



New Podcast Episodes

Two new episodes of the North Dakota State Library's podcast are out now!

The Pathways Through the Prairie podcast features North Dakota librarians and library staff, state government leaders and employees, and interesting North Dakotans to gain insights into their work and roles in their communities.

Episode 2, which premiered on Wednesday, August 21, features Michele Seil, Director of the Carrington City Library. Learn about Michele's pathway to the library, what her favorite thing about being the public library director is, and the most important way to support your local library.

Episode 3, which premiered on Wednesday, September 4, features Cindy Aaser, Director of the Hazen Public Library. Learn about Cindy's pathway to the library and the collections and outreach offered by the Hazen Public Library.

Episodes are released every two weeks on the State Library's YouTube channel at <https://bit.ly/NDSLPodcast>.

[Listen Today](#)

Talking Book Services

If you or someone you know is having difficulty reading regular print books, the FREE Talking Book Service through the North Dakota State Library and the National Library Service (NLS) might be something to look into.

The NDSL Talking Book Program offers an array of services for North Dakota residents of all ages who are unable to read standard print materials due to a visual, physical, or reading disability.



Talking Book patrons have free access to thousands of fiction and nonfiction titles in audio format, as well as a large collection of children's and adult braille books, including braille downloads. Registered borrowers have the option to borrow a digital talking book machine, which is a standalone player that utilizes a USB cartridge that can contain multiple titles, or they can use their personal mobile devices to download titles through the BARD Mobile app.

To learn more about the Talking Book Program and the services provided, please call 701-328-1408 | 800-843-9948 or send an e-mail to tbooks@nd.gov, and a Readers' Advisor will be happy to assist you.

[Talking Books](#)

You Might Be Missing Out!

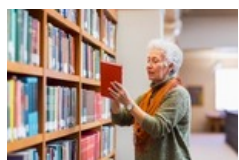
Submitted by Kathy Cline

Do you have a library card? If not, you are missing out on traveling to places, learning new things, going on adventures, building things, solving mysteries, free audio and e-books, and so much more! September is National Library Card Sign-Up Month, so it is an excellent time to get a library card!



The National Library Card Sign-Up Month celebration began as a call to action to stress the importance of a library card on a child's education and to fight illiteracy. In 1987, Secretary of Education William Bennett asserted, "Let's have a campaign ... Every child should obtain a library card and use it." (cited by Cara Bertram in a 2015 ALA blogpost.) ALA and the National Commission on Libraries and Information Science took this statement as a challenge and, with help from a Readers Digest Foundation \$85,000 grant, began a campaign promoting library cards.

The theme of the first celebration, "The Best Gift You'll Ever Give Your Child ... A Library Card," occurred October 14 on the Mall in Washington, D.C. The event was advertised on TV, radio stations, and magazines. To get the campaign moving, libraries received information and ideas on how to promote signing up for library cards. Libraries have been promoting literacy and library cards since 1988 when September was proclaimed Library Card Sign-Up Month.



Don't miss out anymore; visit your local library to sign up for a library card or apply for a State Library card today!

Reference

Library card sign-up month. ALA. (n.d.).

<https://www.ala.org/conferencesevents/celebrationweeks/card>

[Get a State Library Card](#)



Beanstack Reading Challenge

Weird stuff that's totally readable, may be old, and really good. Hear me out.: An A.S. King Reading Challenge



Two-time Newbery Medalist Amy Sarig "A.S." King believes that weirdness is a lifeline for many kids. Here, she has created a list of works that she considers "weird in a very good way," including works by her all-time favorite author and the book that turned her into a writer. Yes, surreal and weird, and yes, all worth reading!

Add these to your library queue and mark them off as you read!

[Start The Reading Challenge](#)

Book Club Kits

Is your book club looking for a new title to read? Check out a book club kit from the State Library! We'll send the book club kit through the mail at no cost to you, but you are responsible for getting it back to the State Library, whether that is through the mail or by dropping it off during open hours. Shipping costs are around \$1.00 per pound - the catalog record has weight information for each kit.



Each book club kit includes ten books, a discussion guide that includes questions, and a sign-up sheet to make it easy to host a meeting. There are books in many genres and age groups, so there's sure to be something for every type of reading group.

Search the library catalog for ndsl book club to see the availability of each kit and reserve the title you would like. There are also lists available on the State Library's [Pinterest](#) page under the Available at the State Library board - [Book Club Kits](#) or on the State Library's [Goodreads group](#) under Bookshelves - [Book Club Kits](#).

Reserve A Kit

New Items At The ND State Library

Fiction Books



Fiction E-Books



Nonfiction E-Books



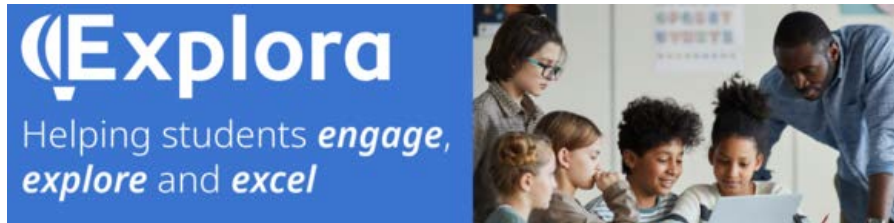
Fiction E-Audiobooks



Nonfiction E-Audiobooks



E-Magazines



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

- 40th Anniversary: Killdeer, North Dakota
- 50th Anniversary of Butte, North Dakota, 1906-1956
- A Half Century of Progress, 1884-1934: Hatton, N.D., July 11-12, 1934
- Braddock "in the hands of time", 1883-1944
- Brief History of Old Pembina, 1818-1932
- Cando, North Dakota, 1884-1959: Seventy-Five Years of Progress
- Dakota Pioneers of Gold-Wood-Mars, 1863-1938
- Diamond Jubilee of Dazey, North Dakota, 1883-1958: Seventy-Five Years of Progress
- Early Community History, Kindred, North Dakota
- Edinburg's 75th Anniversary: 1882-1957
- Fargo Blue Book and Souvenir, 1899
- Greetings from Portland, North Dakota: The Town That Pays in Many Ways
- Mandan Jubilee-Rodeo Book, 1881-1956
- Sherwood Golden Jubilee: 1904-1954
- Souvenir Book: Larimore, N.D., Diamond Jubilee, 1881-1956
- Souvenir of the Golden Jubilee of St. Patrick's Church, Dickinson, N.D., 1885-1935
- Tower City Diamond Jubilee: 75 Years of Progress, 1879-1954
- Underwood Alumni Album, 1955
- Upham Diamond Jubilee, 1905-1980

North Dakota Memories

- Bismarck Hospital surgical staff, 1923
- Portrait of Dr. Eric P. Quain
- Portrait of Dr. Niles Oliver Ramstad
- Quain & Ramstad Clinic staff, 1938
- Quain and Ramstad Clinic, Bismarck, N.D., 1972



Political Prairie Fire

- A New Holiday for North Dakota [political cartoon, 1920]
- Bank of North Dakota law, 1919
- Conviction Was Unfair: Injustice Charged, Request for New Trial of Fargo Bank President [newspaper article, 1919]
- Frazier Calls Upon State Banks to Resist Examinations of Their Books [newspaper article, 1919]
- Gov. Frazier's statement on the Scandinavian American Bank closing
- Industrial Commission law, 1919
- J. R. Waters, Manager Bank of North Dakota, Subject of Resolutions [newspaper article, 1919]
- Langer's statement on "shoot it to the other banks" letter
- Lie like a horse thief [political cartoon, 1920]
- Lofthus put in charge of Scan-Am. Bank [newspaper article, 1919]
- Lying Like a Horse Thief a League Duty [newspaper article, 1919]
- Next election if not sooner [political cartoon, 1920]
- Portrait of James Manahan, 1914
- Post Dated Instruments Must be Replaced by Cash or Other Acceptable Assets Says Board [newspaper article, 1919]
- State Examiner Lofthus Takes Charge of Scandinavian Bank; Halldorson and Sheets are Out [newspaper article, 1919]
- Warrants for Arrest of Bank Officials Sworn Out Today [newspaper article, 1919]
- Whose bank is this? [political cartoon, 1919]



State Document Showcase

By Aaron Severson

North Dakota Hunting and Fishing Guide (2024)

In an effort to spread awareness of the State Document Depository Program, I'll be highlighting selected state documents each month, with the intent to focus on documents that the public/patrons may find useful. The State Library generally maintains two copies of published agency documents; a permanent copy that does not circulate, and a loan copy that is available to be checked-out. Loan copies can be requested by patrons through interlibrary loan and sent throughout the state. Many documents are also available online and can be accessed through the State Library catalog.

With the autumn season approaching, many outdoorsy-types may have hunting and fishing on the mind. This month's featured document is the North Dakota Hunting & Fishing Guide for 2024. This document is published by the ND Department of Commerce Tourism Division and provides brief but key information for hunters and anglers in an attractive format. Information on season openings, fees and game limits, popular destinations, contact info for guides and outfitters (and more!) can all be found in a few glossy pages.

[View This Document](#)

Resources for Eating Healthy

Submitted by Kathy Cline

Do you want a healthier lifestyle by improving your diet, but need help determining where to begin? Even though National Nutrition Month is March, and it's not January---the time to make New Year's resolutions, any time is an excellent time to improve one's health by having better eating habits.

The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) collaborated to create [The Dietary Guidelines for Americans, 2020-2025](#). The guidelines recommend what to eat and drink for a diet that meets nutritional needs, prevents chronic health conditions, and promotes good health. The recommendations cover individuals from birth through older adulthood and pregnant or lactating women.

A wealth of online materials is readily available for health professionals, educators, and others to promote and inform people about the Dietary Guidelines. These materials, including the most recent lists of foods and drinks with the highest calcium, potassium, dietary fiber, iron, and vitamin D sources, are easily accessible. These five nutritional components are listed as a public health concern in the Dietary Guidelines for Americans, 2020-2025. You may find the handouts in the links below helpful information.

[Calcium](#)
[Potassium](#)
[Dietary Fiber](#)
[Vitamin D](#)
[Iron](#)



I encourage you to browse the USDA and HHS online materials. By combining these resources with those from MyPlate, you can adjust your eating habits for a healthier lifestyle.

Reference

Current dietary guidelines. Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans. (n.d.).

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

Hispanic Heritage Month LibGuide

Hispanic Heritage Month is an annual celebration of Hispanic history and culture and recognizes the contributions of Hispanic Americans, which includes people whose ancestors come from Spain, Mexico, the Caribbean, and Central and South America.



This celebration coincides with the Independence Day celebrations of several Latin American nations. It begins on September 15th, which coincides with the Independence Day celebrations of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, who declared their independence from Spain on September 15, 1821.

Resources:

"Hispanic Heritage Month." National Museum of the American Latino. Accessed August 27, 2024. <https://latino.si.edu/learn/teaching-and-learning-resources/hispanic-heritage-month-resources/hispanic-heritage-month>.

History.com Editors. "Hispanic Heritage Month - Origins & Facts." History.com, September 11, 2020. <https://www.history.com/topics/hispanic-history/hispanic-heritage-month>.

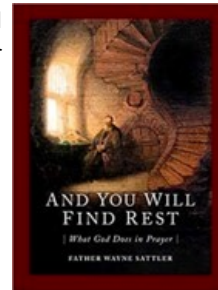
[Learn More](#)



"And You Will Find Rest: What God Does in Prayer" by Father Wayne Sattler

Reviewed by Kathy Cline

After being an active diocesan priest for nine years and several years of discernment with his bishop, in June 2006, Father Sattler received the bishop's permission to live as a diocesan hermit. Father Sattler lived in a one-room cabin on an abandoned farmstead in rural North Dakota for six years. During this time, he wrote material that eventually would be compiled into this book.



In his book *And You Will Find Rest: What God Does in Prayer*, Father Sattler uses teachings from St. Teresa Avila's *The Interior Castle* and St. John of the Cross's *The Dark Night* to explain how contemplative prayer may help one experience a deeper relationship with God. Father Sattler refers to this form of prayer as "the ordinary path to holiness." This book provides the reader with an opportunity to learn what God does in prayer.

Father Sattler writes in clear and concise language with text that is easy to comprehend and is engaging. I recommend this title to anyone interested in experiencing a more profound prayer life and a deeper relationship with God. One does not need to be Catholic to read this book or learn more about the Christian faith. Father Sattler is currently working on a sequel to *And You Will Find Rest: What God Does in Prayer*.

This title is available in print from the State Library.

[Check it out today!](#)

Paralympics

Submitted by Tammy Kruger

What Does It Mean to be Paralytic?

Individuals who are paralytic experience a) a loss of sensation in or b) the use of parts of their bodies. These parts might still be intact, or they might have been amputated. It is very important to note that paralytic does not mean someone cannot do most things able-bodied people can; instead, they need to adjust. The Paralympics is a great testament to the power of these athletes!



History of the Paralympics

Athletic opportunities for those with physical and cognitive impairments have existed for a long time. For example, a sports club for the deaf was created in 1888 in Berlin. However, this demographic did not really start to come into the public spotlight until after World War II; this change was meant to boost morale for veterans and civilians who had experienced lasting injuries during the war. In 1948, during the London Olympic Games, a new battle was introduced: The Stoke Mandeville Games. The Stoke Mandeville Games was a competition between wheelchair users in the sport of archery (Paralympics history, n.d.).

[Continue Reading](#)



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