

Sunday, May 26, 2019 The Forum Section B

LIFE HOME+TRAVEL

SUMMER FUN IS HEATING UP

Fargo-Moorhead RedHawks

Games through Sept. 3. You don't have to be a baseball fan to enjoy a day at Newman Outdoor Field, 1505 15th Ave. N., Fargo. Not all of the fun is between the home runs when the Fargo-Moorhead RedHawks take the field, as the whole ballpark has lots to offer. Stadium food fans have evolved beyond hot dogs, and there is entertainment in the aisles as Hawkeye weaves through the crowd. fireworks follow every Friday night game and promotions include visiting dog tricks on the field June 19, picnics at the ballpark on July 7, lightaber lessons on July 30 and more; www.fredhawks.com.



Hawkeye tries on a fan's hat during a Fargo-Moorhead RedHawks game. *Photo by the photo*

10 things to look forward to in Fargo-Moorhead

By John Lamb

The weather may not feel like it, but Memorial Day weekend symbolizes the beginning of summer. There's no end of things to do over the next three months, but these are some ones to watch.



The Red River Valley Fair is a summer highlight. *Photo by the photo*

Red River Valley Fair

July 9-14. It's just not summer without fair rides, midway games, animal exhibits, food vendors and live music, and the Red River Valley Fair, 2805 Main Ave., West Fargo, packs that all — and more — into six days. With more than 30 rides and grandstand acts by country (Nitty Gritty Dirt Band, Josh Turner, Kip Moore) and rock (Hatchell, Theory of a Deadman, Paul) acts, carnival activities and age spots, the RRVF has something for all ages; <http://www.fairvalleyfair.com>.

Steve Martin & Martin Short

June 7. The Jule Fuhrer Summer Concert Series at Klatsman Amphitheater, 805 50th Ave. S., Moorhead, always get rolling with acts by Chicago and the Avett Brothers, but the next gig will be one for the books. Legendary comedians Steve Martin and Martin Short bring their show to the outdoor venue with a mix of stand-up and music. Martin brings an accomplished bluegrass banjo player and Short a Broadway song-and-dance man. There are 10 more events at Moorhead's outdoor venue planned, including a visit from rock legend Robert Plant, a tribute to Woodstock and the first barbecue and music fest, Sister Cities Symphony, featuring Nathaniel Seltzer, Little Big Town and others — but Martin and Short will set the tone for a summer of smiles; <http://klatsmanamphitheater.org>.



Steve Martin, left, and Martin Short bring their comedy and music to Klatsman Amphitheater on June 7. *Special to The Forum*



Meal is on the menu at Fargo's Happy Harry's RibFest. *Photo by the photo*

Happy Harry's RibFest

June 5-8. Things start heating up the first week of June with Happy Harry's RibFest. The annual celebration of meat and music fires up in the parking lot of the Fargodome, 2800 N. University Drive, on June 5 with seven piggyback serving food all day and Hilkey City frontman Vince Meli closing out the night. Country singer Russell Dickerson plays the next night, followed by country act Sawyer Brown with Kix and ProKawee closing things out on June 8; www.happyharrysribfest.com/.

Scandinavian Hjemkomst & Midwest Viking Festival

June 20 & 21. Sleds can be dander. Norse descendants will have reason to celebrate during the annual Scandinavian Hjemkomst & Midwest Viking Festival this June at the Hjemkomst Center, 302 First Ave. N., Moorhead. While the focus will be on Hjemkomst this year, Norwegians, Swedes, Finns and Icelanders will all find something to embrace at the annual get-together. Visitors will have crafts and goods for sale, traditional folk artists will perform and Scandinavian food will be served. If that isn't enough, a Viking village will be set up to re-enact the lives of the adventurers, from blacksmithing to battle displays; www.hjemkomst.org.



Viking re-enactors show how Scandinavian warriors fought at the Scandinavian Hjemkomst & Midwest Viking Festival. *Photo by the photo*



The U.S. Navy Blue Angels performed at the 2018 Fargo AirSho. *Photo by the photo*

Fargo AirSho

July 20 & 21. For the first time in 15 years, the Fargo AirSho will take off in two consecutive years at Fargo's Hector International Airport, 2804 32nd Ave. N. The U.S. Air Force Thunderbirds return to the friendly Fargo skies during the event — and the group will fly to 50 years after they helped kick off the first AirSho in 1969. This year's bill also includes Aerobatic pilot Kirby Goodwin, the Red Bull Air Race team, Lucas Oil Air Shows, the two-planes-in-one Yak 10 and more; www.fargoairsho.com/.

SUMMER EVENTS: Page B1

For 20 years, yoga was a no-go... until now

I like to joke that I've been doing yoga for 20 years and it's never done me a bit of good. And then a good friend will gently remind me that in order for this practice to give you any real benefit, you have to do it more than once every three years.



TAMMY SWIFT
I don't know why I haven't already made yoga a regular part of my

self-care routine. Maybe it's because it is hard to eat Oreo's when plating. Perhaps it's my general fear of group workouts, or even fitness clubs in general. I always feel like each an unconscious power in these places — as if I'm wearing the wrong clothes

(right? Spout? No thank!), will minimize the weight bench for a snack table or will be kicked out of a class for uncontrollable crying. In fact, the last time I visited a gym as a friend's "guest," I wanted to ghost in and out as surreptitiously as possible.

Instead, they made me fill out a lengthy form and even — *gasp!* — have my picture taken. I was convinced my photo would wind up on a prominently displayed FBI (Fitness Balance International) wall chart, along with my body weight and BMI.

Yet even I, a former gym class dropout and current would second-hand for competitive couch sitting, was intrigued by yoga. For one thing, basic yoga features slow, measured movement, deep breathing and lots of hugs.

YOGA: Page B1

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