



## Exercise - It Goes to Your Head



We hear a lot about the benefits of regular exercise on physical health. But what about mental health? Your best exercise machine may be your dog. Just taking the dog for a daily walk can yield some surprising benefits—for you as well as Bowser!

### **Reduces Stress.**

- Even a single bout of exercise can be a valuable short-term therapy for reducing tension,

depression, anger, and confusion.

- A ten-minute brisk walk will yield one hour of increased energy and reduced tension, whereas a sugary snack will ultimately result in fatigue and tension.
- Moderate-intensity exercise is even more beneficial than high-intensity exercise for anxiety reduction.
- Regular exercise increases the ability to handle stress by causing less stress hormones to be released when stress does occur.

### **Improves Mood.**

- Regular-exercising students show lower levels of anxiety, shyness, loneliness and hopelessness than their less active peers.
- Moderate, regular exercise has a positive impact on mood, vigor, psychological well-being, creativity and self-esteem in all age groups.

- Animal studies show that regular exercise can reduce symptoms of depression, and may alleviate some major depression.

### **Boosts Brain Power.**

- Exercise increases cerebral blood flow, increases neurotransmitter availability and efficiency, and affects brain structure.
- Small increases in aerobic fitness improves mental fitness, particularly executive control functions of the brain, which have to do with planning, coordinating, and filtering out distracting information.
- Animal and human studies show that repeated physical activity triggers chemical changes in the brain that enhance learning and memory.
- Children learn better when the brain is stimulated by exercising.
- People over age 60 who walk rapidly for 45 minutes 3 times a week can significantly improve mental processing abilities that would normally decline with age.

### **Helps You Sleep.**

- Exercise can help alleviate sleep problems in older adults.
- Exercise can be effective in improving reported sleep quality, depression, strength and quality of life.
- Treating chronic fatigue with appropriate exercise can improve sleep and mood.
- Exercising in the evening does not disturb sleep.

After man sinned, the Lord told man that he would eat by “the sweat of your face” (Gen. 3:19). What inestimable benefits were hidden in that brief directive! How thankful we can be for the blessing of movement—motion balances emotion. God knew that from the beginning and blessed man with exercise.

Article by Vicki Griffin, [LifestyleMatters.com](http://LifestyleMatters.com), 866.624.5433; iStock Photo

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## **Students Enjoy Faculty Families**



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 Friday morning for worship prior to the beginning of the school day. Playing games, doing crafts, having worship and praise singing, and making gingerbread houses and trains are just a few of the activities staff have planned for their *families*.



"I love the interaction among us, the conversation and fellowship. I really love laughing together," responded Jonathan Justino, when asked what he liked best about his *family*. Nathan Brooke made similar comments and also "loved the great food."

Many of the students continue to keep in touch with their *faculty parents* long after graduation. While DAA staff and students can never replace a student's real family, it helps make living away from home a little easier. *Faculty families* are just one more way students and staff build friendships that will last



for eternity.



Top left photo by Nyegai Koun; right top photo by Reed Merkel; middle and bottom left photos by Reed Merkel; right bottom photo by Nyegai Koun.

Article by Sharon Heinrich.

## Red River School Visits Fire Department

Mr. Gennick is the new teacher of the Red River Adventist Elementary School in Fargo. One of the highlights of their year has been to go to Outdoor School at Northern Lights Camp. On their way they stopped at the geographical center of North America, in Rugby, North Dakota.

Another fun event was having the Fargo Fire Department come and teach fire prevention. The boys especially like learning about the fascinating features of the fire truck.



Article by Nick Gennick; photos by Nick Gennick and Pastor Christian Ronalds

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## Campus Ministries Report



The October Christian Human Rights Event, with Carl Wilkins speaking on the NDSU campus in Fargo, ND and NDSCS in Wahpeton, ND, was a great blessing. Wilkins shared his story of African Genocide and Conflict Resolution.

In November, Haley Halverson of the National Center Against Sexual Exploitation, from Washington D.C., spoke on both campuses addressing sexual exploitation, pornography and human trafficking.

This February, Dr. Richard Weikart will present on the destruction Darwinism has done to the morality of our modern age.

Please continue to pray for the Dakota Conference Campus Ministries' outreach for Jesus and His kingdom at NDSU and NDSCS in Fargo and Wahpeton.

Article and photos by Darrel Lindensmith



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The Dakota Conference and the ABC will be closed December 22, 2017 through January 1, 2018.  
We hope you enjoy your holidays.

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## Rapid City Church Hosts Regional



The Black Hills Regional was held at the Rapid City Adventist Church in Rapid City, South Dakota December 2, 2017. The weather was exceptionally nice and the attendance reflected the warm, sunny day. Elder Darrin Purdy welcomed the congregation and the Dakota Singers led in songs of worship for the Sabbath School and church programs. Dakota Adventist Academy Principal Anthony Oucharek presented a special feature titled *Update on Education* and also facilitated the Bible study on the eighth chapter of the book of Romans.

Elder James Kack of the Spearfish Adventist Church opened the worship service with prayer and Elder Samuel Thomas of the Custer and Hot Spring Adventist churches offered the pastoral prayer. *Ancient Words* was sung by Erica Chapman and Abby Brooke followed by a sermon titled *My Redeemer Lives* by Elder Neil Biloff.

After a lovely fellowship meal, Principal Oucharek introduced the Dakota Adventist Academy staff, who had traveled from Bismarck, North Dakota with the academy students. The students shared their musical talent in voice, bells and band, led by music teacher Charlotte Messer.



Article and photos by Jacquie Biloff

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## Laundry Love is Introduced in Jamestown



Laundry Love, a national human care initiative started in 1997, helps wash the clothes and bedding of individuals or families living in poverty. "We provide the quarters and laundry detergent for those who are struggling and trying to make ends meet," says Terri Krovoza of the Jamestown Seventh-day Adventist Church. Krovoza is the founder of the local unit.

The story of Laundry Love began with T-Bone (Eric), a homeless gentleman living in Ventura, CA. In one particular conversation, a question was asked of him, "T-Bone, how can we come alongside your life in a way that would matter?" His response was honest and practical, "If I had clean clothes, I think people would treat me like a human being."

Thus, Laundry Love was born.

To help facilitate a local Laundry Love, Kervoza purchased Mini M&M's that come in circular containers, brought them to church in a basket with a sign, "Eat the M&M's and bring back the container filled with quarters for Laundry Love. Shortly, she had over \$300 in quarters. The Homeless Coalition donated \$250 and another church invited her to speak about Laundry Love at their church. They donated \$250 and took an offering, which amounted to an additional \$56.

The next step was to co-op with a local laundry. "Rainbow Laundry consented for us to use their place," says Kervoza. It was agreed that the third Thursday of every month from 3 pm to 7 pm, Laundry Love would be available and Kervoza would be there, hopefully with an assistant or two. "If it gets to be a big thing, we will expand the hours or do it twice a month. We'll see how it goes and how the money comes in," Kervoza explained to the owner.

The first Thursday Kervoza “went prepared with \$300 in quarters. We only used \$75. It takes an average of \$12 for an individual and \$25 for a family to do their laundry,” said Kervoza. She is excited about Laundry Love and hope it grows. "We purchased some pocket-sized Signs of the Times for distribution - *Does God Care?; What Prayer Can Do for You; Love Letters From Jesus; No Greater Love*. We just want to make them available, not to push them," Kervoza said.

Article and photo by Jacquie Biloff

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## Students View Plant Life Cycle



Students at Prairie Voyager Adventist School have an interesting science experiment going on in their school. A pumpkin, named Pumpkin Jack, has been placed in a clear container. The students will be watching him decompose, observing molds that grow, and hoping for a new growth of a pumpkin plant at the end of the plant's life cycle. Dakota teachers are using **By Design: A Journey to Excellence through Science**, which is the new faith-based inquiry science program for grades 1 - 8.

Article and photos by Leanne Erickson

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**NOTE:** The Dakota Conference has a new website as of November 1, 2017. Church Connect, who is supporting the conference and many church websites in the North American Division, upgraded from a 2.0 to a 3.0 and will not support the 2.0 website after January 1, 2018. Many features will look the same on the new website but some have been upgraded. The URL address remains the same, which is [www.dakotaadventist.org](http://www.dakotaadventist.org). Please visit the website (we are still working on the cemetery galleries).

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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. **The ABC will be closed from December 22, 2017 through January 1, 2018.**



Bismarck

		<u>Retail</u> <u>Case</u>	<u>Retail</u> <u>Single</u>	<u>Special</u> <u>Case</u>	<u>Special</u> <u>Single</u>
<b>CANNED:</b>					
Chili	12/20 oz	\$49.06	\$4.52	42.38	3.92
Fried Chik'n	12/13 oz	58.88	5.42	51.26	4.77
Swiss Stake	12/13 oz	58.88	5.42	51.26	4.77
Tender Rounds	12/19 oz	68.70	6.33	60.15	5.63
Chick'n Bites	6/19 oz	52.99	4.68	46.99	4.16
CL Chops	6/19 oz	31.83	5.86	27.33	5.24
CL Terkettes	6/19 oz	31.83	5.86	27.33	5.24
CL Hostess Cuts	6/19 oz	31.83	5.86	27.33	5.24
Roma	6/7 oz	45.39	8.36	39.06	7.43
<b>Food Service</b>					
Chili	12/50 oz	117.77	10.84	104.54	9.69
Swiss Stake	12/47 oz	147.21	13.55	131.17	12.25
<b>Frozen:</b>					
Dinner Roast	12/16 oz	87.52	16.12	77.52	13.99
Chicken Roll	12/16 oz	109.02	30.11	97.02	27.90
Corned Beef Roll	8/8.5 oz	116.16	32.09	104.16	29.90
Smoked Turkey Roll	12/12 oz	109.02	30.11	97.02	27.90
Wham Roll	12/12 oz	116.16	32.09	104.16	29.90

sales dates: December 1-31, 2017  
quantities may be limited

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

Thomas S. Monson once wrote the following, "The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things."

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## Dec 14 Dispatch Photo



The above photo was taken by Chrystal Rittenbach near Jamestown, ND using a cell phone.

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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

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