



## Heart Disease II, Eat Your Way Out, Part 2

### You Mean the American Heart Association's Diet Did Not Help At All?



It appears that their Prudent Diet, designed for the prevention and treatment of heart disease, does not do its job. At the press conference Dr. Ornish concluded, "The moderate diet recommendations of the American Heart Association do not go far enough to effectively influence the progression of coronary heart disease. People with clinically demonstrated disease need to go beyond the present dietary recommendation."

In a study commenced in 1985 Dr. Caldwell Esselstyn, Jr., a well-known surgeon at the famous Cleveland Clinic, took 18 patients with established, serious coronary artery disease referred to as "the walking dead" with clearly limited life expectancy and instructed them to follow a very strict plant-based, whole-foods diet very low in fats, oil, and grease. Refined foods and animal products were not allowed.

Prior to joining the dietary experiment, these 18 coronary patients had suffered 49 cardiovascular events (such as angina and heart attacks, strokes, bypass surgeries, angioplasties) over a period of eight years with cholesterol levels around 230 (5.9) while under excellent cardiological care at the Cleveland clinic. In his 12-year follow-up report in the American Journal of Cardiology, Dr. Esselstyn showed one cardiovascular event!

Dr. Esselstyn was able to document angiographically that atherosclerotic plaque had consistently not only been halted and arrested but also reversed. His documented 20 to 30 percent regression facilitated an often dramatically improved blood flow to the heart muscle, which, in general, alleviated angina pain often in weeks and reduced the need for angina medication. His 20-year follow-up findings on the remaining 17 patients have been published in his 2007 book *Prevent and Reverse Heart Disease*.

We have known for years that much of today's coronary heart disease can be prevented. But it's exciting to realize that, under the proper conditions, it is now also possible to reverse it. These revolutionary studies suggest that, given the proper diet, we may be able to eat ourselves out of heart disease.



### Getting The Fat Out

Here are four general strategies you can use to reduce the fat in your diet.

**Substitute:** Drink skim milk instead of whole milk. Or, better yet, use a nondairy substitute. Try a bowl of chilled fruit instead of ice cream for dessert. Look for healthful substitutes for the high-fat instead of ice cream for dessert. Look for healthful substitutes for the high-fat items in your diet, such as cheese, meats, dressings, and oils.



**Reduce:** Instead of ordering an eight-ounce steak, try a smaller portion with pasta or a vegetarian lasagna. Instead of a whole piece of pie, take just a sliver. Eating smaller portions of your favorite high-fat foods allows you to savor a few decadent bites while still cutting fat from your diet.

**Eliminate:** Eliminate as many temptations as possible. If you don't buy it and bring it in to the house, you won't eat it. Eliminating high-fat foods can work wonders. In the headline-making studies of Drs. Ornish and Esselstyn, the subjects who reversed the narrowing in their arteries were those who had eliminated meat and high-fat dairy products entirely.

**Construct:** Processed foods are stuffed with added fat. If you want to regain control over what goes into your body, cook for yourself. Get a good low-fat cookbook and learn how to prepare delicious new dishes. It's the surest way to protect yourself from the deadly effects of

too much fat.

Article from *You Turn, Understanding, Preventing, and Reversing Lifestyle Diseases* by Hans Diehl and Aileen Ludington, Pacific Press, 2017, page 17 - 19.

## Celebration of Praise Memories Linger



Celebration of Praise weekend is a time steeped in memories. It is an opportunity to celebrate Dakota Adventist Academy and all those who have been a part of its continuing existence. From students and staff, to community members and conference wide associates, every one has a special memory revolving around the holiday season, so this year Celebration of Praise started with a unique trip down memory lane.

Mr. Gary Way (English and Art teacher) and his lovely wife Janet hosted Friday evening's program in the setting of the year 2025. A vast array of performers were interwoven in the program as the Ways shared times past that made an impression on their memory. "Do you remember when..." There were songs from Charlotte Merkel, Erica Chapman, Pflugrads, Venegas and Mindy Juhl. Stories and poems recited by Neil Biloff, Jared Gibson and the senior class, and instrumental performances by Thomas Chapman, Brentwood Elementary, and a local brass band "Tuba 4" were part of the program. All were intricately woven into the reminiscing, making the evening a warm and lovely memory for each who witnessed the evening.

The culmination of the weekend was Dakota Adventist Academy students sharing their musical talent on Saturday night. Band, Choir, Bells and Strings weaved a melodic memory to carry through times of reminiscing of days gone by. Performing different songs from a variety of different countries around the world pulled out the night's theme of "Christmas Around the World". The finishing touch of Celebration of Praise weekend was the wonderful reception held after the program, giving academy guests time to relax and visit with students and staff. As in times past, connections made here will fill those in attendance with the joyful memories of another great year.





Article by Tracy Peterson, DAA Recruiter; Photos by Claire Playle & Nyegai Koun

## Grand Forks's Prairie Voyager's Third Grade Reading Group's Couplet Poem

### Spider Life Cycle

Spiderlings hatch from eggs.  
Spiderlings have eight legs.

Spiders send out a thread,  
from the end, not the head.

They fly into the air  
and they end up somewhere.

A  
silk web they will spin  
all over, they begin.

By: Ryker and Kenzie

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## Just Jesus. Mission Trip News

Students on a mission trip from Just Jesus. Campus Ministries of the **Dakota Conference**, which you have heard about and many have donated to, participated in a trip to the UN Camps in Uganda. Just Jesus. America teamed up with Just Jesus. Africa to minister to 150 students at Rock View Adventist Boarding School.

John Vollmer, a genetic engineering graduate student at NDSU, will do soil testing near the well, which you see behind the African agricultural team. Then we will break ground for an acre garden for the students at Rock View. Next, we will travel to the UN Camps where 700,000 displaced war refugees call home, where we will minister in a medical and gospel outreach program for five days.



Richard (left) and Steve (right)

Richard, left, is the President of Just Jesus. Africa and to his right is Steve, one of the Campus Ministries' officers. Behind them is the finishing of the well, which members of the Dakota Conference helped pay for. Water was trickling out on to the ground before the pump was installed. This was the first major success in this mission - to provide fresh, clean and abundant water for those in this region. Thank you to those of you who contributed and prayed for this endeavor.

Nursing students Pamela Joyce and Srijana Lamitare will lead out in medical education presentations and health screenings for refugees; they will join forces with 20 other nursing students for this outreach. Amna Millewa and Jacob Meidinger will join musical students in Africa to provide music each evening for gospel preaching and prophecy presentations.

Pray for these students' joint fellowship and ministry experience together.

Article and photos provided by Pastor Darrel Lindensmith

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## December Fun for Pathfinders and Adventurers

December was a busy, yet fun month for the Grand Forks Pathfinders and Adventurers. The Pathfinders started off the month by working on the puppet honor. The club made puppets and the Pathfinders wrote original skits. For outreach, the Pathfinders and Adventurers put on a Christmas program at a local nursing home. The residents enjoyed the puppet show, but most of all having the young people visit.



All month the Adventurers were busy studying birds, butterflies and magnets. They especially enjoyed discovering what happens when the poles repel each other.

The Pathfinder Club hosted a Christmas Party Pizza Social for the Grand Forks Church. At the party, Adventurers worked on making Christmas crafts while Pathfinders earned their pizza honor by making pizzas for everyone.



A big thank you to the leaders who give of their time and talents to lead Pathfinders and Adventurers for the young people in their churches and community.

Article by Megan Tretter, Kathy Heilig, Sue Nelson; Photos by Megan Tretter

## Notice of Events

# Pathfinders/Adventurers

**Lots of fun things happening!**

Get registered, get going, International Camporee coming!

**1st**  
Local  
Pathfinders  
Camporee  
November  
30,  
2018  
Where?  
DAA  
=====

**2nd**  
Pathfinder/  
Adventurer  
Leadership  
October  
26 - 27,  
2018  
Where?  
DAA

**Completed**

**Completed**



**3rd**  
Pathfinder Bible Experience  
January 19, 2019 - 2 pm  
Where? DAA  
=====

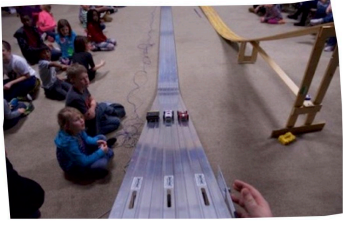
**4th**  
Pinewood Derby  
January 19, 2019 - 7 pm  
Where? DAA  
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**5th**  
Honors Fair  
January 20, 2019 - 9:15 am  
Where? DAA



Fun &  
Educational

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If you are interested in starting a Pathfinder or Adventurer club call Sue Nelson's cell phone and get registered, 701.400.8253.

**6th - International Camporee**  
August 12 - 17, 2019 Oshkosh, WI

## Lehr's New Years' Celebration

LeRoy & Marion Schweigert hosted a New Years' party for Lehr Adventist Church family and community in their garage. Due to the weather that evening, it was a smaller group than usual, but everyone who came enjoyed good food, great fellowship and board games. About 40 people enjoyed the evening. LeRoy made root beer and orange floats to end the evening. Some actually stay until midnight but, "Others never make it quite that long," said Gerry Forbes.



Article by Gerry Forbes; Photos by Pastor Bob Forbes II

## January 26 is Religious Liberty Sabbath



*Liberty* magazine editor Lincoln Steed asked the late television evangelist Dr. D. James Kennedy to write his views of the Hones Bill proposal for *Liberty* magazine. The following quote is from Steed's editorial *Unshackled!*

"He (Kennedy) was one of the major proponents of this bill which would have allowed for almost unfettered fundraising and political activities of the churches. It was, he said, time to unfetter, unbind, the churches.

"In private conversation in his office he told me that he had ultimately rejected the dispensationalist view, with its secret rapture, because under that scenario 'God did not clearly win.' It struck me that the same could be said for a low, pass-through wall between church and state. With the power of civil law and the necessary compulsion which that involves, the free will component that God yearns for is sacrificed: God and His liberty would not clearly win under such a union of church and state."

Read his entire article in *Liberty* magazine and be sure and support religious liberty by sharing *Liberty* magazine with your friends and thought-leaders in your community.

Article by Jacquie Biloff from *Liberty*, Protecting the Wall, 2019 Liberty Campaign Materials, Page 2.

## 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 year it is August 12 - 17, 2019. It 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
  - Gas money to and from the camporee
- 

## **No sales in January.**

ABC hours in Bismarck, ND:

- Tuesday, 3:00pm - 5:30pm
  - Wednesday, 3:00pm - 5:30pm
  - Thursday, 3:00pm - 5:30pm
  - Closed Sunday
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## **January 10 Dispatch Photo**



Photo taken by Makay Kostenko

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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](mailto:jbiloff@icloud.com). Bison Copyright



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