

Mental Health Awareness Month

Submitted by Tammy Kruger

May marks Mental Health Awareness Month!



Mental health is an important aspect of our overall health. Keeping this in mind, Mental Health Awareness Month was established in 1949. However, this subject can still feel taboo, not always receiving the transparency it deserves. If you or someone you know struggles with mental health, help is available!

For more information, visit the Mental Health Awareness Month LibGuide under the Equity, Diversity, and Inclusion tab.

[Mental Health Awareness Month LibGuide](#)

Beanstack Reading Challenges

Media Literacy is the name of the game for May! With so many avenues to get information and news it's important for people to be able to distinguish between "fake news", bias, and reputable sources. The Media Literacy challenge for this month involves different activities along with logging reading minutes to earn your badges.



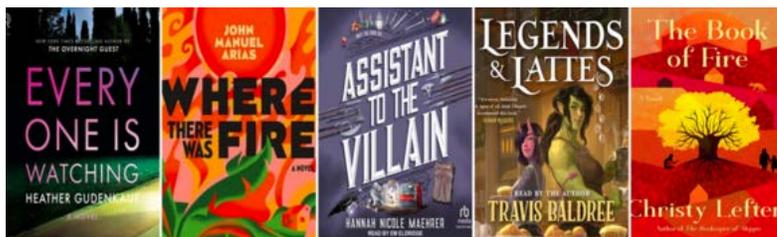
May is also Mental Health Awareness month and it is just as important as knowing your information. This challenge is broken down into three age categories (Children, Teens, Adults) and also asks you to complete activities while logging minutes. Each activity in this challenge brings another level of awareness to mental health.



[Beanstack](#)

New Items At The ND State Library

Fiction Books



Fiction E-Books



Fiction YA E-Books



Fiction Juvenile E-Books



Nonfiction E-Books



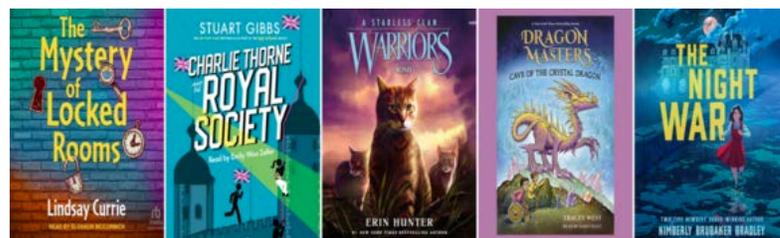
Fiction E-Audiobooks



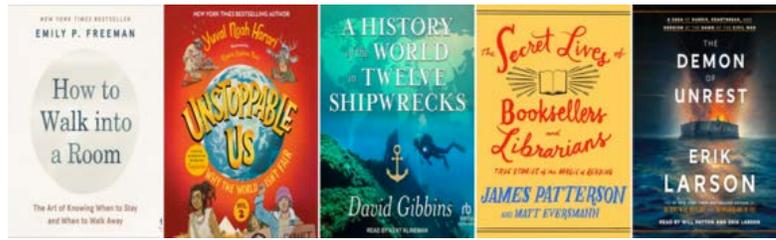
Fiction YA E-Audiobooks



Fiction Juvenile E-Audiobooks



Nonfiction E-Audiobooks



Elections 101: Primary Election Ballots

Submitted by Misty Curn
Communications Director at the ND Secretary of State Office

The June 11 Primary Election is only about a month away. If you plan to vote absentee, you are encouraged to request an application for a ballot as soon as possible. Remember, absentee ballots need to be postmarked by June 10 or dropped off to your county auditor by 5:00 p.m. on June 10. If you plan to vote in person, you can easily find your polling location details in the [My Voting Information](#) section of the ND Secretary of State website.



The [My Voting Information](#) area will also allow you to view your sample primary election ballot. In the primary election, the front of the ballot lists the partisan, or party, candidates. These include federal, legislative, and statewide races. The Republican and Democratic parties will have candidates on the 2024 Primary Election ballot.

You may only vote for one political party in North Dakota primary elections. This means the entire front of your ballot must be voted along party lines. The primary election determines which candidates receive their party's nomination and who will move on to the November general election.

If you vote for candidates in different political parties in a Primary Election, it is called a crossover vote. If this happens, you can cast your ballot as-is or request a new one from an election worker. If you choose to cast a crossover ballot, the races on the front will not be counted. However, any non-partisan contests on the back of the ballot will still count.

The back of your ballot includes judicial, county, and city races, as well as statewide and local ballot measures. These are the races and measures that will shape your community. Judicial and county contests move forward to the general election. City and school contests are final in the primary. This means that primary elections are not just a formality, they determine who will lead and serve you at the local level.

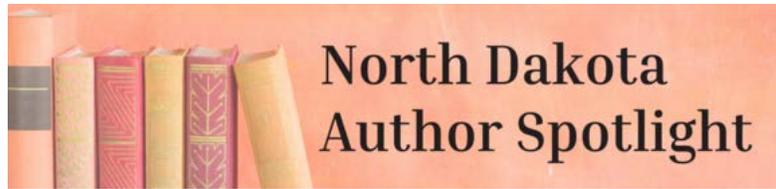


Election officials and the North Dakota Secretary of State are your trusted sources for election information. If you have questions about elections-related topics, visit vote.nd.gov, email sosselect@nd.gov, or call 701-328-4146. We also encourage you to follow us and share information from our ND Secretary of State [Facebook](#), [Instagram](#), [X \(Twitter\)](#), and [YouTube](#) social media channels.

[Go to My Voting Information](#)



Check out a State Park Pass from your local library for free daily access to any North Dakota State Park.
Sully Creek State Park



North Dakota Author Spotlight

Rachel Calof

In 1894, 18-year-old Rachel Calof was sent to the U.S. for an arranged marriage and a homesteading claim in North Dakota. Withstanding the hardships and dangers, Calof wrote of her memories in 1936 of the time she spent on the prairie between 1894 and 1904. The handwritten memoir was discovered in the American Jewish Archives in Cincinnati, Ohio, and published in 1995.

Rachel Calof's Story: Jewish Homesteader on the Northern Plains was edited and published by J. Sanford Rikoon. The original manuscript was translated from Yiddish by Jacob Calof and Molly Shaw. It includes an epilogue by Jacob Calof that continues Rachel's story, an essay by J. Sanford Rikoon about Jewish farm settlements, and the Rachel Bella Calof's life as collective history essay by Elizabeth Jamison.

For more information:

"Rachel Bella Calof." National Parks Service. Accessed April 26, 2024.

<https://www.nps.gov/home/learn/historyculture/rachel-bella-calof.htm>.

"Rachel Calof's Story: Jewish Homesteader on the Northern Plains." Jewish Women's

Archive. Accessed April 26, 2024. <https://jwa.org/discover/inthepast/readingseries/calof>.

[Check Out Rachel Calof's Story](#)

New Items Added to Digital Horizons

A highlight of the items added to the various digital collections of the North Dakota State Library.

North Dakota Histories

- History of the Good Samaritan Hospital, School of Nursing and Alumnae



North Dakota Memories

- Albert Lee homesteading collage, early 1900s
- Barbershop interior, Hope, N.D., 1930
- Basketball certificate of Hazel Edenloff, 1930s
- Cook car in Divide County, N.D., early 1900s
- Eide family rides horse to school, 1950
- Funk brothers threshing crew, Burke County, N.D., 1920s
- Glaser meat market in Litchville, N.D., circa 1928-1930
- Homestead shack in Divide County, N.D., 1910s
- Image of Gustaf Mareluis, 1880s
- Immanuel Lutheran Church, Norman, N.D., 1890s
- Jewel Edenloff hunting rabbits atop a horse, circa 1918-1922
- Lee family threshing crew, William County, N.D., 1910s
- Mathias and Anna Funk family on farm, 1920s
- Moler Barber College, Class of 1930, Fargo, N.D.
- Nick Funk harvesting, Burke County, N.D., 1920s
- Oscar Langemo barber apprentice renewal card, 1930s
- Ox Creek Lutheran Church, Rolette County, N.D., circa 1920s
- Portrait of the Funk children, early 1940s
- Reading certificate for Orvin Eide, 1927
- Sod house in Divide County, N.D., circa 1911
- Street view of Rudser, N.D., 1912
- World War I cooks, 1918-1919



Political Prairie Fire

- Langer for governor automobile, Divide County, N.D., 1920
- Portrait of Robert B. Blakemore, circa 1919
- Victory Ticket Sketches: Carl Kositzky [newspaper article, 1920]

[Digital Horizons](#)

Big Library Read Through Libby



Big Library Read is an opportunity for those with a valid library card to read the same digital title at the same time without any wait lists or holds. Discover the history of animals and humans co-existing in the latest #BigLibraryRead! Borrow "Wild New World" by Dan Flores May 9-23, no waitlists or holds, through Libby.

Borrow *Wild New World* to join Big Library Read, a book club connecting readers throughout the world.

[Borrow Wild New World](#)

Book Review



***So Many Africas* and *The Clean Daughter* by ND author Jill Kandel**

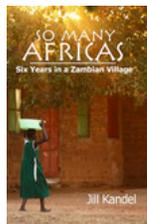
Reviewed by Kathy Cline

Several weeks ago, a co-worker shared a short list of nonfiction book titles with North Dakota State Library staff asking if anyone had read them. I had not read any of the books and decided I would give each of them a try. After reading the summary for *The Clean Daughter*, I knew it would be my first read!

After reading the title and subtitle, *The Clean Daughter: A cross-continental memoir*, I was curious to learn what "clean daughter" meant, and how did cross-continental tie into the story? I knew one thing for certain. I would be visiting the Netherlands and learning about its culture through Jill's eyes.



Using descriptive and engaging text Jill takes the reader on a heartfelt journey through several years of her life. The author skillfully intertwines various life experiences from growing up in a small North Dakota town on the prairie, to getting married in the Netherlands, to accompanying her husband, Johan as he worked in several foreign countries, all while learning what it's like to be a wife, daughter-in-law, and mother. Jill's father-in-law Izaak is not an ordinary man. Experiencing and surviving the Nazi occupation of his country shaped him into someone who needs to be in control of his surroundings and whomever is in his life. This control eventually leads Izaak to make a decision that affects his family for several years. While the reader may experience sadness, joy, frustration, and various other emotions, *The Clean Daughter* is truly a story of acceptance, resilience, and healing.



After enjoying *The Clean Daughter*, I read Jill's first book, *So Many Africas*. This time I accompanied newlyweds Jill and Johan as they begin their life together while living in Zambia for six years. Johan travels from village to village teaching and working with Zambian farmers while Jill stays home learning how to run a home without fresh water or a refrigerator. She must learn what is acceptable and what is not acceptable in Zambian society, how to navigate a market and purchase food for each day's meals, and how to manage with

limited electricity. During their stay, Jill gives birth in a less than clean Zambian hospital and returns home the same day. She sits on a hard-wooden seat in a small boat for hours as she travels to visit friends in surrounding villages. The young couple experiences joy, hardship, and sadness while living thousands of miles from their cross-continental families. This story is one of determination and a willingness to make the best of difficult situations.

While it was by chance, I read Jill's books, I thoroughly enjoyed accompanying her as she guided me through countries and cultures that I will most likely not have an opportunity to visit in person. I strongly recommend checking out *So Many Africas* and *The Clean Daughter*. Both books are available in print at the State Library.

[Check Out These Books](#)



Featured Mango Language

By BreAnne Meier

Vietnamese

May is Asian American and Pacific Islander Heritage Month, a monthlong commemoration of the history and achievements of Asian Americans, Native Hawaiians, and Pacific Islanders.

This month, we are highlighting the Vietnamese language, which you can learn at no cost through Mango Languages. This course includes 10 chapters with 70 lessons to teach you small talk, food and drink, transportation and payment, etc.

These lessons involve a mix of listening and reading activities in an all-in-one interface. There are critical-thinking activities, memory-building exercises, grammar notes to explain the underlying grammatical structure, and culture notes to apply cultural context to what you're learning, which creates a more profound understanding.

[Start Learning Today](#)

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Kirsten Baesler, State Superintendent
Mary J. Soucie, State Librarian

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www.library.nd.gov

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