



## Head Strong, 8 Ways to Reduce Your Risk of Alzheimer's (Part 1)

Most people haven't heard of type 3 diabetes. But they probably know the condition by its more common name: Alzheimer's.



Alzheimer's isn't a normal part of aging. It causes symptoms such as memory loss, dramatic mood swings, an inability to focus, and problems controlling the body. These symptoms are the result of on-going brain damage. Alzheimer's causes proteins to become like twisted threads inside the brain's nerve cells (neurofibrillary tangles). It also causes damaged protein deposits to build up plaque in the spaces between the brain's nerve cells (called beta-amyloid plaques). There are about five FDA-approved medications to treat some symptoms related to language skills, memory, and some behavior problems. But there's no medication-based cure, and the drug benefits are short-lived.

Researchers aren't sure why some people get Alzheimer's and others don't. Evidence shows that having a family history of Alzheimer's means a great risk. Alzheimer's is sometimes linked to diabetes, high blood pressure, and high cholesterol, and sometimes, although more rarely, to having had a head injury earlier in life. The Alzheimer's Association International Conference held in Toronto, Canada, in 2016 presented data showing that Alzheimer's and dementia have more than 50 associated risk factors, including low thyroid levels, high homocysteine levels (an amino acid linked to heart attacks and strokes), and elevated blood fats.

Conventional medicine hasn't offered much hope. But there's actually a lot you can do to decrease your risk, or even reverse symptoms. "New research shows how combined natural strategies can powerfully reverse memory loss and cognitive decline," says Wes Youngberg, Dr.P.H., a clinical nutritionist, lifestyle medicine specialist, and a founding director and fellow of American College of Lifestyle Medicine and author of HELLO HEALTHY.

**To Beat Alzheimer's, You Need a Plan** (continued next week)

*Article by Michele Deepe, April 2017 issue of Vibrant Life magazine, iStock photo*



## Academy Camp Week is about Bonding

*Building Friendships for Eternity* is a great school tag line, but how do we get there?

Camp Week is the first step in that journey. Why would Camp Week be so important you ask? Well, it goes something like this:

- We have three new students in the senior class, two new juniors, five new sophomores, a whole new freshman class, and a smattering of new staff,
- We don't all know each other,
- We don't all have prearranged friendships,
- We all have this fresh start with new faces and a new school year.



Camp Week is about bonding:

- First, as a class doing the boat race and camp chores,
- Second, as varied groups participating in activities and Student Association-led games,
- Finally, as an entire school during worships and Sabbath activities.

The academy students and staff arrived at Northern Lights Camp as a random group of people, but left as family. With God at the helm, we are certainly well on the way to building those friendships that will last for eternity.

Article & photo by Tracy Peterson

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The Minot Adventist Church is planning a homecoming weekend September 28-29, 2018, with world-class missionary Elder Conrad Vine, director of Adventist Frontier Missions (AFM). The invitation is to previous members and friends from around the Dakotas and surrounding states to "come home" for a special weekend visit and see what is happening at the Minot Adventist Church.

A light supper will be provided Friday evening at 6:30 followed by Praise and Worship from 7 to 8. Sabbath morning Elder Vine is scheduled to share Jesus at 11 a.m., with haystacks provided for fellowship lunch. An afternoon program at 1:30 will provide practical tips for mission in the local community and a Q&A for AFM mission projects.

Prior to serving as president of AFM, Pastor Vine served in pastoral ministry in the UK and Minnesota, as a church administrator in the Middle East Union, and for many years with ADRA in central Asia and other regions worldwide.



Article & photos provided by Pastor Barry St. Clair

## Little Acts of Kindness Made a Huge Difference

"Chaplain, we're going to need you at the emergency room; there has been a crash involving a family, and it's a bad one." The tone of the sergeant's voice was grave and subdued. On Sunday, March 25, 2018, State Highway Patrol Chaplain Mike Temple received a chilling call. A horrific accident on Interstate 29, near Grand Forks, North Dakota, had claimed the lives of two small boys and had seriously injured their mother and 3-year old sister.

Pastor Mike of the Grand Forks Seventh-day Adventist church navigated his way through the heavy snow, to lend any support he could to the shocked and grieving family. The church family was notified of the tragedy, and members began praying for this mother who had lost her only two sons; Camden (9), and Maxwell (18 months). Leanne Erickson, teacher of Prairie Voyager Christian Elementary School, shared the sad news with her students. Together the students lifted the family in prayer each morning during worship.

In June, the grieving mother implemented a toy drive in Fargo, North Dakota, as a way of honoring the memory of her sons. Local non-profits received the new toys to distribute to impoverished families. Upon learning of the toy drive, Pastor Temple contacted the mother and offered to help her expand the project into the Grand Forks area. During the month of August, collection receptacles were placed in eight businesses around Grand Forks. With local television coverage about the campaign, city residents soon began flooding the bins with new toys.



Pastor Mike invited the Prairie Voyager teacher and students to help distribute flyers at Home of Economy, a department store in Grand Forks. WDAZ, a Grand Forks television station, sent a reporter to cover the event. Leanne Erickson and two of her students were interviewed to share their thoughts on the project. "We prayed for this family, and now we get to help in a physical way," said Leanne. "It made me feel good to help with the toy drive and help someone else," added Kenzie, a 2<sup>nd</sup> grade student.



The new toys were collected and brought to the fellowship hall at the Grand Forks Church where Prairie Voyager students helped sort and prepare the toys for distribution. Students also gave the mother handmade cards and reassured her of their continued prayers. It was a meaningful and personal way of showing love and concern to a mother who was struggling to navigate her grief.

Our students have increased their witnessing presence in the community during the 2017-18 school year. Students Engaged for Eternity (S.E.E.), is the Dakota Conference initiative for the 2018-19 school year. The Prairie Voyager Christian Elementary will aim for two outreach activities a month. Plans include: visiting local assisted living residents, reading to dogs at the local humane society, and a baby supply drive in March for the local pregnancy center.



We live in a world marred by pain, devastation, and grief. Little acts of kindness make a huge difference. Our students are experiencing the positive effects of being Christ's representatives in their community.

Top and bottom photos show the mother, Trista Curry, with students from Prairie Voyager Christian Elementary.



Notice of Events

# Pathfinders/Adventurers

Lots of fun things happening!

Get registered, get going, International Camporee coming!

**1st**  
 Local  
 Pathfinder  
 Camporee  
  
 September  
 28 - 30,  
 2018  
  
 Where?  
 DAA  
 =====  
  
**2nd**  
 Pathfinder/  
 Adventurer  
 Leadership  
 Training  
  
 October  
 26 - 30,  
 2018  
  
 Where?  
 DAA



**3rd**  
 Pathfinder Bible Experience

January 19, 2019

Where? DAA

**4th**

Pinewood Derby

January 19, 2019

Where? DAA

**5th**

Honors Fair

January 20, 2019

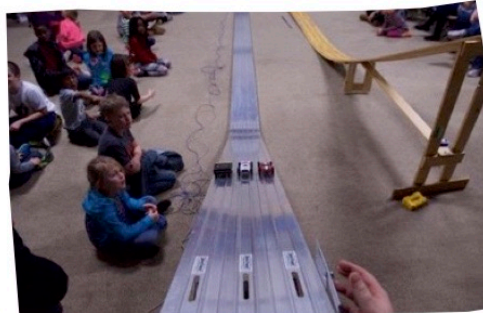
Where? DAA



Fun &  
 Educational



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If you are interested in starting a Pathfinder or Adventurer club call Sue at Dakota Conference and get registered. 701.751.6177



## 6th - International Camporee

August 13 - 17, 2019

Oshkosh, WI

## A Baptism Journey for Two

The journey to baptism for Makya Kostenko and Riley Hauff began under the watchful eyes of their mothers.

I (Pastor Harold Chin) began to have conversations with their moms starting about four years ago when they would candidly share with me that their daughters were beginning to ask Bible questions without any promptings, but the timing wasn't right yet.

Fast-forward two years and we began having the conversation again only this time their daughters were asking for baptism and formal Bible studies. We struggled at first to find a consistent regular time to meet when it occurred to us to have a study every time I was there for church. Our class had four youth - 2 girls and 2 boys. While it was only the girls that were baptized it will only be a matter of time before the boys are ready. We didn't consistently have four but even if our numbers dwindled down to one, it was determined that we would not miss an opportunity to study.



Armed with questions that would usually come from interactions with teachers and classmates in a public school setting, we wouldn't quit until the class was satisfied with the answers found in the Bible.

Fast-forward again and with a warm day, cold water, and moderate breezes over the waters of North Crooked Lake, ND, the conditions were perfect! We had a nice gathering of relatives and church members to celebrate the baptisms of Makya and Riley.

Despite a brief tumble on the concrete dock, Pastor Chin had the privilege of baptizing both Makya and Riley who are now proud members of the family of God. Their journeys were each filled with challenges but they were kept safe under the watchful eyes of their mothers and of Jesus Christ.

May they always find themselves under His Wings as they begin the journey of the rest of their lives with Him.

Photo: Left to right, Makya Kostenko, Pastor Harold Chin, Riley Hauff.

Article by Pastor Harold Chin; Photo from FB

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## Water From the Rock Again

The following is a report from Just Jesus. Adventist Campus Ministry - Africa, which was reported in the May 31, 2018, Dakota Dispatch.







The amount of water found at the drilling location at Rock View in North Uganda is abundant and clean. Praise God.

Thanks to each of you who helped make this possible. Along with the presence of God, through the Holy Spirit, this gift is a well of water welling up to Eternal Life. This natural source of liquid life on earth is an unbelievable blessing to the thousands of people in this region of Uganda.

Bottom photo: Richard (left) and Steve (right). Richard Mangbwi is president of Just Jesus. Campus Ministries - Africa.

In December, five college students and three members of the Fargo Adventist Church are conducting a mission trip to the United Nation refugee amps in Northern Uganda. There is a go-fund-me page at [www.gofundme.com/justjesusuganda](http://www.gofundme.com/justjesusuganda). One hundred percent of these donations will be used for the project. Further details are available from Pamela Joyce at [pamelajoyce88@outlook.com](mailto:pamelajoyce88@outlook.com) or Pastor Darrel Lindensmith at [darrellindensmith@outlook.com](mailto:darrellindensmith@outlook.com)

Article by Pastor Darrel Lindensmith; Photos supplied by Pr. Lindensmith

# 30th Annual Dakota Conference Women's Retreat

For it is by grace you have been saved...  
it is the gift of God.  
Ephesians 2:8

www.dakotaadventist.org

Oct 12 - 14, 2018  
The Abbey of the Hills

## Women's Retreat Notice

Unfortunately, the *Early Bird Painting Class* has been **cancelled** at this year's retreat. If you have already registered and sent in payment for the class, a refund check will be mailed to you; however, you will remain registered for Women's Retreat.





	<u>Ct</u>	<u>Wt</u>	<u>Retail Case</u>	<u>Retail Single</u>	<b><u>Special Case</u></b>	<b><u>Special Single</u></b>
Bismarck			-	-	-	-
<b>CANNED:</b>						
Chili	12	20 oz	\$50.49	\$4.64	\$45.63	\$4.21
Choplets	12	20 oz	70.70	6.49	\$65.63	\$6.10
Diced Chik	12	13 oz	60.60	5.57	\$55.89	\$6.21
Fri Chik	12	12.5 oz	60.60	5.57	\$57.09	\$5.31
Redi Burger	12	19 oz	70.70	6.49	\$66.13	\$6.15
Tender Bits	12	19 oz	70.70	6.49	\$67.33	\$6.26
Tender Rounds	12	19 oz	70.70	6.49	\$66.13	\$6.15
Vege Burger	12	20 oz	70.70	6.49	\$65.63	\$6.15
Vegetarian Burger	12	20 oz	70.70	6.49	\$66.13	\$6.15
Veja Links	12	19 oz	70.70	6.49	\$66.83	\$6.25
<b>Frozen:</b>						
Deli Slices:						
Turkey	8	8 oz	33.29	4.60	\$24.78	\$3.57
Salami	8	8 oz	33.29	4.60	\$24.78	\$3.57
Wham	8	8 oz	33.29	4.60	\$24.78	\$3.57
Rolls:						
Chicken Roll	4	4 lb	107.05	29.62	\$96.10	\$27.21
Corned Beef Roll	4	4 lb	114.06	31.56	\$103.72	\$29.18
Smoked Turkey	4	4 lb	107.05	31.56	\$103.72	\$29.18
Wham Roll	4	4 lb	114.06	29.62	\$96.61	\$27.21

sale dates: September 1 - 30, 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**

“Things may come to those who wait, but only the things left by those who hustle.”

Abraham Lincoln

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**September 6 Dispatch Photo**



Photo by Joseph Story using a Nikon 3000, 5580' Beecher Rocks, Black Hills, South Dakota

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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). Bison Copyright

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Dakota Adventist Academy



Dirt Kicker Charity Run



Dirt Kicker Run Facebook

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