



Heart Disease II, Eat Your Way Out, Part 1

The sports world rejoiced when former Yale president Bart Giamotti became commissioner of baseball. A few months later a shocked nation wept when this respected man died suddenly at age 51, attacked by his heart.

Listed as one of the 100 most influential people in the world, Tim Russert, America's beloved and respected television journalist, appeared for 16 years as the longest-serving moderator of NBC's *Meet the Press*. In April of 2008 he performed well on his doctor's stress test. Two months later, on June 13, at the age of 58, an important irreplaceable voice in American journalism had been silenced by an unexpected heart attack.

Scenarios like these are repeated thousands of times each day across North America. Heart disease now strikes a deadly blow to three out of every ten Americans. And it is going global.

Is There No Way Out? Does It Have To Be Like This? Yes...and no.

As long as people continue to eat their rich, fatty diet, the statistics will remain the same. We've known for years that a diet high in fat and cholesterol is the primary and essential cause of coronary heart disease. But there is a way out: it required that we lean out our high-fat diet. To the extent that we commit to do this, we can help prevent and even reverse heart disease.



Are You Saying That Heart Disease May Be Curable? It looks more and more that way.

The idea took on a life of its own when a young cardiologist, Dr. Dean Ornish, published a report in the *Lancet* medical journal, in 1990, that shook up the medical community. Dr Ornish spent one year studying 48 men with advanced heart disease, many of whom were candidates for coronary bypass surgery.

He randomly assigned the men to two groups. Both groups were asked to quit smoking and to walk daily. In addition, the first group practiced stress management and followed a strict plant-based, whole-food diet with less than 10 percent of calories as fat and with virtually no cholesterol.

The second group was given the standard American Heart Association's "Prudent Diet" for heart disease. This diet allowed 30 percent of calories as fat and up to 300 milligrams of cholesterol a day. At the end of the year, when the results were presented at the Scientific Session of the American Heart Association in Washington, D.C., they became front-page news all over America.

Dr. Ornish reported that those on the very low-fat, plant-based, whole-food diet not only dropped their dangerous LDL-cholesterol levels by 37 percent, but 82 percent of their narrowed, plaque-filled arteries had actually widened, allowing more blood and oxygen to nourish the heart muscle. The heart disease had, in fact, begun to reverse itself. And the older men with the most advanced disease actually had the best results.

The group on the so-called Prudent Diet, however, had virtually no cholesterol drop, and most of their coronary arteries showed increased narrowing. In general, their heart disease had actually gotten worse.



What is Our Purpose?



When you think of Adventist Education what do you think of? Small schools, shared classrooms, and paying for education? As a recruiter for our academy in the Dakotas, I have spoken with many students, parents and families about Adventist Education and how it fits into their lives. There are many reasons shared with me as to why or why not parents and teens choose to attend the academy.

"All your children shall be taught by the Lord, and great shall be the peace of your children". Isaiah 54:13

"You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise". Deuteronomy 11:19

The Bible is clear about educating our children in the scriptures. Keeping them in constant contact with God is of utmost importance.

This brings me to my original question, "What is our purpose?" On the high school level our teens face so many unfathomable things in school, in social media, in movies, everywhere they look they are faced with Satan's sneaky attacks.

Our purpose as an Adventist academy is to raise the bar. It is to keep Christ and salvation in front of our teens. It is to share God's never-ending love and forgiveness. It is to educate to a higher standard academically. It is to provide options for their future while reminding them over and over that God wants to be a part of their lives. It doesn't matter if our teens are looking to college to further their education, if they want to become an auto mechanic, work in construction, build computers, become an artist, or explore whatever path they feel God is opening for them. We offer them all of those options with the reminder that God walks with them in everything they do.

I would like to propose that each of you open your hearts and minds to God's leading for our teens. My request is that we all actively pray for our youth and the parents of our youth that they find the best path in education. I pray that we are open to the help and support we can offer each child in their spiritual and educational journey.

Thank you for your prayers.

Prairie Voyager Students Add Inspiration to Ringing



During the holiday season, the ringing of Salvation Army bells can be heard at the entrance of many stores, as money is annually collected in red kettles for programs that help and assist so many in our communities. On December 4, students of Prairie Voyager Adventist School rang bells in style at a collection point in front of the J.C. Penney department store at the Columbia Mall in Grand Forks, ND.

Former PV teacher, MiKaela Miller (2012-2015), introduced the students to simple, color-coded hand-bells during her teaching years. Since then, the school has continued using the colored bells as part of their music program by performing for special school functions, Christmas programs, and for residents at the Tuftte Manor care facility. This year, the hand-bells replaced the traditional bell at the Salvation Army collection point, to bring a different flavor of holiday cheer to the retail customers that entered the store. The students had been practicing familiar Christmas songs, both religious and secular, like “Hark the Herald” and “Jingle Bells” and performed a repertoire of seven songs.

For the two-hour assigned time, the students traded off performing a few Christmas songs with a few students ringing the individual bells. According to the information on the Salvation Army website “Volunteers are the difference between an empty kettle and one that raises about \$30 per hour—enough to provide a family with two bags of groceries or shelter an individual for a night.” The patrons of the mall that passed by were appreciative of the music

and of the participation of children in this annual charity event. A total of \$58.98 was collected.

Article Leanne Erickson; Photos by Davina Hoffman

Fargo Falcon Pathfinders Are Going to Oshkosh in 2019!



The Fargo Falcons from the Red River Seventh-day Adventist Company in Fargo, ND began the 2018-2019 year on September 2. They practiced marching, handed out paperwork and applications, plus went through the calendar of events for the year. The youth were excited about getting started after the summer vacation.

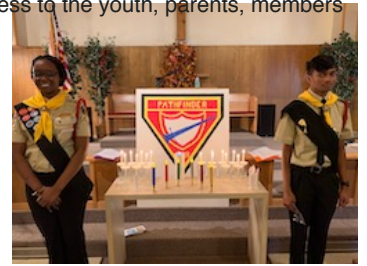
Although two Pathfinders and a leader left to care for a club where they reside, The Fargo Falcons continue to grow.

- Sam Smith and Nora Ogunti are two new Pathfinders looking forward to starting work on honors.
- Two Adventurers, Andrew Ronalds and Simone Bailey, graduated to Pathfinders this year. We are very proud of them and the work they have already begun in their Friend Class.
- Two TLTs (Teen Leaders in Training), Josh Ronalds and Cynthia Nyachwaya, are proving to be wonderful helpers in club meetings, classes, and special programs.

This growth encourages us that God is leading in our forward motion.



Induction Service on November 10, 2018, proved to be a powerful witness to the youth, parents, members and friends who were present. The youth felt a sense of excitement and accomplishment for their part in the program. It was a meaningful display of the power of God in the lives of the Pathfinders and Adventurers.



One of the most frustrating efforts in Pathfinding is acquiring adult helpers. After the program, several offered their services to the club. We now have over a dozen volunteer instructors, presenters, chaperones and prayer partners — Praise the Lord!

This year the Fargo Falcon Pathfinders are looking forward to more growth, greater learning opportunities, and deeper relationships with Jesus. We are working towards next year's International Camporee — FARGO FALCON PATHFINDERS ARE GOING TO OSHKOSH IN 2019!

Article by Charlene Schrock, Pathfinder Director; Photos by ??

"As we celebrate the Savior's birth this season, we extend a warm invitation for you to join us at Dakota Adventist Academy, this weekend, to worship Him through music.

Come and enjoy a Celebration of Praise on Friday, December 14, 2018 at 7:30 p.m. This will be a program of "Christmas Memories" performed by various community members and groups.

On Sabbath, December 15, at 7:00 p.m., "Christmas Around the World" will be the Christmas Concert. DAA students will perform carols and songs, with the orchestra, band, handbells and choir.

We would love to see you, here! However, if you cannot join us, we plan to stream the program on Sabbath Evening. Let us know, if your desire is to participate with us, online, and we will send you a link!

**May the Blessing of Our Lord be with you and your family as we Celebrate the Reason for the Season!"
Warm Regards,**

Dakota Adventist Academy Students, Teachers, and Staff

Edgeley Church Hosts Christmas Cantata



The Edgeley Community Choir presented their Christmas Cantata December 2, 2018, in the Edgeley Adventist Church in Edgeley, ND. The narrator was Jerry Toay and the choir director was Joan Toay, both are members of the Edgeley Adventist Church. There were about 80 in attendance.

Elder Bob Forbes II had a power point presentation with pictures of Christ's birth for every song. After the performance ladies from the church provided refreshments.

The choir also shared their talent at the Edgeley Manor and will be singing at the Jamestown Adventist Church on December 15.

Article by Gerry Forbes; Photos by Pastor Bob Forbes II

Cleveland Prairie Trails Pathfinders Meet

The Pathfinder leader for the Prairie Trails group in Cleveland, ND is Richard Ray. Betsy Ray is the leader for the Adventures and Cheryl Erickson is the Eager Beavers/Little Lambs leader. The following collage is from Induction Sabbath, November 10, 2018.



Article by Jacquie Biloff; Photos from the Cleveland Adventist Church Facebook page

Support Your Local Pathfinder Club

Bismarck Pathfinders
Cleveland Prairie Trails
Fargo Falcons
Grand Forks Bison
Grassy Butte True North
Jamestown Pathfinders
Manfred Prairie Winds
Watertown Ravens
Williston Warriors

Every five years Pathfinders from around the world meet in Oshkosh, WI for a camporee. This is an experience of a lifetime. There are 50,000 tickets available for this event. As of this writing, half have been sold. Following is a list of needs each Pathfinder club faces:

- The club has to be a registered conference club
- Each ticket costs \$195.00 with a price increase in March if there are any tickets left to purchase
- Each meal costs \$5.00, the camporee is August 12 - 17, 2019
- Gas money to and from the camporee

Just Jesus. Campus Ministries Enjoys Thanksgiving

Just Jesus. Campus Ministries in Fargo, ND invited students from the campus of North Dakota State University to enjoy an evening of good food and fellowship Monday, November 19, before the students headed home for Thanksgiving. These students have been attending the house worships provided by JJCM's pastoral couple Brooke and Ricky Melendez.

Pastor Casey Bartlett provided a spiritual thought, introductions around the group and prayer for the meal. The students brought food from their home countries: Africa, Nepal, Peru, Mexico and American. Pastor Darrel Lindensmith and his wife, Karen, brought a Native American family from the Fargo Adventist Church. It was their son's birthday so there was a cake to celebrate the occasion. Karen said, "There were lots of desserts."



Article by Jacquie Biloff; Photos by Pastor Darrel Lindensmith

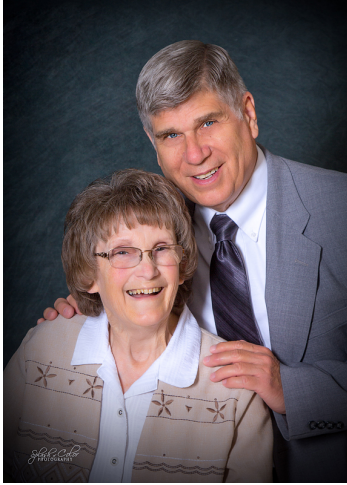
Lehr Church Family Shares Cheer

The Lehr Adventist Church family will be congregating Sunday at 1:00 to make Cheer Baskets. Plans are to provide about 50 baskets to those in the Lehr community, some farm families, and also to the residents of the Wishek Living Center. As possible deliveries include a little caroling.



Retirement! Not something in which one gets a degree.

The following is a letter from Pastor Joe Story who recently retired AGAIN from the Dakota Conference. He, and his wife Jimmie, have a retirement home in Georgia. Jimmie says they will be spending the holidays in Cairo, Egypt with Voice of Prophecy.



When I got the invitation to come to the Ft. Peck Reservation in Northeast Montana to be the provider in a school-based clinic, it seemed like a good idea. It might be a relatively low-stress opportunity to keep up my health care licenses. It might also be a good outreach opportunity.

In this modern little Indian Village of Frazer – everyone lives in modern houses, there are no tipis – things are relatively quiet. On the other hand, as the only provider in this town of approximately 300 people, things can get busy at times. Most of the time I see students, ages 5 – 18. And sometimes staff members come in.

There are sports physicals, colds, flu, play ground injuries. And outreach? One seven-year-old, after carefully studying the skeletal and inner organ chart on the wall in our exam room queried, “And did all that just happen?” One has to be careful what one says about the Creator in a public school, so I gently replied, “ I do not believe that.”

One day the maintenance men could not get the door to the maintenance room open. The heavy desk next to the door had been moved over in front of the door. There are no other doors and no windows to the room. There has been much whispering around the school about spirits and the school being haunted since then. When the staff was having an informal discussion about it they looked my way to see if I had any inputs on the subject. I could respectfully say, “The spirits don’t bother me much, because they know Who is on my side.”

Actually, about the time the maintenance men had their problem I had encountered something. I had just opened the door to the stairway that goes up to the workout room behind the gym. The light was on; it wasn’t supposed to be. Then there was a thin broken wail from the room above. I thought, “That wasn’t a very good wail. I’ll bet some kid is up there playing a prank.” There was no one up there.

I am praying that God will use this spirit situation to glorify His name. Meanwhile, I am preaching once a month for the pastor in Plentywood. The rest of the time I teach Sabbath School and speak in the small company in Poplar. So this is retirement. It is ok. Maybe I’ll find time to go fishing or putter around our house next summer. Maybe.

DECEMBER

Bismarck		Retail	Retail	Special	Special
CANNED:					
LL Big Franks	12 20 oz	70.70	6.49	67.83	5.51
LL Diced Chik	12 13 oz	60.60	5.57	46.38	6.25
LL Fried Chik'n	12 13 oz	60.60	5.57	47.23	5.32
LL Tender Rounds	12 19 oz	70.70	6.49	66.38	6.26
LL Vege Burger	12 19 oz	70.70	6.49	66.38	6.26
LL Vegetarian Burger	12 20 oz	70.70	6.49	66.38	6.26
LL Chili	12 50 oz	121.18	11.13	114.94	10.68
LL Swiss Stakes	12 47 oz	151.48	13.91	144.49	13.45
Roma	6 7 oz	47.24	8.71	45.23	8.58
Frozen:					
Dinner Roast	6 2 lb	85.93	15.85	81.19	14.99
Chicketts	12 1 lb	85.84	7.92	52.09	7.70
Steaklet	8 10 oz	31.60	4.37	29.56	4.23
(May mix rolls for case price)					
Chicken Roll	4 4 lb	107.05	29.62	101.61	28.61
Corned Beef Roll	4 4 lb	107.50	29.62	101.61	28.61
Ham Roll	4 4 lb	107.05	29.62	101.61	28.61
Salami Roll	4 4 lb	107.05	29.62	101.61	28.61
Smoked Turkey Roll	4 4 lb	107.05	29.62	101.61	28.61

sale dates: December 1-28, 2018 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 Sunday


December 13 Dispatch Photo




Photo taken by Paulette Bullinger

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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