

THA MASH UNIT

Tuesday, Oct. 22

THA MASH UNIT of Arizona is coming to bring a message of hope to young people and adults through the arts. This group of singers, dancers and spoken word artists will encourage youth to live drug free and with purpose so they can protect themselves and their futures. It will end with a panel of local experts leading a discussion on how to support young people and keep them safe. This **FREE event is Tues., Oct. 22, 6:30-8 pm** at Century High School's auditorium.

Red Ribbon Carnival

Thursday, Oct. 24

The 23rd Annual Red Ribbon Carnival is an event to unite the communities of Bismarck-Mandan to take a STRONG, POSITIVE, and VISIBLE stand encouraging our youth to choose to live DRUG FREE! All elementary students and their families are invited to enjoy a night of games, food and fun Thursday, Oct. 24 from 4-7 pm at ND National Guard, RJB Armory, 4200 E. Divide Ave. The Red Ribbon Carnival celebrates Red Ribbon Week (Oct. 23-31) and encourages youth to choose a healthy, drug-free lifestyle! Your first 4 game tickets are FREE with a non-perishable food donation which will go to the Community Action food pantry. For more information/questions, call Teresa Carrigan, Bismarck Police Department at 701-355-1890 or go to www.facebook.com/bismanredribbon.

Haunted House & Carnival

Saturday, Oct. 26

Prairie Rose Elementary PTC & students are sponsoring this annual family fun fundraising event from 4-7 pm on Saturday, Oct. 26 at Prairie Rose, 2200 Oahe Bend. There will be a haunted house led by Prairie Rose 5th graders, silent auction, cake walk, concessions, and games for all ages. Concessions will consist of pizza, hot dogs, nachos, and beverages. Tickets can be purchased at the door for games, the haunted house, and concessions.

Fire Dept. Poster Contest

Deadline Friday, Oct. 25



The Bismarck Fire Department is sponsoring a fire safety poster contest that is open to students in grades 3-5. Posters must be on 8 ½ x 11 paper and be related to this year's fire prevention theme: "Not Every Hero Wears a Cape. Plan and Practice Your Escape." Submit posters to Headquarters Fire Station, 1020 Central Ave., by Friday, Oct. 25 at 4 pm. Each grade's 1st place winner will be notified Oct. 30 and receive a ride to school in a fire truck. Rides will be given Nov. 5-7.

Print the following on the back of posters: Student's full name, parent or guardian's name, telephone number, teacher's name, school, and grade level. For questions, contact Bismarck Fire Dept. at 701-355-1400. Complete rules at www.bismarcknd.gov/1250/School-Poster-Contest.

Dress up for Red Ribbon Week!

- Fri., Oct. 25 Wear Red Day: show you are RED'Y to Live Drug Free
- Mon., Oct. 28 Wear PJ's: Dream About a Drug Free & Healthy Lifestyle
- Tues., Oct. 29 Wear Camo Gear: so Drugs & Unhealthy Choices Won't Find You
- Wed., Oct. 30 Wear Mismatched Clothes: Don't Let Drugs & Unhealthy Choices Mix Up Your Life
- Thurs., Oct. 31 Wear Orange/Black or a Costume (if your school allows costumes): to Say Boo To Drugs!

Sabers Sweets & Treats

Sunday, Oct. 27

Legacy High School's 6th annual Sabers Sweets and Treats is Sunday, Oct. 27 from 3-4:30 pm at Legacy High School, 3400 Calgary Ave. Join LHS students for some fun, safe, and FREE indoor trick-or-treating. All ages are welcome. Grab your costumes and head on over!

Nominate Patriot of the Year!

Deadline: Friday, Nov. 1

The Patriot of the Year award is given each year to someone who possesses qualities to show a true "Patriot" spirit both in sportsmanship and support at Century High School. This award is not limited to current CHS parents or supporters, it may include teachers, grandparents, past parents, past students, etc. For details and nomination form, visit <https://sites.google.com/site/centuryhighschoolclub/patriot-of-the-year>. The deadline to nominate is Nov. 1. The winner will be announced at the Booster Bust on Mon., Nov. 11.

You can also support CHS C-Club, a parent volunteer booster group for ALL CHS activities (not just athletic groups), by purchasing Walmart raffle tickets or purchasing tickets for the Booster Bust event. Century High School C-Club is a 501c3 nonprofit organization. For more information, go to <https://sites.google.com/site/centuryhighschoolclub/>.

Girl Talk

Sunday, Oct. 27



The Mid Dakota Clinic Center for Women invites girls ages 9-13 and their mothers to attend this special "Girl Talk" session on Sunday, Oct. 27 from 2-3:30 pm at CHI St. Alexius Health's Boniface Auditorium. "Girl Talk" will cover acne & hygiene, breast development, fitness, nutrition, periods, pads & tampons, PMS, shaving 101, and wellness. Center for Women staff will discuss growing up and the changes that go with it. This session will be helpful for mothers and daughters to start on the same page as they grow and develop together.

RSVP by calling 701-712-4591 or 800-472-2113 ext. 4591 with your name, age, address, and phone number. Cost is \$5 per person.

Haunted Halloween Party

Sunday, Oct. 27

The YMCA is hosting its kooky spooky annual Haunted Halloween Party on Sunday, Oct. 27 from 4-6:30 pm at the Y and McDowell Gyms. This event includes bounce houses, a climbing wall, activities, games and prizes. Come dressed up as your favorite ghosts and goblins and enjoy some family fun! Cost is \$5 per child; adults free. Visit bismarckymca.org for more information.

Trunk or Treat

Wednesday, Oct. 30



Gateway Community Fellowship is hosting a Trunk or Treat on Wednesday, Oct. 30 from 6:30-8 pm at Gateway Community Fellowship, 3333 E. Broadway Ave. Be ready for fun, games, and candy!

Trunk or Treat!

Thursday, Oct. 31



New Song Church is hosting its 10th Annual Trunk or Treat! This event is FREE and open to all children and families in the community from 5-8 on Halloween at 3200 N. 11th St. The event will include trunk or treating in the parking lot and carnival games and food indoors.

KidzCurl is Back!

Starting Saturday, Nov. 2

The Capital Curling Club is sponsoring Saturday morning curling for students in grades 1-12 that would like to learn to curl or continue to improve their skills. The season is Saturday, Nov. 2 through the end of February at the VFW Sports Center, 1200 N. Washington St. Cost is \$30 for the season and includes hot chocolate and snacks after each session. Students in grades 1-4 will be on the ice from 9-10:20 am; grades 5-12 from 10:30-noon. No previous experience is required. For more information or to register, visit www.capitalcurlingclub.org or email kidzcurl@capitalcurlingclub.org.

Demonettes Mini Camp

Saturday, Nov. 9

Join the BHS Demonettes for a fun morning of dance Saturday, Nov. 9 from 8:30 am-noon! Girls and boys in grades preK-6 are invited to learn about the fundamental skills of High Kick, Jazz and Hip Hop as they learn a specifically choreographed routine for their age group. As a special finale, all of the children will be performing their routine for family and fans at 11:30 am. Cost is \$40. This includes a snack & t-shirt; bring own snack if your child has food allergies. For more information and to register, go to www.bismarckdemonettes.org. The deadline to register is Thursday, Oct. 31. For questions, contact Angie Neigum at 701-527-6144 or benang@bis.midco.net.

BHS Father-Daughter Ball rescheduled!

Saturday, Nov. 23

The new date for the Bismarck High School Fairytales and Forever Afters Father-Daughter Ball is Saturday, Nov. 23, 5:30-9 pm. All tickets previously bought will be honored. If you bought a ticket and the new date doesn't work for you, please contact the Bismarck High School Administration office for a full refund. No refunds will be given after the night of the ball. One new fun thing about this date is that we will be having the Grand March portion of the dance in BHS's brand new theater at 6 pm! More tickets are now available for purchase. Tickets are \$40 per couple; \$10 per additional child. Tickets are available at BHS Admin. Office Mon.-Fri., 7:30 am-4 pm (use 7th St. door). More at www.bhسدemon drama.com. If you have questions, email Jennifer Bedard-Upgren at jennifer_bedard@bismarckschools.org.

Pageant contestants sought

Deadline: Tuesday, Dec. 3

The Bismarck-Mandan Scholarship Competition is Sunday, December 8 at 4 pm at Simle Middle School. Applications are being taken through December 3. Young women can compete for prizes in interview, talent, red carpet and Miss Congeniality.

The Princess program is for girls 5 years old up to 6th grade; no titles are given. The Teen division has three titles for girls in grades 7-11; the Miss division is for those ages 17-25 and will offer two titles. The Teen and Miss winners move on to state competition in June to compete for Miss North Dakota or Miss North Dakota's Outstanding Teen. For more information or an application, email bismanscholarship@gmail.com or visit the Bismarck-Mandan Scholarship Pageant Facebook page.

BPS will not make up Oct. 11 snow day

In the 2019 legislative session, ND law converted student contact time from days to hours. This law allows school districts flexibility with regards to storm make up days. The law went into effect after BPS had established its 2019-2020 calendar which includes 2 storm make up days. **With the earlier than usual storm, BPS has decided NOT to make up the Oct. 11 snow day.** Bismarck Public Schools will determine the future use of our built-in storm days and additional policy implications in the near future.

Youth & Family Programs, YMCA & Family Wellness



YMCA: Always there for our community.
1608 N Washington St.
701-255-1525

www.bismarckymca.org



Family Wellness: For your active family,
for our growing community.

2700 46th Ave. SE Mandan

701-751-9800

www.familywellnessbisman.org

Youth Sports YMCA & Family Wellness

When children participate in youth sports programs, they experience the excitement of teamwork, determination, competition, leadership and athleticism. Registration fees vary by program. Register at bismarckymca.org.

Volleyball YMCA: 4th-6th Grade Girls

Session: Oct. 28-Dec. 14; games on Sat. mornings

Practices: 1 hour/week, Mon.-Thurs. 4:30, 5:30, or 6:30

Registration: \$41 member; \$89 non-member

Volleyball YMCA: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14

Registration: Dec. 2-23, \$41 member; \$89 non-member

Volleyball YMCA: 7th-8th Grade Boys

roster sign up league; minimum 6 players.

Session: Apr. 5-May 15; games on Fri. evenings

Practices: Mon.-Thurs. 8:30 pm or Sun. 1 or 2 pm

Registration: Feb. 24-Mar. 16, \$41 member;

\$89 non-member

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Girls

Development & Competitive Session: Jan. 6-Feb. 15

Registration: Nov. 25-Dec. 16 member;

Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member

Basketball YMCA: 2nd, 3rd & 4th/5th & 6th Gr. Boys

Development & Competitive Session: Feb. 17-Mar. 28

Practices: 1 hour/week, Mon.-Thurs. 4:30 or 7 pm

2nd Gr. & Developmental games: Saturdays starting Feb.

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Competitive games: Friday mornings starting Feb. 28

Registration: Jan. 6-27 member

Jan. 9-27 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member

Competitive: \$65 member; \$117 non-member.

Basketball YMCA: Pre-K, K-1 Gr. Boys & Girls

Session: Apr. 6-May 16; games on Sat. mornings

Practice: 45 min/week, Mon.-Thurs. 4:30, 5:30, or 6:30

Registration: Feb. 24-Mar. 16, \$45 member

Feb. 27-Mar. 16, \$97 non-member

Volleyball Family Wellness: 4th-6th Grade Girls

Session: Oct. 28-Dec. 14; games on Sat. mornings

Practices: 1 hour/week, Mon.-Thurs. 4:30, 5:30, or 6:30

Registration: \$41 member; \$89 non-member

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Volleyball Family Wellness: 7th-8th Grade Girls

Session: Jan. 5-Feb. 14
Registration: Dec. 2-23, \$41 member; \$89 non-member
Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Girls
Development & Competitive Session: Jan. 6-Feb. 15
Registration: Nov. 25-Dec. 16 member
Nov. 28-Dec. 16 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member
Competitive: \$65 member; \$117 non-member

Basketball FW: 2nd, 3rd & 4th/5th & 6th Gr. Boys

Development & Competitive Session: Feb. 17-Mar. 28
Practices: 1 hour/week, Mon.-Thurs. 4:30 or 7 pm
2nd Gr. & Developmental games: Saturdays starting Feb. 29
Competitive games: Friday evenings starting Feb. 28
Registration: Jan. 6-27 member
Jan. 9-27 non-member

2nd Gr. & Developmental: \$45 member; \$97 non-member
Competitive: \$65 member; \$117 non-member.

Basketball FW: Pre-K, K-1 Gr. Boys & Girls

Session: Apr. 6-May 16; games on Sat. mornings
Practice: 45 min/week, Mon.-Thurs. 4:30, 5:30, or 6:30
Registration: Feb. 24-Mar. 16, \$45 member
Feb. 27-Mar. 16, \$97 non-member

Itty Bitty Activities YMCA & Family Wellness

A fun and exciting program designed to introduce basic sports skill and concepts to participants ages 3-5 years. Fees for all Itty Bitty Activities are \$30 for members; \$50 for non-members. Register at bismarckymca.org.

Itty Bitty Basketball YMCA

Session: April 1-22, Wed. 9, 10, or 11 am
May 4-June 1, Mon. or Tues. 4:30, 5:30, or 6:30
Registration: March 2-23

Itty Bitty Baseball YMCA

Session: Jan. 9-30, Thurs. 9, 10, or 11 am
Registration: Dec. 9-30
Session: Feb. 4-25, Tues. 9, 10, or 11 am
Registration: Jan. 6-27

Itty Bitty Sports YMCA

Session: Nov. 17-Dec. 15, Sun. 2, 3, or 4 pm
Nov. 20-Dec. 11, Wed. 9, 10, or 11 am

Registration: Oct. 21-Nov. 11
Session: Jan. 5-26, Sun. 2, 3, or 4 pm
Registration: Dec. 9-30

Session: Mar. 1-22, Sun. 2, 3, or 4 pm
Registration: Feb. 3-24

Session: Mar. 4-25, Wed. 9, 10, or 11 am
Registration: Feb. 3-24

Itty Bitty Soccer YMCA

Session: Jan. 7-28, Tues. 9, 10, or 11 am
Registration: Dec. 9-30
Session: Feb. 6-27, Thurs. 9, 10, or 11 am
Registration: Jan. 6-27



Itty Bitty Play YMCA

Session: Feb. 2-23, Sun. 1 or 2 pm
Registration: Jan. 6-27

Itty Bitty Volleyball YMCA

Session: Feb. 2-23, Sun. 3 or 4 pm
Registration: Jan. 6-27

Itty Bitty Sports Family Wellness

Session: Jan. 5-26, Sun. 3 or 4 pm
Registration: Dec. 2-23

Session: Feb. 2-26, Wed. 9 or 10 am
Registration: Jan. 6-27

Session: Mar. 1-22, Sun. 3 or 4 pm
Registration: Feb. 3-24

Session: Mar. 5-26, Thurs. 10 or 11 am
Registration: Feb. 3-24

Itty Bitty Volleyball Family Wellness

Session: Nov. 17-Dec. 15, Sun. 3 or 4 pm
Registration: Oct. 21-Nov. 11

Aquatics YMCA

Kids who take swimming lessons at the Y learn much more than how to swim. YMCA instructors work with children on confidence, fun, and the Safety Around Water program. Swimming lessons are \$55 for members; \$85 non-members. Register at bismarckymca.org.

2x/wk for 4 wks - Mon./Wed. or Tues./Thurs.

Sessions: Nov. 18-Dec. 17
Registration: Open

Sessions: Jan. 6-30
Feb. 10-Mar. 5

Mar. 16-Apr. 9
Apr. 20-May 14
Registration: starts Dec. 9 & 10



1x/wk for 6 wks - Fri. or Sat.

Sessions: Jan. 3-Feb. 7
Feb. 21-Mar. 27
Apr. 10-May 15
Registration: starts Dec. 9 & 10

First International Bank & Trust Family Splash Center

This new addition to the Y boasts a variety of special features: water slides, play structures, fountains, therapy jets and lap lanes, all accessible from a zero depth entry; always free for members. Birthday party packages are available in the private Scheels Party Room on weekends with gifts for guests and a special something for the birthday kid.

Autism & Down Syndrome Swim Lessons

A program designed to be accessible and accommodating to children with special needs, teaching them water safety and swim skills in a calm and controlled environment. The Y will also have Sensory Open swims on select Saturdays; upcoming dates: Oct. 19 & Dec. 7. Offered regularly. Visit bismarckymca.org.

Splash Center Toddler Time

Toddlers and their parents enjoy some fun in the fountains and play features of the new Family Splash Center on Mondays & Fridays, 12-1 pm. FREE for members.

Youth Development Centers YMCA & Family Wellness

Adventure Camp: An exciting place to play on days off school! Activities include STEM, gym time, outdoor games & lots of positive fun with friends. Program available at the YMCA main campus with some meals provided. Registration is open for fall dates: Nov. 1, Nov. 11, and Dec. 23, 26 & 27, 30 & 31. To enroll or for details, visit www.bismarckymca.org, Childcare.

Adult Child Yoga YMCA

Active adults and their children are invited to participate together in a guided gentle yoga class that introduces kids to the program and incorporates fun child friendly themes on select Saturdays; upcoming date: Oct. 26. Offered regularly. FREE for members. For details, visit bismarckymca.org.

Youth Fitness Family Wellness

Children enjoy a guided group fitness class designed to keep them moving, active and having fun. Tues. 6:30-7:15 pm, Labor Day through Memorial Day. FREE for members.

Family Fun Gym Time YMCA

Families have fun bouncing, climbing and riding together during these special open gym hours. Featuring a bouncy house, bouldering wall, and various scooters. Parental supervision required. Tues. & Thurs. 10:30 am-noon & 5:30-7 pm and Sat. 10 am-noon through Memorial Day. FREE for members.

Family Fun Gym Time Family Wellness

A bounce house, play and sport equipment are available for families to enjoy together. Wed. & Fri. 10:30 am-noon through Memorial Day. FREE for members.

Family Free Fun Time YMCA

Enjoy a wide variety of family friendly activities: movie, game and arts and crafts nights, and much more. Offered monthly, through Memorial Day, these get togethers will give your family a great opportunity for quality time. Next up: Nov. 1. FREE for members. Visit bismarckymca.org.

Healthy Weight and Your Child YMCA

This program focuses on healthy eating, regular physical activity, and behavior change to empower children to live a healthier and more active lifestyle. Families will work with trained leaders for 25 sessions to guide youth ages 7-13 down the right path for more positive eating and exercise habits. Sessions are offered at various times with special rates for members. All participants in this program must have a physician's referral. Visit bismarckymca.org for more information. Upcoming dates: Nov. 21 & Dec. 19.

Parents' Night Out YMCA

This program is designed to give kids ages 3-10 a fun, safe supervised experience, while their parents enjoy a night out. Sessions are held monthly, with special rates for members and pre-registration is required. Offered through Memorial Day. Next up: Nov. 8 Visit bismarckymca.org for details.

Jr. Chefs YMCA

Kids get cookin' in this fun, flavorful program. Culinarians put kids ages 6-13 to work in the kitchen learning about safety, healthy eating and fun family recipes. Sessions are held regularly with special rates for members. Upcoming dates: Nov. 5 & Nov. 7. Visit bismarckymca.org for details.

The Friday Flier is emailed to parents of public & private school students in Bismarck, grades Pre-K-8, every other Friday during the school year. It's produced by Bismarck Public Schools as a service to non-profit community organizations that provide positive events and activities for students and families. With the exception of official BPS activities, these events are not sponsored/endorsed by BPS. Fundraising events such as benefit breakfasts or auctions/dinners will not be allowed, nor will notices that directly compete with BPS events, activities and services. For the guidelines, deadlines and fees, visit www.bismarckschools.org under Departments, Community Relations, email community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee.