

Dakota Conference of Seventh-day Adventists

Dakota Dispatch
Sharing the unchanging love of Jesus in a changing world.



Head Strong, 8 Ways to Reduce Your Risk of Alzheimer's (Part 2)



To Beat Alzheimer's, You Need a Plan

The numbers associated with Alzheimer's are staggering: More than five million Americans live with it, and one in three elderly people die with it or another dementia. Every 65 seconds someone in the nation develops the disease, and projections estimate that by mid-century, someone will develop the disease every 33 seconds.

"That's the current 'status quo', but it's within our power to impact those statistics," says Youngberg. "By developing a personalized wellness plan to address the multiple factors associated with Alzheimer's, we may dramatically decrease our risk. It's different for each one of us," Youngberg says in his lecture series, "Unlocking the Code for Brain Healing: Natural Strategies for Preventing Alzheimer's and Reversing Memory Loss."

Creating a personalized plan begins with understanding your exposome, which comprises everything in your life - diet, activity, career, relationships, thoughts - all the things you've been exposed to and their impact on your genetic expression. To be completely certain of what you're working with,

Youngberg suggests having your DNA analyzed. "For about \$199, you can order a saliva test from [23andMe.com](https://www.23andme.com) and get results in about six to eight weeks," Youngberg says. He strongly recommends seeing an expert in comprehensive lifestyle management who will meaningfully interpret the 48-page report you'll received about your DNA. They'll help you gather further lab data (from tests such as glucose/insulin tolerance, cardiac/hs CRP, and other specialized blood tests, etc.) and utilize this specific information into the most comprehensive dementia prevention and/or reversal plan for you.

Take Action Against Alzheimer's, to be continued...

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



Lessons Learned from Leadership Experience

2018 Leadership Experience was hosted at Union College by the Leadership Minor team. Academy students from six schools brought fourteen teams of students to participate in a leadership simulation.



~Breaking News! A tornado is heading directly towards Unionville!~ Team members had to work through this disaster in the capacity of a city leader, such as the mayor, police chief, and emergency manager. Each student had a role to play, but all had to work together to overcome obstacles that are a part of a disaster. Transportation, press releases, communication, missing family members, food and shelter were all issues they were faced with solving.

"Every leader has qualities that make them better for different roles in leadership," said Jadyn Anderson (SA President).

"We learned to work together and how to manage stressful situations calmly," Heather Longtin said (Sophomore Spiritual VP).

"Communication is key!" said Karissa Rickard (Senior Class President).

"I can apply the problem solving skills we learned to situations and react calmly when things happen," said Wesley Kayser (Sophomore Class President).

Receiving honorable mention in this simulation event was the DAA team consisting of Faith Peterson (Senior Spiritual VP), Katie Van Inwagen (Girls' Club President), Jaelyn Pickett (Junior Class President), Bethany Whitney (Girls' Club Spiritual VP), Wesley Kayser (Sophomore Class President), Heather Longtin (Sophomore Spiritual VP), and Falcon Hamilton (Boys' Club President).



The student participants learned how to be more than just better leaders; they learned how to empower each other to listen and follow the lead of their heavenly Father.

Mark Seibold Joins the Dakota Conference Administration



Mark Seibold has joined the Dakota Conference administrative staff as Vice President of Finance, following Arlo Heinrich, who held the position since 2009.

Seibold, born and raised in the Jamestown, ND area, is a 1976 graduate of Sheyenne River Academy. He earned Bachelor's and Master's degrees in Business Administration from Union College and Andrews University, respectively. He spent most of his career in healthcare administration, primarily senior care services, but also business operations related to acute care.

"As I wasn't in the job market, I'm still in a bit of shock to find myself here - but also very pleased to join the team!" says Seibold. "Growing up here, this organization has always played a major role in my life. From my earliest memories at the Cleveland Church, I feel that so many of the factors that shaped me were the influences of the people in my home church and in this conference." He recalls boyhood visits with his mother to the "Book & Bible House" at the old Jamestown conference office. "We'd see conference staff going about their duties, and we knew it was important work - supporting the gospel message. My siblings and I would feel a sense of awe – further reinforced by our parents' attitudes. I guess that memory affects how I feel about being here today. Though I could not have envisioned that life would lead me here, I see this as a wonderful opportunity to contribute."

"I believe there is tremendous good that has been – and will be – accomplished through this organization. My goal is to provide, to the best of my ability, the quality support services needed to continuously fulfill the mission of the Conference in the Dakotas."

A promotional banner for a homecoming celebration. The background shows a group of people in a brick building with confetti falling. The text reads: "WELCOME HOME! Homecoming 2018 Celebration FEATURING WORLD MISSIONARY CONRAD VINE Sept 28, 7PM Sept 29, 11AM & 1:30PM SEVENTH-DAY ADVENTIST CHURCH 10 17th Ave SW | minotadventist.com". There is a Facebook icon and a "NEWMAN" logo at the bottom.

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

Hillcrest Adventist Elementary Off to Great Start



Hillcrest Elementary School is off to a great start for the 2018-2019 school year. There are eighteen students and two teachers. The lower grades' classroom teacher is Tabitha Coto. She taught three years in Lincoln, NE, after graduating from Union College before moving to Jamestown. Susan McPherson teaches the upper grades' classroom. She, recently out of retirement, fills an important role at the school until a permanent teacher can be found.

Many activities keep the students engaged at Hillcrest School. Fifth and sixth grade students from Hillcrest and local public schools recently enjoyed a day outdoors at the Pipestem Dam for Eco-Ed Day. They learned about the environment and how to protect Dakota wildlife. For "Let's Move Day" the upper grade classroom enjoyed walking several laps at a local park and the lower grade classroom increased their morning "brain food" laps to total a mile.



Upcoming highlights on the calendar include community events, Hillcrest Help-Out Day, Fall Festival and Thanksgiving Banquet. During Hillcrest

Help-Out Day students serve the community through several outreach projects such as yard cleanup for the elderly, trash cleanup along several streets, bell ringing for the Salvation Army and more. The Fall Festival is a fun-packed evening event open to the community and the Thanksgiving Banquet is a special meal Hillcrest students serve to members of the community. It's been a busy first month of school as the students and staff work hard to kick off another amazing school year.

Article and photos by Susan McPherson & Tabitha Coto

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

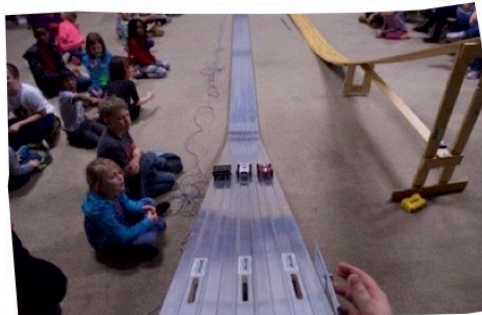
 Where? DAA



Fun &
 Educational



H
 O
 N
 O
 R
 S



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

Excess Yearbooks Are Available at DAA

Dakota Adventist Academy has excess yearbooks dating back to 2000. If you have lost yours or just want an extra, please contact Jaelyn Pickett at jaelyn.pickett@gmail.com. Any and all left over annuals will be disposed of.



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

Amazing Grace

www.dakotaadventist.org

Oct 12 - 14, 2018
The Abbey of the Hills

Joy Fehr

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.

If you have any questions, feel free to contact me (Brenna) at brennaisblessed@gmail.com or call Jodi at 701-751-6177.



	<u>Ct</u>	<u>Wt</u>	<u>Retail Case</u>	<u>Retail Single</u>	<u>Special Case</u>	<u>Special Single</u>
Bismarck			-	-	-	-
CANNED:						
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
Frozen:						
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

9

ABC hours in Bismarck, ND are:

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

QUOTE of the MONTH

“A person whose mind is quiet and satisfied in God is in the pathway to health.”

Ellen Gould White

September 20 Dispatch Photo



Photo by Paulette Bullinger

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. Bison Copyright

Copyright © 2018 Dakota Conference, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp