

Dakota Conference of Seventh-day Adventists

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



Painful or Not?



Depression and anxiety are among the most common conditions doctors treat these days, and perhaps not surprisingly, antidepressants are some of the most common medications prescribed. But few physicians, and fewer patients, are aware of the consistent research evidence showing that simple lifestyle changes are more effective than medications, and that most antidepressant medications are no better than placebos for all but the most severe cases of depression (few patients have severe depression, fortunately most are mild-to-moderate cases). So, what are the lifestyle changes? Consistent moderate outdoor exercise, regular

adequate sleep, good hydration, a healthy plant diet and trust in God. Yes, the same lifestyle choices that can prevent and reverse heart disease and diabetes are effective treatment for depression and anxiety.

Article Dr. John Kelly of Black Hills Health Center; iStock Photo

Reconnecting with DAA Alumni

One of the most rewarding yet difficult aspects of working at Dakota Adventist Academy is watching students grow up, graduate and move on to college. This is especially true at DAA because students and staff are one big happy family.

This week I had the opportunity to reconnect with some alumni who attend Union College. My husband, Arlo, was in Lincoln, Nebraska, for meetings, and I tagged along to visit the young alumni as well as several older ones who lived in the area.



Monday evening was spent eating pizza and visiting with Dakota Conference students attending Union. A lot of laughter, stories and reminiscing took place. Many were talking of graduation, student teaching, careers and all things related to



college. We can be very proud of Dakota's young alumni as they continue to seek the path God wants them to take. Each of them also received a bag of treats as they left to spend the rest of the evening studying for their classes.



Tuesday and Wednesday I spent time reaching out and visiting with some of the older alumni who live in the Lincoln area. A program from the recent alumni weekend and a small loaf of pumpkin bread was left at several places where I was not able to connect with the individual.

As we enter the Thanksgiving season we have so much for which to be thankful. The alumni, both young and old, the school, students, staff and, most importantly, our Lord and Savior all come to mind. May God continue to richly bless each of you as we wait for His soon return.

Pictured from the top are, 1st photo: Nate Struckman, Maddie Temple, Stephanie Pflugrad; 2nd photo: Robbie Weisz, Boss Sirisatit, Loren Nelson, Alea Juhl; 3rd Photo: Brandon Rickard, Trevor Pike, Brienne Engelhart; photo to the right: Jill Donald and Ashley Bower.



Article and photos by Sharon Heinrich

See you at the Rapid City Regional - Dec 2

Rapid City Adventist Church
9:30 a.m. - 3 p.m. Worship/Music

Why Invitation Hill?



When the Dickinson Adventist Church was planning to move to their new facility last winter, the church chose a new name for the church and school. A frequent question posed is, “Why Invitation Hill?” The story behind the name is this: a painting by Nathan Greene called *The Invitation* was selected to hang in a prominent place to be seen by all entering the front doors of the school. The church folk wanted the name to have special meaning, and the hope was (and is!) that the name and the painting together would help convey the message that Jesus invites all to be part of His family; this is His church and school,

and members want everyone to feel welcome and invited to be a part of God’s family on the hill east of Dickinson, North Dakota.

The school has twelve students and two teachers this school year. There are still many things to do since the school is new, and the Lord is providing for two of these major projects in a special way.

First, the library was finally unpacked and semi-organized over the summer. Nothing was catalogued though, and there was no system in place to keep track of books and check them out. For anyone who has ever set up a library from scratch before, you may know this is a daunting and time-consuming task.



God sent a missionary to fill this need. Katie Roddy is between assignments, and while she is in the Dickinson area for a few months, she has graciously spent hours working in the library. She has selected low cost computer programs that will work to get the library online and functioning, and gone through books to further sort them. She has also directed the upper grade students in preparing a weekly hot lunch for the school each Wednesday. We are so thankful for her smile and can-do attitude.



The other large project got underway through the inspiring acts of a first grader at Invitation Hill School, Jacob Reiss. His mom shared that before the school year started he was worried about going to a school without a playground. Jacob is a man of action, and on his own he began fundraising efforts to make his dream for a playground come to fruition. He sold rocks in his neighborhood. He found rocks and used some of his grandma’s aquarium rocks to sell to his neighbors. His first donation to start the playground fund was about \$9. Each week, and sometimes more than once a week, he brings in a bag of money, plops it on the principal’s desk and says, “This is for the playground.”

A few weeks ago we put his story in the school newsletter and it has prompted more people to give. It has inspired people even outside the local church and school family to give to the cause. To date \$267.86 is in the playground fund. We hope and pray God will bless this humble beginning to grow into enough to fund a place where the students can swing, slide, climb and run in the fresh air and

sunshine by this coming year.

Article and photos by Janna Wright

Brentwood School Digs Onions

In the November 2 Dispatch, Brentwood School was featured for the opportunity the school had to dig onions on the Dwight and Patsy Duke farm located in Hensler, North Dakota. I did not have pictures at the time due to technical difficulties, but I have included those in this Dispatch.

“You may think that doesn’t sound exciting, but the students loved it,” says Teacher Debra Eszler. “We worked all morning and then the Dukes fed us a delicious meal. Then we worked another hour and fifteen minutes before we had to head back to school. I was amazed at our students and their energy.” The first graders worked just as hard as the upper graders. There was no complaining about not having recess or a break.



Article by Debra Eszler with Jacquie Biloff; Photos by Sue Nelson

Plates Repurposed Again

The dinner plates, cups, saucers and bowls used at Sheyenne River Academy in Harvey, North Dakota. were repurposed at Northern Lights Camp in the Turtle Mountains of North Dakota from 1976 until the cafeteria was razed Sept. 4, 2017. Place settings have been assembled for fundraising purposes and were made available as mementoes at Alumni Weekend in October. There are still some sets available for those

who are interested. The *Dallas Wear* of Plastics Manufacturing Company of Dallas, Texas plates are a soft yellow and green in color and kid-proof. The plates are not stamped "dishwasher safe," so due to current regulations, they cannot be reused in the new cafeteria. Contact Sharon Heinrich or Loren Nelson at the Dakota Conference if you are interested in purchasing a set. The price is \$50 for a set or \$4 per piece. 701.751.6177.



Article and photos by Jacquie Biloff

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The HopeChannel logo, featuring a stylized human figure in blue and yellow.

South Dakota Regionals Are In the Fall



Six Regionals are held in the Dakota Conference each year, three in South Dakota in the fall and three in North Dakota in the spring. It is a time to share, enjoy fellowship and be informed about what might be happening around the conference. Dakota Adventist Academy participates with conference personnel during the worship service and after church with a musical program.

The Southeast Regional in Sioux Falls, South Dakota, was November 4. Because of the distance from the conference and school, it requires an overnight stay, as does the Southwest Regional in Rapid City, South Dakota, which will be December 2. The weather was challenging with blowing snow and icy road conditions, but the DAA bus was only about half an hour late arriving at the church where students were housed or taken to parishioners' homes for the evening. Special thanks go to those residents who provide housing for staff and students. It is much appreciated.



Principal Anthony Oucharek presented a special feature about the advantages of Adventist education for Sabbath School and Elder Loren Nelson facilitated the lesson study, *The Faith of Abraham*. Elder Neil Biloff's sermon was titled *The Missing Prophet*. In the afternoon Principal Oucharek told his personal story of conversion and a statement he remembers from an Alaskan timber faller, "The tree falls in the direction it leans, sometimes in the direction the trees around it lean." Oucharek said this is also true of students and the environment in which they are placed. Maestro Charlotte Messer of Dakota Adventist Academy led the

students in several musical numbers to close the program.

Article and photos by Jacquie Biloff

NOTE: The Dakota Conference has a new website as of November 1, 2017. Church Connect, who is supporting the conference and many church websites in the North American Division, upgraded from a 2.0 to a 3.0 and will not support the 2.0 website after January 1, 2018. Many features will look the same on the new website but some have been upgraded. The URL address remains the same, which is www.dakotaadventist.org. Please visit the website (we are still working on the cemetery galleries).

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 N Washington Street, Bismarck, ND.



Bismarck		Retail Case	Retail Single	Special Case	Special Single
CANNED:					
Big Franks	12/20 oz	\$68.70	\$6.33	\$60.40	\$5.72
Big Franks low fat	12/20 oz	\$68.70	\$6.33	60.40	5.72
Choplets	12/20 oz	\$68.70	\$6.33	60.40	5.72
Linketts	12/20 oz	\$68.70	\$6.33	60.40	5.72
Little Links	12/19 oz	\$68.70	\$6.33	60.40	5.72
Redi Burger	12/19 oz	\$68.70	\$6.33	60.40	5.72
Spicy Chorizo	12/20 oz	\$68.70	\$6.33	60.40	5.72
Tender Bits	12/19 oz	\$68.70	\$6.33	60.40	5.72
Vege Burger	12/19 oz	\$68.70	\$6.33	60.40	5.72

Vegetable Skallops	12/20 oz	\$68.70	\$6.33	60.40	5.72
Vegetable Steaks	12/20 oz	\$68.70	\$6.33	60.40	5.72
Vegetarian Burger	12/20 oz	\$68.70	\$6.33	60.40	5.72
H Chik'n Bites	12.13 oz	52.99	4.88	48.19	4.55
CL Chops	6/19 oz	31.83	5.89	28.56	5.48
CL Terkettes	6/19 oz	31.83	5.89	28.53	5.48
CL Hostess Cuts	6/19 oz	31.83	5.89	28.53	5.48
Roma	6/7 oz	45.39	8.39	40.06	7.68
Food Service					
Big Franks	6/96 oz	117.77	21.69	104.79	19.74
Linketts	12/96 oz	117.77	21.69	104.79	19.74
Vegetable Skallops	12/50 oz	147.21	14.04	131.42	12.45
Vegetarian Burger	12/50 oz	147.21	14.04	131.42	12.45
Frozen:					
Dinner Roast	6/2 lb	87.52	16.12	76.02	14.42
Chicken Roll	4/4lb	109.02	30.11	96.52	27.56
Corned Beef Roll	4/72 oz	116.16	32.09	103.66	29.54
Smoked Turkey Roll	12/12 oz	109.02	30.11	96.52	27.56
Wham Roll	12/12 oz	116.16	32.09	103.66	29.54

Sales dates: November 1-30, 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

QUOTE of the MONTH

"This isn't our story; this is your story. The North American Division is not made up of institutions. The North American Division is made up of members. That's what we want to tell. So we've got 1.2 million great stories here in this division. ... We're going to provide the platform to help tell your story."

— Dan Weber, NAD director of Communication, speaking about the new NAD magazine Adventist Journey, at NAD Year-End Meeting, Oct. 30, 2017

Nov 16 Dispatch Photo



The above photo was taken by Chrystal Rittenbach in the Jamestown, ND area using a cell phone.

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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