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# The Communicator

— Your Community Connection —

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

Area Economic Development Corporation  
**Tioga**  
OIL & ENERGY CAPITAL OF NORTH DAKOTA

**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 Keever. The team is very well rounded and has been a great group to coach thus far. We can't forget our lone star, 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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Friday 10am-3pm

Saturday 10am-2pm

### 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 aurohotities."

### Did you know?

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



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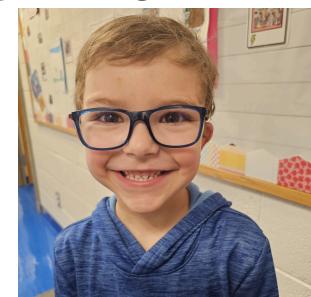
### What did our Central Elementary kindergarteners ask Santa for?



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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