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Member FDIC



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Dr. David Carlson  
Hours:  
Monday-Thursday: 9am-5pm

111 Main St N, Tioga, ND 58852  
Phone # (701)664-2582

# The Communicator

Your Community Connection

Edition 5  
June 1, 2024  
tiogandnews@gmail.com



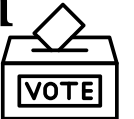
PO Box 93,  
Tioga ND 58852  
701-664-3838

## Community News

### Primary Election Day: Tuesday June 11th



Polls will be open from 8:00 am - 7:00 pm CT



Where can I vote? Precincts 54 and 64 @ Tioga Community Center

#### 1. Elections have consequences. Every vote counts.

You have the power to make key decisions about the quality of life you want for yourself, your family, and your community. Voting is your chance to stand up for the issues you care about. While presidential or other national elections attract significant attention, midterm and local elections typically have lower voter turnout. A Portland State University study found that less than 15% of eligible voters turned out to vote for mayors, councilmembers and other local offices. Low turnout means that important local issues are determined by a limited group of voters, making a single vote even more statistically significant.

#### 2. It's your right. Not voting is giving up your voice.

Voting is the voice of the people, the mechanism through which we express our hopes, dreams, and aspirations for a better future. It is the great equalizer, in which every individual has equal weight in shaping the course of our country. Use your right. Exercise your power.

#### 3. It's your money.

In one way or another, everyone in our community pays taxes, both citizens and non-citizens. And yet, most people don't know how that money is being used. Voting is your chance to choose how your tax dollars are spent. This happens both through your vote on specific propositions and ballot measures, and those we elect to leadership positions.

#### 4. Voting is an opportunity for change.

Want to make a positive impact in your community? Voting gives you that opportunity! To have a say in who can determine social agendas, it is essential to vote.

#### 5. The community depends on you!

Our communities are made up of family, friends, loved ones, neighbors, and children. Some may not know how important it is to vote, while others can't vote. Voting isn't just a civic duty; It's a deep responsibility to represent not only yourself, but also those who can't stand up for themselves, including loved ones who depend on your voice. Let's all do our part!

## Tioga Public School Board Election: Tuesday, June 11th

Residents of Tioga Public School District 15 can vote at the  
Tioga High School Library 11:00 am - 7:00 pm  
Candidates are elected to serve a 3 year term - Two positions  
Mark Schmidt  
Pete Peterson

## Tioga Rec Home Game Schedule

Take me out to the Ball Game!



TBall 4:00  
Player Pitch 5:15  
Coach Pitch 6:30  
Midgets 6:30

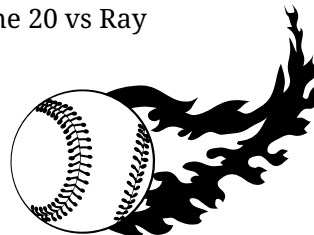
June 3rd vs Crosby  
June 10th vs Powers Lake  
June 12th vs Kenmare  
June 17th vs Stanley  
June 19th vs Ray

10U 5PM  
12U 6:30PM

June 6th vs Powers Lake  
June 13th Vs Crosby  
June 18th vs Stanley  
June 20 vs Ray

#### 18U Softball

June 18th vs Watford City 2pm  
June 25th vs Crosby 5pm  
July 8th vs Bottineau 3&5pm



## Mark Your Calendars

June 1st: Tioga Citywide Rummage Sale  
June 3rd: City Commission Meeting @ City Hall 7PM  
June 3-7: Vacation Bible School @ Zion Lutheran Church 9:30AM-12PM  
June 11th: School Board Election @ THS Library  
June 11th: Primary Election @ Tioga Community Center 8AM-7PM  
June 11th: Live Well Tioga - Wellness Session @ TMC Wellness Center 12PM-1PM  
June 13th: Tioga Chamber Rhubarb Fest on Main Street 4PM

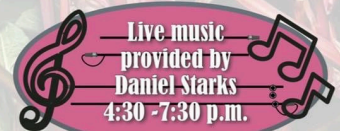
## Rhubarb Fest

Thursday  
June 13th

4-8 p.m.  
Main St., Tioga, ND

Stop into these businesses for homemade rhubarb treats, great deals and register for door prizes!

Tioga ACE Hardware  
Farmer's Daughter  
Red Moose Coffee Hus  
Tioga Drug & Soda Shoppe  
O. Theone Boutique  
Gifts to Go & North Prairie Photography  
Tioga Parts Supply  
Hidden Beauty  
Back Shed Treasures



Norseman Museum open 4-8 p.m.

Pour Decisions Bar & Steakhouse 4-9 p.m.

Steak Tip Dinner \$17.99  
Rhubarb dessert \$2.00

Side Street Diner

Open 7 a.m. to 2 p.m. -- Noon Special and serving rhubarb treats!

The Madhouse

Smoked BBQ pulled pork sandwiches with potato salad & baked beans.  
Strawberry or blueberry rhubarb pie, homemade rhubarb ice cream!  
WINE TASTING!!



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www.tioga.k12.nd.us

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### Inspirational Quote

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

- Jimmy Dean

### Tioga Trivia

Who owned Tioga's original barber shop?

Last Weeks Answer: Amerada Petroleum Corporation

### Bible Verse of the Week

See, I am waiting at the door and giving the sign. If my voice comes to any man's ears and he makes the door open, I will come in to him

Revelations 3:20

### A Little Chuckle

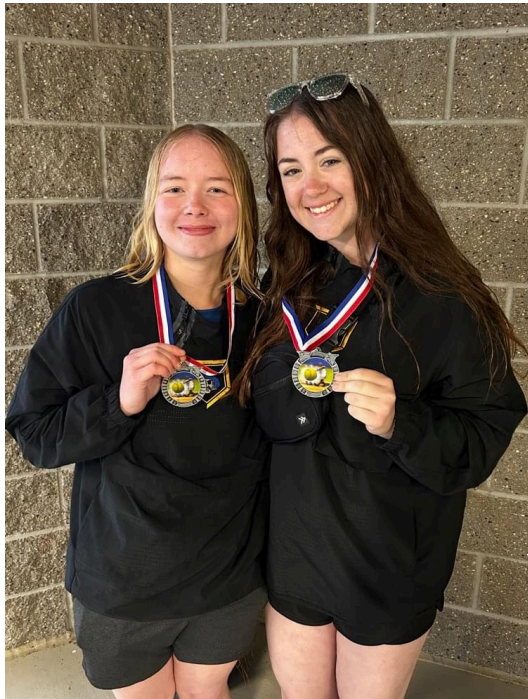
A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar in one hand and two quarters in the other, then asks the boy, "Which do you want, son The boy takes the quarters and leaves. "That kid never learns!" said the barber. Later the customer sees the same young boy coming out of the ice cream parlor. "Hey, son! I have to ask, Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied: "Because the day I take the dollar the game is over!"

### Today in History:

1792: Kentucky is admitted as the 15th state of the United States

1880: The first payphone went into service in the US

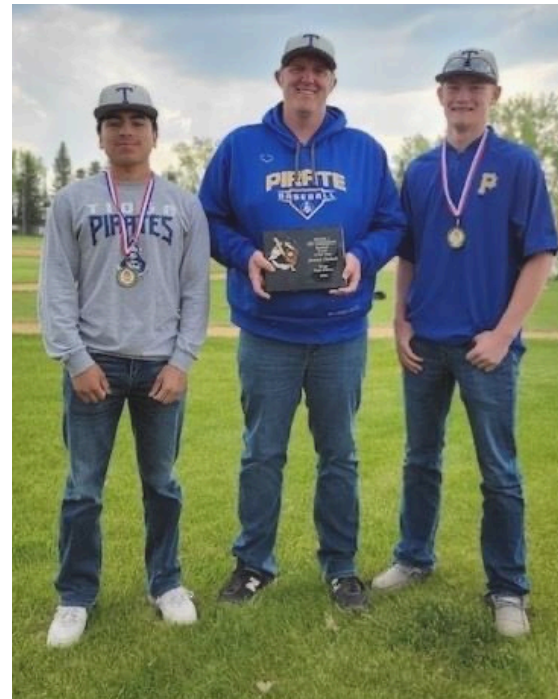
### Community News



Congratulations to Katie Haakenson and Payton Raan on being selected to the All-Region Softball Team!



Cheyenne Hayes, 3rd place at the state track meet in Javelin. Way to go Cheyenne!



Congratulations to Yurek Loveridge and Kasey Odegaard, selected to the All-Region Baseball team! 1st year Pirate head coach, Jeremy Carkuff was also named Co-Coach of the Year! Congratulations coach Carkuff!

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### Tioga Medical Center and Tioga Area EDC Launch Live Well Tioga

Tioga Medical Center and the Tioga Area Economic Development Corporation are proud to introduce Live Well Tioga, a community health initiative that aims to provide residents with the wellness education and resources they need to live happier, healthier lives.

"Wellness can be defined as the active pursuit of the activities, choices and lifestyles that lead us toward an optimal state of health and wellbeing," says Shelby Knox, PA, a provider at Tioga Medical Center and provider champion for Live Well Tioga. "When we make healthy behaviors part of our daily lives, we can actually prevent many of the most common and serious chronic diseases."

According to the National Center for Chronic Disease Prevention and Health Promotion, six in ten adults in the United States have a chronic disease and four in ten adults have two or more. Chronic diseases such as heart disease, cancer and diabetes are the leading causes of death and disability in the United States.

"So many people are ready to make a lifestyle change to better their health, but don't know where to begin," says Wendy Lenzen, president of the Tioga Area Economic Development Corporation. "Live Well Tioga will offer the tools and resources to get started."

One of those tools is free monthly lunch and learn events. "We are so grateful for the opportunity to have experts from Mayo Clinic share their expertise with our community through these sessions. Topics range from meal planning and exercise to better sleep and stress management," says Lenzen.

Live Well Tioga will host its first lunch and learn event on June 11 from 11:45 a.m. to 1 p.m. in the Tioga Medical Center Wellness Center (lower level of clinic). Mayo Clinic wellness expert Donald Hensrud, MD, MS, will virtually present "The Importance of Behavior and Lifestyle on Health." A light salad bar lunch will be served.

Dr. Hensrud is a specialist in nutrition and weight management with more than 20 years of experience. He is an associate professor of nutrition and preventative medicine at Mayo Clinic College of Medicine and the medical director of the Mayo Clinic Health Living Program.

The first 25 registrants will receive a free copy of Dr. Hensrud's book Mayo Clinic Diet Book, Third Edition.

To register, call 701-664-3368 or visit [www.tiogahealth.org/livewelltioiga](http://www.tiogahealth.org/livewelltioiga)

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**Vote June 11**

*District 2*

# HARMS

for ND Senate

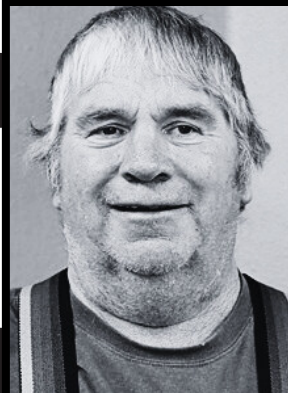
[www.harmsforsenate.net](http://www.harmsforsenate.net)

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### for District 2 Representative

### Columbus, ND



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This communication is produced by Tioga Area Economic Development Corporation