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KINDNESS CHALLENGE!

Thank a Veteran for their service

The Communicator

Your Community Connection

Edition 15
November 1, 2024
tiogandnews@gmail.com
www.tiogand.org

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

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Community News

November 5th, 2024: General Election Day

Election Day! If you did not vote via Absentee Ballot, you can vote in-person at the polls between 8 am and 7 pm CT.
Not Sure where to vote? Information below!



Tioga Community Center
410 6th Street NE, Tioga, ND 58852

Ray City Hall
101 Main Street Ray, ND 58849

Who can vote here?

Who can vote here?

Any qualified elector from precincts 54 and 64

Any qualified elector from precincts 54, 62, 63, and 66

Williston ARC

822 18th Street E Williston, ND 58801

Who can vote here?

Any qualified elector that is a resident of Williams County

For you Veterans of all eras, we salute YOU for your service and sacrifice.

On this Veterans Day, we hope all Americans pause amidst the school activities, football games, yardwork, and hustle of life to think about the many freedoms we have: freedom of speech; freedom to assemble; freedom to elect our leaders; freedom of the press; freedom of religion; the right to due process; the freedom and independence to live our lives and pursue happiness however that looks to us.

Please also remember why we still have those freedoms guaranteed to us over 200 years ago by our Constitution – the brave soldiers who have risen to the occasion every time our Country and our freedoms have been threatened.

Veterans Day is all about honoring those who served. Thank a Veteran for their service.

They don't hear it enough

Tioga American Legion Post 139 and Auxilliary to host supper for area Veterans

This Veterans Day, Monday November 11th

the Tioga American Legion Post 139 will host a supper

followed by a program for all area Veterans, family and friends. Please join them at 5:00PM at NESET in Tioga ND.



The Bank of Tioga contributes \$7500 to support Live Well Tioga community health initiative

The Bank of Tioga is proud to announce a donation of \$7,500 in support of Live Well Tioga, a new community health initiative launched in partnership by Tioga Medical Center and the Tioga Area Economic Development Corporation. This program is designed to provide Tioga residents with essential wellness education and resources, helping them lead healthier, more fulfilling lives.

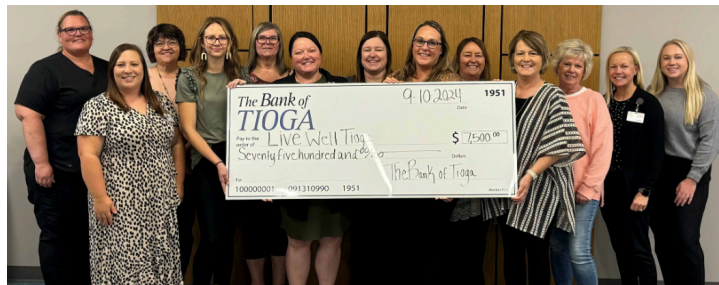
"We believe that building a strong, healthy community is fundamental to the growth and prosperity of our region," said Wendy Lenzen, Tioga Area Economic Development Corporation board president. "By supporting Live Well Tioga, we are investing in the well-being of our community members, and we are excited to see how this initiative will empower others to take charge of their health."

The Live Well Tioga initiative offers a series of monthly "Lunch and Learn" events, featuring wellness experts from Mayo Clinic covering topics like meal planning, exercise, stress management, better sleep habits and more. These sessions will be free and open to the public, with the first event kicked off in June at the Tioga Medical Center Wellness Center.

"On behalf of Tioga Medical Center, I would like to extend our heartfelt thanks to the Bank of Tioga for their generous donation to the Live Well Tioga initiative. Your support plays a vital role in promoting health and wellness in our community, helping us make meaningful strides toward a healthier future. Together, we are building a stronger, more vibrant Tioga, and we are deeply grateful for your commitment to our mission," said Jamie Eraas, President and CEO of the Tioga Medical Center.

Through Live Well Tioga, community members will gain the tools they need to make informed choices about their health, prevent chronic illnesses, and achieve a higher quality of life.

The Bank of Tioga is excited to be a part of this transformative initiative.



Don't miss the next Live Well Tioga Lunch & Learn Session: Exercise for a Busy Life

Tuesday Nov 12th @ TMC from 11:45-1PM: Salad Bar Lunch provided
Register today at www.tiogahealth.org/livewelltioga or call 701-664-3368



Mark your calendars

- Nov 2nd: Taste of Family Traditions 5PM @ TCC
- Nov 2nd: Take the Scenic Route 3-8PM @ Neset
- Nov 4th: City of Tioga Commission Mtg 7PM @ City Hall
- Nov 5th: ELECTION DAY! 8am-7pm @ TCC
- Nov 9th: Fireman's Carnival 7PM @ TCC
- Nov 11th: Veteran's Day
- Nov 12th: Live Well Tioga Lunch & Learn 11:45-1PM @ TMC
- Nov 12th: Tioga Fund Advisory Board Mtg 6PM @ City Hall

Tioga School Calendar

- Nov 3rd: THS Drama Club: One-act Comedy 7PM Tioga Theatre
- Nov 4th: Volleyball District Tournament @ DC
- Nov 6th: Region IV Drama @ Newtown
- Nov 6th: Pirate Branch In school bank
- Nov 11-12th: Volleyball Region Tournament @ WSC
- Nov 11th: No School
- Nov 11th: Wrestling Practice Begins
- Nov 12th: School Board Meeting 6:30PM @ THS Library
- Nov 14th: Volleyball Regional Tournament

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Inspirational Quote

True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.

Tioga Trivia

How many electoral votes does North Dakota have?

Last Weeks Answer: 56

Bible Verse of the Week

Leaders should be humble and consider others more important than themselves. Philippians 2:3-4

A Little Chuckle

On Election Day, what did Delaware? Her New Jersey

Today in History:

1800: John Adams became the first president to live in the White House

1952: The US tested the world's first thermonuclear bomb

Community News

GameDay Media: Bringing Northwest North Dakota Sports to Your Screen - Randy Pederson

In the fall of 2023, GameDay Media, led by the father-son duo Randy and David Pederson from Tioga, ND, launched a live stream partnership that is making waves in local sports coverage. In their first season, they streamed 129 football, volleyball, and basketball games, reaching over 150,000 views using the YouTube platform. Their mission? To promote and showcase the incredible talent of local athletes and teams across northwest North Dakota.

GameDay Media provides a platform for fans, families, and community members to stay connected to their favorite teams, whether they're on the road or cheering from home. Through their free YouTube channel, *gamedaymediand*, viewers can catch live games and never miss a moment of the action. The initiative ensures that athletes are recognized for their hard work and dedication, while fostering a sense of pride and connection within the community.

"We're thrilled to be able to bring these games to fans in such a convenient and accessible way," said David Pederson. "It's about supporting our athletes and giving them a platform to shine."

In addition to their YouTube channel, GameDay Media also engages with the community through their Facebook page, *GameDay Media*, where fans can stay updated on upcoming games, scores, and highlights. By subscribing to the YouTube channel at no cost, supporters can enjoy live streaming of their favorite local teams throughout the season.

"We've been overwhelmed by the positive response from the communities," added Randy Pederson. "Our goal is to continue growing and bringing even more games to the people who support these athletes."

To stay up to date with GameDay Media and catch live sports coverage, subscribe to their YouTube channel and follow them on Facebook. This is just the beginning for GameDay Media, as they remain committed to promoting local sports and celebrating the achievements of athletes in northwest North Dakota.

YouTube: gamedaymediand

Facebook: GameDay Media

**Subscribe at no cost to stay connected to local sports!

Click on the link to subscribe on our YouTube channel!



Fight the Flu with TMC

Influenza, or "the flu," is a viral respiratory infection that causes symptoms like head and body aches, sore throat, fever, cough and congestion. According to the Centers for Disease Control and Prevention (CDC), flu season in the Northern Hemisphere generally runs October through May, peaking between December and February.

To help protect against seasonal flu, you can get an annual flu shot. "Although the vaccine isn't 100% effective against the flu, it lowers the chances of having severe complications," says Jeff Moberg, PA-C, provider and clinic director at Tioga Medical Center.

"This is especially true for people who are at high risk of flu complications such as individuals over the age of 65 or under the age of 2, and those who have a weakened immune system or a chronic illness."

Aside from the vaccine, you can take other steps to help prevent infection. Disinfect frequently touched surfaces, wash or sanitize your hands often, avoid people who are sick, and keep the air around you moving.

Flu vaccines are available for individuals six months and older at Tioga Medical Center Monday - Friday, 9 to 11:30 a.m. and 1 to 4:30 p.m. While appointments are encouraged, walk-ins are accepted.

Please remember to bring your photo ID and insurance card. Most insurances provide full coverage.

High dose is \$152 and regular dose is \$75.

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for the Dist. 2 Representative

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Remember to fill in the oval!

Charles Ringwall

Call me anytime to chat about any concerns you may have that you want the state to address. 701-339-7429

THS Drama Club - One Act Comedy

"Squad Goals"

Sunday, November 3rd at the Tioga Theater

Doors Open at 6:30, Performance at 7PM

Open to All! Concessions will be available



Prayers to the families of:

Richard 'Rick' Johnson: October 7, 1941 - October 14, 2024

Jon Mark Wolla: September 5, 1964 - October 19, 2024



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-Julie Hebert

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