

THE RANCH VOICE

Magazine for friends and donors of Dakota Boys and Girls Ranch.

Summer 2020



Every year, members of the Dakota Boys and Girls Ranch Wildlife Club build wood duck boxes and hang them in Minot's Oak Park. Ranch kids are credited with bringing wood ducks back to the area through this annual project.



www.DakotaRanch.org
1.800.344.0957

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Message from the President/CEO



Joy Ryan (left) joins Jill Werda and Andrea Canton dishing up root beer floats for staff and kid appreciation day.

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DakotaRanch.org

Dear Ranch Friends,

I was recently interviewing candidates to find the best person for a key position at the Ranch. After I had asked all my questions and we had “neighbored” a little, I asked each candidate if they had any questions for me.

One asked, “After you came to this job, what did you find out about the Ranch that surprised you?” And another said, “Why are you so passionate about the Ranch?” I thought about each before answering but stumbled a little in the moment. I’ve thought about their questions since and have tried to articulate my answers more clearly. Here is where I landed.

“After you came to this job, what did you find out about the Ranch that surprised you?” What surprised me is how much working for a faith-based organization truly impacts me and the decisions we make.

I had never worked in a faith-based organization before, but as a Christian, I felt I had a pretty good handle on keeping my personal and work values aligned. However, working in a truly faith-based organization is different. You don’t need to hire a consultant to determine the organization’s values...they are written in “The Book.” Honesty, kindness, mercy, compassion, and equity are all part of a faith-based values list. No need for debate. When COVID-19 forced us to make decisions about whether to close our thrift stores to keep our community safe, we based our decision on those values. Of course, we want the stores to produce income, but when you are forced to determine the answers to tough questions, it comes down to values. When we were asked, at the first crest of the pandemic, to continue to accept children who had nowhere to go, we did. Knowing that each decision we make is made with Christ at our center leads to confidence and a sense of peacefulness.

“Why are you so passionate about the Ranch?” Because here I can use the gifts God gave me—I can support the Ranch therapists, nurses, teachers, direct care staff, and more who help children heal their pain. I would not be an exceptional therapist or doctor or nurse. But I do have organizational, communication, and strategic gifts that can move obstacles for the people who do the important work of healing. When I see a child smile, hug their parent, or tell me about their future, I think to myself, “I was part of God’s work here.”

Since the age of 14, I’ve hung a saying on the wall of my office or home that speaks to the meaning of success. It says, in part “to leave the world a bit better, whether through a healthy child, a garden patch, or a redeemed social condition, to know even one life has breathed easier because you lived.... This is to have succeeded.”

Like the kids at Dakota Boys and Girls Ranch, I want to know that my life has been, in some measure, a success.

In His love,
Joy

Second Time Around

Ariel's experiences as a resident help her help kids

By Erinn Dosch, Marketing Communications Associate
Dakota Boys and Girls Ranch

Ariel is at Dakota Boys and Girls Ranch for the second time. Her first time at the Ranch was as a resident, and now she is back as an employee,



While working at the Ranch isn't always easy, Ariel is grateful for the opportunity to watch the kids grow.

working with kids who struggle with many of the same challenges as she did.

Her challenges began in middle school when she didn't get along with her parents. Ariel's biological parents divorced when she was 3 or 4, and she lived full-time with her dad and stepmom.

"There was a lot of fighting and yelling. My parents didn't really know how to communicate. And, I wasn't good at communicating," Ariel said.

When the arguing started to negatively affect her younger

siblings, Ariel moved in with an aunt and her aunt's longtime boyfriend. From the outside, life didn't appear to change much when she moved—she was only a few blocks away from her parents and she could still walk to school.

But living with her aunt was difficult. Ariel said that while her basic needs were met, she did not do well there. "There was a lot of yelling and a lack of structure. To this day, my aunt does not like to 'keep house,' so friends often told me it looked like a hoarder's home."

About a year into this new arrangement, Ariel's aunt suffered a stroke and a seizure in the same night. After recovering, her aunt had, in Ariel's words, "a new lease on life." After deciding she no longer wanted to live with her longtime boyfriend, she moved out, leaving Ariel in an uncomfortable situation.

"That's when I started running away because I was just really uncomfortable [living with my aunt's ex,]” Ariel said. “I was running away; I was hanging out with kids I wasn't supposed to be hanging out with. At first, I was going to school and being responsible, but then it all started going downhill.”

One weekend, after not calling or checking in for two days, Ariel

was registered as a runaway. When she returned home, she ended up at the social services office where she waited to see if she would be going back home or into placement. Unsure what to do about her rebellious behavior, Ariel's parents brought unruliness charges against her.

"At the time, I was like, 'What the heck? I'm not that bad of a kid,'" Ariel said. "But it was a good situation because it got me placed at Dakota Boys and Girls Ranch."

Ariel was 14 years old when she arrived at the Ranch, and she immediately felt safe.

"It was really nice to have some consistency...I was really happy to just have a bed that was my own," Ariel said.



Ariel volunteered at a local nursing home during her time at the Youth Home.

From the Ranch's residential treatment center in Fargo, Ariel moved to the Fargo Youth Home where she lived almost two years. Ariel said the Youth Home was where most of her treatment and healing

took place.

"I didn't really have friends before. I had like two. I was not good at making friends in elementary school. It was awful. And my parents didn't figure out anything was wrong until

my brother and sister got older and started going to birthday parties and having friends over,” she said.

“At the group home, I learned how to interact with my peers in a positive way. A lot of it was figuring out how to express emotions—like regulating yourself and being accountable. And it’s definitely how I teach my kids now; [using] ‘I feel’ statements and making your bed



Ariel credits her time at the Ranch with giving her a restart at life.

every day, and just kind of being accountable and participating in everyday life.”

Ariel’s primary worker at the Youth Home was Nicole Bayer, and according to Ariel, Nicole was the most influential person in her treatment.

“She really advocated for me. I could go to her when I was struggling, like with my [dad and stepmom] getting divorced while I was there,” Ariel said. “Near the end of my stay I was being a little sneaky teenager and she really held

me accountable. She left a really big impression.”

After leaving the Fargo Youth Home, Ariel spent six months in a foster home in Finley, ND, where she finished her senior year and graduated from high school.

Following graduation, Ariel continued to struggle. Like with so many of our kids, it took her awhile to incorporate the lessons she learned at the Ranch into her life. At one point, after realizing she was in an abusive relationship, Ariel went to the YWCA in Fargo. From there she moved into her own apartment.

After working in a variety of jobs, Ariel decided she was ready to go to college. She now feels like she has her life on track—pursuing a degree in social work, working at the Ranch, and raising her two daughters in a way that makes her proud.

A job that makes a difference

For Ariel, applying at the Ranch was an easy decision. “The Ranch has always had that place in my heart because I’m still in contact with a lot of people (including Nicole who still works at the Ranch). It just kind of made sense.”

And, due to her own experiences as both a resident and an employee, Ariel believes the kids who come to the Ranch have endless amounts of potential.

“They’re amazing. They’re strong. They’re smart. They’re way smarter than anybody outside of the Ranch gives them credit for,” Ariel said. “They have all the opportunities in the world. If they want to make them happen, they will.”

Ariel enjoys seeing kids at the Ranch do well. “My favorite part is just watching them develop and make good choices and get through stuff. [I love] watching the kids grow; even the small victories.”

Working at the Ranch is not always easy, but Ariel takes it one day at a time.

“The hard stuff is how hard on ourselves we are when we leave at the end of the day. As staff, sometimes we don’t feel like we’ve given enough. Even though we’ve given just about everything, blood, sweat, tears, all of it. But then we all come together and give each other pep talks and it’s like, ‘Okay, we are doing this right.’”

“I am grateful that I was a resident,” Ariel said. “I’m grateful for the skills I developed while I was at the Ranch. I see how it helps me now as an adult. And I’m using some of those tools I developed while I was a Ranch kid to parent my own children, and to help Ranch kids get through their own stuff.”

Ariel wants donors to know about our kids, and to know how much their donations are appreciated. “These kids deserve every chance in the world to have a restart at life. There are no words to describe how much we appreciate the donations people make to support our kids.”

Looking ahead

Ariel isn’t sure where she’d be if she hadn’t landed at the Ranch, and she isn’t sure exactly where she’ll end up, but she is sure of one thing: “I envision myself being at the Ranch for a very long time.”



Teacher, parent, walk-in clinic, crisis manager, friend

The Many Hats of a Ranch Nurse

nurse

/nɜːrs/

a person who cares for the sick or infirm specifically: a licensed health-care professional who practices independently or is supervised by a physician, surgeon, or dentist and who is skilled in promoting and maintaining health.

You probably don't need a dictionary definition to know what nurses do—they care for the sick. But that is just the tip of the iceberg, especially for nurses at Dakota Boys and Girls Ranch. Nursing is an integral part of the care Dakota Boys and Girls Ranch provides to children in residential treatment, and Ranch nurses wear many hats.

Nurses are teachers—teaching kids about proper hygiene, healthy eating, exercise, and the medications they are taking.

Nurses are parents—ensuring kids get routine medical care and listening to their worries and concerns.

Nurses are walk-in clinics—tending to their bumps and bruises, evaluating physical symptoms, and making sure they get a doctor's care when appropriate.

Nurses are crisis managers—assessing kids' suicide risk, creating safety plans, conducting drug tests, and managing high risk incidents.

Nurses are a valuable and irreplaceable resource in promoting and maintaining the health of Ranch residents.

Yet, the work they do and the reasons they do it are as unique as each of these wonderful Ranchers.



Delayne Watne, RN Fargo, ND



Delayne Watne knows it's critically important to get to know each child.

Except for the first six months when she worked at the medical floor at St. Ansgar's Hospital, Moorhead, MN, **Delayne Watne** has spent her entire career in psychiatric nursing. She moved to the hospital's psychiatry floor, despite a co-worker's warning that she would "lose all her skills," and has been impacting children's lives for the better ever since.

Delayne said moving from adolescent psychiatry to residential treatment is a big change, but her experience at Dakota Heartland Hospital developing River's Edge, a residential treatment program for adolescents, left her well-prepared.

Delayne said despite the number of years she has worked at the Ranch and the increase in diagnoses, much has stayed the same over the years because children are still children and in need of constant care and support.

According to Delayne, one of the biggest challenges is getting to know the kids.

"As a nurse it's important to be familiar with all of the kids—to ensure their needs are met, but also

to advocate for them. Information in emails, verbal reports, client records, along with what the client and family report is essential to this process. Taking the time to get to know the kids we serve helps put the information in perspective and is a very rewarding part of this work!"

After all is said and done, "they really are just kids," Delayne said. "When I don't understand something they are doing, or am wondering what is going on with them, I just ask them. 'Tell me more more about that,' or 'Help me understand.' They do a nice job describing what they were thinking and how they formed their perception of the situation. It's important to remember that many of the behaviors we observe are normal adolescent behaviors.

"Acknowledging their acts of kindness can quickly enhance their self-esteem, especially if they have spent most of their lives thinking they don't matter or that no one notices them or cares. They just want to belong. They want people to believe in them. They want to try new things and sometimes they haven't had the support they need to do that."

Delayne says the diversity of the Ranch team allows them to bring different perspectives to discussions about each child's care so they can get the support they need. "What I see in a child may not be what the therapist or case manager or occupational therapist sees, and that's how it should be. We all look at it from different perspectives which is essential to helping them heal."

Delayne semi-retired this summer but is grateful she can continue to

work one day a week and assist with on-call rotation.

"I'm not going to say it's easy, but I have always loved working in psychiatry," she said. "Some people leave work and look for something fulfilling when they retire, but I've had that my whole life. I am blessed."

Heatthyr Haugeberg, RNBC Minot, ND



Heatthyr Haugeberg emphasizes that healthy bodies help build healthy minds.

Heatthyr Haugeberg, Director of Nursing at Dakota Boys and Girls Ranch, believes kids must have healthy bodies in order to heal their minds.

"That's what we do in nursing. We're the folks paving the way to make healing possible for kids. We coordinate their medical care and I cannot stress how important that is. I'm a firm believer that you can't have a healthy mind if you don't have a healthy body first," Heatthyr said.

It's common for children to come to the Ranch having never been to the eye doctor or dentist, or ever having a physical. Ranch nurses get kids caught up on those preventative

healthcare measures. They also deal with injuries, scraped knees, and tummy aches. And manage an incredible amount of medications.

At any given point in time, 97-98% of Ranch kids are on some sort of medication, some for mental health, but also diabetes, high blood pressure, and the bane of all teenagers, acne. Nurses oversee that entire program and teach direct care staff to administer those medications safely.

Heatthyr said working with children in psychiatric residential treatment is both a challenge and a joy. Nurses don't typically learn how to work with children or in psychiatric medicine in nursing school.

"In creating a psychiatric career, I had to put all those pieces together," she said. "I had to learn about mental health diagnoses, trauma work, and all the medications."

In addition to learning on the job, Heatthyr completed additional training and testing to become board certified in psychiatric and mental health nursing, giving her the RNBC credentials.

"And as far as working with kids, I had to learn patience and grace and how to allow them to just be kids. I love the kids. Just the other day I got a graduation card from a boy that lived in Cornelsen cottage years ago. I think it's so cool that somehow, without me even knowing it, I touched him so deeply he sent me a graduation card."

The COVID-19 pandemic created unique challenges for the nursing staff. "Nobody had a step-by-step plan of how this was all going to pan out. We were never set up to

be an acute medical care facility, so we didn't have things like masks, thermometers, gloves, or face shields. The nurses all worked really hard to secure the personal protective equipment we needed."

After the kids, Heatthyr said the best part about working at the Ranch is the time and energy staff put into each other. "I've never felt that before in an organization. I don't feel like a number. I am respected. I am supported by everyone at the Ranch and I think that's really meaningful for our employees."

Heatthyr earned her nursing degree at Minot State University and is now attending graduate school through the University of Mary. She expects to graduate with a master's degree in nursing leadership and management in December 2020.

Heatthyr, along with her husband and son, are active in the Taekwondo community in Minot.

Ashlee Hazen, RN Bismarck, ND

Ashlee Hazen has always wanted to be a nurse. Her mom worked in a clinic and, as a child, Ashlee went there a lot to see her. Her first nursing job was in the emergency room, and then she worked in an outpatient adult mental health setting until moving from Dickinson, ND, to Bismarck and joining the Ranch. She says her other jobs gave her the skills she needed to

be successful at the Ranch.

"Communication is an important skill to have in this job," Ashlee said. "You have to ask questions in a way that make sense to the kids. And you must be a good listener. You have to give the kids a chance to explain themselves."

Ashlee said the most difficult part of being a nurse at the Ranch is the behaviors of the kids. "You want them to do this or that, and if their mind is set on something different, you have to try to understand where they are coming from. You have to be willing to set your expectations aside and mold to what they had in mind."

And the best part? The kids.

"Every one of these kids has a desire to thrive," Ashlee said. "We have to figure out how to break down their walls to help them do that. When they are being challenging or defiant, you have to remember what they've

been through. They are human beings and regardless of the trauma or bad experiences that brought them here, they feel love, compassion, and empathy for others. It's our job, along with the other professionals here, to bring those characteristics forth."

Ashlee and her husband have two children, ages two and four. They live in Center, ND, where they have



Ashlee Hazen teaches First Aid/CPR classes. In this photo, she demonstrates how to make an impromptu sling for her volunteer patient, Youth Care Worker, Mitch Carter.



chickens and horses. In her spare time, Ashlee likes to work out, cook, read, and spend time with her family and friends.

Samantha Erhardt, RN Bismarck, ND



Samantha Erhardt engages each child in understanding why and how their medications help them heal.

Samantha Erhardt has been drawn to nursing since fourth grade. Her deep well of caring and a desire to help others made it a perfect career choice. But she didn't expect the overall sadness, the heartache, that comes with being a nurse.

"My first job was taking care of kids with cancer. We talked at nursing school about death and dying, but you don't think of that for kids. And then I came to the Ranch. It's heartbreaking to see what these kids have been through—abuse, trauma, drugs, alcohol, abandonment. You don't realize it's a real thing until you see it firsthand."

Fortunately for Sam, knowing she is making a difference outweighs the heartache.

"I feel appreciated," she said. "I matter here. There's nothing like hearing the kids say, 'Where's Sam?' 'Does Sam work today?' or having them reach out to me because they

want to talk. Just yesterday a former resident called. He wanted to talk to all of us just to let us know he was doing well. Those are wonderful things."

Day to day, Sam said Ranch nurses do a variety of things. They make appointments to keep kids up to date on their medical, dental, and eye appointments, care for them when they complain of a stomachache or headache, and monthly, create the Medication Administration Records (MARS) for each child. The MARS lists a child's medications along with the dosage of each, the time it's to be administered, and the reason they are taking it. Nurses are also available to answer the children's many questions.

"The kids come to us a lot," Sam said. "They are very interested in their medications and want to know all about them, which is good. It's good for them to learn about the medications they are taking."

Sam is eager to learn and has taken the required training on administering medications, doing suicide assessments, and learning to work with kids in a psychiatric setting. She also watches and learns from her fellow nurses.

"I don't want to do or say the wrong thing or make the situation worse. Yesterday we had a young man who was really upset. I stepped in to take over for one of the youth care workers and quickly realized that the young man wasn't open to talking to me. He saw us as the bad guys. I kept him in line of sight [to make sure he stayed safe] and gave him time to realize we were on his side. I learn something from every situation.

"I love the Ranch mission and I love that it's centered around God, and that we pray before meetings. I think all of those were things I really needed in my life. Working here has really helped me find myself."

Sam grew up on a dairy farm near Center, ND. She owns a home (a fixer-upper with lots of projects) and lives there with her dog and cat. She loves the outdoors and can often be found on the Missouri River kayaking or fishing with her fiancé.

Nicole Reyes, RN Minot, ND



Nicole Reyes military career prepared her to meet each challenge as it comes.

Nicole Reyes went to nursing school after being an Air Force Medic for ten years.

"I love caring for people and I love medicine and science. I joined the military when I was 19 and had always wanted to get more education. So, after my third child I decided to get out of the military and go back to school."

She said the main focus of her job as a nurse at Dakota Boys and Girls Ranch is to care for the physical and mental health needs of the children.

"Both are extremely important,

and you can't have one without the other," Nicole said. "Many of our kids have chronic medical conditions, like encopresis (loss of bowel control), which is often caused by trauma and psychiatric issues. Chronic pain, headaches, and stomach pain are also common complaints that don't often have a physical cause because they are more related to what is going on psychologically. It's hard because the pain the kids feel is real and they want you to fix it."

Nicole recalls another child who had a seizure disorder. "It looked just like epilepsy but it's pseudo seizures," she said. "He had no control over it, but it was stemming from severe trauma."

The most challenging moments, Nicole said, are when the kids are in so much emotional pain and distress and you don't know what you can do to help. "You can see the pain in their eyes. Some kids are suicidal and it's just really difficult. I have to remind myself that that's why these kids are here and it's not all up to me. We have a whole team to work with them, and it takes time."

Getting to know the kids makes up for the challenges, and Nicole wouldn't want to be anywhere else.

"This is the best job I've ever had. Through the nursing office window I can see the kids outside riding their bikes, roller skating, playing with chalk, and just being kids. Those are the best moments for me," Nicole said. "They are a bunch of really amazing kids who've had really hard lives and just need extra help. I love getting to know them and seeing their personalities outside of all the hard stuff."

Nicole, who lives in Minot with

her husband and three kids, is grateful for the donations people give to support Ranch kids. "I see the donations being put to use for these kids every single day. A lot of the kids come from nothing. Here they have clothes and food and everything else they need. The only reason we can be here serving these kids is because [our donors] have a big enough heart to donate and to help."

Kira MacKay, RN Minot, ND



Kira MacKay is truly present to each child. Here she visits with one of the kids outside of their cottage.

Kira MacKay, Nursing Coordinator on the Minot campus, is "Mom" to about 46 kids at any one time—scheduling medical appointments, keeping their vaccinations up-to-date, monitoring medications, assessing bumps and bruises, and more.

She is also Nursing Coordinator on the Dakota Boys and Girls Ranch Minot campus, which entails supervising and scheduling the other nurses in Minot. She is in the middle of additional training and testing to become board certified in psychiatric and mental health nursing.

Kira said nursing at the Ranch is different than any other nursing job. "I don't have a checklist of things to do when I come to work. There are certain things I do every day, but my focus is on what the kids need. Working here requires more critical thinking, seeing the big picture, and figuring out how to help these kids where they're at."

She uses her critical thinking skills to meet their needs in a way that honors and respects their wishes.

"One of our boys had an appointment with our psychiatrist and refused to go." Kira said. "So, instead I went to his cottage, sat on his bed, and we joined the appointment using my laptop."

"The boys in Cornelsen pull at my heartstrings. They are our youngest residents and range from age 10-14. They are just little boys, as you can tell when you go into their rooms and see Legos and Pokemon cards. I get to see them when they come in and the changes they've made by the time they leave. That's why I work here."

Kira recently saw a former Cornelsen resident out in the community and was thrilled to see how he and his mom were doing. "Seeing his mom's smiles and him looking so good really warmed my heart."

Kira lives in Minot with her family, and in her spare time likes to work on home projects like cleaning, organizing, and decorating.

We take great care to guard the privacy of our children. The pictures you see of Ranch children are only used with the permission of the children themselves and the written permission of their guardians.



John Mehlhoff, RN Fargo, ND



John Mehlhoff adds a little variety to the kids' days by putting on mini-concerts.

John Mehlhoff, Nursing Coordinator on the Fargo campus, came to a nursing career in a roundabout way. Years ago, he was a pizza delivery driver and one of his friends was a Certified Nursing Assistant—he started wondering why he had to borrow money from her all the time. He got his CNA certificate and worked many years in a dementia unit before deciding to go back to school to be first a Licensed Practical Nurse and then a Registered Nurse.

Before joining the Ranch, John worked in an outpatient psychiatric facility where they served the most chronically mentally ill and addicted people in eastern North Dakota. He was confident in his psychiatric skills but was concerned about working with children. He soon learned it was a great fit.

"I just find it not only incredibly meaningful, but it is so much fun," John said. "I mean, the things the kids say and watching their growth while they're here is fantastic. They are easier to work with than adults because they don't lie as easy. They

can't cover their feelings as well."

He also enjoys the residential part of the job that allows him to get to know the kids and see how they progress. "It's not like in the ER when you stabilize someone and then they leave, and you never know how their story ended. That part is really rewarding for me."

John recalls a young girl who came to the Ranch without anywhere to go to when she completed treatment.

"She ended up being here longer than other kids. It was hard for her to see other kids leave when she had to stay and keep meeting new people."

The evening of this resident's last medication review (before she was going to discharge), John spent the evening with his mom and his kids. "I drove home separately and wept the whole way home, just knowing how good my kids have it. And thinking of this gal who was finally being discharged to a family that was perfect for her."

One of John's goals is to provide customer service to the other departments. "I want the youth care workers and supervisors and our team to be almost one. I like that we are getting better at asking each other for help."

He also shares his own talents with Ranch kids by bringing in his guitar and playing for them.

"Nurses do so much at the Ranch," John said. "You are part parent, part walk-in clinic, somewhat of a behaviorist, and you also work with addiction and actual psychiatric nursing. It's a wonderful combination."

"I can't think of a better place to work," John said. "It's like a dream."

Heidi Swenson, RN Bismarck, ND



Heidi Swenson would rather be at the Ranch than anywhere else, all because of the kids.

When **Heidi Swenson**, Nursing Coordinator on the Bismarck campus, started working at the Ranch, one of the first things she had to learn was to speak "teenager."

"My kids were young when I started at the Ranch, so knowing how to work with that age group was something I had to build—just knowing some of the nonverbal communications and cues you get from kids," Heidi said. "In my previous jobs at the hospital I did a lot more hands-on, technical-skill type nursing. Working at the Ranch requires the ability to build rapport with the children so they are comfortable coming to you with their concerns."

That rapport is especially important when she completes suicide risk assessments. "We get kids who are suicidal or hallucinating. Knowing the child really helps us complete the assessments," Heidi said.

Despite being in a psychiatric treatment facility, Ranch kids are just like any other kids. "All of our kids have at least one mental health

diagnosis, but at the heart of it, they are just kids,” she said. “They want to be with their friends, go to the movies, and play sports. Despite the trauma most of them have experienced, they just want to be successful.”

In addition to taking care of their medical needs, assessing injuries, and managing their medications, Heidi said nurses attend Clinical Care Review (CCR) meetings, where the entire care team comes together, along with the child and family, to answer questions, address any concerns, and adjust the child’s treatment plan as needed.

Nurses work evening hours and are on call on every campus 24 hours a day, 7 days a week.

“Just like everyone else, our kids have good days and bad days. They are awesome. They’re the reason I would rather be here than anywhere else.”

Heidi is working on her master’s degree in Leadership and Management in Nursing while she and her husband raise their two children. When she isn’t studying or spending time with her family, she likes to garden and read.

Alyssa Edwards Minot, ND

Alyssa Edwards brings a unique perspective to her work at the Ranch. As a child, she experienced her own trauma that began when she lost her dad to suicide.

“Mom worked two jobs and was never home. And then she met a boyfriend and it felt like she put my brother and I on the back burner to focus on her relationship,” Alyssa said. “There was a lot of rebellion

and delinquency. I spent a lot of time with juvenile services—on house arrest, having to take drug tests, and going to outpatient therapy.”

Eventually, Alyssa was placed at Oppen Home in Minot, a residential facility that no longer exists.

“It took me two months to realize I wanted to go home and get my stuff together. And after that I was really successful. I went to a national competition for DECA two years in a row.”

After graduating from high school with honors, Alyssa worked in an office for several years before applying for a job at the Ranch.

“I wanted a job with purpose and to make a difference in kids’ lives,” Alyssa said. “I wanted to be a supportive adult for kids who were pretty much like I was as a youth. I just thought there was more to life than sitting at a desk.”

She provided direct care before the opportunity came up to

become a nursing assistant. As a nursing assistant, Alyssa schedules preventative health care appointments, administers drug testing when kids come back from off-campus visits, completes continued stay reviews for North Dakota Medicaid, teaches Mental Health First Aid, and assists the nurses.

Alyssa said the hardest part of her job is reading and hearing about the kids’ past trauma experiences.

“It breaks my heart to see them acting out, knowing they don’t want these things to happen,” Alyssa said. “They want to be successful kids. When you know their history and background, it completely makes

sense why they’re here and why they do the things they do. I have a son myself and I can’t imagine any of these things happening to him.”

One of the ways Alyssa takes care of herself so the pain doesn’t get her down is to go home and love her son as hard as she can.

“The best thing for me,” Alyssa said, “is to spend time with him. It makes me wish I could take all the Ranch kids home.”



Alyssa Edwards brings her own childhood experiences to her work at the Ranch.



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As people move from landline telephones to mobile phones, it is getting more difficult to say “thank you” to our donors. Please call us (1-800-344-0957) with your phone number so we can update our files. We would love the opportunity to thank you over the phone or in person—so we can tell you real stories about our kids and make the ministry come alive.

Trauma, the Brain, and Ministry



Chaplain Rick Jones, Vice President Spiritual Life at Dakota Boys and Girls Ranch, presented at the Best Practices for Ministry Conference in Arizona. His session, titled “Trauma, the Brain, and Ministry,” was attended by more than 70 people in The Lutheran Church—Missouri Synod ministries across the United States.

Don't stop the music!



Several of our Dakota Memorial School day students were taking guitar lessons from Music Teacher, Jay Schaefer, before transitioning to distance learning due to the pandemic. Jay reached out to several musician friends to let them know he had beginning students at home with nothing to play—and guitars started appearing on his doorstep! Jay planned to collect the guitars from the students at the end of the school year, but the donors told him they should keep them and keep playing!

World-class dogs for world-class kids

Ed Sehn, a world-class dog trainer from Minot, brought Jax, Trey, Charlie, and Lynn to visit Ranch kids. At various spots on the soccer field Ed hid retrieval bumpers (fake birds) that the dogs were supposed to find, pick up, and bring back. On command, one of the dogs was sent out for the blind retrieve. Neither the kids nor the dog had any idea where it was, yet with a whistle blow from Ed, a dog at full speed would stop in their tracks, turn back, and look at Ed. Ed would flash a hand signal—go to the left or go to the right—and then zero the dog right in on the bumper for a successful retrieve. Our kids cheered returning dogs as champions as they bolted back at full speed to return the fake bird to Ed.

It was an amazing morning! The dogs gave remarkable demonstrations of trust, obedience, direction-following, vibrant energy, and fun! And of course, no dog got away without lots of loving and petting from our kids! What's not to love?



Children at the Ranch saw Jax, Trey, Charlie, and Lynn in action—and lavished them with attention and care.



Remodeling to educate more students

The first half of a two-part remodel was completed at Dakota Memorial School, Fargo, this summer. The innovative remodel will allow for increased enrollment of Day Students to meet the growing needs of the community, as well as better serve current students. Thank you to Cornelsen Foundation, First Lutheran Church Foundation (Fargo), Cass County Electric Cooperative, Park Christian School Philanthropy in Youth, and an anonymous donor for providing the funding.

Masks, Masks, and More Masks



Senior Development Officer, Paul Krueger, models one of the masks supplied by Bethany Quilting Group in Hustisford, WI.

When the CDC recommended masks to prevent the spread of COVID, it was almost impossible to place an order for masks that would arrive anytime soon. Some of our orders were placed on back order, others were cancelled altogether. But, as we learn again and again, our donors and communities come through when they need them.

Over the last few months, thousands of masks have been donated to the Ranch by mask-makers around the U.S.—Handmade Hope, Hawley, MN; Bethany Quilting Group, Juneau, WI; Edith Zinke, Lewisville, MN; Emily Brooks, Fargo, ND; Trinity Lutheran Church Quilters, Algona, IA; Courtney R. Arnason, Newburg, ND; Aviator, Los Angeles, CA; Karen Ronchetti, Huntington Beach, CA; Lydia Streccius, Minot, ND; Mahi Gold, Chatham, MA; Jody VanOsdol, Bloomington, IN; a friend of the Ranch in St. Louis, MO; and many others.

Nate Peterson, Head of Customer Experience at Aviator, said, “Dakota Boys and Girls Ranch inspired us with their mission of caring for at-risk children and families. We hope our donation will help keep everyone there safe and healthy so the organization can continue its important work. Places like the Ranch are needed now more than ever.”



Above: A group of Fargo staff modeled masks donated by Aviator, a small company in Los Angeles, CA, that makes jeans, hoodies, and t-shirts. Right: Ranch residents each decorated their own Aviator mask.



Chicks and children

Raising pheasants enriches kids' lives

On May 15, 130 delightful and fuzzy pheasant chicks arrived at Dakota Boys and Girls Ranch in Minot. Ranch Wildlife Club advisors and kids unloaded them into pens in the brooder house, which they had prepared ahead of time so the chicks could eat, grow, sleep, and stay warm.

Co-advisor of the Wildlife Club, Paul Krueger, said when they arrived, "Heat lamps will keep them warm, starter feed will keep them full, and tender loving care will help them grow!"

On June 29, the pheasants, donated each year by Pheasants for the Future, were ready to release into the wild. It was a bittersweet day for the kids. They were proud to have cared for them and be releasing them into their natural habitat, yet sad to see their little friends go. As Wildlife Club co-advisor Andrew Meier said when encouraging kids to spend time with the chicks, "Just sit and watch them. This is excellent quiet time."

Raising pheasants is just one more way the Ranch gives kids opportunities to experience new things, to nurture another living being, and to heal their bodies and minds.



Dr. Wayne Martinsen, Ranch Psychiatrist and Medical Director, joined the watermelon experiment. He added ONE rubber band before it exploded!

Exploding watermelons

A few weeks ago, Ranch kids in Fargo blew up watermelons in STAR group—with rubber bands!

STAR (Social Skills, Thinking Flexibility, Anger Control, Resiliency) is a Fargo group that builds emotional intelligence and interjects positive messages into daily life at the Ranch. Case Managers, Rachael Kary and Katelyn Hanson, choose a STAR topic each week, and find activities to reinforce the topics—which have included morality, black and white thinking, communication, etc. On Sundays, direct care staff introduce the topic and the daily goal. Every evening before bedtime, staff and kids gather in their cottage to talk about how they met their goal that day and to share examples.

The topic of the week was resiliency and being able to bounce back when life throws us a curve ball. Rachael said, "We used rubber bands as they are elastic and flexible. The rubber bands represented the ability to be flexible and strong even when pushed to the limit. We decided to push it to the limit by seeing how many rubber bands we could wrap around a watermelon before the watermelon exploded. The boys lost count after 100 bands. They enjoyed the activity and cooled down with some tasty watermelon afterwards!"

Therapeutic gardening

Last winter, the Ranch received two grants for the gardening program in Bismarck. The Gro More Good Grassroots grant from Kids Gardening and The Scotts Miracle-Gro Foundation is designed to bring the life-enhancing benefits of youth gardens and greenspaces to communities across the U.S.



The Whole Kids Foundation grant was in support of teaching kids about the process of gardening (planting, weeding, watering, mulching, and harvesting).

Tal Pollert, Wellness Coordinator on our Bismarck campus, put the funds to good work! Tal and the kids build three raised sub-irrigated beds in the greenhouse. Having them indoors means the kids can plant, water, and weed not only in the summer, but through the cold North Dakota winters.



Tal said, “In the indoor beds, we planted 18 tomato plants and 18 pepper plants. We were excited to harvest our first two tomatoes from the test planter started in March.”

Outdoor gardening has been equally successful, with the kids building raised beds and planting tomato plants, bean, beans, onions, eggplants, carrots, beets, radish, and peppers. In the outdoor ground plots, fertilized with a load of compost donated by Northern Lights Dairy, Tal and the kids are growing butternut squash, cantaloupe, pumpkins, cucumbers, zucchini, and corn.

“The kids have been very involved with planting, watering, and weeding this year,” Tal said. “They also helped fill the beds with soil once we had the sub-irrigated components installed. They have been excited to watch the plants grow and are proud of helping start that journey. We plan to have an excellent harvest this year!”



Sub-irrigated plots progressed from basic box (top) to planters filled with tomato plants (bottom). Note the two ripe tomatoes from the test plots—showing the plants what they are supposed to create!



The Whole Kids Foundation sent a box of gardening supplies and instructions along with their check for \$3,000 in support of the Ranch’s gardening program in Bismarck.



Gardening gives kids time and space to enjoy the natural world, build trust and community, learn delayed gratification, relieve stress, and experience the joy of reaping what you sow.

Celebrations

Celebrating Independence Day



Ranch campuses were a flurry of activity as we celebrated the 4th of July. In Minot, the boys in Cornelsen cottage made patriotic t-shirts (without getting blue handprints all over the cottage!) and the girls in Challenge cottage made (and ate, of course) delicious 4th of July fruit pizza.



Ranch staff work hard to create a sense of normalcy for kids in treatment—and what is more normal than celebrating America's independence with some red, white, and blue fun.

Ranch kids give back to the community

Despite their own fears and challenges, when the COVID-19 pandemic hit our communities, Ranch kids wanted to help. Kids and staff on our Minot, Fargo, and Bismarck campuses collected non-perishable food items for Great Plains Food Bank, to be distributed at food banks and soup kitchens in each city. Each campus made the food drive its own with creative ways to encourage staff to donate.

In Minot, each day of the food drive had a different theme. For example, on “Rise and Shine” day, staff were encouraged to donate breakfast items. Gabby Kwiatek, Wellness Coordinator in Minot, said, “The best part of this experience was that the kids asked what else they could do [to help]; or if they could help sort the food and drop it off.”

On all three campuses, kids created posters to hang around campus and decorated donation boxes and bins. Wanting to reach even more people, kids asked their families to bring food donations to the Ranch. Staff also posted on social media, asking for “Ding-dong-ditch donations” to be left at the Ranch or at their own homes—all to collect donations for those in need while keeping everyone safe.

The food drive was a success and kids across the Ranch were able to give back to their communities in a time of great need, an experience that will stay with them long after they leave the Ranch.

As one of the residents said, “I have a lot of friends who can't afford groceries and families need that stuff. I think it was heartwarming for them to get food that came from the goodness of other's hearts.”



Becoming Adults

Preparing Ranch Kids to Live in the World

In so many ways, the children who come to Dakota Boys and Girls Ranch are just like other kids. They may have endured more trauma than others and need help to heal and move forward, but like all kids, they face a full range of choices as they step out into the world. Just like their peers, some Ranch kids go to college. Others aren't interested or suited for that path.

On the other hand, Ranch kids are quite different from others in that most have not been taught basic life skills or the things they need to live independently. While many of us learned how to cook and do laundry and ride a city bus from our family, these kids often lived in families unequipped to teach them these basics—so we do it here.

While kids are with us, we help them get ready for life after the Ranch—for life as adults who contribute to their families, neighborhoods, and communities. Whether they need basic life or independent living skills, we meet children where they are at; helping them prepare for the next step in their lives and for long-term success.

Basic Life Skills

Personal hygiene, cooking, housekeeping, laundry, and other basic life skills often fall through the cracks when kids have moved frequently, and/or experienced trauma, lived in poverty, or lived in foster care.

Michelle Racine teaches basic skills in her class, "Applied Topics of Daily Living," where she adjusts the

curriculum to meet the needs of the students in each class.

"I've taught kids how to plunge a toilet, others how to cook, drive, or find a job. It's all based on what they need," Racine said. "The longer I teach the more I realize how much they don't know."

Racine taught one young man how to count money. In a couple years he will be on his own and will need that skill. She also taught social skills to a group of kids—things like how to shake someone's hand, appropriate eye contact, how to approach someone you want to be your friend, etc.

One group of students learned how to sew, and they made some of the curtains hanging in her classroom. One student made a pillow for his mom. Last fall, her students made the desserts for the open house of the newly remodeled school. She likes to give them real projects to test their skills and show them they have a place in the world and can contribute.

Ranch residential staff assign chores to the residents—both personal chores like making their bed and cleaning their room; and communal chores

like taking out the garbage, doing the dishes, etc. Because we try to make living at the Ranch as much like home as possible, we give them opportunities to do extra chores to earn a weekly allowance.

Scarlet* said living at the Fargo Youth Home has helped her develop some independence skills before she turns 18 later this year. "When I was at home all I did was sleep, eat, read, and go to school. I've learned how to take responsibility for my actions."

"One of the things I learned is how to keep my room clean. Because, if you're going to school and working, it's going to be really overwhelming coming home to a messy apartment."



Michelle Racine, teacher in Minot, and her students are working through the book, "Adulthood: How to Become a Grown-up in 535 Easy-ish Steps."

Cooking is another important skill some kids learn while they are at the Ranch. Most of us learned to cook from our parents and grandparents. We crawled up on a chair or the counter to watch and "help." Then as we got older, we prepared one dish and eventually a full meal. No matter how it turned out, the adults in our family praised us for our amazing cooking skills (our siblings probably

gave us a more honest critique)! Ranch kids don't always have the same experiences. Some have rarely eaten a home-cooked meal, much less cooked one. So, we teach them how to cook

while they are at the Ranch, both in the classroom and in the living environment.

Racine said, “We have made spaghetti, lasagna, chicken soup, and smoothies. One time I bought some packaged soups and showed them how they could add ingredients. Some of these kids may not care to cook from scratch, so it’s good for them to learn you can add some chicken or vegetables to a package.”

In Bismarck, an educator from North Dakota State University Extension Services helps teach a summer Food and Fun course. Tal Pollert, Wellness Coordinator in Bismarck, said the kids learn different kitchen skills like reading recipes, making shopping lists, shopping for groceries, and preparing and cooking food.

Learning to cook prepares kids to take care of themselves. They also learn skills transferable to other parts of their lives—like how to do basic math, budgeting, shopping, and managing their time.

Scarlet sometimes cooks meals for the Youth Home residents on weekends. “The boys won’t admit it,” she said, “but they really liked my meatballs!”

Independent Living

For most of us, transitioning to independence is a gradual process. As we transition, our families provide financial assistance and support as we learn to live on our own. Many Ranch kids live in the foster care system and don’t have this luxury—overnight they go from being dependent on the state

for food, clothing, shelter, and health care, to being on their own.

Independent living programs at the Ranch help residents ease the transition, making them more likely to succeed on their own and less likely to experience homelessness and unemployment.



A young resident at the Fargo Youth Home prepared a picnic using the cooking skills she learned at the Ranch.

Responsible cell phone use is one life skill we teach at the Ranch. Some Ranch kids at the Fargo Youth Home have a cell phone they can take with them when they go to their jobs or school in the community. We teach them how to use it responsibly and keep themselves safe. They also learn to take care of it, because they are responsible for repairing or replacing it.

“It’s their phone, not ours,” said Tom Kopp, Residential Program Director in Fargo. “They buy their own minutes, and if it breaks, they have to replace it. They must agree to all the rules and sign a contract. And we only get kids a phone if they have a job or

extended independent time. It’s for their safety as much as anything.”

Due to confidentiality of the other kids, they do have to turn their phone in at the staff office when they get back to the Youth Home.

Money management is a vital life skill most Ranch kids haven’t learned during childhood. When they transition to adulthood, they are completely unprepared to manage a household budget and make wise financial decisions.

In Minot, Todd Fjeldahl teaches financial literacy. In his class, students learn how to create a budget and live within their means. They look up salaries for the careers that interest them and learn all about payroll and take-home pay.

“We also do a unit on stocks,” Fjeldahl said. “I give them a certain amount of money and they choose stocks and mutual funds. We check every week to see how their investments are doing and they can decide if they want to buy more, sell, that kind of thing.”

At the Fargo Youth Home, Ranch residents learn basic budgeting skills and then put what they’ve learned into practice. Kopp says they start by providing kids money for lunches.

“If a resident is working and independent, we’ll give them \$25 and they have to use that to plan a week’s worth of lunches,” Kopp said. “We give them the grocery ads so they can make a list and then we take them to the store. We try not to be super helpful or picky about what they buy. If they buy \$25 worth of Ramen noodles and then run out of food or get sick of Ramen, we use that as a teachable moment. Of course, if

they don't make it through the week [before] running out of food, we're obviously going to feed them."

Housing is another big challenge for young adults who don't have a family to fall back on. And for Ranch residents who have an 18th birthday looming, it's often the challenge that causes the most anxiety. Finding an apartment is one of the skills the Ranch teaches kids as they near adulthood. Staff show them how to find available apartments, take them to look at a few, pick up some applications, and help them complete the applications.

Transportation is one more thing young adults moving from treatment or foster care into adulthood must master. Being independent relies heavily on being able to get themselves from point A to point B—so they can work and go to school. At the Fargo Youth Home, we start tackling the transportation challenge by showing residents how to navigate the public transportation system. Someone goes with them the first few times to show them how it works. When they are comfortable, they start using

the bus system to get around town.

"It's not just for work. They use public transportation to go to the mall or to go other places during their free time," Kopp said. "As long as they obey the rules and prove we can trust them, we give them more and more freedom. With permission from their guardian, of course."

Ranch residents often fall behind in getting a driver's license. Driving is an important coming-of-age ritual in America and in many communities, it's necessary to have a driver's license and a car to get to school and/or work. Children growing up in foster care and/or treatment don't usually have the opportunity to get their driver's license until they are 18 and living on their own.

"While we don't provide a car and let them drive while in our care, we do want kids to learn how to drive, so we help them get their permit and/or license," Kopp said.

It's not uncommon for kids at the

Fargo Youth Home to take behind-the-wheel. The Youth Home works with a local company that picks them up, takes them driving for two hours, and then drops them off at home. The Ranch doesn't provide a car for them to take their driving test, but if they have access to a car, Youth Home staff help facilitate that and get them to and from the testing site.

Some residents get a job. Scarlet is now working 25 hours a week at a Dakota Boys and Girls Ranch Thrift Store.

"[Youth Home staff] helped me do the job application and prepared me for the interview," she said.

She got the job and is now learning how to deal with stressful situations at work. "I first came to the Ranch because of anger problems. So, I've had to learn coping skills to deal with angry customers."

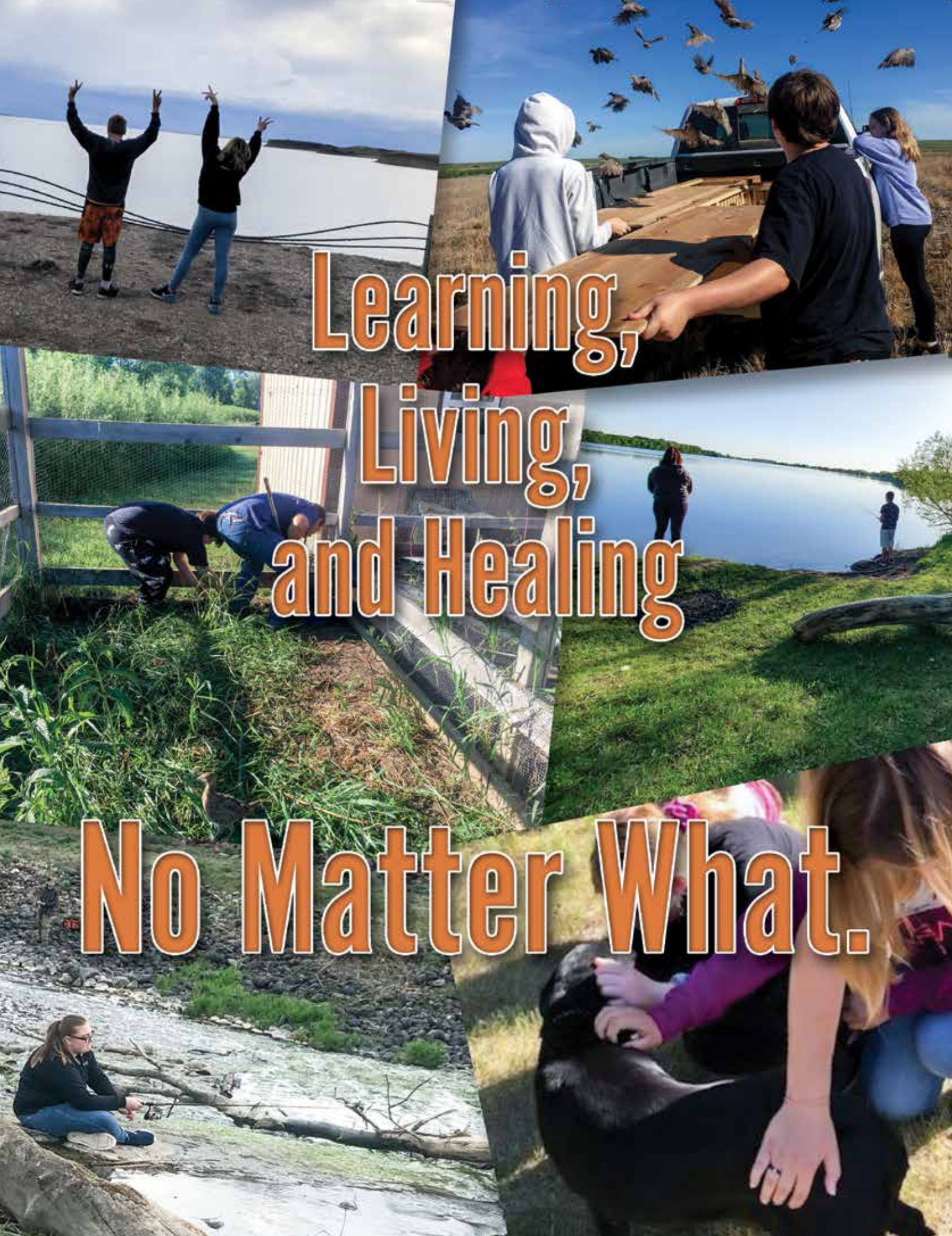
Scarlet has learned to remain calm in the moment, and then to debrief with her co-workers. She has developed

other strategies for dealing with stressors outside of work. "It helps me calm down when I go for a walk, watch a movie, or pick up a good book and get drawn into that," Scarlet said.

**Name changed to protect confidentiality*



Young men and women in the Ranch HOME at Northgate program attended an adult education class held at the Minot Public Library, where they learned to make hot cocoa in an instant pot and to sew a coffee koozie.



Learning,
Living,
and Healing

No Matter What.

When the World Health Organization declared a worldwide pandemic on March 11, 2020; and two days later a national state of emergency was declared in the U.S., we all hunkered down to get through the next few weeks. At the Ranch, that meant suspending travel between campuses, temporarily closing our thrift stores, sending support staff home to work remotely, suspending child/parent visitation, and urging program staff to follow the stay-at-home, travel, and quarantine recommendations to decrease the risk of exposing our kids and staff to COVID-19. We were confident we'd soon return to life as normal.

Ranch kids thought much the same.

“At the beginning of the quarantine, the youth in the aftercare program were ecstatic they could have a couple weeks off school,” said Brandi Arndt, a Family Engagement Specialist who works with children and their families after they leave the Ranch. “They thought it was the best deal ever. They could play more video games, stay up late, and not do homework. But then that week extended to more than a week, then the rest of the school year, and kids wanted to go back to school.”

Distance education, telehealth, restricting parent/child visits, closing thrift stores—they all created great challenges for Dakota Boys and Girls Ranch staff, kids, and parents. But in true Ranch fashion, we banded together to make the best of the situation and even found opportunities to shine amid widespread chaos and uncertainty.

Here are some examples of the

Ranch's extraordinary response to the COVID-19 pandemic.

Our Kids in Treatment

Tom Kopp, Director of Residential Services in Fargo, sees every single employee at Dakota Boys and Girls Ranch as a hero, not only during the pandemic, but before—and after, whenever that may be.

“They have kept their own fears and emotions in check to make sure they don't ramp up the resident's emotions,” Tom said. “They have played games, organized crafts, went for drives, had dance parties, played sports, worked out, wrote letters with the kids, and kept the residents busy with activities geared to each of their talents and strengths.”

As we created new procedures, and then updated them as the situation evolved, we continued the work of healing, hoping, learning, and finding hope for the kids in our care. And, while many facilities put a hold on admissions, we took in new kids, recognizing their psychological and behavioral needs couldn't be put on

hold until “after the pandemic.”

The most difficult part of the pandemic for our kids and their families has been the inability to visit. We did make exceptions for youth when a visit was important to their progress in treatment, but with strict rules about where and how they could occur. For the others, we found ways for kids to



At the end of each class, Teacher Cher Baggett and her students gave each other a big virtual hug!

connect regularly with their families through phone calls, video visits, and handwritten letters.

Boredom was another issue—both for the kids in our care and the kids in the aftercare program. We weren't taking residents out into the community for activities, volunteering, jobs, or even an ice cream cone—so staff found new ways to create connections and community.

Fargo Youth Home staff took the

worked with parents, and more to make sure every student was given the best chance to succeed.

Because many of our Day Students lived in environments that would make working at their own pace a challenge, DMS teachers scheduled virtual classes for the mornings, and spent the afternoons with students who needed one-on-one support. If students didn't show up for their virtual classes, someone contacted them to see how we could make it easier for them to be successful.

Students at DMS received instruction every day of the week from each of their teachers. The leadership and staff commitment to make this happen for our students was not matched by any other school in ND! From March 18 – May 21, Dakota Memorial School teachers provided 1,064,250 hours of direct instruction to the 110 enrolled students.

Some students cared for younger siblings while their parents were at work. For them, and others unable to participate in distance learning through technology, we delivered weekly learning packets.

Most of all, DMS staff communicated—with students, with parents/guardians, with each other, and with resident's case managers and therapists. Ironically, Tina DeGree, Principal at DMS, Minot, said her biggest worry about the possibility of going back to in-school classes in the fall is communication.

"I'm not sure how we'll maintain the level of communication we had with the parents/guardians of our Day Students."



Teachers lined up in their cars around the block, waiting to share their socially distanced congratulations with each graduate.

The success of distance learning varied from child to child. Some students did better than ever, especially Day Students whose biggest struggle in school is peer relationships and social interaction. Others struggled for a variety of reasons including not having support at home, having to care for their siblings, lack of an environment that allowed them to focus, lack of motivation, and anxiety from the other stressors they were facing.

Finally, seven DMS students graduated in May and despite the restrictions, we created a special experience for every one of them. One of our graduates was having a little celebration with her family. Shayla Leinen, Fargo DMS Principal, and John Campbell,

Fargo DMS Dean of Students, got there early to set up a table outside, complete with tablecloth, card basket, balloons, and cake.

In addition to cards from the teachers and staff, they presented the students with prayer cards completed and returned by hundreds of Ranch donors.

"We brought her a cap and gown and held a brief private ceremony with her and her parents where we proclaimed her graduated and moved her tassel to the other side of her cap," Shayla said. "Then, a parade of teachers and

paraprofessionals, all in their own cars, drove past her house honking and yelling out congratulations. Some had their cars decorated. Some had their animals in the back seat. Every single member of our school staff showed up to wish her well."

Then they all drove 70 miles south to another graduate's home and did it all over again!

Principals and teachers at all three campuses held similar celebrations for all but one of the students—who chose to celebrate just with his family.

Despite the disruption in his senior year, one of our graduates was thrilled to be graduating from Dakota Memorial School. During his celebration, he said, "Dakota Memorial School has allowed me to

meet the best people.”

All in all, DMS had a very successful distance learning experience. Although teachers, and most students, are hoping and praying to be back in the classroom come late August.

Dakota Family Services

To keep Dakota Boys and Girls Ranch residents and staff as isolated and contained as possible, Dakota Family Services sent its outpatient therapists home on March 16 and moved to telehealth. From their homes, Dakota Family Services providers met with clients using a Zoom Pro platform with special safety features to protect client privacy. Most clients adjusted quite well to the change, but it was more difficult to engage children in therapy. Many Dakota Family Services providers use play therapy to connect with their youngest clients and they had to get creative.

Clinical Therapist Ally Rust said virtual therapy was powerful in helping her understand what it was like to live in one young client’s body. Cale* struggles to keep his mind, his body, and his energy under control. During telehealth sessions, Cale used a cell phone for video connection with Ally. Rather than being alongside him in her

office, she was, literally, in his hands, traveling through the session with him. She bounced up and down, did somersaults, ran up and down the stairs, went outside, inside, and then somersaulted again. Through all of this they talked about what he was feeling, and what made him more calm or more agitated.



Thrift store employees like Cindy Ganus wear masks to minimize their risk of transmitting COVID-19 to each other and to thrift store customers.

They talked about whether he was sleeping OK, how school was going, and how proud he was about some things his Dad had complimented him on. When Ally talked about her work with Cale, she reflected on the great opportunity this created to understand what life was like for Cale. She talked about the feeling of not wanting to bounce and run and jump, but to not be able to stop—and how understanding this would help her help him.

In addition to their work with individual clients, Dakota Family Services providers recognized a

community need for information about how to cope with the challenges created by the pandemic. They hosted Community Chats via Zoom where they presented their thoughts about a specific topic and then answered questions of the attendees. Over 150 people signed on for one or more of the Community Chats. Because they were so well-received, Dakota Family Services is continuing to hold monthly Community Chats. Follow @dakotafamilyservices on Facebook to learn about upcoming topics, dates, and times.

Thrift Stores

Early on in the pandemic we made the difficult decision to temporarily close our thrift stores. It was difficult not only because the thrift stores provide an important source of income to support our ministry, but because it would require us to furlough some staff. Most of our full-time staff stayed on to complete special projects in the stores and warehouses. They have never looked better or more organized!

We ramped up our online stores (Poshmark, Etsy, eBay, and Amazon), and each store started posting items on Facebook Marketplace.

The closures gave IT staff and managers time to work on the point-of-sale system so we made a lot of progress on getting it implemented throughout our network.

And, we prepared for reopening by purchasing Personal Protective Equipment, deciding how we could accept donations without creating undue risk for staff and customers, and putting procedures and precautions in place for re-opening.



On May 11th, we re-opened all but the Dilworth, MN, store which was under Minnesota's stay-at-home order until May 18th. It hasn't been easy, but we have made the best decisions we can with the information we have; and have responded to customer complaints about the new procedures. We are moving forward with daily staff temperature and symptom checks, limited donation hours which allow us to quarantine donations before sorting through and processing them, and limited store hours that allow us to fully staff each location.

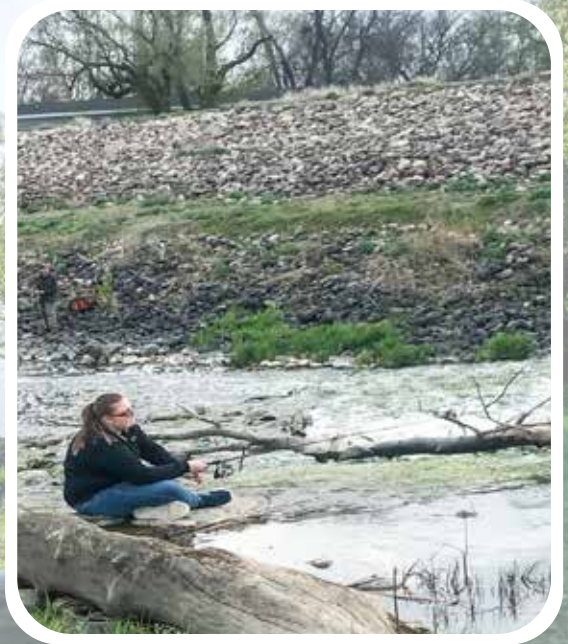
Moving Forward

The pandemic is far from over, and we are committed to moving forward with COVID. In every area of the Ranch, we've learned a lot, and in some cases put new procedures in place that will likely continue.

Thanks to the overwhelming support from the Ranch donor community, we are alive and well and never had to take a break from helping at-risk children and their families live, learn, heal, and find hope.

The Great Outdoors

Fishing and outdoor adventures became popular activities as Ranch staff found ways to relieve boredom while keeping the kids safe. One of the great advantages of healing in North Dakota is the big open spaces, like these at Souris River Dam near the Ranch's Minot campus, Silver Lake, near Hawley, MN, and Fort Stevenson State Park, Garrison, ND.



Follow Dakota Boys and Girls Ranch on Facebook and Instagram to stay up-to-date on Ranch happenings and stories.



facebook.com/dakotaranch1952



Instagram.com/dbgr52

A future he never imagined

Jeremiah chases his dream

Jeremiah, a funny, delightful, and handsome young man, used drugs to “dumb himself down.”

“I have autism,” Jeremiah said, “and I felt people didn’t understand me. A part of my autism is that I don’t understand social cues. And I do and say things people don’t understand.”

More than anything, Jeremiah wanted to be part of a group. And to be accepted by his peers, he thought he had to appear less intelligent. Drugs took away his anxiety, “dumbed him down,” and helped him fit in.

But the drugs took a toll on Jeremiah’s health and relationships.

“Drugs put me into psychosis,” he said. “I have a thing called psychosis with orientation, which means I know where I am and know what is going on around me. But I can tell you a story about a giraffe on the moon, or that my mom beats me (when she doesn’t) and totally believe it.”

“I was stealing from my parents. I ran away. And I got angry over the littlest things.”

When they could no longer handle Jeremiah’s behaviors and didn’t know where else to turn, Jeremiah’s parents relinquished their parental rights so he could go into foster care and receive the help he needed.

From there, he landed at Dakota Boys and Girls Ranch. At first, he didn’t want help.

Angela Schon, Jeremiah’s case manager at the Ranch said, “At the beginning of treatment Jeremiah told us what he thought we wanted to hear and had a fairly long “honeymoon”

phase. Eventually he realized we weren’t going to discharge him until he actually worked through the issues that brought him to treatment in the first place. It wasn’t easy for him, and there were a lot of ups and downs, but he did work hard to make positive changes in his life.”

In therapy, Jeremiah has learned to talk through his uncomfortable feelings and emotions. “I think the only way to go forward is to be uncomfortable when you’re talking about something. If you stop talking everytime you’re uncomfortable, it’s not going to help you. You have



Jeremiah is chasing his dream thanks to his case manager, Angela Schon (shown here), his therapists, and people who support the Ranch ministry.

“I acted like I was accepting the help, but in my mind, I know I wasn’t,” Jeremiah said.

Now, in his second time at the Ranch, Jeremiah wants the help he needs. “I want to get stuff done. I want to be able to communicate efficiently and to have friends, good friends. My therapists at the Ranch are really helping me with those things. They are helping me with pretty much anything you can name that a young adult needs to live independently.”

to just sit there and cry and work through things.”

While at the Ranch, Jeremiah also developed coping skills, learned how to interact with other people, and worked hard to repair and rebuild relationships with his parents.

“I wouldn’t say my dad and I have a perfect relationship, but we have a good one. I’m in contact with him now and we talk regularly on the phone,” he said.

“And my mom is just amazing. I’ve



said some pretty hurtful things and she still sticks around. She loves me. She helps me learn. And now I'm helping her with the technology aspect of getting her business going."

He also learned the skills he needs to live on his own. But maybe most importantly, the Ranch has helped Jeremiah visualize his future.

"My life would be really different without the Ranch. I think I would still be wanting to use. I didn't think I would ever go to college. I thought school was dumb and I didn't need it," Jeremiah said. "But people at the Ranch have helped me visualize that I can go to college if that's what I want."

When Jeremiah left the Ranch on his 18th birthday to live independently, he had already been accepted to Bismarck State College for cybersecurity, which according to Angela is the thing he loves the most.

"I am excited to see where the future takes him," Angela said, "and I know he'll reach his goals if he continues to push himself in this positive direction."

As Jeremiah prepares for the next step in his life, he wants Ranch donors to know how much they are making a difference.

"I want to say thank you to Dakota Boys and Girls Ranch donors. The Ranch helps kids' dreams come true, like mine to go to college and to achieve everything I want in life. Some kids may not realize it's helping at first, I didn't. But, it does if you let it. And all of the donations make it possible."

Ways to Give

Thanks to gifts from our generous donors, the Ranch helps the most troubled, complicated, and amazing kids by providing best-in-class psychiatric therapy and trauma-informed care. If you would like to provide hope and healing for a child at the Ranch, you can give several different ways.

Give Now

You can give now to meet the needs of our precious children in one of two ways. Give online at DakotaRanch.org/donate, or mail a check to Dakota Boys and Girls Ranch, PO Box 5007, Minot, ND 58702.

Memorials and Honorariums

When you make a donation in memory or in honor of a loved one, they will live on through programs that provide much-needed care for the hurting children who come to the Ranch. You can make your donation in one of the following ways:

Online at DakotaRanch.org:

Select Memorial/Honorarium when completing the donation form.

Phone: Call 1-800-344-0957.

Planned and Estate Gifts

Naming Dakota Boys and Girls Ranch as a beneficiary in your will is one way to leave a legacy that serves God's Kingdom. But, it's not the only way. Other legacy giving options include Charitable Gift Annuities, naming the Ranch as a beneficiary of your retirement plan assets or a life insurance policy, leaving real estate to the Ranch, and more. To learn more, contact a Ranch Development Officer at 1-800-344-0957. Or, visit our legacy giving website at DakotaRanch.org/legacy for tools and information you can use to maximize your philanthropic goals.

Tree of Life

You can honor or remember a loved one by purchasing a leaf, acorn, or rock on one of our Trees of Life. For a Tree of Life order form, go to DakotaRanch.org and choose "Many Ways to Give" from the dropdown menu. Or call 1-800-344-0957—we can send you an order form or take your information over the phone.

Direct Thrivent Choice Dollars to Dakota Boys and Girls Ranch

If you are a Thrivent Financial member, you may have Thrivent Choice Dollars® available to direct to your favorite enrolled charity. Directing Choice Dollars® to Dakota Boys and Girls Ranch helps us teach Christian values to the amazing children at the Ranch—values that aid in their healing, provide a foundation of hope, and help them be successful in their treatment.

Amazon Smile

If you shop online at Amazon.com, AmazonSmile is a simple and automatic way to support the Ranch every time you shop, at no extra cost to you. Simply go to smile.amazon.com and select "Dakota Boys and Girls Ranch" as your charity.

Our History

Dakota Boys and Girls Ranch has come a long way from its small beginnings as a home for troubled boys on a donated farmstead...

In 1952, Dakota Boys Ranch was organized as an outreach ministry by the North Dakota District of the Lutheran Church Missouri Synod (LCMS). The Ranch started near Mapleton, ND, and two years later moved to a 960-acre ranch (donated by Mr. and Mrs. L.C. Butt) near Tolley, ND.

Eight boys lived at the Ranch at a time. They all had chores, and helped with the day-to-day activities of the working ranch. In these early years, services provided to the boys were mainly composed of work study, spiritual life, recreation, and public school. Therapy and specialized education services were quite limited or non-existent. The basic intent of the program was to provide a home to meet the boys' most immediate needs.

By 1957, 15 boys had been served by the Ranch with an average stay of 10 months. Still, 59 applications had been denied due to lack of space. This led to the purchase of a 37-acre tract four miles west of Minot, ND. A new facility was constructed and ready for boys to arrive by March 1959. In 1969, the Tolley Ranch was sold and the proceeds were used to build the Louis and Ida Butt Cottage on the Minot campus.

The 1970s were a time of big changes at the Ranch. 160 acres of adjacent land were purchased and the treatment program was expanded to include vocational



In the early days, Ranch boys learned good work habits by helping with the chores.



Mr. and Mrs. L.C. Butt donated their ranch near Tolley, ND to Dakota Boys Ranch. Eight troubled boys lived on this working ranch at any given time.

training, teaching good work habits, and teaching the boys to take pride in personal accomplishments. Recognizing the boys need for additional treatment options and education assistance, the Ranch expanded both its Social Service and Special Education departments.

The 70s saw additional expansion as more and more children came to the Ranch for care. Dakota Boys Ranch (girls had not yet been added) constructed three group homes and transitioned to a group home concept of child care and treatment. Several buildings were constructed including the Therapeutic Activity Center, Thatcher Cottage, the apiary (honey house), the Luebbe Vocational Center, the Chapel, and the Independent Living Home. The change to cottage-style living left Bremer Hall available for use as a school and it was remodeled to accommodate more students in the classroom.

The late 70s also brought new energy to incorporating special education, physical therapy, art therapy, psychiatric care, vocational agriculture, and therapy into the boys' treatment—always “seeking to tie these to the Word of the Eternal Father and His loving care and gracious compassion the Savior, Jesus Christ.”

In the 1980s, the Ranch started its thrift store operations with the opening of two thrift stores, one in Minot and one in Fargo, to support the programs and services of the Ranch. They were quickly followed by the opening of thrift stores throughout the region. The Ranch

continues to operate thrift stores today, with ten stores contributing to the mission of the Ranch and supporting their communities.

Years of discussion and planning led to the opening of the Fargo Youth Home in 1988. The Youth Home began as a group home for boys, and in 1993 became the first Ranch facility to accept girls.



Children develop life skills through Independent Living Services provided at the Fargo Youth Home.

The early 90s saw the Ranch step forward and become nationally accredited, ensuring that all those looking for services could be confident of the high quality of care the children received. That was followed by accreditation of Dakota Memorial School, the Ranch's on campus school. Dakota Memorial School also added a Day School Program. The Day Program serves students whose home school districts were unsuccessful in meeting their learning needs. Day students live at home and are transported up to 100 miles one way to attend school at the Ranch. The introduction of the Day Program resulted in a need for more space in Minot, and a new school was completed in 1996.

In 2000, the Ranch expanded services to the Bismarck-Mandan area, with the opening of a residential treatment program for children in Mandan. As the children moved into the leased space, the board of directors was already working on plans to build a new facility in Bismarck. The Western Plains Residential Treatment Center

opened in 2003, providing a home and school for 16 boys and girls who otherwise would be sent out of state and away from their families.

In 2003, the board of directors voted to change the name of the organization to Dakota Boys and Girls Ranch, to more accurately reflect the population served.

The 2000s were marked by an increase in community outreach and awareness. In addition to its status as a Recognized Service Organization of the Lutheran Church Missouri Synod, the Ranch became an affiliated ministry of the Evangelical Lutheran Church in America.

The Ranch also established Dakota Family Services to provide community-based mental health services; and received grants from several local, state, and national foundations in support of the Therapeutic Riding Program, Dakota Memorial School library, Wildlife Club, and Greenhouse Technology Program.

In 2012, Dakota Boys and Girls Ranch moved into new buildings in Fargo, ND. By 2016, the Al and Johnne Bierdeman Center for Hope and Healing housed a residential treatment center, school, chapel, gymnasium, nutrition center, and administrative offices.

2018 brought the launch of the *Ranch HOME at Northgate (HOME)*, an 18+ independent living program in Minot, ND, with HOME standing for Hope, Opportunity, Mentoring, Experience. HOME helps young adults, who have little or no family support, transition into adulthood.

The North American Lutheran Church became the latest Lutheran denomination to support the Ranch ministry in 2019.



The Ranch expanded to Bismarck in response to a need for additional residential treatment services in the state.

Today, the Ranch helps the most complicated and amazing kids by providing best-in-class psychiatric and trauma-informed care, all in the name of Christ. Christianity remains the foundation on which we operate and do our work, and our Spiritual Life programs and facilities are 100% funded by generous people throughout the United States.

Changing a life—one decision at a time

Katie Samuelson is determined to change her life. Now living with her godparents and her sister, Katie is saving up for a car and college. She wants to be a teacher or a therapist—which is a very different future than she imagined for herself a year ago.

She has made a lot of poor choices in her quest for attention—drinking, running away, smoking, self-harm, and more.

But now, after a time at Dakota Boys and Girls Ranch, Katie is ready for change. She said, “When I came here, I was ready to change my whole life around. I don’t want to go back to the things I was doing.”

Katie is determined not to let her earlier experiences define her. “I was abused as a child, and I didn’t get the attention I needed from my Mom and Dad. But I don’t want to wear my past on my sleeve, say ‘poor me, poor me,’ or use that as self-pity. Those were mistakes they made.”

Katie said her father was in and out of her life for as long as she can remember. “He was a really bad alcoholic and he was abusive. He was in and out of jail. He was in and out of rehab.”

When Katie’s older brother went to rehab, her Mom got “really depressed and sad.”

“She stopped caring for us when I was 12 and my sister was 11,” Katie

said. “She stopped cleaning and doing dishes. She stopped cooking. So, me and my sister had to start taking care of ourselves.”

Katie first came to the Ranch (Minot) at age 13. And while she was here, except for a few incidents with boundaries and peers, she did great. Three days before she was set to go home, that all changed.



Katie learned to love writing with the support of her Dakota Memorial School English teacher, Roxanne Pokrzywinski

Katie went on a home pass. “I self-sabotaged,” she said. “I ran away from my mom’s house and went to a party. When I got back to the Ranch, I got a dirty UA [drug test], so I had to stay longer. And when I did leave, I had to go to a foster home instead of back with my Mom.”

After running away from two different foster homes and going back to the same negative behaviors, Katie returned to the Ranch, this time in Bismarck. Katie said being further

away from home gave her room to breathe, and she benefited from the smaller campus. Her real impetus for change was her sister.

“When I was at the Ranch the first time, my sister starting to hang out with my friends and do the things I’d been doing. I don’t want her to do that. I don’t want her to follow in my footsteps, so I need to be a good role model.”

Katie has worked through some difficult issues at the Ranch, including the relationships she has with her parents. “My dad was always making these empty promises. He said he’d come see me or he’d call me and then he didn’t,” Katie said. While she hasn’t had much contact with him, she is starting to believe that his broken promises don’t reflect her worth.

With her mom, Katie has been working on communication. “When my mom and I get into an argument, we don’t stop. And then we walk away from each other and never resolve it.” Katie has learned that won’t build trust.

She has filled her “emotional toolbox” with coping skills so she can deal with pain, anger, hurt, and resentment in a more positive way.

“It used to be when I’d start crying, I would cry for hours. Now I can just breathe and calm myself down within minutes. I’ve learned how to regulate my body.”

As Katie prepared to leave the Ranch, she and her addiction counselor, Amber Nelson, talked about strategies she can use to avoid temptation. “We talked about what I’m going to do if I relapse, who are safe people I can trust, how I’m going to cope if something doesn’t go right, and ways I can set boundaries with my old friends.”

Amber is confident Katie will be successful this time around. “Katie is very passionate, intelligent, creative, and determined,” Amber said. “She not only made strides to learn and refresh her skills in therapy, but consistently put them into practice.”

In addition to her work in therapy, Katie attributes much of her growth and change to her Christian faith.

“Before I came here, I really didn’t have faith,” she said. I didn’t grow up going to church. But it’s been a big thing for me here and I feel like every single day I’ve gained more and more faith. I’d like to go back to the church I went to with my first foster family a few times. It’s big and it’s loud and there is lots of singing. What they say is really meaningful. I’m looking forward to going back.”

“Without the Ranch I’d probably still be doing drugs and running away and making bad decisions. I was destroying myself. The Ranch can really change people. It doesn’t matter how bad it is—if you are willing to do the work, the Ranch can help.”

Katie asked us to publish her writing (right) in Ranch Voice to help you better understand what kids at the Ranch experience.

This is Me...

By Katie Samuelson

I don’t really know who I am just yet, but I do know just a few things. I know where I’m from, I know who my parents are, and I know a few other things that are not the basic facts.

I am a young girl who has a lot of problems that I can’t face by myself; but yet, I always try to do it on my own because I don’t like asking others for help. I am very strong-willed, I am an amazing writer, I am always hopeful, and I have a tendency to always put others before myself. I am a girl of many talents.

I am currently facing depression, anxiety, emotion control issues, and various addictions. I am faced with the fact that my dad doesn’t ever want to be in my life because his opinion is that I’m too hard to take care of. When things aren’t going well in my life, I am always willing to face my demons. Every day I look in the mirror and say, “I got this.”

Life may be challenging at some points, but I got this. Every day I worry, even though I don’t need to because the people who I love are being taken care of. I am scared to go home. I am scared because I don’t know if I can conquer the demon in my head saying, “I can’t do this.” I am scared because I don’t know what the future will bring. I am scared because the unknown is scary. Then I remember and think: I got this; I can move forward even though I’m scared. I can move forward even if I worry too much. I can move forward even if my dad doesn’t want to be in my life. I can move on with my life because I have God on my side. I may not have all of my ducks in a row, but I got this.

I am a fifteen year old girl who has brown hair and brown eyes. I am a girl who can change people’s lives with just one smile. I am a girl who can be a leader. I am a girl who can be anything she want to be when she gets to the point when she is ready. I am a girl with the potential to do great things in this world. I am a girl who struggles with good and bad, but I can be a great role model. I am the girl who made the choice to flip her life around. I am me, and I will never change for anyone but myself.

Understanding our Kids

Putting on the Brakes

By Monica Olson and Taylor Keller,
Clinical Therapists, Dakota Boys and
Girls Ranch

Imagine driving through the middle of town during road construction season trying to navigate unexpected stop signs, orange cones, and random holes in the middle of the road to get through to the other side safely. Most of us are familiar with applying the right amount of pressure to the brake and gas pedals to get through the construction safely. For some, it's second nature and requires very little active thought.

Now imagine trying to get through that same construction zone without a brake pedal and the accelerator pressed all the way to the floor. Everything is coming at you so fast you barely have time to dodge obstacles, much less figure out how to slow down or stop the car.

That is the difference between arousal (the first example) and hyperarousal (the second example).

Many of the children at Dakota Boys and Girls Ranch live in a constant state of hyperarousal. They don't choose to live like this. Their hyperarousal is a natural response to surviving years of neglect, abuse, and trauma.

While children arrive at Dakota Boys and Girls Ranch with their own unique needs, trauma is the most common experience among them. When a child experiences trauma, the survival area of the brain (sometimes called "reptilian brain") is the most active.

As humans, we aren't typically able to reason through a frightening situation

logically until after the fact, when we have returned to a calmer state of mind. During a crisis, we can move quickly from a typical state of arousal to hypoarousal (freeze) or hyperarousal (fight or flight) to help us to survive. While we are experiencing a crisis or trauma, the part of the brain that stores memory often malfunctions and doesn't record the memory.

But, because our bodies record everything, Ranch kids may remember the feelings and sensations associated with the trauma and get stuck in hyperarousal, with no real memory of what happened. This can create hypervigilance, high startle response, difficulty with transitions, emotional variability, being easily offended, physical aggression, or trouble with being told "no."

Regardless of developmental abilities or histories of trauma, treatment always starts with meeting the kids where they are at in their reptilian brain to increase their sense of safety and control. This means no shaming and no judgment. We validate their experiences no matter how irrational they may appear. Later in treatment, we introduce skills to help them move from hyperarousal to arousal, increase the size of their window of Tolerance and restructure thoughts and beliefs to more adaptive ways of seeing themselves and the world around them. Throughout treatment, Ranch staff serve as the "brake pedal"

until the child is able to learn and implement the skills they need to regulate themselves.

This may sound complicated, however, there are easy ways to increase a child's window of tolerance and help them regulate their emotions and behaviors:



Taylor Keller (left) and Monica Olson help Ranch kids navigate the unexpected.

1. Safety – Just Listen. Don't force kids to talk about their experiences. Give them space to express themselves by allowing them to choose activities through which the family interacts.
2. Stabilization – Calmly label the emotions you are seeing in the child. Allow for voice and choice by providing age-appropriate options to give children a sense of control and ownership.
3. Structure – Provide a daily routine that is both flexible and predictable. Work to keep messages consistent between caregivers.

Monica Olson, LPC, and Taylor Keller, LAPC, are both clinical therapists at Dakota Boys and Girls Ranch, Minot campus.



Lorens
and Mabel
Kingstad



From left: Anna Kingstad-Jantzen, Tim Kingstad, and Luke Jantzen and their two horses, Inga and Freya.



Naomi Kingstad Murphy with Isaac, Kaysha, and Ezekiel Murphy.

Blessed to be a blessing

The Kingstad Family Endowment

Lorens and Mabel Kingstad were hardworking children of immigrants who grew up during the Depression and the Dirty Thirties. According to their children, Tim Kingstad and Naomi Kingstad Murphy, they lived simple, frugal, and humble lives of “faith active in love.”

Yet, through their quiet and unassuming lives, they made a lasting impact on their children, the people they served through their church and various volunteer activities, and the children at Dakota Boys and Girls Ranch.

Lorens and Mabel grew up 15 miles apart northwest of Williston, ND—Lorens on a farm south of Zahl and Mabel on a small farm south of Alamo. Mabel then earned a bachelor’s degree in English at Augsburg College in Minneapolis, MN. After teaching a year in Tagus, ND, she took a job in Zahl, where she met Lorens.

Tim remembers his Dad saying that he quickly knew that Mabel was “the one” for him, but it took a while for him to get her to agree! In the meantime, Lorens served in the Navy during WWII, and spent months in the hospital recovering from malaria and dengue fever contracted in New Guinea. Mabel also moved on during those years, teaching in schools in Minnesota and Washington, before returning to Zahl to marry Lorens in 1949.

Living in Zahl, and then Williston, the couple worked hard to raise their children and serve their God; and tithing was central to their beliefs.

Naomi remembers both of her

parents as being adamant about giving. Tim remembers his Dad telling him that tithing was always part of their marriage “even when they were out on the farm near Zahl and starting with nothing. Whenever they sold anything—crops, milk, chickens, eggs, whatever—they would take money aside and put it in a coffee can for the church.”

Giving of their time and treasure was a way of life for the Kingstads. Mabel channeled her passion for teaching into Christian education. She taught Sunday School, served on the Christian Education committee at church, and taught classes (and other teachers) for the Bethel Bible Series. She was the first female deacon at Our Redeemer’s Lutheran Church and was an active member of women’s church organizations throughout her life.

Lorens wasn’t quite as involved because he was a full-time rural mail carrier, part-time farmer, and for a short while, the owner of a water softener company.

“My dad did more work in a day than I do in a week,” Tim said.

Lorens did find time to serve on the church council and the boards of Bible camps at Brush Lake (Montana) and Epping, ND (now Upper Missouri Ministries). Naomi suspects it was through the Epping camp that they first learned about Dakota Boys and Girls Ranch. Together, Lorens and Mabel were founding members of Good Shepherd Lutheran Church, Williston, and delivered Meals on Wheels two to three days a week for over 20 years.



“They embedded in both of us the need to bless others because we are blessed,” Naomi said.

Tim and Naomi said their parents chose to support the Ranch both during their lifetime and in perpetuity through the Kingstad Family Endowment because they recognized some kids don’t have the same opportunities they were able to give their own children.

“Naomi and I had a very stable, healthy childhood. It wasn’t until later in life that I even realized that right in our town there were kids who had the kinds of childhoods kids at the Ranch have experienced,” Tim said. “In the 60s, when Mom and Dad started giving to the Ranch, it was probably one of the few places combining the psychotherapeutic [services] and a Christian environment. That was important to them.”

Under the terms of Mabel’s will, the Kingstad Family Endowment was created in 2017 with a portion of Lorens and Mabel’s estate. Tim and Naomi requested that the earnings on the endowment specifically go to support the equine (horse) therapy program at the Ranch.

Naomi said that they chose this program because they have enjoyed the love of animals in their own lives. “Dogs and other pets have been such a big part of our lives and the lives of our children, so it was easy for us to see how animals can provide help to children struggling with life.”

Tim agreed and added, “I have struggled with depression throughout my life and dogs have been an important part of my ‘therapy’ nearly every day.”

He also noted that his daughter and son in law now have horses, including a pair of Norwegian Fjords, similar to two of those in the program at the Ranch.

“An endowment is particularly appropriate for an estate,” said Tim, a retired attorney. “The principal of the gift is held in trust in perpetuity, with the annual earnings distributed to the charitable beneficiary. That way you can continue to do good, forever, supporting the same things you did during your lifetime.”

He also noted that an endowment allows future generations to contribute to the fund, through lifetime gifts or in their own estates. “So, children, grandchildren and beyond can become part of the legacy established by their parents or grandparents – making it truly a family gift that goes on for generations.”

Because the distribution amount is based on a three-year rolling average of the fund value, the first distribution from the Kingstad Family Endowment will be made to the Ranch Horse Program later this year.

“The first distribution being made in 2020 is an interesting historical echo,” Tim said. “Mom was born on November 19, 1918, and she almost died during the Spanish Flu pandemic. I think she would feel good about the first distribution coming at a time where the Ranch has extra needs due to another pandemic.”

Endowment Giving

Endowments provide ongoing operating funds and welcome sources of revenue for nonprofits; and because the assets of the endowment are invested permanently to generate annual income for the organization, they give donors a way to create a legacy. Endowments can be established at any legally qualified foundation, including the Dakota Boys and Ranch Foundation.

Dakota Boys and Girls Ranch Foundation endowments are typically set up to distribute 5% of a three-year rolling average of the market value of the endowment. Those funds are used to support the Christian ministry of the Ranch.

Endowments can be designated for a specific purpose, or support the ongoing expenses of Dakota Boys and Girls Ranch. Donors can contribute to an already established endowment, or establish their own Named Endowment.

The foundation has several established endowments designated to support the Horse Program, Education, College Scholarships for Former Residents, specific campuses, and more.

To establish a Named Endowment requires an initial gift of \$25,000 or more. Those can be in your own name, or in honor or memory of someone of your choice—and can be designated to support annual operations or a specific aspect of the Ranch’s work to help at-risk kids and their families succeed in the name of Christ. Many donors choose to contribute to an endowment during their lifetime, with a final gift through their estate.

For more information contact us at 1-800-344-0957.



Lola
Vulles



Lola said, “When I receive your Ranch magazine (Ranch Voice), I start on page one and don’t get out of my chair until I’ve read the whole thing, word for word.”

Reaping What Her Father Sowed

On March 30, 2011, Lola Vulles walked to her mailbox in a small town in Montana. As she flipped through the mail, she saw a letter from an oil company.

“I was curious to see what they wanted so I opened it up right there on the street. It was my first oil check and I wasn’t expecting it. You know, they never tell you anything,” Lola said. “I hyperventilated and barely made it back in the door and into the big chair.”

Lola knew she owned mineral rights in North Dakota that her parents had left to her and her three siblings. She didn’t know they’d begun drilling on that land and that she’d be receiving dividends—dividends she would donate to her church, Dakota Boys and Girls Ranch, and other charities.

“I didn’t need the money, and if I gave it to charity, I could use it as a tax deduction,” Lola said.

Lola made a recent gift to Dakota Boys and Girls Ranch in memory of her parents, Dr. Charles E. and Lottie Stewart, “because that’s where it all began.”

The back story

Lola’s father, Dr. Charles E. Stewart, was born and raised in Newborough, Ontario, about 50 miles west of Toronto.

Lola said, “Dad’s mother died when he was ten years old, and by his own admission, he doubted if he went to more than three years of school. His dad farmed him out to aunts and uncles to slop the pigs. At some point

he ran away from home and worked his way down into Chicago.”

In Chicago, Charles found his way to the McKillip Veterinarian College. He told the dean he didn’t have much schooling, but he wanted to be a veterinarian. They admitted him to the college and said he could stay if he kept his grades up.

It took him six years to complete a four-year course, and he graduated as a veterinarian in 1913.

He married Lottie Hartsoch, his second wife and Lola’s mother, after his first wife died in the 1918 flu epidemic.

Charles and Lottie lived near Ray, ND, until 1939, when they moved to a small farm near Sanish, ND. Over the years, as Charles farmed, raised cattle, and operated a small veterinary practice, he built the farm into over 6,000 acres.

“He’d go to the courthouse in Stanley,” Lola said. “When he’d come home, he’d say, ‘I bought some more land today.’ They were selling land for \$1 an acre to pay the taxes and he picked up a lot of land that way.”

“Another time Dad said he was going to run into Stanley to do some business at the courthouse. This wasn’t unusual. While he was there, he met a neighbor on the street who told him he needed some money and wondered if Dad would consider buying some of his mineral acres. Dad came home and said we owned a few more mineral acres.”

In the 50s, Lola said the oil companies came through and used a seismograph to select sites most likely

to have oil. At the same time, the Corps of Engineers was constructing the Garrison Dam, which would eventually put a portion of the Stewart land, including the house, under Lake Sakakawea.

Charles and Lottie sold much of the land, leased some to the oil companies, and relinquished the rest to the government when they claimed eminent domain. Thanks to Charles' savvy business sense, they maintained the mineral rights. They didn't benefit from the mineral rights in their lifetimes, but Lola's favorite charities are reaping the benefits of the portion she inherited.

Lola now lives in Montana's Flathead Valley, where she moved with her family after they sold the land, but North Dakota is still very precious to her. And, as a second-generation donor, she is well acquainted with Dakota Boys and Girls Ranch.

Lola said her parents received letters from the Ranch. "I remember my dad coming in with the mail and tossing a letter from the Ranch on the table. He'd tell my mom to send them \$25."

She also recalls her dad talking about the Ranch when they'd drive into Minot for parts. "We'd take Hwy. 2 from Stanley on and we would pass the Boys Ranch there on the hill. I've

never been down in there, but Dad would always talk about it as we went by."

Lola is thrilled to memorialize her parents through her donations to the Ranch, and to help children in North Dakota who haven't grown up in families like hers.

"I just had a good old-fashioned home life," Lola said. "Mom had a garden and we raised all of our veggies. Dad was a farmer. He had cows for a while but as a full-blooded Scotsman, he liked sheep better. And he got two crops, a lamb crop, and a wool crop. I learned from them the value of hard work and truthfulness."

Gifts of Oil, Gas, and Mineral Rights

If you own land, or an interest in land, with oil, gas, gold, silver, and other precious mineral rights, you may be able to achieve your charitable goals while lowering your income and saving taxes.

Gift of All or a Portion of Your Land

You can receive the most direct tax benefit by giving all or part of your ownership interest in your land to a qualified charity. With the help of an appraiser who specializes in valuing this type of donation, you receive an income tax deduction for the value of the portion you give. This reduces your income and provides immediate tax savings while supporting the causes important to you.

Gift of Royalties

A common problem for oil and mineral rights holders is income that pushes them into the upper tax brackets with higher rates and fewer deductions. Landowners can agree to give a portion of their royalties to a qualified charity for a term of years. The landowner will not be taxed on the income. By making a gift of your royalties, you can achieve your charitable goals while lowering income and savings taxes.

Life Estate

When you give a charity a life estate in your land, you may continue using the land for as long as you live. Even though the land will not pass to charity right away, you receive an immediate income tax deduction for the present value of the remainder interest. The charitable deduction is usable up to 30% of your adjusted gross income and may be carried over up to five additional years if not used the first year.

Charitable Remainder Trust

To maintain the most income while maximizing charitable intent and charitable deductions, you can place your land into a charitable remainder unitrust. You receive an income tax deduction and payments based on a percentage (such as 5%) of the trust's value each year. Because the production will likely add more than 5% to the trust annually, the trust has the potential to grow and pay you more each year. After a lifetime of payments to you, the remainder goes to help further the mission of your favorite charity. For more information, contact Dakota Boys and Girls Ranch at 1-800-344-0957.



Dakota Boys and Girls Ranch
P.O. Box 5007
Minot, ND 58702-5007
1-800-344-0957
info@dakotaranch.org
www.DakotaRanch.org



Ideas for Giving and Moving Forward in 2020

Congress recently enacted several tax law changes. The information in this brief explains the changes, and provides some ideas to consider if you are thinking about making a gift in support of the children at Dakota Boys and Girls Ranch.

Restricted Gifts

If you have already made a gift to support our cause and your gift is restricted to a particular project or purpose, consider contacting us to remove your gift restrictions. This is an easy way for you to help us meet our current, most pressing needs, which will allow us to continue to support our staff and meet overhead expenses during this time.

Removing a gift restriction will give us flexibility to put your gift towards meet critical needs, and it doesn't require any additional gift from you.

CARES Act

This recently passed law includes several charitable tax provisions to encourage giving.

These include:

- A new deduction for charitable donors who do not itemize when filing their tax returns. If you do not itemize but made one or more gifts to charity, you will be allowed to take a special tax deduction, up to \$300, to reduce your tax liability.
- An increase in the deduction limit up to 100% of a donor's annual income for cash gifts (previously the deduction was capped at 60% of annual income). If you make a gift, you will be able to deduct more this year.

Donor Advised Funds

If you have a Donor Advised Fund (DAF) and wish to help us this year, you can make a gift from your DAF to support our work without affecting your personal financial security.

Charitable Gift Annuity

If you are concerned about your financial security given the ups and downs of the stock market, you may want to consider making a gift to fund a charitable gift annuity. You might be surprised by the benefits. You can exchange your low-performing stock, CDs, or cash for guaranteed, lifetime fixed payments. If you make a gift of an appreciated asset, you will not have to pay capital gains when you fund the annuity. You may also benefit from a tax deduction this year and a portion of your payments could be tax-free.

SECURE Act

In December, Congress passed the SECURE Act, limiting stretch payments to IRA beneficiaries to 10 years. If you planned to leave your IRA to your children, this new law means they will now pay higher taxes on the inheritance they receive from you. When you revisit your estate plan, consider funding a testamentary charitable remainder unitrust with your IRA balance. This plan can provide lifetime payments to your heirs and spread out the taxes on their inheritance.

This information is not intended as tax, legal or financial advice. Gift results may vary. Consult your personal financial advisor for information specific to your situation.

20DJ07

The names and images shown here are representative of typical donors and may or may not be actual donors to the organization. Under federal rules your benefits may be different from this example. Please contact us for your specific benefits.

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Trusting in God



**By Janet Zinke, Senior Development Officer
Dakota Boys and Girls Ranch**

Thank you for your compassion for the at-risk children and their families who come to Dakota Boys and Girls Ranch. Because of your steadfast prayers and dedication, children continue to grow healthier in mind, body, and soul throughout this unprecedented time of uncertainty.

It is humbling to witness the donations that come to us from all over the country. More and more people are learning about our ministry and choosing to give. I wish each and every one of you could look into the faces of the children whose lives you are impacting. They are remarkable and precious children of God.

I've missed seeing them over the past several months. It is beautiful to watch them travel their journey of growth and healing. I can't wait to get back to office—where my favorite part of the day is spending time in our dining center. Amidst the chatter of staff and children, a feeling of family and togetherness permeates the space. When we pause to say grace, although it is not a choir of angels, it sure warms my heart.

In early March, I was in the lunchroom when one of our residents sat down next to me and we chatted. Her eyes sparkled as we laughed about some TV show. As she talked about

her plans for the upcoming year, I could hear she had been putting a lot of thought into her future...a future she planned to fill with opportunity, growth and success. Thank you for having faith in this girl, and so many others, so they can heal—and then have hope for their future.

You are an important part of the Ranch family. We appreciate you, and your faithfulness is an inspiration.

If you have questions or a prayer request, would like a Development Officer to visit you, or would like to tour one of campuses, please call. We are doing all we can to respect the guidance of the CDC, but once we are able to travel and have visitors on campus, we sure would love to see you.

I pray that God fills you with the Spirit and wraps you in His loving grace.

Your prayers for our kids are a source of healing and hope. Thank you for loving our children. If you have any questions about the Ranch, contact Janet Zinke, or any of the people shown here, at 1-800-344-0957 or info@dakotaranch.org.



Lisa Cole
Mission Advancement Officer



Laurie Dannewitz
Development Officer



Tim Unsinn
Senior Development Officer



Paul Krueger
Senior Development Officer



Linda Medhus
Senior Development Officer



Anne Compere
Director of Mission Advancement

Grants and Corporate Donations

Faith Community Lutheran Church; \$3,000; chapel audio equipment

GroMore Good; \$500; Bismarck Gardening Program

Great River Energy; \$1,000; Bismarck Salad Bar

Dakota Medical Foundation Emergency Grant; \$10,000

Park Christian PaY Group; \$1,000; DMS Fargo Remodel

Minot Community Endowment Fund/North Dakota Community Foundation; \$6,000; Minot Network Switches

North Dakota Community Foundation; \$5,000; Minot Network Switches

First Lutheran Church Foundation; \$3,200; DMS Fargo Remodel (Interactive Technology)

OK LWML; \$5,000; Chapel Bathroom Renovation

Verendrye Electric; \$1,500; Cottage Furniture

Sam's Club Bismarck; \$1,500; Textbooks and School Supplies

Cass County Electric; \$2,500; DMS Fargo Remodel

South Dakota LWML; \$3,000; Chapel Audio Equipment

Iowa East LWML; \$7,036; Minot Steam Tables

Otto Bremer Trust; \$100,000; Bremer Hall Remodel

Oregon LWML; \$6,500; Chapel Bathroom Renovation

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Memorials/Honorariums

Unless otherwise designated, donations you in memory or in honor of your loved ones will be used to help build and maintain chapel facilities on all Ranch campuses. Your gift to the Ranch will live on through the children at Dakota Boys and Girls Ranch, by helping us teach them about Jesus' unending love. For more information about making memorial and honorarium gifts to the Ranch, contact the Dakota Boys and Girls Ranch Foundation at 1-800-344-0957 or info@DakotaRanch.org.

Memorials

Feb. 17, 2020 - June 20, 2020

ALBERS, JOAN

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ALCORN, JIM

Richard Gust

ALLEN, MARCIE-JO

Crystal Whisler

ALWIN, REX

Betsy Alwin

ANDERSON, ALICE

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ANDERSON, CARL

Gloria Davids

ANDERSON, JOSH

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ANDERSON, LORENE LAMBERT

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APGAR, BRUCE

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ARABIAN, MATUTA

Debra Runyan

ARENDS, KRISTA

Anita Petersen

BABCOCK, STEVE KENDALL

Kathleen Adamson

BALDWIN, LYNN

DJ Velarde

BALFANY, KATHRYN

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BARTELS, DOROTHY

Deborah Beiderbecke

BARTELT, GENE

Vicki Bartelt

BAUKOL, WENDY

Scott & Kathy Howe

BAUMANN, DOROTHY

Marilyn Baumann

BENNETT, WAYNE & BEVERLY

Angela Hollier

BERTSCH, MAGGIE

Frances Priebe

BERWALD, EILEEN

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BISHOFF, GEORGE

Yvonne Bender

BLAKEWAY, DORIS

Harley & Cheryl Haug

BLACKANGEL, NITRO

Brenda K. Hoffman

BLAIR, JOHN & HELEN

Jan Daugherty

BOGER, EDDY

Wayne Johnson

BOHLMANN, DUWAYNE

James & Faylenne Slechta

BOPP, DIANA

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Clarice Erickson

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BOURCHIER, JOHN T.

Suzanne B. Leary

BROWNSEY, MILDRED

Richard Gust

BUCHHOLZ, RODGER

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BURKETT, EDWARD

John & Patricia Sebastian

BUSCH, ED

Andrew & Ardis Johnson

BURNS, JACK & BEVERLY

Gerald & Mary Meyer

BUSCH, DOROTHY E.

Clayton & Zona Pearson

BUTLER, JUNIE WIN

Beverly Mar

CASCADE KATIE

Diane Gilmore

CELANO, LEE

Josephine Celano

CHLOE

Ellen Whalen

CHORBA, KATHRYN

Richard & Sandra Atkinson

CHRISTENSEN, SHIRLEY

Juliana Johnson

CHRISTIANSON, ELLIS

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KING

Colita K. Williamson

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COGAR, MARVIN D.

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Cameron Parham
STEVENSON, DONALD
Lynda Neuman
STEWART, AGNES
Helen Anderson
Jim & Janet Geltel
Delores Ravnaas
STEWART, DR. CHARLES E. &
LOTTIE (HARTSOCH)
Lola Vulles
STOUT, JADE
Christine Stout
STREGE, LYNN
Joan Fiechtner
Linda Hill
Gaylord & Marilyn Schilling
STRONG, DEWARD
Kim Strong
SUMMERS, CHUCK
Jim & Gail Prudhomme
SUMMERS, LINDA
Larry Summers
SUTER, LOIS ANN
Mr. & Mrs. Merle Heidenreich
SWANSON, JEAN
Linda Hansen
SZABO, CATIE
Donald Szabo
TANDBERG, KEVIN
Wes & Marlys Kunz
TANGEN, EIREAN
Patricia Berggren
TELLMANN, MR. & MRS. EMIL
Barbara Tellmann
THOMAS, DR. CHARLES
Mary Greiman
THOMPSON, FRAN
Kathy Thompson

THOMPSON, LORRAINE
Patricia Bahr
THORSEN, LILY
Rachel Dancy
TOFTE, GARY
Gary Enget
TONNESON, LAUREL MERLIN
Richard Gust
TROMBLEY, MIKE
Nora Trombley
TWETEN, JUNE
Linda Medhus
UNDERWOOD, ANDREW
Terry Underwood
VIVOD, WALTER
Karen Scaramucci
VOJNOVICH, CARESSE
Randall & Diane Roth
VOORHEES, WEBB & JOYCE
Pastor Jack & Joneen Richards
WAHL, DENNIS
Hank & Jan Albers & Family
WARREN, JORUTH
Elizabeth R. Howton
WASSON, BILLY
Grant & Terri Kistler
WEIDNER, VERNICE
Sarah Richau
WEISS, JIMMY
Norma Von Osterheldt
WELCHLEY, EILEEN
Maureen Pakutz
WELLS, LEORA
Sharon Bossman & Family
WENTZ, CURTIS
Earl & Irene Wentz
WHITE, BILL
Sidney Pudwill
WISNESS, LEVI
Morgan Wisness
WOLF, PRISCILLA
Judy Mesoline
YOUNG, ARTHUR & BEATA
Rev. Donald & Mary Ann Young

ZIETLOW, MARGIE
Roger & Lisa Cole
Dale & Laurie Dannewitz
Sandy Schmidt
ZILEMBO, MIKE & PEGGY
Susan Lindberg

Honorariums

Feb. 17, 2020 - June 20, 2020

60TH WEDDING ANNIVERSARY
OF KEN & JUDY KIRKMAN

Janet Routson

AL

Matthew Cuellar
ABBY BYRON-GOSLIN

Alan Clark

ALL ABUSED CHILDREN

Janet Riley-Dalton

ALL PEOPLE IN NEED

Patricia Menard

AUGIE SCHAEFFER

John & Patricia Sebastian

BARACK OBAMA

Jessica Orr Flinchum

BEN & REGINA TELLERS

Jacqueline Hjelle

CALEB

Niada Niederhauser

COPPER GEBERT

Maia Rey

COUNTRYSIDE STABLE

June Renvall

CYNTHIA SLEMMER

Mike Slemmer

DANIEL LOUGHLIN

Frances Belschner

DAVID & TIM MORGAN

Arlene Morgan

DIANE RUST

Kathy Rust

DOROTHY ROMERO

Bob James

DOROTHY'S GRANDDAUGHTER

Dorothy Bentley

Memorials/Honorariums

ED SPENCER

Lisa Spencer

ELAINA KATSULES

Jeffery Katsules

ELLA WALLOCK

Richard Hill

ERIKA TUCKER

Sue-Anna Tucker

EVERY CHILD WHO NEEDS LOVE

Andrea Sluke

FORMER STUDENTS

Beth Swanson

GEORGE & ELEANOR KRUEGER

David Krueger

Rolland & Tina Krueger

GERELD GERNTHOLZ

Jay Cink

HONORING "ALL OF YOU"

Chris Heiny

"J" A RANCH RESIDENT

Marian Milks

JAMES DICK

Janna Diggs

JANINE MCCLUSKY

Marika Porter

JESUS CHRIST

Mr. & Mrs. James Slager

JOAN BEASLEY MARTIN

Lesa Eckert

JOSH DUHAMEL

Anonymous Donor

JOSHUA DEYOUNG

Allison DeYoung

JOY RYAN

Quin & Kole Seiler

Senator Judy Lee

KAITLYN KIPP

RENEE KIPP

KALEIGH KELLER

Donna Friedman

KATHY MUELLER

Leah Stanek

LAST CHANCE KILL PEN

HORSE RESCUE VOLUNTEERS –

ASHEBORA NC

Tracey Bilodeau

LEON ROESLER

Heather Mouzourakis

LUKE, JP & ALYSSA

Leisl Lemire

MARIANNE ROBY

Jeanne Slocomb

MARY MELTON

Patricia Mangum

NICK & KELLY BRISTOW'S
MARRIAGE

Rev. Ricky & Kim Jacob

NATIONAL VELVET

Kim Parga

PATRICK SESSA

Patricia Sessa

ROY HARN

Danita Harn

SHEILA MILLER

Joy Ryan

TED & SUE'S 50TH

ANNIVERSARY

Sheila Gerry

THE DAKOTA OYATE

Anke al-Bataineh

THE MARRIAGE OF LEENA &

MATTHEW WATESKI-HANSEN

(Friends and Family by Howard &
Janice Hagen)

THE RANCH CHILDREN

Eleanor Griffith

THOMAS R. DECKER

ShaRell Nelson

TWELVE STONE FARM

Rick Williams

WES WATERS

Tommie Waters

MONTHLY GIVING MATTERS

Change a child's life through your faithful, monthly support!

Make your giving an even greater blessing when you join the Ranch as a *Honeycomb Partner*.

With each monthly gift, you'll share HEALING and HOPE with boys and girls who have endured unspeakable pain, crushing academic failure, abandonment, and abuse. But most important, you'll give them the chance to meet Jesus and know His love and forgiveness.

It's easy to join. Just complete both sides of your reply form and return it, along with your first monthly gift, in the envelope provided. Or visit DakotaRanch.org/MonthlySupport.





A Prayer for Healing

At every moment of our existence
You are present to us, God,
In gentle compassion.
Help us to be present to one another
So that our presence may be a strength
That heals the wounds of time,
And gives hope that is for all persons,
Through Jesus our compassionate brother.

We keep all donors, kids, and Ranch staff in our prayers. If you have a special intention or prayer request, please contact us at 1-800-344-0957 or info@DakotaRanch.org. When we receive your request, we will distribute it to our pastors and spiritual life specialists who will pray for you during our chapel services on all three campuses.

We also write your prayer in a special Prayer Book we keep in the Foundation office in Minot. If you are ever in the area, stop by. We'd love to help you find your prayer in our Prayer Book.

Your Name _____

Phone _____ Email _____

Your Address _____

City _____ State _____ Zip _____

Please pray for _____



Dakota Boys and Girls Ranch
P.O. Box 5007
Minot, ND 58702-5007

Change Service Requested



“Dolphin” painted by
Ranch resident

The mission of Dakota Boys and Girls Ranch is to help at-risk children and their families succeed in the name of Christ.

www.DakotaRanch.org

Main Switchboard: 1-800-593-3098

Foundation: 1-800-344-0957

