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The Communicator

Your Community Connection

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Tioga
OIL & ENERGY CAPITAL OF NORTH DAKOTA

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Community News

Tioga High School Coaches Share About Current Season and their Teams

Varsity Football Head Coach - Tim Schaffer: We currently have 24 students participating in Varsity football, with Brodie Odegaard, Jace Lalim, Tyler Schwartz, and Tim Schaffer leading as coaches.

For Junior High football, 23 students are on the team, coached by James King and Jeff Moberg.

The players have been working hard, and it has truly been a team effort in the early contests. Moving forward, we need to focus on controlling the line of scrimmage, eliminating turnovers, and reducing penalties. With Friday's game, we will already be halfway through the season. Varsity started on August 8th, and Junior High began on August 12th.

Williams County Cross Country Head Coach - Kasandra Feiring: This season on the Williams County Cross Country team we have 4 Seniors who are all competing in their 4th year of XC...Grace Fedler, Kysten Keever, Nick Wolla and Cash Shultz. These athletes have all shown an exceptional amount of dedication to each other and the team.

Grace might be the smallest one on the team, but she has the biggest heart and she always helps make sure everyone is taken care of.

Nick and Cash are pretty quiet, but they work hard and once in a while you can even get a smile out of them.

Kysten is the brave and bold soul of the team. He is an exceptional leader, works really hard and keeps everyone laughing!

Anna Bishop and Avery Littlefield are our girls that Co-op with us from Ray. These two girls have both been with us for three years and have shown true dedication as they travel from Ray to Tioga every day for practice.

Avery and Anna both bring much joy to this team. They work hard and challenge each other to be the best they can be.

Dwayne Declaro is our sophomore and he has a strong love for running. This is Dwayne's first sport as he recently moved here from the Philippines.

Carter Schmitz is one of our 8th grade boys, this is his second year running and he shows some true grit out there on the course. Cooper Hayes is our new 8th grader. He is silently competitive and has the ability to push far past his comfort zone with great endurance.

As runners, these athletes work and push themselves beyond their limits and out of their comfort zones. We compete at each meet with a goal to be faster than the last one and then they repeat itweek after week after week!! Running isn't just something they do, it is a part of who they are and that is something they can carry with them their entire lives.

Varsity Volleyball Head Coach - Shaunessy Meyer: Our team has 26 players this year.

We have experienced many injuries this season. Three players in recovery from injury (will be able to play this season) and one player who will be out for the season due to extent of injury.

Our strong, returning players consist of Cheryl Hayes, Kambree Johnson, Abrianna Volz, and Theea Johnson (recovering from injury - will play later in the season).

We have many new faces on the varsity team and the girls have been working hard together to create a positive team chemistry for the season.

Tough opponents in our district will be the Kenmare Honkers and the Ray Jays.

Ladies Golf Head Coach - Ryan Albrecht: The girls are making a major push to qualify for the state tournament to be held in Fargo, September 30th and October 1st.

Ava Wallin has already individually qualified and there is a good chance that we could have Billee Sundhagen and Autumn Bloms make the Top 10 All-Region team. If you finish in the top 10, you personally qualify for state.

To qualify for the state tournament as a team you have to finish as a top 3 team at the Region tournament, using your top 4 team scores.

We have our Region Tournament on Tuesday, September 17th in Stanley.

From the Desk of Central Elementary Principal: Tim Schaffer

For the 2024-25 school year, we have 318 students enrolled in grades K-6. Last year, we started with 320 students and ended with 305, so our numbers are holding steady. Every classroom is currently in use at Central, and it's been a great start to the year. We had a wonderful turnout at our open house on August 14th.

If you're interested in volunteering, please reach out to your child's classroom teacher or contact Mr. Schaffer.

As always, I remind everyone to drive carefully around Central during drop-off and dismissal times. We're grateful to have Main Street completed for smoother traffic flow during dismissal. Please do not drop off your child in the middle of the street; instead, park your vehicle. Additionally, the drop-off zone on Benson Street is for drop-off only—please avoid parking there to help maintain traffic flow in the mornings.

Mark your calendars

Sept 16th: Tioga Public Hearing: 2025 City Budget 6PM
Sept 16th: Tioga City Commission Mtg 7PM @ City Hall
Sept 17th: Tioga Park Board Mtg 7PM @ Park Shop
Sept 19th : Chamber Member Mtg 12PM
Sept 19th:Tioga Mun Airport Mtg 7PM Tioga Airport Terminal

Tioga School Calendar

Sept 17th: Volleyball vs DC
Sept 19th: Volleyball vs Parshall
Sept 19th: School Board Mtg 6:30 THS
Sept 20th: Football vs MLS
Sept 25th: Pirate Branch: In-school Bank opens @ Central Elementary School
Sept 26th: Volleyball vs Kenmare



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Inspirational Quote

Thoughts become perception. Perception becomes reality. Alter your thoughts. Alter your reality.

Tioga Trivia

Who was the first president of the Tioga City Commission?

Last Weeks Answer: 1887

Bible Verse of the Week

Be joyful in hope, patient in affliction, faithful in prayer
- Romans 12:12

A Little Chuckle

I went to a 24-hour grocery store and when I got there, the guy was locking the front door. I said, "Hey! The sign says you're open 24 hours." He Said, "Yes, but not in a row!"

Today in History:

1954: Famous Marilyn Monroe "Skirt" scene filmed
1978: Muhammad Ali wins world heavyweight championship

Community News

Tioga City Hall Changes Hours of Operation: Now open over the lunch hour

Tioga City Hall has adjusted the hours that they will be open for citizens to conduct business. City hall will no longer be closed over the lunch break 12pm-1pm. New Hours: 8am-5pm / M-F

September is Suicide Prevention Month: Tioga Medical Center

September is National Suicide Prevention Month. During this time, ConnectUs Therapy strives to make extra efforts in raising mental health awareness in western North Dakota with the goal of bringing attention to suicide prevention, mental health awareness, reducing stigma, and promoting positive connections.

Rural mental health care in North Dakota presents unique challenges. The state's vast rural landscape, characterized by small, tight-knit communities, poses significant barriers to accessing mental health care. The stigma associated with mental health challenges is often more pronounced in small communities, where privacy is limited, and individuals may fear being judged by their neighbors. This stigma can prevent people from seeking the help they need, leading to untreated mental health conditions and contributing to unacceptable rates of suicide in these communities.

Over the last three years, Tioga Medical Center has partnered with several mental health professionals to expand services in the community, bringing specialized therapy and medication management services to the area. Collaboration and integration of mental health services to complement primary care services has helped to ensure community members receive comprehensive care. This collaboration has succeeded in reducing stigma associated with seeking mental health treatment locally.

Efforts to reduce stigma and increase awareness are essential in ensuring that individuals feel comfortable seeking the help they need. With targeted interventions and a commitment to addressing these issues, rural mental health care in North Dakota can be significantly improved and suicide rates reduced.

We would like to invite all our community members to join our efforts in reducing stigma and preventing suicide. Here are some ways you can help:

- Connect – Open the conversation. Talk to your friends and family about the "tough stuff."
- Confirm – Ask if they have thoughts of suicide, death, or dying.
- Protect – Speak up. If someone is struggling, offer support and encourage a plan. Do not keep it a secret or "sweep it under the rug."
- Act – The Tioga Clinic offers resources and referrals for local mental health services. For mental health emergencies, call or text 988 to be connected with someone locally who is available to help 24-7.

To anyone out there who's hurting: asking for help is not a sign of weakness. It is a sign of strength and you are not alone.

- ConnectUs Therapy Outreach Clinic

Craniosacral Therapy Now Available at Tioga Medical Center

Tioga Medical Center's Therapy department has added another offering to its already robust menu of services. Melissa Hallgren, PTA, recently completed training to perform craniosacral therapy (CST).

"Craniosacral therapy is a gentle, hands-on massaging technique that uses light pressure on the head, neck and back to release tension and reduce pain," says Hallgren. "The goal is to improve circulation of the cerebrospinal fluid and realign the central nervous system to promote your body's natural processes."

According to Cleveland Clinic, craniosacral therapy may help people manage symptoms of conditions such as chronic pain, complex regional pain syndrome, fibromyalgia, headaches and migraines, sinus issues, neck and back pain, neuralgia, post-concussion syndrome, scoliosis, stroke, temporomandibular joint syndrome, and more. It's typically recommended in addition to other forms of treatment.

Tioga Medical Center does not offer the service to children currently.

If you feel you could benefit from craniosacral therapy, visit with your provider.

While some insurances

require a referral, others do not. Check with your insurance prior to beginning treatment. To make an appointment with one of our primary care providers, call 701-664-3368.

Tioga Chamber: August Winner

Congratulations to the Tioga Chamber Benjamin Buck winner for the Month of August: CANDICE WENGER!

Each month Tioga Chamber businesses award a patron \$100 worth of Tioga bucks as a thank you for shopping local and supporting our local chamber businesses. The Bank of Tioga was happy to award this months winner.



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This communication is produced by Tioga Area Economic Development Corporation