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# The Communicator

Your Community Connection

Edition 19  
January 1, 2025  
[tiogandnews@gmail.com](mailto:tiogandnews@gmail.com)  
[www.tiogand.org](http://www.tiogand.org)



PO Box 93  
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701-664-8233



## Community News

2025

*A New Year is like a blank book, and the pen is in your hands.*

*It is your chance to write a beautiful story for yourself.*

*Happy New Year! - Tioga Area EDC*

Special thank you to our members for supporting us in 2024!

### Seven steps for making your New Year's resolutions stick - Harvard Health

Maybe you plan to ring in 2025 with a new resolve to quit smoking, lose weight, exercise more, not sweat the small stuff. And maybe these resolutions sound familiar — maybe just like the ones you made a year ago!

So how can you ensure that your determination to get healthier in 2025 sticks around past Valentine's Day? By creating new habits.

Creating new habits takes time and energy. A new behavior won't become automatic overnight, but you may enjoy some of its benefits fairly quickly. Also, as you start to take walks regularly or engage in stress-soothing practices frequently, you'll find you won't feel quite right if you stop. That's a great incentive to continue. So, keep nudging yourself in the direction you'd like to go. And try the following seven tips to help you create long-lasting change.

- 1. Dream big.** Audacious goals are compelling. Want to compete in a marathon or triathlon? Lose 50 pounds or just enough to fit into clothes you once loved? With perseverance, encouragement, and support, you can do it. An ambitious aim often inspires others around you. Many will cheer you on. Some will be happy to help in practical ways, such as by training with you or taking on tasks you normally handle in order to free up your time.
- 2. Break big dreams into small-enough steps.** Now think tiny. Small steps move you forward to your ultimate goal. Look for surefire bets. Just getting to first base can build your confidence to tackle — and succeed at — more difficult tasks. Don't disdain easy choices. If you start every plan with "Make list," you're guaranteed to check one box off quickly. That's no joke: a study on loyalty programs that aim to motivate consumers found giving people two free punches on a frequent-buyer card encouraged repeat business. So break hard jobs down into smaller line items, and enjoy breezing through the easy tasks first.
- 3. Understand why you shouldn't make a change.** That's right. Until you grasp why you're sticking like a burr to old habits and routines, it may be hard to muster enough energy and will to take a hard left toward change. Unhealthy behaviors like overeating and smoking have immediate, pleasurable payoffs as well as costs. So, when you're considering a change, take time to think it through. You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behavior more attractive than standing in place. Engaging in enjoyable aspects of an unhealthy behavior, without the behavior itself, helps too. For example, if you enjoy taking a break while having a smoke, take the break and enjoy it, but find healthier ways to do so. Otherwise, you're working against a headwind and are less likely to experience lasting success.
- 4. Commit yourself.** Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots. One intrepid soul created a Facebook page devoted to her goals for weight loss. You can make a less public promise to your partner or child, a teacher, doctor, boss, or friends. Want more support? Post your promise on Facebook, tweet it to your followers, or seek out folks with like-minded goals online.
- 5. Give yourself a medal.** Don't wait to call yourself a winner until you've pounded through the last mile of your big dream marathon or lost every unwanted ounce. Health changes are often incremental. Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big steps en route to a goal. Blast your favorite tune each time you reach 5,000 steps. Get a pat on the back from your coach or spouse. Ask family and friends to cheer you on. Look for an online support group.
- 6. Learn from the past.** Any time you fail to make a change, consider it a step toward your goal. Why? Because each sincere attempt represents a lesson learned. When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big a challenge? If so, scale back to a less ambitious challenge, or break the big one into tinier steps. If nailing down 30 consecutive minutes to exercise never seems to work on busy days, break that down by aiming for three 10-minute walks — one before work, one during lunch, one after work — or a 20-minute walk at lunch plus a 10-minute mix of marching, stair climbing, and jumping rope or similar activities slipped into your TV schedule.
- 7. Give thanks for what you do.** Forget perfection. Set your sights on finishing that marathon, not on running it. If you compete to complete, you'll be a winner even if you wind up walking as much as you run. With exercise — and so many other goals we set — you'll benefit even when doing less than you'd like to do. Any activity is always better than none. If your goal for Tuesday is a 30-minute workout at the gym, but you only squeeze in 10 minutes, feel grateful for that. It's enough. Maybe tomorrow will be better.

### Mark your calendars

Jan 1st- New Years Day  
Jan 6th - Tioga City Commission Mtg @ 7PM Tioga City Hall  
Jan 8th - Dryfork Township Meeting @ 6PM Tioga Comm Center  
Jan 11th - Coco with the Popo @ 3PM Tioga Community Center  
Jan 16th - Tioga Chamber Meeting @ 12PM TBD  
Jan 18th - Modern Day Mountain Man @ 5PM Tioga Comm Center  
\*\*Outdoor Skating Rink is now open\*\*

### Tioga School Calendar

Jan 2nd - School Resumes  
Jan 2nd - GBB vs Parshall 5:45PM  
Jan 4th - BBB vs Center-Stanton @ 2:00PM  
Jan 6th - GBB vs Nedrose  
Jan 8/9th - HS/JH Science Fair  
Jan 9th - JV GBB/BBB vs Watford City 5:30/7:00PM  
Jan 10/11th - Tioga JH/V Wrestling Tournament  
Jan 14th - GBB vs Trenton



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### Inspirational Quote

Why are you trying so hard to fit in when you were born to stand out?

### Tioga Trivia

What year was Tioga Medical Center built?

Last Weeks Answer: 2056

### Bible Verse of the Week

Ask and it shall be given to you; seek and you shall find; knock and it shall be opened unto you.

-Matthew 7:7

### A Little Chuckle

What's a spider's New Year's resolution? To spend less time on the web.

### Today in History:

1863: Abraham Lincoln signs the Emancipation Proclamation

1892: The first immigrants arrived at Ellis Island

## Community News

### Tioga High School's Addition Update - Superintendent, Paul Olson

Despite poor weather conditions on certain days, the timeline for completion of the new addition remains November 1st, 2025. Currently, the concrete walls of the gymnasium are up and they have begun the steel framing of the roof for the new classrooms. As soon as a portion of the framing is up, the framing of the exterior walls will be completed.

During February and through March, the plan is to pour the concrete flooring throughout the addition. Once the contractors have everything enclosed, the interior framing will begin, along with the plumbing and electrical work which will continue through May. The finishing work, such as dry wall, painting, flooring, cabinets, etc. - follows until final completion.

With the addition of a gym and six classrooms, comes improvements to our parking lots and renovation of the high school track. The parking lot behind the school will be paved this April or May (2025) depending upon the weather. Once the back parking lot has been paved, the parking lot in front of the school will be dug up and paved. The front parking lot will also see some improvements for water drainage to help keep the pavement in the future from lifting and breaking.

The track will be completely redone this coming summer (2025). Plans include digging up the track and laying a strong foundation to keep the new surface from immediately breaking up. With a strong foundation, the new track surface should last 10 - 12 years. In addition, the grade of the new track will now be equal all the way around. The long jump and high jump pits will be moved to the south side of the football field, which will allow room for a walkway down to the football field from the grandstand.

There has been extensive detailed planning going into the addition and it is exciting to witness each step of the process being completed. If completion of the project stays on the predicted timeline, our sixth-grade class will move over to the high school after the Christmas break of 2025.

If you have any questions regarding the construction, please feel free to contact me.

Sincerely,

Paul Olson

Superintendent



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### Prayers to the families of:

June Ardell Biver: February 9, 1960- December 23, 2024

Mildred 'Millie' Elma Hermanson: March 1, 1926 -

December 27, 2024

"May there be comfort in knowing that someone so special will never be forgotten."

-Julie Hebert



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This communication is produced by Tioga Area Economic Development Corporation