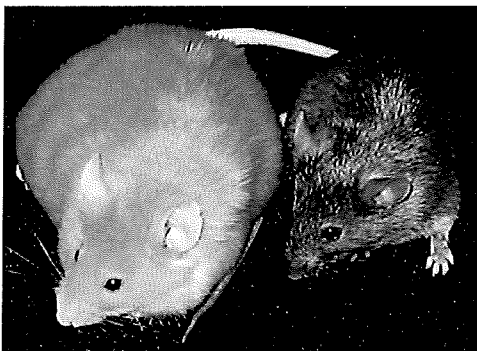


Dakota Conference of Seventh-day Adventists

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



Dr. Kelly's Health Nugget - In the Genes or Jeans?(Part 2)



Agouti mice have been genetically engineered to have obesity, heart disease and diabetes in order to study human diseases. Researchers developed a special diet designed to “turn off” gene expression. It worked even better than they imagined. Not only did the diet improve the health of the adult mice, it completely altered the health of babies born to those mice. [3,4] Their pups did not even seem to have any of the special genes so carefully engineered into their mothers—they did not look like their

mothers. DNA testing revealed the genes were still there but had been “switched off” by the special diet eaten by their mothers while they were in the womb.

A reverse effect has been found in babies born to mothers who were fed a high-fat, refined diet. This diet created an unhealthy appetite in the child that predisposed them to heart disease and other chronic conditions.[5]

These and other experiments show that simple lifestyle factors such as diet, exercise and attitude, turn our genes “on” and “off” and thus exert powerful effects on health and disease. A new field of medicine has developed called Lifestyle Medicine. It uses therapeutic lifestyle changes to alter gene expression and stop and reverse diseases such as heart disease, diabetes and obesity. (lifestylemedicine.org)

3. Wolff, *et al.* Maternal epigenetics & methyl supplementation affect agouti mice gene expression, *FASEB.* 1998;12:949-57.

4. Waterland, *et al.* Early nutrition & epigenetic changes. *Nutri.* 2004;20:63-68.

5. Chang, *et al.* Maternal high-fat Diet & fetal programming. *J Neurosci.* 2008;28:12107-19.

Campmeeting is June 6 - 10

Dakota Campmeeting 2017

Tuesday	Wednesday	Thursday	Friday	Sabbath
7:30 - 8:15	Breakfast Served in Cafeteria			
8:30 - 9:45	Dr Don Hall <i>Top 10 Foods for Health & Longevity</i>	Dr Don Hall <i>Fitness for Life, Exercise is Preventive Medicine</i>	Dr Don Hall <i>A Healthy Brain for Life - Preventing Alzheimer's</i>	9:15 - 12:00 Sabbath School Academy Features Lesson Study Elder Robert Fetrick
9:45 - 10:30	Fellowship			Worship Elder Dan Jackson How Far Would He Go?
10:30 - 11:45	Chaplain Ward <i>Impact of Change & Crisis on the Family</i>	Chaplain Ward <i>The Impact of Stress on the Family</i>	Chaplain Ward <i>Building Resilient Families</i>	
12:00 - 1:00	Lunch Served in Cafeteria			
1:30 - 2:45	Elder John Gryś <i>What Three Historic Paintings Say about Our Pioneers...</i>	Elder John Gryś <i>Generations, Faith and Understanding</i>	Elder John Gryś <i>The Rejection of a Church Manual...</i>	Ordination Services Round Table Discussion Elder Fetrick Elder Jackson Dr Don Hall Chaplain Ward Elder John Gryś Elder Neil Biloff, Moderator
2:45 - 3:30	Fellowship			
3:30 - 4:05	Campus Ministries	Radio Ministry	Adventist Camps	
4:10 - 4:45	Community Services	Pine Ridge Mission	Prison Ministries	
5:30 - 6:15	Supper Served in Cafeteria			(in Gym)
7:00 - 8:30	Chaplain Ward <i>Families at War</i>	Dr Don Hall <i>The Vegetarian Advantage - Live in the Blue Zone</i>	Elder John Gryś <i>A People for End-Time...and All Time</i>	Music Concert The Emmanuel Quartet
Elder John Gryś <i>Kill & Eat: Living into the Unknown</i>				
8:30 - 8:40	Fellowship			Hall of Remembrance
8:40 - 9:40				Elder Dan Jackson <i>How Far Will He Go With You?</i>

CR/Kindergarten, 0 - 5 yrs
Primary, 6 - 10 yrs
Juniors, 11 - 13 yrs
Youth, 14+

Brienne Engelhart
Kelli Vigil
Christian Ronalds
Brooke Melendez

ACS/DR will be serving a free Sabbath evening supper in the gymnasium at 5:30 pm.



DAA/DKCR/KTWJ Represented in Parade



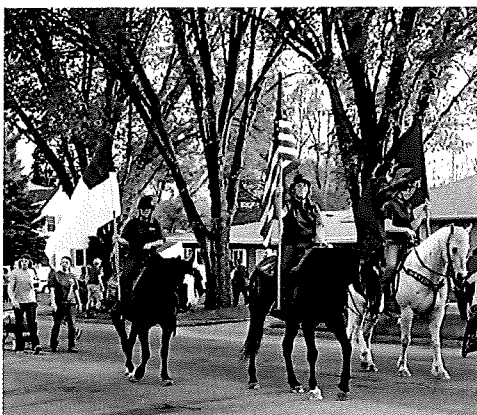
May 12, 2017 was the Bismarck-Mandan Band Night Parade organized by Ekroth Music of Bismarck and Fargo. Last year the weather was cold and windy. This year was warm and sunny.

The parade begins at the Capitol with floats interspersed between bands so the bands can be heard clearer. It then travels south on 6th Street to Ave A, turns west on Ave A for a couple of blocks and back north on 4th Street to the parking lot from which it commenced.



The parade is perhaps two miles long with the first band returning as the last entry is leaving. That was fortunate for the grandfather who was just ahead of the DAA float. He needed his grandson, who was in the first band, to make it back in time to ride his 1947 Montgomery Wards lawnmower while he was riding his antique tractor. Since the DAA float is accompanied by three horses carrying the United States, North Dakota and Christian flags, they are placed at the end of the parade to keep the road clean for those marching.

Most bands are large marching bands, but DAA's band students sit on a hay-strewn float while other students 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 receive something besides candy by the time this float passes and they are so excited to see the horses. One child was heard saying, "Which horse is your favorite?" The whispered reply came, "I like all of them."

Music Is an Integral Part of DAA



Music plays an integral part in the lives of our students at Dakota Adventist Academy. At registration every student is given the opportunity to sign up for band, choir, or bells. Students are also invited to audition for Dakota Singers or DAK (smaller select singing group).

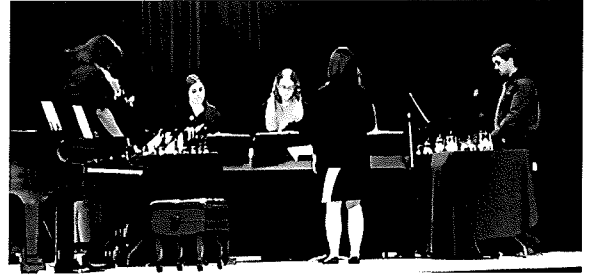


Throughout the year these music groups have many opportunities to share their talents. Conference regional meetings held in the fall and spring include an afternoon concert. Churches invite them to come and participate in their worship services. Special weekends on campus provide yet another opportunity for the students to perform.

This past weekend was filled with music as the students participated in the Band Parade Night in Bismarck. For the second year DAA joined in this event. The band rode on a trailer with hay bales for their seats and performed The Star Spangled Banner, Medical Cadet Core March, and March Religioso, also known as Onward Christian Soldiers.

Sabbath evening was the annual spring concert. Music abounded as family and friends listened to the musical selections performed by Dakota Ringers, Choir, Orchestra, and DAK as well as duets. Music lifts the heart and this weekend was no exception.

Thanks go to Ms. Messer and all the students for their hard work this year and for a wonderful evening of music.



Metal Sculpture Stunning Addition

In the large building, which currently functions as a church, school gymnasium and fellowship hall at the new Invitation Hill Adventist Church in Dickinson, ND, is an expanse of rustic-looking barn boards. This backdrop supports a beautiful sculptural work depicting Christ.



“Pastor Donavon and Jayna Kack had the idea for a weathered, rugged-wood look,” explains Free Karges, elder and owner of Hazen Welding of Hazen, ND. “Contractor Western Steel Builders put up the wood while doing the assembling of the gym. We let them run with it.”

When asked about the sculpture he explains, “My sister came up with the design when she was working here.” Mindy Gould, a member in Manfred Adventist Church, was “my bookkeeper and artist. She put her design into a file the computerized cutter machine could use. She was the artist. I just cut it out. I had to cut it in three different sections. Tyler Dick welded it together. Then we painted it and hung it up.” The result is stunning.

“I bought a computerized cutting machine thirteen years ago for cutting parts and making pieces. Primarily we do industrial agricultural fabrication and repair. It was an easy branch into the artistic fun stuff,” says Karges. “Most of the time we are too busy bidding work and lining up material. However, I have some good guys who can change directions really fast.”

“The biggest sculpture we did was almost fifty feet wide. It went over the road entrance to Badlands Ministries south of Medora, ND. That was in 2008,” says Karges. “A few years later when the area flooded the National Guard used the sign to secure their boats.”

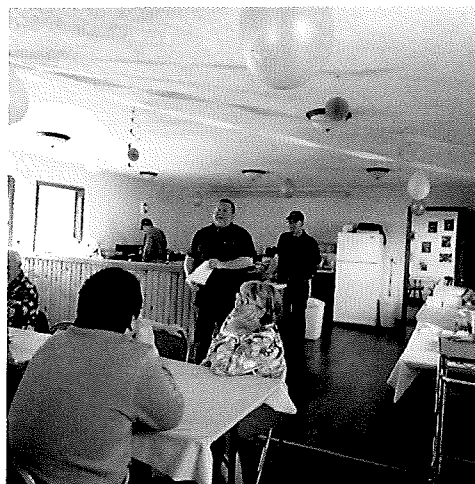
Custer Adventist Church Hosts Supper



On Mother's Day, May 14, 2017, the Custer Adventist Church hosted their third annual Mother's Day supper consisting of spaghetti, salad, garlic bread, drink and a dessert. The fellowship hall was festively decorated and even the weather cooperated and was very nice.

Pastor Sam Thomas gave a brief talk about mothers before the meal was served. There were forty-

seven friends and neighbors in attendance.



Article and photos by Becky Howe

Hurdsfield Church Razed

The original Hurdsfield Adventist Church was constructed in the late 1920s. Early family names include Baumbach, Krieger, Lange, Dietrich, Edwards, Weisz and Held. But the church closed during the Depression and the building was repossessed, as they could not pay for the lumber that had been purchased to build the church. Some members transferred to the Goodrich Church and others to the Bowdon Church. The building was sold to the Nazarenes.

In June of 1943, a young ministerial intern and his wife, Neal and Rosa Lee Becker, came to Hurdsfield and held tent meetings. Baptisms were held in August and October. A church building was purchased and moved into Hurdsfield and in December, North Dakota Conference President Elder G. E. Hutches organized the newly baptized members into a church of twenty-one members.

In 1970, the church was disbanded due to many members moving away to educate their children. However, in 1975, Elder Lyndon DeWitt came from Texas to hold evangelistic meetings. As a result of these meetings, the church was organized again on May 2, 1975 with forty members.

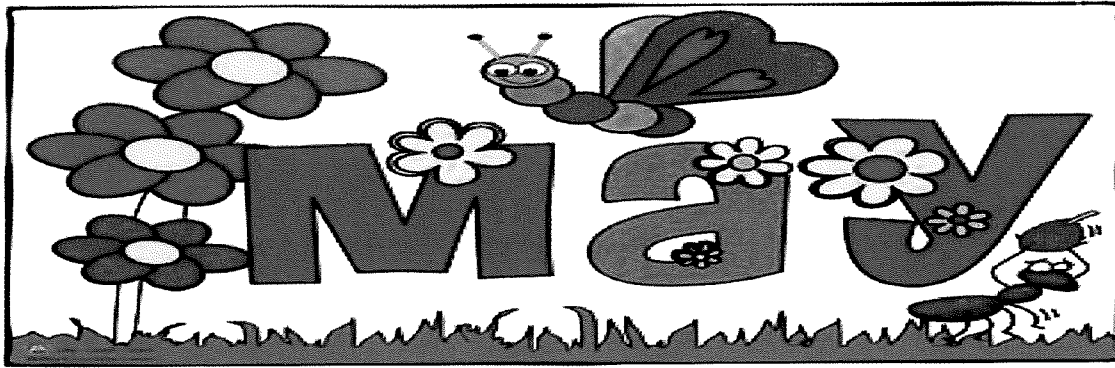
The Hurdsfield Church was closed again in September of 2008. It sat empty and was eventually sold

in 2016. The new owners burned the church and the adjacent school May 15, 2017.

Adapted from an article written by Robert & Bernice Weisz; Photo by Geraldine Johnson.



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>
Bismarck					
CANNED:					
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
Food Service					
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 18 Dispatch Photo



The above photo was taken by Chrystal Rittenbach.

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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