

01-11-18 Dakota Dispatch

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Avoid Type 2 Diabetes



Research shows that sugar alone does not cause "sugar diabetes." Dr. James Anderson fed healthy volunteers a pound of sugar a day for 11 weeks with no change in their fasting blood sugar. Then he fed the same subjects a high-fat diet (65% calories from fat) and in just two weeks their fasting blood sugar levels were in the pre-diabetic range. Sound puzzling? It turns out that excess calories, especially fats, are more of a problem than is sugar. Stay "lean and mean" to avoid type 2 diabetes.

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

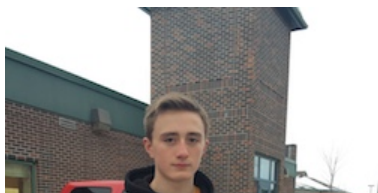
Cookie Exchange Says "Thanks"



Every year the annual cookie exchange hosted by the Grand Forks Women's Ministries Committee provides participants and local law enforcement with beautiful and delicious baked goods. Each participant is asked to bring six dozen of one type of cookie, and then swap with everyone, allowing them to bring home six dozen cookies, a few of each variety, determined by how many people.

Participants are men and women, and include several church members from pre-school and elementary to much older, experienced bakers. Non-members are welcome to join; one participant is the wife of a local pastor and has been a great addition to the group. After swapping cookies, participants sit down and relax with a cup of tea or cocoa and sample cookies and take a bit to relax from the bustle of the season while Christmas carols softly play.

Starting a couple years ago, the option to bring extra cookies to donate was started. They are gathered and then dispersed into containers for firefighters and police in Grand Forks and East Grand Forks, as well as the ND State Trooper local chapter, where Grand Forks' pastor, Mike Temple, is a chaplain. He said they always appreciate having a homemade treat and just knowing that their efforts are appreciated.



This year Pathfinder/TLT* Glen Erickson helped deliver the cookies, each bearing a little tag with this message: "We are grateful for your service. 'Greater love has no one than this, than to lay down one's life for his friends,' John 15:13. Merry Christmas from the Grand Forks Seventh-day Adventist Church."



day Adventist Church.

Article and photos by Jennifer Erickson; TLT is a Teen Leadership Training program

Sioux Falls School Learns Technology



The school year began with a wonderful new opportunity—participating in a computer programming technology class! Taught by Pastor Dragos Profir, the students meet every Tuesday and Thursday to learn real computer programming in a text-based editor. The carefully constructed puzzles have been extremely helpful in moving students from basic coding principles to more advanced solutions. Even more important than the actual code being created is the perseverance shown by the students. Their problem solving skills are being

sharpened as they complete each programming puzzle, which often requires unique coding solutions training the students to consider all the details of their code.

Pastor Dragos says, “It’s been a fun journey to witness the excitement of the students when they complete a new challenge without any help and their eagerness to continue learning and solving new computer programming puzzles.”

Mrs. Sharon, the teacher’s aide, has also been an enormous help during class. She was able to go through the program on her own, which enables her to more effectively guide the students in the right direction when they are struggling with a specific piece of code.



The students are enthused about this unique learning opportunity. Their excitement is contagious on Tuesday and Thursday mornings as they look forward to working in technology class. All of the students appreciate the ability to learn something new that is useful in today’s world of technology.



technology.

Article and photos by Teacher Elisa Wright and Pastor Dragos Profir

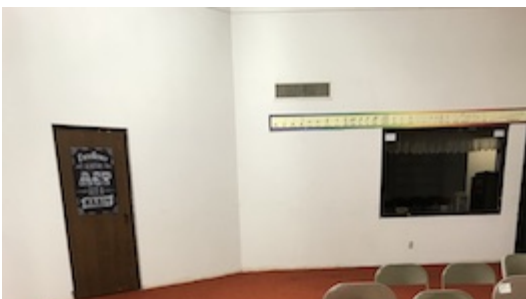
Estate Gift Funds Music Department Renovation

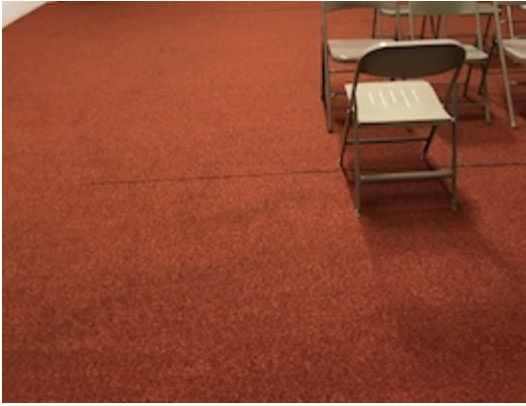
Over the past few years Dakota Adventist Academy has seen an increase in the number of individuals or families who plan or make a gift through their estate. These gifts are important as they allow funding of important projects earlier than might otherwise be the case if forced to rely on regular donations.

Such is the case of a recent estate gift of \$5,000 that allows for the renovation of the band room and five practice rooms in DAA's music department. A few months ago family members sought specific projects to fund through a relative's estate gift. The music department needed new flooring, painting and general refreshing. With the estate gift, the band room and five practice rooms received new flooring. Thanks to the donation of a scissor lift several months ago, painting of the high walls was significantly easier prior to the new flooring installation.

Your gift impacts the live of DAA's students whether it is through the annual fund, worthy student fund, dorm renovation project or other projects. We invite you to talk to Principal Anthony Oucharek, Vice Principal of Finance David Chapman or Development Director Sharon Heinrich as you consider a gift through your estate. Also talk with your attorney or CPA about including DAA in your estate plans. A candle loses nothing of its light by lighting another candle.

Thank you for sharing what God has given you.





Before (left); After (right)

Article and photos by Sharon Heinrich

Edgeley/Lehr/Kulm (ELK) District Recap

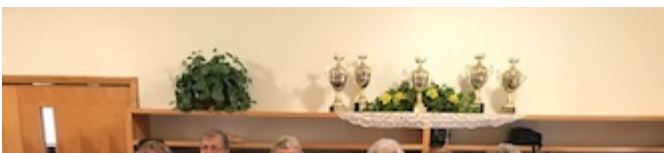


On September 29, 2017, the Kulm Adventist Church in Kulm, ND had a small, family only, wedding for Don and Corine Stone and wishes to extend their congratulations.

In November, the Kulm Ministerial Association celebrated Thanksgiving in Kulm at the Congregational Church. After music and stories, all enjoyed a pie social.

December 3 was a busy day for members of the ELK district churches. At 1:00 pm the ladies of the Lehr Adventist Church packed *cheer baskets* for the communities of Lehr and Wishek. In the evening, members from all three churches attended the Edgeley Community Choir at 7:00 pm. It was a beautiful program. Joan Toay of the Edgeley Adventist Church was the choir director. "She did an amazing job," says Gerry Forbes, wife of district Pastor Bob Forbes.

On December 6 the ladies of the Lehr church treated eighty-five people in the community to a struddle supper with delicious desserts of plachinda apple, pumpkin and cherry pies.





Article by Jacquie Biloff with Gerry Forbes; Photos by Bob & Gerry Forbes

Labels, Labels, and more Labels

I received the following letter from Gary Shockley of Atlantic Natural Foods in December, "As you know, Atlantic Natural Foods just increased the redemption for the Loma Linda labels from \$.05 to \$.25 per label. We would like to get some feedback from you on the past success of the program.

"Please send me any stories you have of what the funds were used for, successful mission programs or youth programs or other projects you used the money for. Also, if possible, please let me know how much money you received in *Labels Make Cents* redemptions.



"Please respond as soon as possible. Thank you in advance for your participation with this request. It is very important to know how this program has assisted you."

At about the same time Pastor Mike Temple of the Grand Forks Adventist Church called regarding the collection, counting and use of LL labels refunds. After talking to Gary Shockley, sales manager for the Atlantic Natural Foods, this is what I have gleaned:

- There is a refund request form on the NAD website but it is outdated.
- Labels do not need to be mailed, only counted and that number sent to the conference office. The conference will submit a group form.

- They would prefer not to mail out a lot of little checks so he is requesting that the number come from the conference office and one check be mailed here and the conference distribute the money.
- However, if you have a refund of over \$100, you may submit your own form, although they would still prefer to write only one check per conference.
- The proceeds may be used for whatever ministry you choose.

"We are working on revisions of the *Labels Make Cents* program flyers and redemption forms," says Shockley, "When they are complete, we will be sending them out to all the conferences. I will keep you informed as we complete this project," says Shockley.

Please add the number of labels you have gathered and call/email that number to the conference.

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 N Washington Street, Bismarck, ND. **There are no specials for the month of January 2018.**

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

"To be a Christian without prayer is no more possible than to be alive without breathing." Martin Luther.

Jan 11 Dispatch Photo



The above photo was taken by Charles O'Hare near Castle Rock, SD, using a Nikon D750.

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

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