Monday

48/29

Mostly Sunny

Wind: NW 15 mph

Sunday

56/30

Mostly Cloudy/

Wind

Wind: W 26 mph

Saturday

71/50

Partly Cloudy/

Wind

20 mph

Wind: S

Wednesday

54/36

Showers

Wind: E 15 mph

Tuesday

52/37

Partly Cloudy

Wind: SE 18 mph



Poynter

Blume

CHIEF METEOROLOGIST

Pekar

Sunny Wind: NW 13 mph Wind: SE 17 mph \*Average wind speed for each day

Thursday

73/36

Friday

68/50

Mostly Sunny

Get the latest weather news and alerts with up-to-date forecasts, current and future radar and more with the Stormtracker app.



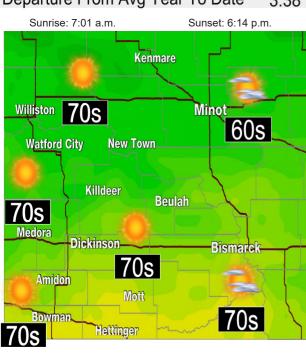
## StormTRACKER Forecast

Clouds clear through the day and temperatures warm to the low 70s. Mostly sunny skies again tomorrow.

Almanac Through 6 pm Tuesday

Temperature	High	Low
Tuesday	64°	29°
Normal	62°	35°
Record	86° in 1920	10° in 1946

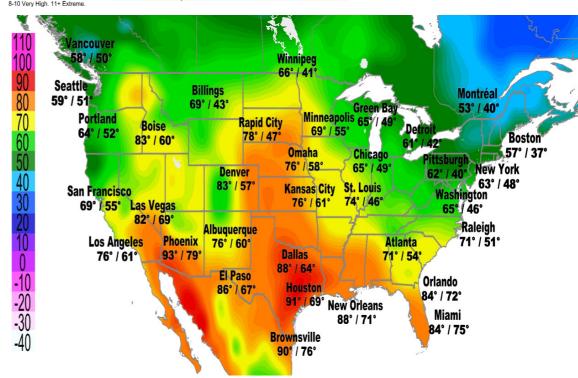
Necord	00	Ш	1920	10	Ш	1940
Precipitation				l	n In	ches
Tuesday						M
Month To Da	ate					Ν
Departure Fr	om A	vg	Month	To Dat	е	M
Year To Date	е				1	7.50'
Departure Fr	om A	vg	Year T	o Date		3.38'



## Havre Williston Glasgow 60s 60s Bismarck 94 Dickinson 70s 70s **Billings** 60s 70s Rapid City



	Today Ton		Tomo	omorrow		Today		Tomo	Tomorrow	
Regional Weather	Hi	Ĺo	Hi	Lo	Regional Weather	Hi	Ĺo	Hi	Lo	
Billings, MT	69	43	69	51	Havre, MT	68	40	75	44	
Bismarck, ND	71	41	64	48	Miles City, MT	73	43	76	52	
Casper, WY	78	45	69	54	Rapid City, SD	78	47	69	53	
Fargo, ND	73	47	62	42	Sioux Falls, SD	76	49	71	45	
Grand Forks, ND	72	46	60	40	Williston, ND	70	36	70	53	
•										



## HOROSCOPE | EUGENIA LAST

ARIES (March 21-April 19): Let your actions send a message to onlookers and friends alike. How others respond will be a telltale sign of what's possible and how to go about putting your plans into motion. Cap your spending to ensure you can sustain your course of action to completion. Discipline and hard work will lead to financial gain and prestige. 3 stars

TAURUS (April 20-May 20): A positive turn of events will position you for success. Don't hesitate to reach out to those who can help you. Send out your resume. Ask, and you shall receive. Opportunities await those willing to put in the time and effort. Leave nothing undone; draw up agreements, fill in the blanks and shoot for the stars. 3 stars

GEMINI (May 21-June 20): Set your sights on learning something or exploring new places, people or pastimes. Those you encounter will meet vour expectations, and so will the possibilities and suggestions that follow. Travel or attending a reunion will influence your perspective regarding where or how you live. Don't let anyone hold you back or cramp your style. 3 stars

CANCER (June 21-July 22): Don't second-guess yourself or defer to someone else due to a lack of confidence on your part. A passionate presentation or conversation can have a profound impact that influences how someone feels about you. Participate in pastimes or events that motivate you, and the outcome will be newfound friends and opportunities. Romance and personal growth are favored. 4 stars

LEO (July 23-Aug. 22): Emotions will fluctuate depending on how and with whom you spend your time.



Domestic issues will arise designated to something you that divert attention to home improvements, relocation or encourage personal growth, 3 maximizing the use of your stars space for profit. It will be necessary to set a strict budget and enhance your qualifications, interests or skills to raise your earning potential. 2 stars

VIRGO (Aug. 23-Sept. 22): Communication is the key to receiving the help you need to meet your deadlines. Be wary of those who offer too much and fall short. Anger will not help you get things done, but organization and motivating those you work alongside will. Put time aside to rejuvenate. A commitment will offer greater security and stability. 5 stars

LIBRA (Sept. 23-Oct. 22): Put your energy into getting things done on time and to the best of your ability. Steer clear of anyone trying to tempt you into doing or spending on something unnecessary or beyond your means. Choose to do what's best for you, rather than trying to fit in or please someone else. Stick close to home. 3 stars

SCORPIO (Oct. 23-Nov. 21): Participate in events, and you will gain experience. Visiting a place that stimulates your mind and encourages you to learn something new will be a bonus. Opportunity is within reach; look around you and be the one to make the first move. Volunteering to help a cause or someone you care about can lead to emotional rewards and stronger bonds. 3 stars

**SAGITTARIUS** (Nov. 22-Dec. 21): Organize your schedule and get your house order. Tidy up, prepare to host an event, or make a lifestyle change, commitment or move. Keep your money and possessions in a secure location and protect vourself against scammers. A workspace enjoy doing will be uplifting and

CAPRICORN (Dec. 22-Jan. 19): Establish your expectations and be open with friends, associates and family who may be affected by the changes you implement. Being transparent will help you convince others to get on board and help you reach your goal. Investing time and money in yourself and what you want to achieve will help you

fulfill your dreams. 5 stars AQUARIUS (Jan. 20-Feb. 18): Tend to your health, wealth and personal life. A change to vour living arrangements will offer comfort, convenience and ease. Sharing expenses or lowering your overhead will have an impact on how vou move forward. Adopting a minimalist attitude will help you declutter your life and space.

Let go of the past. 2 stars PISCES (Feb. 19-March 20): You have options. Stop worrying about what others do, and set your sights on what you want. Let others know how you feel and what your intentions are, and find out where you stand. Take the path that leads to your happiness. A commitment will come easily if it's written in the stars. Romance is in the stars.

Eugenia Last may be reached at 1-900-451-5571 or www.eugenialast.com.

## Today is the 282nd day of 2025 and the 18th day

of autumn. TODAY'S HISTORY: In 1635, Roger Williams, the eventual founder of Rhode Island, was banished from Massachusetts Bay Colony as a religious

In 1888, the Washington Monument opened to the general public.

In 1986, the musical "The Phantom of the Opera" opened in London's West End.

dissident.

In 2006, North Korea claimed it had performed its first nuclear test.

TODAY'S BIRTH-DAYS: Alastair Sim (1900-1976), actor; John Lennon (1940-1980), singer-songwriter; Jackson Browne

## **TODAY'S ALMANAC**

(1948-), singer-songwriter; Sharon Osbourne (1952-), media personality; Tony Shalhoub (1953-), actor; Scott Bakula (1954-), actor; Mike Singletary (1958-), football player; Guillermo del Toro (1964-), director; Steve McQueen (1969-), filmmaker; Annika Sorenstam (1970-), golfer; Marie Kondo (1984-), author/TV personality; George Kittle (1993-), football player; Bella

Hadid (1996-), model. TODAY'S FACT: John Lennon was first introduced to the round spectacles that became his signature look while filming the 1967 movie "How I Won the War." The glasses were part of his

character's wardrobe, but Lennon continued wearing them after filming ended.

TODAY'S SPORTS: In 1915, Woodrow Wilson became the first sitting president to attend a World Series game.

TODAY'S QUOTE: I'm not that interested in re-creating reality. I'm interested in re-creating an emotional truth." Guillermo del Toro

**TODAY'S NUMBER:** 36,491 — marble bricks used to build the Washington Monument.

**TODAY'S MOON:** Between full moon (Oct. 6) and last quarter moon (Oct. 13).

## **THERAPY CONTINUED** from A1

in skilled nursing and people of all different ages," said Landis. "I had experience with individuals with traumatic brain injuries and a lot of them came with addiction. There were just so many pieces to each of their stories that really influenced my career path."

She initially started her private practice in 2022. This summer, she began offering a new therapeutic approach, Accelerated Resolution Therapy (ART).

"ART is a gentle,

effective approach that helps your brain reframe distressing memories so they no longer trigger the same emotional or physical reaction," said Landis. "You'll still remember what happened — but without the heaviness that's been weighing you down. Many people notice big changes in just 1–5sessions."

Landis said ART can help with performance

anxiety, phobias and fears, along with grief, loss, trauma or post-traumatic stress disorder

(PTSD). Midwest Therapy Center is located at 257 1st Street East, Suite 3 in Dickinson. For more information, call (701) 300-1534 or visit Midwest-TherapyND.com.



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