

Dakota Conference of Seventh-day Adventists

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



Dr. Kelly's Health Nugget



Can you beat diabetes with a stick?...Yes, if it's a walking stick! Research shows that one of the most effective ways to keep blood sugar under control is to take a walk soon after each meal. A 30 - 45 minute walk or stroll after the meal actually causes the muscles to release signals that alter the way calories are handled, causing more of them to go to the muscles and fewer to adipose (a nicer-sounding word for "fat cells"). The walk should not be too vigorous or

it will slow digestion and thwart the benefits. It need be nothing more than a pleasant stroll to reap the full rewards! And if you do not have diabetes, this practice can help keep it that way. So, get out your walking stick to beat diabetes.

Dr John Kelly of Black Hills Health & Education Center; iStock Photo

Adventist Radio in the Dakotas

Adventist radio continues to grow in the Dakotas. There are currently eight low power FM Stations and one high power FM Station. The low-power stations are located in Grand Forks, Minot, Sioux Falls, Pierre, Dickinson, Moorhead, MN (covering Fargo), and two in Bismarck. The high power FM station is KTWJ, covering much of central North Dakota.



KTWJ 90.9 fm
Keep In Tune With Jesus

KTWJ carries LifeTalk programming, which is produced by the North American Division. Three of the low-power stations also broadcast LifeTalk, four broadcast 3ABN, and one broadcasts Radio 74's programming. The Dakota Conference website (www.dakotaadventist.org) has a page listing all of the radio stations and links to the station's website if it has one. Select "Community" and then "Radio Stations."

Author: Pastor Charles O'Hare, Station Manager

Christenson Receives Award



The North Dakota Society of Health-System Pharmacists has chosen Erik Christenson as Pharmacist of the Year. Christenson is the director of pharmacology at The Heart of America Medical Center in Rugby, ND. A recent post on the medical center's Facebook page states, "We are beyond proud of our amazing Pharmacy Director, Erik Christenson, who has been selected as the 2017 North Dakota Society of Health-System Pharmacists (NDSHP) Pharmacist of the Year, for his outstanding commitment to the profession and dedication to advancing pharmacy practice."

Christenson is a member of the Manfred, ND church.

Author: Jacquie Biloff; Photo from FB

Faculty Families - A Home Away from Home

For many students being away from home is one of the many adjustments of attending a boarding school. Suddenly there is no family time, no home-cooked meals, or no siblings to hang out with. Sure, there are deans, a roommate, other students, and staff around, but it's not quite the same. This is where Faculty Families can make a difference.



A typical faculty family is comprised of two staff and five to six students. Several times during the school year the faculty open their homes to the students for "family time." There are Friday evening meals with sundown



worship, Sabbath lunch, Saturday nights, and Sunday brunch times for the “family” to meet. In addition to these times, the “family” meets every Tuesday & Thursday morning for worship prior to the beginning of the school day. Playing games, doing crafts, preparing a meal together, ice skating, or attending a symphony are just a few of the activities staff have planned for their families. The Ban/Dennis family learned the history of quilt making and then each family member made a quilt square out of paper to form their “family” quilt.

“My faculty family is a lot of fun. Mr. Schwarz always has the best stories to share. We always have a lot of fun and great food,” responded Karissa Rickard when asked what she liked best about her family. She remembers sledding down faculty lane and Mrs. Eszler’s dog, Thor, pulling a sled. Rosie Ciminello also loves the great food, playing Bible games, and the worship times. “I love hanging out together. We are just like a family with brothers and sisters.”



Many of the students continue to keep in touch with their “faculty parents” long after graduation. While staff and students can never replace a student’s real family, it helps make living away from home easier. The Faculty Family is just one more way students and staff *build friendships that will last for eternity.*

Article by Sharon Heinrich; Photos by Martha Ban & Tracy Peterson

NOTE!

The DAA Class of 2018 is putting together a vegetarian cookbook from the Adventist churches of the Dakota Conference, and beyond, as a means of raising funds for their class trip. Their goal will be to compile all the recipes before the first of May.

Would you partner with them and share your recipes? They would like as many recipes as you are

willing to send. Please email your recipes to charlotte.messer89@gmail.com or contact Charlotte Messer at DAA for more information - 701.258.9000 ext 228, 15905 Sheyenne Circle, Bismarck, ND 58503.

Thank you.

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 Washington Street, Bismarck, ND.

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



Bismarck		Retail Case	Retail Single	Special Case	Special Single
CANNED:					
Fri Chik low fat	12/12.5 oz	49.15	4.69	49.60	4.73

SPRING STOCK UP

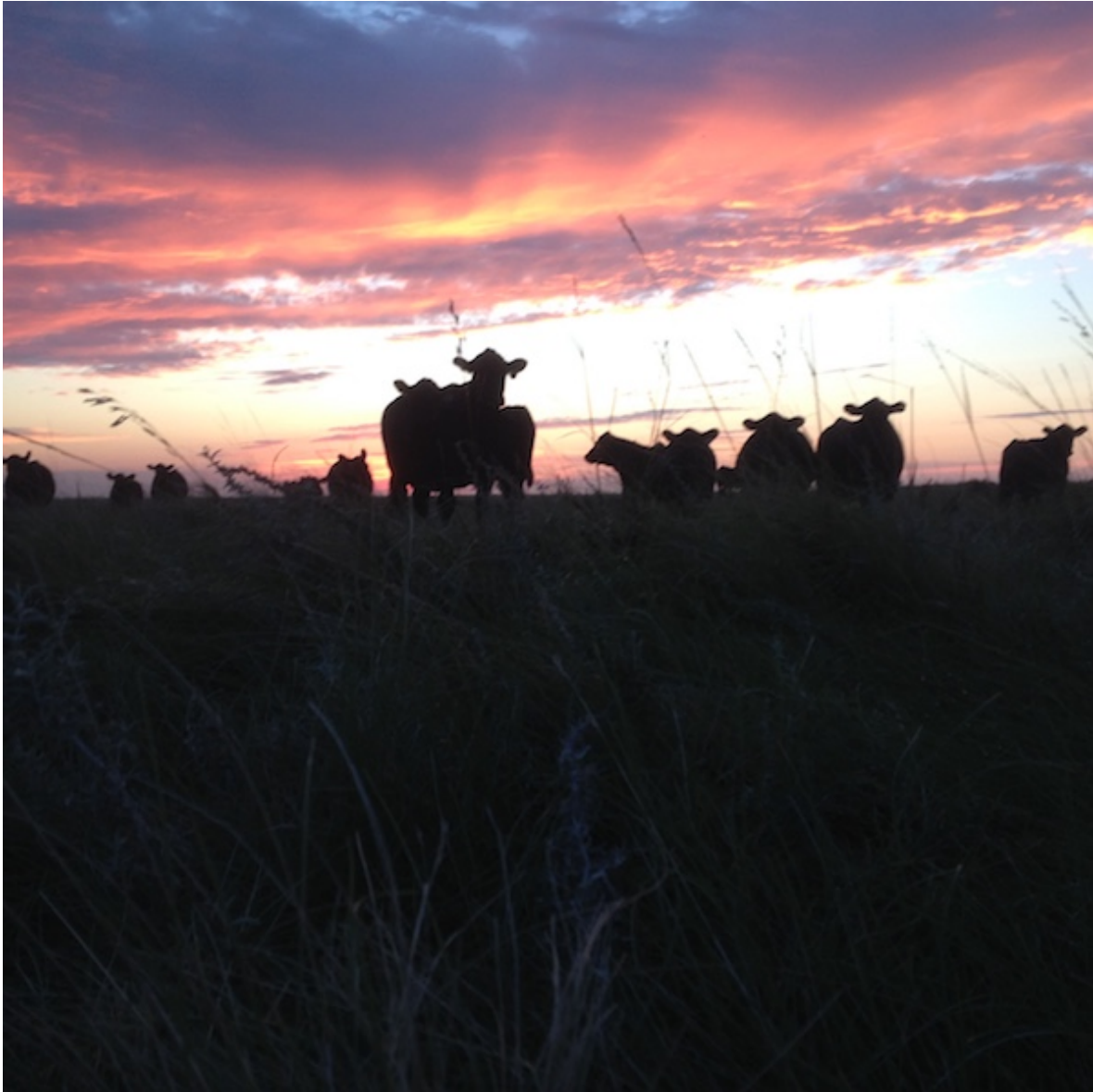
Case Prices Only on these items

Beefless Chunks	12/13 oz	58.88		49.11	
Big Franks	12/20 oz	38.70		57.99	
Chik'n Chunks	12/13 oz	58.88		38.61	
Chili	12/20 oz	49.06		40.42	
Choplets	12/20 oz	68.70		57.99	
Diced Chik	12/13 oz	58.88		49.11	
Fishless Tuna	12/13 oz	58.88		43.61	
Fri Chik	12/12.5 oz	58.88		43.61	
Linketts	12/20 oz	68.70		57.99	
Little Links	12/19 oz	68.70		57.99	
Prime Stakes	12/13 oz	58.88		49.11	
RediBurger	12/19 oz	68.70		57.99	
Saucettes	12/19 oz	68.70		51.29	
Sloppy Joe	12/20 oz	68.70		57.99	
Spicy Chorizo	12/20 oz	68.70		46.29	
Super Links	12/19 oz	68.70		51.29	
Swiss Stake	12/13 oz	58.88		49.11	
Tender Bits	12/19 oz	68.70		57.99	
Tender Rounds	12/19 oz	68.70		57.99	
Vege Burger	12/19 oz	68.70		57.99	
Vegetable Skallops	12/20 oz	68.70		57.99	
Vegetable Steaks	12/20 oz	68.70		57.99	
Vegetarian Burger	12/20 oz	68.70		57.99	
Taco Filling	12/20 oz	68.70		57.99	
Veja Links	12/19 oz	68.70		51.29	

Food Service

Fri Chik	12/42 oz	125.39	11.95	126.50	12.05
Super Links	6/96 oz	128.20	10.79	129.31	10.89

April 6 Dispatch Photo



The above photo was taken in Venturia, North Dakota by Coreen Schumacher.

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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