

Volume XIII Issue III Feb 9, 2017

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## New Years' Health Nugget



Did you know that our bones are constantly being 'torn down' and 'built back up'? Osteoporosis is a condition where our bones get porous and weak so they break easily. Osteoclasts are cells that tear down old bone and osteoblasts are cells that build new bone. Osteoporosis happens whenever the osteoclasts work harder than the osteoblasts. Adequate calcium is

needed for strong bones, but weight-bearing exercise is essential to stimulate osteoblasts to make new bone. Walking, modest weight lifting, and resistance exercise all help build bone. Actually, weight-bearing exercise can do more for osteoporosis than calcium supplements alone. Eat healthy and get regular exercise to keep your bones 'all built up'!

Dr. John Kelly of Black Hills Health & Education Center

## Jamestown Church Hosts Health Seminars



Dickinson Adventist Elementary School students provided special music for the January 7, 2017 church service. The students and church members are anticipating a move to their new facility within a few weeks.

Article & Photo by Jacquie Biloff

## February Brings the MAU Music Festival

February is a very busy month for Dakota Adventist Academy students and staff. February 1 – 5 found DAA band members at Union College participating in the Mid-America Union Music Festival. They joined students from seven other academies. While there they also attended the Lincoln Alumni Chapter meeting. This weekend several students will be providing music for the Bismarck Church service.



DAA's basketball teams will be headed to Lincoln February 15 to participate in the basketball tournament. They have been practicing and playing different groups to help prepare them for the tournament.

February 22 – 26 is DAA Music and Arts Festival. We anticipate hosting 70 or more





Article & Photos by Sharon Heinrich

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## One Hope Performs at Jamestown Church

Jamestown Church enjoyed yet another great One Hope Concert on Jan 21, 2017. One hundred fifty-five people attended, many were community folk and neighbors of church members. "The feedback has been excellent," says Pastor Venegas. "They enjoyed the song selection and the message." It is the third year of One Hope Concerts, and like the two previous years, attendance was good.

# Feb 9 Dispatch Photo

The above photo was taken at the Conference Office near Bismarck, North Dakota using an iPad Touch by Jodi Dossenko.

In 2017, I would like to feature a Dakota photo in each issue of Dispatch taken by readers like you. Please state the location where the picture was taken, what equipment was used and your name. Submit to [jbiloff@icloud.com](mailto:jbiloff@icloud.com). Thank you.

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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