

Dakota Conference of Seventh-day Adventists

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



## Dr. Kelly's Health Nugget - In the Genes or Jeans?



The GEMINAL study followed 30 men with prostate cancer who elected not to receive surgery, radiation or chemotherapy.[1] Instead, they chose to participate in a comprehensive lifestyle treatment program with a low-fat diet, regular exercise, and stress management. Their cholesterol dropped, their blood sugars improved, and they lost weight. These are the changes typically seen with such lifestyle interventions. What made this study special was what happened to their genes. Careful measurements taken before

and after treatment revealed that many genes known to promote cancer were turned down or "off," while many genes known to fight cancers were turned "on" or up.

Although lifestyle changes cannot alter the genetic code itself, they can alter the expression of that code in very beneficial ways. Amazing as this sounds, science has known for decades that not all genes in each cell are expressed by the cell—that is how some cells become muscle, some become bone, and some blood. Only recently has science learned that most cells can readily alter their gene expression, and that diet has such a powerful effect on gene expression. A whole new science called nutrigenomics has developed around this finding.[2]

1. Ornish, *et al.* Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention. *PNAS*. 2008;83:69-74.
2. Kaput. Diet-disease gene interactions. *Nutrition*. 2004;**20**:26-31. <http://www.isnn.info/>

Article by Dr John Kelly of Black Hills Health & Education Center; iStock Photo

## Campmeeting is June 6 - 10

A photo from the 1929 Jamestown Campmeeting hangs on the wall in the historic section of the Dakota

Conference. Campmeeting is a rich heritage, a Booth of Tabernacles weekend, that brings people from varied venues and walks of life to spend a spiritual retreat week or weekend each year at Dakota Adventist Academy the second weekend of June.

This year's theme is *He Penned Freedom* (with His blood). This theme was chosen because it is the 500 year anniversary of the Reformation.

Our guest speakers include North American Division President Dan Jackson, VP of Pastoral Ministries of the Illinois Conference Elder John Gryns, an active fitness and health enthusiast Dr. Don Hall, Assistant Professor of Chaplaincy at Andrews, Chaplain Johnathan Ward, and the chair of the Division of Religion at Union College Elder Robert Fetrick.



The music weekend concert will be provided by The Emmanuel Quartet from Tennessee.

Author: Jacquie Biloff

## DAA Accepted into Band Night Parade



Dakota Adventist Academy has been accepted again this year into the community Bismarck-Mandan

Band Night Parade, which takes place May 12 at 6:30 pm commencing at the Capitol. The parade consists of high school marching bands from multiple communities and floats of various kinds. There are 90 entries for the 2017 parade but DAA is the only band seated on a float accompanied by three horses carrying the United States, North Dakota and Christian flags. Because of the horses DAA is the last entry and many attendees stand to salute the United States flag as it passes.

This year students will hand out DAA stickers, pens from the Christian radio station KTWJ and balloons with Dirt Kicker Charity Run logo on them. The children along the route are excited to get something besides candy by the time this float passes.

Article by Jacquie Biloff; Photo by Carrie Heilman

## Elder Gil Webb Speaks at Jamestown Regional



The last of the 2017 North Dakota Regionals was held at Jamestown Adventist Church April 29, 2017. The church was full and extra chairs had to be set up for the overflow. Since Elder Biloff was out of state attending an alumni at Walla Walla University, Elder Gil Webb, VP for Administration of the Mid-America Union Conference, spoke at the eleven o'clock hour. Special feature for Sabbath School was presented by Elder Charles O'Hare regarding Adventist Radio in the Dakotas. Pastor Brad Gienger taught the Sabbath School lesson and students from Dakota Adventist Academy provided special music and the children's story.

After a fellowship meal in the Hillcrest Adventist Elementary School's gymnasium, music teacher Charlotte Messer directed an afternoon program of musical diversity, which included bells, band and choir numbers.

Article by Jacquie Biloff; Photo by Jodi Dossenko

## Being a Blessing Is a Blessing



The biggest blessings in life occur when someone is able to be a blessing to others. Six of DAA's lovely young ladies got to do just that by putting on a Week of Prayer for Rapid City Adventist Elementary School. Their days were filled with worship, hard work and a little adventure.



Monday, the students arrived in time to close out the school day with worship and song by Tendai Mpezeni. Tuesday was so busy, starting out with worship by Katie Van Inwagen and Karissa Rickard, followed by a huge exodus of excess and unused stuff from the school attic. Elena Goldsberry, who was joined by her grandfather, Pastor Purdy from Rapid City, delivered worship to the students Wednesday morning. He helped by playing his guitar and singing a

special song with her.

Then they began the adventure to Payabya Mission. The girls successfully and efficiently insulated and sheet rocked Pastor Story's garage. Thursday, Jaelyn Pickett presented worship. After spending the rest of the day helping organize the school library, cutting out laminate verses, grading papers, and touching up the paint in the school office, they experienced their next adventure - BEAR COUNTRY USA!



On Friday, Faith Peterson closed the Week of Prayer with the game called *Telephone*. God always shares with us the best messages. Satan changes a word here and there and suddenly the message is not right anymore. The remedy is to always go to the source for the correct information. Praying and studying the Bible will bring about a true relationship with God and a clear message of His will.



To take advantage of the ABC's specials on food, call Lynette Miller at 701.751.6177 for availability or visit the Bismarck ABC at 7200 Washington Street, Bismarck, ND.



		<u>Retail Case</u>	<u>Retail Single</u>	<u>Special Case</u>	<u>Special Single</u>
<b>Bismarck</b>					
<b>CANNED:</b>					
Big Franks	12/20 oz	\$68.70	\$6.33	\$58.37	\$5.46
Big Franks low fat	12/20 oz	68.70	6.33	58.37	5.46
Choplets	12/20 oz	68.70	6.33	58.37	5.46
Diced Chik	12/13 oz	58.88	5.42	50.76	4.74
Prime Stakes	12/13 oz	58.88	5.42	50.76	4.74
Taco Filling	12/20 oz	68.70	6.33	58.37	5.46
Vegetable Steaks	12/20 oz	68.70	6.33	58.37	5.46
<b>Food Service</b>					
Big Franks	6/96 oz	117.77	21.69	100.20	18.76
Prime Stakes	12/47 oz	147.21	13.55	125.50	11.75

sale dates: May 1-26, 2017  
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


## May 4 Dispatch Photo



The above photo was taken at Red Shirt, South Dakota by Jimmie Story. She used a Nikon 3000.

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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