

Dakota Conference of Seventh-day Adventists

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



Head Strong, 8 Ways to Reduce Your Risk of Alzheimer's Part 3



Take Action Against Alzheimer's

While the goal is for everyone to create a personalized wellness plan, there are some things that will benefit everyone. Here are some universal steps you can take to keep your mind and body sharp:

1. **Think about what you're feeding your brain.**

Minimizing sugar intake is great for your brain health, because eating lots of simple carbs spikes blood sugar and leads to inflammation. Eating low-glycemic, lo-inflammatory foods helps control type 3 diabetes (a.k.a., Alzheimer's), keeping insulin responses under control and reducing disease-beckoning inflammation. Researchers point to the Mediterranean diet, which is plant-abundant, high in fiber and includes much healthier monounsaturated fats.

Here are some suggestions for your grocery list:

- Add more veggies to your diet, including broccoli, brussel sprouts, tomatoes, and kale.
- Fall in love with fatty fruits, such as avocados and olives.
- Trade cow's milk for unsweetened almond milk.
- Lose the corn oil, and opt for extra virgin coconut or olive oils instead.
- When you're craving a sweet treat, eat blueberries. They tame inflammation and have disease-fighting phytochemicals, flavonoids, and fiber.
- Include walnuts, chia seeds, and beans in your diet. They deliver great nutrition to the brain.
- Talk to your lifestyle medicine specialist about supplements and herbs that may be appropriate for you.

2. **Watch your waistline.**

A recent study authored by David Merrill, M.D., Ph.D., at the University of California, Los Angeles (UCLA) indicates that staying at a healthy weight helps ward off Alzheimer's.

3. **Stay on the move.**

Exercise decreases your chance of getting Alzheimer's by a whopping 50 percent, according to a 2016 study by UCLA Medical Center and the University of Pittsburgh. Aim to get really fit. "The best scientific evidence suggests at least 450 minutes of exercise per week," writes James P. Watson, M.D., via his Agingsciences blog. That means exercising an hour a day on most days.

4. **Never stop learning.**

Research shows that keeping active mentally seems to increase vitality and even generates new brain cells. Try playing games, reading, attending lectures, and learning new things.

Brentwood School Reports

The nine students at Brentwood Adventist Christian School in Bismarck, ND, love the new Encounter Bible program and look forward to class every day. The program allows students to take an active roll in their faith and learning experiences.

The year began with Creation and the great love the Creator has for each of us. Students are learning to be thinkers and that is reflected in the way they speak and interact with one another. Along with the Bible program, students are participating in two half-day community service projects per month. Some of those projects include helping with Brentwood's rummage sale, collecting canned good in the local neighborhood, local community cleanup, and Christmas caroling while passing out cookies during the Christmas holidays. During the winter months, they are planning to go to nursing and retirement homes to sing and visit with residents and also to work in a local soup kitchen.

The students are actively involved in sharing their mission statement of being thinkers, knowing and loving Jesus, and sharing that love for Jesus with others as they serve the community in a variety of ways. Brentwood Adventist Christian School wants to become a school that is known for having wonderful students and for helping others.



1. Students with a perfect dragonfly.
2. School board member face painting at Bismarck's End of Summer Festival.

Article and photos by Debra Eszler

What Is In Your Heart?

Answer: Whatever you put in there – or rather, allow God to put in there. There is a scripture that says, “Out of the abundance of the heart the mouth speaks,” inspired by what is in the heart, the hands do what they find needs to be done. And there will always be a need for willing hearts and hands.

Sunday, September 16, the SE Community Services Federation held its annual meeting, at the Tolstoy Seventh-day Adventist Church, in Tolstoy, SD. Those in attendance were from the Aberdeen, Bowdle, Huron, Tolstoy and Watertown churches, as well as Federation leadership from the Dakota Conference – Pastor Bob Forbes II and Pastor Peter Simpson.

After the usual opening exercises, special music, reports, a wonderful meal, and inspiring messages, a decision was made to send \$4,000 to the area where Adventist Disaster/Relief agencies are working to relieve suffering and need caused by Hurricane Florence. Personal donations from a number of the attendees swelled the gift to be shared. Yellow five gallon buckets, along with lists of suggested supplies, were left for members to fill to meet local needs in the community. Generous hearts will make sure that those buckets will be filled soon.

Article by Beverly Binder

Welcome to Pastor LeRoy & Priscilla Morris

The Dakota Conference would like to welcome Pastor LeRoy and Priscilla Morris to the Hurley/Yankton District of South Dakota. They come to the Dakotas from New York state.



Article by Jacquie Biloff; Photo from Facebook

October is Pastor Appreciation month.

Pastor Bill and Katherine Edwards Retire

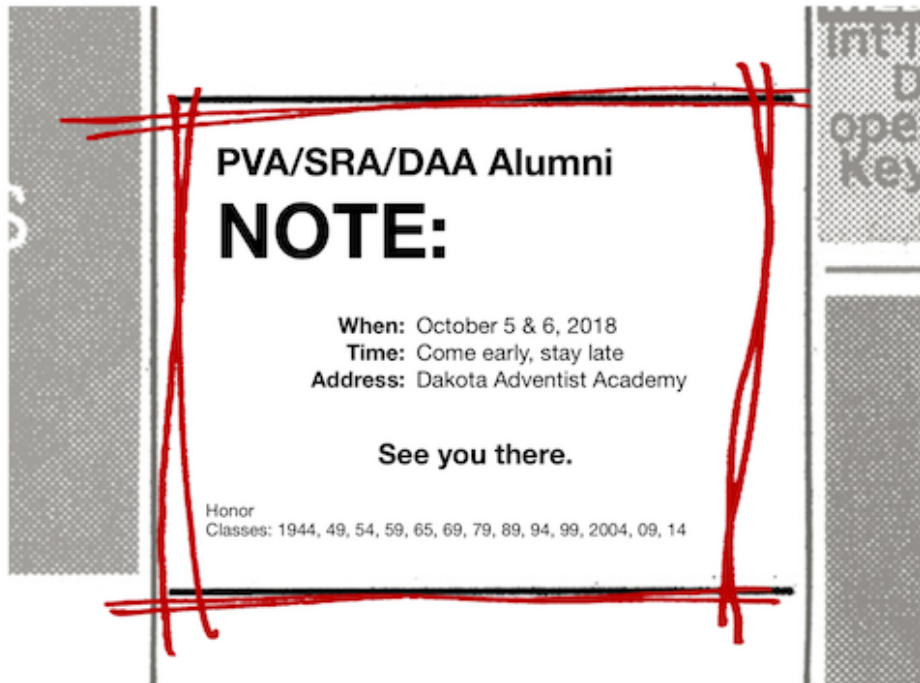


After serving in the Dakotas for fourteen years, Pastor Bill and Katherine Edwards have retired to Ohio to live by their children. We would like to thank them for their service to the Dakotas and for their friendship through the years.

We wish them Godspeed.

Article by Jacquie Biloff, Photo by Pastor Bill.

Alumni Weekend at DAA



W.O.W. Grace Experience Shared

DAA's Fall Week of Worship was all about grace. Jason Woll, a DAA graduate from the class of 2015, spent the week sharing treasures he has



found in scripture regarding lessons he has learned about grace. Each meeting featured a different aspect of grace, building from definitions and correlating scripture. Jason shared personal stories in addition to Biblical stories to make the scripture understandable for the students. Since music speaks to the soul, each day included a message of hope and love.

"My chains are gone, I've been set free
My God, my Savior has ransomed me
And like a flood His mercy reigns
Unending love, amazing grace." ~Chris Tomlin~

We learned that grace is personal. It is something God did for each of us because He loves us. He takes us as we are. He gives us all of His love.

Article & photo by Tracy Peterson

NLC Kitchen Project Progresses

Pastor Neil Biloff framed and poured the slab for the 1000 gallon propane tank the first part of September before the weather turned cold.

Pastor George Shaver and Lloyd Binder spent a couple days this week installing locks, panic hardware and thresholds on doors at the Northern Lights Camp new kitchen. The plumber, Dennis Teft, and the electrician, Larry Nordman, are still working on site as they have free time to get the building ready for winter.

Insulation is in the walls and Pastor Biloff was on site to get a heater hooked up to the propane tank to provide heat as the temperature plummeted. It rained and then snowed three inches on Wednesday complicating the delivery of sheetrock to the site as did the hole in the road where men are working to install fiber optics.



As soon as the sheetrock is installed,

which Tex Opp has agreed to do, insulation will be installed in the ceiling. The metal roof has been ordered and will be installed this month.



			Retail	Retail	Special	Special
	Ct	Wt	Case	Single	Case	Single
CANNED:						
LL Prime Stakes	12	13 oz	\$61.49	\$5.64	\$54.14	\$5.22
LL Saucettes	12	19 oz	71.73	6.58	66.38	6.16
LL Super Links	12	19 oz	71.73	6.58	65.58	6.26
LL Swiss Stakes	12	13 oz	61.49	5.64	56.14	5.22
LL Skallops	12	20 oz	71.73	6.58	66.38	6.16
H Dinner Cutlets	6	19 oz	31.69	5.84	26.94	5.27
H Breakfast Links	6	19 oz	31.69	5.84	26.94	5.27
FOOD SERVICE						
LL Chili	12	50 oz	122.94	11.28	114.94	10.73
LL Fri Chik	12	42 oz	153.69	14.10	144.49	13.45
LL Prime Stakes	12	47 oz	153.69	14.10	144.49	13.45
FROZEN						
Deli Slices						
Chicken	8	8 oz	33.78	4.67	30.28	4.25
Corned Beef	8	8 oz	33.78	4.67	30.28	4.25
Ham	8	8 oz	33.78	4.67	30.28	4.25
Turkey	8	8 oz	33.78	4.67	30.28	4.25
Salami	8	8 oz	33.78	4.67	30.28	4.25

Sale Dates: October 1-31, 2019 in store only
Quantities may be limited

ABC hours in Bismarck, ND:

- Tuesday, 3:00pm - 5:30pm
- Wednesday, 3:00pm - 5:30pm
- Thursday, 3:00pm - 5:30pm
- Closed on Sundays

South Dakota Regionals

Central Regional - Aberdeen, SD - October 20, 2018
Southwest Regional - Rapid City, SD - November 10, 2018
Southeast Regional - Sioux Falls, SD - November 17, 2018

October 4 Dispatch Photo



Photo by Jacquie Biloff taken Friday, September 28, in Bismarck, ND with an iPhone.

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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Dirt Kicker Charity Run



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