

Dakota Conference of Seventh-day Adventists
Dakota Dispatch
Sharing the unchanging love of Jesus in a changing world.



Dr. Kelly's Health Nugget



Do you know that bouncing on a trampoline is one of the most effective forms of exercise? Yes! Moderately intense bouncing on a "rebounder" or small trampoline provides some of the best exercise in terms of return-on-time-investment. It helps promote circulation and promotes lymph drainage. It tightens skin and soft tissues by strengthening small and large muscles, and firming up tissues. Fifteen minutes of "rebounding" a day may be as effective as twice as much time of other physical activity. It has a positive effect on the entire body, including the brain! Many of the benefits of running or jogging without the risk of injury to the joints. And if you have trouble with balance, buy a handrail appliance for your small trampoline so you can feel stable as you bounce.

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

Rapid City Adventist School Takes Field Trip

15 people. 2 vehicles. 10 days. 3,800 miles. So started the Rapid City Adventist Elementary School's field trip to Washington D.C. Head teacher Kelli Vigil began with the idea of taking the Upper Grade (5th-8th) students to the nation's capitol every four years. That would enable each student an opportunity while in her classroom to participate in the trip. With church, school, and board backing, the fundraising and planning began.

The Rapid City School is unique in its high percentage of non-Adventist students. Aside from two



adults, none of the students or accompanying family members was Adventist, yet this trip provided nothing but positive encounters with Adventism. Families from the Cedar Rapids Adventist Church graciously hosted students during their travels. Spring Valley Academy and Wisconsin Academy welcomed them onto their campuses, provided lodging, meals, and allowed the kids to play in their gyms. While in D.C., the Rapid City group stayed at



Washington Adventist University and was able to use dorm kitchens and laundry facilities. On Sabbath they attended church at Sligo Adventist Church and were not only warmly welcomed from the pulpit by Senior Pastor Tapp, but invited to potluck afterwards as well. Christian hospitality was at its finest and the Rapid City School families took notice.

Several parents commented on how friendly and welcoming everyone was. Another mother noted how diverse Adventism is, yet how inclusive and united. Not only are Adventists mission oriented throughout the country and the world, but are missional in every aspect of life. What a great testimony to hear!



While in D.C., students visited the National Zoo, the Smithsonian museums, many monuments and memorials, the International Spy Museum, the Holocaust Museum, toured the Capitol, the Library of Congress, stared at the Declaration of Independence, watched the changing of the guard at the Tomb of the Unknown Soldier, experienced a Presidential motorcade, and so much more.

“The flight simulator at the Air and Space museum was so fun! It was cool to go upside down, scary, but fun. I nearly had a heart attack, but we got to shoot down airplanes.” -6th Grader

“The Lincoln Memorial is so big. I was literally standing at the feet of one of the most famous presidents.” -8th Grader

Touring the Pentagon was a highlight of the trip for the entire group. Jeff McManus, who is the son of Rapid City church member Lorene Bissenden, currently works in the Bureau of Counterterrorism and was a personal tour guide. Student’s jaws dropped when they learned that Jeff had gone to 5th-8th grade in their very same school and classroom, graduated from DAA, attended Union College, and now worked at the Pentagon. It served as a great reminder for students that God has such amazing plans for their lives. When they grab hands with the Master, they need to make their plans big!

“I liked the Pentagon. It was really cool learning all the facts about it and meeting Jeff. It was really fun!” -8th Grader

“I liked the Pentagon because the tour guide was nice.” -7th Grader

The memories are countless but the opportunity to see more of the country, broaden student’s cultural worldview, and experience the heritage and heart of our nation, all combined for an amazing trip. The Rapid City Adventist School is thankful for all of the support and prayers they received. They praise God for His traveling mercies, safety, perfect weather, and overall successful trip. The students will remember this experience for the rest of their lives.



Author: Kelli Vigil, 5th - 8th Grade Teacher; Photos by Kelli Vigil and LaZann Allen

Peggy Glass Manages the ABC in Lincoln, NE

Peggy Glass manages the Adventist Book Center in Lincoln, NE. That ABC supplies the Dakota ABC located in Bismarck, ND. She tells the following story: “A lady who has lived in the College View area most of her life was taking a walk by the Adventist Book Center in Lincoln, NE and decided to pop in,” says Glass. “She and I had a wonderful conversation, ‘ What really are Seventh-day Adventists? I know you go to church on Saturday and don’t eat pork. As I see all these beautiful pictures of Jesus in your store, I think you must believe in Christ. I didn’t know that about you.’ So we had a lovely visit about Adventists and some of our beliefs,” says Glass. “She and her sister are coming back in to shop next week. Jesus even uses the pictures on our wall to show His love. Lynae (Murray) and I love our conversations like these.”



Author: Jacquie Biloff; Photo by Ron Carlson

Just an FYI

Dakota Conference consistently outpaces all other conferences per capita in the North American

Division in mission offerings.

We may be small in number but we are mighty in our belief about sharing Christ to the whole world.



Ben Roy Presents at Brentwood

Science presenter Ben Roy recently visited Brentwood Adventist School. Roy was a classroom teacher for 28 years and voted *Teacher of the Year* for Gordon County Schools in Georgia. He is the founder and president of The Science Zone Corporation that produces science DVD's and science kits. Roy travels around North America putting on science shows for schools and churches and teaches fascinating science lessons on 3ABN's, *Kids' Time*.

During his presentations, Roy demonstrated the creative power of God through numerous scientific experiments with light, air, force and water. Students were amazed when Roy made a glow stick light, demonstrating that we are all a light to the world. He encouraged students to tell others about Jesus so their lights can duplicate and grow.



As the students and visitors covered their ears, Roy used air pressure and force to shoot a Ping-Pong ball down a tube, through a soda can. His message to the students was that little things matter. A smile or a kind word can make a big difference in someone's life like the small Ping-Pong ball changed the soda can.

Next, Roy amazed everyone with his demonstration of Bernoulli's Principle. Using a vacuum cleaner, he made a screwdriver float in the air. While students sat awestruck, Roy talked about the various birds that God created, each with their own special abilities to float

and fly.

There were many scientific experiments with related spiritual lessons from the Bible. Bismarck is truly blessed to have an Adventist school where presenters and teachers can openly talk about Jesus and teach young people about His love and creation.

Author: Sue Nelson; Photos by Loren Nelson III

Academy Days Fun at DAA

Academy Days was about connecting and finding a fit into the family that is Dakota Adventist Academy. Friday, April 7, 2017, thirty-three 7th-10th grade students visited the campus. By touring all of the afternoon classes: Art, Acrolights, Auto, Construction, and Music, each student found something to excite them.



DAA students shared music and testimonies of their connection with God at Friday evening vespers. Sabbath Day was special for many reasons. Adventist Campus Ministries' *Just Jesus*. presented Jesus' desire to have a relationship with each one of them. An afternoon hike was one of purpose, using nature and illustrations to bring Jesus' love to the limelight. The evening ended with an exciting academic scavenger hunt.



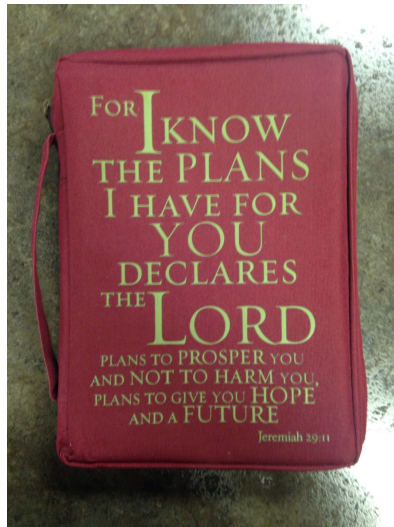
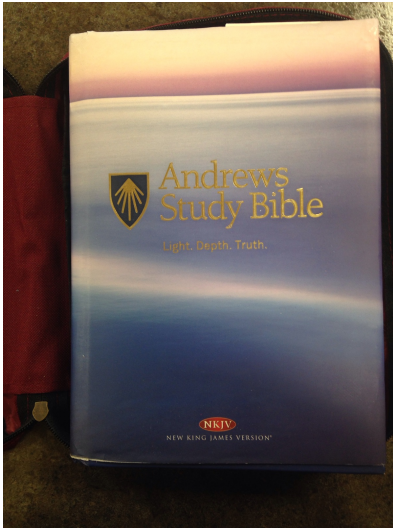
Sunday, at the close of the visitors' time on campus, Saturday night's scavenger hunt was presented as a video collage of the interesting ways in which the students learned about DAA's classes and teachers. Parents were able to hear the details of having a student at the academy, while students had the opportunity to receive volleyball, basketball and soccer instruction.

Collective prayers for next year include these students finding a connection with God and by joining the family of Dakota Adventist Academy.

Article by Tracy Peterson; Photos by Tracy Peterson

Lost and Found

A new Andrews Reference Bible and cover were left at Women's Retreat at the Abbey of the Hill in Marvin, SD last September. They are at the Conference Office. Please call 701.751.6177.



Boys' Dean Moving from DAA to MAA

Ernie Reynolds, currently serving as boy's dean and athletic director at Dakota Adventist Academy, has accepted an invitation to be a physical education teacher at Midland Adventist Academy located in Shawnee, KS. Reynolds is a 2000 Union College graduate.

He and his wife, Abbey, have two children, Michael and Savanna. They will be sorely missed.



Reminder!

The Senior Class at Dakota Adventist Academy needs your recipes to make a vegetarian cookbook as a means of raising funds for their class trip. Their goal is to have all the recipes collected by May 1st.

Would you partner with them and share your recipes? Please email recipes to



charlotte.messer89@gmail.com or contact her at DAA for more information - 701.258.9000 ext 228. The Academy address is 15905 Sheyenne Circle, Bismarck, ND 58503.

April 20 Dispatch Photo



The above photo was taken by Pastor Bill Edwards in Harvey, ND.

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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