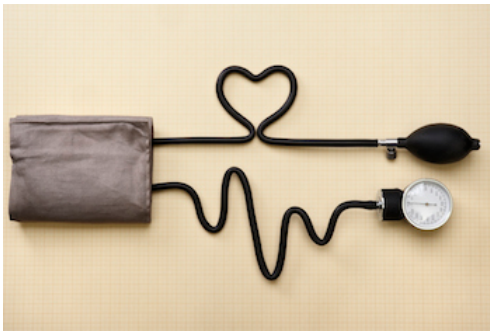




Keep the Silent Killer at Bay



High blood pressure is known as "the silent killer" because it rarely has any signs or symptoms until serious damage is already done. Experts estimate that as many as one third of Americans have elevated blood pressure and do not even know it. Uncontrolled hypertension (high blood pressure) is the leading cause of stroke. Do not wait until the killer strikes - have your blood pressure checked, maintain a healthy weight, exercise regularly, and eat a balanced plant diet to keep the killer at bay.

You have heard it said, "An apple a day keeps the doctor away!"

Article by Dr. John Kelly, Black Hills Health & Education Center; iStock Photo

Appreciation Dinner Held



Invitation Hill Seventh-day Adventist Church in Dickinson, ND, recently held an appreciation dinner, led by Willie and Briana Hale, to honor the emergency workers and first responders who serve in the community. The church's first goal was to show appreciation, but there were other goals as well: the hope to build friendships; and since moving to a new location in the community, to invite these dedicated public servants to the new facility in case they did not know where the new church was located.

Church members came through in a BIG way with enough food to serve and left overs to take to each station in town as well as supply the school students with lunch for all week.

After the meal, the IHAS students shared music selections for the attendees. Pastor Nick Osborn presented each department with a framed certificate of appreciation to take back to their respective stations. The police, SWAT team, sheriff's office, EMT workers, and the fire station were represented at the dinner.





Dickinson Police Department - North Dakota
 January 21 at 9:05pm · 🌐

We would like to thank our friends at the Invitation Hill Seventh Day Adventist School for hosting an Emergency Services Appreciation supper this afternoon for all of Stark County's first responders! Besides great food, we enjoyed great company. Thank you for the invitation and your continued support!

👍👍 Invitation Hill Seventh Day Adventist School, Briana Hale and 37 others

2 Comments

Article and photos by Janna Wright

Learning How to Respond to the Unthinkable



In response to a growing concern of violence perpetrated in places of worship, the Sioux Falls Seventh-day Adventist church board committed to dedicating this year as a Year of Safety Training. Activities included a fire drill during the worship service, appreciation events for the Split Rock Volunteer Fire Department, as well as a special Active Shooter Training session held on December 9, 2017.

“We, as a church board, feel a deep sense of responsibility for the safety of our members and visitors as they worship with us each Sabbath,” says Pastor Dragos Profir. “Even though we may not like to consider the possibility of these types of incidents occurring within the walls of our church building, we would be remiss to neglect preparing ourselves and informing our congregation of best practices should such an event take place.”

Participants gathered to learn during a three-hour training session provided by Chad Sheehan, a 23-year veteran of law enforcement, who now dedicates himself full-time to training organizations and schools to deal with active killer incidents and workplace conflict. Chad is convinced that when people are empowered with the knowledge of how to react in these difficult situations, more people survive and the incident is diffused more quickly since victims find themselves in the fight before Law Enforcement is on the scene. The children of the Sioux Falls Adventist School also received age-appropriate training during their regular school hours.

As the Sioux Falls Church continues forward in its mission to help people in their life's journey become closer to God, we want to do our utmost to ensure the safety of our congregation and we are thankful for the first responders who work tirelessly day after day to ensure our safety.





Article by Pastor Dragos Profit and photos by Mirella Profr

Jadyn Anderson Will Represent DAA



According to the Poetry Out Loud website, this program encourages students to learn about great poetry through memorization and recitation. This program helps students master public speaking, build self-confidence, and learn about literary history and contemporary life. Since 2005, Poetry Out Loud has grown to reach more than 3 million students and 50,000 teachers from 10,000 schools in every state, Washington, DC, the US Virgin Islands and Puerto Rico. For the past 12 years, DAA students have participated in Poetry out Loud. As part of their English classes, each student performs before their class and the top two from each class go on to the school competition. Students who receive honorable mention are also encouraged to participate in the school competition. This year a total of 16 students recited their poems in front of the entire student body.

Jadyn Anderson placed first with her recitation of *Song in a Minor Key* by Dorothy Parker. Second place went to Leticia Venegas for *The Current Isolationism* by Camille Rankine and third place went to Paul Schumacher for *A Psalm of Life* by Henry Wadsworth Longfellow. Both Abigail Brooke and Tendai Mpezeni received Honorable Mention. Jadyn Anderson will represent DAA at the state competition to be held in Bismarck on February 26.

The highest-rank DAA students have reached at the state level was in 2006 when Ashley Boyko Hansen came in second. In 2014 Julius Ellis ranked in the top five. We wish Jadyn Anderson the best as she prepares for the state competition where she will recite three poems.

Article and photos by Sharon Heinrich



DARWINISM AND THE CULTURE OF DEATH

FEBRUARY 16 @ 7PM
MCGOVERN ALUMNI CENTER
1241 N. UNIVERSITY DR.

Featuring Professor Richard Weikart
University of Southern California
Expert on Nihilist Philosophy

SPONSORED BY JUST JESUS. ACM

This event is at NDSU in

Fargo, ND.

Fun Things Are Happening at RRAE

The children at the Red River Adventist Elementary wrote the following:

Andrew (4th Grade):

Who is the new Student?

His name is Alexander Irwin. He is in 6th grade. He is 11 years old. He likes to bring Beyblades to school. The Beyblade is a top that you can battle against other Beyblades.

Luke (6th Grade):

On December 14, we went on a field trip to the Fargo Post Office. We took a tour in the mail sorting section. They had machines that could sort 32,000 letters on average per hour. There was a lot of offices in the top part of the building. There was an FBI office too. The best part was when the tour guide, Mr. Dave Busching, had access to the Federal Courthouse. We got to sit in the Judge's seat, and then we went to Sandy's Donuts. It was awesome! We are planning a trip to a Houston Astros vs. Minnesota Twins game on April 11.

Sam (5th Grade):

Fun things we do at RRAS.

We play a lot of Wallball. We also play Human Bowling and a game called Assassin, which is a tag game where one person is it and he tries to tag the others. When the others are tagged, they help the original tagger and the last person is the survivor who has 20 seconds to hide and then try to get to the base without getting tagged by everyone.



Article and photos by Nicholas Gennick

Thomas Newgard Called

"Thomas Newgard called again, there is a voice mail on your phone." I heard this repeatedly for years as Mr. Newgard called the conference office. He was working on his book [Patterns on the Prairie](#). He asked, "When did this (or that) church close?" "Did you know you had a church in back in the 1800s?" "When was this church sold to?" The questions were challenging. I would go to the archives and see what I could find in between the regular things that occupied my time.

Gwen Glaser sent an email to me with a clipping of the article below from the Foster County newspaper asking if I had heard of this person, "Not sure if Seventh-day Adventist churches would be listed, but would almost assume so," she said. I assured her they would be. "My only hope is that all the information I provided is accurate."

Knox native publishes reference guide to North Dakota churches

BY AMY WOBBERA

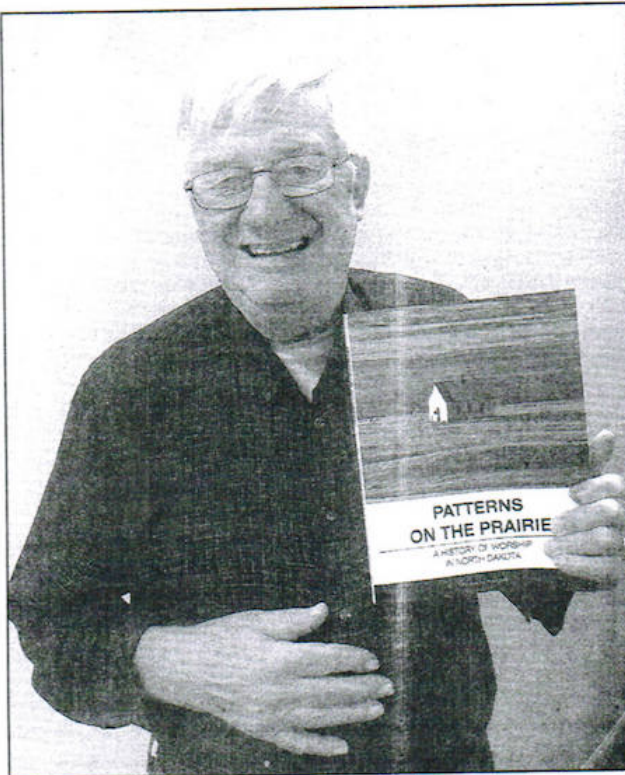
A Knox native has compiled a reference book that documents the history of all the churches that have been active in North Dakota throughout the state's history.

Thomas Newgard combed through county and city history books, church directories, and synod records in order to bring readers a comprehensive book that documents "Patterns on the Prairie, A History of Worship in North Dakota."

Newgard, who now lives in Moorhead, Minn., said he came up with the name when mapping the locations of various country churches in the state, who he said created unique "patterns on the prairie."

Newgard said it took him 12 years to research and compile the book, which seeks to put every little place of worship that was and is active in North Dakota on the map, literally.

There are maps for every county to illustrate where each congregation called home. While country churches were few and far between in small counties like Eddy, the maps of other counties such as adjacent Griggs County have dozens of tiny crosses



Historian **Thomas Newgard** compiled a book that references all of the churches active in North Dakota throughout history.

depicting the churches that used to dot the prairie.

"The general public would like to know what happened to that little church that they were baptized or confirmed in. This book will try to answer some of those questions," he wrote in the book's introduction. And the an-

swers are as varied as the congregations.

In general, a number of abandoned church buildings have been moved and restored as historic sites and museums. Others were moved to new communities and reused by other congregations. Some even became wedding chapels,

such as the Jerusalem Lutheran Church north of Hamar in Eddy County.

It was first moved into Hamar and became home to the Hamar Lutheran congregation. In 1976 the building was moved to Warwick and served as a museum before relocating to its current home in 1993. The historic church building is now a wedding chapel in Kragnes, Minn.

Newgard is a native of Knox, N.D. His parents were Martin and Margaret Newgard. He graduated from Knox High School in 1963. He has lived in the Fargo-Moorhead area since 1971, when he moved to study history and geography at North Dakota State University. Newgard spent his career in the construction field.

He also wrote the Knox history book, *History of the Knox Community*, in 1977.

"Patterns on the Prairie, A History of Worship in North Dakota," is a Pride of Dakota product and is available for sale directly through Newgard. Call (218) 236-8056 or e-mail him at TNEW@midco.net. The book is \$35.

(Wobbema is publisher of The Transcript at New Rockford where this story first appeared. Reprinted by permission.)

Article by Jacquie Biloff; photo article reprinted by permission.

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 N Washington Street, Bismarck, ND. **There are no specials for the month of January 2018.**

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

"Our heavenly Father has a thousand ways to provide for us of which we know nothing." Ellen G. White.

Jan 25 Dispatch Photo



The above photo was taken by Ron Wright at his home in Dickinson, ND. Wright calls the photo *Ice Feathers by God*. The ice was on his kitchen window January 11, 2018. He used an iPhone 5s.



Dakota Conference Facebook



Dakota Conference Website



Dakota Adventist Academy



Dirt Kicker Charity Run



Dirt Kicker Run Facebook

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