

NOV/DEC

Black Hills WOMAN MAGAZINE

free!



SENIOR SEASON

*Highlighting a handful of
Seniors in the Black Hills*

THE COUPE

*The Saturday night
secret is out!*

IRON HORSE INN

*Andi Litton
Women in Business*



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TO COLLEGE OR NOT TO COLLEGE?

“What are you going to do next?” This daunting question gets posed to seniors in high school as they contemplate what they’ll be doing for the rest of their lives. The rest of their lives... It terrifies me that at 18-years-old I was given the authority to make this decision.

When I was a senior in high school, the question was more typically framed as, “where are you going to college?” and/or “What are you going to major in?”. I don’t recall having considered an alternate universe where I would skip college and jump into adulthood. Heck, today, as now a thirty-six-year-old lady, I’m still not ready for adulthood. What glorious lives we lived as children, relying on our parents for food, water,

shelter, entertainment, and ... bills.

As college prices continue to rise, the return on investment (ROI) of a college education has become questionable depending on your chosen career path. Of course, if you desire to become a doctor or lawyer, the math makes more sense. Conversely, if you graduate with a degree in basket-weaving from a private university, you may find yourself in a challenging financial situation.

Can working for four years be more beneficial than a college education? Of course, in some circumstances. But are 18-year-old kids (well, adults) ready to go out into the world, get a “big kid” job, and start paying their electricity bills? One benefit of college is it does buy kids time to grow up. You make mean-

ingful friendships, you learn about yourself, and you get to live a cozy life of living on your own. (As a bonus, you may learn how to play a drinking game or two in between studying for final exams.)

In Instagram world, young adults are making it look like skipping college is the easy choice. And they may be right. All I know is the foundation for success isn't necessarily choosing college or not, it's figuring out what you're good at and working your butt off. Without a meaningful skillset, it'll sure be hard to pay rent. Post-high school education doesn't have to take the shape of a four-year degree. Your favorite 18-year-old may consider taking an online course in photography or videography, attend-

ing a technical college (electrician, carpentry), attending beauty school, or obtaining a real estate license.

Whatever age you are, the investment of learning always pays off.



KELSEY PARKER
Editor-in-Chief

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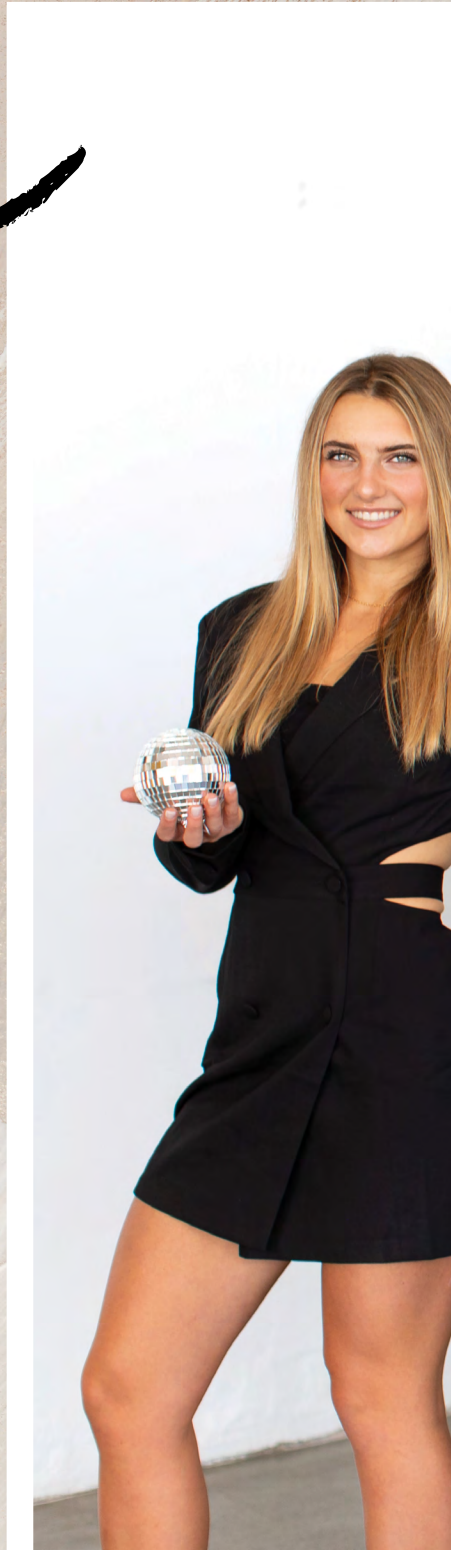
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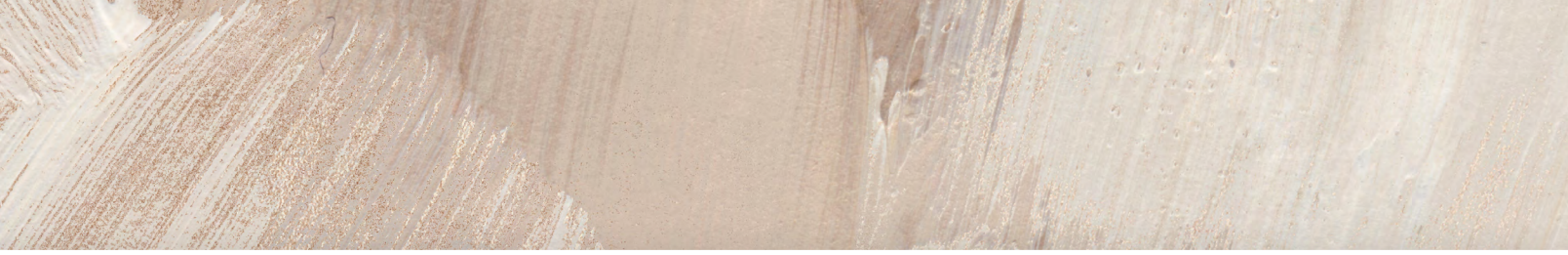
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senior season

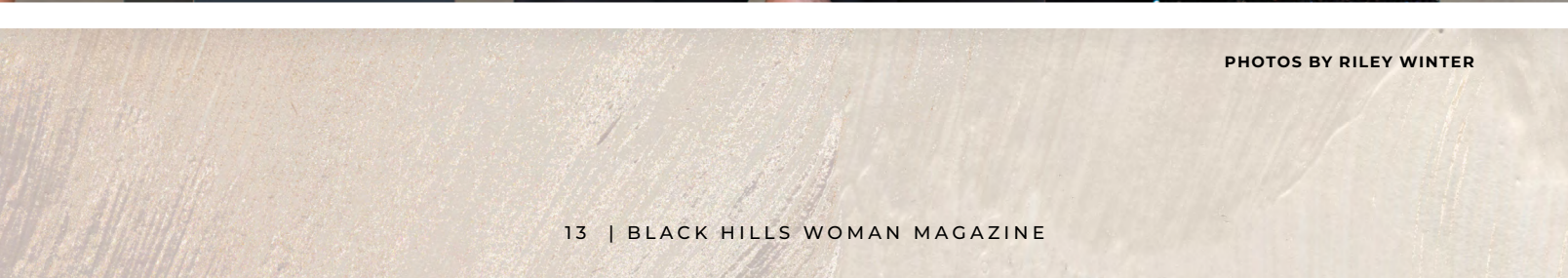
High school is perhaps one of the most formative experiences in life. As an example, I once read somewhere that the music listened to in your adolescent years will forever be the most impactful because it is linked to so many memories and emotions. Call it subconscious nostalgia, but the growth and development that exists during those years alongside of the experiences and people most important to us, impacts who we are for the long haul.

Which is why we wanted to take the opportunity to highlight a handful of seniors in our area halfway through this pivotal year as they prepare for what comes next. To explore what it means to be a high schooler in 2023 - the music they like, the shows they watch, their viewpoint on the world, and who has influenced them at this stage in life. To get a glimpse into how the future looks through their eyes.





PHOTOS BY RILEY WINTER





Jacie Stephens

CENTRAL HIGH SCHOOL

EXTRA CURRICULAR

ACTIVITIES YOU'RE INVOLVED IN:

I'm involved in high school and club soccer, and I am a member of the National Honors Society

YOUR GO-TO MUSIC ARTIST

RIGHT NOW: Zach Bryan

FAVORITE SHOW TO WATCH/STREAM:

Grey's Anatomy

FAVORITE SOCIAL MEDIA APP:

TikTok

THE BEST PART

ABOUT BEING A SENIOR:

The best part about being a senior is probably being able to be a leader for the younger kids in school and sports.

PLANS FOR AFTER GRADUATION:

I plan to attend USD to study nursing after high school

WHAT DO YOU HOPE TO SEE HAPPEN IN OUR WORLD IN YOUR LIFETIME?

I hope to see a cure for cancer in my life time

IF YOU COULD HAVE DINNER

WITH 5 PEOPLE, DEAD OR ALIVE, WHO WOULD THEY BE?

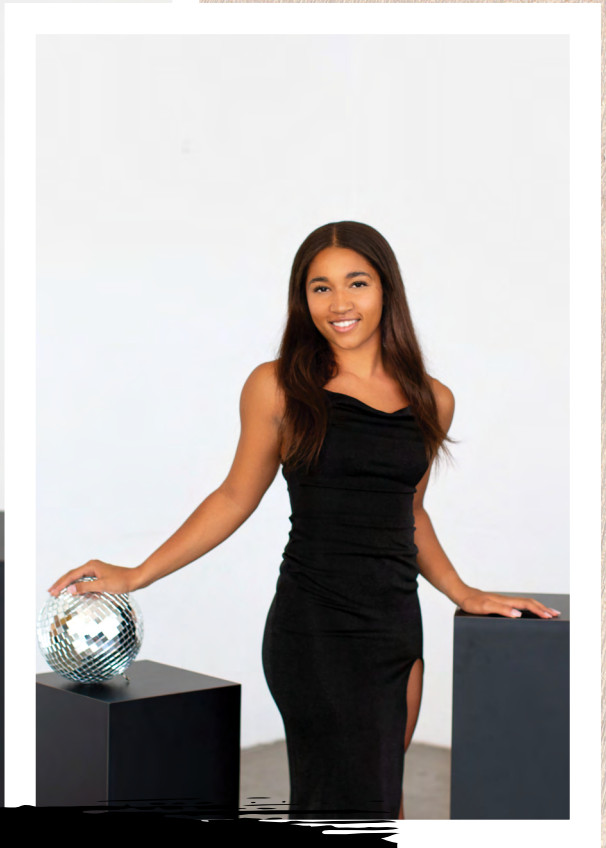
Zach Bryan, Snoop Dogg, Adam Sandler, Drew Barrymore, and Pete Davidson.

WHO IS THE ONE WOMAN

YOU LOOK UP TO MOST, AND WHY?

The one women I look up to most would have to be my mom. I've definitely gotten my strong work ethic and positive attitude from her and I aspire to be as good of a mother as she is one day.





Jocelyn Bullock

STEVENS HIGH SCHOOL

**EXTRA CURRICULAR
ACTIVITIES YOU'RE INVOLVED IN:**
Stevens Raiders Track & Field

**YOUR GO-TO MUSIC ARTIST
RIGHT NOW:** Kanye West

**FAVORITE SHOW TO WATCH/
STREAM:** Grey's Anatomy

FAVORITE SOCIAL MEDIA APP: VSCO

THE BEST PART

ABOUT BEING A SENIOR:
Having more free time due to having a shorter schedule.

PLANS FOR AFTER GRADUATION:
Go to college to get my undergraduate in Neuroscience and eventually attend medical school.

**WHAT DO YOU HOPE TO SEE HAPPEN
IN OUR WORLD IN YOUR LIFETIME?**
Progression in the medical field and hopefully finding cures or better ways to treat chronic illnesses.

**IF YOU COULD HAVE DINNER WITH
5 PEOPLE, DEAD OR ALIVE, WHO
WOULD THEY BE?**
Marie Curie, Adam Sandler, Serena Williams, Will Ferrell, Neil Armstrong

**WHO IS THE ONE WOMAN
YOU LOOK UP TO MOST, AND WHY?**
I look up to my mom the most because no matter the circumstances she never fails to put in hard work and continue to move forward.



Taylor Keller

SPEARFISH HIGH SCHOOL

EXTRA-CURRICULAR ACTIVITIES

YOU'RE INVOLVED IN:

Dance, yearbook committee, and active in student life.

YOUR GO-TO MUSIC ARTIST

RIGHT NOW: Bruno Mars

FAVORITE SHOW TO WATCH/STREAM:

Desperate Housewives

FAVORITE SOCIAL MEDIA APP:

Snapchat

BEST PART ABOUT BEING A SENIOR:

The best part about being a senior for me is being involved in all the senior activities with all my friends!

PLANS FOR AFTER GRADUATION:

I am still figuring out what I want to do after graduation, but I am thinking

about going into business management!

WHAT DO YOU HOPE TO SEE HAPPEN IN OUR WORLD IN YOUR LIFETIME?

I hope to see people start living more in the moment, rather than on a screen.

IF YOU COULD HAVE DINNER

WITH 5 PEOPLE, DEAD OR ALIVE, WHO WOULD THEY BE?

My Grandpa Jerry Keller, Princess Diana, Ryan Gosling, Blake Lively, & Sofia Richie

WHO IS THE ONE WOMAN

YOU LOOK UP TO MOST, AND WHY?

My mom because she is so kind, loving, and beautiful. She has taught me the most important lessons in my life and guided me to become the person I am today.



Morgan Simonds

ST. THOMAS MORE HIGH SCHOOL



EXTRA-CURRICULAR ACTIVITIES

YOU'RE INVOLVED IN:

Softball, Soccer, Lumen Christi Retreat Team, STM Ski team, National Honor Society

YOUR GO-TO MUSIC ARTIST RIGHT NOW:

Zach Bryan and Ian Munsick

FAVORITE SHOW TO WATCH/STREAM:

Grey's Anatomy and NCIS

FAVORITE SOCIAL MEDIA APP:

Instagram

BEST PART ABOUT BEING A SENIOR:

Being able to help out underclassmen, getting out early, and just living in the moment.

PLANS FOR AFTER GRADUATION:

I want to study biochemistry and become a surgeon, or study nursing in order to become a nurse anesthetist.

WHAT DO YOU HOPE TO SEE HAPPEN IN OUR WORLD IN YOUR LIFETIME?

I hope to see the world and society become more gracious with one another and be more kind. I also hope to see less hatred and hurt in the world, and I hope I can inspire less hatred.

IF YOU COULD HAVE DINNER WITH 5 PEOPLE, DEAD OR ALIVE, WHO WOULD THEY BE?

Dolly Parton, Zach Bryan, Princess Diana, Lainey Wilson, and Betty White.

WHO IS THE ONE WOMAN YOU LOOK UP TO MOST, AND WHY?

The woman I look up to the most is my Grandma Mary. She has impacted my life in so many ways and taught me so much about how to live. She is the strongest person I know. She has beat cancer 3 times and did it with a smile on her face. My Grandma Mary is an incredible woman and I wish everyone could experience her love for life at least once. My amazing mom and grandma helped form me into the woman I am today, and for that, I am forever grateful.



Peyton Ogle

STEVENS HIGH SCHOOL



EXTRA-CURRICULAR ACTIVITIES

YOU'RE INVOLVED IN:

I play the #1 varsity tennis flight at Stevens high school. I have been a part of math leagues, Destination Imagination, and other clubs as well.

YOUR GO-TO MUSIC

ARTIST RIGHT NOW:

It honestly depends on my mood.

FAVORITE SHOW TO WATCH/STREAM:

Gilmore Girls and Vampire Diaries

FAVORITE SOCIAL MEDIA APP:

VSCO and Instagram

BEST PART ABOUT BEING A SENIOR:

The greatest part about being a senior is embracing every "last," such as the football games, tennis matches, dances, other school activities, and more. Since this is my last year of high school, I truly want to live in the present and embrace these moments and memories.

PLANS FOR AFTER GRADUATION:

I plan to attend college in the Southern Atlantic area where I hope to go into the medical field.

WHAT DO YOU HOPE TO SEE HAPPEN IN OUR WORLD IN YOUR LIFETIME?

I hope to see more kindness. You never know what someone may be going through, I believe simple acts of kindness and encouragement can change the lives of many.

IF YOU COULD HAVE DINNER WITH 5 PEOPLE, DEAD OR ALIVE, WHO WOULD THEY BE?

If I could have dinner with 5 people, I would have dinner with God, my best friend Camryn, Matt Rife, Coco Gauff, and Taylor Fritz.

WHO IS THE ONE WOMAN YOU LOOK UP TO MOST, AND WHY?

The woman I look up to most is my mom, as she has led me through life with love, kindness, and compassion. She pushes me to perform and live life to the fullest. She is also the greatest supporter I could ask for.

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SATURDAY NIGHT
SECRET IS OUT

PHOTOS BY VISIT RAPID CITY

RESERVE YOUR SEATS TO SEE BURLESQUE AT THE COUPE

BY KRYSTAL BRESNAHAN

When waltzing through downtown Rapid, you can't help but notice the onion-shaped dome overlooking the city's streets. Adorned in gorgeous architectural details, the Buell Building is a stand out destination in the heart of Rapid City, and hidden inside this historic building is a brand new 1940's inspired wine, beer, and champagne lounge called The Coupe.

Filled with rich vintage accents, this unique bar and live performance space gets every detail right. From cute cocktail napkins to velvet curtains draped behind a beautiful stage and a neon sign with a nod to "The Great Gatsby," guests get a taste of time travel with retro bottled beers or a selection of drafts, bubbly served straight from the tap, and creative prosecco-based cocktails.

But the secret is showing up for Saturday nights to see burlesque take back the stage.

BACK TO BASICS: WHAT IS BURLESQUE?

Beginning abroad during the Victorian age, burlesque performers created elaborate parodies of popular operas and Shakespeare dramas. Within this art form, performers had the opportunity to structure the show how they wanted and shift to lighter shows featuring song, dance, and absurd satire. It was important to take frivolous things seriously and vice versa, because to play – with ideas about religion, politics, and societal standards of female beauty – was to work.

Burlesque was comprised of beautiful handmade costumes, careful set construction, comedy themes, choreographed pieces, and multi-talented performers with stage names and fun personas. The shows required labor-intensive rehearsals to match movement to music. The confidence of performers on stage made burlesque feel sexy and daring, as did their willingness to dress up (or dress down) during shows. Every member of a burlesque troupe worked together to create an immersive experience and charm the audience. Soon burlesque captured the attention of the theatre-going public.

Concerns from middle class audiences in the United States emerged about the improper or indecent content. A range of reviews came from the press including stories of a newspaperman leaving his wife in the halls of the theatre to go inside and see if the performance was “fit for a lady to attend.” Some critics questioned if burlesque was appropriate for wives and daughters, while others wrote columns deeming those in the show “unserious” performers.

Thankfully, The Coupe brings back the golden era of burlesque in every shimmering detail. Imagine sitting at



your table, dressed the part in a glamorous 1940's-themed outfit, and sipping a handcrafted prosecco cocktail as the lights dim on stage.

The show's about to start: Cue your next girls night out.

SATURDAY NIGHT'S MOONLIGHT TEASE WITH BLACK VEIL BURLESQUE

Reserve your seat (or a table) for a one-of-a-kind burlesque show in the Black Hills. Enjoy table service, snacks, and fine times on select Saturday nights at The Coupe featuring the many talents of Black Veil Burlesque.

Black Veil's mission is to promote confidence, acceptance, and body positivity through the art of burlesque dance and performance creating inclusive spaces that are fun and freeing. "After joining the Black Veil troupe in 2019 and seeing the hard work and dedication all of the performers put into their shows, I said to my husband, we need to create a place where they can really shine," says Shiela Mulvey, co-owner of The Coupe. She's proud to offer a unique venue with an amazing atmosphere and stage for all entertainers.

Entertaining and inspiring audiences in the Black Hills since 2016, Black Veil Burlesque is a classic-inspired burlesque and performance art menagerie based in Rapid City, South Dakota. With each speck of glitter and flash of flesh, they invite audiences to push back the veil of prudence to enjoy a unique visual and cultural experience.

"Burlesque has been a pivotal part of my adult life and is, in one way or another, how I have connected with many of my closest friends, cohorts, and professional network," says Erin McCormick, General Manager at The

Coupe. "Burlesque brought me together with the future owners of The Coupe, who both saw greater potential in Black Veil Burlesque's successful productions. We were all united on a vision of how we could honor the legendary art form and create a space for all who presented burlesque on stage and enjoyed it as a guest."

As a fierce woman in business and burlesque, McCormick looks back at her journey with a sense of pride. "Since 2009, I have had the pleasure of sharing my version of burlesque with hundreds of intelligent, creative, and bold students who have entrusted me with their vulnerabilities. I am most proud of having a hand in encouraging them to break free from social repressions and any burdens they have carried. In some way, I've been the mirror that gives them permission to let go, so they can blossom into whoever they truly want to be."



HELP BRING BURLESQUE BACK

The Coupe's revival of burlesque empowers women to connect throughout history to past and present performers in supporting this classic art form with a modern twist. Celebrating burlesque also contributes to the performing arts in Rapid City, inspiring creativity, craft, and playfulness in our local community.

"Black Veil Burlesque and The Coupe haven't cut any corners when it comes to quality. [You'll] be dazzled by professional entertainers, experience an

absolute legendary theatrical performance art, and have a ruckus of a time," McCormick says.

"Although some burlesque performances are more serious, most of it is actually very comical and slap-stick. Expect to have lots of fun!" Mulvey adds.

If you're new to the burlesque scene, these tips are for you:

- Buy your tickets in advance.
- Show up on time and be present.
- Bring friends and a sense of humor.
- Hoot, holler, and show your support for the performers!
- Leave your stresses at the door and let yourself enjoy with an open mind.

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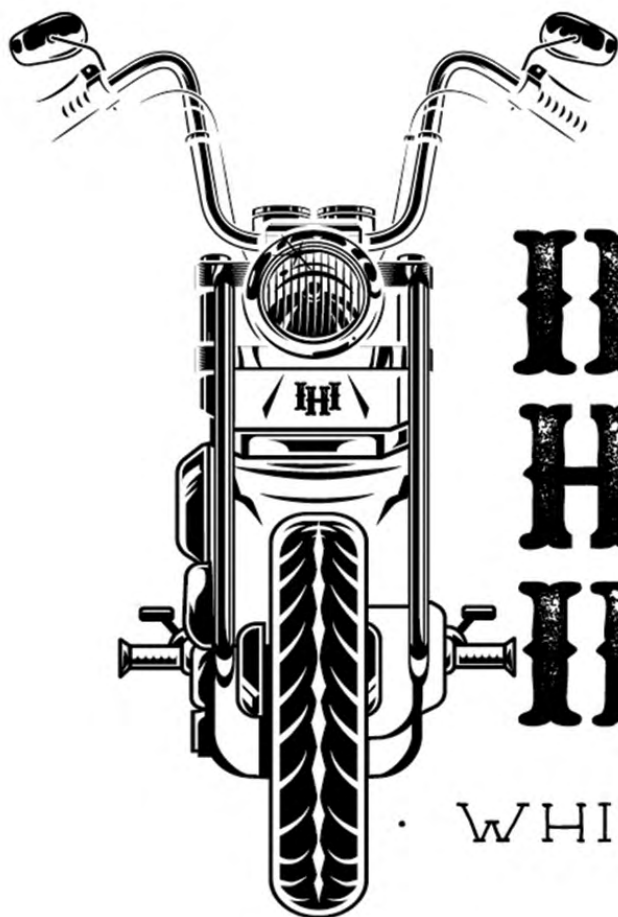
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IRON HORSE INN

· WHITEWOOD, SD ·

BY SARAH GRASSEL

Nestled in the little Northern Hills town of Whitewood, the Iron Horse Inn sits on 14 acres of land and offers tourists and locals a little something year-round. In previous years, the inn was only open for one month out of the year when it was under the ownership of BankWest. However, it found its way into the hands of a local family in late 2014 and has since then been providing benefits for both visitors and the local community.

Andi Litton and her husband, Greg, have a deep love of the Iron Horse Inn. They share many memories there as it became a destination for their annual stay during the Sturgis Motorcycle Rally.

“When we first met, Greg was working for BankWest and received a great deal for booking a stay at Iron Horse during their only month of operation throughout the rally,” Andi explains. They loved the location and really enjoyed waking up to the incredible sunrises outside of their room, so the two decided to continue staying there every year.

Overtime, they invited Andi’s father, Frank Mueller, to join them on one of the trips. Andi adds, “One morning drinking coffee after a long night of fun and a day full of riding, my dad commented that he may make the decision to buy the property.”

The land and inn had always been for sale through BankWest, but it had sat on the market for a long time. Andi didn’t really think anything of it until talks became more serious and negotiations

began in 2014.

Frank and his siblings officially bought it and ran it together until eventually Frank started to consider retirement of his own.

At that point in 2021, Greg and Andi stepped up to the plate.

Today, the husband and wife duo are the proud owners of Iron Horse Inn. The journey to here and now has not been easy or very straightforward, but it has been rewarding.

—

Andi recalls, “Originally, my background was in nursing. I graduated from SDSU as a registered nurse and pursued a healthcare career for more than 10 years before we took over the business.”

After school, Andi moved to Seattle as a nurse for five years before coming home to be closer to her family. In that same year, 2009, she met Greg and they began dating.

During their first year together, they marked the first stay at the Iron Horse

Inn. Now, they couldn't be happier to be the current owners. Andi says, “I love working face to face out in the community and during the busy tourism season, but I also love the flexibility this venture has given me to be able to pivot our business when the community needs it most.”

It was always in Andi's plans to find her way out of the medical field. Back before her dad purchased the Inn, she began her schooling again to pursue a masters degree for business management in 2013, while working full-time in the healthcare industry.

When she began obtaining her degree online, she also served as the Chief Operating Officer in the GI division at Monument Health. Andi adds, “It was a great experience, and I had a great team of co-workers. Even though I wanted to leave the field, it wasn't the right time.”

Andi finally made the leap to resign from her medical career late 2021 when she and Greg decided to take over for her



dad at the Iron Horse Inn. She shares, “We figured, if we were going to take it over, we needed to dig our heels in and really get serious.”

Greg and Frank were the faces of the Iron Horse Inn at the very beginning. Greg resigned from his position in the banking business and the family dove in with big goals on giving back to the community and shaping up the future of the inn.

Two of the biggest changes that were initiated at the start of change of ownership was to keep the business open year round and to add a permanent facility for the bar and restaurant.

“It had always been just a beer tent during the rally,” Andi explains. Seeing the need for something more in the community, the family dove in with an open mind and expanded the Iron Horse Inn to offer a full service bar and delicious bar favorites like fried foods and burgers, as well as, hand-pressed pizza.

Throughout the year, the bar and

restaurant also host a series of social events to bring the community together like trivia night, darts, bingo, and pool leagues.

“Rally is always going to be busy, but we wanted to find a way to shift expectations and let people know we are a destination all summer long,” Andi smiles.

Overall, since the family has owned the Inn the focus has always been on the community and how to positively impact locals while also supporting the tourism industry during the busy months.

“We’ve been able to set ourselves apart from other hospitality and hotels in the area because we are truly family owned. We are a part of the community and can shift or pivot to meet the needs as they present themselves without corporate expectations or regulations,” Andi proudly says.

The Inn consists of four room blocks; only one remains open year-round. In total, there are just under 200 rooms.



*I love working
face to face out in
the community
and during the busy
tourism season*

A rustic baking scene featuring a wooden rolling pin, a bowl of flour, three brown eggs, and a bowl of butter on a striped cloth.

BAKED
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SHELBY SOLANO'S SURPRISING SIDE HUSTLE

BY **KRYSTAL BRESNAHAN**

A “side hustle” is something you do in your spare time. Depending on your motivation, a side hustle can mean more work outside your 9 to 5, earning extra money, learning new skills, pursuing a passion project, or fulfilling a dream. The best side hustles empower your search for happiness and what matters most in your life.

“I never would have started this business or been on this path if it weren’t for my mom,” Shelby Solano tells me. This is the story of her side hustle: {BOM} Bakery.

FROM MOM’S KITCHEN TO CULINARY SCHOOL

“I’ve always loved being in the kitchen. Growing up, I was often asked to help my mom cook dinner or help my grandma bake cookies. I love making delicious things and developed a passion for it young,” Solano says. “After high school, I moved to the twin cities to study for my certificate in baking and pastry at



PHOTO BY KELCY PETERSEN



BACK HOME TO THE BLACK HILLS

Whenever she was home, Solano baked for friends and family, so a few short months after losing her mom, she returned to baking, something they loved doing together.

"I knew I wanted to continue baking and I needed to figure out what to call my business. One day it clicked. My mom was the greatest example of hustle, hard work, and pouring into something to be successful. She taught me that nothing comes easy; everything has to be earned and worked for. She was my biggest supporter and in any challenge, she reminded me what I was capable of with four words: 'You can do it,'" Solano says. "So, on April 15, 2015, Because of Mom {BOM} Bakery officially launched."

After opening the bakery in April, Solano re-enrolled in summer classes closer to home to continue her business studies through Black Hills State University. "It was a difficult time in my life. I was trying to figure out what I was supposed to do next and had no clue what that looked like. I found myself working a full-time job as office manager for my family's business, taking classes to earn my degree, working shifts for another local coffee shop, and baking cakes for my own business," Solano says. "I've had to learn about social media, customer service, being flexible, what works and what doesn't when it comes to the not so glamorous stuff like business taxes, invoicing, and more."



Unfortunately her dream of opening her own brick and mortar bakery was further away than ever once she graduated.

"I had accrued all of these student loans and needed to be able to pay them off, so I started looking for my next opportunity where I could put my degree to use and landed a job with the local destination marketing organization," she explains. In her role with Visit Rapid City, she builds relationships with hospitality businesses all across the Black Hills, and welcomes visitors to the area.

"I've now worked for Visit Rapid City for almost 6 years and still take orders when I'm available on nights and weekends. It's been 8 years now since my mom passed away and a lot in my life has changed. I married my high school sweetheart, and brought two beautiful daughters into this crazy world. I've kept my side hustle moving and shaking with orders, and kept my career moving forward. I'd love my children to finish the sentence, 'Because of mom, I...' know to lean in when things get tough and I can do anything I put my mind to."

STICKING WITH THE SIDE HUSTLE

"I still dream of owning a brick-and-mortar business one day," Solano shares, but she's in no rush. "I enjoy the flexibility of running my bakery out of my home, baking while my kids sleep so I can be present with them during the day."

For other women in the Black Hills contemplating a side hustle, Solano only has words of encouragement (much like her mom). "Being a small business owner is tough, but it's also rewarding," Solano says. "You'll think of a million reasons to not do it before you think of ten reasons why you should. Of course you might fail. Nothing comes easy. You owe it to yourself to try."

HOLIDAY BAKING TIPS FROM {BOM} BAKERY

FOR GOODNESS BAKES, USE THESE HELPFUL REMINDERS TO SLEIGH IN THE KITCHEN THIS SEASON.

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3. CHECK THOSE OVEN TEMPERATURES, SO YOU DON'T BURN YOUR BUNS! OR PIES!
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{BOM} BAKERY RAVE REVIEWS

★★★★★

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— NANCY K.

★★★★★

SHELBY IS ABSOLUTELY FANTASTIC. SHE AGREED TO MAKE OUR WEDDING CAKE AFTER A COUPLE OTHER BAKERS SAID THEY WOULDN'T BE ABLE TO BECAUSE OF WHAT WE WANTED. SHE NOT ONLY MADE OUR CAKE LOOK GORGEOUS, BUT IT TASTES AMAZING!!!! THANK YOU SHELBY FOR TAKING ON MY IDEA AND CREATING SOMETHING BEAUTIFUL!

— NICOLE F.

★★★★★

I ORDERED MINI CUPCAKES FROM BOM BAKERY FOR MY WEDDING AND THEY WERE NOTHING SHORT OF INCREDIBLE! THE CUPCAKES THEMSELVES WERE SAVORY AND DELICIOUS AND THE PERFECT SIZE TO POP IN YOUR MOUTH ON THE WAY TO THE DANCE FLOOR! EVERYONE ENJOYED THEM SO MUCH THAT EVERY SINGLE ONE OF THEM WAS EATEN!

— CATHY S.

★★★★★

BOM BAKERY'S CUPCAKES ARE SO DELICIOUS! RECENTLY ORDERED CHOCOLATE CUPCAKES WITH SALTED CARAMEL BUTTERCREAM AND RASPBERRY ALMOND CUPCAKES FOR A BRIDAL SHOWER AND THEY WERE A HUGE HIT! SHELBY WAS QUICK AND VERY ACCOMMODATING. I WON'T GO ANYWHERE ELSE FOR MY SWEET TREATS!

— KENZIE C.



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Preparing for Cold & Flu Season

WITH TAMMY YANDERS, STAPLE AND SPICE



PHOTO BY SARAH GRASSEL
(WANDERING WILDE MEDIA)

BY MADIGAN SCHMITZ

Staple and Spice has been a Black Hills institution for five generations, providing the community with healthy and unique foods, herbs and spices, and supplements. Owner Tammy Yanders – a nurse by trade – has been a part of the Rapid City community for 35 years, and has a passion for helping people on their health journeys. As we enter the cold and flu season, she shares what we can do to make sure we keep ourselves feeling good.

As with every cold and flu season,

and especially since COVID-19, it's always important to remember to drink plenty of water, get good sleep, a well balanced diet, incorporate daily exercise, and keep your hands away from your eyes, nose and mouth.

Yanders also stresses the importance of making sure you're getting in your daily vitamins in order to keep your immune system in optimum running shape. Vitamins B, C, and D, along with zinc and elderberry, are some of the most crucial during this time. Staple and Spice often has a Vitamin C, D, and zinc combo that makes it easy to ensure you're getting all the necessary benefits. When

purchasing supplements, paying attention to where they're coming from, as well as their quality, is also extremely important. Staple and Spice has knowledgeable staff members who are more than happy to help you find exactly which supplements will most benefit you.

Outside of supplements, herbal teas are also a great tool to boost your immune system, especially when paired with honey. There are lots of other great immune boosters as well. Quercetin is used for its antioxidant and anti-inflammatory effects. NAC, which is an antioxidant, is commonly used for a cough or lung conditions. Mullan is an herbal remedy for coughs, and echinacea can help to shorten the duration of a cold. A healthy mix of these along with taking your daily vitamins should help to make sure your immune system is in tip top shape for when those temperatures drop and the kids start coming home with runny noses.

Unfortunately, we can do everything to prepare ourselves for avoiding a cold, but sometimes it's still inevitable. In the event that we do end up sick, Yanders shares that it's

not only important to prepare our bodies for illness, but also our homes.

"It's important to come in to get these things before you get sick, so you already have it in your cabinet," says Yanders.

If we do come down with something, Yanders strongly recommends Quercetin to help ride it out. She likes to pair this with a nasal spray that is chock-full of helpful ingredients, including bay leaf, sea salt, clove, and oregano. Oregano oil is a natural antiviral ingredient, with antioxidants and anti-inflammatory properties to boot. Yanders emphasizes the importance of herbs in fighting off colds. Some other great ingredients are grapefruit seed, goldenseal, olive leaf, and turmeric. Yanders also shares that they offer some homeopathic therapeutic medicine, which has been popular for treating colds, throat aches, body aches, headaches, and fevers.

At the end of the day, we can prepare all we want, but sometimes illness will still sneak up on us. Yanders stresses the importance of taking those basic immune-boosting supple-



ments daily, and having those remedies in the cabinet in advance, in the event you or someone in your family ends up sick. However, she shares that if you end up sick and without at-home treatments, Staple and Spice offers curbside pickup, and if you're not feeling well, they will bring everything you need right out to your vehicle.

"When holidays come up you forget and get stressed because you've been healthy all summer," said Yanders. "But when the bugs come up, remember the go-to's to keep yourself and your immune system well throughout this season! We are more than happy to help you find exactly what works for you!"

MAKE SURE TO STOP IN AT STAPLE AND SPICE TO PICK UP ALL THE ESSENTIALS TO PREPARE FOR THE COLD AND FLU SEASON.

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A IS FOR GRATITUDE

E IS FOR EFFULGENT

F IS FOR...

BY DOROTHY ROSBY

'Tis the season to be thankful, and just in time, I came across an exercise on a website called Grateful Living. A Benedictine monk named Brother David Steindl-Rast shared a practice he does when he's waiting, say for a medical appointment. Instead of taking out his cellphone as many of us do, he goes through the alphabet. And with each letter, he considers what he appreciates about the first word that pops into his head. For example, when he gets to C, he thinks of cherries and how he's thankful for their wonderful taste. I love that too—and the way they make my teeth a lovely shade of mauve. Not really.

I can see how focusing on gratitude would be more enjoyable

than worrying about the mole you're there to have removed or the root canal you're about to have. So I decided to try it myself while I waited in my doctor's office recently.

Unfortunately, it didn't start well. The first word that came to Brother David with A was "amazement." Mine was "animosity," maybe because before I decided to be grateful I'd been reading the newsfeed on my phone.

The first words that came to me with a few other letters didn't inspire gratitude either, like "kazoo" for K, "quantum physics" for Q and "halitosis" for H. But in the spirit of the practice, with each word I tried to find something to be thankful for. After some thought, I could see how animosity directed toward us can be helpful if it alerts us that

we've just stepped on someone's foot or backed into their car.

As far as kazooos, I realized how very grateful I was that no one was playing one in the waiting room. I think I could find something to be thankful for about quantum physics too if I knew what it was. I'll have to get back to you on halitosis.

I also struggled a bit with V for "vocabulary" until I realized this exercise would be impossible without it.

Speaking of vocabulary, "effulgent" came to me with E because mine is so extensive. Also because it was on the cover of a magazine on the coffee table in front of me. What I'm most grateful for about effulgent is that I was able to look it up on my phone and learn that it means "shining brightly, radiant" which I also appreciate.

Some letters were much easier. I immediately thought of "coffee" when I came to C even though I don't drink it. I wanted to take it back and go with chocolate, but it was too late. And I do love the smell of coffee and the fact that it makes people less grumpy in the morning. Maybe if I drank coffee, animosity wouldn't be the first word I think of with A.

F was "forensics" and S was "scream" which might seem odd until you realize that I read a lot of M for "mysteries." O was for "opinion"—mine anyway—because it's always correct.

I must have been getting hungry because food words came to me with a lot of letters. T was "tacos," R was "rigatoni," D was "dessert" and I was "ice cream" all of

which I appreciate for the reasons you'd expect. Then N was "noon" because... well...L was "lunch."

P was proofreader, because without mine that might have read "N was for 'soon'" and that would have been wrong, though it does look good so close to L for "lunch."

U was "undo," specifically the undo function in my computer software because it has saved my G for "gluteus maximus" more times than I can count. I only wish we had undo buttons for other parts of our lives, like when we step on someone's foot or back into their car.

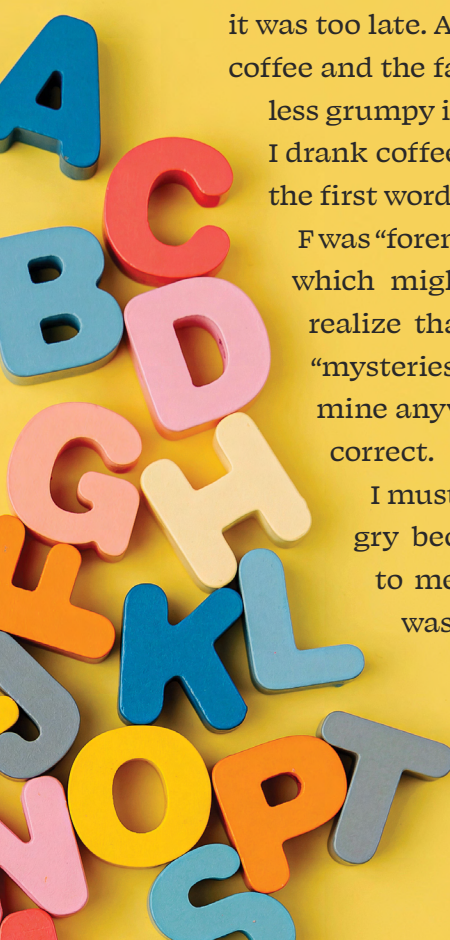
Some letters were just plain fun because the words themselves are fun. For example, S was for "serendipity" which I love because it makes life seem magical and because it's enjoyable to say. So are "bongo," "xylophone," "yodel" and "zither." To learn what I appreciate about them, see kazoo.

With J, I immediately thought of Jack and Jill who went up a hill to fetch a pail of water. I'm grateful that old Dame Dob was able to patch Jack's nob with vinegar and brown paper.

About now, you're probably thinking F for "finish" please. So let me just wrap up by saying I recommend you try the practice yourself. It did make W for "waiting" seem almost P for "pleasant." And it reminded me that there's almost always something to be thankful for, though I've pretty much given up on halitosis.



Dorothy Rosby is grateful for the P for "patience" of her readers.



ANNEX

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Black Hills GOLDEN RETRIEVERS

BY ABBIGALE WINTER

Black Hills Golden Retrievers was created with endless love, passion, and commitment. Founder and owner, Cassie Furchner, has always had a soft spot in her heart for animals, especially dogs. It all began thirteen years ago when Cassie adopted a golden retriever puppy, Lucy, and fell in love. Cassie opened Black Hills Golden Retrievers in 2020 and now runs the business with one of her daughters, Hannah Furchner.

Born and raised in the Black Hills, Cassie loves spending time outdoors with her family and traveling. "I have a wonderful husband, four children, and three grandsons. Oh! And three golden retrievers!"

A couple years prior to starting Black

Hills Golden Retrievers, Cassie and her family adopted Maggie and Phoebe with no intention of breeding them, but rather to be companions to their old girl Lucy.

"My husband and I finally caved into the kids begging for another dog," Cassie said. "Along came Maggie. A little over a year after we got Maggie, I found out that her parents were expecting another litter. I couldn't pass up the opportunity to get a sister, so Phoebe joined the family."

At some point her youngest, James, begged her to let Maggie have puppies. "I had grown up with puppies and kittens and rabbits so I thought it would be a fun experience for us as a family," Cassie said.

Cassie put a lot of energy into starting Black Hills Golden Retrievers. She want-



ed to be fully prepared for all that goes into taking care of a pregnant dog and then the puppies. “I did a lot of research. I learned a lot about the breed. I also learned a lot about dog pregnancy and whelping and puppy care.”

She received great advice from other breeders and connected with a vet that has continued to be a great resource for her and gives her the support she needs. She searched for a breeder that would fit well with what she needed and had a stud that would be the perfect match with her first female, Maggie. “I found a breeder and when the time was right,

we soon had puppies on the way!”

Cassie fell in love with the experience and when Maggie had her puppies, she crawled right into the whelping box to give her support. She learned a lot this first litter.

“It was a great experience,” Cassie said. “I absolutely loved it!”

Since then, Maggie and Phoebe have both had healthy successful litters. It is not an easy business to run; there is a lot of time, commitment, and continued research that goes into taking care of the puppies. Cassie is very hands on with it all and takes it in stride. Howev-



er, she now doesn't have to experience or do it alone. After her first few litters her daughter Hannah decided to join the business.

Hannah is a mom to one son and has two goldens of her own, Birdie and Beau, one of which was born in the Independence Litter. Like her mom, she also enjoys spending time outside, especially running or hiking with her son.

Joining Black Hills Golden Retrievers has also been a highlight for Hannah's son. "He loves the preparation of getting ready for the puppies," Hannah said. "He also is a great helper when they are here."

Cassie is very grateful to have someone to run her business with, "My eldest daughter, Hannah, got one of Maggie's first female puppies, Birdie. We got to talking one day and decided to expand. About two years ago, we searched and found a male, Beau. Hannah plans to add one more female as well. It's been a lot of fun! She's very creative. She's designed our logo, our puppy bags, and our website. It's nice having a partner for support and to share experiences."

Being a part of the business happened organically for Hannah. She first fell in love with Birdie, from the Independence litter and then later found Beau.

"I instantly knew he was meant for me!" Hannah said. "Joining Black Hills Golden Retriever was a great decision. I love seeing all the little kids faces when they come to meet the puppies and how excited the families are when they message me in preparation to bring their pup home."

Hannah and Cassie both love connect-



ing with the families and finding the perfect matches for the puppies, a task they take very seriously.

We like to get to know our interested families a little before confirming placements as we want to make sure it's a good fit and the puppies are going to good homes," Cassie said. "We get a lot of referrals and have had several repeat buyers."

They have a website where families can view past litters and receive more information. They also have a large following on their Facebook page named Black Hills Golden Retrievers, where they share adorable pictures of all the puppies and parents and connect with

their golden retriever families.

Cassie enjoys "seeing the joy and happiness in the families getting the puppies." She says, "It's still my favorite. I love taking care of the puppies and watching them grow through all their first stages the eight weeks I have them. It's so fun watching their personalities develop."

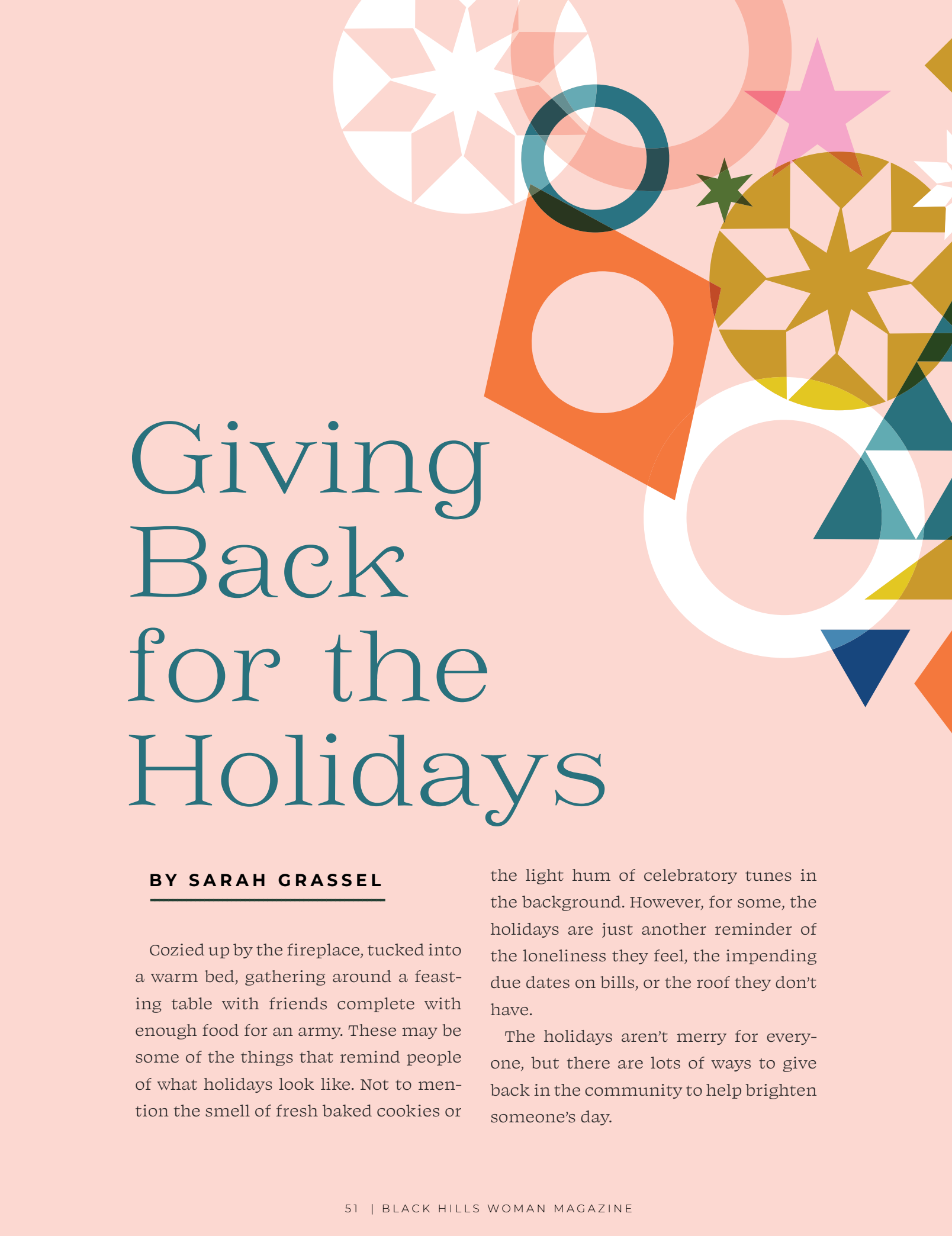
Hannah's favorite part is creating content for the business and connecting with families. She also loves "the ability to bring great puppies into great families." She says, "We have a very good follow up with all our families and have been able to watch over the years how the pups have grown."



Black Hills Golden Retrievers main goal for the years to come is to continue bringing joy to families.

IF YOU'RE PART OF AN INTERESTED FAMILY, YOU CAN CHECK THEM OUT ON THEIR WEBSITE [BLACKHILLSGOLDENRETRIEVERS.COM](https://blackhillsgoldenretrievers.com) OR ON FACEBOOK, AT BLACK HILLS GOLDEN RETRIEVERS.





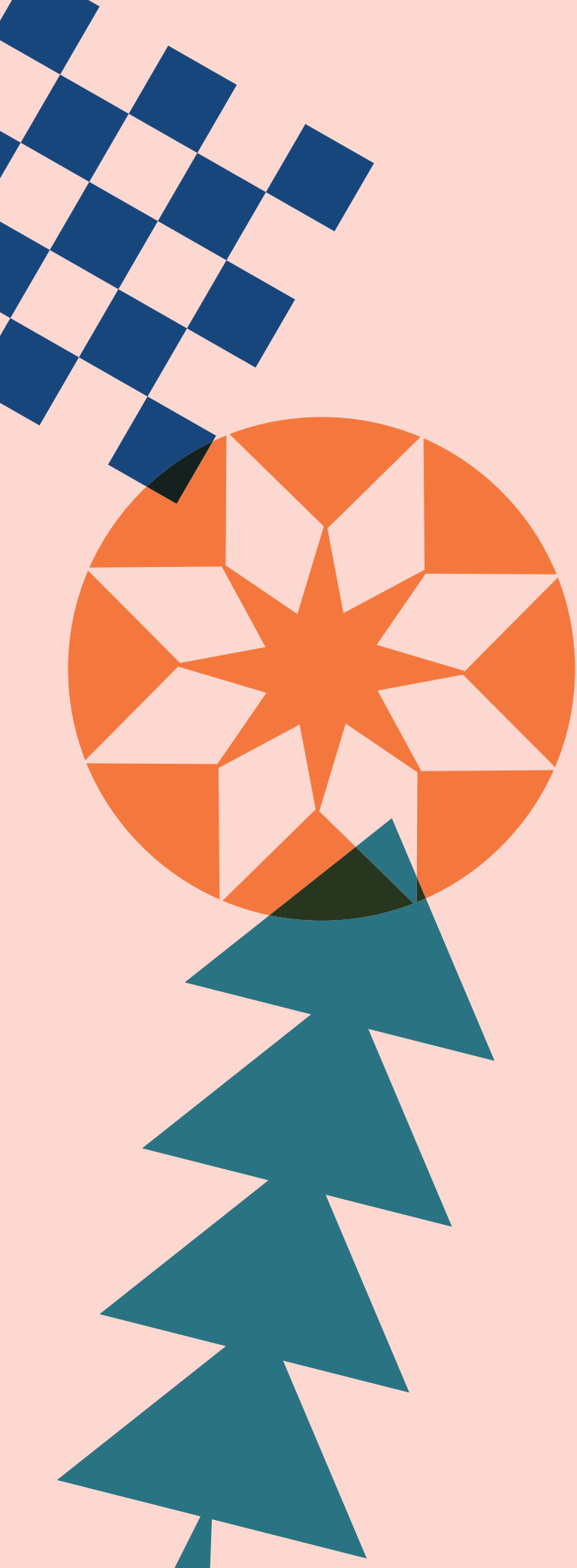
Giving Back for the Holidays

BY SARAH GRASSEL

Cozied up by the fireplace, tucked into a warm bed, gathering around a feasting table with friends complete with enough food for an army. These may be some of the things that remind people of what holidays look like. Not to mention the smell of fresh baked cookies or

the light hum of celebratory tunes in the background. However, for some, the holidays are just another reminder of the loneliness they feel, the impending due dates on bills, or the roof they don't have.

The holidays aren't merry for everyone, but there are lots of ways to give back in the community to help brighten someone's day.



If you are rich in food, join or host a food drive; wealthy with funds, donate gifts or money to shelters or organizations in need; have extra time in your schedule, volunteer for hands on work.

Everyone can pitch in this holiday season to spread smiles and fill hearts with a little extra joy and laughter.

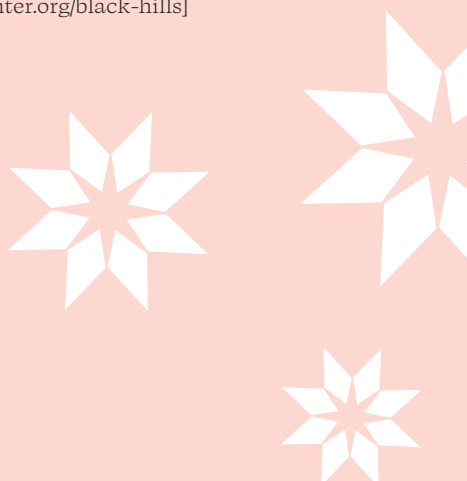
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Aside from the usual soup suppers, Angel Tree donations, or monetary donations to the Salvation Army bell ringers, there are a large variety of opportunities to give back across the Black Hills.

The Helpline Center in the Black Hills is one of the largest available resources for individuals and families in need. In addition to creating an outlet for those who need it, The Helpline Center also shares numerous volunteer opportunities as they open up.

“The Helpline Center provides the community with ways to connect with volunteer opportunities as well as offer non-profit organizations volunteer recruitment assistance and support for volunteer managers.”

[<https://volunteer.helplinecenter.org/black-hills>]



Composing an extensive list, here is a highlight of different ways and various organizations providing avenues to give back across the Hills during the holidays.

ARTEMIS HOUSE:

Give the gift of family this season. By providing gift cards rather than gifts themselves, parents are able to show up for their children and buy gifts on their own which may make Christmas all that more special.

HOPE CENTER:

Dig through your closets and check on your gently used winter attire. If there's anything that doesn't fit, consider donating to the HOPE Center. This isn't holiday specific either! Collections are open winter-round.

GIFT DRIVES:

There are a variety of toy and gift drives including but not limited to: Toys for Tots, Angel Tree, and Christmas at the Mission. If you aren't sure what kind of gift to purchase, monetary donations are welcome, as well. The organizers of the drive will then take that cash and purchase a variety of gifts for the ages and individuals who may still need a gift.

SUPER HERO DELIVERY DRIVER:

WAVI takes in thousands of individuals that need shelter each year. A delivery driver is a dedicated dasher who picks

up and drops off necessary supplies for the organization. Volunteers must be 18, have a valid driver's license, be able to lift 25 pounds, and complete a background check.

MEALS ON WHEELS:

Bring a delicious meal to home-bound patients. A portion of each meal is paid with state assistance while another portion is typically donated or paid by the recipient. A meal can be sponsored for under 10 dollars. So if you have extra time, you can be a delivery driver! Extra pocket change? Sponsor a meal.

HABITAT FOR HUMANITY:

Since its' foundation, the Black Hills Habitat for Humanity has constructed and remodeled nearly 200 homes in the region. Volunteer hours annually add up to around 12,000 through a combination of construction, committees, ReStore, and administration.

BOYS AND GIRLS CLUB:

With clubs in Hill City, Hot Springs, and Lead-Deadwood, this organization is a great place to sponsor an activity or volunteer time to lead a program. The club focuses on developing healthy habits, social skills, and creativity in the community's youth.

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