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# The Communicator

— Your Community Connection —

Edition 42  
December 15, 2025  
tiogandnews@gmail.com  
www.tiogand.org



PO Box 93  
Tioga ND 58852  
701-664-8233



## Community News



*The Tioga Area EDC Board wishes you Joy, Love, and God's many blessings during this Christmas season*



### Your Health Story is in Your Hands - TMC

Life gets busy, and it's easy to put our own health on the back burner. We push through symptoms, shrug off small concerns, and promise ourselves we'll "get it checked out later." But staying healthy doesn't have to be complicated — it starts with something simple: showing up for a wellness visit.

Think of a wellness visit as your yearly chance to look at your health from top to bottom. "A wellness visit is designed to check in on how your body is working today and to spot anything that could become a problem tomorrow," says David Petrosian, DO, a provider with Tioga Medical Center. "With simple things like a health risk assessment, blood work, cancer screenings, and health history and medication review, we can help you understand what's going well and where small changes could make a big difference."

During your wellness visit, your provider can diagnose what's going on medically, but the real transformation happens when the patient — you — takes that information and puts it to work. "Good health isn't something that just 'happens' to us; it's something we actively shape," says Dr. Petrosian. "As healthcare providers, we can give you the roadmap, but the legwork, the day-to-day choices, the lifestyle shifts — those are in your hands."



At the center of every wellness visit is one principle: prevention is power. "Catching concerns early, or preventing them altogether, is one of the most effective tools we have to keep people healthy at every age," says Dr. Petrosian, stressing that wellness visits aren't just for kids or older adults — they're for everyone. And with the end of the year approaching, it's the perfect time to schedule your visit. Many insurance plans cover wellness exams, meaning you can take advantage of preventive care at little to no cost before your benefits reset.

So instead of letting worry, guesswork, or even the internet steer your care, let a wellness visit with your trusted healthcare provider give you clarity and peace of mind. Because the sooner you know what your body needs, the sooner you can take action — and the healthier your future can be.

To schedule a wellness exam with Dr. Petrosian or another Tioga Medical Center provider, call 701-664-3368.



### Tioga High School Boys Basketball Tips Off a New Season - Head Coach, Brodie Odegaard

As we start the 2025 season, I'm excited to begin this year as the head coach of the Tioga High School boys basketball program. Tioga has a rich tradition of hard work, community pride, and resilience, and I'm eager to help our athletes build on that foundation.

This season, our focus will be on effort, accountability, and growth—on and off the court. Work Hard. Play Hard. Have Fun! While we have not yet started practice, we have a strong group of returning players who bring experience and leadership, along with talented younger athletes ready to rise to the challenge. It appears we will have 3 Seniors, 3 Juniors, 7 Sophomores, and 3 Freshman out for basketball this season. Our goal is to compete with intensity, represent Tioga with pride, and continue developing a program our community can rally behind.

Over the next few weeks, we'll be building our identity: playing disciplined defense, sharing the basketball, and embracing a team-first mindset. The boys have shown tremendous enthusiasm leading up to today, and I'm confident that energy will carry through the season.

I look forward to seeing the stands full again and feeling the support that makes basketball so special. Thank you to the families, staff, and community members who continue to encourage our athletes. We're excited to get to work—and even more excited to represent Tioga this winter.

Let's have a great season. Go Pirates!

Brodie Odegaard - Tioga High School Head Boys Basketball Coach

### The Tioga Girls Basketball team is excited for the year ahead! - Head Coach, Pat Alberts

We are returning our entire varsity team from last season. We bring back a lot of experience and talent. We have a total of 15 girls out in grades 9-12.

Our three seniors are Cheryl Hayes, Theea Johnson, and Ava Wallin. These three captains bring a lot of energy, skill, and are great leaders.

We have four juniors this year; Alexa Griffin, Kambree Johnson, Kiya Sparks, and Mercedes Travis. Our sophomores are Katie Mora and Leah Placek. Freshman; Danielle Delgado, Jenna Holmen, Kadence Kalberg, Reagan Matthews, and Piper Wonser. And one 8th grader in Keslee Kever. The team is very well rounded and has been a great group to coach thus far. We can't forget our lone stat, Karli Longie, who has been with the team for several seasons.

We had a great first two weeks of practice and are excited to see it all come together at our first game of the season which is Tuesday, December 2nd in Watford City vs Bowman County. Our first home game will be Friday, December 5th vs Surrey. Our team had a very successful season last year with a 20-5 record. We are looking to build on that and have the ultimate goal in mind for this upcoming season. We hope you can make it to cheer on the Lady Pirates this season!





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### Inspirational Quote

Sometimes the best Christmas present is remembering what you’ve already got  
-Cathy Guisewite

### Tioga Trivia

What are the two most popular Christmas colors after Red and Green?  
  
Prev Edition Answer:True

### Bible Verse of the Week


Unto us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace  
Isaiah 9:6

### A Little Chuckle

Why does Santa refuse to use the chimney this year?  
Because last year, the smoke alarm yelled “intruder alert”, the dog bit his boot, and Alexa whispered, “I’ve notified the aurhotities.”

### Did you know?

December 16, 1965: Jingle Bells became the first song ever broadcast in space




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### Williams County Firestorm Girls Wrestling is ready for third season

The Williams County Firestorm Girls wrestling program, representing a co-op of towns in Western North Dakota and Eastern Montana, is gearing up for its third season with strong momentum and promising new additions. This season coincides with the fifth year of sanctioned girls wrestling in North Dakota, highlighting the program's commitment to growth and excellence in the sport.  
Co-op Expands, Leadership Returns  
The Firestorm program is excited to officially welcome Grenora (ND) and Westby (MT) to its existing co-op, which includes Tioga, Ray, and Powers Lake. This expansion brings vital talent and experience to the roster.  
Head Coach Austin Werre returns for his third year, joined by a seasoned coaching staff: Cole Berg, Arlan Anderson, Jake Jenson, Troy Jespersen, and August Dennis.  
Returning Roster Features Top State Talent  
The Firestorm team is anchored by a core group of proven state qualifiers and placers, ready to lead the team to success in larger tournaments this year:  
Jazmine Lindberg: The Firestorm program's first-ever girl state placer; Lindberg returns as a 2-time state qualifier who finished 7th in the 148-weight class last year. She is focused on achieving even higher goals this season.  
Kaylie Clingman: A returning 5th place state placer (Mondak 2023) and state qualifier, Clingman is a key addition ready to get back on the podium and provide leadership for younger wrestlers.  
Lilli Bloom: A returning state qualifier (Mondak 2024), Bloom is seeking a spot as a state placer this year, providing strong leadership and guidance alongside Clingman.  
Anna Bishop (Ray): In her first year, Bishop was a state qualifier and finished as a Top 6 stat leader in the State in both takedowns and escapes. Known for her excellent work on her feet and her ability to escape from the bottom position, Bishop aims to become a state placer this season.  
Roster Growth and more returners  
The program is thrilled to welcome back several dedicated wrestlers who have made significant strides in their skills during the off-season and are ready to compete for their goals this year:  
Returning Wrestlers: Julia Kingston, Janai Roldan, Isabella Weathersby, Molly Danks, and Sarah Taylor have all made major improvements and are looking to achieve their set goals for the season.  
Exciting New Talent: The Firestorm team is also welcoming a strong group of first-year wrestlers eager to compete: Meadow Meyer, Avery Jorstad, Mattisen Cothran, and Alayna Wolla.  
We are excited for the growth of the girls wrestling program and cannot wait to have a fun season with the athletes as they compete and achieve the goals they have set.

### Firestorm Boys Wrestling is hungry for another successful season - Nicole Anderson

The Firestorm Wrestling team is coming off a great season last year and the boys are hungry for another successful season this year. We finished state runner up as a team on the individual side and took home 5th place in the state dual Tourney. We are returning multiple wrestlers that have state tourney experience, Kash Brown last year's State Champ is going into his Jr Season looking to finish at the top again this year, he has placed 8th, 3rd and 1st in State. Tristian Miller Soph. is also looking to finish the season at the top this year after falling short last year, he was runner up the last 2 seasons and is hungry for a title. We are blessed going into this season with a group of senior leaders that have all wrestled at the state tourney and are looking to find themselves on the podium, Carson Brunelle, Levi Jensen, Jeremiah Schmidt and Brennen Thuesen.  
We also bring a ton of varsity experience back with underclassmen that are also going to have a huge impact on our team and are looking to find their way onto the podium at the state tourney, Juniors McCoy Jorstad, Triden Thull, Gavin Davidson and Tavin Skalicky, Sophomores' Michael Twinn and Angus Wolla, Freshman Weston Sheldon, Brock Poff, Daxton Gilder, and Nickolas Polglaze, 8th grade Kase Brown.  
The Firestorm team also grew with the addition of Grenora/Westby joining us this season, returning varsity wrestlers Soph, Grayson Reid, Freshman Kevin Eson and 8th Grade James Jespersen will also be competing for a spot on Varsity and looking to have an impact on our team.  
Newcomers Colton Graham Jr, Nolan Andorff Soph, Estavon Rubio Fresh, are progressing well and are looking forward to competing for a varsity spot as well. Our future looks bright with our middle school wrestlers led by returning state qualifier Kase Brown, other 8th graders are Gabe Miller, Alejandro De La Rosa, Leland Dennis, Thatcher Davis, Kolter Brown, Caliber Gross and James Jespersen.  
7th graders, Blaike Larsen-Kelly, Gage Morgan, Carson Placek, Deklyn Donoven, Kailer Jacobs and Rygan Padilla.  
The wrestling room is very competitive, and these young men will always give 100% and are willing to pay the price with hard work to be the best that they can be. There is going to be a lot of competition for multiple weight classes this season which will only make each and every one of them better.  
Coaches this season are Arlan Anderson, Austin Werre, Jake Jensen, Troy Jespersen, August Dennis and Cole Berg.



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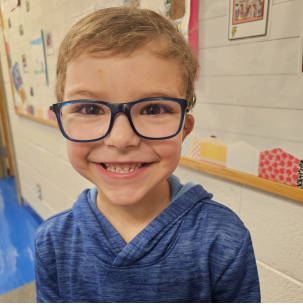
### What did our Central Elementary kindergarteners ask Santa for?



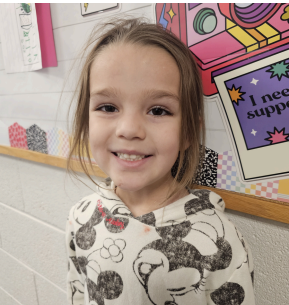
Oliver Shavi: A Tiger



Isabella Kuntz: LOL Doll



Bridger Hove:  
Receiving gloves & Magna Tiles




Marnise Gross:  
My very own real horse

### Mark your calendars

Dec 15: Tioga City Commission Meeting 7PM Tioga City Hall  
Dec 24: Christmas Eve  
Dec 25: Christmas Day  
Dec 31: New Year's Eve  
Jan 1: New Year's Day

### Tioga School Calendar

Dec 17: Kindergarten Christmas Concert 2PM Central Gym  
Dec 17: School Board Meeting 6:30PM THS  
Dec 18: End of Q2  
Dec 18: GBB vs Garrison 5:30PM  
Dec 20-Jan 4: No School (Christmas Break)





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