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WISCONSIN RAPIDS

City Times

Buyers' Guide

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Public Health Vending Machines dispensed over 1,500 products in last year

FOR CITY TIMES

WOOD COUNTY – As part of its commitment to enhancing community health and accessibility through innovative solutions, Wood County has six public health vending machines located throughout Wood County. The vending machines provide free, high-quality health and safety supplies to anyone in need.

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447214

Man dies after medical call involving vehicle

FOR CITY TIMES

WOOD COUNTY – On Wednesday, Feb. 26, 2025, at approximately 6:10 pm, Portage County Communications Center received a report of a male who was found unconscious near a vehicle on private property in the Town of Carson. The caller stated the unconscious male was lying in a ditch with standing water in it. Portage County Sheriff Office deputies and other emergency personnel were dispatched. Upon arrival, it was

determined a 68-year-old male from the Town of Carson had been driving his vehicle on a private trail/road on private property near the 1400 block of Elm Road North when it became stuck in a ditch. It appeared the male then exited the vehicle and fell into the ditch, where he was later found by a family member. It was unknown how long he had been there prior to being found. Emergency medical personnel performed medical interventions, but the man

was later pronounced dead at the scene. It did not appear there was a collision which would have contributed to the man's death, which remains under investigation by the Portage County Medical Examiner. The Portage County Sheriff's Office was assisted at the scene by the Portage County Ambulance Service, Rudolph Fire Department, Rudolph Rescue, Rudolph Emergency Medical Responders, and the Wisconsin State Patrol.

United Way Seeks Volunteers For Disaster Recovery Team

FOR CITY TIMES

WISCONSIN RAPIDS – United Way of South Wood & Adams Counties invites community members interested in disaster preparedness and recovery to participate in an upcoming Volunteer Reception Center training from 5:00pm to 7:00pm on April 16 at the Grand Rapids Lions Club. In the event of a disaster, this group of trained volunteers may be called upon to help screen and organize spontaneous, untrained volunteers to help with recovery efforts. By preparing for the types of disasters most likely to occur in our area, United Way seeks to strengthen community resiliency and reduce the impact such

events may have on the most vulnerable members of our community. The Volunteer Reception Center, or VRC, provides a system to safely and efficiently turn a crowd of spontaneous volunteers into a screened and organized workforce. Before the VRC can be activated after a disaster, a group of trained volunteers must be ready to respond. These individuals staff the VRC, helping to screen, interview, and train spontaneous volunteers who turn out to aid the disaster response. Training for VRC volunteers is held twice each year – only volunteers who have attended training are eligible to staff the VRC if called upon.

The next VRC training and informational session will be at the Grand Rapids Lions Club on April 16 from 5:00pm to 7:00pm. Training will include a brief informational presentation and a demonstration exercise. First-time attendees will have an opportunity to join the VRC following the training. Registration is appreciated but not required; to register, contact Ben Eberlein at 715-421-0390 or ben@uwswac.org by Friday, April 11. The VRC is coordinated by United Way of South Wood & Adams Counties in collaboration with Wood County Emergency Management and Marshfield Area United Way.

Domtar's Bill Edwards honored with ASPI Excellence in Leadership Award

FOR CITY TIMES

WISCONSIN RAPIDS – Bill Edwards, Domtar's senior vice president of Paper and Packaging Operations, received the Excellence in Leadership Award from the Association of Suppliers to the Paper Industry (ASPI) on Friday, Feb. 21, during the organization's annual conference in Clearwater, Florida.

The ASPI Excellence in Leadership Award is presented annually to an industry leader who demonstrates exceptional management skills, strategic vision and a commitment to advancing the pulp and paper sector.

"I am truly honored to receive this award and grateful to be part of an industry that plays such a vital role in everyday life," Edwards said. "At Domtar, we are committed to producing essential paper, packaging, and pulp products that people rely on daily. This recognition reflects the hard work and dedication of the



entire team, whose innovation and passion drive our success. I share this achievement with all those who have supported and inspired me throughout my career."

"Bill's dedication to guiding operational performance and fostering collaborative relationships has made a lasting impact on

both Domtar and the broader industry," said Steve Henry, president of Paper and Packaging for Domtar. "This recognition reflects his commitment to our core values of caring, accountability, collaboration and entrepreneurship. We are proud to see his contributions recognized with this well-deserved honor."



Last month, Wood County Health Department staff met with Representative Krug to share the services that the health department provides to the public, discuss the Community Health Improvement Plan, and talk about barriers to health in the community and potential solutions.

Wood County Health Department



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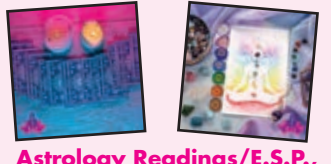
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Wisconsin Rapids Area Convention & Visitors Bureau welcomes Haley Sorbo as New Marketing Sales Manager

FOR CITY TIMES

WISCONSIN RAPIDS – The Wisconsin Rapids Area Convention & Visitors Bureau (WRACVB) announced the appointment of Haley Sorbo as the new Marketing Sales Manager. In this role, she will be responsible for marketing the area as a destination for leisure, convention, meetings, sports, business, and interested parties.

Haley has six years of experience in the tourism industry and has previously held positions at Visit Rome, Visit Marshfield, and Visit Adams County. She has a proven track record in tourism marketing and will play a key role at the WRACVB.

“We are thrilled to welcome Haley to our team,” said Meredith Kleker, Executive Director at WRACVB. “She brings a wealth of experience and fresh perspectives that will be invaluable as we continue to promote and develop the Wisconsin



Rapids area.”

Commenting on her new role, Haley said, “I am excited to join WRACVB and contribute to its ongoing success. I look forward to working with such a talented team and helping promote and develop the Wisconsin Rapids area as a business and leisure destination resulting in economic prosperity.”

Build your confidence with better balance to reduce fall risk

FOR CITY TIMES

WISCONSIN RAPIDS – Although slips, trips and falls can happen at any age, it’s more common as we get older. Getting up from a fall also becomes more of a daunting task and at times, can seem nearly impossible.

Numerous age-related changes may be at fault. As we age, we lose muscle strength and flexibility (especially if we aren’t quite as active as we used to be). Our senses such as vision and hearing become less sharp, making it more difficult for us to navigate potential fall hazards. Chronic conditions also play a huge role. Often we are on multiple medications to treat our conditions. Certain medications (or being on multiple medications) can have a

host of unwanted side effects such as dizziness, sleepiness or lightheadedness, ultimately putting us at an increased risk for a fall.

The good news? There are things we can do to lessen our risks for slips, trips and falls. Join the Better Your Balance: Stepping On program to learn more about why falls happen and what you can do to reduce your risk.

Work with a local Physical Therapist to identify strength and balance exercises specific to preventing falls. Learn how to get up from a fall and about when/how to use assistive devices safely.

Hear from a local vision expert on eye related con-

ditions that can impact our fall risk.

Hear from a local pharmacist about what medications might put you at risk for a fall and what you can do about it.

Hear from the Fire Department, as it relates to community safety and what you can do to reduce your risk for in-home falls.

Join on Fridays, March 21-May 2 from 9:30AM-11:30AM at the South Wood County YMCA. This program is open to the community. Non-members are welcome and encouraged to attend. Pre-registration is required by calling the Aging and Disability Resource Center of Central Wisconsin at: 888-486-9545. There is no cost to attend.

Meet Wisconsin’s 2025 longest-married couples

FOR CITY TIMES

WOOD COUNTY – Wisconsin Family Council (WFC) announced the newest inductees into its Marriage Hall of Fame. WFC began this unique Hall of Fame in 2022 to honor both the institution of marriage and individual marriages that have gone the distance. Applying to be part of the Marriage Hall of Fame was open to any married couple in Wisconsin who has currently been married 60 or more years.

Wisconsin’s 2025 longest-married couple is Theodore and Rosemary Prosser of Oneida who have been married 76 years. Theodore and Rosemary were married on Oct. 20, 1948. They have 10 children, 16 grandchildren, 17 great-grandchildren, and one great-great-grandchild. They are still able to live in their home and celebrate many family outings together. Their marriage is a lesson for all married couples: “Enjoy life and love hard.”

17 other couples join the Prossers in WFC’s Marriage Hall of Fame this year:

Ken and Kate Cisar, Oconto Falls, married 75 years.

Verne and Sylvia Wepner, Oshkosh, married 74 years.

Roger and Joanne Stecker, Oshkosh, married 74 years.

Bryon “Bill” and Ruth Johnson, Bellevue, married 73 years.

Lawrence and Joan Hoffmann, Schofield, married 71 years.

Rudolph (Rudy) and Barbara Litschauer, Pewaukee, married 70 years.

Robert and Deloris Spin-



Theodore and Rosemary Prosser of Oneida.

dlar, Stratford, married 69 years.

George and Jean Schug, Athens, married 66 years.

David and LaVonne Butler, Ripon, married 65 years.

Lester and Rita Kibler, Elroy, married 65 years.

David and Beverly Sennholz, Oshkosh, married 65 years.

James and Betty Jensen, Wisconsin Rapids, married 64 years.

Larry and Nancy Larson, Woodville, married 64 years.

Carl and Ilene Anderson, Menasha, married 64 years.

Ray and Sandy Swanson, Muskego, married 62 years.

Arthur and Joan Seyfert, West Bend, married 61 years.

Jim and Patricia Cronin married 60 years.

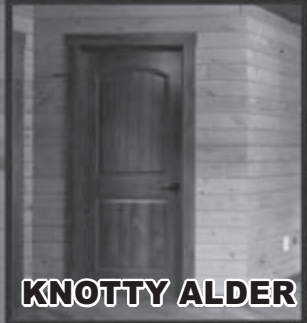


Wisconsin Family Council president, Daniel Degner, commented, “What an incredible accomplishment for each of these couples! Each is

well deserved in making it into this year’s WFC Marriage Hall of Fame. Their milestone anniversaries are a great testament to the truth that marriage can last a lifetime. Their lives are an example for young married people like me. Without a doubt each of these marriages have experienced trials and blessings, and through it all, their commitment to each other and their vows prevailed. We are so glad we can honor these couples who exemplify the kinds of marriages that build families that form a strong foundation for our communities, state, and nation. Congratulations to each of them!”

Each of these couples will receive a framed certificate recognizing their induction into Wisconsin’s Marriage Hall of Fame. Pictures of all the inductees and their stories are posted on wifamilycouncil.org. Applications for next year will open in Jan. 2026.

Community news online.

WRCityTimes.com



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Veterinarian survives near-fatal cattle chute injuries, shares safety warning

FOR CITY TIMES

WOOD COUNTY – Eric Knock’s near-fatal injuries have mostly healed, but his approach to safety is changed forever.

In Sept. 2022, the Miller, S.D., veterinarian was working with a crew in a producer’s pasture. As Knock finished treating a bull, he stood up next to the chute. At that moment, the squeeze gate on the chute was released to free the bull, causing Knock’s skull to become pinched between the chute frame and squeeze mechanism. Knock survived significant injuries and is now sharing his ordeal at tellingthestory-project.org/eric.

Knock’s story is the latest of 15 such incidents shared through Telling the Story Project, which embeds injury-prevention messages directly into these firsthand accounts, transforming them into powerful educational tools. The project is a collaboration between three agricultural safety and health centers funded by the National Institute for Occupational Safety and



Health (NIOSH) -- the Upper Midwest Agricultural Safety and Health Center, the Central States Center for Agricultural Safety and Health, and the National Children’s Center for Rural and Agricultural Health and Safety – as well as the National Farm Medicine Center.

Although Knock didn’t lose consciousness, he doesn’t recall details of the incident, nor being airlifted to the hospital.

“I didn’t need surgery, but I had several skull fractures,” he said. “Doctors used words like ‘extensive’ and ‘many.’ None of the fractures were displaced. If that had hap-

pened, the outcome could have been much more serious.”

Knock spent 12 days in the hospital and then months afterward recovering from bleeding on the brain, nerve damage affecting an eye, and severe damage to his middle ear and eardrum, which required surgery.

Since the incident, Knock takes a few crucial seconds to assess his environment before he starts working.

“I’m more aware of where everyone is while we’re working,” he said. “I pay close attention to pinch points on equipment, so I recognize the hazards to myself and fel-

low workers. We all know there are dangers when we work around large animals and equipment. This incident has intensified our understanding of what can happen.”

The Telling the Story Project motto is, “Tell a story, save a life,” reflecting its mission to inspire change through personal stories.

“By sharing these personal stories, we hope to encourage farmers, farm workers, and ranchers to adopt safer practices in their work,” said Ellen Duysen, project team member, Central States Center for Agricultural Safety and Health.

From the Editor: Letters to the Editor

To our valued readers,

We want to take a moment to explain an important update to our editorial policy regarding political letters and opinion pieces.

While many media companies are eliminating political content altogether, we remain committed to providing a forum for meaningful discussions that contribute to the education and awareness of our communities.

To continue offering this service in a sustainable way, we have made two key changes:

1. A 250-word limit on political letters and opinion pieces to encourage clear, concise, and impactful discourse. We ask that you also provide supporting documentation on the facts included.
2. A required submission fee for publishing political opinions, reflecting the significant investment required to maintain this platform.

Our newspapers and digital media provide a powerful and far-reaching outlet for those who wish to share their views. With that opportunity comes responsibility. We must ensure that all contributions meet our standards for civility and relevance.

We reserve the right to edit submissions that are derogatory, inflammatory, or counterproductive to constructive community dialogue.

The reality is that providing a platform for public opinions—one that reaches thousands of readers—requires time, effort and editorial oversight.

This is a service we are proud to offer, but it must be managed responsibly.

The alternative would be for individuals to purchase their own media outlets, which is impractical for most.

Instead, we are maintaining an accessible, fair, and carefully moderated forum for public discussion. We appreciate your understanding and continued trust as we work to provide a space for informed and respectful dialogue.

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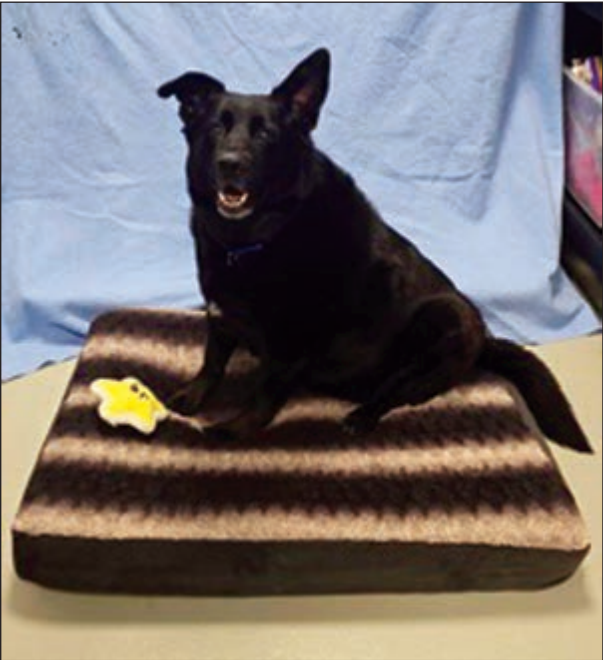


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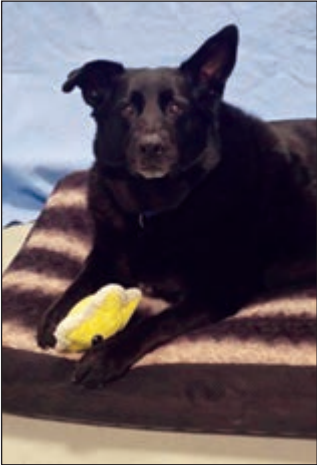
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South Wood County Humane Society Pet of the Week

Meet Freedom, a big boy with a heart full of playfulness and love! Despite his size, he’s a fun-loving pup who enjoys rolling around in the snow and having a good time. Freedom is extremely friendly and loves being around people—he’s always ready for some attention and affection. He gets along well with other dogs but prefers to take the lead, often playing with a bit of a rough edge, especially when he can keep up with the fun. Freedom knows commands like sit and shake, and with a little training, he’s sure to impress even more. To ensure he stays healthy and happy, Freedom needs a home that can provide him with the proper diet and plenty of exercise to help him get his weight down. If you’re looking for a lovable, playful dog with a big heart, Freedom is ready to bring joy to your life!



Those interested in Freedom can fill out an adoption application online at <https://www.swchs.com/adopt/adoption-application/>

South Wood County Humane Society can be reached at office@swchs.com or 715-423-0505

Located at 3621 64th Street N. Wisconsin Rapids, WI 54494

Sunday and Monday: Closed
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Friday: 11:00 am – 6:00 pm
Saturday: 10:00 am – 4:00 pm



The Green Bay Packers recently announced plans for the “Packers Tailgate Tour,” set for April 8-12, which will travel around Wisconsin. **Photo by the Green Bay Packers**

Pakers’ Tailgate Tour to visit fans around Wisconsin April 8-12

FOR CITY TIMES

MARSHFIELD – The Green Bay Packers announced plans for the ‘Packers Tailgate Tour,’ set for April 8-12, which will travel around Wisconsin to visit with fans and thank them in person for their support.

The event will feature current and alumni Packers players, with current players Josh Jacobs, Tucker Kraft and Lukas Van Ness and alumni players Ahman Green, Jermichael Finley and John Michels scheduled to board the bus, along with Packers President/CEO Mark Murphy.

The Tailgate Tour will stop in Milwaukee on April 8, Madison on April 9, La Crosse on April 10 and Wausau on April 11 before wrapping up in Green Bay on April 12, with a variety of surprise and planned visits to be held in each area.

The fan-favorite Tailgate Tour will appear at non-profit fundraising events each day and will stop along the route at schools, hospitals, businesses, retirement homes and community centers to present donations and giveaway items and visit with fans of all ages. To allow for further opportunities for players and alumni to interact with as many fans as possible while raising money for the nonprofits, fans should note that there will once again be no formal autograph sessions.

The tour will be stopping by the below public events, which are available for ticketed guests to attend:

Professional Fire Fighters of Wisconsin Charitable Foundation will be hosting a fundraising event at the Baird Center in Milwaukee on April 8, from 6 to 10 p.m.

Doors will open at 5 p.m. 1,000 tickets will be sold at \$75 per person. Tickets can be purchased online at gb-packertour.givesmart.com.

Dairyland Sports will be hosting a fundraising event at the Garver Feed Mill in Madison on April 9, from 6 to 9 p.m. Doors will open at 5 p.m. Tickets for the event are \$75 per person, with 300 available in total. To purchase tickets, visit dairylandsports.org/pack-ertailgate.

Hunger Task Force of La Crosse will be hosting a fundraising event at Stoney Creek Hotel in Onalaska on April 10, from 6 to 8 p.m. Doors will open at 5 p.m. 325 general admission tickets are available at \$75 per person and can be purchased at lacrossehtf.org.

Patriot K9s of Wisconsin will be hosting a fundraising event at the Crystal Training Institute in Mosinee on April 11, from 6 to 9:30 p.m. Doors will open at 5 p.m. 1,000 tickets will be sold at \$75 per person. To purchase tickets, visit patriotk9s.ejoinme.org/packer-stailgatetours.

Children’s Wisconsin will be hosting a fundraising event at the EPIC Event Center in Ashwaubenon on April 12, from 1 to 2:30 p.m. Doors will open at 11 a.m. Tickets are \$75 per adult and \$25 per child, limited to the first 500 fans. Tickets can be purchased online at support.childrenswi.org/packerstailgate.

The tour will take place aboard a customized Green Bay Packers-themed motor coach. In addition to stopping in the designated locations and cities, tour celebrities will make surprise stops along the way as the schedule allows.

Aspirus encourages early support during Eating Disorders Awareness Week

FOR CITY TIMES

WOOD COUNTY – An estimated 28.8 million Americans will experience an eating disorder in their lifetime, according to the National Eating Disorders Association (NEDA). Despite their prevalence, eating disorders often remain misunderstood and stigmatized.

“Eating disorders encompass a wide range of conditions tied to disordered eating patterns, negative body image, and societal pressure to conform to ideals of beauty and health,”

says Taylor Young, a clinical therapist with Aspirus Health.

Anorexia nervosa, bulimia nervosa, and binge eating disorder are the most common diagnoses, but eating disorders can affect people of all ages, genders, and backgrounds. While many assume these conditions primarily affect young women, Young emphasizes that young men and individuals across all identities are also at risk.

Eating Disorders
CONTINUES ON PAGE 6

Community Calendar

sponsored by

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
The Music of Billy Joel & Elton John, Starring Michael Cavanaugh · Thurs. 3/20, Performing Arts Center of Wisconsin Rapids, 1801 16th St S, Wisconsin Rapids. Rock & roll. Starts at 7:30pm. \$54 adults, \$10 students. savorthearts.com

EVENTS/SPECTATOR SPORTS
Christian Women’s Connection Ladies Brunch · Wed. 3/12, The Elks Club, Wisconsin Rapids. Speaker will be Linda Berg, retired teacher, sharing her presentation: “Becoming an Author Wasn’t My Plan”. Special feature will be Dr. Christian Biegel, Doctor of Physical Therapy, Board Certified Geriatric & Parkinson’s Specialist. Reservations are essential. Starts at 9:30am. \$20 includes meal, tip and program. 815-994-1317 or 701-741-5905 for reservations by 3/4

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 6:30pm. 715-424-5683 for questions

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 1pm-4pm. <http://alexanderhouseonline.org/>

Central Wisconsin Cultural Center · Opens Tuesdays, Wednesdays & Thursdays, 2651 8th St S, Wisconsin Rapids. Open from 10am-5pm. Freeadmission. <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/>

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The Fix Is In recognizes World Spay Day

FOR CITY TIMES

WOOD COUNTY – Feb. 27 marked World Spay Day, an international campaign raising awareness about the importance of spaying and neutering pets. Animal shelters across the state are over-run, and a severe veterinarian shortage is making it increasingly difficult for pet owners to access spay and neuter services.

Founded in 2009, The Fix Is In is a 100% volunteer-driven nonprofit dedicated to expanding access to spay and neuter services across Wisconsin. In 2024, the organization helped fund

nearly 700 spay and neuter surgeries for outdoor cats. Previously operating a mobile veterinary clinic, The Fix Is In shifted its focus in 2022 to providing financial and logistical support, ensuring these critical surgeries remain accessible and affordable. By reducing pet overpopulation, the organization helps create a healthier environment for both animals and their communities

“Cats have been a part of our world for thousands of years. It is critical that we do what we can to control the population,” says Karla Ortmann, The Fix Is In founder. Wisconsin is full of compassionate people who care for cats and dogs, both in homes and on farms. Cats play a vital



role in controlling rodent populations, but without spaying and neutering, even a small number of cats can quickly multiply into a population of 50 or more. This can lead to inbreeding, disease, and malnourishment. A single unspayed female cat can easily give birth to around 60 kittens within five years. Spaying and neutering prevent unchecked population growth that can become unmanageable for individuals and communities.

Spaying and neutering save lives. Studies show that altered cats and dogs live longer, healthier lives than unaltered pets. These procedures reduce the risk of disease, prevent life-threatening reproductive cancers, and decrease dangerous behaviors like roaming and fighting. For outdoor cats, spay and neuter are especially critical - only 25% of kittens survive to adulthood, with many facing starvation, disease, or deadly exposure to harsh weather. Preventing these

litters spares countless animals from suffering while improving the well-being of existing pets and strays.

As part of their efforts, The Fix Is In has launched a specialty license plate to help offset the cost of spay and neuter surgeries for individuals and rescue organizations statewide.

“Money is tight for many families, but we love our pets,” says Bree Richardson, president of The Fix Is In board. “Purchasing this specialty plate is a simple yet impactful way for Wisconsin residents to support animal welfare and help curb animal overpopulation. Funds from license plate orders go directly to covering spay and neuter surgery costs for individuals and rescues assisting people with spay and neuter.”

For more information on how to support spay and neuter efforts in Wisconsin or to order a specialty license plate and make a direct impact, visit The Fix Is In at <https://www.thefixisin.org>

EATING DISORDERS

FROM PAGE 5

“The pressure to meet societal standards of body image can be overwhelming,” Young explains. “It’s important to remember that health and weight are not as connected as many people think.”

Young notes that those most at risk are often young adults with high levels of anxiety and a drive for perfectionism. However, eating disorders do not discriminate—they can affect anyone, regardless of age, gender, or background.

Early intervention is key to preventing long-term complications, such as mental health challenges and nutritional deficiencies. Recognizing warning signs, like changes in eating habits or behaviors after meals, can help initiate important conversations.

“Approach these concerns with empathy,” advises



es Young. “Open, judgment-free conversations can encourage individuals to seek the support they need.”

Recovery from an eating disorder is possible with the right support. A multidisciplinary approach—including health care providers, therapists, and nutritionists—is essential to creating a treatment plan tailored to individual needs. Family and community support also play a crucial role in recovery.

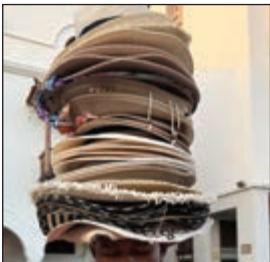
“As a society, we need to dispel the stigma surrounding eating disorders,” Young

stresses. “Awareness campaigns like National Eating Disorders Awareness Week can spark important conversations about mental health and inclusivity.”

If you or someone you know is struggling, help is available. Start by scheduling an appointment with a primary care clinician, who can connect you with a behavioral health specialist. To learn more about the behavioral health and counseling services at Aspirus, visit aspirus.org/mental-health-treatment-counseling.

PUBLISHER’S LETTER

A Moment In Time In Cartagena



WE ARE HIRING AN EDITOR

Marshfield Hub City Times & Wisconsin Rapids City Times

Editor needed to cover Wood County news and events.

The position is full-time and entails reporting and taking photos of local news, high school sports, local government, business community, festivals, parades and other local organizations.

If interested, please email cover letter, resume, samples of writing and photos to:

eneuenfeldt@mmclocal.com

Subject line: Editor



44928

Dear Reader,

Until recently, I had never been to Cartagena, Colombia. But when the opportunity arose for a short getaway with some old friends, I couldn’t resist.

Cartagena is a vast and vibrant city, but we focused our time in its historic district—the heart of its charm and beauty. There, we wandered cobblestone streets filled with pantomimes, women in brightly colored traditional dresses balancing baskets of fruit on their heads, and countless vendors offering souvenirs in the plaza. We explored the old fortress, visited the monastery perched high above the city, and soaked in the rich history surrounding us. Our home base was perfectly situated near Plaza de San Pedro, placing us right in the middle of the energy and magic of Cartagena.

One of the great joys of travel is meeting new people, and the locals of Cartagena welcomed us with open arms. With a few Spanish speakers in our group—and occasional help from Duolingo on our phones—we struck up conversations that made the experience even more meaningful. We in-

dulged in Colombia’s world-famous coffee, savoring the flavors offered by Juan Valdez and Alberto’s in just about every little café we encountered.

The highlight of our trip came on our final evening at La Vitrola, a restaurant as enchanting as the city itself. The food was spectacular; the live band filled the air with music, and the atmosphere was pure joy. One of our friends, having shown up in shorts, was graciously provided with a blanket to meet the dress code—an unexpected but amusing moment. After dinner, we found ourselves outside, singing along with street musicians playing soulful Spanish songs of lost love, carried away by the music and the moment.

As I reflect on our time in Cartagena, I realize that no trip leaves you unchanged. We came home with new memories and strengthened friendships. Perhaps, in some small way, we left a piece of ourselves behind in that beautiful city. And maybe, just maybe, Cartagena carries a trace of us now too.

PATRICK J. WOOD

Publisher

Author of “Reflections” a new book now available on Amazon.

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Stevens Point Gun Show March 15, 8am-3pm. 5341 Hwy 66 past airport from exit 159 at the Izaak Walton Lodge. Food served. \$5.00 admission. Bring your guns or sporting items to sell, buy, or trade.

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Wisconsin Rapids Rafter's release alternate identity “The Central Wisconsin Mashers” The Rafter's will don the potato themed identity for their Aug. 1 game against the Lakeshore Chinooks

FOR CITY TIMES
WISCONSIN RAPIDS – The Wisconsin Rapids Rafter's have announced the reveal of their alternate identity for the 2025 season; The Central Wisconsin Mashers. With a rich appreciation for the agriculture in the area and the goal to spotlight local exports, the Rafter's teamed up with the Food+Farm Exploration Center and McCain Foods to present this identity.

“We are very excited to release the Mashers identity and create a fun way to spotlight the potato growers in the area. Creating this alternate identity was a team effort from our front office, our friends at Food+Farm and McCain Foods, and our graphic design intern, Ella Avery, who designed the logo for us.” said Assistant General Manager Jake Adams. General Manager Ken Day said about the alter-

nate identity, “We wanted to accomplish three things with our alternate uniform, bring together the surrounding areas under the Central Wisconsin name, celebrate the potato growers of Wisconsin, and create something fun for our Rafter's fans.” The Rafter's will wear the mashed potato themed jerseys on Friday, Aug. 1 against the Lakeshore Chi-

nooks with a 6:35 P.M. start time. Fans will be able to get their hands on tickets for the specialty game starting on March 3 with the Bangers and Mashers ticket deal. The deal includes 2 Bleacher Tickets and 2 Exclusive Mashers T-Shirts for \$30. To learn more about the ticket package and the Mashers alternate identity, contact PR@raftersbaseball.com or call the front office at 715-424-5400.

Krakens win at the Wisconsin Region 2 Championships

FOR CITY TIMES
WISCONSIN RAPIDS – The Krakens attended the Regional 2 Championships meet held on Feb. 21, 22, 23 in Ashwaubenon. Rapids became part of the Northern Lakes Aquatic Club (NLAC) as they competed at the state level.

NLAC place first with 4021pts, Howard-Suamico placed second with 1871 pts, Fox Valley placed third with 1415 pts, Green Bay finished fourth with 834.5 pts, Marquette finished fifth with 559 pts, Ashaubenon placed sixth with 396 pts, Pulaski seventh with 309.5 pts, Fox Cities eighth with 235.5 pts, New London ninth with 91 pts, Berlin tenth with 60 pts, and tied for eleventh was Clintonville and Seymour with 57 pts.

“Wisconsin Rapids swimmers did an outstanding job finishing up the winter season. Sixteen Krakens competed, scoring a total of 501 points to the total win.” said Head Coach Dave Kontz. “Our swimmers also achieved 48 personal records and set 20 new club records.”

The WRSC top finishers were: Brycen Henslin 67 pts, first place and set new club records 100yd Individual Medley, third in the 100yd Butterfly and 50yd Freestyle, fourth in the 50yd Breaststroke. Brycen also swam in a relay placing first in the 200yd Medley Relay.

Tretton Delaney 88 pts, placed second and set a new club record in the 50yd Breaststroke, third in the 50yd Butterfly and 100yd Individual Medley, fourth in the 50yd Freestyle, fifth in the 100yd Breaststroke, and eight in the 100yd Freestyle. Tretton also swam in two relays finishing first in both 200yd Medley and 200yd Freestyle.

AJ Plummer 66 pts, fourth place in the 50yd Butterfly, sixth in the 50yd Backstroke, 50yd Breaststroke, 100yd Individual Medley, and ninth in the 50yd Freestyle. AJ also swam in the relays placing second in the 200yd Medley and first in the 200yd Freestyle.



Brycen Henslin

Milo Jennings 61 pts, fourth place in the 50yd Backstroke, fifth in the 25yd Breaststroke, seventh in the 50yd Freestyle, eighth in the 25yd Backstroke and ninth in the 50yd Freestyle. Milo also swam in a relay placing sixth in the 200yd Freestyle.

Anna Gumz 59 pts, fourth place and set new club records in the 25yd Breaststroke, fifth in the 25yd Freestyle, seventh in the 100yd Freestyle, and eighth in the 50yd Backstroke. Anna also swam in two relays finishing first in the 100yd Medley and 100yd Freestyle.

Addison Borek 38 pts, placed fourth and set a new club record in the 50yd Butterfly, fifth place in the 50yd Breaststroke and ninth place in the 100yd Breaststroke. Addison also swam in two relays finishing fourth in the 200yd Medley and third in the 200yd Freestyle.

Travis McMahon 34 pts, fourth place and a new club record in the 50yd Breaststroke, fifth in the 100yd Breaststroke, Travis also swam in a relay placing second in the 200yd Freestyle.

Foster Michels 23 pts, eighth place in the 50yd Breaststroke.

Mya Marquard 14 pts, fifth in the 200yd Backstroke. Mya also swam in the relays placing eighth in the 200yd Freestyle and ninth in the 200yd Medley.

third in the 200yd Medley. The following Krakens achieved personal record times: McKenna Anderson, Kyndel Borek, Allyson Coates, Clairra Jennings, and Vivian Zacher. The Wisconsin Rapids Swim Club is a non-profit organization open to the public. The Club is part of the Wisconsin Rapids Recreation Department. WRSC is designed exclusively for educational, competitive, and recreational purposes. The Krakens are geared for children ages 5-18. Swimmer practices are at the Lincoln High School Community pool and Witter Park. Summer swim season practices and starting dates are in the works! For more information on how to join the Wisconsin Rapids Swim Club, call the Wisconsin Rapids Parks and Recreation Department at (715) 421-8240 or visit the Wisconsin Rapids Swim Club Facebook page.

UNPACKING History



The Green Bay Packers Hall of Fame generously opened their vault to share pieces of Packers history with the Press Times to be highlighted each week for our readers. For more information on the hall of fame, visit www.packershofandtours.com. If you would like to donate Green Bay Packers memorabilia to the Packers Hall of Fame, contact Katie at (920) 965-6986 or katief@gbphof.com. A Green Bay Packers and New York Giants split helmet, autographed by 15 players from the 1960s.

Katie Foust photo

“The Wealth InFormation Lady”: Tax Harvesting, Is It Worth It?



The Wealth InFormation Lady

BY LOUANN SCHULFER, AWMA®, AIF®
ACCREDITED WEALTH
MANAGEMENT ADVISOR SM
ACCREDITED INVESTMENT
FIDUCIARY®, PUBLISHED AUTHOR

I've written about some of the tax harvesting that we've done for our clients and have had many discussions as to how the strategy can be of benefit. Essentially, we sell indi-

vidual positions such as those in stocks, bonds or exchange traded funds, to “realize” a tax loss or a tax gain in a non-retirement account. Then, we reinvest the money in a different

investment, abiding by the wash-sale rule. That rule disallows a tax deduction if one sells an investment position at a loss and then repurchases the same or a substantially similar investment within 30 days of the sale that booked the loss. We book the losses because they can be used to offset realized capital gains. For example, if one had a \$100,000 realized long-term capital gain in a given tax year and \$30,000 of realized capital losses, they could offset \$30,000 of the gain

and only have to pay tax on \$70,000. Additionally, if one has more capital losses in a given year than they have capital gains, the capital losses can be carried forward and potentially used in other tax years.

I was talking about this with a client of mine who is anticipating future capital gains from his business, possibly from real estate sales, and as a long-term investor, from his investments. He was happy to know that we can, and did in fact, harvest losses when

we had the opportunity to do so. His business partner has a similar portfolio, but worked with a different advisor. That advisor said tax harvesting wouldn't be worth it. I relayed to my client that I could not say why tax harvesting would not be worth it in that instance or that advisor's mind. It could be because of the time and effort that it takes. It could be because of the costs of buying and selling, which can be paid by either the client or the advisor. Certainly, there

may be times when the effort or cost would outweigh the benefits when considering whether tax harvesting is worth it.

LouAnn Schulfer of Schulfer & Associates, LLC Wealth Management can be reached at (715) 343-9600 or louann.schulfer@lpl.com TheWealthInformation-Lady.com SchulferAndAssociates.com, or louann.biz Securities and advisory services offered through LPL Financial, a Registered Investment Advisor. Member FINRA/SIPC.

DNR accepting artwork for the 2026 turkey, pheasant and waterfowl Stamp Contest

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Department of Natural Resources (DNR) is now accepting artwork entries for the Wild Turkey, Pheasant and Waterfowl Stamp Design Contests. The winning designs will appear on the 2026 collection of stamps. Each year, local artists from around Wisconsin compete for an opportunity to showcase their talents, commemorate their work and promote wildlife conservation across the state.

Hunters are required to purchase a species-specific stamp to legally harvest any of these game birds in Wisconsin. The sales of these three stamps generate hundreds of thousands of dollars annually for species management throughout the state, including habitat management, restoration, education and research projects. Stamp design entries must be received or postmarked by Aug. 1, 2025. Judging will take place

on Aug. 23, 2025, at the Waterfowl Hunters Expo in Oshkosh, Wisconsin. The winners of the 2025 contests were: Wild Turkey – Robert Leum of Holmen Pheasant – Robert Leum of Holmen Waterfowl – Jon Rickaby of Suamico All stamp contest applicants should review the contest rules carefully to ensure the eligibility of their entries. Artwork must meet technical requirements to be properly processed and

prepared for judging and display. Rules, entry information and reproduction rights agreements are available on the DNR's Wildlife Stamp Funding and Stamp Design Contest webpage. Stamp contest applicants are strongly encouraged to obtain insurance for their artwork if shipped and to confirm the delivery of their submission directly with the stamp contest coordinator.



The DNR is now accepting artwork entries for the 2026 Wild Turkey, Pheasant and Waterfowl Stamp Design Contests. Jon Rickaby created the winning 2025 waterfowl stamp.
Jon Rickaby/Wisconsin DNR

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