

# Get Up and Go!

Ways to enjoy North Dakota this season.

Rockin' the Cove  
in Devils Lake.



3 OF THE BEST

## OUTDOOR MUSIC FESTIVALS

**DEVILS LAKE** The **Devils Lake Rockfest: Rockin' the Cove** brings an up-and-coming country singer, a pop/rock/country combo and a Tom Petty tribute band, Aug. 10-11. [facebook.com/rockinthecove/](https://facebook.com/rockinthecove/)

**FARGO** The **Fargo Blues Festival** attracts 12 of the biggest blues acts in the nation to Newman Outdoor Field, Aug. 17-18. The music, food and camping prompted Dan Aykroyd (a.k.a. Elwood Blues) to mention it on his radio show. [fargobluesfest.com](http://fargobluesfest.com)

**BISMARCK** Blues fans flock to the amphitheater in General Sibley Park and Campground for the free, all-ages **Muddy River Blues Society Music Festival** on Aug. 4. [facebook.com/MRBSND](https://facebook.com/MRBSND)

### BIG THRILL

The Fargo Airsho returns to Hector International Airport, **July 28-29**, for two days of aerial entertainment. Stunt planes gracefully loop, roll and dive, and the U.S. Navy Blue Angels draw "oohs and ahhs" as they roar overhead. [fargoairsho.com](http://fargoairsho.com)



### ON STAGE

Sing along when **Def Leppard and Journey** unite for a highly anticipated North American tour. The show rocks the Fargodome on **July 28**. [AAA.com/TicketMonster](http://AAA.com/TicketMonster)

### DON'T MISS

Perch atop the bluffs to watch sailboats race across Lake Sakakawea at the **Fort Stevenson Regatta** on **Aug. 25**. Then, stick around for the evening Beach Party. [parkrec.nd.gov](http://parkrec.nd.gov)

## MADE IN NORTH DAKOTA

### Flaxseed

**Golden Valley Flax** began with a breakfast table revelation. Mark and Esther Hyden had been eating high fiber, Omega-3- and antioxidant-rich flaxseed to help control Mark's cholesterol when they realized: "We could raise flax on our farm." Today, the flax flowers on their Park River farm bloom in midsummer, and in fall are harvested, processed and shipped to stores and online customers. [goldenvalleyflax.com](http://goldenvalleyflax.com)



**TICKET TO FUN:** Earn 2% in AAA Dollars when you buy tickets at [AAA.com/TicketMonster](http://AAA.com/TicketMonster).