



Lose Weight - but NOT Breakfast, Part 2



The principle investigator of AHS-2 (Adventist Health Study-2), Hana Kahleovo, MD, says these findings (see Part 1 in the last Dispatch) could be combined into a very practical weight-management strategy for relatively healthy individuals. She recommends skipping supper, avoiding snacks, eating a substantial breakfast, and fasting at least 18 hours per day.

We may not like the idea of going to bed on an empty stomach - many people are used to retiring with very full stomachs! Evidence in animal studies points to a longer life-span and positive influences on glucose tolerance, insulin sensitivity, and the incidence of type 2 diabetes when evening meals are skipped.⁵

Most of us are acquainted with the old adage, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." For years, nutritionists have urged us to make breakfast the largest meal of the day - containing at least 25 to 40 percent of the daily calories. Yet, evidence from large-scale surveys in the United States reveals that 18 to 25 percent of adults and as many as 36 percent of adolescents skip this most important meal.⁶

Breakfast foods vary by culture. One culture often can't even contemplate eating what another relishes first thing in the morning! Yet within cultures, there is a surprising amount of consistency in terms of the kinds of foods consumed at the start of the day. (To be continued.)



Students Participate in Christian Art Show

For the past eleven years, DAA art students have been participating in a Christian art symposium in Bismarck. The symposium focuses on a professional and student Christ-centered visual art show and usually spans four days. Workshops or seminars are part of the show when students and adults may experience creating something visual that has a spiritual application or lesson. Dakota Adventist Academy (DAA) students have attended these seminars when the timing fits into DAA's schedule and have also attended the show as a Sabbath afternoon activity.

This year the focus of the Artists Celebrating Christ weekend was students only with seminars and a student art show. Approximately 200 art pieces were in the show with DAA students showing nine works. Fourteen DAA students attended the Friday afternoon painting seminar, saw the show, voted for People's Choice Award in different grade categories, and observed demonstrations of pysanky (Ukrainian egg dying), iconography (religious paintings in Russian Orthodox Medieval tradition) and portrait painting.

In addition to this major art show, DAA students will be exhibiting in two more shows this year: the Hazen Community Art Association Show in April and the Bismarck Art and Gallery Association show, a juried high school exhibit, during May.

DAA offers a four-year program in art, which can culminate in an "Enriched Diploma in Visual Art" and a portfolio needed for entrance into an art school. Mr. Gary Way, English and art teacher, provides DAA students an excellent experience in learning and enjoying art.

For more information on the ACC (Artists Celebrating Christ) visit their website at www.accartshow.com.

Below: Bryce Chin, sophomore; Julie Ko, junior from South Korea; Kelsey Harrington, junior from Idaho.



Youth Rally To Be Held in Fargo



WHO: Speaker is Jason Woll

WHAT: Theme: "Benefits of Serving Others" Going into the community for a service day. Be prepared to meet people and share Jesus!

WHEN: Sabbath, April 14, 2018

WHERE: Fargo Seventh-day Adventist Church

Article & photo by Loren Nelson III

\$2000 Raised for Future Scholarships

The participants of the Men's Retreat in Medora, ND raised more than \$2000 to assist future participants who would like to attend, but cannot afford to. Men from all over the Dakota Conference, and states beyond, brought items to sell on Saturday evening. Merchandise ranged from homemade baked goods to hand crafted items, tools, canned goods, new apparel, and even a handmade silk rug that was hand-crafted from an artisan in India. Pastor Mike Temple of the Grand Forks Church auctioned off the items with the assistance of other pastors and participants. It was a fun evening of laughter and fellowship while raising needed funds, which will allow more men to be invited to the 2019 Men's Retreat to be held in Aberdeen, South Dakota.

Photo Explanation: Pastor Nicolas Osborne and Pastor Terry Pflugrad hold up items for sale as Pastor Mike Temple calls the bids to the participants.



Article by Pastor Mike Temple; Photo by Troy Erickson

Use Amazon.Smile

If you use Amazon.smile when purchasing online and reference either KTWJ or DAA, they will receive a donation.

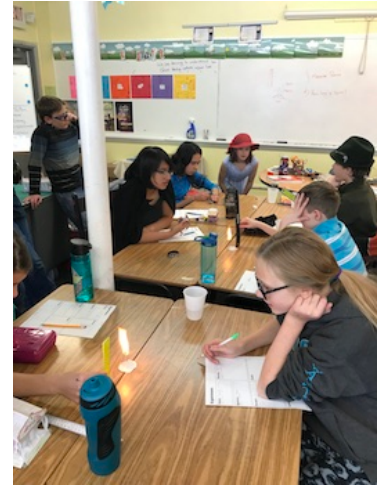
Rapid City Elementary Has Fun Learning

2018 has been off to an exciting start! Students worked hard to earn an ice skating reward trip and then we just returned from our annual ski day. All of these events were fun precursors to the Pyeongchang Winter Olympics. We studied the Olympics by keeping track of all the medals awarded and studying the different winter sports. Then we held a special school Olympics game day where students participated in their own mini-Olympics.

On January 26, the lower grades celebrated the 100th day of school. We celebrated by searching for 100 starbursts scattered throughout the classroom. We also practiced our endurance by trying to see how much activity we could fit into 100 seconds. Some of the activities included: sitting and standing, clapping hands, and saying the alphabet. The activity that the students seemed to enjoy the most was trying to make a tower with 100 cups. We tried a couple of times and got really close, but couldn't keep them stacked. Luckily, it was just as much fun to watch the tower fall over as it was to build so we weren't too disappointed.

The upper grades just finished a science and language arts unit that focused on the science of the brain through the story of Phineas Gage. We explored the different parts of the brain by creating an expanding foam model of our own brains. Each student researched a different neurological disorder or disease such as Alzheimer's, epilepsy, Tourette syndrome, or Parkinson's. Students then wrote a creative narrative essay about what it would be like to live with that disorder. Students participated in a sheep brain dissection, neuron models, and a skull scavenger hunt, all focusing on the amazing brain that God has given each of us.

We have a lot to look forward to, whether it be a swimming trip, preview days, or social studies fair. But we just continue to dedicate our school to God and are excited to see the plans that He has for us.



Article by Kelli Vigil; Photo by Sue Nelson

Pierre Church Celebrates Dedication



A baby dedication was held Sabbath, March 17, 2018, in Pierre, SD, for David Alexander Ruiz, born December 27, 2017. The proud parents are David and Brenda Ruiz. Also pictured are sisters Alexsandra, Camila and brother Alexander. Pastor Joe Story officiated.

Article and photos by Wendy Brotherton

Pathfinders Go To Mid-America Bible Experience

Two pathfinder teams joined together to travel to the Mid-America-level Pathfinder Bible Experience held in Lincoln, NE, February 17, 2018. Bismarck Pathfinders and Grassy Butte Church's True North Pathfinders enjoyed their time together. The joint team placed third. Good job team! Pathfinder teams across America will start studying the book of Luke for next year's Bible Experience.



Article by Jacquie Biloff; Photo by Loren Nelson

Minot Church Combines Two Celebrations



Kim Webb, pictured with Pastor Barry St Clair and his wife Barbara, announced in the Minot Church February 10, that Pastor St Clair had just received his Masters in Pastoral Ministry from Andrews University.

Another celebration that day was the ordination of Joel David. "He has lived in Minot and returned several times and we are always glad to see him return," says Charlotte Timothy. "He has been active in the children's department, as a deacon, and now as an elder. He also has been very willing to help with anything we have going on." These are great attributes for an elder. Elder Biloff, conference president, was there to celebrate the occasion.



Article & photos by Jacquie Biloff

Simple Tuna Salad

2 C Vege-Tuna

1 C Just Mayo (or other mayonnaise)

2/3 C celery

Dill relish to taste

Garlic powder to taste

Cayenne pepper to taste

Mix all ingredients together. Great for sandwiches. May add tomatoes, lettuce, avocado, or any of your favorite sandwich extras. Enjoy!

Recipe by Charlotte Messer in [Breaking Bread Together](#), DAA Class of 2018, page 132. For sale at CO and DAA for \$20.

March is music month, call Lynette Miller at 701.751.6177 for availability or visit the Bismarck ABC at 7200 N Washington Street, Bismarck, ND.



Retail Retail **Special Special**
Case Single **Case** **Single**

Bismarck

CANNED:

LL Big Franks	12/20 oz	\$68.70	\$6.33	\$60.70	\$5.73
LL Fri Chik	12/12.5 oz	58.88	5.42	51.88	4.89
LL Vegetarian Burger	12/20 oz	68.70	6.33	61.70	5.81
H Chik'n Bites	12/13 oz	52.99	4.88	46.49	4.37
H Vege Steaks	6/19 oz	31.81	5.60	27.31	5.26
CL Hostess Cuts	6/10 oz	31.83	5.86	27.45	5.28
CL 3 Grain Pecan Patty	6/19 oz	31.83	5.86	27.45	5.28
Roma	6/7 oz	45.39	8.36	39.89	7.54

FROZEN:

Fripats	12/9 oz	62.39	5.74	52.85	4.99
Leanies	8/8.5 oz	34.70	5.74	25.00	3.76
Prosage Roll	12/1 lb	87.42	8.05	77.42	7.28
W Sandwich Slices	8/8 oz	33.91	4.68	28.41	4.05
Dinner Roast	6/2 lb	87.52	16.12	77.52	14.54

sale dates: March 1-31, 2018 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


"I was smiling yesterday, I am smiling today and I will smile tomorrow simply because life is too short for anything else."

March 22 Dispatch Photo




The above photo was taken by Jodi Dossenko on her iPhone in the Mandan/Bismarck area.

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. © 2018 Copyright

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