# Buffalo Bytes



## Minutes, Not Miles, From Adventure

\*\*\* when viewing on a mobile device- please scroll down and click on "view entire message" to view Buffalo Bytes in correct formatting\*\*\*

## **CUSTER CONNECTIONS**

## Is Threads Right for Your Business?

If you're on Instagram, the answer is probably. And it's easy to do.

Facebook err...Meta does it again. We have yet another social media platform to consider. Usually when advising businesses on whether they should participate on a social media platform, I ask them who their ideal client is and then we go by demographics. If your ideal customer is on the platform, go for it. If not, skip it—unless you just really enjoy being overextended in your posts and social media attention. But threads isn't exactly a new platform. Well, it is *technically*. But if you have Instagram, it feels more like an extension.

Note: at the time of this writing, members of the EU cannot join because it is blocked currently owing to privacy questions.

### What Is Threads?

Threads is the newest baby of the Meta world, and it's taking aim at Twitter. Threads allows you to log in with your Instagram username. You have the option of importing from Instagram or creating a new bio from scratch. Just like Instagram, you can make your profile public or private. (For business, private isn't going to do you much good unless you operate a Speak Easy or something where membership has its privileges.)

When you join, you'll be asked if you want to follow the same accounts you follow on Instagram (even if these people haven't signed up yet).

The app is powered by Instagram, and it uses your Instagram information to personalize ads and other experiences across the two platforms. According to the intro, Meta has plans to create a "fediverse" where people will be able to interact with one another across platforms. (Perhaps that means it will allow the young people on Insta to see what their oldie relatives are doing on Facebook and vice versa.)

As you would expect, you must agree to the terms and privacy policy on your data/data sharing, etc. Etc. One important thing to note in the Supplemental Privacy Policy, "You may deactivate your Threads profile at any time, but your Threads profile can only be deleted by deleting your Instagram account."

## The User Stats

At most recent counts, Instagram boasts 2 billion users while Twitter has only 250 million. If only a fraction of Instagram users sign up, Threads will quickly outpace Twitter. But it remains to be seen if the same communities on Twitter will switch to Threads. Twitter is big in the sports recruiting arena as well as the publishing pitch world. Will they make the switch?

### What's New with Threads?

Like most new platforms, it looks vaguely familiar but with slightly different functionality. After all, people don't usually love big, sweeping changes. Threads adheres to this through a format that looks a lot like Twitter, but it allows for longer posts. Most Twitter users have a 280-character limit (remember the early days of 140 characters?), while Thread users can enjoy 500 characters (what will you do with all of them?) and the ability to upload a five-minute video.

Since Threads resembles Twitter more closely than Insta, it's overcome one of my biggest pet peeves with the photo sharing platform. On Threads you can easily share links. Yippy!

To encourage the migration, Threads prompts people to follow the same individuals they do on Insta and then automatically sends a follow request. I logged into my new, linked account with about 100 requests waiting for me. I was surprised how many people had made the switch a day after the platform launched. According to early reports, Threads garnered 10 million users on one day and are now up to 30 million.

It looks like most are viewing it as an extension, not necessarily a new platform. And that's understandable. Users in Threads can also easily switch to their Instagram profile with a click of the icon.

According to Meta, Threads was developed with features that "promote positive and productive discussions." Users can manage who can mention or reply to them on the platform. Like Instagram, Thread users can utilize hidden word filters to exclude replies containing specific words from their threads. Managing profiles on Threads uses familiar activities such as unfollowing, blocking, restricting, or reporting through the three-dot menu. Additionally, any accounts blocked on Instagram will automatically be blocked on Threads as well.

In addition to these features, Meta has announced its plans to enhance Threads by making it compatible with the ActivityPub protocol. They also aim to introduce improved recommendations in feeds, real-time trend tracking, and enhanced search functionality.

Currently, Threads is accessible on both iOS and Android devices, and users can download the app from the Apple App Store and Google Play Store.

Will you explore Threads for your business?

<u>Christina Metcalf</u> is a writer/ghostwriter who believes in the power of story. She works with small businesses, chambers of commerce, and business professionals who want to make an impression and grow a loyal customer/member base. She loves road trips, hates exclamation

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points, and wonders just now many social media playorms we can manage before deciding to go back to cave ardwings to disseminate the news of the day.

Twitter: @christinagsmith Facebook: @tellyourstorygetemtalking LinkedIn: @christinagsmith Threads: @christinametcalfauthor



### Dawn Murray Executive Director

## **IMPORTANT ANNOUNCEMENTS**

### Chamber Staff

Dawn Murray Executive Director dmurray@custersd.com

Jamie Dean Administrative Assistant jdean@custersd.com

Fred Baumann Information Associate fbaumann@custersd.com

Amy Brazell Information Associate abrazell@custersd.com

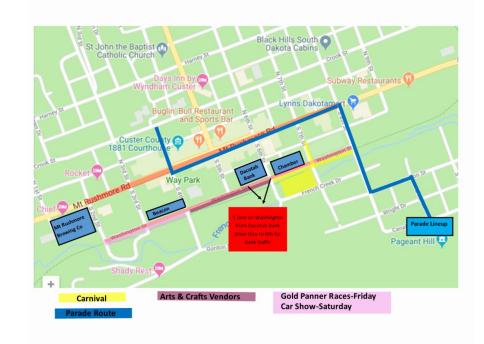
Pat Hattervig Information Associate phattervig@custersd.com

### 2023 Board Of Directors

Amy Bailey - President John Stahl - Vice President Michelle Fischer - Treasurer Amanda Allcock Craig Reindl Diane Dennis Corey Virtue Bobbi Schmidt Miranda Boggs

Julie Jenniges - City Liaison

### **Gold Discovery Days Street Closures**



Washington St- 8<sup>th</sup> to 6<sup>th</sup> closed Monday July 17- Tuesday July 25

**Washington St- 6<sup>th</sup> to 4<sup>th</sup>** closed Thursday, July 20<sup>th</sup> at 8:00am through Sunday, July 23<sup>rd</sup> at 7pm

**Washington St- 4<sup>th</sup> to 2<sup>nd</sup>** closed Friday, July 21<sup>st</sup> at 6am through Saturday, July 22<sup>nd</sup> at 4pm.

A portion of the parking area near the Library and old elementary school will be closed Monday July 17- Tuesday July 25 to accommodate the carnival personnel.

During the Parade all side streets intersecting with Mt Rushmore Rd and around Pageant Hill area will be closed (9:45-11am)

Mark Naugle - School Liaison Lydia Austin- CSP Liaison Leah Noem- BID Board Liaison



The Jaure family of Custer has recently suffered the loss of Miranda Jaure.

Skylair and Miranda both work as teachers and coaches at the Custer School District. Miranda leaves behind her husband and 3 daughters.

We are reaching out to the Custer businesses to see if you would consider donating a gift card to make food options a little easier for the family as they navigate this change in their lives.

Thank you Custer Wildcat Wrestling

If you are willing, please drop off donations at the Custer Chamber Office.

To have things added to Buffalo Bytes, please send to Amy: <u>abrazell@custersd.com</u>. Items need to be received by Wednesdays at noon in order to be added to weekly Buffalo Bytes. Thank you!

## MARK YOUR CALENDAR

## July 21-23

Gold Discovery Days Downtown Custer

August 4-13 Custer Cruisin'

# August 19

Community Wide Rummage Sale

## WEEKLY HUMOR





## CHAMBER HAPPENINGS

T-1- 01 02 0002







### • Carnival • Washington Street

Washington Street between 8th & 6th St.

Thursday: 5pm - 10pm Friday: 5pm - 10pm Saturday: 12pm - 10pm Sunday: 12pm - 5pm

### Friday, July 21st

Arts & Crafts Festival 11am-8:30pm • Washington Street between 5th & 6th Street

The Gold Pedal 8am-2pm • Black Hills Power Bikes 1029 Mt. Rushmore Rd.

Caroline Hatton Flower Show Sponsored by Custer Mile High Garden Club 9am-12pm • submit entries 2pm-4pm • Custer Senior Center 538 Mt. Rushmore Rd.

Gold Discovery Days Carnival 5pm-10pm • Washington Street

> Kids' Gold Nugget Hunt 5:15pm • Harbach Park 6th & Washington Street

Gold Panner's Race 6:30pm • Washington Street between 3rd & 4th Street

Midnight Sun Band 7-11:30pm • VFW Post 3442 721 Mt. Rushmore Rd.

Black Hills Playhouse 7:30pm Showtime The Drowsy Chaperone

Josh Hoyer & Soul Colossal Concert 7:30-11pm • The Custer Beacon 531 Mt. Rushmore Rd.

### Saturday, July 22nd

Hot Air Balloon Rally 5:30am • Pageant Hill weather permitting

Lion's Club Pancake Breakfast 6:30am-9am • Way Park 4th St. & Mt. Rushmore Rd.

Black Hills Gold Prospecting Club 8am-5pm • French Creek (city) Park

Gold Discovery Days Car Show 8:30am-2pm • Washington St.

Caroline Hatton Flower Show 9am-1pm • Custer Senior Center 538 Mt. Rushmore Rd.

Parade • 10am • Mt. Rushmore Rd.

Custer Sr. Center Sloppy Joe Lunch 11am-1pm • 538 Mt. Rushmore Rd.

Arts & Crafts Festival 11am-7pm • Washington Street

Gold Discovery Days Carnival 12pm-10pm • Washington St.

GDD Volleyball Tournament 1pm (register 12pm) • Volleyball Courts 7th & Washington St.

State Hospital Reunion at VFW 1-3pm • 721 Mt. Rushmore Rd.

Cornhole Tournament 2pm • Mt. Rushmore Brewing Co. 140 Mt. Rushmore Rd.

Nate Champion Band 5:30-11pm • The Custer Beacon 531 Washington St.

Sun Dog Band 6pm-midnight • Gold Pan Saloon 508 Mt. Rushmore Rd.

Ivory in Concert 7:30pm • Mt. Rushmore Brewing Co. 140 Mt. Rushmore Rd.

> Black Hills Playhouse 7:30pm Showtime The Drowsy Chaperone

Legends in Light 
 Laser Show
 9:30pm approx. - @ dark
 Crazy Horse Memorial ®

### 2023 Event Sponsors

### Sunday, July 23rd

Hot Air Balloon Rally 5:30am • Pageant Hill weather permitting

Gold Rush Fun Run on The Mickelson Trail 8am (register 7am) Custer Chamber 615 Washington Street

Vineyard of the Black Hills & Crossroads 9am • church service at Way Park 4th St. & Mt. Rushmore Rd.

Black Hills Gold Prospecting Club 9am-5pm • French Creek (city) Park

Arts & Crafts Festival 11am-3pm • Washington Street

Gold Discovery Days Carnival 12pm-5pm • Washington St.

Walt Thomas Memorial Golf Scramble 1pm • Rocky Knolls Golf Course

> Gold Miner Bingo 2pm • VFW Post 3442 721 Mt. Rushmore Rd.

Black Hills Playhouse 2pm Showtime The Drowsy Chaperone

Legends in Light 
 Laser Show
9:30pm approx. - @ dark
Crazy Horse Memorial ®

Need More Info? Contact: Custer Chamber of Commerce 605.673.2244 615 Washington Street

For updates & event details, follow the Gold Discovery Days Facebook Page!

facebook.com/golddiscoverydays



Freeman's Electric Service, Inc. • Begging Burro Mexican Bistro & Tequila Bar • Custer State Park • McGas Propane Pounding Fathers Restaurant • Mt Rushmore Brewing Company • NXTLAW PC • Black Hills Energy Corporation Black Hills Power Bikes Rentals & Boutique • Bradeen Real Estate & Auctions • Gold Pan Saloon • Highmark Credit Union Nielsen Enterprises, LLC • Southern Hills Title Inc. • Black Hills Dumpsters • Black Hills Federal Credit Union Starr Insurance • Buglin' Bull Restaurant & Sports Bar • Custer Heating & AC • Custer Dental Studio • Dacotah Bank Custer Hospitality Hotels & Resort • Golden West Telecommunications • Jenny's Floral • Julie Jenniges • Pizza Mill Ketel Thorstenson, LLP • Lewis Realty/ KW Black Hills • Rush Mountain Adventure Park • Sander Sanitation Sentinel Federal Credit Union • South Dakota Outdoor Shop • Sprockets Fun Foundry • The Custer Beacon VFW Post 3442 • Black Hills Electric Cooperative • Chalet Motel • Kitchens by Karla • Tall Grass Landscape & Architecture Lost Sock Laundromat • Craig Reindl of Western Skies Real Estate • • LFC Veterinary Service, LLC French Creek RV Park & Campground • Horatio's Homemade Ice Cream • Crazy Horse Memorial®

Printable Copy



## CUSTER COMMUNITY-WIDE RUMMAGE SALE

Saturday, Aug. 19th





## **MEMBER SPOTLIGHT**

We would like to introduce our new member Teagan Franz Photography! A few words from Teagan...

I specialize in family, seniors, sports and wedding photography. I have been doing photography to support our family for the past five years. We were blessed with twins, and this path gave our family more time to spend together and go where life takes us. Our family came out to the hills for new opportunities and to stay close to family. We are loving every moment of being here! We travel for adventure and love seeing new parts of the country! We can't wait to give back to the community and meet more people we'd love to call friends!



To have your business featured in our Member Spotlight, please contact Amy Brazell at abrazell@custersd.com



Peaceful Meadows (VRBO-nightly vacation rental) TC Horsecamp LLC Mile High Garden Club French Creek Supply- Napa Auto Parts Pounds, Pugs, & Hugs LLC Fred & Wendy Hlava- Business & Property Development The Hills Finest

## **AREA EVENTS**



Forest Service U.S. DEPARTMENT OF AGRICULTURE

## National Forest Week July 10 - 16, 2023 / "Forest Mode"

Celebrate National Forest Week within the 1.2-million-acre Black Hills National Forest. Find your "forest mode" by exploring outdoor opportunities.

'Forest

National Forest Foundation

### Explore the Osprey Trail Tuesday, July 11 / 10 a.m.

Take part in a two-hour, guided hike along the 2.2-mile Osprey Trail near Pactola Reservoir. Learn about ponderosa pines and the evolution of a forest ecosystem. For the amateur arborist, hikers will also learn methods to estimate a tree's age, height, health, reproduction, and defense against threats. This trek is perfect for families with young children. Meet at the Osprey Trailhead parking lot near Loop B of Pactola Campground. NOTE: For more youth engagement, visit Kids in Parks online for more trail adventures and prizes.

### Junior Forest Ranger Program / Animal Tracks (Pactola Visitor Center)

Thursday, July 13 / 1 - 2 p.m.

Bring the kids to the Pactola Visitor Center for an afternoon of making plaster animal tracks. Yep ... your little Junior Forest Rangers will get kind of dirty, but they will have fun learning about wildlife in the Black Hills National Forest. Take part in a scavenger hunt inside the visitor center, view the exhibits and displays, and just enjoy the afternoon overlooking the Pactola Reservoir. Earn a badge too!

### Outdoor Photography Workshop (Pactola Visitor Center)

### Saturday, July 15 / 1 - 5 p.m.

Meet at the Pactola Visitor Center for an afternoon of photography skills / training ... then take to the field to capture some images. Marty DeWitt, professional photographer, will share the basics of exposure, lighting, composition, and introduce participants to different types of equipment used for nature photography. An evening session related to night sky images is available in the Pactola Campground at 8:00 p.m. Registration is required by Thursday, July 13 by calling (605) 673-9200.

Junior Forest Ranger Program / Animal Outhouses (Pactola Visitor Center) Saturday, July 15 / 1 - 2 p.m. Dissecting owl pellets is a fun and interesting way to learn about food chains, habitats, and how scientists collect and use data. Bring your Junior Forest Rangers to the visitor center for a fun story and then explore an owl pellet like a wildlife biologist.

### Campfire Sing-Alongs - Songbird of the Black Hills (Reuter Campground) Saturday, July 15 / 7:30 p.m.

Songbird of the Black Hills (Sally Svenson) is sharing an evening of campfire music featuring several Black Hills stories behind her original songs ... with sing-along tunes included. If you are looking for a weekend camping experience in the Bearlodge Mountains, head to Reuter Campground for a nostalgic night around the fire pit.

### National Forest Week™ Photo Contest

The National Forest Foundation is hosting a photography contest for the general public, and images can be submitted through National Forest Week Photo Contest, www.nationalforests.org. Three categories are available: Landscape, Recreation, and Youth Photographer. NOTE: The contest is available from Monday, July 10, 2023 to midnight (MT) on July 16, 2023.

#NationalForestWeek



USDA is an equal opportunity provider, employer, and lender.



**Rushmore Road** 

# Tuesday Night Social Runs

Come join us every Tuesday night in Custer for a 3-4 mile social run and drinks afterward

> All ages and abilities welcome including walkers. (Must be 21 to drink alcoholic beverages)

We will meet at the South Dakota OutDoor Shop in Custer at 5pm every Tuesday until Labor Day



## **Custer County Democrats**

Coffee & Breakfast Gathering

Saturday, July 15<sup>th</sup> — 9:00 AM Feel Good Cafe

> 907 N. 5th St. Custer, SD (next to Bavarian Inn)



Looking Forward To Seeing Everyone On Saturday!



### South Dakota Enhanced Conceal Carry Class

This is a One day Class

Saturday July 15th. 2023 9:00am to 4:30pm

The Enhanced Permit allows you carry in 38 states including MN, NE, WI, NV, NH, WA, and SC Class size is limited so register early.

For additional information or to register for the class you can e-mail the instructor at **echo.ft.sd@gmail.com**, call the shop at 605-673-3222 or e mail us southernhillstactical@gwtc.net

## YOUTH BIBLE CAMP

## MONDAY THRU SATURDAY JULY 17-22, 2025

Camp Speaker Evangelist Dwight Smith Camp Director Pastor Matt Furse



### LAKE MALONEY 203 Mill Isle Drive North Platte, NE 69101

https://camppatmos.co

PATMO



Paintball Wars Archery Competition Great Preaching & Teaching!!! Awesome Food!!!!! Campfire Cookout & S'mores Indoor Games & Foosball Ping Pong & Pool Table and, lots, lots more!!!

Camp Fee: \$150 per camper



12230 Aviation Way • PO BOX 266 Custer, SD 57730 • 605-673-2498 www.mountainviewbaptistcuster.com

CONVERSATIONS AT THE SEMIOR SENTER.

CONVERSATIONS AT THE SENIOR CENTER:

WHAT? Power Point Talk on HOMESTAKE OPERA HOUSE Its history, its recovery from arson, its influence... WHO? Director Christine Allen WHEN? Third Wednesday: July 19, @ 11 a.m.-NOON WHERE? Custer SR Center COST? FREE Be there. Be "in the know."

## KADAOKE



Join us for a memorable evening of music and entertainment at the Diamond Spur Events Center as we present an electrifying karaoke event featuring the one and only Vegas sensation, Dayna Tully! Date: Thursday, July 20th Time: 6:00 p.m. to 9:00 p.m.

Prepare to unleash your inner superstar as Dayna Tully takes the stage, lending her extraordinary vocal talents and charismatic stage presence to elevate the karaoke experience to new heights. With her extensive repertoire spanning various genres, from timeless classics to contemporary hits, Dayna Tully will captivate audiences with her powerful voice and infectious energy.

Whether you're an experienced crooner or a novice performer, this event is for everyone! Grab the microphone, sing your heart out, and revel in the spotlight as you belt out your favorite tunes. Dayna will be there every step of the way, offering guidance, support and perhaps even joining in on a few duets!

Mark your calendars for Thursday, July 20th, and get ready to experience the magic of karaoke with Dayna Tully at the Diamond Spur Events Center!

Entry to this event is free and open to the public - we look forward to seeing you there!





## CAROLINE HATTON FLOWER SHOW

## A Fabulous Dísplay of Beautíful Local Plants & Flowers

### Sponsored by Custer Mile High Garden Club

The Flower Show is held at the Custer Senior Center in conjunction with Gold Discovery Days. Don't miss it!!

### FRIDAY, JULY 21

9:00 AM -11:30 AM Bring your entries to the Senior Center. <u>There is NO charge to participate</u>.

 $12{:}00\ \text{PM}-2{:}00\ \text{PM}$  Entries will be judged. Ribbons and Prizes will be awarded.

2:00 PM - 5:00 PM Open for Public Viewing

### SATURDAY, JULY 22

9:00 AM - 1:00 PM Open for Public Viewing



1:00 PM – 2:00 PM Participants need to pick up their entries



Pick up rules & classification list at Jenny's Floral, The Library, Custer Senior Center and Custer Chamber of Commerce.



AFTER THE PARADE UNTIL 1PM

## CUSTER SENIOR CENTER

## \$12

## 100TH GOLD DISCOVERY DAYS JULY 22nd



### MEAL INCLUDES: SLOPPY JOE, BAKED BEANS, PICKLE, BAG OF CHIPS, BROWNIE & REFRESHMENT

TWO RAFFLE BASKETS Filled with generous gifts from our merchants will be raffled off. Drawing at 1:00 on the 22<sup>nd</sup>. TICKETS ARE 1 for \$1 OR 6 for \$5

> Custer State Hospital and South Dakota Developmental Center: Custer

### former employees and interested persons

## Reunion!



### Date: July 22, 2023 Time: 1:00 to 3:00, after the Gold Discovery Days Parade Location: VFW Basement, Custer

Bring your photos and memories!

Between 1963 and 1996 South Dakota operated an instituion for mentally and physically handicapped persons at Sanator. Many from Custer worked there. If you are one of them or are interested in a little Custer history....drop by!

> Sloppy Joes will be served for lunch! See your former co-workers and share some memories! Hear a little about the history of Sanator and the progress being made to update the cemetery!

Sponsored by the Friends of Custer State Hospital Cemetery and the Custer 1881 Courthouse Museum





### South Dakota Enhanced Conceal Carry Class

This is a One day Class Saturday July 22nd, 2023 9:00am to 4:30pm

The Enhanced Permit allows you carry in 38 states including MN, NE, WI, NV, NH, WA, and SC Class size is limited so register early. For additional information or to register for the class you may contact the instructor at **www.sodakian.com**, contact us at

605-673-3222 or by e-mail at

southernhillstactical@gwtc.net

Custer Mile High Garden Club 17<sup>th</sup> ANNUAL Avis Hespen Garden Tour Sunday, July 30, 2023 1-3:30 P.M.

PROGRAM AND MAPS AVAILABLE At Jenny's Floral, 36 N. 6th St., Custer Chamber of Commerce, 615 Washington Street.

Refreshments following FREE tour at Dakota Greens – Custer Greenhouses & Nursery, Inc., 25086 Shamrock Road.

# **CO-OP**

FRIDAY, AUGUST 4TH 11:00 A.M. - 2:00 P.M. SAFETY DEMOS: 11:00 A.M. & 1:00 P.M.



25191 COOPERATIVE WAY CUSTER, SD 57730



Black Hills National Forest | Forest Recreation Management (FRM)



### Songbird of the Black Hills Labor Day Weekend Sing-Along Event

Saturday, September 2 / 7:00 p.m. Sheridan Lake Campground

When nature and music join forces, inspiration flows. These are the elements that have motivated the Songbird of the Black Hills (Sally Svenson) to write her songs. Through her music, she delights in sharing her love of this diverse region with others.

Sally has spent over four decades exploring and experiencing the Hills with all its varied habitats and vistas. She served as the Custer State Park (CSP) naturalist for eighteen years. Sally spent an additional sixteen summers in CSP as an entertainer at the Blue Bell Chuckwagon. The inspiration for new songs continues to flow.

You are invited to join the Songbird of the Black Hills for a late-season evening of campfire music featuring the Black Hills stories behind her original songs (sing-along tunes included).

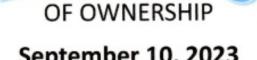
Under permit from the Black Hills National Forest, Forest Recreation Management (FRM) operates most of the campgrounds and developed recreation sites on the Forest during the summer months. In an effort to engage its late-season campers, vacationers, and local outdoor enthusiasts, FRM is sponsoring the Labor Day Weekend musical program at Sheridan Lake Campground.



605–673–9200 | www.fs.usda.gov/blackhills | www.facebook.com/blackhillsnf | Twitter @BlackHillsNF USDA is an equal opportunity provider, employer, and lender.



COLD SPRINGS HISTORICAL SOCIETY



September 10, 2023 12:30 to 2:30



Corn Hole toss contest \$5 entry fee winner splits pot.



\$1 per ticket or 12 tickets for \$10

Sloppy Joes, Beans, Chips, Dessert, Drinks Free will donation Music by Southern Rail Drifters EVERYONE WELCOME FUN FOR ALL AGES







Pie Eating Contest \$10 entry fee winner splits pot.



**Directions from Custer:** 385 south to Beaver Creek Road, Beaver Creek Road to Flynn Creek Road, Flynn Creek Road to 1<sup>st</sup> driveway on right.

**Directions from Hot Springs:** Take 385 towards Wind Cave then take 87 (the road in wind cave) then take Beaver Creek rd. (near Rankin ridge) to Flynn Creek rd. First road on right to the Schoolhouse

www.facebook.com/CSHSSD

## ANNOUNCEMENTS





## American Legion Auxiliary Unit Coming to Custer

Who: male and female spouses, grandmothers, mothers, sisters, and direct and adopted female descendants of military members who served honorably.

Why: support veterans, military, and their families. Help to advance the mission of The American Legion. Scholorships, girls state, promote youth and support community

For more information email dawnmurray68@gmail.com



**Garcia Family Clinic** 

IV HYDRATION

The most effective and efficient method of absorbing vitamins, minerals, and amino acids!

### DRIPS MENU

### Ascorbic Acid (high dose) \$180

High dose vitamin D drip rejuvenates and repairs cells, builds collagen, improves immune responses, and eliminates free radicals with antioxidant properties. Attack fatigue, depression, vitamin D deficiency, brain fog, and repair skin.

### Ascorbic Acid (low dose) \$150

Low dose vitamin D drip with identical benefits and results as the high dose Ascorbic Acid IV. This drip is more suitable for elderly and individuals sensitive to high dose ascorbic acid.

### Amino Acids

\$200

\$25

Increase lean muscle mass, improve metabolism, and burn fat with the amino acids drip comprised of essential amino acids and L-carnitine. This drip improves recovery, muscle synthesis, and athletic performance.

### Glutathione (Add on)

Glutathione is an add on option to any drip. Enjoy luminous skin, fight chronic illnesses by replenishing glutathione levels (chronic fatigue, arthritis, Parkinson's disease, and cancer), restore and repair the liver, decrease inflammation, and slow aging with glutathione.

### Hang 10

### \$160

Hungover no more with the Hang 10 drip designed to eliminate the toxin accumulation from a night on the town! The Hang 10 improves hydration and eradicates the toxins causing individuals to feel lethargic, dizzy, and dehydrated. Kick the headaches from a night of drinking to the curb.

### Hydrogen Peroxide

\$150

Naturally fight bacterial and viral infections with the hydrogen peroxide drip. Hydrogen peroxide is the body's natural defense system for fighting infection and improving overall health. Increase oxygenation of the blood, decrease the buildup of cholesterol, decrease blood pressure, improve lung function, and improve back disorders, arthritis, and asthma.

### Myers' Cocktail

cktail \$160

A blend of essential amino acids and vitamins, this drip relieves pain, boosts immune responses, and helps fight physical ailments such as acute fatigue, asthma, muscle spasms, sinus inflammation, hyperthyroidism, cardiovascular diseases, migraines, upper respiratory infections, and allergies. Fight off the negative effects of chronic stress, fixes hormone imbalances, and improves depression.

### Myers' Cocktail & Glutathione \$185

Combine effects of the Myers' Cocktail and the Glutathione add on.

### Shredder

#### \$150

Known as the weight loss infusion, the shredder boosts metabolism, mobilizes fat, improves natural energy levels, and improves lean muscle mass. Comprised of L-carnitine, amino acids, and vitamins, this drip provides your body with the nutrients needed to improve athletic performance while helping improve overall body composition.

### Zen Aura

### \$150

Relax and unwind with the Zen Aura drip. This drip improves cell health, brain function, digestion and appetite, all while providing a boost in energy levels. Zen Aura is suitable for individuals with cardiovascular disorders, anxiety, depression, and chronic stress.

Wtn: (605) 753-0913 | Hayti: (605) 783-2999 | Bella Rejuvenation: (605) 753-8607 www.garciafamilyclinic-bellarejuvenation.com





### INLLULU:

Looking for sponsors, gift cards, or items for the winners of The Gold Pedal during Gold Discovery Days! Riders will be stopping at places around Custer and tagging businesses in The Gold Pedal Selfie Run. All Sponsors will be advertised on our facebook page and advertisement of the event!







# Volunteers Needed!

If interested in becoming a volunteer here at the 1881 Courthouse Museum, please contact either Melissa or Oonagh at (605)673-2443.

Or email us at 1881courthousemuseum@gwtc.net

### CUSTER COUNTY COURTHOUSE ART GALLERY

### 420 Mount Rushmore Road, second floor

Custer, South Dakota



Showcasing the photography of Kimberly Nelson. NOW THROUGH AUGUST 31, 2023 Endorsed by Custer Area Arts Council

## NEWS FROM THE STATE

SouthPaketa



### Dear Industry Partners,

The <u>Travel South Dakota 2022 Annual Report</u> is now available! Inside its pages you'll find details on year-end travel indicators, economic impact, marketing highlights, outreach efforts, and information about the department's funding and strategic direction. The report is a reflection of both the department and the industry as a whole, as well as the work all of us do to advance South Dakota's tourism industry.

Thank you for all your dedication in promoting and supporting tourism in South Dakota! All our best, Jim and Team <u>Jim Hagen</u> <u>Secretary of Tourism</u>

## PRESS RELEASES

### Jewel Cave National Monument News Release

Release Date: **July 12, 2023** For Immediate Release Contact: **Aimee Murillo / Chief of Interpretation /** <u>aimee murillo@nps.gov</u>



Saturday, July 29<sup>th</sup>

### Jewel Cave to Host Jr. Caver Day

**10 am - 2 pm** 

Jr. Caver swear-in around 2:15

Join us at the Jewel Cave National Monument Visitor Center!

11149 US Hwy 16, Custer, SD 57730

Custer, SD – On Saturday, July 29th Jewel Cave National

Monument will host their 2nd Jr. Caver Day. This free drop-in event will be from 10:00 a.m. to 2:00 p.m. and take place at the Jewel Cave Visitor Center.

Jr. Caver Day will have crafts and activities that celebrate our volunteer caving program, promote cave safety, and allow participants an opportunity to earn their Jr. Caver patch and other prizes. We have invited our Volunteer Cave Explorers to share how the Jewel Cave is explored. A Jr. Caver swear-in ceremony will take place just after 2:00 p.m. to close out the event.

For those interested in cave tours know you can book tours in advance on<u>www.recreation.gov</u>. The park looks forward to hosting Jr. Caver Day and appreciates support from our park partner, the Black Hills Parks & Forest Association, in preparing for this event.

Details and updates will continue to be posted at<u>www.nps.gov/jeca</u>, as well as on social media through Facebook at <u>www.facebook.com/JewelCaveNPS/</u> and Instagram at<u>www.instagram.com/jewelcavenps</u>.



Forest Service U.S. DEPARTMENT OF AGRICULTURE

## **Forest Service News Release**

Media Contact: Scott Jacobson, Public Affairs Officer (605) 440-1409 <u>scott.j.jacobson@usda.gov</u> <u>www.fs.usda.gov/blackhills/</u>

## Celebrate National Forest Week on the Black Hills National Forest

Custer, S.D., July 7, 2023— Celebrate National Forest Week (NFW), July 10 – 16, 2023 on the Black Hills National Forest.

NFW highlights the incredible 193-million-acre National Forest System across the country and all the benefits it provides to the public.

Several Free Forest events, including a guided hike, a forest photography workshop, educational programs at the Pactola Visitor Center, and a campground sing-along will be taking place next week to showcase some of the amazing outdoor opportunities that can be found within the Black Hills National Forest.

Upcoming Programs: (Flyer: <u>https://www.fs.usda.gov/Internet/FSE\_DOCUMENTS/fseprd1119836.pdf</u>) Tuesday, July 11 at 10 a.m. – Explore the Osprey Trail: Take part in a two-hour, guided hike along the 2.2-mile Osprey Trail near Pactola Reservoir. Learn about ponderosa pines and the evolution of a forest health, reproduction, and defense against threats. This trek is perfect for families with young children. Meet at the <u>Osprey Trailhead</u> parking lot near Loop B of Pactola Campground.

Thursday, July 13, 1 – 2 p.m. - Junior Forest Ranger Program / Animal Tracks (Pactola Visitor Center): Bring the kids to the <u>Pactola Visitor Center</u> for an afternoon of making plaster animal tracks. Yep ... your little Junior Forest Rangers will get kind of dirty, but they will have fun learning about wildlife in the Black Hills National Forest. Take part in a scavenger hunt inside the visitor center, view the exhibits and displays, and just enjoy the afternoon overlooking the Pactola Reservoir. Earn a badge too!

Saturday, July 15, 1 – 5 p.m. - <u>Outdoor Photography Workshop</u> (Pactola Visitor Center): Meet at the Pactola Visitor Center for an afternoon of photography skills / training ... then take to the field to capture some images. Marty DeWitt, professional photographer, will share the basics of exposure, lighting, composition, and introduce participants to different types of equipment used for nature photography. An evening session related to night sky images is available in the Pactola Campground at 8:00 p.m. Registration is required by Thursday, July 13 by calling (605) 673-9200.

Saturday, July 15, 1 – 2 p.m. - <u>Junior Forest Ranger Program / Animal Outhouses</u> (Pactola Visitor Center): Dissecting owl pellets is a fun and interesting way to learn about food chains, habitats, and how scientists collect and use data. Bring your Junior Forest Rangers to the visitor center for a fun story and then explore an owl pellet like a wildlife biologist.

Saturday, July 15, 7:30 p.m. - <u>Campfire Sing-Alongs - Songbird of the Black Hills (Reuter</u> <u>Campground</u>): Songbird of the Black Hills (Sally Svenson) is sharing an evening of campfire music featuring several Black Hills stories behind her original songs ... with sing-along tunes included. If you are looking for a weekend camping experience in the Bearlodge Mountains, head to Reuter Campground for a nostalgic night around the fire pit.

National Forest Week<sup>™</sup> Photo Contest: The National Forest Foundation is hosting a photography contest for the general public, and images can be submitted through National Forest Week Photo Contest, <u>www.nationalforests.org</u>. Three categories are available: Landscape, Recreation, and Youth Photographer. NOTE: The contest is available from Monday, July 10, 2023 to midnight (MT) on July 16, 2023.

For more information on the Black Hills National Forest, visit <u>https://www.fs.usda.gov/blackhills/</u>.

###

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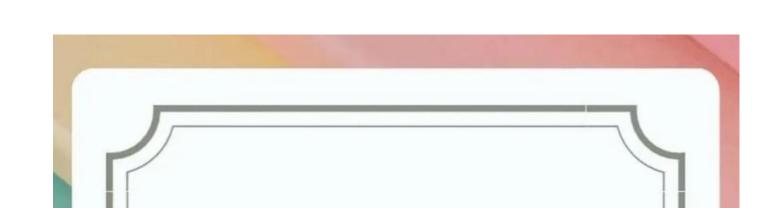
## Custer Senior Center

July Schedule

Click here to Check out the Custer School District Calendar for upcoming school events!



## WEEKLY INSPIRATION



"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."

- Roald Dahl

## HELP WANTED









## PLEASE EMAIL Skogen@skogenkitchen.com

### Job Positions

- Line cooks
- Dishwashers
- Full time
- Part time

Ph: 605.673.2241 E: skogen@skogenkitchen.com W: www.skogenkitchen.com





# DISH WASHER

# SERVERS

Looking for a spring/summer Job? Come join our team!



### Please apply in house: 308 Mt. Rushmore RD Custer

Or By Phone: 605-981-9047

Requirements: Must have a Positive Attitude!

### VACANCY ANNOUNCEMENT

PAID ON-THE-JOB EXPERIENCE OPPORTUNITY

WHERE: CUSTER SENIOR CENTER

TITLE: CUSTODIAN

### SCHEDULE: PART TIME

### PAY - \$10.80 PER HOUR

### THIS POSITION IS PART OF THE SENIOR COMMUNITY SERVICES PROGRAM (SCSEP)

SCSEP is an on-the-job experience and employment program designed to help low-income individuals age 55 and older update their jobs skills, build work experience and confidence, and continue to have economic security and well-being.

### Eligibility:

Individuals applying for the SCSEP must meet specific eligibility requirements in order to participate:

- A resident of South Dakota
- 55 years of age or older
- Unemployed
- A limited household income of no more than 125 percent above of the federal poverty level

### **Participant Benefits:**

As a participant of the SCSEP will:

- Earn income South Dakota Minimum Wage
- · Receive training and experience to help develop employment skills
- Receive free annual physical exams
- Have the chance to obtain full- or part-time unsubsidized employment upon completion of program
- · Partake in meaningful social and physical activities
- · Engage in activities to support independence

### Be sure to check out the Help Wanted section on our Website:

**Our Address:** 615 Washington Street Custer, SD 57730

**Phone Numbers:** 

605-673-2244 800-992-9818 Send Us An Email

**Connect With Us** 



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Visit our website