

# WHITE RIBBON BULLETIN

Litchville, North Dakota 58461

Official Organ of W.C.T.U. of North Dakota

"NOT WILLING THAT ANY SHOULD PERISH"

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The first place winner in the National Essay Contest in the Junior High Division was Tonya Hess. Congratulations, Tonya, we are proud of you.



## WHY I WOULD NEVER USE TOBACCO

An Essay By  
Tonya Hess  
1418 S 17th St.

Who would be so foolish as to take poison or other lethal chemicals deliberately? Anyone who smokes cigarettes, chews tobacco, or uses snuff is taking toxic chemicals into their body. For years these harmful chemicals have been around pretending to be innocent substances. Only recently has their true identity been discovered.

Today, doctors know some effects of the nicotine, gases, and particles contained in cigarettes. The results have rocked the nation! Annually 111,000 deaths in our country are caused by lung cancer (To Smoke or Not To Smoke, 1983). There are many causes of lung cancer, but cigarette smoking is the largest contributor to this disease. If the smoking of cigarettes suddenly ended, 75 percent of all deaths due to lung cancer would stop (To Smoke or Not To Smoke, 1983).

Smoking is linked to other serious illnesses as well. The disease known as emphysema, which is also caused by cigarette smoking, traps air in the

lungs so oxygen cannot leave the lungs. The body's natural immune system is also affected negatively by this habit.

Chewing tobacco, like the tobacco in cigarettes, can also cause cancer in its users. Lip, throat, and mouth cancer can result from prolonged exposure to this harmful drug. The cancer begins as a small tumor in the tissue that is exposed to the tobacco. The tumor grows unseen in the underlying tissue, often being well established before it is discovered. Once detected, such growths must be surgically removed along with tissues surrounding the contaminated area. These surgeries sometimes leave the victims missing parts of their faces, tongues, necks and throats.

I have an aunt who has smoked from the time she was in her early teens until now that she is in her early 40's. Recently she was diagnosed as having emphysema. Her doctor told her that she would not live longer than two years if she did not quit smoking. I am happy to say that she reformed her lifestyle and gave up cigarette smoking forever.

My eldest sister also smokes. I have the great fear that she will also develop emphysema, or even worse, lung cancer. My aunt's story had a happy ending, but what about my sister's life? How will the battle turn out between my sister's body and the harmful chemicals she is taking into it every day?

These horrible results do not have to occur in our population. Steps can be taken to prevent them from happening. We must inform people about what they are doing to their bodies by writing articles for magazines and newspapers. We also can have programs in our communities that educate people about the dangerous effects of tobacco usage. Such activities may help those individuals who are already dependent on tobacco as well as those people who are only occasional users. But, all of the programs in the world will not help if the smoker does not wish to stop smoking.

How can anyone stand to knowingly poison his or her body? The best way to avoid this danger is to practice total abstinence. Considering all the problems that occur from tobacco use, I plan to avoid its use for the rest of my life.

The first place winner in the Poster Contest at State Convention was Angie Hassler, grade five, of Northwood, ND.

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 Woman's Christian Temperance Union

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“For God hath not given us a spirit of fear; but of power, and of love, and of a sound mind.” II Timothy 1:7

Dear Co-Workers,

It was a great convention at Minot. We thank the members of the Minot district for all they did to make it so successful.

We thank the pastors for their words of encouragement, the beautiful numbers in song, the different ones who sang and our very capable pianist.

We enjoyed a splendid, challenging message from our banquet speaker, Mr. Bob Hunskor.

We were happy to welcome Earl Dodge of Denver and to hear his report of the International Congress for the prevention of alcoholism in Nice France. Earl was asked to speak at this Congress. Thank you for this report and your numbers in song.

To all who took time to attend our 97th convention we say a great big thank you. We appreciate our honorary members, the gentlemen who attend the convention and support us at all times.

To each one who had a part in the convention, by being there, being on the program, serving the luncheons, and a most delicious banquet, to the Assembly of God Church for the use of their church. To one and all a heartfelt thank you and God bless you.

Sincerely,  
 Marion and Officers  
 of N.D. W.C.T.U.



Marion W.C.T.U.

Gum instead of Tobacco was the theme used in the booth at the Litchville Fall Fair by members of the Marion Union.

We displayed posters on Tobacco, the American, Christian, and Temperance flags and many leaflets on smoking and chewing tobacco were given to passerbys.

Our booth was attended by a person, telling about the effects of tobacco on oneself, family, neighbors, and the unborn. We gave a stick of gum to each person stopping, encouraging them to CHEW GUM instead to TOBACCO.

“Before kids start getting influenced by their peers, they’re influenced by parent modeling,” says Lin Carlson, the drug treatment coordinator at the Center for Human Services. “If we’re using alcohol to cope with stress, or if anytime we go to a community function there’s alcohol, the message is that you need drugs to have a good time or a successful event.”

**TREASURER'S REPORT**

July 5, 1986, to September 29, 1986

**DUES:**

- Women - Bismarck 24, Crosby 10
- Members-at-large - 1
- Honorary Men - Bismarck 4
- L.T.L. - Marion 19
- Y.T.C. - 23

- LILLIAN STEVENS FUND - Hettinger \$5.00
- FRANCES WILLARD FUND - Hettinger \$5.00
- STATE REPORTS - Bismarck \$16.00, Hettinger \$3.50

WHITE RIBBON BULLETIN - Fargo \$10.00, Hettinger \$10.00

LIGHT LINE - Hettinger

Y.T.C. CAMP - Hettinger \$10.00

N.D.E.A. - Fargo \$15.00, Hettinger \$10.00

**CONVENTION**

Offering September 25 - \$112.75

Offering September 26 - \$63.50

Life Memberships - \$80.00 (8)

Child Memberships - \$20.00 (4)

MEMORIALS - \$10.00 in memory of Arnold Blegen by Mr. and Mrs. Fred Kulish, \$5.00 in memory of John Pavlicek by Mr. and Mrs. Fred Kulish, \$5.00 in memory of Fred Meyer by Arlene Quissel, \$10.00 in memory of Mr. and Mrs. A. H. Erickson by Bismarck Union, \$2.00 in memory of Edith Fulkrod by Dorothy Steffen.

Respectfully Submitted,  
Mrs. Oscar Johnson  
treasurer

**A Long Time ND W.C.T.U. Member  
In Memoriam**

There is never a life without sadness,  
There is never a heart free from pain;  
If one seeks in this world for true solace,  
He seeks it forever in vain.

So when to your heart comes the sorrow  
of some dear one you've known  
Tis the touch of God's sickle at harvest  
Since He reaps in the fields He has sown.

Edith E. Fulkrod

Edith Emily Fulkrod, 92, McClusky, died Saturday, September 20, in a Bismarck hospital.

She was born March 1, 1894, in Bayard, IA, to Frank and Emily Coombs. In 1900, she moved with her parents to a homestead near McClusky where she was reared. She married Garfield Fulkrod, January 12, 1927, on the family farm. They lived and farmed in Unity, Saskatchewan, returning in 1940 to her family's farm near McClusky. In 1956, they retired and moved to McClusky. He died December 6, 1968.

Survivors: sons, John Orovada, NV, Paul, Janesville, WI; five grandchildren; seven great-grandchildren; brother, Jack, McClusky.

**NOONTIDE HOUR OF PRAYER**

"It is always noontime somewhere, and across The awakening continents from shore to shore Somewhere our prayers are arising evermore."  
"Lift up a standard for the people." Isaiah 62:10

Dear Friends and Co-workers,

Fall has come; children are back in school; most vacations are over and regular schedules are in place.

A new year starts for most organizations. May you do your share in all activities. Think of each opportunity as a challenge.

**CHALLENGES**

- I will do more than belong - I will participate.
- I will do more than care - I will help.
- I will do more than believe - I will practice.
- I will do more than forgive - I will forget.
- I will do more than dream - I will work.
- I will do more than teach - I will inspire.
- I will do more than earn - I will enrich.
- I will do more than give - I will serve.
- I will do more than serve - I will grow.
- I will do more than be friendly - I will be a friend.
- I will do more than be a citizen - I will be a patriot.

-Selected-

All PR Directors remember to send your annual report to me by October 15.

Yours in Christ's Service,  
Marie Siivolo

**VIVIAN'S VIEWS**

Dear Members of W.C.T.U.,

Romans 8:31. What shall we say to these things? If God be for us, who can be against us?

I'm just praising God for each one of you. Thank you all for your faithfulness. The reports came in so much more complete. It was much easier to compile them all together. Just remember God is on our side. This work is His. Please don't give up. I'm sure you don't want to give our youth up to the people of the world.

Romans 12:1. I beseech you therefore, brethren by the mercies of God, that ye present your bodies living sacrifice, holy, acceptable unto God which is your reasonable service. God is asking us to give ourselves completely to Him.

If there is anyway that I can help you, please let me know. I will do my best to be of service to you.

I will be praying for you.

May God bless you and keep you in His love.

Thank you again for all your work. May 1986-87 be the best year working for Him in our W.C.T.U.

Thank you again to the Minot District for a wonderful convention. I enjoyed it very much.

Your Co-Worker  
Mrs. Lyle (Vivian) Trapp  
Promotion Director

**Marion W.C.T.U.**

The Marion W.C.T.U. held a Day Camp on July 31 beginning with a program with 25 youngsters attending in the basement of the United Methodist church. Luella Matzke and Vivian Trapp were in charge of the program.

Vivian Trapp gave devotions and Hattie Piehl led group singing. Henrietta Van Dyke told the children about what L.T.L. really means. Vivian and Luella told a couple of object stories and Marion Bartle, state president, a guest, gave a flannel-graph story, 'Hooty Owl'.

Nineteen children signed the membership pledge and paid their dues. The children repeated the three flag pledges of the W.C.T.U.

Then we went to the City Park for games and picnic lunch. Prizes were given to all attending Members of the local W.C.T.U. also attended the picnic, and held their monthly business meeting later in the day.

Luella Matzke  
Recording Secretary

**Minot W.C.T.U. Summer Meetings of 1986**

In June we had our election of officers. The same slate of officers will continue to work in their respective capacities. They are: Dorothy Steffen - president, Bernice Hoppman - vice president, Ruth Loughhead - secretary, and Genevieve Dubovoy - treasurer. We were privileged to have Lynda Heitman from the Ward County Social Services speak to us about child abuse. Leaflets from the Signal Press were read to the group and others were distributed. The Proclamation for Youth Temperance Education Week, written and signed by Mayor Chester Reiten, was read and displayed at the meeting. Our hostess, Lena Vinarskai, served a delicious lunch.

Our July program consisted of a very informative patriotic talk (with many quotations from George Washington) by Serge Dubovoy, a vocal selection, entitled "The Grumblers' Song", by Jake Steffen, the Citizenship Quiz (our scores are a secret), the presentation of a book of prayers compiled by Jake Steffen (Jake had saved different prayers for over 35 years, and now has them printed in a booklet, comprising over 235 prayers.) There were 21 people present. A delicious lunch was served by our hostess, Genevieve Dubovoy, and we enjoyed a time of fellowship.

In August our speaker was Ward County Superintendent of Schools, Everett Stromme. He related many incidents from his experiences as a city superintendent of schools. With firmness, understanding, and tact he was able to help many students. He complimented our organization, the W.C.T.U., as being a force which is helping our society. Pearl Warner was in charge of devotions. In addition to the meditation given in the Union Signal, Pearl, who is now 94 years old, thrilled us all with her Christian testimony. Three members

passed the W.C.T.U. Quiz and the Parliamentary Law Quiz, thus qualifying them to receive certificates from our promotion secretary. Ruth Zimbelman, our hostess, served a delicious lunch at the conclusion of our meeting.

Mrs. Jake Steffen, Reporter

**LETTER FROM VERNA ELLSWORTH**

We ask for your prayers and participation in the work of the Citizen and Legislative Department. Pray daily for strength and wisdom for Thelma Klingensmith, Legislative Representative. ND State Legislature begins in December 1986 and session ends in early March. When I know the toll-free legislative number, I plan to send it to the local presidents. A telephone tree is suggested, phone members (who write number in phone book or where easily located, then members phone their friends and so on. Working with Thelma, I will send the name and number of bills dealing with moral issues and a brief statement of what it is about (members should write this down also). Be sure you know the names of your legislators.

The federal bills (in Congress) are listed on the legislative page of the Union Signal. Phone the federal building (Bismarck number is 255-4011) and ask for the office of congressman or senator. If you live in another part of the state, check blue government pages under U.S. Government to find congressional offices nearest you. Letters can be written also to House or Senate Office Building, Washington, D.C.

Be sure to write President Ronald Reagan, the White House, 1600 Pennsylvania Ave. NW, Washington, D.C. 20500 and Attorney General Edwin Meese, Justice Department, Constitution Ave. 10th St. NW, Washington, D.C. 20530 to enforce federal laws against pornography now as recommended by the Attorney General's Commission on Pornography. For decency in television, send petitions and letters to Mr. Roger Rice, President of Television Bureau of Advertising, 477 Madison Ave. New York, NY 10022.

Pray and study candidates before voting. Tell others of the danger of the lottery. Vote NO on measure 3 (lottery) and Vote NO on measure 4 (Sunday opening).

Keep a list of letters written and petitions sent for 1987 report. Thank you.

Sincerely,  
Verna Ellsworth  
Director of Citizenship - Legislation

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Nicki Moore, who runs the cocaine program at Careunit says, "Parents usually think they're helping the child to learn to drink responsibly by starting them at home. Instead, kids get the message that using a drug - in this case, alcohol - is an acceptable thing to do."