



## Lose Weight - but NOT Breakfast, Part 1



Many people think skipping breakfast is a good way to lose weight. However, the desired weight loss rarely occurs with this method. Today, a growing body of research focuses on meal frequency and timing, with breakfast playing a prominent role.

Researchers, using information from 50,000 participants in Adventist Health Study-2 (AHS-2), found four factors that were associated with a decrease in body mass index (BMI):<sup>1</sup> eating only one or two meals per day; maintaining an overnight fast of up to 18 hours; eating breakfast instead of skipping it; and making breakfast (or lunch) the largest meal of the day.<sup>2</sup>

The two factors that related most strongly with higher weights were eating more than three meals a day (snacks are counted as extra meals) and eating the largest meal of the day for supper. The latter is very common among many cultures- and even church gatherings! Recent research strongly suggests that eating meals later in the evening can sabotage an otherwise good weight management program.<sup>3</sup>

These finds also challenge the widely held opinion that eating more frequently is better for weight management than eating larger meals less often. A few observational studies have suggested the opposite, but large prospective studies have clearly shown snacking leads to weight gain - probably because snack foods tend to be high in sugar, fat and calories.

The principle investigator of AHS-2, Hana Kahleovo, MD, says these findings could be combined into a very practical weight-management strategy for relatively healthy individuals. She recommends skipping supper, avoiding snacks, eating a substantial breakfast, and fasting at least 18 hours per day.

Article by Fred Hardinge, DrPH, RD; iStock Photo 1. BMI, while not a perfect metric, is widely used to rate a person's weight. For a calculator and more detailed explanation, see "BMI Calculator" at [bmiccalculator.net](http://bmiccalculator.net).

2. Hana Kahleova, et al, "Meal Frequency and Timing Are Associated With Changes in Body Mass Index in Adventist Health Study 2," *The Journal of Nutrition* 147, no. 9 (Sept 2-17): 1722,



## Music and Arts Festival a Success

According to Webster's Dictionary the definition of music is the "vocal or instrumental (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion." Such was the atmosphere at DAA during the annual Music and Arts Festival held February 21–24.

75 young people (grades 5 – 12) arrived on campus to join the academy students. They came from all of the seven Adventist elementary schools in the Dakota Conference, Red River Valley Junior Academy in Canada, as well as several public schools in the Dakotas and Nebraska.



Classes began on Wednesday evening and continued through Friday afternoon. Students had the options of participating in workshops of their choice, which included Beginning and Advanced Bells, Beginning and Advanced Band, and Choir. Clinicians and assistants from Union College, Red River Valley Junior Academy as well as alumni, parents, and others worked with the participants in the workshops. This year, Art was added as a workshop with DAA English and Art teacher, Gary Way, teaching the fundamentals of art while Kathy Tebelius from Bowdon worked with advanced art students.



The festival ended with a special concert on Sabbath afternoon featuring each of the groups along with a mass choir of over 100 voices singing praises to God.

We appreciate all the hard work the clinicians and students put in to make this festival a success. Thanks also to DAA's music teacher, Ms. Charlotte Messer, for all her hard work in planning and organizing the

music festival.



Article and photos by Sharon Heinrich

## Youth Rally To Be Held in Fargo



**WHO:** Speaker is Jason Woll

**WHAT:** Theme: "Benefits of Serving Others" Going into the community for a service day. Be prepared to meet people and share Jesus!

**WHEN:** Sabbath, April 14, 2018

**WHERE:** Fargo Seventh-day Adventist Church

Article & photo by Loren Nelson III

## Banana Ministry

"I am known as the banana man," say Thomas (Tommy) Thompson of Bismarck, ND. "I have been delivering fruit to the Ruth Meiers Hospitality House for years."

It began when the Bismarck Seventh-day Adventist Church, of which he is a member, used to do the "Fruit Program," purchasing fruit from Texas or Florida at a discounted price by the semi-load and reselling it at street value to make a profit for a church project or a local church school. At that time he was helping load and deliver fruit. If there was fruit that did not sell, he would deliver it to the homeless shelter in town.

"When the fruit program quit, I wondered what I could do for the homeless shelter. I called them and asked if they could use bananas. They said they could so I have been delivering twenty pounds of bananas once a week, every Friday, ever since. "That has been..." Thompson paused, "I don't know how many years."

His familiarity with bananas began years before. While attending Union College, Thompson worked in a distribution plant in Lincoln, NE. "Two or three times a week they would send me, and two or three other college students, into the basement to unload bananas that came in by train." The train car was full of 140-150 pound stalks of bananas. Thompson and his friends would throw the stalks on their shoulders and carry them to a location where "hands" of bananas were broken from the stalks and put in forty-pound boxes. These were stacked four high and shipped to different store locations around the mid-west.



"I wish I could carry that much now," says Thompson with a smile.

Article & Photo by Jacquie Biloff

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If you use Amazon.smile when purchasing online and reference either KTWJ or DAA, they will receive a donation.

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## Custer Celebrates New Members



The Custer Adventist Church members celebrated adding two new members to their congregation Sabbath, February 24. Because there is not a baptismal tank in the church, they reached out to the community for help. Pastor Thomas contacted the Super 8 Hotel, which is one of the few hotels open during the winter season, and it has a pool. The manager was eager to accommodate if the baptism was done early in the day.

Lexi Wilkins and Olivia Wilkins expressed their desire for baptism during summer camp. Pastor Thomas followed up, and with their father Steve Wilkins, prepared them for baptism with Bible studies. Church members met at the Super 8 Hotel before Sabbath School and the two young ladies, publicly stating their love for Jesus and their desire to follow Him, were baptized.

Pastor Thomas stated, "All of our members who were present, along with the courts of heaven, celebrated this wonderful event. What a way to begin the worship of God that Sabbath! Praise God!"

Article by Pastor Sam Thomas and Jacquie Biloff; Photos by Becky Howe

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## Luz Naasz of Pierre, SD Is Honored

Dennis Daugaard, the 32<sup>nd</sup> governor of South Dakota, honored Luz Naasz of the Pierre Adventist Church in Pierre, SD, for her 33 years of work and service at the governor's mansion.

In 1984, Naasz transferred from custodian at the State Capitol to the governor's mansion where she worked until her retirement. According to an article written about her in the Pierre Capital Journal, she "kept house for five governors, six administrations and two mansions." These included Harvey (Anne) Wollman 78-79; William (Mary) Janklow 79-87; George (Linda) Mickelson 87-93; Walter (Mary/Patricia) Miller, 93-95; William (Mary) Janklow 95-03; Michael (Jean) Rounds 95-11 and Dennis (Linda) Daugaard, the current governor.

Naasz has received two Proclamations during her tenure; one of them was the declaration of a *Luz Naasz Day* - June 8, 2012. On December 6, 2017, Governor Daugaard, presented Naasz with a plaque which reads, *Luz Naasz, thank you for being a servant leader.*

Article by Jacquie Biloff; Photo submitted by Luz Naasz



YOU ARE INVITED TO THE **NORTHWEST REGIONAL**  
TO BE HELD IN **DICKINSON**, NORTH DAKOTA

MARCH 24, 2018 ♦ 9:30 AM - 3:00 PM MST

A fellowship meal will follow the worship service prior to the afternoon program. Please bring extra food for hungry teens.

## *The Branch of the Lord*



*Photo by Charles O'Hare*

Welcome Beulah, Bison, Bowman, Dickinson, Grassy Butte, Richardton, Watford City, and Williston churches, and all who worship with us. For additional information, call 701.751.6177.

March 24, 2018

Invitation Hill Adventist Church  
10730 Hwy 10  
Dickinson, ND 58601

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## Manfred Church Remembers Young People

Every year the Manfred Adventist Church sends care boxes to its young members attending academy or college away from home. There was a time when they mailed 24 flat-rate postal boxes. Today the number is closer to half a dozen. "We started this a few years ago to let them know we were thinking of them," says Jan Jones, Community Services director. "We send them in the middle of the winter and include home-made goodies, apples, quick breads, caramel popcorn, peanuts, ramen noodles, and granola bars. Katherine Edwards makes special cards, which we also include. Verna (Briggs) is my assistant. She has such good ideas."

One recipient of the annual care package exclaimed, "If they are that thoughtful, that's going to be my church."



Article by Jacquie Biloff; Photo by Katherine Edwards

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## Fri Chik & Rice Casserole

- |   |                                       |
|---|---------------------------------------|
| 1 C chopped celery                          | 1/3 C milk, almond or soy may be used |
| 3/4 C chopped onion                         | 2 C cooked rice, brown or white       |
| 1 can mushrooms                             | 1/2 C mayonnaise or vegenaise         |
| 1 can mushroom soup                         |                                       |
| 1 can Fri Chik, diced                       |                                       |
| (add some of the juice if it seems too dry) |                                       |

Mix all ingredients and put in a casserole dish. Bake at 350 for 45 to 60 minutes.

Recipe by Julie Brude in [Breaking Bread Together](#), DAA Class of 2018, page 59. For sale at CO and DAA for \$20.

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March is music month, call Lynette Miller at 701.751.6177 for availability or visit the Bismarck ABC at 7200 N Washington Street, Bismarck, ND.



Retail Retail **Special Special**  
Case Single **Case** **Single**

Bismarck

**CANNED:**

LL Big Franks	12/20 oz	\$68.70	\$6.33	<b>\$60.70</b>	<b>\$5.73</b>
LL Fri Chik	12/12.5 oz	58.88	5.42	<b>51.88</b>	<b>4.89</b>
LL Vegetarian Burger	12/20 oz	68.70	6.33	<b>61.70</b>	<b>5.81</b>
H Chik'n Bites	12/13 oz	52.99	4.88	<b>46.49</b>	<b>4.37</b>
H Vege Steaks	6/19 oz	31.81	5.60	<b>27.31</b>	<b>5.26</b>
CL Hostess Cuts	6/10 oz	31.83	5.86	<b>27.45</b>	<b>5.28</b>
CL 3 Grain Pecan Patty	6/19 oz	31.83	5.86	<b>27.45</b>	<b>5.28</b>
Roma	6/7 oz	45.39	8.36	<b>39.89</b>	<b>7.54</b>

**FROZEN:**

Fripats	12/9 oz	62.39	5.74	<b>52.85</b>	<b>4.99</b>
Leanies	8/8.5 oz	34.70	5.74	<b>25.00</b>	<b>3.76</b>
Prosage Roll	12/1 lb	87.42	8.05	<b>77.42</b>	<b>7.28</b>
W Sandwich Slices	8/8 oz	33.91	4.68	<b>28.41</b>	<b>4.05</b>
Dinner Roast	6/2 lb	87.52	16.12	<b>77.52</b>	<b>14.54</b>

sale dates: March 1-31, 2018 quantities may be limited

ABC hours in Bismarck, ND are:

- Tuesday, 3:00pm - 5:30pm
- Wednesday, 3:00pm - 5:30pm
- Thursday, 3:00pm - 6:00 pm
- Closed on Sundays

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## QUOTE of the MONTH

"No good thing will He withhold from them that walk uprightly." Psalm 84:11.

"Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish and a plain path before their feet."

--E G White

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## March 8 Dispatch Photo





The above photo was taken by Paulette Bullinger on the grounds of the Bismarck State Capitol, using a Canon Rebel EOS t5.

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Dispatch Mission: To build a climate of encouragement and blessing through the sharing of witnessing and evangelism activities. If you have news to share or would like to be added to the **Dakota Dispatch** mailing list, please email Jacquie Biloff at [jbiloff@icloud.com](mailto:jbiloff@icloud.com). © 2018 Copyright



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