



Young Chefs

by Dragos Profir



October 17, 30 kids, ages 5-11, graduated from the Young Chefs' Cooking School hosted by the Wahpeton Adventist Church.

Church.

Kids and volunteers had a blast learning and preparing fun and healthy recipes such as: hummus, tabouleh, apple crisp, pasta salad, egg rolls, fresh-squeezed lemonade, banana pops, cucumber salad, granola, tortilla roll-ups, fruit pizza, 5-cup salad, peanut butter pudding, and bread-in-a-bag.

Besides the hands-on experience, the children were also introduced to four areas that can improve their health.

Based on the C-R-E-A-T-I-O-N health lifestyle (www.creationhealth.com), kids learned about the importance of making healthy **choices**, the need for **rest**, the importance of regular **activity**, and the impact that **nutri-**

tion has in their lives.

According to the American Heart Association "about one in three American kids and teens is overweight or obese."

"It is this frightening statistic that compels us to emphasize the importance of healthy living among the children in our community. We hope to positively impact the future of our next generation by teaching kids how to prepare healthy recipes," says Aileen Profir, co-director of the program.

The impact of this event didn't end with the kids, because several parents are now asking the church to host a cooking classes for them.

None of this would have been possible without the help and dedication of our 15 volunteers. The Wahpeton Church is committed to helping people in their life's journey to grow closer to God. Our goal is to fulfill the church's mission through a holistic approach as we help both kids and adults to achieve a better spiritual and physical health.

Photo by Dragos Profir

Rapid City Health Fair

by Phyllis Alexander

The past four years the Rapid City Adventist Church has participated in the Chamber of Commerce Annual Health and Human Services Fair. October 21 and 22 found Joan Hewitt, Nina Clark, and Phyllis Alexander meeting the people and giving out literature.

At one end of the table a CD was on a computer showing what Adventist Community Service and Disaster Response does in times of disaster, also material to give the public information on ACS/DR. Around 150 pieces of literature were distributed. Several people stopped by to talk. Some were interested in knowing what Adventists believe and one lady may be interested in returning to church. The young people and children were presented with *Primary Treasure*, *The Guide*, and were given stickers to put on their clothes.

Hermosa Baptism

by Renee McKey

Rosa Gomez and Sara Huntley were baptized at the conclusion of Hermosa Adventist Company's Spiritual Retreat weekend in September. The retreat was held at the Black Hills Health and Education Center and the baptism took place in Battle Creek with Pastor Dan Gabbert officiating.

Photos by Renee McKey



SA Fall Festival

Story and Photos by Sharon Heinrich

Muted conversation, laughter and the tantalizing aroma of food drifted down the halls of Dakota Adventist Academy as guests, family and friends made their way to the gymnasium on Saturday evening, October 29, for the annual Student Association Fall Festival.



Organizations participating included all class levels, music, varsity volleyball, Boys' Club, Brentwood School and Pathfinder groups from Bismarck and Lehr. Fun, fellowship and food were the order of the evening.

Lines were long at the tables where the juniors were selling Mongolian stir fry, and the DAA/Mandan Pathfinders were selling haystacks. Pizza, vegeburgers, knefla soup, Italian sodas and pie were all part of the evening.

Shrieks of laughter could be heard as students nabbed others for a trip to "jail", one of the popular games of the night. Mr. Quaille didn't seem to mind his time spent in "lock-up" as he continued eating his food. Others made a game of it



by trying to escape their would-be captors for as long as they could before ending up behind bars. Other games included "pop the balloon" by the Lehr Pathfinder Club and the "Maze" by the junior class. Christmas wreaths could be ordered from Brentwood School. The seniors held a silent auction with items donated by various businesses, families and individuals. Afghans, dishes, gift certificates for lodging and bottles of pure maple syrup were just some of the items offered on the auction.

The goal of each group participating was to raise funds for either their class or club. Our seniors plan to use funds raised to help pay for their participation in a mission trip to Barbados which will also double as their class trip.



Brookings Building/Baptism/Bible Studies

by Nicholas Eaton

The Brookings Church Plant had been searching for a suitable building since April, and after five months, the Lord provided. At the end of August the Brookings group moved into its new location at The 1921 Building. They are now located in the heart of downtown Brookings, across from the Brookings Courthouse and Children's Museum. The new church location is equipped with a seating capacity of 80 in the sanctuary, hundreds of square feet of storage space and a community room equipped with tables, chairs and a kitchenette. Permission has been granted to use the community room for fellowship meals and children's Sabbath School class.



menced Bible studies.

The church's address is 1921 Building, 601 4th Street, Brookings, South Dakota 57006.



Photo by David Cook

A few weeks prior to the move, a young family began attending church. Tim and Lynette Noble began Bible studies with Pastor Eaton. Halfway through the Bible study course, they made a decision to be baptized. Since their baptism, Tim has brought his sister's family and his mother to church. His sister and husband have also com-

Southeast South Dakota Regional Meeting

November 12, 2011 9:30 am—2:30 pm
Sioux Falls Adventist Church
7100 E 26th Street, Sioux Falls, SD 57110



"Fields of Faith"

A fellowship dinner will follow the worship service prior to the afternoon program. Please remember to bring extra dishes!

Call 605.224.8868 for more information.

If you have any news to share or would like to be added to the Dakota Dispatch mailing list, please email Jacquie Biloff at jbiloff@yahoo.com. Visit the conference website at www.dakotaadventist.org and befriend us on FB.