



Depression, Can it be Helped or Prevented? Part 2



If you suffer from depression, you are not alone. Clinical depression affects 20 million adults and 3 million teens in the United States alone. Milder forms are even more widespread, affecting all age-groups.

Risk factors for depression include family history, medical or mental health conditions, unresolved guilt or anger, lack of purpose, social and environmental factors, and diet and lifestyle, to name a few.

Neal Nedley, M.D., author of *Depression: The Way Out*, states that it is important to find the cause or causes of your depression. Tackle as many changeable causes as possible by addressing nutrition, lifestyle, social factors, habits of thinking, and spiritual needs. The importance of seeking qualified medical care for depression cannot be overstated. Adjusting and reducing medications must be supervised by a qualified health professional.

Nutrition and Lifestyle

John Ratey, a psychiatrist and author who researches lifestyle and mental health, has concluded: "Physical and mental exercise, proper nutrition, and adequate sleep will help anyone gain cognitive clarity and emotional stability."

Alcohol, smoking, caffeine, and high-fat and sugary foods increase depression risk and symptoms. Nutrition and exercise encourage growth factors that put the brakes on self-destructive cellular activity, release antioxidants, and provide protein building blocks for brain cells. Food is medicine - good-tasting, colorful, and powerful medicine!

Include in your diet healing fresh fruits, vegetables, beans, and whole grains such as brown rice and oatmeal. Give nourishment to your body and brain with omega-3 fatty acids found in walnuts, chia seeds,

and ground flaxseed. Keep your brain hydrated with 8 to 10 cups of water a day instead of sugary drinks. Get an adequate intake of vitamins B12 and D.

A nutritious diet improves brain chemistry, provides energy and stress-lowering compounds, and provides brain growth factors that increase brain nerve connections. This means a greater capacity for learning, meeting challenges, fighting depression, and solving problems.

Article by Vicki Griffin, LifestyleMatters.com, 866.624.5433; iStock Photo

Flag Mountain Camp's Electrical Updated

Travis Struckman, a member of the Watertown Adventist Church in Watertown, SD, spent several days at Flag Mountain Camp volunteering his talents upgrading electrical needs in several structures on the camp ground in June, prior and into the rush of Junior Camp. He stayed long enough to find minor fixes in the dormitories as campers arrived.

The antiquated screw-in electrical fuses in the kitchen were replaced by modern switches and the lights were upgraded to LED. He rewired the craft house so two kilns could be used to fire ceramics. The outdoor lights on the duplex hadn't work for some time. He fixed those as well as checked and upgraded lights in the quad-plex.



Article by Jacquie Biloff; Photo by Loren Nelson III

Native Ministries Represented at ASI

As a member of the North America Division Native Ministry Council, Deb Claymore attended the Adventist Service Industries' (ASI) annual convention in Houston, TX held August 2-6. She, and another Council member Fred Rogers, Southern Union Native Ministry Director as well as his son, "manned" the NAD Native Ministry booth for the four-day event.

Many people who owned businesses stopped by the booth to inquire about Native Ministries. They were able to talk about specific projects within NAD areas.

- Elder Rogers displayed a new Native Adventist elementary school building that was being constructed and paid for entirely by a local church in Oklahoma. Completion of the school building still needs further funding but is very close to opening.
- The Canadian Union is adding an additional radio station to reach First Nation peoples living on reserves (reservations). An addition is being added onto the current Native school.

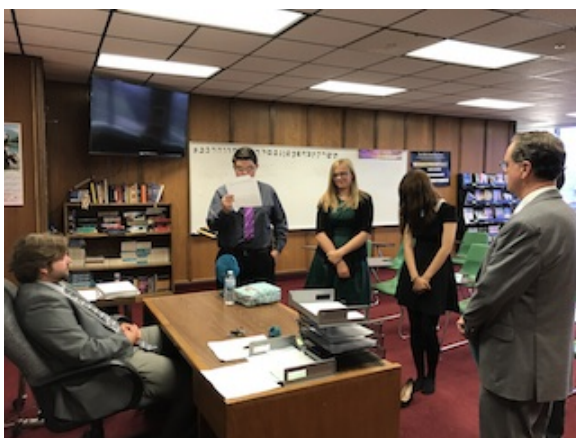
- Deb Claymore was able to provide information about ongoing and new outreach projects in the Dakotas.

Two Adventist radio stations interviewed Claymore, as well as Elder Rogers. One station, American Indian Living Radio, provided the opportunity to talk about some of the health issues Native youth are facing - especially the rampant drug problem on reservations. Elder Rogers discussed the new school project in Oklahoma and other initiatives. Claymore was also interviewed by a station, which specifically promoted other ministries. She talked about the Dakotas and the need for additional funding for Dakota Native Ministry programs such as Payabya Mission, reservation basketball camps, Coats for Kids program, and the need for long-term task force worker teams who will live on the reservations and become a part of the community. Although other ministries were required to pay for advertising on this particular station, Dakota Native Ministry was given free airtime - a definite blessing from God!



Article by Deb Claymore-Cuny; Photo provided by Deb Claymore-Cuny.

Students Share with Churches around the Conference



The past two weekends have been special as students and staff joined together to first dedicate DAA to God, and then to visit eight churches across the Dakota Conference and share their talents during the worship services.

Sabbath, August 26, was set aside to ask God to guide and lead our students, teachers, and staff as we began the school year. Students separated into groups and visited all the departments of DAA where they read texts from the Bible and had special prayer for the department and the staff. Everyone came back together in the chapel where Gary Way asked for

God's blessing on the school.

The following Sabbath, September 2, found students and staff heading out to visit and worship in eight churches around the Conference. Students participated in the worship service through special music, scripture reading, children's story, and the offering call for Secondary Education Endowment. Several staff presented sermons.

Both of these special Sabbaths emphasized the school theme for the year – Fruits of the Spirit. Based on Galatians 5:22-23, students are exhibiting love, joy, faithfulness, and kindness. DAA students and staff not only want to bear fruits of the Spirit, but also desire to show the world that they are disciples of Jesus.



Please continue to keep DAA in your prayers as we continue the school year.

Article by Sharon Heinrich; Photos by Sharon Heinrich, Stephen Staff and Sharon Messer.

NL Cabin Continues to Progress



A new cabin at Northern Lights Camp has been in progress for a couple of years.

Recently, while Dakota Adventist Academy students and staff were working at Northern Lights for their required community service hours for the 2017-2018 school year, Vocational Arts

Teacher Ryan Peterson and two students, Faith Peterson and Ryan Weisz, installed the kitchen cabinets.



Article and photos by Jacquie Biloff



The Little Boat House Dismantled

The "old boat house", the "little boat house" and four dormitories at Northern Lights Camp were built as part of the government Work Projects Administration (WPA) from the Garrison Dam project. Each of the buildings were used for many years of camping programs for the Dakota Conference.

The "old boat house" came down in 2007 when the new boat house was built. It had been used to store canoes, kayaks and inflatables. The lake water had undermined it and the weather had taken its toll. The dormitories were removed and repurposed in 2009 as chicken coops by a local farmer. The final building, the "little boat house" was also undermined by the lake and was dismantled Labor Day of 2017. It had been used to store bicycles, inflatables and fishing poles. Dakota Adventist Academy students, supervised by Principal Anthony Oucharek, took the building apart piece by piece. It was discovered that the roof was "swaybacked" because the sand had been washed away from under the middle of the building.

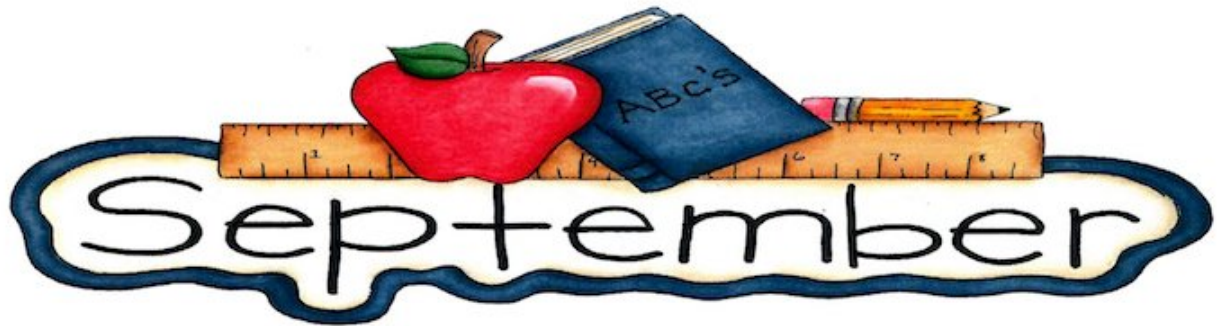


Article and photos by
Jacquie Biloff





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.



				Retail	Retail	Special	Special
				Case	Single	Case	Single
Bismarck							
CANNED:							
Choplets	12/20 oz	\$68.70	\$6.33	\$60.15	\$5.66		
RediBurger	12/19 oz	68.70	6.33	60.15	5.66		
Saucettes	12/19 oz	68.70	6.33	60.15	5.66		
Super Links	12/19 oz	68.70	6.33	60.15	5.66		
Tender Bits	12/19 oz	68.70	6.33	60.15	5.66		
Tender Rounds©	12/19 oz	68.70	6.33	60.15	5.66		
Vege Burger	12/19 oz	68.70	6.33	60.15	5.66		
Vegetarian Burger	12/20 oz	68.70	6.33	60.15	5.66		
Veja Links©	12/19 oz	68.70	6.33	60.15	5.66		
CL Chops	6/19 oz	31.83	8.56	27.95	5.26		
CL 3 Grain Pecan Patty	6/19 oz	31.83	8.56	27.95	5.26		

CL Nutabella	6/19 oz	33.23	6.12	23.23	5.50
H Chik'n Bites	12/13 oz	52.99	4.88	46.49	4.41
FOOD SERVICE:					
Super Links	6/96 oz	117.77	21.69	104.54	19.67
Vegetarian Burger	12/50 oz	147.21	13.55	131.17	12.23
FROZEN:					
Chic-ketts	12/16 oz	87.52	8.05	77.52	7.35
Leanies©	8/8.5	34.70	4.79	30.70	4.41
Prosage© Roll	12/16 oz	87.52	8.05	83.02	7.75

Sale dates: September 1 - September October 1, 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

Sept 6 Dispatch Photo



The above photo was taken by Paulette Bullinger east of Bismarck, ND, using a Nikon D3000.

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

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