

Wisconsin's "coolest" annual event returns in 2025

FOR CITY TIMES

WISCONSIN RAPIDS Thousands of Special Olympics Wisconsin supporters across the state will be "Freezin' for a Reason" at the 2025 Polar Plunge® for Special Olympics Wisconsin. This year's slate of eight statewide eventsplus an alternative plunge option—encourages Special Olympics supporters to make ice-cold memories.

"Polar Plunge® for Spe- ward to another memorable cial Olympics Wisconsin is a truly unique grassroots fundraising event supporting our incredible statewide athletes," Special Olympics Wisconsin President & CEO Chad Hershner said. "Polar Plungers, Polar Pledgers, and community supporters show their commitment to inclusion by raising funds for the cause, then jumping into icy waters. We look for-

year of plunging across the Badger State!"

Several options for participation are available in 2025. First, and arguably most fun, Polar Plungerscomprising both individuals and teams-can jump in person at eight locations across seven Saturdays:

Saturday, Feb. 1 - Wisconsin Rapids (Anchor Bay Bar & Grill)

Saturday, Feb. 8 - Oshkosh (Menominee Park) Saturday, Feb. 15 - Madi-

son (Lottes Park) Saturday, Feb. 22 Green Bay (Perkofski Boat the driveway, or take a dive Launch) Saturday, Mar. 1 – La

Crosse (Black River Beach) Saturday, Mar. 1 - Milwaukee (Bradford Beach)

Saturday, Mar. 8 - Chippewa Falls (Loopy's Grill & Saloon)

Saturday, Mar. 15 (Whitewater Whitewater Aquatic Center)

Polar Plungers unavailable for an in-person plunge event can try a "create your own adventure" option via the Alternative Plunge. Dump a bucket of ice water over your head in on your spring break trip to warmer waters-all for a great cause.

Those opting out of an icy dip altogether can become a Polar Pledger, still raising funds in support of Special Olympics Wisconsin athletes without getting wet.

For both Polar Plungers and Polar Pledgers, each individual reaching the minimum fundraising level of \$100 is eligible for incentives. This year's prizes include a collectible long sleeve t-shirt, hat, towel,

backpack, and pullover jacket-all branded with Special Olympics Wisconsin or Polar Plunge logos.

All funds raised for this unique winter tradition help thousands of statewide athletes train and compete in sporting events, supports year-round health and wellness programming, promotes inclusion in schools, and equips individuals with intellectual disabilities leadership and empowerment tools to become important contributors within their own communities.

An uncertain future for the 1897 **Clark County Jail Building**

SUBMITTED BY NATALIE K. ERPENBACH CHAIR, CITY OF **NEILLSVILLE HISTORIC** PRESERVATION COMMISSION TREASURER, 1897 CLARK COUNTY JAIL MUSEUM. INC.

The future of the 1897 Clark County Jail building, at 215 E 5th Street in Neillsville, is uncertain once again. In the late 1970s, the building's physical condition had deteriorated to the point where significant and costly repairs were necessary for it to be useable. Today, the building is 45 years older and in worse condition. Clark County owns the building and has leased the property to the Clark County Historical Society (CCHS), and later the 1897 Clark County Jail Museum Inc. (Jail Museum). Initially, the CCHS spent months bringing the building up to code for it to open as a Museum. The Jail Museum has spent thousands and thousands of dollars trying to keep the roof situation under control, tuckpointing, not to mention repairs, insurance, and utility costs for the last 20 years. There



The Clark County Jail building, close to the time of its' establishment.

ey a nonprofit can spend on a building it does not own.

The Jail Museum is in the process of moving its collection to a new space at 442 Hewett Street in Neillsville called "the History Room". The photos, paper archives, books and many other collection items were in danger of being ruined by the building's current condition and high moisture levels. Discussions have taken place with the Clark Couty Public Property, Executive and Finance Committees, and the Jail Museum has

plan on being out of the building by June of 2025.

So what happens to the building now? Fixing the roof and making the space usable again will likely require a complete remodel to bring it up to current building codes. Then, like everything else, deciding factors on any remodel would include time, money, and best use of the property. Our County Supervisors have been great to work with and no one wants to make that final call to demolish the building without exploring ing is also listed on the National, State and Local Registry of Historic Places and so there are responsibilities that the County needs to address and walk through and they are doing this.

If anyone has any viable options for the building's future, now is the time to come forward. We all know it is a wonderful and irreplaceable structure. Money for bricks and mortar projects are few and far between. Believe me, I have been looking for options that we can work with and have been communicating with the State of Wisconsin Historic Preservation staff and investigating National Park Service grant funding. This building is iconic and quite easily one of the most recognizable buildings not just in Neillsville, but throughout Clark County. If it is possible, let's see what we can do to give the building - new life. Please contact me at nkerpenbach@gmail.com or 715-271-4328, or the Clark County Public Property Committee with viable options for the future of this







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is a limit to how much montold the County that they all the options. The build-

Inauguration ceremony kicks off legislative session

FOR CITY TIMES

WOOD COUNTY - Activity ramped up at the state Capitol as members of the 107th session of the Wisconsin State Legislature were sworn into office.

Sen. Patrick Testin (R-Stevens Point) is beginning his third term representing the 24th Senate District in Central Wisconsin.

"It is an absolute honor and privilege that the voters of the 24th Senate District continue to put their trust in me to advocate for their priorities down in Madison,"



Testin

Sen. Testin said. "While I will always work on all issue areas, I expect to primarily focus on cutting taxes,

increasing access to healthcare in rural Wisconsin, strengthening our agriculture industry, assisting military veterans and bolstering our workforce."

For the 2025-26 legislative session, Sen. Testin will be heavily involved in putting together the state's biennial budget as Senate vicechair of the powerful Joint Finance Committee.

Sen. Testin will also be serving as chairman of the Senate Committee on Agriculture and Revenue and as vice-chair of the Senate

Committee on Health. Additionally, Sen. Testin will be the co-chair of the Joint Survey Committee on Tax Exemptions and a member of the Senate Committee on Financial Institutions and Sporting Heritage and the Joint Committee on Information Policy and Technology.

Sen. Testin has also been selected by his colleagues to continue to serve as president pro tempore of the Wisconsin State Senate. He was first elected to the role in Nov. of 2020.

Sen. Testin responds to passage of voter ID resolution

FOR CITY TIMES

WOOD COUNTY – Sen. Patrick Testin (R-Stevens Point) released the following statement after the Wisconsin State Senate passed a resolution that aims to amend the state constitution to require that voters show a valid form of identification when casting a ballot in any election:

"While we already have voter ID laws in the books, this resolution enshrines the popular voting requirement in our state constitution, which ensures that the security measure can be enforced well into the future. Wisconsinites have a right to clean, fair elections and to know that their votes count.

"There really is no logical reason to oppose this legislation. Nearly 80 percent of Americans support voter ID, and since our state's voter ID laws were enacted several years ago, turnout at the polls has actually increased. The statewide raw number of voters in the 2024 presidential election was the largest in Wisconsin's history. In that same election, Milwaukee recorded the highest voter turnout percentage of the 50 largest cities in the country. To claim that voter ID requirements suppress votes is disingenuous and utter

"That is because photo identification cards are free and easy to obtain.

nonsense.

Plus, you need an ID for just about every aspect of your life, including driving a car, purchasing medication, renting or buying a home, getting a hunting or fishing license, opening a bank account and adopting a pet from the Humane Society. In fact, some grocery stores even require an ID to buy nonalcoholic mixers. Does it really make sense to have more safeguards for cocktail syrup than we do for ballots?"

The resolution is now headed to the state Assembly for approval. If passed by that chamber, the question will go before voters in a statewide referendum where they will have the final say.

Volunteers needed for homeless Point-In-Time count

FOR CITY TIMES WISCONSIN

WISCONSIN RAPIDS – The Point-in-Time (PIT) count is a semi-annual survey which seeks to gather a "snapshot" of homelessness in every community on a single night. During the PIT count, volunteers canvass south Wood County to record the number of people experiencing homelessness locally, and offer resources as available.

The PIT count will begin at 11:00pm on Wednesday, Jan. 22, and wrap up in the early hours of Thursday, Jan. 23. Volunteers will meet at North Central Community Action Program's office, located at 2111 8th Street South in Wisconsin Rapids, at 10:30pm for a brief training orientation before the event begins. No prior experience or training is needed.

Community members interested in volunteering for the PIT count can contact Ben Eberlein at United Way by calling 715-421-0390 or emailing ben@uwswac.org.

HCE Game Day

SUBMITTED BY DENISE MANCL

Home and Community Education , (HCE) will be hosting a free game day on February 6th from 1:00 p.m. to 3:00 p.m.

It will be at First Congregational UCC Church at 311 2nd Street Wisconsin Rapids Wisconsin.

This will be open to the public and is free of charge. However they would like to have

you pre-register so they can prepare for all who will be attending.

To pre-register please call one of the following. Darlene at 715-741-0503 or Nicki at 715-424-1572. Thank you. We look forward to seeing you.

If you are interested in becoming a member of our group, please feel free to email me at deedeemancl@gmail.com.

University of Minnesota Rochester announces Fall 2024 Dean's List

nize the students who have

earned a spot on the Chan-

cellor's List," said UMR

Chancellor Lori J. Carrell,

"their commitment to ex-

cellence serves as an inspi-

ration to all on our campus

who are driven to trans-

FOR CITY TIMES

WOOD COUNTY – Each semester, UMR recognizes students who have achieved high academic achievement through the Chancellor's List. To be listed, a student must have earned a 3.666 GPA or higher and completed a minimum of 12 credits graded A-F. "It is an honor to recog-

form knowledge into discovery in the ever-changing world of health care." From Marshfield, Tryna-

tee Erickson and Maria Laura Garcia-Moya were placed on the Dean's List. From Wisconsin Rapids, Anthony James Arias was placed on the Dean's List.

Gabriel Kosmalski graduates from Marquette University

WOOD COUNTY – This past fall, Gabriel Kosmalski of Rudolph, WI, graduated from Marquette University in Milwaukee, Wisconsin. Kosmalski earned a Doctor of Dental Surgery degree in Dentistry.



Rep. Krug sworn in

FOR CITY TIMES

WOOD COUNTY – The 107th session of the Wisconsin State Assembly began in Madison. Rep. Krug was sworn-in, marking his 8th term serving residents of the 72nd District.

"I'm honored to continue working for the families and communities of central Wisconsin. This session, I will serve in a leadership role as the Assistant Majority Leader for the Republican Assembly caucus," said Krug. "While I will no longer be Chairman of the Campaigns and Elections Committee, I will continue addressing election related



Krug

issues as the Vice-Chair of the committee."

Rep. Krug will also serve as a member of the Committee on Rules and Committee on Assembly Organization. Additionally,

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he will serve on the Joint Committee on Information Policy and Technology, Joint Committee on Legislative Organization, and Co-Chair of the Joint Review Committee on Criminal Penalties.

"I am excited to get to work for my constituents once again and address the many issues we all face. One of our top priorities will be returning Wisconsin's massive budget surplus to the taxpayers," added Krug. "As always, I welcome and encourage residents of the 72nd Assembly to reach out to me or my office with your questions, concerns, or issues."

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Mid-State announces fall 2024 Dean's List

FOR CITY TIMES

WOOD COUNTY – Mid-State Technical College has announced its Dean's List for the 2024 fall semester. This recognition is reserved for Mid-State students who have enrolled in six or more credits and have earned a minimum grade point average (GPA) of 3.75 during the semester.

Arpin: Konrad Blaschka, Medical Coder; Kylie Frischman, Early Childhood Education; Robert Strenn, Meat Cutting and Butchery; Anna Taylor, Early Childhood Education; Reid Tilberg, Diesel & Heavy Equipment Technician; Simon Trierweiler, Accounting; Jordyn Wyant, University Transfer-Associate of Arts.

Auburndale: Madelyn Becker, Project Management; Kathleen Gebelein, Office Support Specialist; Lynn Helmer, Stainless Steel Welding.

Chili: Holly Fischer, Accounting.

Colby: Halle Bender, Nursing; Skylar Leffel, Business Management; Charolette Smith, Business Management.

Granton: Samantha Martin, University Transfer-Associate of Arts; Olivia Piskow, Automotive Technician.

Loyal: Cortney Schneider, Entrepreneur.

Marshfield: Dana Anderson, Arborist Technician; Lillian Andres, Nursing; Kaylan Avila, Accounting; Tanya Barth, Leadership Development; Emilie Becerra, University Transfer-Associate of Arts; Ansen Bell, IT Cybersecurity Specialist; Brenda Bentti, Medical Coder; Jessica Bornbach, University Transfer-Associate of Science; Hannah Bray, University Transfer-Associate of Arts; Darby Cox, Accounting; Saffron Dering, Business Management; Madelyn Edhlund,

Early Childhood Education; Christopher Edmundson, Accounting; David Florida, Accounting; Tanner Genett, Business Management; Alek Glenzer, Agribusiness Science & Technology; Reese Gribble, Business Management; Allyson Guden, Surgical Technology; Haley Guido, Medical Assistant; Thomas Hardinger, Meat Cutting and Butchery; Katarina Harrison, Human Resources; Andrew Herman, IT Network Specialist; Amber Hollatz, Digital Marketing; Ryan Johnson. Stainless Steel Welding; Amanda Kolbeck, Meat Cutting and Butchery; Adam Lease, Business Management; Michelle Lucek, Business Management; Aunna Martin, Surgical Technologist; Cassandra Mehlberg, Health Information Management; Jenna Paasch, Business Management; Laura Pozega, Accounting; Rick Purdy, Automotive Maintenance Technician; Zayden Schoolman, University Transfer-Associate of Science; Amy Taylor, Health Information Management; Josh Van Whye, Criminal Justice-

Studies; Amy Varsho, Digital Marketing; Lindsay Whiting, Cosmetology. Neillsville: Quentin Fausett, Criminal Justice-Studies; Chiaki Friemoth, Nurs-

ing; Elizabeth Springer, Medical Assistant. Nekoosa: Ryan Arnett, Respiratory Therapy; Orion Bredda, IT Network Specialist: Hailev Carney, Cosmetology; Casey Collins, Medical Coder: Dahl, Criminal Zander Justice-Studies: Brandvn Drollinger, Human Resources Assistant; Alyssa Goodenough, Cosmetology; Jacquelyn Hoffman. Leadership Development; Christopher Hovorka, Arborist Technician; Evelyn Johnson, Nursing; Andrew Klumb, Accounting; Michaela Kohnen, Medical Assistant; Tierney Lindstrom. Nursing; Tia Machon, Business Management; Shantel Masonick, Nursing; Brent McChesney, Automation & Instrumentation Technology; David Naud, Automotive Technician; Ellen-Lou Russell, Health Information Management; Stephanie Schmid, Adobe Suite; Zachary Scholl, Leadership Development; Zoe Sorenson, Respiratory Therapy; Bethany Spaw, University Transfer-Associate of Arts; Nicholas Stillman, Automotive Maintenance Technician; Hailee Straight, Phlebotomy Technician; Jordan Tellekson, IT Software Developer; Talya Wenger, Nursing.

Pittsville: Marissa Becker, Criminal Justice-Corrections & Community Advocacy; Mason Peckham, IT Cybersecurity Specialist; Haylee Zawislan, Criminal Justice-Studies.

Spencer: Emberley Hill, Dental Assistant; Marissa Lueth, Medical Assistant; Ma'niyah Prescott, Welding; Sierra Shinkle, Human Resources Assistant

Stratford: Michael Bell, Accounting; Kacie Hohl, Accounting Assistant; Taylor Wussow, Human Resources.

Unity: Olesia Hnatiuk, Nursing; Krysara Mueller, Accounting.

Vesper: Kevin Abel, IT Cybersecurity Specialist; Bradley Becker, LEAD Institute; Pamela Brooks, Accounting; Cyanne Kube-Smith, Culinary Arts; Trinnan Kube-Smith, IT User Support Technician.

Wausau: Jonathan Keller, Criminal Justice-Studies; Riley Wolslegel, Paramedic Technician.

Wisconsin Rapids: Kathryn Adams, Cosmetology; Rebecca Adams, Human Resources Assistant; Kelly Alekna, Cosmetology; Arbresha Alimi, Nursing;

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Justin Allison, Industrial Mechanical Technician: Cassandra Anchor, Criminal Justice-Studies; Ashlee Anderson, Nursing; Logan Anderson, Criminal Justice-Studies; Hailey Arndt, Medical Assistant; Abigail Ashbeck, University Transfer-Associate of Arts: Faith Bauer, University Transfer-Associate of Arts; Michael Bender, Accounting; Ella Berg, Entrepreneur; Andrew Bohenstengel, Criminal Justice-Studies; Trevin Bonkoski, Automation & Instrumentation Technology; Natalie Bord, Business Management; Cameo Christensen, Surgical Technology; Drue Christensen, Advanced Manufacturing Technology; Madelyn Dickey, Digital Marketing; Eric Doerrler, Criminal Justice-Studies; Gwyndolin Engwall, Accounting; Paetynn Fink, Digital Marketing; Trinity Fischer, IT Network Specialist; Jerlonda Foster, Medical Assistant; Kelsey Fox, Accounting; Nicole Fox, Meat Cutting and Butchery; Gina Fuller, Medical Coder; Jenilisa Gaspar-Diaz, Phlebotomy Technician: Maisee Glinski, Business Management; Lindsay Graumann, Accounting; Samantha Hanley, Nursing; Evan Harris, IT Network Specialist; Nolan Hartman, Diesel & Heavy Equipment Technician; Courtney Hat-Entrepreneurship; tery, Annie Hawbaker, Cosmetology; Luis Hernandez. Business Management; Angie Higdon, Accounting; Annaleigh Hillemeyer,

Business Management; Travis Hofer, Accounting; Emily Hoffmann, Nursing; Lucas Holmes, Criminal Justice-Studies; Larry Isensee, Agribusiness Science & Technology; Mason Jeske, Precision Machining Technician; Aimee Johnson. Health Information Management; Andrew Johnson, Accounting; Jacob Johnson, University Transfer-Associate of Arts: Gabriella Kelly, Criminal Justice-Studies; Ger Khang, Business Management; Pang Khang, Medical Coder; Amber Kitowski, Accounting Assistant; Alexa Knuth, Phlebotomy Technician: Kristine Koehn. Adobe Suite; Jarrett Kort, Metal Fabrication; Jeremy Krause, Manufacturing Operations Management; Dakota Kuhl, Nursing; Russell Kuhn, Business Management; Trenton Larson, University Transfer-Associate of Arts; Samantha Long, Nursing; Rhonda Martinson, Leadership Development; Rebecca Monson, Nursing; Hannah Munro, Criminal Justice-Studies; Ethan Nelson, Barber Technologist; Haili Nelson, Medical Assistant; Cornelia O'Keefe, University Transfer-Associate of Arts; Faith Olsen, Hospitality Management; Linda Olsen, Tax Preparation; Ella Ott, Business Management; Morgan Payer, Civil Engineering Technology-Highway Technician; Alexandra Potts, Cosmetology; McKenna Radtke, Cosmetology; Clayton Rein, University Transfer-Associate of Arts; Kaitlyn Reinwand, Business Management; Jessica Richards, Early Childhood Education; Kayla Richardson, Accounting; Karli Rickaby, Criminal Justice-Corrections & Community Advocacy; Ciera Roberts, Criminal Justice-Corrections & Community Advocacy; Kemp Ross, Automotive Technician; Noelle Rozner, Business Management; Becca Rumbley, Culinary Arts: Vincent Santilli. IT Cybersecurity Specialist; Charity Sari, Health Information Management: Emma Schillinger, Surgical Technology; Amber Schoenick, Accounting; Adam Schraeder, Accounting; Arnie Schraeder, Renewable Energy Technician; Angela Schuh, Nursing; Evie Schulfer, Culinary Arts; Imani Smith, University Transfer-Associate of Arts; Scott Straw, Business Management; Carter Swen, Precision Machining Technician: Dolorosa Thomas, Criminal Justice-Law Enforcement 720 Academy; Annaiesa Thor, Nursing Assistant; Amber Tiffany, Medical Assistant; Molly Wenzel, Precision Machining Technician: Emma Wirth, Early Childhood Education; Stephanie Wiskerchen, LEAD Institute; Austin Young, Precision Machining Technician; Cora Zwicke, Nail Technician.

Withee: Taylor Hall, University Transfer-Associate of Arts.







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Tree clearing to close shoulders, lanes on highways in nine counties

FOR CITY TIMES

WOOD COUNTY - Motorists might encounter shoulder closures and lane closures controlled by flagging as roadway tree clearing is completed in advance of upcoming construction projects in nine counties.

Clearing began Monday, Jan. 13 along highways in the following counties:

Forest County, where work is planned on US 8 from WIS 55 South in Crandon to WIS 32 South in Laona.

Green Lake County, where work is planned on WIS 44 from the Grand River Bridge in Markesan and the Fond du Lac Countv line.

Lincoln County, where work is planned on US 8

between North McCord Road at the north county line and County L southeast of Lake Nokomis.

Marathon County, where work is planned on WIS 29 from Purple Martin Lane west of Marathon City east to the Little Rib River in Wausau.

County, Menominee where work is planned on two segments of WIS 47 between the Langlade County line and WIS 55 and on WIS 55 between WIS 47 and the Langlade County line.

Shawano County, where work is planned on WIS 29 from Shawano exit 227 to Rose Brook Road west of Shawano and on WIS 156 from WIS 47 south of Bonduel east to WIS 55.

Shawano and Waupaca

counties, where work is planned on US 45 from Gollnow Road in Marion to County C in Clintonville.

Vilas County, where work is planned on WIS 17 between US 45 north of Eagle River and the Wisconsin-Michigan border.

Waupaca County, where work is planned on WIS 54 from the Portage County line east to Foxfire Drive in Waupaca.

Wood County, where work is planned on WIS 173 from WIS 80 North in Babcock to the Cranberry Bridge west of Nekoosa.

Tree clearing operations must be completed by March 15, and removal of downed trees and site restoration work must be completed by April 15.

Help prevent blood shortages in 2025 by giving blood or platelets

FOR CITY TIMES

WOOD COUNTY - The American Red Cross urges donors to make an appointment to give lifesaving blood or platelets in the new year to help keep the blood supply strong this winter. Type O

negative blood donors and those giving platelets are especially urged to give now to keep critical blood products on the shelves for patients in need.

The start of the new year is one of the most challenging times to collect blood products as the threat of severe winter weather builds and can often lead to widespread blood drive cancellations. Additionally, an active cold and flu season may prevent people from keeping donation appointments as they rest and recover from illness. During National Blood Donor Month, the Red Cross celebrates those who generously roll up a sleeve to help save lives and urges those who are feeling well to make and keep donation appointments to help the blood supply stay on track throughout the winter.

Don't sit on the sidelines - kick off 2025 with a blood or platelet donation. To book a time to give, visit RedCrossBlood.org, download the Red Cross Blood Donor App. or call 1-800-RED CROSS. For the sixth

year, the Red Cross and the National Football League (NFL) are partnering in Jan. for National Blood Donor Month to invite football fans and blood donors to join the lifesaving team and score big for patients in need. As a special thank-you to donors for helping address the need for blood during the critical post-holiday time, those who come to give Jan. 1-26, 2025, will be automatically entered for a chance to win an exciting Super Bowl LIX giveaway. The trip includes access to day-of in-stadium pre-game activities, tickets to the official Super Bowl Experience, round-trip airfare, three-night hotel accommodations (Feb. 7-10, 2025), plus a \$1,000 gift card for expenses. For full details, visit RedCrossBlood. org/SuperBowl.

Wood County Donation Opportunities Marshfield

2/3/2025: 11 a.m. - 5 p.m., Holiday Inn, 750 S Central Ave

Wisconsin Rapids 1/21/2025: 10 a.m. - 3 p.m., ODC Inc, 1191 Huntington Avenue

1/29/2025: 10 a.m. - 3 p.m., South Wood County YMCA, 601 West Grand Ave

Clark County Community Foundation Inc. announces 2024 grant cycle recipients

FOR CITY TIMES

WOOD COUNTY - The Clark County Community Foundation (CCCF) announced the 2024 Grant Cycle Award Recipients. With the help of donors, the Foundation is able to award the following

organizations, needed funds to help accomplish their missions, move forward with projects and benefit Clark County residents.

Congratulations to these 13 area nonprofit organizations who will receive a total of \$9,400 this year through the Foundation's Clark County Community Fund:

Zion Lutheran Church - Colby - Early Childhood Program – Playground Equipment United Church of Christ - Neillsville -

Monthly Food Meals Program Clark County Victim Witness Services -

Translating devices

Clark County Homemakers HCE - Bookworm Project

DNR seeks nominations for **2024 Ethical Hunter Award**

FOR CITY TIMES

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WOOD COUNTY - The Wisconsin Department of Natural Resources is accepting award nominations for the 2024 Wisconsin Ethical Hunter Award. Nominees are selected based on exceptional moral actions and character while out in the field Established in 1997, the award recognizes a hunter whose action is symbolic of Wisconsin's hunting heritage. This honor represents an outdoor tradition enjoyed responsibly, respectfully and safely. Examples of award nominations can include helping other hunters find lost game, assisting novice

hunters or protecting natural resources. Any hunter or non-hunter can nominate a licensed Wisconsin hunter for the Wisconsin Ethical Hunter Award for their actions during the 2024 calendar year. Although many nominations result from gun deer season, ethical actions can ocsupervisor; and Jerry Davis, a retired University of Wisconsin-La Crosse biology professor and outdoors writer. The nomination committee focuses on singular actions or events rather than individuals who have long-term conservation-related programs.

Written nominations



morning session is re-

quired to take part in the



Wolf ecology clinic held in Necedah

SUBMITTED BY **DEB BIECHLER**

Friends of Necedah National Wildlife Refuge and the Timber Wolf Education Network (TWIN) invite anyone interested in wolf ecology to attend a one day clinic on Feb. 1. The clinic is in two parts and begins at the Necedah National Wildlife Refuge Visitor Center, N11365 Headquarters Road, Necedah. The morning session, from 9-11:30, includes information on Wolf Management in Wisconsin, Conflict Management, and the Natural History of Wolves. This portion

is limited to the first 50 people to register. Participants must be over the age of 12. Anyone between ages 13 and 16 in attendance must be accompanied by an adult.

The afternoon session. limited to twenty people, takes participants onto the refuge. While in the field. TWIN volunteers hope to show and interpret wolf sign, discuss census survey techniques, and discuss winter ecology of other creature signs opportunistically encountered. Attendance in the

afternoon fieldwork, from 1-3. Anyone staying for the entire day should bring their own lunch as well as dress for the weather, including waterproof boots. People with ambulatory issues need to evaluate their ability to participate as the outdoor component is strenuous.

Register at refugeregistrations765@gmail.com

Please include the names of people in your group and a phone number so that you can be reached in case of cancellation due to inclement weather. Registration is due by Jan. 27.



City of Greenwood Main Street Commit-

tee – new City signage

Sleep in Heavenly Peace Inc, - materials for new beds project

City of Neillsville - Beautification Committee - Prock Park Project

Clark County Health Department - Hydroponic Gardens in area School Districts

Central Clark County Community Childcare Center - needed equipment

Neillsville Improvement Corporation -Rails to Trails Project

Willard Historical Society - Settler's Park maintenance

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PSYCHIC SOLUTIONS BY AMANDA

cur for any hunting season throughout the state.

A five-person committee reviews the nominations and selects the person deemed most deserving of this award. The annual honor's creators are Bob Lamb, retired outdoors editor of the La Crosse Tribune; Steve Dewald, retired DNR conservation warden



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must contain the name, address and telephone number of the witness or witnesses, or the person must be aware of the behavior which led to the nomination. The public is encouraged to submit nominations for consideration for the award. Submit nominations via mail or email by Jan. 31. 2025 to:

April Dombrowski, Bureau Director, **Recreational Safety** Outdoor Skills (RSOS)/ Public Safety **Resource Protection** Wisconsin Department of Natural Resources

2421 Darwin Rd. Madison, WI 53704-3109

April.Dombrowski@ wisconsin.gov



To submit calendar events, please email information to entertainment@mmclocal.com

BAR BEATS

The Swing Doctors - 2/13- · Bullseye Golf Club, Wisconsin Rapids. 16-piece jazz/ swing. 7pm. 715-423-2230

ON STAGE

Jeff Allen: Are We There Yet? · Fri. 1/31, Performing Arts Center of Wisconsin Rapids, 1801 16th St S, Wisconsin Rapids. Comedy. Starts at 7:30pm. \$47 adults, \$10 students. savorthearts.com

EVENTS/SPECTATOR SPORTS

Ruby's Pantry Mobile Food Distribution · Sat. 1/18, hosted by Immanuel Lutheran Church at Pitsch Early Learning Center, 501 17th St S, Wisconsin Rapids. Food bundles available from 8 am-9:15 am. \$25 per bundle. rubyspantry.org

Ice Harvest · Sat. 1/25, Nepco Lake &; Historic Point Basse, Nekoosa. Join us in harvesting ice the old fashioned way. During the Port Edwards Lions Fisheree, we will be offering an opportunity for you to try your hand at ice harvesting. Then witness the filling of the ice house on site. Ice is used for making ice cream & amp; chilling drinks. Starts at 10 am at Nepco Lake & 11 am at Historic Point Basse. Free admission. historicpointbasse.com

ONGOING

Celebrate Recovery · Every Tuesday, hosted by Love Inc. at St Lawrence Church basement, 530 10th St N, Wisconsin Rapids. Come share adult Fellowship through hurts, hang-ups & habits guided by the Beatitudes in a 12 step format. Non denominational. Starts at 6:30 pm. 715-424-5683 for questions

OUTDOORS

Pinery Road Snowshoe and/or Hike ·

Sat. 2/1. Historic Point Basse, Nekoosa. Snowshoe and/or hike, depending on the snow conditions, our 3.5 miles of trails or simply join us for hot cider & roasted marshmallows to enjoy a Winter's Day outing. The schoolhouse will be open as a warming house where there will be a traditional snowshoe construction demonstration. Trail maps will be available. Bonfire will be in the upper parking lot with marshmallows for roasting. Starts at 11 am. \$3. Snowshoe & pole rental \$7. Snowshoes/poles must be returned by 4pm. historicpointbasse.com

Arts/Exhibits

The Alexander House · Opens Sundays, Tuesdays and Thursdays, 1131, Wisconsin River Drive, Port Edwards. Art gallery and historical museum with a focus on lumbering and papermaking exhibits. Opens 1 pm-4pm. http:// alexanderhouseonline.org/

Central Wisconsin Cultural Center · Opens Tuesdays, Wednesdays & Thursdays, 2651 8th St S, Wisconsin Rapids. Open from 10am-5pm. Free admission. http://www. culturalcenterarts.com/index.html

South Wood County Historical Museum • Exhibits closed until 4/1. 540 3rd St. S. Wisconsin Rapids. Office will be open Tues.-Thurs. from 10am- 3pm. http://www. swch-museum.com/

LIFELINES

Blood Drive · Tues. 1/21, ODC Inc, 1191 Huntington Ave, Wisconsin Rapids. Starts at 10am. redcrossblood.org

Blood Drive · Wed. 1/29, South Wood County YMCA, 601 W Grand Ave, Wisconsin Rapids. Starts at 10am. redcrossblood.org

Stay ahead of Respiratory Virus Season

FOR CITY TIMES

WOOD COUNTY - Respiratory virus season presents added risks for everyone, but individuals with diabetes face significantly greater risks. Diabetes weakens the immune system and disrupts blood sugar regulation, making it harder to fight infections.

"People with diabetes are at higher risk of more frequent or severe infections, including common respiratory viruses like influenza, COVID-19, and RSV," says Alex Trecartin, MD, a family medicine physician with Aspirus Health.

The Centers for Disease Control and Prevention (CDC) reports that people with diabeteseven those whose diabetes is well-managed—are three times more likely to die and six times more likely to be hospitalized due to flu-related complications than those without diabetes.

Dr. Trecartin explains that infections can complicate diabetes management. "Our body's metabolism changes during illness, and blood glucose control can be harder to maintain," he explains. "It's important to monitor blood sugar levels more often and communicate with your health care provider about adjustments to your treatment plan."

Alex Trecartin, MD

To protect themselves during respiratory season, Aspirus Health encourages individuals with diabetes to take the following proactive steps:

Stay Current on Vac-Immunizations cines: for flu, COVID-19, and RSV significantly lower the risk of infection and reduce the severity of symptoms if illness occurs.

Maintain Good Glu-

cose Control: Keeping blood sugar levels within a healthy range helps reduce the likelihood of complications from infections.

Practice Good Hygiene: "Washing your hands frequently is perhaps the most important thing you can do to lower your risk of respiratory infection," advises Dr. Trecartin.

Taking these precautions will help individuals with diabetes reduce their risks and navigate respiratory virus season more confidently.

www.WRCityTimes.com

ARP Foundation offering tax-aide program

FOR CITY TIMES

WOOD COUNTY - AARP Foundation Tax-Aide volunteers will be providing free in-person tax preparation to area residents, with a focus on taxpayers who are over 50 years old and those who have low to moderate income. You do not need be an AARP member to use this service.

This free program is funded by AARP Foun-

dation and the Internal Revenue Service and supported locally by Marshfield Parks and Recreation Department, Marshfield Area United Way, and 211 of South Wood & Adams Counties. Local volunteers, who are trained and IRS-certified, will prepare then electronically and file Federal, Wisconsin and Homestead Credit tax returns.

AARP Foundation Tax-Aide volunteers can not prepare complex tax returns. These include Married Filing Separately, bankruptcy or divorce in 2024, residential rental income/depreciation, farm income, business income with employees, inventory or depreciation, cancellation of debt (except for a

personal credit card), virtual currencies, most K1 schedules and other complex returns.

Appointments will be scheduled in Marshfield every Monday from noon until 5PM and Wednesdays from 9AM till 2PM starting Feb. 10 and ending April 9. After Jan. 2, you can schedule an

7

8

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appointment in Marshfield by calling 2-1-1 or 1-877-947-2211. After you make an appointment, a reminder card will be mailed to the address you provide,

with a list of documents to bring to the appointment. Expect the appointment to take about 90 minutes. Walk-in appointments will not be accepted.





Dear Reader, I am not just one; I am a unit of many—my ancestors who paved the way, the stages of my life shaped by community and friends,



2 6 **PUBLISHER'S LETTER** We Are One

SUDOKU

3

and the family of God's creation to which we all belong.

Whatever I do is not just me; it is many. We are all in this together. No one deserves all the credit,



and no one should bear all the blame. Our successes and failures are collective, reflecting the journey we share.

So, let's make it worthwhile. Let's journey together with love and compassion, setting aside denigration and hate. Our shared path is our greatest responsibility and our most profound opportunity.

PATRICK J. WOOD Publisher

Author of "Reflections" a new book now available on Amazon.



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@MetroCreative

Level: Intermediate

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	GERLAND COOFING
Try a Steel R	oof!
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7502

FOR CITY TIMES

WOOD COUNTY - As

winter sets in, snow and

ice can turn sidewalks,

driveways, and parking

lots into hazardous zones.

Slip and fall injuries are

among the most common

winter-related accidents,

often leading to serious

consequences such as frac-

tures, sprains, and head

Kaitlin Eichman, a phys-

ical therapist with Aspirus

Health, says with a little

foresight and some practi-

cal measures, these inci-

dents can be significantly

"You want to make sure

you have some quality

footwear with good trac-

tion so that when you're

making contact with the

ground, starting from

injuries.

reduced.

Preventing slip and fall

injuries in the winter

your feet down, you've got

good tread, non-slip soles,

something that's stable

and secure on your feet,"

The first line of defense

against slips and falls is

keeping pathways clear of

snow and ice. Shovel walk-

says Eichman.

Jennifer Clark

ways promptly after snow-

fall to prevent buildup and

ice formation. For added

safety, apply ice-melting

products such as rock salt

or sand to improve trac-

tion. Homeowners and

businesses should rou-

tinely inspect their prop-

erty for hidden patches of

ice, especially in shaded or

Eichman encourages a

cautious approach when

walking on potentially slippery surfaces and to

think..." walk like a pen-

make your base of support

a little wider, turn your

feet outward a little bit

and take short steps," says

Eichman. "You don't nec-

essarily need to slide your

feet when you're walking,

but take shorter, smaller

steps and slow down your speed so that you have that

wider base of support you

can keep yourself upright

Slopes and stairs can be

particularly dangerous for

individuals with limited

dividuals with disabilities are particularly concerned about falls due to

slippery surfaces like ice

and snow," adds Jennifer

Clark, Community Health

Educator with the Aging

and Disability Resource

Center (ADRC) of Central

Wisconsin. "It's important

to take your time and not

be in a rush, use handrails

and keep your hands free

as much as possible," said

stop at the doorstep. Melt-

ed snow and water tracked

indoors can create slip-

pery floors. Place absor-

Winter hazards don't

"Older adults and in-

a lot easier."

mobility.

Clark.

"We encourage people to

low-traffic areas.

guin."

Classifieds

Wanted to Buy

SSS CASH SSS

I'll buy out estates, attics,

barns, basements, & sheds. Central Wisconsin

Also, guns, military, gold & silver coins, old musical

instruments, and jewelry.

GUARANTEED I'll

buy more than my

competitors!!!

Call Randy

715-204-2578

References available

Located in Stevens Point

WANTED:

FENTON

S.S \$\$\$

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Announcements

EMPTY FLORIDA BOUND TRUCK. Can move household & – CHEAP! Local 414-520-1612

Pioneer Cemetery Annual Meeting - Saturday February 1 2025 - 6 P.M. at the Saratoga

Town Hall, 1120 Hwy 73 So. Agenda will include the following: Update on the Third Addition. Financial Update on Columbarium installation, Price increases for Cemetery Operations, Cemetery Weekend Operations, Election of Officer. All owners are voting members. For more information call 715-424-7270

Rummage Sales This Week

The Holly Shoppe Rummage Sale Lincoln Center 1519 Water Street Stevens Point, WI 54481 January 15th & 16th 8-4pm & January 17th 8-12pm. Books, yarn, housewares, home décor, toys, crafts and much more!

Estate Sales

JR's Estate Services Jan. 18 Sat. 9:00-3:00 Jan. 19 Sun. 10:00-2:00 2911 Hickory Drive, Plover, WI 54467

Come join us for our first sale of 2025! This beautiful home also detached heated garage/workshop. Located just off Post Road behind Carpets Plus, this sale has many quality items. Partial list of items includes: **Jew-**elry: 10k White Gold Ruby & Diamond Ring, 10K White Gold Rings, sterling silver, costume jewelry **Furniture:** Queen Beds, Broy-hill Dressers, Nightstands, End Tables, Wide Seat Lift Chair/Recliner w/massage, Day Bed w/trundle, Tall Jewelry Chest, Lamps, Card Tables & Chairs, Quilt Rack, Rugs, Small Drop Leaf Dinette Table, Dining Room Table w/ 3 chairs & bench, bar stools Décor: Wall Art, Decorative Pillows, Snowmen, Vintage Christmas lights, Vintage Blow Mold Nativity scene, Holiday/seasonal items **Kitchen**: Rogers Sterling flatware set, small appliances, cookware, GE mi-crowave, mid-size Black & Decker refrigerator, chest freezer, canning jars Household: Shark vacuums, Floor safe, Storage Totes, Vintage Red Fox Fur Coat, Garage/Outdoor: 4' x 7' Utility Trailer, 8 cu. ft Dump trailer, Wheelbarrows, Patio Table/Chairs, Plant stands/hold-ers, Edging, Yard/Landscape ers, Edging, Yard/Landscape Tools, Hose Reel Hideaways, Agri-Dethatcher, Craftsman Tine Crattsman line Dethatcher, Sawhorses, Rolling Tool Cabinet, 16 Gal. Contractor Wet/Dry Shop Vac, DieHard 200 amp battery charger, Delta 10" Bench Drill Press, Comfort Zone Industrial High Output Digital Ceiling Mount 10,000 watt garage heater - Brand New in Box, Chicago Electric Flux Welder, Mitre Saw, Belt Disc Sander, Delta Bandsaw, 2 ton hydraulic floor jack, 6 in. battery op-erated Pruner Saw - Brand New in Box, Craftsman Buffer, Poulan Chain Saw, orbit sanders, exten-sion cords, Hardware organizers, Drill Bits, ratchet set, Tap & Die set, plethora of hardware & hand inc. large wrenches, and tools much more

Special Notes: Numbers will be handed out starting 30 minutes prior to the sale on Saturday only. Numbers determine order of entry when sale opens. All items are sold AS IS with no guarantees. Sales tax will be applied to all pur-chases per Wisconsin State Statute. For updates and photos follow our Facebook and

ITEMS, CALL CHARLOTTE 715-366-2574 7208 WANTED TO BUY: ANTIQUES, ANY OLD STUFF, TOOLS, FUR-NITURE - ESTATE ITEMS, ETC. I'LL DIG THROUGH PILES. CALL JERE 715-366-2574 Dogs ACA REG. SHITZU PUPS! Shot DEW Vet Ck'd Parents are small \$375. Call (#268475) 1/13 ACA REG. SHITZU PUPS! Shot DEW Vet Ck'd Parents are small \$375. Call 715-669-3607 (#268475) 1/13 ADORABLE PUG PUPPIES! Great w/kids awesome family pets shots dewormed vet ck'd 2-F 1-M \$500 715-669-7571 (1/20)

> AKC YELLOW BLACK LAB PUPS AND AKC GOLDEN RETREIVER PUPS \$800. ALSO GOLDEN RE-TREIVER CROSS. \$500 CALL 715-671-3092 (#267331) 1/20

BOSTON/RAT TERRIER PUPS Shots/Worm/Vet ck'd, can deliver \$500 715-255-2661 (#269146)1/13)w

BOSTON TERRIER PUPPIES Males/Females Health Ready Now \$600 715-937-0916 (01/13)

CAVAPOO PUPS \$700 Shots/Worm/Vet ck'd, can deliver 715-255-2661 (#269146)1/13)nw

CAVAPOO PUPS. Shots, Dews, Wormed Vet Ck'd Health Guar-anteed \$500 Call 715-470-0458 No Text (#509642) 1/13 amnw

ENGLISH SPRINGER SPANIEL PUPS! AKC Champion lovable. \$300 715-267-6070 (1/13)

GOLDEN RETREIVER PUPPIES! Vet Checked ACA REGISTERED. Ready to go NOW Cadott 715-289-3165 can send pics (1/13)

Labradoodles, born 8/12/24, 1 brown female. 1 white male. 1 black & white male 1st shots, make offer!

715-660-6438 (No Text).

Miniature Australian Shepherd puppies. Registered, Blue Merles & Black Tris, shots, dewormed, vet checked, born 10-12-24. Ready now \$400 715-819-0865. No texts.

7484 Lots and Acreage Wanted HOME WANTED to BUY!! Looking for a 3bdr country home in Wood or Portage County. Acreage a plus. I have a qualified buyer ready to buy. If you would consider on selling for CASH, please give me a call at 715-421-9999

North Central Real Estate

Motorcycles

7268

\$

1-00-00-1

4

GLASS

7272

715-669-3607

715-669-3607

BUYING SALVAGE MOTORCY-CLES-ATVS-WATERCRAFT 920-850-9299 Local Dealer Pickup

Professional and Technical 7135

Park Place Adult Day Services Director: The Director will be re-sponsible for day-to-day operations and will report to the Board. The Director must have at least one of the following: * Ar Associate Degree or higher from an accredited college in a re-lated healthcare field that has cared for a population like the group at PPADS (elderly) OR ' At least two years of experience working in a related healthcare field that served a population like the group at PPADS. The position is full-time time approxi mately 40 hours per week, Fo further information, visit the PPADS website or FB page Park Place Adult Day Services 220 3rd Avenue South Wisconsir Rapids, WI 54495 Parkplacead ultdayservices@gmail.com

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CLUES ACROSS

1. This regulates cortisol

production (abbr.) 5. People of northern Vietnam

8. Employee stock ownership

- plan 12. Regions
- 14. The center of a city
- 15. Hindu serpentine deity
- 16. Roared
- 18. Sun up in New York

60. Moved on foot quickly

62. Facial body part

64. Urinates

CLUES DOWN

- Mexico
- 4. Music producer Teo

1. Partner to "oohs"

- 19. "Sir" in Malaysian

61. "For goodness ___

63. Russian river

2. Scaly water dweller 3. Pueblo people of New

- 5. Greek mythological

fish

playwright

44. Martens

45. Approval

48. African nation

54. Type of sword

55. Scottish tax or levy

49. Dark brown or black

52. A place to get caught

53. Large-headed, elongated

- 25. Sums 26. They follow "A"
- Burma
- 29. Small amount
- northeast and east

41. Extremely slow

- 43. Influential mid-century

47. Dallas-adjacent Texas city

- 27. Satisfaction
- 28. People of southeastern

- 38. Affirmative
- 42. Pearl Jam's debut album

- 35. Guy (slang)36. Sound unit
- 37. Midway between
- 40. Almost at the top

page gram Services.

Firewood

Firewood: Thick, dry oak slab-wood, NO EDGINGS! 6 or 12 cord loads. Pre Season Pricing. 715-459-5311

7244

7264

7265

Guns

WE BUY USED GUNS! Bullseye Sports 1201 S. Central Ave. Marshfield, WI 715-384-6580

Wittenberg Gun Show: Janu-ary 17th & 18th at the Best Western W17267 Red Oak Lane Wittenberg, WI Friday 3pm-8pm Saturday 9am-4pm Bearing Arms Gun Shows 715-641-2439

Hunting Equipment

12/16/28 GAUGE RELOADERS (MEC) PLUS SUPPLIES: MEC Reloaders, good condition, plus supplies for each. Also, a Super Sizer Model SS77 and an RCBS RCII Resizer. Also, the Lyman Shotshell Reloader Handbook 4th Edition. 715-842-5418, leave message if not home

GOLDENDOODLE PUPS! MINI \$700 Shots/Worm/Vet ck'd, can 715-255-2661 deliver (#269146)1/13sm

Pomeranian Puppies Cute Fun Vet Ck'd \$500 call 715-654-5149 (1/13)

PURE BRED REGISTERED CAV-ALIER PUPS! Vet Ck'd Vac. Dew DOB 10/16/24. \$450 715-669-7306 (1/13)

7288

7478

Hay and Straw

Hay For Sale Good grass mix round bales for horse or beef, also small square dairy free. Delivery within 100 miles of Appleton, WI. 920-878-0005 or 920-878-0288. No messages.

Rental Property for Sale

Three 50' x 300' storage rental buildings, 189 units on 7 acres. Set up for 4 more buildings, fenced and camaras. Prime location West of Appleton, WI, 920-878-0005, no messages

20. Shrimp dish 21. Muckraker Tarbell 22. Apex 23. Harmonic effects 26. One of Babe Ruth's nicknames 30. Groups in organic chemistry 31. More pleasant-tasting 32. Spring forward 33. Noted writer 34. Building occupied by monks 39. "The world's most famous arena" 42. Colorless liquid hydrocarbon 44. Long or fast speech

46. Things you can eat 47. Substance in which magnetic moments are not aligned

49. Actor Idris

50. I (German)

51. Taxes

56. Indonesian island 57. Nuisance (slang)

- 58. Shawl
- 59. Digits

goddess 6. Got together to discuss 7. Acquires 8. Involve 9. Some are tomato-based 10. Old Irish alphabets 11. A sheet of glass in a window or door 13. Blood poisoning 17. A moon of Saturn

24. Neither

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bent mats at entrances and encourage the use of boot trays to catch excess water. Regularly mop up wet areas and use "wet floor" signs to warn others of potential hazards.

Even with precautions, accidents can happen. Carry a cellphone or alert others if you are venturing into areas with known hazards. Learning basic fall prevention techniques and maintaining good physical health, such as improving balance and flexibility, can also reduce the risk of serious injuries.

By taking proactive measures and staying vigilant, individuals and organizations can significantly reduce the risks of winter slip and fall injuries. A little preparation goes a long way in keeping yourself and others safe during the colder months.

DNR now accepting entries for 2026 State Park and Forest 12-month vehicle admission pass

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Department of Natural Resources is now accepting artwork entries from high school students for the 2026 12-month Wisconsin state park and forest vehicle admission pass.

The annual DNR-sponsored design contest is open to all high school-age students in Wisconsin who attend public, private and parochial schools or are homeschooled. Artwork entries should focus on outdoor recreation, animals or plants in Wisconsin.

"With the transition to a 12-month admission pass

format, we're excited to see what inspiration and creativity is generated by high schoolers across the state. This is a great opportunity for students to blend their artistic passion and interest in our natural resources," said Steve Schmelzer, Parks and Recreation Management Bureau director. "We are grateful for all of the students who submit artwork. It's always a pleasure to see the entries, and it's never an easy choice to pick just one design."

The vehicle admission passes provide access to more than 60 state park,

forest and recreation area properties across Wisconsin. All motor vehicles entering state parks and recreation areas must have a vehicle admission pass. Some state forest and trail parking areas also require a pass.

Materials for the 2026 sticker design contest are now available, and students can submit entries through April 30, 2025.

Rules, submission guidelines, tips for a winning design and past sticker design winners are available on the DNR's State Park Pass Design Contest webpage.

Stay safe and smart with over-the-counter medications

FOR CITY TIMES

WOOD COUNTY – Overthe-counter (OTC) medications are a convenient solution for managing common ailments like coughs, colds, and congestion. However, improper use can lead to unintended side effects—or even harm. Aspirus Health encourages patients to approach OTC medications with caution and informed decision-making.

"Patients may not know what the active ingredients are in each medication," says Stetson Potrykus, Aspirus Pharmacy Resident. "This can lead to taking multiple products with overlapping ingredients, which increases the risk of side effects by raising the overall dose."

Many OTC medications

are combination products designed to target multiple symptoms. While helpful, these products require careful label reading to ensure safe use.

"The key is to narrow down the symptoms you have and select a medication that addresses those symptoms specifically," Potrykus adds. "That approach reduces the risk of taking unnecessary ingredients and minimizes side effects."

To get the most benefit from OTC medications while minimizing risks, Potrykus recommends:

Identify your symptoms: Select a medication designed for your specific needs.

Check the labels: Avoid products with duplicate active ingredients to reduce the risk of overuse. Use combination products carefully: Ensure they align with your symptoms and avoid taking unnecessary ingredients.

While OTC medications are effective for short-term relief, they aren't always the solution. Potrykus advises contacting a health care provider if:

Symptoms persist for more than a week.

Symptoms worsen despite OTC treatments.

You're unsure which medication is safe, particularly if you have underlying conditions or take prescription medications.

Taking these precautions can significantly reduce complications and ensure effective symptom management. For personalized advice, consult your health care provider.



"The Wealth InFormation Lady": Should I Start Social Security Earlier or Later? It Depends.



The Wealth InFormation Lady BY LOUANN SCHULFER, AWMA®, AIF® ACCREDITED WEALTH MANAGEMENT ADVISOR SM

ACCREDITED INVESTMENT

A question we commonly get asked is, When should I begin social security? Should I start early? Or should I start it later? The answer is, it depends.

It's interesting that just about every continuing education session or conference I attend on social security advocates for advisors to encourage their clients to delay receiving social security. For each month after age 62 that you delay, your monthly social secu-

FIDUCIARY®, PUBLISHED AUTHORcommonly
nen should
security?rity check will increase, all
the way up to age 70. If you
live a long life, you'll have
gotten more out of the so-
cial security system by de-
laying your income because
your checks will be higher.
But is it always the right de-
cision to delay? It depends.

I have many clients who are able to retire early, before their Full Retirement Age, or FRA, as defined by the Social Security Administration. If they are no longer receiving an income,

bills need to be satisfied, cars and toys need to be bought and vacations need to be paid for, from somewhere. If not receiving any other form of income, portfolio withdrawals will need to be taken. If one were to have a budget of \$100,000 per year for example, retired at 62 and delaying social security through age 70, that is \$800,000 of portfolio withdrawals, using just simple math. If one were to have an early social security benefit of \$40,000 per year, again using simplicity for illustrative purposes, the portfolio withdrawals could be reduced by the \$320,000 that eight years of \$40,000 social security income would provide. If preserving the nest egg is more important than trying to

get more money out of social security, than it may be better to begin early.

If you are working while under your FRA and you begin social security benefits, your social security income will be reduced by \$1 for every two dollars that you exceed the maximum allowable income. In 2025, the maximum allowable income is \$23,400 and increases slightly most years. It hardly pays then, to begin social security early. In this case, it may be better to delay.

If one or both spouses have longevity on their side, consider delaying social security for as long as you can for at least one spouse. When the first of the couple passes away, the survivor retains the highest benefit of the two. Therefore, if at least one spouse exceeds average life expectancy, delaying benefits could mean a higher paycheck for the widow or widower. For this reason, it could be better to begin social security benefits later.

Financial planning is complicated for most people. As for the question of whether to start social security income earlier or later, the answer is, it really depends.

LouAnn Schulfer of Schulfer & Associates, LLC Wealth Management can be reached at (715) 343-9600 or louann.schulfer@lpl.com. SchulferAndAssociates. com , louannschulfer.com or louann.biz

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Lincoln High Boys Swim Team shows impressive growth against DC Everest

SUBMITTED BY DAVID WITTENBERG

WISCONSIN RAPIDS – Last night, the Lincoln High School boys' swim team faced off against DC Everest in a competitive dual meet. While DC Everest secured the win with a score of 110-48, the night was filled with personal victories and remarkable team progress for Lincoln. The team took the opportunity to experiment with their Medley Relay lineup, resulting in some standout performances. Josh Glenzer-Czenczek delivered a swift 25.22 in the 50 Freestyle portion of the relay, showcasing his speed and adaptability.

Preston Engelbright made significant

strides in the 100 Freestyle, slicing an impressive 3 seconds off his previous time to finish at 1:12.21. Meanwhile, Noah Johnson achieved a personal best in the same event, shaving 5 seconds from his time to clock in at 1:09.49.

Capping off the night, the Boys 400 Freestyle Relay team—comprising David Lee, Jose De La Cruz Chi, Joshua Glenzer-Czenczek, and Brycen Henslin—secured a 1st place finish with a time of 4:09.81.

The meet highlighted the dedication and determination of the Lincoln swimmers as they continue to push themselves and improve with each competition.

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