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Spencer Gossel

CMG HOME LOANS MORTGAGE LOAN OFFICER

For more than 15 years, Spencer Gossel has been passionate about helping individuals and families achieve their homeownership goals while building lasting relationships throughout the Black Hills community. As a Mortgage Loan Officer with CMG Home Loans, she is committed to educating clients, simplifying the lending process, and creating customized financing solutions that fit each person's unique needs.

Whether working with first-time homebuyers, growing families, investors, or homeowners looking to refinance, Spencer believes every client deserves a personalized experience, exceptional service, and a trusted advisor who will guide them through every step of the home financing journey. While many people view a mortgage as a 30-day application process, Spencer sees it as the beginning of a 30-year relationship. She is passionate about staying connected long after closing, serving as a lifelong resource as her clients' financial goals, families, and homeownership needs evolve. She understands that buying a home is one of life's biggest financial decisions and strives to make the process as seamless, informed, and stress-free as possible, ensuring her clients feel confident from application to closing — and for years to come.

Beyond her career, Spencer serves on the Board of Directors for the Black Hills Home Builders Association, is a co-founder of the Real Estate Talks Community Collaboration, and hosts monthly budgeting, credit, and homebuying workshops. As a businesswoman, mother, and community advocate, she is passionate about

supporting local businesses, promoting attainable housing opportunities, and helping others succeed. For Spencer, homeownership is about more than buying a house — it's about creating opportunity, building stability, and helping families put down lasting roots.



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SPENCER GOSSEL-
MORTGAGE SOLUTIONS



THE.LIFTING.LENDER



Resa Rutz

**CENTURY 21 / SOUTHERN
HILLS PROPERTIES
REALTOR®**

Resa Rutz is a local REALTOR® proudly serving Hot Springs and the Southern Black Hills. As a full-time real estate professional and year-round resident, she knows the communities, neighborhoods, and market from the perspective of someone who truly calls this area home. Whether you're buying or selling a home, land, or commercial property, Resa is known for her personalized service, strong negotiation skills, and commitment to helping clients make confident real estate decisions.

She believes every client deserves honest communication, local expertise, and an advocate who will guide them through every step of the process. Taking the time to understand each person's goals, Resa works hard to make buying or selling real estate feel less overwhelming and more exciting. From first-time homebuyers and growing families to retirees, ranch owners, and investors, she is passionate about helping people find the right property and making every transaction as smooth as possible.

Living and working in the Southern Black Hills gives Resa a unique perspective on the lifestyle, opportunities, and beauty the region has to offer. She enjoys introducing newcomers to the area while helping longtime residents navigate life's next chapter with confidence. Her dedication to exceptional service, genuine relationships, and the community she loves is at the heart of everything she does.

She doesn't just sell here. She lives here.



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RESATHEREALTOR

Shauna Sheets

THE KAHLER TEAM REALTOR®

Shauna Sheets brings the same values to real estate that shaped her long before she sold a home: a strong work ethic, genuine care for people, and a commitment to doing things the right way. Those values were instilled early by her parents, and they still guide how she works with every client today.

Shauna married her college sweetheart in 1995, and after a few military moves, they settled in Rapid City in 2006. After nearly 20 years of staying home to raise her children, her friend and mentor, David Kahler, encouraged Shauna to consider selling real estate. In 2014, she joined David and The Kahler Team, where she has been helping clients with their real estate needs ever since. Earlier this year, she celebrated serving her 1,000th client, a milestone that reflects the trust her clients have placed in her.

For Shauna, real estate is not just a transaction. Selling or buying a home is often one of the most emotional experiences a family goes through, and she sees her role as the steady, trusted partner who helps make that process feel manageable. She listens closely, handles the details, and helps her clients feel at ease throughout every step of the process.



Fun fact: Shauna represented Rapid City on House Hunters in 2017. While it was certainly a memorable experience, the greatest part of her career is helping clients find a place to call home and create stories of their own.



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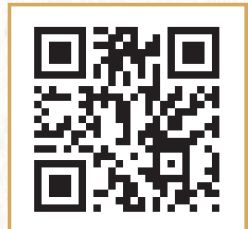
Marisa Wollman

OAK & KEY REALTY
REALTOR®

Born and raised in South Dakota, Marisa Wollman has proudly called Rapid City home for nearly 15 years. Alongside her husband, she is raising their four children in the Black Hills, where you'll often find them at youth activities, community events, church, or exploring everything the region has to offer. Her love for the area and the life they've built here fuels her passion for helping others put down roots of their own.

Although Marisa knew from a young age that real estate was the career she wanted to pursue, her path first led her through business ownership and the custom home industry. Working alongside a custom home builder gave her a behind-the-scenes understanding of the construction process, thoughtful design, craftsmanship, and the many details that turn a house into a home. That experience, combined with her background in service-based business, allows her to guide clients with a unique perspective whether they're buying an existing home or building one from the ground up.

Today, Marisa considers it a privilege to help clients navigate one of life's biggest decisions. Whether someone is purchasing their first home, building a dream home, relocating to the Black Hills, or preparing for their next chapter, she is committed to making every experience feel personal, informed, and supported. For Marisa, every home tells a story, and she finds the greatest fulfillment in helping clients begin the next chapter of theirs with confidence.



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Markie Zacharias

MARKIE ZACHARIAS
REALTY (RE/MAX)
REALTOR®

Markie Zacharias believes one of the best gifts she can give her clients is confidence through knowledge. Whether helping someone purchase their first home, sell a property, or invest in their future, she is committed to making every step of the real estate journey easy to understand. Through honest communication, education, and personalized support, Markie empowers her clients to make informed decisions that are right for them.

Her goal is for every buyer and seller to leave the experience feeling knowledgeable, confident, and prepared — not just for closing day, but for whatever comes next. Markie believes her role extends far beyond a transaction. She remains a trusted resource before, during, and long after the sale, answering questions, sharing local market insights, connecting clients with reliable professionals, and providing guidance as their real estate needs evolve.

For Markie, success isn't measured by the number of homes she sells, but by the confidence her clients gain throughout the process. She believes informed clients make the best decisions, and she is passionate about giving every buyer and seller the knowledge they need to move forward with clarity and confidence.



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Heidi Pullman

MAGICAL VACATION PLANNER TRAVEL ADVISOR

Heidi Pullman turned a lifelong passion for travel into a career dedicated to helping others experience the world with confidence and ease. After years of planning vacations for friends and family, she decided to pursue travel advising professionally, combining her love of exploring new destinations with a commitment to creating memorable experiences for her clients.

As a lifelong Black Hills resident and former business owner, Heidi understands the value of personal service and lasting relationships. She specializes in all-inclusive vacations, cruises, Disney and Universal destinations, and European travel. Her dedication to exceptional client care earned her a sales achievement award during her first year in the travel industry, a reflection of the trust she builds with every itinerary she creates.

Heidi prides herself on the personal attention and firsthand experience she brings to every trip she plans. Because she travels frequently and has visited many of the destinations she recommends, she's able to offer honest advice and insider tips tailored to each client's goals and travel style. Whether planning a relaxing beach getaway, a family vacation, a European adventure, or a cruise, Heidi is committed to making the planning process simple and stress-free. For her, travel is about more than reaching a destination — it's about creating meaningful experiences and lifelong memories, while giving clients the confidence to simply enjoy the journey.



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MAGICALVACATIONPLANNER.COM



HEIDI CARPENTER PULLMAN



HEIDIPULLMAN

Laura Snyder

LAURA SNYDER THERAPY
FOUNDER, LPC-MH, NCC

Laura Snyder has dedicated her career to helping people rediscover themselves after life's most difficult experiences. As a veteran and military spouse, she understands firsthand how life's challenges can shape the way people move through the world. That perspective, combined with years of professional experience, led her to build a practice centered on helping clients rediscover their strength and move forward with greater confidence and resilience.

As a Licensed Professional Counselor–Mental Health (LPC-MH), National Certified Counselor, EMDR-trained therapist, and Trauma Center Trauma Sensitive Yoga (TCTSY) Facilitator, Laura is known for her collaborative, practical, and down-to-earth approach. She provides transformative care that goes beyond simple conversation by integrating EMDR, nervous system-informed care, parts work, and somatic approaches. Laura partners with women, high-achieving and over-functioning professionals, military-affiliated individuals, and first responders throughout the Black Hills, fostering self-awareness and creating meaningful, sustainable growth.

Laura is also the founder of HER: Heal. Embody. Restore., offering retreats and experiential wellness opportunities designed to help women reconnect with themselves through movement, nature, nervous system regulation, and authentic connection.

Whether through individual therapy, retreats, or immersive experiences throughout the Black Hills, Laura creates space for people to heal from trauma and the challenging life experiences that have shaped them, reconnect with themselves, and move forward with greater confidence, resilience, and purpose. For Laura, healing isn't measured by simply surviving what happened — it's discovering the freedom to fully engage in the life waiting ahead.



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Trista Pourier

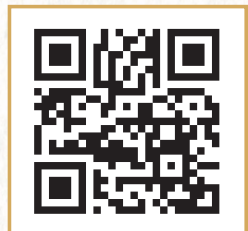
HEALTH & PERFORMANCE STRATEGIST

The women who find Trista Pourier often tell the same story. The coffee that stopped working. The energy that disappears by mid-afternoon. The sleepless nights, the constant stress, and the feeling that while their businesses are thriving, their own well-being has quietly fallen to the bottom of the list. Trista has a name for it: the Success Tax. Helping women remove it has become her life's work.

As a health and performance strategist for women who run businesses, Trista believes the most overlooked asset in any company is the body of the woman leading it. Business owners routinely audit their books, marketing, and operations, yet rarely stop to evaluate the body responsible for all of it.

Over the course of her career, Trista has coached more than 600 women, spoken on more than seven stages, created her trademarked Million-Dollar Body Method, and hosts the Untamed Wellness podcast. Her work isn't about chasing perfection or appearance — it's about helping women build the energy, stability, and resilience to lead the businesses they've worked so hard to create while still having the capacity to enjoy their lives.

For Trista, true success isn't measured only by what a woman builds — it's also measured by how she feels while building it. Her philosophy has become the foundation of her work: Your business has a CEO. Your body deserves one too.



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TRISTAPOURIER

Hope Weber

HOPE + HEALTH OWNER

Hope Weber founded Hope + Health with a commitment to creating skincare that reflects the same care and intention she brings to every part of her life. As a family-owned business rooted in the Black Hills, Hope has built her company around thoughtfully chosen, naturally derived ingredients that nourish and support healthy skin.

She believes skincare should be simple, effective, and created with families in mind. Rather than following trends or overcomplicating routines, Hope focuses on crafting products people can feel good about using every day. That philosophy guides every decision she makes — from selecting ingredients to producing each product in small batches with exceptional attention to quality.

Hope + Health features locally sourced beef tallow, tallow soap, beeswax, raw honey, and green tea whenever possible. When local sourcing isn't available, Hope partners with U.S.-based small businesses that share her commitment to quality, craftsmanship, and integrity. From nourishing lotions and balms to deodorants and hair care, every product is carefully handcrafted to deliver gentle, effective skincare.

For Hope, Hope + Health is about more than creating skincare. It's about offering products made with purpose, supporting local producers whenever possible, and helping families embrace a simpler, more intentional approach to caring for their skin. Every product is an opportunity to create something she would confidently place in her own home and proudly share with another family.



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HOPEANDHEALTH



HOPEANDHEALTHSD



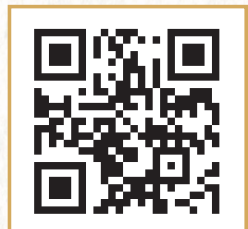
Dr. Anna Quinn

HOPE STORM
FOUNDER, PHD, CEC, CH, CHT

Dr. Anna Quinn founded Hope Storm with a belief that healing begins when people feel safe enough to reconnect with themselves. Drawing on more than 15 years of experience in nonprofit and human services, she created a practice that recognizes stress and trauma don't simply live in the mind — they're carried in the body. Through neuroscience, nervous system regulation, somatic theory, and embodiment-based practices, Anna helps people move beyond understanding their experiences and toward lasting transformation.

A board-certified hypnotherapist with a PhD in psychology, Anna founded Hope Storm more than six years ago to provide a whole-person approach to healing. She believes real change often isn't found by talking it out or thinking it through alone. Instead, lasting shifts happen by working directly with the nervous system, the body's physiology, and the places logic alone cannot reach. Because understanding a wound doesn't close it — but doing the right kind of work can.

Based in Spearfish, South Dakota, Anna serves clients virtually nationwide through one-on-one coaching, hypnotherapy, and group hypnotherapy. She also provides consulting, education, training, and speaking engagements both virtually and in person, helping individuals, organizations, and audiences build resilience through practical tools grounded in science. Whether guiding someone back to themselves or helping a team create a trauma-informed culture, Anna meets people where they are and helps them move forward with hope, confidence, and new possibilities.



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Katie Sandvig

CORE PELVIC HEALTH
OWNER, PT, DPT, PWCS

As the only Board-Certified Pelvic & Women's Health Clinical Specialist in Western South Dakota, Dr. Katie Sandvig is passionate about bringing hope and healing to women through specialized pelvic health care. With more than 13 years of experience, she is dedicated to delivering holistic, patient-centered care that helps women regain confidence, restore function, and improve their quality of life.

After earning her Doctor of Physical Therapy degree, Katie developed advanced expertise in pelvic health, treating women through every stage of life — from pregnancy and postpartum recovery to menopause and beyond. She believes every woman deserves to be heard, and she prioritizes listening to each patient's concerns while providing individualized, evidence-based treatment tailored to their unique needs. Her practice cares for women experiencing a wide range of pelvic health conditions, from pregnancy-related concerns and postpartum recovery to pelvic pain, incontinence, prolapse, and other life-altering conditions.

Katie and her husband returned to her hometown of Rapid City to raise their three children. After years of caring for women throughout the Black Hills, she recognized a growing need for specialized pelvic health services. That experience led her to establish Core Pelvic Health, where she now provides the compassionate, individualized care she believes every woman deserves.

Katie believes education is just as important as treatment, taking time to ensure every patient understands their body, their diagnosis, and their path toward recovery. She believes no woman should feel embarrassed, dismissed, or forced to live with life-altering symptoms or pain simply because she's unaware that help is available.



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Ashean Bacon

MONUMENT HEALTH CUSTER HOSPITAL PHYSICAL THERAPIST

For Ashean Bacon, physical therapy is about helping people move with confidence again. Whether recovering from surgery, healing after an injury, or overcoming pain that has slowly limited everyday activities, Ashean believes movement has the power to restore not only strength, but confidence and independence.

As a physical therapist at Monument Health Custer Hospital, Ashean works with patients of all ages to improve mobility, reduce pain, and regain function through individualized rehabilitation programs. Monument Health's physical therapy services combine evidence-based treatment with advanced rehabilitation techniques to help patients return to the activities that matter most, while also providing the knowledge and tools to help prevent future injuries.

Ashean understands that every recovery journey is different. By listening to each patient's goals and developing a personalized plan of care, Ashean helps patients celebrate meaningful progress — whether that's returning to work, enjoying outdoor adventures, or simply moving through daily life with greater ease. Rehabilitation is never just about where someone starts; it's about helping them discover what they're capable of achieving.

For Ashean, physical therapy is about more than restoring movement — it is about helping people build resilience, regain confidence, and return to living life on their own terms.



605-673-9400



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Urszula Eisner

**MONUMENT HEALTH
LEAD-DEADWOOD HOSPITAL
PT, DPT, TPS,
PHYSICAL THERAPIST**

For Urszula Eisner, one of the most important parts of recovery can be learning not to fear movement. After an injury, surgery, illness, or period of pain, people may begin avoiding movements that once felt automatic. Urszula helps patients work through that uncertainty, gradually rebuilding the strength, mobility, and confidence needed to move more freely again.

As a physical therapist and Therapeutic Pain Specialist at Monument Health Lead-Deadwood Hospital, Urszula is part of a rehabilitation team that provides individualized care for a wide range of physical needs. She also treats vestibular and balance disorders, including BPPV and vestibular hypofunction — an area of physical therapy that has become a true passion for her.

Urszula understands that recovery is not always about pushing harder. Sometimes progress begins with learning which movements are safe, understanding what the body is capable of, and building from there. By approaching rehabilitation step by step, she helps patients replace hesitation with greater confidence and develop skills they can carry into everyday life.



For Urszula, physical therapy is about more than getting someone moving again — it is about helping them feel secure in that movement and giving them the confidence to keep going long after therapy ends.



605-717-6370



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Kelly Hoover

MONUMENT HEALTH ORTHOPEDIC & SPECIALTY HOSPITAL PHYSICAL THERAPIST



For Kelly Hoover, physical therapy is about helping women talk about the things they may have been quietly living with for months — or even years. Bladder leakage, pelvic pain, discomfort during intimacy, or changes following childbirth can be easy to dismiss as simply part of being a woman. Kelly wants women to know that while these experiences may be common, they are not something they have to simply accept.

As a physical therapist at Monument Health Orthopedic & Specialty Hospital with specialized training in pelvic floor therapy, Kelly focuses much of her practice on women's health while also providing orthopedic care. She supports women through pregnancy and postpartum recovery and treats concerns including diastasis recti, urinary leakage and urgency, pelvic organ prolapse, and pelvic pain.

Kelly understands that many women arrive without realizing specialized care was available. She creates space for honest conversations, helping patients understand what they are experiencing and what a path forward can look like. From there, care is individualized around each woman's body, stage of life, and goals — whether that means lifting her children without pain, returning to exercise, or simply feeling comfortable in her body again.

For Kelly, pelvic floor therapy is about giving women something they may have thought was gone for good: greater comfort, confidence, and control over their own bodies.



 605-755-1100

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Katrin Gallo

MONUMENT HEALTH
LEAD-DEADWOOD HOSPITAL
OTD, OTR/L, CLT-LANA,
OCCUPATIONAL THERAPIST

For Katrin Gallo, occupational therapy is about helping people move through daily life with greater comfort, confidence, and independence. She understands that changes in mobility, swelling, or physical function can affect far more than the body — they can influence the way someone works, cares for themselves, and participates in the routines that matter most.

As a licensed occupational therapist and Certified Lymphedema Therapist with Monument Health, Katrin provides individualized rehabilitation for patients whose illness, injury, or health condition has made everyday activities more difficult. Her additional certification in lymphedema therapy brings specialized knowledge to caring for patients experiencing swelling and related functional challenges, while her occupational therapy background keeps the focus on helping each person return to meaningful daily activities. Monument Health describes occupational therapy as helping patients relearn skills for self-care, homemaking, work, and independent living.

Katrin approaches rehabilitation with the understanding that progress looks different for everyone. By focusing on practical goals and the activities that are most important to each patient, she helps make recovery feel purposeful and achievable.

For Katrin, occupational therapy is not simply about improving movement — it is about helping people feel more comfortable in their bodies and more capable in their everyday lives.



605-717-6370



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Kayla Eddington

MONUMENT HEALTH ORTHOPEDIC & SPECIALTY HOSPITAL MS, OTR/L, CLT, OCCUPATIONAL THERAPIST



For Kayla Eddington, occupational therapy is about helping people regain control of everyday life. When injury, illness, or swelling changes the way someone moves through the world, even familiar routines can suddenly feel difficult. Kayla focuses on helping patients rebuild function in ways that are practical, personal, and meaningful.

As a licensed occupational therapist and Certified Lymphedema Therapist at Monument Health Orthopedic & Specialty Hospital, Kayla works with patients who need support returning to daily activities and greater independence. Her training in lymphedema therapy adds specialized expertise for individuals managing swelling and related changes in movement, comfort, and function. Monument Health describes occupational therapy as helping people relearn skills for self-care, homemaking, work, and other parts of daily life after illness or injury.

Kayla understands that recovery is rarely one-size-fits-all. She helps patients focus on the activities that matter most to them, working toward achievable goals that can make everyday life feel more manageable again. Whether progress means improving mobility, adapting a routine, or finding new strategies for independence, her care keeps the individual at the center.

For Kayla, occupational therapy is about more than rehabilitation — it is about helping people reclaim the routines, roles, and independence that make life feel like their own.



 605-755-1100

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Vanessa Jones

MONUMENT HEALTH REHABILITATION (SPEARFISH) CHT, OCCUPATIONAL THERAPIST

For Vanessa Jones, the ability to use your hands with confidence can shape nearly every part of daily life. From working and driving to cooking, caring for family, or returning to a favorite hobby, she understands how quickly an injury or change in hand function can affect a person's sense of normalcy.

As a licensed occupational therapist and Certified Hand Therapist with Monument Health Rehabilitation, Vanessa brings specialized expertise to the treatment of the hand and upper extremity. Her advanced CHT credential reflects focused training and experience in helping patients recover function after injuries, surgeries, and other conditions that affect movement, strength, and use of the hands. Monument Health's occupational therapy program is designed to help people relearn the skills they need for productive, independent, and satisfying lives.

Vanessa understands that recovery is often measured in details — the ability to grip, reach, manipulate an object, complete a work task, or simply use a hand without hesitation. By focusing treatment on each patient's specific challenges and goals, she helps turn those small gains into meaningful progress.



For Vanessa, hand therapy is about more than restoring movement. It is about helping people trust their abilities again and return to the work, routines, and activities that make life feel like their own.



605-644-4370



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Jen Creed

MONUMENT HEALTH STURGIS HOSPITAL OCCUPATIONAL THERAPIST

Jen is an occupational therapist at Monument Health in Sturgis. She earned her undergraduate degree in public recreation from South Dakota State University and her master's degree in occupational therapy from the University of South Dakota. She is passionate about serving rural communities.

Jen works with all ages and abilities, from early childhood to geriatric populations.

For younger populations, this may include working with families to make mealtimes enjoyable for children with restrictive diets or building supportive homework routines for school-aged children with ADHD so they find more success and enjoyment in learning.

For older populations, she helps adults recover following an injury, especially those involving the hand, as well as find ways to promote safety and independence following the onset of a disability or chronic disease.

For all clients, she emphasizes the importance of daily movement, routines, and leisure to support their physical and mental health.

Occupational therapy helps people live more independent and meaningful lives, no matter their age or circumstances. If you or someone you know may benefit from occupational therapy, please contact Jen at 605-720-2570. She is always happy to talk with families and individuals about how occupational therapy may help meet their needs.



605-720-2570



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Courtney Vesely

LIVEWELL MEDICAL AESTHETICS
OWNER, FNP-C, MSN

Courtney Vesely believes confidence begins with feeling comfortable in your own skin. As the founder and owner of LiveWell Medical Aesthetics, she has built a practice centered on natural-looking results, evidence-based treatments, and personalized care that helps every patient age with confidence and grace. With over 10 years of specialized experience in medical aesthetics and dermatology, Courtney is passionate about combining science, artistry, and wellness to create treatment plans that enhance — not change — each person's natural beauty.

At LiveWell Medical Aesthetics, Courtney and her team take a comprehensive approach to skin health, offering advanced aesthetic injectables, regenerative treatments, medical-grade skincare, and customized wellness services. She believes every patient's journey begins with listening, taking the time to understand their goals while developing a long-term plan that promotes healthy, radiant skin and lasting confidence.

Dedicated to continual education and innovation, Courtney regularly trains with leading aesthetic providers across the country, ensuring her patients receive the safest, most advanced treatments available. Her commitment to excellence, precision, and compassionate care has made LiveWell Medical Aesthetics a trusted destination throughout the Black Hills for those seeking subtle, natural enhancements.



Through LiveWell, Courtney continues to redefine medical aesthetics by helping patients look refreshed, feel empowered, and embrace aging with confidence. Her mission is simple: to provide individualized care that allows every person to truly Look Well, Feel Well, and Live Well.



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LIVEWELL-MEDICAL-AESTHETICS

Dr. Megan Ruffcorn

MONUMENT HEALTH
LEAD-DEADWOOD CLINIC

D.O., PRIMARY CARE PHYSICIAN
(FAMILY MEDICINE)

For Dr. Megan Ruffcorn, primary care is about building relationships that last a lifetime. She believes the best healthcare begins by treating every patient as if they were family — taking the time to listen, understand their unique story, and provide compassionate care through every stage of life.

Originally from Denver, Colorado, and Cedar Rapids, Iowa, Dr. Ruffcorn earned her bachelor's degree in biology from Iowa State University before receiving her Doctor of Osteopathic Medicine degree from Des Moines University College of Osteopathic Medicine. She brings a special interest in women's health, pediatrics, and preventive care, helping individuals and families navigate both everyday health concerns and long-term wellness with confidence.

Dr. Ruffcorn believes that great care is built on trust, open communication, and partnership. She takes time to answer questions, educate patients about their health, and develop personalized care plans that reflect each person's goals, lifestyle, and needs. Whether caring for a growing family, managing chronic conditions, or encouraging preventive care, she is committed to helping patients feel supported every step of the way.

For Dr. Ruffcorn, primary care is about more than annual checkups or treating illness — it's about creating meaningful relationships that help people live healthier lives. She considers it a privilege to care for her community and strives to ensure every patient feels welcomed, respected, and cared for like family.



605-717-6431



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Dr. Alyssa Weaver

MONUMENT HEALTH RAPID CITY CLINIC M.D., PRIMARY CARE PHYSICIAN

For Dr. Alyssa Weaver, primary care is an opportunity to help people protect their health today while looking ahead to the years to come. She values the relationships that develop over time, allowing her to understand not only a patient's immediate concerns, but also the bigger picture of their health and well-being.

A board-certified Family Medicine physician at Monument Health Rapid City Clinic, Dr. Weaver earned her undergraduate degree from Black Hills State University before attending the University of South Dakota Sanford School of Medicine. She later completed the Monument Health Family Medicine Residency Program, continuing her commitment to caring for people in the Black Hills. Her background also includes service as both a flight and ground medic with the South Dakota Army National Guard.

Dr. Weaver has particular interests in women's health, cancer screening, and cancer survivorship. She understands the important role primary care can play in identifying concerns early, staying current with preventive screenings, managing health over time, and supporting patients as their needs change. Through education and ongoing care, she helps patients take an active role in decisions that can influence their long-term health.

For Dr. Weaver, primary care is about more than treating an illness when it appears — it's about building trusted relationships, encouraging prevention, and helping patients care for their health through every chapter of life.



605-755-3300



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Dr. Brittany Azure Bearstail

**MONUMENT HEALTH
SPEARFISH CLINIC**

**M.D., MSCP, PRIMARY CARE
PHYSICIAN**

For Dr. Brittany Azure Bearstail, good healthcare begins with understanding — not simply telling patients what to do, but helping them understand their health well enough to make decisions that feel right for their lives. She values education, conversation, and creating care plans that reflect each patient's individual needs and goals.

A family medicine physician at Monument Health Spearfish Clinic, Dr. Bearstail cares for patients across the lifespan and especially enjoys women's health, including hormone therapy, as well as pediatric care. Growing up in North Dakota and later graduating high school in Eagle Butte, South Dakota, she went on to earn her medical degree from the University of North Dakota School of Medicine & Health Sciences and complete her Family Medicine Residency through the University of North Dakota Center for Family Medicine.

Dr. Bearstail believes preventive care is strongest when patients understand the “why” behind it. By getting to know the person in front of her, she can help identify the screenings, immunizations, and everyday health choices that make sense for that individual rather than taking a one-size-fits-all approach.

For Dr. Bearstail, primary care is about more than managing health concerns — it's about giving people the knowledge and confidence to take an active role in their well-being and make informed choices for themselves and their families.



605-717-8595



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Dr. Joy Mueller

MONUMENT HEALTH STURGIS CLINIC

M.D., PRIMARY CARE PHYSICIAN
(FAMILY MEDICINE)

For Dr. Joy Mueller, good health is about more than what can be measured in a chart. She understands that the way people live, connect, and move through their everyday lives can be just as meaningful to their well-being as the numbers gathered during an appointment.

As a family medicine physician at Monument Health Sturgis Clinic, Dr. Mueller cares for patients through every stage of life, helping them navigate preventive care, ongoing health concerns, and the unexpected moments that sometimes arise along the way. She takes a thoughtful approach to primary care, recognizing that physical health, emotional well-being, family, and community are often deeply connected.

Dr. Mueller's commitment to her community extends beyond the clinic. She previously served as the medical director for Sturgis Ambulance. That experience brings another layer of perspective to the way she approaches medicine — valuing preparation, collaboration, and care that considers the person as a whole.



For Dr. Mueller, primary care is about more than helping people stay well — it's about understanding the many pieces that shape a healthy life and being someone patients can turn to through whatever comes next.



605-720-2600



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Dr. Jessica Donner

MONUMENT HEALTH SPEARFISH CLINIC

M.D., OB/GYN PHYSICIAN

For Dr. Jessica Donner, women's healthcare is about being there for the moments that shape a life. From routine gynecologic care to pregnancy, childbirth, and more complex health needs, she values the opportunity to support women with consistency, experience, and thoughtful guidance through every stage.

A board-certified obstetrician and gynecologist at Monument Health Spearfish Clinic, Dr. Donner provides comprehensive care that includes pregnancy and delivery, contraceptive care, menopausal care and support, office gynecology, and surgical treatment when needed. She is experienced in procedures such as IUD and Nexplanon placement, endometrial ablation, hysterectomy, and other gynecologic surgeries. Dr. Donner earned her medical degree from the University of Nebraska College of Medicine before completing her Obstetrics and Gynecology residency at The Ohio State University in Columbus.

Dr. Donner understands that women's healthcare can involve everything from exciting milestones to decisions that feel deeply personal. She believes patients deserve clear information, individualized options, and a physician who can help them navigate both routine care and unexpected challenges with confidence.

For Dr. Donner, OB/GYN care is about more than appointments and procedures — it is about being a trusted presence women can turn to as their health, families, and needs evolve over time.



605-644-4170



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Dr. Heather Moline

**RAPID CITY MEDICAL CENTER
MT. RUSHMORE ROAD CLINIC /
MONUMENT HEALTH
M.D., OB/GYN PHYSICIAN**

Helping women feel heard and supported in their healthcare is one of the most meaningful parts of Dr. Heather Moline's work. She understands that a woman's health needs evolve throughout her life, and she believes every woman deserves care that recognizes her as an individual — not simply a diagnosis or stage of life.

As an OB/GYN, Dr. Moline partners with women to navigate the many changes and decisions that come with their reproductive and gynecologic health. From routine care and preventive screenings to contraception, pregnancy, and changing health needs later in life, she takes time to listen, answer questions, and develop personalized care plans that reflect each patient's needs, goals, and lifestyle.

Dr. Moline believes women should feel comfortable asking questions and talking openly about their health. Through thoughtful guidance, evidence-based care, and open communication, she works to give patients the information they need to better understand their bodies and feel confident making decisions about their care.



For Dr. Moline, being an OB/GYN is about more than caring for women during a single season of life — it's about building relationships, providing trusted guidance, and helping women feel healthy, understood, and empowered through every stage.



 605-342-3280

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Beth Jones

MONUMENT HEALTH LACTATION SERVICES RN, IBCLC, LACTATION CONSULTANT



For Beth Jones, lactation care is about helping families find their own rhythm. She knows that the early days with a new baby can bring questions, adjustments, and unexpected challenges, and she believes parents deserve knowledgeable support without pressure or judgment.

As a registered nurse and International Board Certified Lactation Consultant with Monument Health, Beth supports families as they navigate breastfeeding and infant feeding. Her work may begin in the hospital and continue after families return home, offering education, practical guidance, and individualized support as needs change. Monument Health's lactation services include assistance after delivery, outpatient support, NICU breastfeeding guidance, breastfeeding support groups, and information about pumps and breastfeeding resources.

Beth understands that no two feeding experiences look exactly alike. Rather than expecting families to follow a single path, she helps parents work through questions, explore options, and build skills that feel manageable for both mother and baby. Her goal is to make the learning process feel less overwhelming and help families move forward feeling more prepared and confident.

For Beth, lactation support is about more than feeding—it is about meeting families where they are and helping them feel informed, capable, and supported during a season filled with change.



605-755-8494



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Terry Ann Scott

MONUMENT HEALTH SPEARFISH RN, IBCLC, LACTATION CONSULTANT

For Terry Ann Scott, supporting a new mom means meeting her with education, encouragement, and absolutely no judgment. She believes every family's feeding journey looks different, and mothers should never feel pressured about how they feed their babies. Instead, they deserve the information and support they need to feel empowered to make the choice that is best for their family.

Nearly nine years ago, Terry Ann recognized a need for greater lactation support in the Spearfish community and created the area's full-time lactation position. As a registered nurse and International Board Certified Lactation Consultant, she supports families before their babies arrive through breastfeeding education and continues working alongside moms and babies both in the hospital and after they return home.

In Spearfish, Terry Ann has the unique opportunity to work closely with both the OB and Pediatric clinics, helping make coordinated care more accessible for families. Whether answering questions, working through breastfeeding challenges, or helping families navigate other aspects of infant feeding, she wants mothers to know they have someone they can turn to for knowledgeable, compassionate support.



For Terry Ann, successful feeding isn't about following one prescribed path — it's about helping each mother feel informed, supported, and confident in choosing what works best for her baby and her family.



 605-644-4319

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Dr. Michelle Krohn

MONUMENT HEALTH SPEARFISH CLINIC
D.O., MSCP, MENOPAUSE SOCIETY
CERTIFIED PRACTITIONER

For Dr. Michelle Krohn, women's healthcare is about recognizing that every stage of life brings its own questions, changes, and priorities. She believes women deserve thoughtful care that evolves with them, especially during transitions like perimenopause and menopause when physical and emotional changes can sometimes feel difficult to sort through.

Born and raised in Rapid City, Dr. Krohn earned her medical degree from Des Moines University College of Osteopathic Medicine before completing her Obstetrics and Gynecology residency at the University of Iowa Hospitals and Clinics. Today, she is a board-certified OB/GYN at Monument Health Spearfish Clinic, where her practice spans women's health, nutrition, infertility, obstetrics, minimally invasive surgery, and reproductive care. As a Menopause Society Certified Practitioner (MSCP), Dr. Krohn has also passed a specialized competency examination in midlife women's health through The Menopause Society.

Dr. Krohn's broad experience caring for women throughout different stages of life gives her a valuable perspective when helping patients navigate changing hormones, symptoms, health goals, and long-term wellness. She believes care should be individualized, giving women the information and options they need to make decisions that reflect their own bodies, priorities, and quality of life.

For Dr. Krohn, menopause is not simply an ending to one stage — it is another important chapter in a woman's health. Her goal is to help women move through that transition feeling informed, supported, and prepared for what comes next.



605-644-4170



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Dr. Jaicee Rieman

CARPENTER DENTAL PARTNER

Originally from the Nebraska Panhandle, Dr. Jaicee Rieman made her way across her home state to earn her undergraduate degree from the University of Nebraska at Kearney before receiving her Doctor of Dental Surgery degree from the University of Nebraska Medical Center College of Dentistry. After practicing in Sioux City, Iowa for three years, she moved to Rapid City in 2019. It didn't take long for the beauty of the Black Hills and the strong sense of community to make Rapid City feel like home.

Today, Dr. Rieman is proud to be a partner at Carpenter Dental alongside Dr. Chad Carpenter, where she is dedicated to helping patients feel comfortable, cared for, and informed. She believes dentistry is about more than healthy teeth — it's about building trust, easing anxiety, and creating an experience where every patient feels valued.

One of Dr. Rieman's favorite parts of dentistry is helping patients transform their smiles with Invisalign®. She loves seeing the confidence that comes with a smile they're excited to share. In addition to Invisalign, Carpenter Dental offers comprehensive services, including preventive care, same-day crowns, implants, emergency dentistry, and full-mouth rehabilitation. Dr. Rieman and her team are committed to using advanced technology and techniques to make every visit as comfortable and efficient as possible.

Outside the office, Dr. Rieman enjoys exploring the Black Hills with her growing family through hiking, fishing, reading, and outdoor adventures. Whether she's helping a child feel comfortable at their first appointment or restoring a patient's confidence with a new smile, she is grateful to care for the community that welcomed her. She and her team look forward to welcoming every patient to Carpenter Dental and helping them achieve a healthy smile they feel proud to share.



605-342-5995



CARPENTERDENTAL.NET



CARPENTER DENTAL



CARPENTERDENTAL

Dr. Jennifer Friedman

DAKOTA FAMILY DENTAL DDS

Dr. Jennifer Friedman is proud to be celebrating 15 years in private practice this year. Originally from Michigan, she earned her dental degree from the University of Michigan School of Dentistry and also joined the United States Air Force. Following graduation, she completed a one-year Advanced Education in General Dentistry Residency at Langley Air Force Base in Virginia before being stationed at Ellsworth Air Force Base in Rapid City. After fulfilling her commitment to the Air Force, Dr. Friedman opened Dakota Family Dental in 2011, where she has proudly cared for families throughout the Black Hills ever since.

Outside the office, Dr. Friedman and her husband stay busy raising their four sons, whose schedules are filled with soccer and family adventures. Together, they enjoy boating, hiking, and camping throughout the beautiful Black Hills they are proud to call home.

At Dakota Family Dental, Dr. Friedman and her team believe in partnering with patients to achieve the best possible comprehensive care, from routine preventive services to cosmetic dentistry. Their approach emphasizes prevention, helping patients maintain healthy smiles while reducing the need for more complex or costly treatments in the future.

Dedicated to creating a comfortable, stress-free environment, Dr. Friedman takes time to ensure every patient feels heard and supported. By explaining each recommendation and working together, she empowers patients to make informed decisions about their oral health because she believes the best care comes from a partnership built on trust.



605-343-0711



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Dr. Maren Gaul

RAPID CITY DERMATOLOGY & MOHS DO, FOUNDER

Dr. Maren Gaul founded Rapid City Dermatology & Mohs with a commitment to providing expert, compassionate skin care close to home. As a triple board-certified dermatologist, internist, and Mohs surgeon, she combines advanced medical expertise with a genuine passion for helping patients feel healthy, confident, and cared for. Patients often arrive expecting a clinical appointment and leave feeling like they've found a team that truly listens.

Known throughout the Black Hills for being warm, approachable, and refreshingly down-to-earth, Dr. Gaul believes exceptional care begins with building meaningful relationships. Her dedication to continuous learning ensures patients always have access to the newest, safest, and most effective advancements in dermatology.

Under Dr. Gaul's leadership, Rapid City Dermatology & Mohs offers the full spectrum of skin care under one roof, including medical dermatology, skin cancer treatment, Mohs surgery, and advanced aesthetic services. The practice is home to leading technologies such as XERF radiofrequency, AVAVA fractional laser, fillers, neuromodulators, and chemical peels, including the only phenol croton oil peel available in Rapid City — a transformative resurfacing treatment Dr. Gaul learned directly from national experts. Patients also have exclusive access to Vakker by Dr. Gaul, her physician-curated skincare line selected for its clinical efficacy.

For Dr. Gaul, caring for skin is about more than treating a condition or enhancing appearance — it's about helping every patient feel confident knowing they're receiving exceptional care from a team that puts their health, comfort, and trust first.



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RAPIDCITY DERMATOLOGY & MOHS



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Dr. Knutsen-Larson

**MONUMENT HEALTH
DERMATOLOGY (RAPID CITY)
M.D., DERMATOLOGIST**

For Dr. Knutsen-Larson, caring for patients in the Black Hills is more than a career — it's a chance to give back to the community that first inspired her love of medicine. Growing up in Rapid City and watching her father dedicate his career to caring for local families, she developed an early appreciation for the lasting relationships physicians build within their communities.

After earning her medical degree from the University of South Dakota Sanford School of Medicine, Dr. Knutsen-Larson completed an internship in obstetrics and gynecology before pursuing a dermatology residency at the University of Colorado. She later returned home to Rapid City, where she now provides medical, surgical, and cosmetic dermatology with specialized interests in pediatric dermatology, pregnancy-related skin conditions, and Mohs micrographic surgery.

Dr. Knutsen-Larson believes healthy skin is about more than appearance — it's an important part of overall health and well-being. She takes time to understand each patient's concerns, explain treatment options, and develop personalized care plans that help patients feel informed and confident throughout their care. Whether treating skin cancer, managing chronic skin conditions, or helping patients achieve healthier skin, she approaches every visit with compassion, precision, and a commitment to excellence.

For Dr. Knutsen-Larson, the greatest privilege is caring for neighbors, friends, and families in the place she has always called home. She is honored to help patients protect their skin, restore their confidence, and enjoy healthier lives for years to come.



605-755-5340



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Dr. Mary Logue

MONUMENT HEALTH DERMATOLOGY (SPEARFISH) M.D., DERMATOLOGIST

For Dr. Mary Logue, medicine has always been closely connected to education and service. Born and raised among the cornfields of central Illinois, Dr. Logue's path to dermatology first took her to Gallup, New Mexico, a Navajo Nation border town, where she taught sixth-grade science. That experience helped shape the way she approaches medicine today — with curiosity, clear communication, and a commitment to making specialized care more accessible.

Dr. Logue later earned her medical degree and completed her dermatology residency at the University of New Mexico. She is board-certified in Dermatology and Mohs Micrographic Surgery, bringing advanced expertise to the care she provides.

As a dermatologist, Dr. Logue partners with patients of all ages, taking time to listen, explain options, and develop individualized plans. Her background as an educator continues to influence her approach, helping patients better understand their health and feel informed about their care.

That commitment reaches beyond her own practice. As President and Founder of the Rural Access to Dermatology Society, Dr. Logue works to expand access to specialty care in underserved communities. She also volunteers at Oyate Health Center, serves as volunteer faculty with the UNM Department of Dermatology, and was honored to serve on the 2025–2026 American Academy of Dermatology Access to Care Presidential Ad Hoc Task Force.



For Dr. Logue, dermatology brings together the things that have shaped her career from the beginning: science, education, service, and the opportunity to make meaningful care more accessible.



605-717-8860



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Dr. Lycia Thornburg

LYCIA THORNBURG, M.D.
DERMATOLOGY

BOARD-CERTIFIED DERMATOLOGIST

Dr. Lycia Thornburg founded her independent, physician-led practice on one guiding belief: healthy skin is a gateway to overall well-being. As a board-certified dermatologist with more than 20 years of clinical experience, she has built her practice around expert, personalized care rooted in science and a patient-first philosophy.

Dr. Thornburg believes exceptional dermatologic care combines clinical expertise with a personalized approach. Whether treating medical skin conditions or providing cosmetic services, she is committed to delivering science-based care tailored to each patient's individual goals.

Through Lycia Thornburg, M.D. Dermatology and Captured Beauty Aesthetics, Dr. Thornburg provides expert medical and cosmetic dermatology to patients throughout the Black Hills. She offers natural, refined treatments designed to enhance confidence while preserving each patient's unique beauty. Her practice is the first SkinMedica Flagship in the nation and features industry-leading skincare and advanced technology, including the HALO® Tribrid™ Laser, allowing patients of all ages to benefit from innovative treatment options.

Dr. Thornburg's vision extends beyond exceptional dermatologic care. She is passionate about setting the standard for ethical aesthetics, innovative treatments, and transformative patient education, empowering patients to make informed decisions and care for their skin with confidence.



605-301-2661



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Dr. Bailey Gavin

MONUMENT HEALTH /
WEST RIVER ENT
A.U.D., AUDIOLOGIST

For Dr. Bailey Gavin, hearing is about more than sound — it is about connection. Whether it's the laughter of family, meaningful conversations with loved ones, or the simple sounds of everyday life, she believes hearing well allows people to stay engaged with the moments that matter most.

As an audiologist at Monument Health, Dr. Gavin works with children and adults to evaluate hearing and balance concerns while helping patients find solutions that fit their unique needs and lifestyle. She understands that hearing changes can affect confidence, communication, and overall quality of life, and she is committed to providing compassionate care that helps patients feel supported throughout their journey.

Dr. Gavin believes every patient deserves to feel heard — both inside and outside the exam room. She takes time to listen to each person's concerns, answer questions, and provide education that empowers patients to make informed decisions about their hearing health. Through personalized care and the latest diagnostic and hearing technology, she strives to help patients reconnect with the people and experiences they value most.



For Dr. Gavin, audiology is about more than improving hearing — it's about restoring confidence, strengthening relationships, and helping people remain connected to the world around them.



605-791-0602



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Dr. Ciarra Philipp

MONUMENT HEALTH
A.U.D., AUDIOLOGIST

Dr. Philipp's passion for audiology stems from the opportunity to build meaningful relationships and help patients feel more confident in their hearing healthcare. She enjoys working closely with each patient by encouraging questions, setting realistic expectations, and ensuring they confidently make informed decisions. In every appointment, Dr. Philipp's goal is for patients to leave feeling supported as an active participant in their care.

At Monument Health, Dr. Philipp provides comprehensive care with advanced technology and individualized treatment plans. Whether someone is visiting an audiologist for the first time or has been a longtime patient, she is committed to building genuine relationships by creating a welcoming and comfortable environment. Throughout the process, Dr. Philipp strives to improve communication, build independence, and help every patient feel part of the Monument Health team.



704-542-3339



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Dr. Ashlea Semmens

**MONUMENT HEALTH BREAST
SURGERY / GENERAL SURGERY**
M.D., FACS, BREAST SURGICAL
ONCOLOGIST

For Dr. Ashlea Semmens, caring for women begins with creating a space where they feel heard, supported, and never alone. She understands that conversations surrounding breast health can bring uncertainty, and she considers it a privilege to guide women through those moments with compassion, clarity, and confidence.

As a breast surgical oncologist, Dr. Semmens cares for women facing a wide range of breast health concerns, from abnormal findings and benign conditions to breast cancer diagnoses. She believes every woman's journey is unique, taking time to understand each patient's concerns while developing a personalized care plan that reflects her individual needs, values, and goals.

Dr. Semmens is committed to helping women feel informed and empowered as they navigate important healthcare decisions. Through open communication, thoughtful guidance, and a collaborative approach to care, she strives to build relationships rooted in trust and compassion during what can be an emotional time.



For Dr. Semmens, breast surgery is about more than treating a condition — it's about helping women move forward with confidence, hope, and the reassurance that they are never facing their journey alone.



605-755-5700



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Dr. Shazia Aziz

MONUMENT HEALTH HEART
& VASCULAR INSTITUTE
M.D., CARDIOLOGIST

Dr. Shazia Aziz believes caring for the heart begins with caring for the whole person. She understands that heart health is about more than tests and treatments — it's about helping people feel confident, informed, and supported as they navigate their health journey.

As a cardiologist at Monument Health Heart & Vascular Institute — and the only female cardiologist currently practicing in the region — Dr. Aziz partners with patients to prevent, diagnose, and manage a wide range of cardiovascular conditions. She believes every patient deserves the time to ask questions, understand their care, and feel empowered to make informed decisions. Whether helping someone reduce their risk of heart disease or guiding them through a new diagnosis, she approaches every conversation with compassion, clarity, and respect.

Dr. Aziz is passionate about building lasting relationships with her patients, recognizing that trust is one of the most important parts of exceptional healthcare. She believes the best outcomes come from working together, encouraging patients to take an active role in protecting their heart health while supporting them every step of the way.

For Dr. Aziz, cardiology is about more than caring for the heart — it's about helping people live healthier, fuller lives with the confidence to enjoy every moment along the way.



605-755-4300



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Dr. Sonalika Khachikian

**MONUMENT HEALTH RAPID CITY
CLINIC - FLORMANN STREET**
M.D., ENDOCRINOLOGIST

For Dr. Sonalika Khachikian, understanding your health can be one of the most powerful tools in managing it. As a board-certified endocrinologist, she is passionate about helping patients make sense of complex conditions and giving them the knowledge they need to feel more confident and empowered in their day-to-day care.

Dr. Khachikian began her endocrinology practice at Monument Health 17 years ago after completing her Internal Medicine residency and Endocrinology fellowship at Albany Medical Center. Today, she practices full-scope endocrinology, caring for patients with diabetes, thyroid conditions ranging from hyperthyroidism and hypothyroidism to thyroid cancer, PCOS, and pituitary disorders. She has a special interest in thyroid eye disease and has cared for many patients living with the condition. Dr. Khachikian also helps run Monument Health's Bone Clinic, where her work includes women's health.

What sets Dr. Khachikian's approach apart is her emphasis on education. She enjoys helping patients understand how everyday choices, treatment plans, and emerging technology can work together to support better health. She stays current on advances in diabetes care, including a variety of insulin pumps and glucose sensors, helping patients understand and navigate evolving technology.



For Dr. Khachikian, endocrinology is about more than managing numbers or diagnoses — it is about helping people better understand their bodies, take an active role in their health, and feel equipped to make informed decisions every day.



605-755-3300



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Chantel Holz

MONUMENT HEALTH GASTROENTEROLOGY CNP, GASTROENTEROLOGY NURSE PRACTITIONER



For Chantel Holz, great care begins with understanding the whole person. She believes every patient's health journey is unique and is committed to providing compassionate, individualized care that helps people regain both their health and quality of life.

A South Dakota native, Chantel earned both her Bachelor of Science in Nursing and her Family Nurse Practitioner degree, with honors, from South Dakota State University. With more than 15 years of experience as a nurse practitioner — including over a decade dedicated to gastroenterology with a special interest in hepatology — she brings both clinical expertise and genuine compassion to every patient she serves. After relocating to the Black Hills in 2012 to be closer to family, she has built strong relationships throughout the local healthcare community while helping patients navigate a wide range of digestive and liver conditions.

Chantel understands that gastrointestinal conditions can affect every aspect of a person's daily life. She believes the best outcomes come from listening carefully, educating patients, and developing treatment plans tailored to each individual's needs and goals. By partnering with patients every step of the way, she helps them feel informed, supported, and empowered throughout their care.

For Chantel, gastroenterology is about more than treating symptoms — it's about restoring comfort, confidence, and the ability to enjoy everyday life again.



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Nicole Mollman

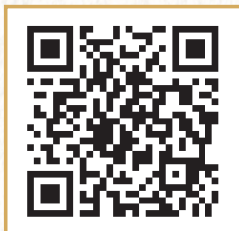
BLACK HILLS ULTRASOUND OWNER

Nicole Mollman has spent her career making sure rural patients don't fall through the cracks. Seventeen years ago, after watching her own grandparents struggle to reach cardiology appointments from their Wyoming ranch, she founded Black Hills Ultrasound — a practice built on a simple belief: our rural ranchers and farmers deserve the same level of care and access to advanced medical imaging technology as their urban counterparts.

A graduate of the Mayo Clinic School of Health Sciences with a bachelor's degree in radiologic technology, Nicole brings more than two decades of experience in diagnostic sonography and echocardiography to her work. Today, she leads a team of four sonographers with a combined 68 years of experience and nearly 93,000 ultrasound exams performed, drawing from backgrounds in cardiology, radiology, respiratory therapy, surgery, and podiatry.

Black Hills Ultrasound sees patients five days a week at its Black Hills Imaging Center, while also bringing advanced ultrasound and echocardiography services directly to five regional hospitals — helping ranchers, farmers, and small-town families access specialized cardiac and diagnostic care without losing an entire day of work.

For Nicole, experience isn't optional in this field — it's the difference between missing a subtle finding and catching hidden pathology before a surgery or anesthesia becomes dangerous. Every exam, she believes, may be the only chance to get a diagnosis right for years to come.



605-721-4835



NICOLE@BHULTRASOUND.COM



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Dr. Keely Ulmer

**MONUMENT HEALTH CANCER
CARE INSTITUTE**
M.D., GYNECOLOGIC ONCOLOGIST

Walking alongside patients through some of life's most difficult moments is a responsibility Dr. Keely Ulmer considers both a privilege and an honor. She understands that a cancer diagnosis affects far more than physical health, and she is committed to providing thoughtful, compassionate care that supports each patient as a whole person.

As a gynecologic oncologist, Dr. Ulmer partners with patients and their families to develop personalized treatment plans while helping them navigate every step of their cancer journey. She believes exceptional care begins with listening — taking the time to understand each patient's concerns, answer questions with honesty and compassion, and ensure they feel informed and supported as they make important decisions about their care.

Dr. Ulmer values the relationships she builds with her patients, recognizing that trust and open communication are essential throughout treatment. She strives to create an environment where patients feel seen, respected, and empowered, offering guidance and encouragement while helping them focus on what matters most to them.

For Dr. Ulmer, oncology is about more than treating cancer — it's about caring for people with compassion, walking beside them with hope, and helping them face each day with strength and confidence.



605-755-2300



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Dr. Abbie Metzler

MONUMENT HEALTH ORTHOPEDIC
& SPECIALTY HOSPITAL
D.O., SPORTS MEDICINE PHYSICIAN

Restoring movement and helping people return to the activities they love is what inspires Dr. Abbie Metzler each day. She understands that when pain or injury limits someone's mobility, it can affect every part of life, and she considers it a privilege to help patients regain both strength and confidence.

As a sports medicine physician, Dr. Metzler partners with patients to diagnose and treat a wide range of musculoskeletal conditions. She believes exceptional care begins with listening—taking the time to understand each person's goals, lifestyle, and concerns before developing a treatment plan that fits their individual needs. Whether caring for someone recovering from an injury, managing chronic joint pain, or considering surgery, she is committed to helping patients make informed decisions and feel supported throughout their journey.

Dr. Metzler values the relationships she builds with her patients and believes that trust, education, and open communication are essential to successful outcomes. She approaches every interaction with compassion and respect, recognizing that each patient's path to healing is unique.



For Dr. Metzler, sports medicine is about more than restoring movement — it's about helping people regain independence, return to the moments they love, and live life with greater confidence.



605-755-6730



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Dr. Jennifer Ryder

RAPID CITY MEDICAL
CENTER SOUTH CLINIC /
MONUMENT HEALTH
DPM, PODIATRIST

Helping people stay active and independent is one of the most rewarding parts of Dr. Jennifer Ryder's work. She believes that healthy feet are the foundation for enjoying life's everyday moments, and she considers it a privilege to help patients move with greater comfort, confidence, and freedom.

As a podiatrist at Rapid City Medical Center, Dr. Ryder cares for patients of all ages, treating a wide range of foot and ankle conditions with a personalized approach that begins by listening. She takes the time to understand each patient's concerns, lifestyle, and goals, believing that the best care is built on trust, education, and partnership. Whether helping someone find relief from chronic pain or guiding them through surgical treatment, her focus is always on restoring mobility and improving quality of life.

After moving to the Black Hills more than two decades ago, Dr. Ryder and her family found a place they were proud to call home. She is grateful to care for the community that has embraced her family and values the lasting relationships she builds with the patients she serves.

For Dr. Ryder, podiatry is about more than treating feet — it's about helping people continue doing the things they love with the people they love.



605-342-3280



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Dr. Melissa Brown

**MONUMENT HEALTH RAPID CITY
CLINIC - 2805 5TH STREET
M.D., FACS, UROLOGIST**

Feeling your best often begins with the little things we tend to take for granted. Dr. Melissa Brown is passionate about helping patients find relief from conditions that can quietly interfere with everyday life, allowing them to return to the routines, activities, and moments that matter most.

As a urologist, Dr. Brown partners with women and men experiencing a wide range of urinary and urologic conditions. She takes a thoughtful, individualized approach to care, listening carefully to each patient's concerns and working together to develop treatment plans that reflect their goals, lifestyle, and overall well-being. She believes every patient deserves to feel comfortable, respected, and confident throughout their healthcare journey.

Dr. Brown understands that improving urologic health often restores far more than physical comfort. It can bring renewed confidence, greater independence, and the freedom to enjoy daily life without unnecessary limitations. She is committed to creating a supportive environment

where patients feel informed, encouraged, and empowered throughout their care.

For Dr. Brown, urology is about more than treating a condition — it's about helping people regain comfort, confidence, and the freedom to live life more fully.



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BLACK HILLS
WOMAN

TAKE ONE. SHARE ONE.