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## Jody Olheiser Memorial Slush Run!

Join us in honoring Jody's memory and assisting BHS students by participating in the 2024 Jody Olheiser Memorial Slush Run!

### Race Information:

When: April 6, 2024, race starts at 10am (day of registration starts at 9:15)

Where: Sertoma Community Center, 300 Riverside Park Road Bismarck, ND 58504

Registration Costs: \$25/racer (\$15 for BHS Students)

– How to Register: [Online now](#) until Sunday, March 31 or in person day of the race

Can't make it but would like to contribute? Donate to this scholarship [HERE](#).



## YMCA/Family Wellness Programming Upcoming Activities

- Youth Sports
- Itty Bitty Activities
- Youth Swim
- Youth & Family
- Child Care & Camps

Click [HERE](#) to see all activities and camps currently offered.

**You Belong Here**  
**Missouri Valley Family YMCA**  
[www.bismarckymca.org](http://www.bismarckymca.org)

**For Our Community**  
**Family Wellness**  
[www.familywellnessbismar.org](http://www.familywellnessbismar.org)



## Work at BLAST!

Students interested in part-time work opportunities should consider applying for the position of BLAST Leader at Bismarck Parks and Recreation.

Bismarck's Life After School Time (BLAST) program is an after-school recreation-based program that takes place at several BPS elementary school sites. Participants enjoy games and activities with their peers in a safe and supervised environment.

There is some flexibility with scheduling, and pay ranges from \$13.25 - \$15.50/hr. Interested parties will find more information about the position here: <https://www.bisparks.org/jobs/>. There are multiple openings for this role



**Elections for IPAC officer positions will be held February 28, from 6 – 7:30PM at Hughes Educational Center, 806 N. Washington St., in Board Rooms 1 and 2.**

Nominations will be taken from the floor for Chair, Vice Chair, Secretary, Member at Large (2) Student Rep and Community Elder [bismarckschools.org/IPAC](http://bismarckschools.org/IPAC)

## VOLUNTEERS NEEDED!!

THE BISMARCK ADULT LEARNING CENTER NEEDS VOLUNTEERS IN OUR ENGLISH LANGUAGE CLASSROOMS!!  
MON-THUR 9-11:30AM  
MON-THUR 5:30-7:30PM

WE'RE FLEXIBLE! VOLUNTEER AS MUCH OR AS LITTLE AS YOUR SCHEDULE ALLOWS-TRAINING PROVIDED!

EMAIL [ASHLEY\\_COLES@BISMARCKSCHOOLS.ORG](mailto:ASHLEY_COLES@BISMARCKSCHOOLS.ORG)  
OR CALL 701-323-4530 x 3951

Adult Learning Center - part of Bismarck Public Schools  
BSC Campus - 1200 College Dr.  
Bismarck, ND

MARK YOUR CALENDARS - FEBRUARY 22, 2024

Space is limited - advance registration is required. Parents can register starting on 2/22/2024 registration continues through the Summer

**WHAT'S IN YOUR SUMMER?**

**REGISTRATION STARTS SOON !!**



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## Volunteering

The Abused Adult Resource Center is always looking for volunteers to help out at our store, Seeds of

Hope. If you're interested in volunteering, we can help you with your hours for the Honor Society or

other programs that require volunteer hours. To apply, please visit our website and fill out the online application. You can click on this link [HERE](#) to access the application. Alternatively, you can contact Blaine Finneseth, our Volunteer Coordinator for AARC, by emailing him at [blainef@aacnd.com](mailto:blainef@aacnd.com).



## BMX Racing

Location: Cottonwood Park S. 12th S Bismarck, ND

Interested In trying BMX? Practices will start the last week of May. Our Race season starts June 3rd. The first race is FREE. Kids & Adults of any age are welcome to join at anytime. Check our Facebook for any updates.

Schedule: Race every Mon & Thurs with registration from 6-7pm. Free practice every Tues from 6-8pm. Racers are grouped by age & proficiency when possible.

Requirements & Equipment: Each racer must wear a full face helmet, long sleeve shirt and pant to the ankle during a practice or race. Kickstands, trick-pegs, chain guards and reflectors must be removed for safety reasons. We do have a limited amount of loaner bikes & helmets available free to rent.

## 2024 Spring Bismarck Demon's 3 on 3 Basketball Tournament

sponsored by: BHS Girls Basketball  
Sunday April 21st, 2024 – @ Wachter Middle School

## 2024 Spring Bismarck Demon's 3 on 3 Basketball Tournament

BHS Spring 3v3 tournament will be held on Sunday, April 21st at Wachter Middle School (Girls and Boys Grade 2 - 8).

Cost: \$110 per team; each team guaranteed 3 games. Register by April 12th.

Location: Wachter Middle School Bismarck, ND

For more information and to register: [BHS Demon Girls 3 on 3 Basketball Tournament \(Spring 2024\) \(google.com\)](#)



## Farmers Union Camp

Kids enjoy team-building activities and leadership development in a FUN camp setting that includes water games, theme nights, sports, campfire, talent show, games, banquet, co-op education and more! Camps are held near Elgin and Jamestown in June, July and August for kids in grades 3-6 and 7-12. Free transportation is provided. Register by May 15 thru the NDFU mobile app or online at [ndfu.org](http://ndfu.org) to get the early bird discount. Financial scholarships are available. Go to [ndfu.org](http://ndfu.org) for details or call 800-366-6338.



## VCSU MBB 3 on 3 Tournament

VCSU Men's Basketball will be hosting a 3 on 3 tournament on Sunday, April 21st. All games will be played at W.E. Osmon Fieldhouse "The Bubble" on the VCSU Campus. The cost is \$90 per team, and the tournament is open to Boys & Girls teams grades 3-12. Registration is available online or by mail, and is due by Friday, April 12th. If you have questions, contact [Timothy.Wagner@vcsu.edu](mailto:Timothy.Wagner@vcsu.edu)



## North Dakota Waterfowl Brigade

Be part of the first North Dakota Waterfowl Brigade in Washburn, ND, June 3-7. The Brigade is a 5-day immersive camp for kids aged 13-17 centering on waterfowl and their habitats. The goal of the camp is to develop conservation leaders and ambassadors that support natural resource conservation into the future. The camp provides an intensive and exciting educational experience. Cadets will learn from professionals about the biology, habitat, and ecology of waterfowl while strengthening leadership, team building, and critical thinking skills. Students must submit a camp application by March 15 to attend this summer's camp. Tuition is \$500 per cadet and sponsorships may be available. To apply go to [www.texasbrigades.org](http://www.texasbrigades.org). For more information contact Jennifer Kross at [jkross@ducks.org](mailto:jkross@ducks.org) or 701-202-8896.

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## Field Trips

Come to our Studios or Offsite!

Let's Do Art!

Field Trips are Powerful Learning Experiences and full of new memories! Come to our studios or we can come to you! All art supplies are included. All groups are welcome.

**AGES:** 3 and up

**COST:** One-hour field trip \$3.50/student

Two-hour field trip \$7.00/student

**Art Options always available:**

- Acrylic on Canvas
- Oil Pastels
- Chalk Pastels
- Watercolors

This year we are adding ceramic painting with small ceramic pieces.

## Payment Options:

1. Check or credit card online prior to the field trip
2. Check, cash, or credit card online the day of the field trip

[Contact us for more information!](#)



## FUNCTIONAL MOVEMENT CLUB

FOR YOUTH AGES: 10-18

BY STEVE KUBISIAK

FOR MORE INFORMATION:

<https://functional-movement.webador.com/>



## Gently Used Prom Dresses for Sale at Closet360

Closet360 is a local resale store that allows sellers to sell their gently used items and PROM Dresses! They have a great variety of dresses in store to try on and available to purchase at a fraction of the price. For more information, please see the following contact information and social media pages below:



## Martin Luther Scholastic Chess Tournament

**Date:** Saturday, February 3  
**Registration:** 8:15-8:45 AM  
**Start:** 9:00 AM  
**Location:** Martin Luther School  
413 East Avenue D  
Bismarck, ND 58501  
**Fee:** \$10  
**Who:** Grades K-12  
**Sections:** K-3, 4-5, 6-8, 9-12

**\*\*Concessions will be available\*\***

We will be using a Swiss Pairing format which provides the opportunity for all players to play every round whether they win, lose or draw.

**For Questions:** Todd Wolf  
701-426-3768 or wolffpack@bis.midco.net



## Bismarck Youth Fastpitch 2024 Summer League Registration

2024 BYFSA Summer League Registration is NOW OPEN

Visit

[www.bismarckfastpitch.com/summer-league](http://www.bismarckfastpitch.com/summer-league) for more information and to sign up!

Early bird discount expires on April 15 and registration closes on April 30.



## Scholarship Application Open

Scholarships available! The application for a \$1000 scholarship through Bismarck Dollars for Scholars is open and is due February 28. More information and to apply:

[bismarck.dollarsforscholars.org](http://bismarck.dollarsforscholars.org).

Bismarck Dollars for Scholars is part of a national organization called Scholarship America which is the nation's largest scholarship organization. The group has awarded over \$160,000 in scholarships to Bismarck graduates.



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## Lacrosse Day at the Dome

The Bismarck Mandan Lacrosse Association is hosting a Lacrosse Day clinic. The clinic will take place on Sunday, February 25 from 1:30-3:00pm at the Fore Seasons Dome. This clinic is a 90-minute lacrosse experience for boys and girls, grades K-12, who have never played lacrosse before, as well as any returning players. It is designed to provide a fun, positive, and successful experience with the sport of lacrosse. The goal is for participants to have the best experience possible while learning lacrosse skills and developing the ability, confidence, and desire to play more. This clinic will be conducted by BMLA's current USA Lacrosse certified coaches and players, and all equipment will be provided. This event is also an opportunity for any returning players interested in some off-season practice. The cost is \$10. Walk-ins are always welcome! Please see our website below for additional information.

League registration is now open! Our discounted early bird rates run through February. Practices begin in March and the regular season runs from mid-April to mid-June. Protective equipment for boys and girls is available to rent for a refundable deposit for new players. Participants play small-sided games, while those interested in a more competitive experience can travel across North and South Dakota for 4-5 weekend competitions. For more information visit our website at [www.bismanlacrosse.org](http://www.bismanlacrosse.org) or find us on Facebook or Instagram.

## AUDITIONS



Register or find out more at [dakotastageltd.com/bpspc](http://dakotastageltd.com/bpspc)



## Shade Tree Players Conservatory Auditions

Students ages thirteen to eighteen are welcome to join us each summer to participate in a full-scale theatrical production with Shade Tree Players! With one play and one musical, students can select a show based upon their interests. Participants are asked to audition each spring to enable the directors to get a jump start on casting. All who audition will be cast!

Pre-registration is required. Please visit [dakotastageltd.com](http://dakotastageltd.com) for more information on registration.

Auditions for both conservatory shows, the play and the musical, are scheduled for February 25, March 10 and March 15, 2024 at Dakota Stage.



## Little Free Pantry

CHS Drama is partnering with BECEP to help keep their Little Free Pantry stocked. Items needed include household goods (laundry detergent, dish soap) and preschool sized waterproof mittens. Bring your items to any one of the musical performances to help support BECEP and the surrounding neighborhood.

Missouri River

## CLAY TARGET LEAGUE



## Spring High School Clay Target League Sign-Up now Open

Registration for all six Bismarck-Mandan High School Clay Target League teams competing in the 2024 Spring North Dakota State High School Clay Target League (ND CTL) is now open. The spring season consists of eight weeks: orientation/optional practice week, practice week, a reserve week, and five weeks of league competition on Sunday afternoons (excluding Easter) from Mar. 24th to May 19th. Participants from all six Bis-Man middle and high schools in grades 6-12 with hunter's education may register by logging on to: [mrctl.wordpress.com/register-now](http://mrctl.wordpress.com/register-now). Participants who do not yet have their hunter's ed may also register but will be required to take a SAFE course at an additional cost prior to being allowed to participate.

Participants can join one or all of four shooting sports disciplines: trap, skeet, 5-stand or sporting clays. Trap rounds will be logged at Capital City Gun Club located four miles north of Bismarck on Highway 83. Skeet, 5-stand and sporting clays will be logged at Capital City Sporting Clays located ten miles east of Bismarck on 71st Ave NE. Trap is capped at 240 participants. Registration will be open until 5pm sharp on Monday March 11th or until any caps have been met.

The Spring 2024 season cost for trap is \$350.00 via credit card online and \$35.00 by credit card online to the ND CTL for league registration at a later date. Costs cover all shells and targets for the entire spring season and include a team jersey. Parents can enroll their youth or learn more about the teams by emailing [mrctl25@gmail.com](mailto:mrctl25@gmail.com).

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## DON'T MISS OUT!

Feb. 25 – [S'mores Walk](#) at General Sibley Park from 1-4pm – FREE dog-friendly walk with treats

March – [Fencing](#) & [Karate](#)

March-May – [Wibit Water Toys](#)

April 4 – **Summer Registration Opens!** Our Activity Guide will be available in early March.

Visit [www.bisparks.org](http://www.bisparks.org) to learn more about parks and recreation activities.

## WORK AT BLAST!

Love working with kids and having nights and weekends free? We have a great job for you! We're **hiring BLAST Leaders** for our after-school program.

**Shifts run from 3-6pm Monday through Friday.** Staff are needed for **north-side Bismarck schools**. Must be to work by 3pm.

Help supervise children, plan games and activities, and assist them with homework. Must be age 15+ to apply at [bisparks.org/jobs](http://bisparks.org/jobs). Join our team!

## EXCELLENT JOBS!

Fun jobs with the Bismarck Parks and Recreation team! Jobs for ages 14+ at [www.bisparks.org/jobs](http://www.bisparks.org/jobs)!

- BLAST afterschool leaders
- Facility attendants
- Fitness staff
- Front desk staff
- Lifeguards – [free training!](#)
  - March 21-24
  - April 25-28
  - May & June
- Officials
- Swim instructors
- Tennis instructors



## Join the team at the Dakota Zoo!

It takes A LOT to run a Zoo. Just as we provide world-class animal care, we also aim to please our guests. The Zoo is seeking friendly, customer-service-oriented individuals to join our Guest Services Operations team. This multifaceted position supports guests' needs by processing general admission, membership, and gift shop sales and providing visitor assistance upon entry to the Zoo. Opportunities are also available in our concession stand for general food service preparation and operation of the zoo's train ride.

Our summer season runs from mid-April through October. Applicants must be 16 years of age or older. Applications are available on our website and may be mailed, emailed, or dropped off at the admission office.

Visit <https://www.dakotazoo.org/employment/> for more information.



## GIRL TALK

Essentia Health Mid Dakota Women's Center invites girls ages 9-13 and their mothers to attend this special "Girl Talk" session.

"Girl Talk" is a workshop where you will learn and discuss:

- The Menstrual Cycle
- Acne & Hygiene
- How to Shave
- Nutrition During Your Period
- Breast Development
- Fitness During Your Period
- Menstrual Products
- ...plus more!

### DATES/TIME

Sunday, March 24, 2024  
2 pm – 3:30 pm (doors open at 1:45 pm)

### LOCATION

Bismarck Public Schools Career Academy  
1221 College Dr | Bismarck, ND 58501

Parking is available across the street in the Tech Center parking lot. Vehicles may be towed if they park on the lower level as it is reserved parking.

### COST

FREE

### REGISTRATION

Scan QR code to register online or visit [Essentiahealth.org/classes-events](https://essentiahealth.org/classes-events) – Community Education – Girl Talk - Bismarck, ND

EssentiaHealth.org

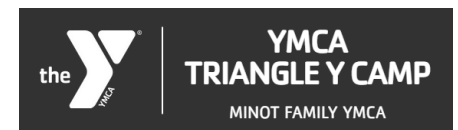


## Girl Talk

Essentia Health Mid Dakota Women's Center invites girls ages 9-13 and their mothers to attend this special "Girl Talk" session. Girl Talk is a workshop where you will learn and discuss: The Menstrual Cycle, Acne & Hygiene, How to Shave; Nutrition During Your Period; Breast Development; Fitness During Your Period; Menstrual Products...plus more!

Cost: FREE

Registration: Required (scan QR code to register online or visit [Essentiahealth.org/classes-events](https://Essentiahealth.org/classes-events) -- Community Education -- Girl Talk - Bismarck, ND.



## Triangle Y Camp

Camps dates run through June 2024-August 2024 with options for multiple age groups.

Location: Triangle Y Camp, 1251 A 47th Ave NW, Garrison, ND 58540

For more information, visit [www.triangleycamp.org](http://www.triangleycamp.org)

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## Free Speech Therapy for Children

The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications, online, at [www.scottishritespeech.org](http://www.scottishritespeech.org). All services are free of charge to children ages 2 through 7 with a qualifying application. For more information, please call 701-258-9132 or e-mail at [speechtherapy@bismarckscottishrite.org](mailto:speechtherapy@bismarckscottishrite.org)



**Bismarck Youth Baseball** is accepting registrations for the 2024 season:

- **T-Ball**- designated for 6-year-old players
- **Rookie**- designated for 7- and 8-year-old players
- **AA**- designated for 9-year-old players
- **AAA**- designated for 9- and 10-year-old players
- **Majors**- designated for 11- and 12-year-old players
- **Babe Ruth**- 13-15 Year old Players
- **Legion**- 16-19 year old players

Please visit [www.bismarckyouthbaseball.org](http://www.bismarckyouthbaseball.org) for more information, and to register your child today!



## The Race to Zero

The Race to Zero began in 2014 as a SAPR project of the North Dakota National Guard. This year, 2024, is the 11th Anniversary of this race. The North Dakota National Guard SAPR program partnered on this project with the Abused Adult Resource Center (AARC) in Bismarck, and CAWS North Dakota. April is SAP Month, as well as Child Abuse Awareness and Prevention Month. The Race to Zero is specifically held in April to raise awareness and promote community involvement. By coming together at multiple levels of society in our homes, neighborhoods, schools, faith settings, workplaces, etc.- to establish norms of respect, safety, equality, and helping others, we can build a world free from violence.

The Race to Zero is a great family fun race, or volunteer opportunity. If you would like to volunteer please email Erica at [erica.j.davidson2.civ@army.mil](mailto:erica.j.davidson2.civ@army.mil) or Shanna at [Shanna.l.lindquist.civ@army.mil](mailto:Shanna.l.lindquist.civ@army.mil)

If you would like to register to participate, click [Here](#)



## Engines 4 Education Small Engine Repair

Small engine repair. We offer tuneups, repairs and maintenance on all small engines (snowblowers, lawnmowers, tractors, tillers and more). 10% of profits go directly to the Bismarck Public Schools Backpack Program. Pickup and delivery service available! Call or text 400-3839 today!

## District Calendar

- **Mar. 15** - Storm Make-Up Days - No School
- **Mar. 29** - Good Friday - No School
- **Apr. 1** - Parent Teacher Conferences - No School
- **Apr. 29** - Storm Make-Up Days - No School
- **May 23** - Last Day of School
- **May 23** - SCHS Graduation
- **May 26** - BHS, CHS, LHS Graduations

