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WEDNESDAY, MARCH 12, 2025 ■ VOLUME 41 ■ ISSUE 10 ■ 715.384.4440 ■ MARSHFIELD, WI

Informational sessions to be held for Marshfield's Public Safety Referendum

FOR CITY TIMES

MARSHFIELD – On Tuesday, April 1, 2025, city voters will consider a property tax increase to fund the hiring and retention of two firefighters/paramedics, restoring staffing levels to those of 2021. Voters will be asked if they support raising the levy by 1.636%, totaling \$256,903 each fiscal year, resulting in a total levy of \$15,960,894.

According to the City of Marshfield, there has been a 48% increase in the demand for fire/emergency medical services (EMS), which has grown from 2000 to 2024. Additionally, emergency calls have jumped from 2,390 in 2000 to 3,543 in 2024. The city also says they are facing an 18% growth in overlapping emergency calls from 2016 to 2023.

If the referendum is approved, the annual property tax

will increase by an estimated \$1.11 per month for every \$100,000 of property value, starting with bills issued in Dec. 2025. For example, the impact on a property valued at \$100,000 would be \$13.28 annually.

"We are at a pivotal moment in determining the future of fire and EMS services in our community. As the city continues to expand its limits with limited infrastructure

See REFERENDUM page 11















WisDOT announces weight limits for North Central Region state highways

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Department of Transportation North Central Region announced the seasonal posting of weight limits on area state highways. The weight restrictions are 6 tons gross load for single axle vehicles and 10 tons gross load for tandem axle vehicles (any two axles under 8 feet apart). The maximum gross weight is 24 tons.

Weight restrictions will be effective at noon on Monday, March 10, 2025 on the following highways:

WIS 52, Marathon County, from Little Elm Rd to Shawano County line.

WIS 52, Shawano County, from Marathon County line to US 45.

WIS 52, Langlade County, from WIS 55 to North Langlade County line.

WIS 52, Forest County, from South Forest County line to Smith Road.

WIS 54, Wood County, from West Wood County line to WIS 80.

WIS 54, Wood County, from South Junction WIS 80 to 1 mile West of Junction WIS 73.

WIS 107, Marathon County, from Marathon County Road A to the Lincoln County line.

Bratwurst Original

Turkey Breast

Sausage Patties

Original, Fully Cooked Frozen, 30 oz

Sausage Links

Onion Rings

Beef Burgers Uncooked, All Natural, F

Bratwurst Original

Chicken Breast

Lil Smokies

Hot Dogs

Cod Fillets

ONLY

WIS 107, Lincoln County, from Marathon County line to WIS 64.

WIS 107, Lincoln County, from Matthew's Road to Lincoln County Road S. WIS 153, Marathon County, from Marathon County Road J to Shawano County line.

WIS 153, Shawano County, from Marathon County line to US 45.

WIS 55, Forest County, from Argonne Street to the Michigan State line.

WIS 122, Iron County, from WIS 77 to Michigan State line

Michigan State line. WIS 169, Iron County, from Ashland

County Line to US 2.

WIS 173, Wood County, from North Junction WIS 80 to Wood County Road G.

Seasonal weight restrictions (springtime posted roads) are placed on specific highways during the spring thaw period. The restrictions are added to prevent damage to the pavement structure.

In the event of unpredicted cold weather, the postings in each county may be delayed as conditions require and will become effective at the discretion of the State Highway Engineer.

Sandwich Cookies

Peanut Butter

Chocolate Chips

Chicken Broth

Snack Crackers

Original, 20.5 oz

Trail Mix

Ham's

Bacon

Honey Ham

Smoked Turkey

ONLY

Sausage Crumbles

The Memories return to Pittsville

FOR CITY TIMES

WOOD COUNTY From "Peggy Sue" to "America the Beautiful," your favorite songs never sounded better than when The Memories take the stage in Pittsville. Tim Stevens and Warren Petryk have performed together since they were teens, some fifty plus years of fun and humor that is outshone only by their musical talent and endearing harmonies which have garnered the duo a dedicated following throughout western and central Wisconsin.

The Memories return to Pittsville on Sunday, March 23 for a 3:00 matinee performance. General Admission tickets are on



sale now at the downtown Pittsville office of Wisconsin Farm Business/Ortner Accounting during regular business hours. Cost: \$20. Special senior rate \$15, and students only \$3. Tickets will be available 45 minutes before showtime at the door. Also, online (full rate only)

Save the date and enjoy the music and laughter and many fond memories with Tim and Warren at the Pittsville School Auditorium on Sunday March 23. From Sinatra to the Beetles, you are sure to hear some of your favorites.

Sex Offender Release

FOR CITY TIMES

MARSHFIELD – On March 25, 2025, Clay D. Preston will be released. He will be residing at 201 W. Depot St. in the City of Marshfield, Wood County, Wisconsin.

Name: Clay D. Preston Age: 25 White Male Height: 5'11" Weight: 196 pounds Hair Color: Blonde Eye Color: Blue Tattoo(s): - Chest



Scorpion, hourglass, "Time is limited don't



waste it"

Preston was convicted of 3rd Degree Sexual Assault; Causing Mental Harm To a Child in Wood County in 2021. Preston has been designated as a Level 3 Sex Offender. Preston will be residing at 201 W. Depot St in the City of Marshfield, Wood County, Wisconsin. He is a lifetime registered sex offender and has a lifetime GPS monitor,







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To advertise, contact...Peggy Sue: 715-305-4345
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Wildwood Zoo welcomes new bobcat, Elsa

MARSHFIELD

Wildwood Park & Zoo recently welcomed a new resident to their property. a nine month old bobcat named Elsa. Elsa arrived in Marshfield on Feb. 15 and has been slowly exploring her new home at Wildwood Zoo after completing her quarantine period.

Elsa was found at around eight to ten weeks old by a family who mistook her for a stray domestic kitten, but quickly discovered she was a wild bobcat after a trip to the vet to be spaved. In Elsa's short life she has gone from being mistaken as a stray cat, to being cared for by the DNR, to a rehabilitaion center in Michigan where she was cared for until Wildwood



Zoo was ready to welcome her home.

Due to human interaction and care so early in her life, Elsa is unable to return to the wild as she lacks the survival instincts to care for herself. Elsa is now settling into her new home and receiving excellent care from her team at Wildwood

Marshfield High School students from Mr. Scheuer's class and the park and recreation team assisted in getting Elsa's new home ready for her arrival.



Photos by Wildwood Park & Zoo

Tom Tiffany announces 2025 Congressional Art Competition

Congressman Tom Tiffany announced that his district office is

accepting submissions for the 2025 Congressional Art Competition, All students in the Seventh Congressional District, 7th through 12th grade, are invited to participate.

"The Congressional Competition is a great opportunity for young artists in northern and western Wisconsin to have their own work displayed in the U.S. Capitol," said Congressman Tiffany. "I am looking forward to seeing how each student presents Wisconsin through their submission"

The winning student from the Seventh District will have their piece hung in the United States Capitol Building for one year and will be able to attend a congressional reception in Washington, D.C. Other winners of the competition will have their artwork displayed in Congressman Tiffany's Wausau and D.C. offices. Entries need to demonstrate a Wisconsin theme, and each submission must be mailed or hand-delivered to Congressman Tiffany's Wausau Office (2620 Stewart Ave. Suite 312 Wausau, WI 54401) by Friday, April 18 at 5:00PM.

Each entry must be original in concept, design, and execution and may not violate U.S. copyright laws. For more information on competition guidelines, please visit Congressman

Tiffany's website here. For any questions, please contact Maggie Cronin at (715) 298-9344 or email maggie.cronin@mail.house.gov.



Andrew Kohnert was recently promoted to Chief of Police in Greenwood, following his role as police officer.

Local students selected to **University of Minnesota Twin Cities Dean's List**

FOR CITY TIMES

WOOD COUNTY - The following students from the Wood County area have been named to the 2024 fall semester Dean's List at the University of Minnesota Twin Cities. To qualify for the Dean's List, a student must complete 12 or more lettergraded credits while attaining a 3.66 grade point average.

Smith, Freshman, Austyn College of Liberal Arts

Greenwood

Aiden Brenner, Freshman, Carlson School of Management Olivia Klabon, Senior, Col of Educ/Human Development

Loyal

Zaida Brock, Junior, College of

Marshfield

Isabella Ikobe, Junior, College of Biological Sciences

Tara Kracht, Senior, College of Biological Sciences Hanna Merkel, Senior, Col of

Jacob Schilling, Freshman, College of Liberal Arts Helen Voss, Non Degree, Coll of Contin & Prof Studies

Educ/Human Development

Nekoosa

Daliege, Sophomore, Kloey College of Liberal Arts

Rudolph

Nieman, Sophomore, Max College of Liberal Arts

Spencer

Judd Higgins, Freshman, College of Sci and Engineering

Wisconsin Rapids

Natalie Bauman, Freshman, College of Liberal Arts Natalie Dillon, Sophomore, College of Sci and Engineering Sadie Donahue, Junior, Col of Educ/Human Development

Halle Heath, Senior, College of **Biological Sciences**

Emily Krings, Junior, Col of Food, Agr & Nat Res Sci

Sarah Panzer, Sophomore, College of Liberal Arts





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Letter to Editor

Dear Editor,

As we recognize Long-Term Care Administrator's Week this March, I'd like to highlight the incredible partnership between long-term care administrators and hospice providers. Together, they create a compassionate and supportive environment for residents and their families, especially during end-of-life care.

Long-term care administrators work tirelessly to ensure that their facilities provide a safe, comfortable and dignified space for residents. Their role involves complex responsibilities, from managing staff and overseeing operations to ensuring high-quality, personalized care for each resident. When it comes to hospice care, these administrators are invaluable partners. They collaborate closely with hospice teams to honor each resident's wishes and provide comfort in life's final stages.

This Week's Specials • This Week's Specials • This Week's Specials

Crystal Cove Cooked Shrimp

Hillshire Farm Smoked

Cheddarwurst, 13.5 oz.

Jennie-O Oven Roasted

Jamestown Smoked

Crinkle Cut Fries

(Case of 12, \$29.15)......**\$2**65

Chicken Breast, 6.6 lbs. **\$9**95

Alexia Organic Sweet Potato Fries

15 oz. (Case of 12, \$15.95)..... **\$1**45

Rolls, 8 oz. (Case of 12, \$19.25) **\$1**75

• **Pillsbury Monster Cookie Dough** 1 lb. (Case of 12, \$21.45) ***1**⁹⁵

Blumenkase Cheese

Pillsbury Original Crescent

Chocolate, 6 oz., case of 12.. **\$3**⁹⁵

Planters Honey Roasted Peanuts

1 oz. pks/18 pks (144 pks, \$29.00) **\$4²⁵**

Snyder's Cheddar Pretzel Pieces

6 oz. (Case of 12, \$17.05) **\$1**55

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Collagen, Carb Intercept, Stress

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This partnership enhances the quality of life for residents facing terminal illnesses and offers support and solace to families. It's a testament to the dedication of long-

administrators that so many residents experience peace and comfort in familiar surroundings, supported by a network of compassionate professionals.

Let's take this opportunity to express our appreciation for long-term care administrators and their commitment to excellence in resident care. Their collaboration with hospice providers makes a meaningful difference in countless lives.

> SINCERELY, **AMANDA AUSTRENG HOSPICE PROFESSIONAL COMPASSUS**

PUBLISHER'S LETTER

Human Body Design

Dear Reader.

When we stop to think about the design of the human

body, we might find ourselves wondering if it could have been crafted more efficiently. Consider the everyday processes of hydration and nutrition: why must we spend so much of our lives urinating or expelling waste from our bodies? Couldn't we have been designed to hydrate through the skin, or metabolize food



directly into energy without the need for waste?

It's a curious thought experiment—imagining a body that functions without the need to "offload" its excesses, freeing us from the sometimes inconvenient realities of biological maintenance. Wouldn't it be wonderful to live unencumbered by these daily rituals, focusing solely on the higher pursuits of life?

Yet, when we reflect more deeply, we realize that the human body as it is designed is nothing short of miraculous. It's a complex, harmonious system where countless processes—digestion, circulation, respiration— work in synchrony to sustain us. These so-called inefficiencies might actually be part of the greater design, teaching us humility and grounding us in the rhythms of life. They remind us of our interconnectedness with nature and the delicate balance we inhabit.

Could there have been a "better" design? Perhaps. But then, would we be the same creatures we are now—

resilient, adaptable, and marvelously imperfect? Perhaps the true genius of the human design lies not in its flawlessness, but in its resilience and ability to grow through imperfection.

PATRICK J. WOOD

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

Buvers' Guide

The Marshfield Buyers' Guide is published by Multi Media Channels, LLC every Wednesday.

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OBITUARIES

KRISTINE L. BOUSHON

Kristine L. Boushon, age 66, of Stratford, died on Friday, February 28, 2025. The Hansen-Schilling Funeral Home & Cremation Center assisted the family.

MARILYN ECKHART

Marilyn Eckhart, age 80, of Marshfield, passed away on Feb. 23, 2025. The Hansen-Schilling Funeral Home & Cremation Center is assisting the family.



ALICE SEBASTIAN

Alice Marie "Dolly" Sebastian, 88, passed away peacefully at her home on Thursday, March 6, 2025.

A Mass of Christian Burial will be held at 10:30 am on Friday, March 14, 2025 at St. Catholic Church, Marshfield. Visitation will precede the service, beginning at 9:00am. St. Johns' PCCW will lead a Rosary at 9:00am. Father Dan Thelen will officiate The service will be streamed online at www.facebook.com/ rembsfuneralhome. Burial will follow at Gate of Heaven Cemetery, Marshfield. Rembs Funeral Home is assisting the family.

Alice was born on January 4 1937 in Auburndale to Frank Jr. and Olive (Hamus) Pongratz. She was raised at the Pongratz home on Route 1 (now Yellowstone Drive). She attended Auburndale High School, and left home at age 15. Working various jobs, in-

cluding Weinbrenner Shoe Factory, and Weyerhaeuser, she enjoyed her independent life but always stayed connected to home. To help her family, she had a phone installed at the home place in Auburndale.

She lived on 5th street in Marshfield and built many friendships. Geographically part of the Sacred Heart Catholic Church congregation, she preferred walking to St. John's Catholic Church and convinced St. John's to let her join the

On September 15, 1962, she was united in marriage to Siegfried "Zeke" Sebastian at St. John's. The newly announced Mr. & Mrs. Sebastian enjoyed a honeymoon camping on a road trip to Niagara Falls and settled back in Marsh field. Zeke passed away on January 4, 2024.

Alice was an exceptional mother and homemaker. She was the heart and soul of the Sebastian family, raising the five children; preparing them for school; guiding their education and supporting their success. She departed this world peacefully at her Sebastian family home, surrounded by photos of her legacy - her children and grandchildren.

She is survived by her children, Gerald "Jerry" (Betsy) Sebastian of Unity, Greg (Kristi) Sebastian of Eagan, MN, Norma Jean, David, and Donald, all of Marshfield, and multiple grandchildren and great grandchildren whose birthdays she enjoyed celebrating. She is further survived by her sister, Marlene "Tunker"

Steen of Tripoli.

She was preceded in death by her parents, husband, sisters, Florence Willfahrt, Grace Pongratz, and Cecelia DeRuyter, and brothers, Norbert, Arnold, James and Clarence Pon-

Memorials can be made to St. John the Baptist Church and School, and Marshfield Columbus High School.

The family would like to extend a special thanks to Kathy from Synergy Home Care, and Cassi and Mariah from Compassus Home Health for their excellent care.

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is the best place to look.

Condolences may be sent online at www.rembsfh.com

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Mid-State Technical College wins Bellwether Showcase Award



Mid-State's Bellwether panelist team receives the Showcase Award for their booth presentation in the Planning, Governance and Finance category at the Bellwether College Consortium's 31st Annual Community College Futures Assembly (CCFA) held in San Antonio, Texas, Feb. 26. From left: Instructor of Civil Engineering Technology - Highway Technician Mike Johnson, Dean of the School of Applied Technology Ryan Kawski, Director of Foundation & Alumni Micki Dirks-Luebbe and Vice President of Academics Chris Severson. Also pictured, far right: Director for the Bellwether College Consortium Rose Martinez.

FOR CITY TIMES

WOOD COUNTY - Mid-State Technical College has been selected for the Showcase Award in the category of Planning, Governance and Finance at the Bellwether College Consortium's 31st Annual College Community Futures Assembly (CCFA). The competition and awards ceremony were held in San Antonio, Texas, in late Feb.

The annual Bellwether award competition honors innovative community college programs and practices that address critical issues facing community colleges across the country. The judged Bellwether Finalist Showcase was held Sunday, Feb. 23, as a feature of the larger Bellwether Finalist competition, widely regarded as one of the nation's most prestigious competitions community colleges. Mid-

State was the only college in Wisconsin to be named a Bellwether finalist this year and competed against nine other colleges in its category.

"Being named a finalist the prestigious Bellwether Award is a testament to Mid-State's commitment to innovation and excellence in higher education," said Mid-State's vice president of Academics. Dr. Chris Severson. "This experience not only allowed us to highlight our achievements to support students and employers on a national stage but also to learn from other top institutions and their impactful initiatives. We are especially honored to have received the Showcase Award, a recognition of our team's dedication and creativity."

The Showcase competition is judged of national experts. It includes a program explanation, booth presentation and question and answer segment. Mid-State's team presented the College's submission, "Work the Plan: A Scalable Grassroots Campaign to Raise Millions," detailing Mid-State's success in securing \$23M through public-private partnership to build and equip the Wayne H. Bushman Advanced Manufacturing, Engineering Technology,

"I am so proud, not only of the incredible work done by our Mid-State team to raise \$23M for the

(AMETATM) Center in

Stevens Point.

Apprenticeship

anonymously by a panel AMETA Center but for our Bellwether Finalist team, who represented us so well on the national stage," said Mid-State President Dr. Shelly Mondeik. "Being a Bellwether finalist alone is testament to the dedication and innovation of Mid-State's faculty, staff and partners. Winning the Showcase Award is just further evidence of the extraordinary work Mid-State is doing on behalf of its communities."

Community College Futures Assembly convenes annually as an independent forum for innovators to work as a think tank. The consortium is supported by Alamo Colleges District in San Antonio.

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MARSHFIELD AREA PET SHELTER PET OF THE WEEK

Hi, my name is Tom Foolery and I'm about 3 years old! Are you looking for a very good boy? Because I happen to be one! I am a very friendly guy looking for someone to share all my affection with! I just love people! Cats? Not as much as people. I might be able to have a feline roommate, but I would need time and a slow introduction. If you need an attentive only fur child in your life, then I'm the one for you! Apply to visit me! Adoption fee is \$100.



BOGO adoptions! Adopt one cat or kitten and the second is free!

Marshfield Area Pet Shelter does not have open hours for public viewing of adoptable animals, rather are by appointment

If interested in adopting, please complete the adoption application. Once your application is approved, an appointment will be scheduled to visit with your desired pet.

Online application can be found at: www.marshfieldpetshelter. org/adoption-application

Marshfield Area Pet Shelter can be reached by call or text at

All animals are vet examined, spayed/neutered, blood tested and microchipped. If old enough, they receive routine vaccinations.











CLARK COUNTY HUMANE SOCIETY PET OF THE WEEK

Grilled Cheese



Meet Grilled Cheese, the CCHS Pet of the Week! Grilled Cheese came to CCHS last week from a local farm, and she has 3 sisters and 2 brothers: Stromboli, Pastrami, Meatball, Cheesesteak and Reuben. Yup, some days we're hungry at the Shelter! Grilled Cheese is a mix of Australian Shepherd and Red Heeler. She is about 10 weeks old (estimated DOB 12/31/24) and weighs 13 pounds. She is super cute with a short-haired coat that is brown and blue merle with some white highlights and cute little perky ears. Grilled Cheese is a sweet little thing with a gentle personality and lots of love to share with her new family. As an Aussie/Heeler mix, she would benefit from an active home that can allow her to burn off some energy. With any rescue, training and socialization are incredibly important to the success of the puppy. If you're looking for a great new member of your family, please apply to adopt Grilled Cheese or one of her siblings today!

Clark County Humane Society can be reached during open hours of 12-3 p.m. Monday, Wednesday, Friday & Saturday.

Phone number: 715-743-4550. Email: petshelter@email.com Mailing Address: CCHS, P.O. Box 127, Neillsville, WI 54456 Located at W3926 State Hwy 73, Neillsville, WI 54456

To fill out an application for Grilled Cheese head to Clark County Humane Society's website or the application can be found at https://www.cchs-petshelter.org/dog-adoption-application.

| POLICE CALLS |

On March 3 at 3:29 in the afternoon a Nekoosa caller notified dispatch that they had allowed their friend to borrow their vehicle, however they believe the friend sold their car without permission. They believe the plates on the car have been changed.

On March 4 at 2:37 in the afternoon a caller in Port Edwards described witnessing a male driver going up and down driveways. The driver was driving a white car and was seen with an electronic device in both hands while driving, the caller believed the driver to be using a phone and tablet while driving.

On March 4 at 3:07 in the afternoon a caller from Grand Rapids reported a computer crime. The caller stated they received a call and then their email became compromised.

On March 4 at 7:42 at night a Saratoga caller described that someone had taken their car, despite the caller not giving permission.

On March 4 at 9:07 in the evening a caller from Wisconsin Rapids reported their car had also been taken without permission. They described the driver who took the car as male and that the car's right mirror had fallen off.

On March 4 at 9:21 a caller from Port Edwards described that they were trying to buy a camper from a Minnesota resident. The Minnesota resident reportedly told the caller they were being ripped off and threatened to damage the caller's vehicles.

On March 5 dispatch revieced a call about a male who was trying to buy beer, but then ran off. The employee of the store wanted this incident on record, and the customer who took off running was trespassed.

On March 5 a caller from Saratoga requested police to keep an eye on their property during night shift, due to individuals doing burn outs in the area and an individual who wanders onto the property and takes wood from the wood storage.

On March 5 at 3:21 in the morning a Marshfield caller reported a male in their bedroom. The caller said the house was dark but could see lights in the residence.

On March 5 at 2:21 in the afternoon an inmate in Wisconsin Rapids attemped to grab a taser off of a corrections officer. The inmated was then tased.

On March 5 at 8:48 dispatch received a call regarding a break in. The caller said their apartment had been broken into while they were gone. The door was locked upon returning home, but the caller discovered their belongings had been knocked over and moved through out the apartment.

Musical Ambassadors of the Army to perform

FOR CITY TIMES

WISCONSIN RAPIDS – The Arts Council of South Wood County presents the U. S. Army Field Band & Soldiers' Chorus on Tuesday, March 25, at 7:30 p.m. at the Performing Arts Center of Wisconsin Rapids, 1801 16th Street South.

The Concert Band and Soldiers' Chorus are the oldest and largest of The U.S. Army Field Band's performing components. Founded in 1946 and 1957, respectively, these two ensembles

combine to present joint concerts on their national tours. They have performed in all 50 states and 30 foreign countries for audiences totaling hundreds of millions.

The 60-member Concert Band and 29-member Soldiers' Chorus perform regularly in some of the most famous concert halls in the world, and just as often in the humblest auditoriums in the smallest of communities. The joining of these two ensembles allows them to offer



unparalleled versatility of programming, ranging from orchestral masterworks and operatic arias to Sousa marches, jazz classics, and Broadway musicals. The band and chorus also perform independently,

and have recently shared the stage with such ensembles as the Boston Pops,

the Cincinnati Pops, the Detroit Symphony Orchestra, and the National Symphony Orchestra. In addition to their national tours, formal concerts, chamber recitals, and educational outreach, members of the Concert Band & Soldiers' Chorus frequently represent the Army at formal and ceremonial functions, including the Presidential Inaugural Parade, presidential funerals, the Army All-American Bowl, and diplomatic efforts overseas.

Tickets are free for this concert, but seating is reserved. Patrons are limited to four tickets by direction of the U. S. Army. Order online 24/7 at www.SavorTheArts. com. For personal assistance, stop by 1040 8th Street South, Suite 101, Wisconsin Rapids, or call 715-424-2787, Monday through Thursday, 10 a.m. – 2:30 p.m. If you secure tickets and then discover you can't attend, either give them to someone who can or contact The Arts Council so the seats can be released into the system for another patron.

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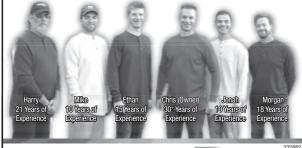
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Organic Advisory Council nominations due March 31

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) is accepting nominations for the Wisconsin Organic Advisory Council (OAC) until March 31, 2025. Seats are available in each of the following categories: organic farmer, organic business, organic consumer, and at-large. Members serve three-year terms, and the council meets at least four times per year.

A committee of DATCP staff and current OAC members will evaluate nominees and make recommendations for appointment to DATCP Secretary Randy Romanski. New members will start their term at the July 2025 Wisconsin Organic Advisory Council meeting.

Nomination forms should explain why nominees would be valuable additions to the council. Completed nomination forms must be mailed to Cassi Miller, DATCP, P.O. Box 8911, Madison, WI 53708, or emailed to cassi.miller@wisconsin. gov by March 31, 2025. Contact Cassi Miller at (608) 259-0208 or cassi.miller@wisconsin.gov with questions.

Nomination materials and more information on the council are available at https://datcp.wi.gov/Pages/OrganicAdvisoryCouncil.aspx.

The Wisconsin Organic Advisory Council brings

Nelson-Jameson teams with Bonar Plastics for new culture shipping

containers



FOR CITY TIMES

MARSHFIELD - Nelson-Jameson has announced that it will utilize new reusable shipping containers when delivering dsmfirmenich cultures, which are biological catalysts for dairy product production.

Nelson-Jameson partnered with Bonar Plastics to utilize the shipping containers to minimize waste while increasing efficiency by using less cardboard, styrene, and dry ice. The new shipping containers ensure customers more effectively receive the culture orders with the added benefit of mitigating environmental impact by reducing single-use packaging.

"We're proud to team with Bonar Plastics to create a better shipping solution for our selection of cultures from ingredients manufacturer dsm-firmenich, who is also a long-time Nelson-Jameson strategic partner," says Nelson-Jameson's VP of Operations and Logistics Shawn Kitchner. "These durable containers make for a better delivery mechanism for customers, as well as creating a more sustainable process.'

The storage containers are constructed utilizing a specialized compound melt blend of plastic designed to withstand cold impact, enhancing durability and reusability. Fabricated from food-grade linear low-density polyethylene featuring 1-1/2" thickness and double-walled foamfilled construction for insulation, these containers provide optimal storage for dry ice blocks. The containers are equipped with lockable lids incorporating silicone gaskets to minimize sublimation.

After the bunkers containing the frozen starter cultures are unpacked, they are then collected, cleaned, and reused for another culture delivery or shipment.

'With these shipping containers, fewer boxes and styrene inserts will end up in landfills and the content will remain safe and secure along the entire chain of custody," Kitchner said. "Nelson-Jameson has maintained a commitment to corporate responsibility and food safety, and these reusable containers are another piece of that ongoing dedication to sustainable solutions when bringing products to our customers.'



On March 6, Big Dawg Roofing & Construction visited South Wood County Humane Society

and donated \$3,300.

Properly secured trailers and cargo prevent hazards on the road

March Law of the Month: **Trailer and Load Securement**

FOR CITY TIMES

WOOD COUNTY - The endless opportunities for seasonal recreation are evidentas wetravelalong Wisconsin's roads and see trailers hauling snowmobiles, ice shacks, boats, campers and much more. To keep our roads safe, always double check that cargo and trailers are secure and that nothing can escape or become a hazard to yourself or others.

The Wisconsin State Patrol's March Law of the Month gives drivers simple but essential steps to properly secure trailers and loads before hitting the road.

"Wisconsin's roads are often busy with drivers hauling cargo and pulling trailers throughout the state," Superintendent Tim Carnahan said. "Drivers are responsible for making sure everything is secure and in good working condition. This is especially important as more boats and trailers come out of storage in the spring. An extra safety check could prevent a serious crash."

Debris on highways and unsecured cargo cause nearly 1,000 crashes every year in Wisconsin. These crashes, and the injuries that result from the incidents, are preventable.

Failure to properly secure a trailer or a load of cargo can result in a \$200 citation in Wisconsin. That penalty can increase if someone is hurt.

When hauling a boat, camper or trailer,

the driver is responsible for ensuring it is in good mechanical condition and is safely attached to the vehicle.

Wednesday, March 12, 2025 • Page 7

Before getting on the road, make sure: Trailer tires, axles and lights are in proper working condition

The ball and hitch coupling assembly are the same size and latch securely

Two safety chains of proper length and strength are attached between the vehicle and the trailer (with enough slack to allow proper turning)

To crisscross the safety chains; it creates a cradle that can catch the tongue of the trailer should an unexpected disconnection occur

Make sure that any items loaded into a trailer or truck bed are properly secured. Items such as coolers, chairs, lumber or fishing equipment that bounce out of trailers or truck beds can damage other vehicles or result in serious crashes when drivers swerve to avoid debris.

To secure the load in your vehicle or

Tie it down with rope, netting or straps Tie large objects directly to your vehicle or trailer

Cover the entire load with a sturdy tarp or netting

Don't overload the vehicle or trailer Always double check to make sure the load secure

NOMINATIONS

from page 6

together public and private resources promote Wisconsin's national leadership in organic agriculture. By advising the DATCP Secretary and other organizations and agencies on critical organic issues. the council supports organic production, processing, purchasing opportunities for Wisconsin farmers, processors. consumers.

The OAC represents Wisconsin's organic with industry the following 12 members:

Three certified organic farmers. preferably reflecting several farm types (dairy, vegetable,

Three representatives from the organic business

One representative of organic consumers

One representative of a private, nonprofit, educational organization involved agriculture

One representative of the organic certification

Three at-large members

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A weekly feature highlighting school news from around the area!

AUBURNDALE AREA SCHOOLS SCHOOL NEWS



Auburndale Elementary is continuing to fly through the year! We celebrated the 100th day of school with our students and Zero the Hero came to our kindergarten classrooms! We also celebrated with our annual 5th grade vs. the Staff basketball game! As usual the staff won a hard fought game full of fierce competition and lots of laughs! Our 4K registration for the 25-26 school year is underway on our website (aubschools.com). The 4K program will be different next year with a Monday - Thursday schedule (8:00 am - 3:00 pm).

We encourage you to come see what makes Auburndale Elementary a very special place where learning occurs daily and laughs and fun can be heard aplenty. If you would like a tour or wish to volunteer please contact the elementary office.

A BIG congratulations to the elementary guidance counselor; Josh Nagel. He was the recipient of the United Way Volunteer of the Year. Every Saturday Josh delivers food donated by the United Way NOW (Nutrition on Weekends) to students/families from Auburndale School District. He starts his day at 4:30 am and no severe weather, loose dogs, or even car trouble will stop him from making his deliveries. His dedication to making sure everyone has food to eat over the weekend is amazing! It takes about 2 hours every Saturday and he has missed family time, activities, etc to give his time to others. We thank Mr. Nagel for all his hard work and good deeds to make our community stronger!

Finally, congratulations to our Students of the Month. Every month the elementary staff chooses a student who has demonstrated our Character Word of the Month in each grade (K-5). Students then get honored in a small ceremony, surprised by their parents, and a sign is put out in front of their house that indicates a Student of the Month lives here! Congratulations to all and be sure why when you drive through the Auburndale/Arpin/Vesper/Milladore area you look for the signs!

"Keep on learning and growing everyday and remember to be kind" - our school motto for our soaring young Eagles!

From corn mazes to blocks of ice, pancakes and beds, Auburndale FFA serves community year-round

DAN HANSENCORRESPONDENT

Over 10 years ago, Auburndale FFA members added a unique project to their National FFA Week celebration by recognizing area farmers in the middle of winter and giving them thank-you gift bags. It's a tradition that continues today with the enthusiastic support of the chapter's 100 members

"We started out with dairy farmers because at that time there were 125 dairy farmers in our school district," said Mark Cournoyer, FFA advisor and Agriscience Instructor at Auburndale schools. "The students decided to take milk and donuts to the farmers. We had to look at the milk license list from DATCP to find their addresses."

The FFA members sometimes faced challenging weather conditions when making their deliveries.

"It's been generally a frosty morning when the kids headed out because in February we never know what the weather's going to be like," Cournoyer said. "That first year, they went out with homemade donuts from a local bakery and Kwik Trip milk chugs. And those gift bags were very well received by the farmers."





Looking for more gift ideas, the members talked with students from other chapters.

"While attending a workshop at the National FFA Convention, we met a man who made gloves with names embroidered on them, and we included those in the bags during the second year," said Cournoyer. "They were awesome chore gloves and our farmers absolutely loved them. It was really neat when we'd go to the farms in the summertime and see they were still wearing the gloves 6-8 months after they got their gift bags."

Each year the FFA members would verify the addresses and deliver the gift bags to local farmers on the Friday morning of FFA Week, which they did this year on Feb. 21.

"Sometimes we'd find the farmers still doing their chores, and sometimes they'd already be gone picking up parts or running other errands, but the bags were always left at the farms,"Cournoyer said.

This year's National FFA Week was held Feb. 15-22, with the theme "Celebrating Tradition, Inspiring the Future".

Auburndale FFA Chapter Treasurer Brena Thiel shared details of the contents tucked inside of this year's gift bags delivered by FFA officer teams.

"This year we included Weber's Farm Store milk, cheese, doughnuts, beef sticks and dried cranberries," she said. "We wanted to take the time during the cold winter months to thank our local dairy farmers for putting high-quality milk in our schools, so they got a note thanking them for that."

The note read in part, "You are the backbone of our communities, tirelessly cultivating the land, raising livestock, and providing the essential sustenance that supports us all. We've included a small bag of milk to show you that your hard work and dedication made it possible to provide schools with high-quality milk. We appreciate all the mornings and late nights you put in. Thank you! Enjoy a treat while you farm."

The officers lead four teams of members who make the deliveries, according to Thiel.

"We used Google AI this year to help make our routes more efficient," Thiel said. "It took us about two-and-a-half hours to complete the route I had. One of our longer routes had about 30 stops and took about three to three and-a-half hours."

Some of the officers aren't old enough to drive. "I'm only 15, so we have older chapter members who drive that are able to go out with us," she said.

The FFA members still deliver gift bags to 125 farms, but because many dairy farmers have transitioned to other fields of agriculture, the gift bags are now also delivered to cranberry farmers, beef farmers, poultry farmers, goat farmers and grain farmers along with the dairy farmers in the school district.

"Although many dairy farmers have transitioned into other areas of agriculture, that dedication is still there and that willingness to feed their community, our country and

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the world is still there," stressed Cournoyer. "It's pretty cool for the kids to stop in at these farms. Some farmers know they're coming and for some it's a complete surprise."

Growing up on a dairy farm. Thiel remembers coming to

Growing up on a dairy farm, Thiel remembers coming to the door when the FFA members delivered the gift bags.

"As a kid that made me smile. Now I'm glad to be able to bring some joy to older adults during the cold, winter months. It's great to bring smiles to their faces," she said.

Auburndale FFA members spearhead several other activities that help raise money for area charities.

"We're really fortunate to have our school forest within walking distance right behind the school, and we use that for several activities," Thiel said. "We have a Pumpkin Glow where we line the forest trails with 500 pumpkins that are carved by students from the middle school and high school. We put lights in them. And the money we receive from those who visit the trails is donated to the Toys for Tots Foundation."

The FFA chapter also sets up a corn maze and plants a sunflower field, which also helps raise funds for Toys for Tots.

With a similar format to the fall Pumpkin Glow, members also offer an Ice Glow tour through the school forest in the winter.

"We freeze ice into blocks, and put food coloring, cranberries and other colorful materials inside," said Thiel. "Then we drill a hole in the bottoms of the blocks and put flashlights in them as they line the trails in the school forest. The funds raised are donated to the Sleep in Heavenly Peace charity that provides beds for children in need."

The Auburndale FFA will be hosting its 65th Annual Pancake Feed on Sunday, March 23. From 9 a.m. to 2 p.m.. Members will be serving real potato and buttermilk pancakes along with Smith Bros. sausage cooked on site, US Championship cheese, applesauce, sweetened dried cranberries and maple syrup crafted from maple trees in the school forest.

The school also will be the site of a "bed build" in April where students, faculty and community volunteers build bed frames for the Sleep in Heavenly Peace organization.

"We have people from the age of 4 to 94 who come to the Bed Build," said Cournoyer.

Cournoyer says the Auburndale FFA Chapter was established in 1937.

"We're not only celebrating 88 years, but we're excited about the various community activities we sponsor throughout the year," he said.

Chapter members have been recognized for their efforts, winning several awards.

"We were recognized as a Gold Rated Chapter during the recent National FFA Convention, and we were the inaugural Swiderski Equipment Chapter of the Month Award winner in January," said Cournoyer.

Brenna Thiel is enthusiastic about the FFA projects she's involved in, but as a high school junior, she's also looking to the future and a career in agriculture.

"There are so many opportunities and I haven't narrowed it down to one, but I'm looking into horse chiropractic or physical therapy for horses," she said, adding that a role in managing her family's dairy farm is also one of the options she's considering.

Continuing to guide students at the Auburndale schools is part of the future Cournoyer envisions for himself.

Graduating from UW River Falls in December 1999, Cournoyer started teaching at Auburndale in January 2000.

"We found a cool home here. My teachers instilled in me that if you take care of your community, your community will take care of you," he said.

"The things we do here are remarkable," he said. "The Village of Auburndale has a population of 792, but we graduate between 60 and 65 high school students a year. The support our FFA chapter gets from the community for our activities is tremendous. For that Pumpkin Glow, we get 3,000 people to show up in five hours.

"We can celebrate and include the entire family, and provide activities for those families that bring out the best in everybody. There's no other place I'd rather be. We have cool kids, cool parents and we get a lot of cool things done," he said.



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A weekly feature highlighting school news from around the area!

PITTSVILLE AREA SCHOOLS SCHOOL NEWS



Pittsville School Empty Bowls Event

Pittsville Elementary School hosted our annual Empty Bowls charity fundraiser on Tuesday, March 11, 2025. This year, guests dined in the cafeteria and enjoyed our Art Show displayed throughout the Elementary School halls. We served a simple supper of soup made (and donated) by our local restaurants and caterers, as well as bread, milk, cheese curds, and a cookie. Each dinner came with a pottery bowl choice. Our Pottery Club, led by Mrs. Kuhn and Mrs. Masanz, have been very busy making bowls for the spring event! Proceeds from this event benefited P.A.N.S. (Pittsville Area Neighbors Shelf-our local food pantry) Lucy's Community Garden, and the Panther Closet.



Pittsville High School student, Autumn McDaniel, was one of six students selected nationally from a pool of 180 nominees, for a full scholarship to spend 8 weeks in Argentina this summer. Autumn will be living with a host family and will be immersed in daily life. Argentina is in the southern hemisphere, so she'll get to experience their winter break and also attend school when it's in session. Throughout the two months Autumn is in Argentina, she will become familiar with the various layers of culture in Argentina and improve her Spanish skills. Autumn's application really showed her skills of openness, resilience and flexibility. She is working on her Global Scholars credential at PHS and has organized a shoe drive to collect hundreds of pairs of shoes to donate. Autumn earned this scholarship through years of dedication and hard work.

For the last month, students in Spanish 3/4/5 have been participating in a global virtual exchange program. They, alongside peers in other locations, completed coursework about interacting with people from different cultures and with different communication styles. Each week, the class meets virtually with a school in Fayetteville, North Carolina and Envigado, Colombia. During the meetings, students talk in small groups about what they have been studying and how the materials relate to their cultures and lives. This exchange has allowed students to connect with Spanish speakers abroad, as well as other language learners here in the United States. They have not only gained knowledge through this experience, but have also gained friends abroad!

A Look Into AP Language

In order to hone their writing voices, students in the AP Language class recently wrote reviews on a topic of their choice in the style of John Green's The Anthropocene Reviewed. Here is one of the essays:

Groundhog's Day

Groundhog's Day: the ultimate celebration of time, cycles, and existential curiosity. Every year, Americans in the snowy states wait with anticipation to see if the icon, the living legend wrapped in fur, Punxsutawney Phil, will predict an early spring, or 6 more weeks of winter. In my opinion, Phil couldn't predict his way out of a paper bag, but who am I to say a nationwide celebrity is wrong. But overall, Groundhog's Day is a perfect example of humans trying to predict the future, and the inevitable letdowns of when said predictions don't match with actuality.

The Original Groundhog's Day took place on February 2nd of 1887, where "townspeople of Punxsutawney set out to Gobbler's Knob, also known as Phil's place of residence. According to German lore, if a "hedgehog saw his shadow on Candlemas Day", there would be another "6 weeks of Winter" ("Groundhog Day facts: Phil, the badger, the elixir"). When the German Settlers immigrated to the United States, the absence of hedgehogs





Congratulations to Pittsville High School Students of the Month! These students were nominated by each department's teachers for their hard work throughout the month of February!

led them to utilize the crusty land beavers, I mean groundhogs, as a substitute for their tradition. But that ground rat Phil still managed to rise to stardom, from dinner plate to pedestal. Oh, did I forget to mention that, after Phil "ate" with his prediction, the townspeople ate Phil. This terrible early 19th century twist led to tenderized groundhog being the "special local dish" in each year's "Groundhog Picnic" (Andrew). But Phil left the menu after the townsfolk "realized his worth", naming him after "King Philip", but the one that he named is still unclear.

With this considerably wacked backstory, I have one burning question- How is old saggy Phil still kickin'? In the wild, "the longest a groundhog can live is about 6 years", with the "average being 2-3" (Lynn). While groundhogs in captivity "can live up to 14 years", that still does not come close to Phil's supposed age of 139. Two highly credible sources — my esteemed friends, Emma and Gwyn — along with myself, are of the firm belief that the groundhog known as Phil is not, in fact, the original Phil, but rather a series of impostors who have used their familial legacy to maintain their hold on the crown. This theory, which has caused considerable opposition by some folk, mirrors that of the so-called Vermont conspiracy. After thoughtful discussions with my sources, we reached the conclusion that, if Vermont is indeed a legitimate entity, then Phil could very well outlast us all. Furthermore, we can affirm that Patrick Dempsey is certainly not too old for me. Of course, upon further rational reflection, all of these claims are entirely false. This is yet another example of dissatisfaction derived from the failure to predict the future. My sincerest apologies, Patrick. I will see you in my dreams.

You may ask why I have been ever so subtly hinting at my mild dislike for a certain famous groundhog, and that is because I used to be a believer. People wake up hours before sunrise just to

catch a glimpse of Phil in his big moment, and half my lifetime ago, I was one of them. The night before February many years ago, I asked my mom to wake me up a little bit earlier than normal before school, so I could see if Phil saw his shadow not. birthday just so happens to fall in the 6 weeks after Groundhog's Day, so I was hoping that I could have my birthday party outside. So you could imagine my excitement when that good for nothing groundhog predicted an early spring. Well, fast forward a few weeks later, and surprise surprise, that oversized ground squirrel got it wrong! My 8-year-old self was beyond disappointed when spring in fact did not come early, and that my outdoor birthday party had to be moved inside due to the cold winter temperatures. I will never again exit my peaceful slumber before 7 am just to see the hog of the hole get the prediction wrong again. I do not care if that stupid ground rat sees the light of day, let alone his shadow, ever, again. This further backs the idea that humans are unable to predict the future, and inventing more false theories or stories that claim they can is just a waste of time for everyone involved, as it just ends disappointment, especially for those of us who put all of our faith in a morbidly obese sewer rat at a young age. And for this reason alone, I rate Phil a 1/5, but Groundhog's day in general, a 2.7/5, but only because I'm feeling generous in my adult, mature manner.

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Addressing addiction: understanding the importance of seeking treatment





FOR CITY TIMES

WOOD COUNTY – Substance abuse continues to be a significant concern across many communities, with alcohol, opioids, and methamphetamine use among the most common challenges individuals face. Health care professionals emphasize that addiction is a medical condition, not a moral failing, and that effective treatment options are available to help individuals regain control of their lives.

Dr. Adam Clements, Medical Director of the Office of Medical Education at Aspirus and director of the Family Practice Residency Program, believes that shifting how people view addiction is crucial. "People look at addictions like it's a character flaw, when really it's a chronic relapsing disease that there are very good treatments for," Clements said. "Addiction is no different than any other medical condition, like diabetes or high blood pressure. People deserve compassionate care and effective treatment."

Despite the availability of treatment, many individuals delay seeking help due to stigma, denial, or uncertainty about where to turn. "A significant barrier is that people often don't know they have a problem or that resources are available," Clements added. "It's vital to recognize the early signs of addiction before serious health complications occur."

Treatment options are diverse and tailored to individual needs. These include inpatient programs, outpatient services, medication-assisted treatment (MAT), and counseling. Telehealth options also provide greater accessibility, allowing patients to receive care from the comfort of their homes. MAT has proven to be a life-saving resource, reducing cravings and lowering the risk of overdose.

"Addiction care, like many aspects of health care, is a team effort," said Tiara Bonilla, Recovery Case Manager at North Central Health Care. "Seeking treatment is a brave first step. Many people don't realize help is available or how to access it. Our goal is to walk alongside individuals through the recovery process, ensuring they're connected to the right support services."

Bonilla also emphasized that recovery looks different for everyone. "Complete abstinence may not be everyone's goal, and that's okay. Harm reduction strategies can improve safety, stability, and overall well-being. We focus on helping people maintain their jobs, family lives, and personal responsibilities," she said.

Healthcare professionals recommend starting with a conversation with a primary care provider. "Having a trusted doctor who listens and can provide referrals to specialized services can make all the difference," Clements explained. "Addiction treatment is accessible, and with the right support, recovery is possible."

For those seeking support, many organizations offer services to guide individuals on their journey toward recovery. Resources range from counseling and behavioral therapies to peer support groups and medication-assisted treatments. The key message from experts: you are not alone, and help is available.

For more information about substance use treatment options, visit www.norcen.org/Recovery.

Incidental Take Notice for Statewide Infrastructure Projects and Rare Fish

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Department of Natural Resources proposes to issue a Broad Incidental Take Permit/Authorization for the incidental taking of rare fish, which may result from transportation projects, including road, rail and trail projects across the state.

Incidental take refers to the unintentional loss of individual endangered or threatened animals or plants that does not put the species' overall population at risk.

Within this proposed Broad Incidental Take Permit/Authorization, all transportation cofferdam installation and removals, dewatering activities and fish removals as a result of those dewatering activities, along with subsequent activities following dewatering, are included.

All state endangered or threatened fish species in Wisconsin except the blue sucker, black buffalo, river redhorse, paddlefish and skipjack herring are covered under this Broad Incidental Take Permit/Authorization. However, if suitable spawning habitat for any of the aforementioned species is present, standard spawning timing restrictions per species would still apply.

The presence of state listed fish species are confirmed in the respective vicinities of the project sites. DNR staff have determined that the proposed projects may result in the incidental taking of some rare fish.

The DNR concludes that the proposed projects will minimize impacts to the species by adhering to conservation measures; are not likely to jeopardize the continued existence or appreciably reduce the likelihood of the survival and/or recovery of the state population of the species, the whole plant-animal community of which they are a part or the habitat that is critical to their existence; and have benefits to the public health, safety or welfare that justify the action.

Conservation measures to minimize the adverse effect on the threatened or endangered species will be incorporated into the proposed Broad Incidental Take Permit/Authorization. Copies of the jeopardy assessment and background information on these fish species are available by visiting the DNR Incidental Take Public Notices webpage or upon request from DNR Conservation Biologist Stacy Rowe at 608-228-9796 or Stacy.Rowe@wisconsin.gov.

The public is encouraged to submit written comments regarding project-related impacts to these fish species by April 4, 2025 to:

Wisconsin Department of Natural Resources c/o Stacy Rowe, DNR Conservation Biologist 2514 Morse St., Janesville, WI 53545 Stacy.Rowe@wisconsin.gov or 608-228-9796

Early Literacy Program helps build strong foundations for children

FOR CITY TIMES

WOOD COUNTY Reading is one of the most powerful tools for a child's development, helping to build language skills, improve cognitive function, and strengthen emotional bonds with According caregivers. to Reach Out and Read, families participating in the program are 2.5 times more likely to read with their children, leading to improved school readiness and communication skills.

To support early literacy and child development, Aspirus Health has partnered with Reach Out and Read, a national initiative that provides free books to children during well-child visits. The program encourages families to make reading a regular part of their daily routine, helping children develop essential skills for future learning.

"Reading strengthens language development



and creates meaningful connections between parents and children," said Lisa Falduto, Program Director for Reach Out and Read Wisconsin. "These early experiences play a critical role in a child's future success."

Aspirus pediatricians incorporate book distribution and literacy education into checkups, reinforcing the importance of reading at an early age. "This program makes reading a positive part of health care visits and provides books to

families who might not otherwise have access," said Dr. Joseph Novak, a pediatrician at Aspirus.

From birth through age five, children experience rapid brain development, and regular exposure to books can significantly enhance their ability to learn. Research has shown that children who read regularly demonstrate stronger literacy skills perform academically later in life. Encouraging early reading habits helps set children up for long-term success in school and beyond.

Beyond cognitive benefits, reading together fosters emotional security and family bonding. "The other piece that a lot of people don't think about when reading is the bond that happens between parent and child," Falduto added. "That connection is crucial for literacy development, emotional health, and brain development."

Aspirus Health continues to support programs that enhance childhood development and promote literacy. By working with Reach Out and Read, Aspirus helps make books and literacy resources more accessible to families, giving children the opportunity to develop a love for reading early in life.

For more information about Reach Out and Read visit www. reachoutandread.org.

Surprising signs of an unhealthy heart

FOR CITY TIMES

WOOD COUNTY – You may recognize some of the common warning signs of heart trouble, like chest pain, shortness of breath, lightheadedness or persistent fatigue. But there are also lesser-known signs of an unhealthy heart you should know about.

"Many potential signs of heart trouble could also indicate health issues that are not heart related,"

said Michelle Alikpala, a cardiology nurse practitioner at Marshfield Clinic Health System. "An important thing to remember is making sure you alert your health care team of any new or worsening symptoms you are experiencing."

As one of the most obvious unhealthy heart symptoms,

See **SIGNS** page 13

DNR asks public to report black bear den locations

FOR CITY TIMES

WOOD COUNTY – The black bear den survey season is winding down, and the Wisconsin Department of Natural Resources encourages the public to submit any den locations they find across Wisconsin in order to help with ongoing black bear research.

The Black Bear Litter and Diet Survey aims to generate new estimates of black bear reproductive rates within each bear management zone and improve the accuracy of the population models used to manage them. Additionally, researchers are investigating a connection between consumption of human food sources and bear reproduction since diet can affect cub survival rates and litter sizes.

After cubs are born, black bear dens get noisier. During this time of year especially, people might hear unusual small sounds such as squeaking, grunting, humming or sucking, which usually means the cubs are nursing.

After spotting a den, the public is encouraged to maintain a safe distance of approximately 30 yards and report the following information to the DNR:

GPS coordinates

A photo of the den, ideally showing it in relation to its surroundings

Description of the site and surrounding area

Any information on bear activity near the site, including whether cubs were heard

DNR staff will work with den reporters and landowners to visit the den before deciding to survey it, determining if the den is safe, accessible and in use. The research team may be unable to visit every reported den location this season. Dens that are known to be currently occupied will be prioritized.

DNR staff will collect biological data from these dens, including sex, weight and body measurements. Mother bears, or sows, will be outfitted with GPS collars, one



Cubs cannot yet regulate their temperature and have delicate immune systems, so researchers wear protective gear and keep them warm while staff members fit a GPS collar on the mother bear during den surveys.

Wisconsin DNR

of the most important pieces for collecting data. Collars help staff learn more about bear foraging behavior and locate the sows in the following years. Revisiting the sows will help staff determine the reproductive success of each sow, such as her litter frequency, litter size and the survival rates of the cubs. Data on sow weight, body measurements and age are also collected.

While surveying, bear health and safety

are a top priority. Designated staff monitor the sow's breathing and heart rate while the rest of the team quickly gathers the needed samples and measurements. Any cubs present at the den are carefully weighed and sexed. Cubs are tucked into staff's coats to keep them warm because the cubs cannot yet regulate their own temperature. Once researchers are finished, the sow and cubs are put back into their den.

Wisconsin's high school graduation rates reach new high

FOR CITY TIMES

WOOD COUNTY – New data published from the Wisconsin Department of Public Instruction shows high school graduation rates in the state are at an all-time high. For the 2023-24 school year, 91.1 percent of Wisconsin high school students graduated on time, marking the highest rate since the four-year adjusted cohort was introduced in 2009-10. Data released shows chronic absenteeism rates fell to 17.7 percent for the 2023-24 school year, while attendance rates climbed to 92.4 percent, marking the lowest and highest levels, respectively, since the 2020-21 school year.

REFERENDUM

from page 1

to support public safety, it is critical that we return to our 2021 staffing levels to ensure we can meet increasing demands and maintain effective emergency response," said Fire Chief Everett Mueller.

The City is holding public informational meetings for those interested in learning more about the public safety referendum. Those meetings are scheduled for the following dates and times:

Thursday, March 13 at 6:30 p.m. – Hotel Marshfield.

Thursday, March 27 at 6:30 p.m. – Community Center, Drendel Room.

For additional information, please refer to our website at ci.marshfield. wi.us/referendum.

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Activities and Meetings

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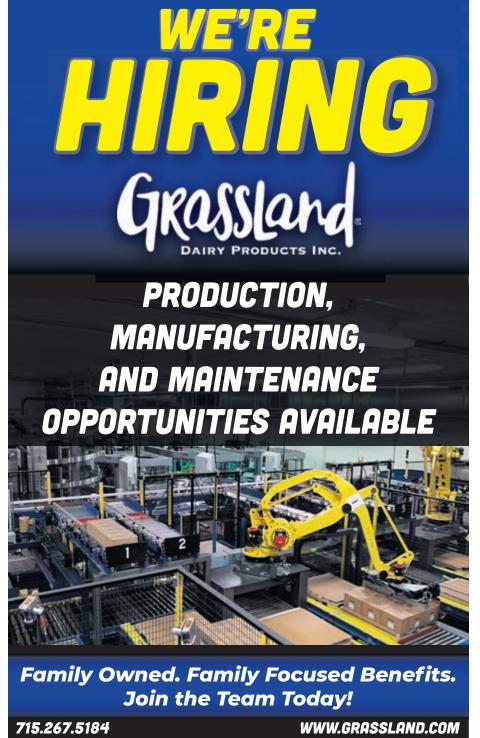
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eneuenfeldt@mmclocal.com

Subject line: Editor





Heart failure: Managed with medication and healthy lifestyle

FOR CITY TIMES

WOOD COUNTY – Heart failure is a chronic disease in which the heart is unable to pump or fill with enough blood to meet the body's needs. In short, the heart can't keep up with its workload.

The heart may try to compensate for this by:

Enlarging: The heart stretches to try to keep up with the body's demand to pump more blood.

Developing more muscle mass: The contracting cells of the heart get bigger in attempt to strengthen the heart's ability to pump.

Pumping faster: Heart rate elevates to increase the heart's blood output.

These will help temporarily alleviate heart failure problems but won't solve it. "Without treatment, the condition will continue to progress to a point in which these compensating processes no longer work," said Jessica Geiger, Heart Failure Improvement Clinic nurse practitioner at Marshfield Clinic Health System.

The leading causes of heart failure are coronary artery disease, hypertension (high blood pressure) and valvular disease. It also may be caused by other factors, including diabetes, heart rhythm disorders, obesity, viruses or other factors such as substance or alcohol abuse.

Thinking that you're too young for heart failure is a common misconception of the disease. "It remains more prevalent in the elderly population, but it can certainly happen at any age," said Geiger. Recent studies have indicated that there is an increase in people younger than age 65 being diagnosed with heart failure.

"This is likely consistent with an increase in sedentary lifestyles and poor diets," she said. "While, in general, younger individuals are less likely to experience heart failure, it is important to reduce risk factors. If they work to stay active with exercise, follow a healthy diet, limit alcohol consumption, and abstain from tobacco use, the incidence of heart failure can be reduced in the younger population."

Heart failure symptoms may develop slowly over time. Some people may not know they have heart failure right away because the heart first tries to work harder to counteract the condition. Symptoms may include: shortness of breath, fatigue, swollen legs, ankles and feet, loss of appetite or feeling full quickly, and rapid weight gain.

"One of the first symptoms patients may notice is an increase in shortness of breath or reduced activity tolerance," said Geiger. "These individuals may experience a decrease in the ability to do their typical activities without needing to take a break. For example, they may experience shortness of breath with going to get the mail or bringing in the groceries. They may find they are unable to lay flat at night to sleep, needing to prop themselves up with multiple pillows or sleep upright in a recliner to feel comfortable breathing. The individual may notice their feet or abdomen appear to be swollen."

It is important to report all your symptoms when seeing your provider.

"These symptoms will be an indicator for a further workup to diagnose heart failure. This is why informing your provider of all your symptoms is essential to guide appropriate testing and management of the patient," said Geiger. "For example, an individual may not feel waking up in the middle of the night feeling short of breath is valuable information to share, but your provider would recognize this as another sign of possible heart failure."

Beyond symptoms, a diagnosis typically comes with an echocardiogram for initial testing, blood work and a chest X-ray to identify potential findings consistent with heart failure.

Heart failure is not something that can be cured, however many people with heart failure can lead full lives when the condition is managed with medication or a healthy lifestyle.

"Hearing the diagnosis of heart failure can be very frightening. This is where the Heart Failure Improvement Clinic steps in to help guide your care and support you," said Geiger.

The Heart Failure Improvement Clinic at Marshfield Clinic Health System works to identify and act quickly to meet your needs in order to avoid unnecessary complications or hospitalizations.

The clinic also develops an individualized treatment plan that works for you. This plan includes: a first visit and follow-up visits, a medication plan, planning for the future, providing education to help understand the importance of a healthy diet and to spot symptoms, and teaching self-care strategies.

Lifestyle adjustments such as consuming less salt, losing weight and exercising are typical treatments for heart failure patients. Medications are often prescribed to help heart function and improve symptoms. It is important to stay on task even when you see improvement.

"The goal of the program is to improve quality of life and allow for more moments with loved ones," said Geiger.

Cardiac contractility modulation (CCM) therapy is an advanced treatment for patients with heart failure, particularly those who have moderate to severe heart failure but are not candidates for conventional treatments.

The therapy was FDA-approved in 2019, however very few medical centers in the country are using this therapy outside of clinical trials. Marshfield Medical Center was the second center in the state to offer this therapy. The procedure is primarily done by cardiac electrophysiologists. CCM delivers electrical signals to the heart to help improve the heart's natural contractions. The electric signals are non-excitatory, which means they won't cause new contractions, but help the heart naturally through this process.

"It benefits patients with heart failure by improving the heart's ability to pump blood more efficiently," said Dr. Weija Wang, electrophysiologist with Marshfield Clinic Health System. "We're excited about this therapy as it represents a relatively new approach in heart failure management, especially for patients who fall into a treatment gap where standard options are ineffective."

For more information on CCM, or heart failure treatments, talk to your provider.

SIGNS

from page 10

chest pain can indicate angina, a heart attack, aortic dissection and many other serious heart concerns.

If you are participating in mild exercise and you notice yourself being short of breath or have persistent fatigue more than normal, this could be cause for concern. Shortness of breath most often indicates heart failure, but it could also indicate coronary artery disease, valvular heart disorders or arrhythmia (irregular heart rhythm due to your

heart's electrical system).

Feeling lightheaded or fainting can mean nothing, but it can also be serious including a sudden decrease in your blood pressure, heart attack, heart conduction disturbance or narrowing of your aortic valve.

Waxy growths that appear on your skin, possibly on your eyelids, can be an indication of unhealthy cholesterol,



which is one of the most common culprits of blocked coronary arteries.

Jaw pain when associated with physical activity is a sign of angina, which is chest pain cause by reduced blood flow to the heart.

Many things can cause puffy legs. From the heart standpoint, puffy legs could indicate heart failure, volume overload or high blood pressure.

Poor dental hygiene

Poor dental hygiene is a risk factor for heart disease. Bleeding gums are usually from inflammation, and having inflammation in your body over the course of years can cause plaque

in your heart artery to rupture. Leading to heart attack or a dislodgement of vegetation (clumps of bacteria) to your heart.

Snoring could indicate sleep apnea, which is a risk factor for heart disease. Sleep apnea is one of the major culprits for heart rhythm issues, stroke and uncontrolled blood pressure.

Someone with erectile dysfunction is more likely than not to have some underlying cardiodvascular issue. There is a high potential for diabetes in men who have early onset erectile dysfunction. If you have medications for ED, it is important to inform your provider as it may be caused by an unwanted decrease in your blood pressure if combined with other cardiac

medications.

Nails that have blue coloration could be a marker for a congenital heart defect. It could also indicate lung disease or Raynaud's disease, which is a blood vessel disorder.

Cold sweats are a sign of many health concerns, but related to the heart it can be a sign of a heart attack or shock, a condition on which the heart is unable to meet the needs and demands of the body.

Pain that radiates down the left arm or pain in the back, neck or jaw can also be symptoms of a heart attack. Whereas numbness and weakness on your arms and legs can be an indication of narrowed blood vessels or poor circulation.

Women presents heart attack differently than men. Atypical symptoms such as nausea, indigestion or heartburn can be signs of a heart attack.

As mentioned previously, all these symptoms can be due to other health issues but can also be intertwined with your heart health. This makes it crucial for you to be aware of any new emerging signs of an unhealthy heart.





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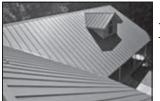
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|SPORTS|

Marshfield student earns title of Scholastic 3-D Archery Eastern Indoor National Champion

FOR CITY TIMES

MARSHFIELD – Marshfield seventh grader, Thomas Parent (age 12) is the 2025 Scholastic 3-D Archery (S3DA) Eastern Indoor National Champion for the Youth Male Open class.

Parent earned the title in Owensboro, KY, during the S3DA Eastern Indoor National Championship held Feb. 27 - March 1 at the Owensboro Convention Center. Thomas

country. He shot a score of 150 with 28x's on the first day to put him in the lead and locked in the win shooting a perfect score of 150 with 30 x's on the second day. Thomas was the only youth in the competition to shoot a perfect score.

Thomas's team also won the Youth Team Championship. Thomas shoots for Bucks and Bulls, in Plover, under coach Gary Hintz.

competed against youths, ages 12-14, from all around the









Thomas and his team, winning the title of Youth Team National Champions

Wisconsin Valley Conference 2024-2025 Basketball All-Conference Teams and Coaches announced

FOR CITY TIMES

WOOD COUNTY – The Wisconsin Valley Conference 2024-2025 girls and boys basketball all conference teams and coaches have been announced, with the selections the result of a vote by conference coaches. The * symbol denotes a unanimous selection.

Boys 1st Team

- *Brooks Hinson from Marshfield
- *Landon Lee from Marshfield
- *Jesse Napgezek from Wausau East Grant Chandonais from Stevens Point
- *Griffin Lange from Wausau West

Boys 2nd Team

Cade Felch from D.C. Everest Jaydon Awe from Stevens Point Bennett Matteson from Wausau West Xavier Edwards from D.C. Everest Charlie Cayley from Wausau East

Boys Honorable Mention

Casey Stuedemann from D.C. Everest E.J. Weix from Merrill Jaydan Garrett from Wausau East Valin Ramberg from Marshfield Cohen Priebe from D.C. Everest Baraka Makalin from Stevens Point Brody Gilbertson from Wis. Rapids Lincoln Joey Ketterer from Marshfield Sean Roenius from Wis. Rapids Lincoln

Player of the Year: Brooks Hinson from Marshfield Coach of the Year: Chris Fischer from Marshfield Defensive Player of the Year: Brooks Hinson from Marshfield

Brooks Hinson was a unanimous first team selection and Player of the Year last year, a unanimous first team selection in 2022-23 and an honorable mention selection in 2021-22; Grant Chandonais was a unanimous first team selection last year and in 2022-23; Jesse Napgezek was unanimous first team selection last year and a second team selection in 2022-23; Cohen Priebe was a second team selection last year and in 2022-23 and in 2021-22; Landon Lee, Charlie Cayley, and Casey Stuedemann were second team selections last year; Griffin Lange, Sean Roenius,

E.J. Weix, Baraka Makalin, Brody Gilbertson and Jaydan Garrett were honorable mention selections last year.

Girls 1st Team

*Jada Seubert from Stevens Point
*Zaida Kolbeck from Marshfield
*Lindsey Weiler from Stevens Point
Cohby Noilitz from Wig Popida Line

Gabby Neilitz from Wis. Rapids Lincoln Ayla Christensen from Wausau West

Girls 2nd Team

Hailey Klumb from Marshfield Leah Awe from Stevens Point Kristin Radtke from Wis. Rapids Lincoln Kirsten Hall from D.C. Everest McKenzie Holm from Marshfield

Girls Honorable Mention

Paige Anderson from Wausau West
Evelyn Thome from Wausau East
Kaela Clerveaux from Merrill
Grace Sandquist from D.C. Everest
Lydia Johnson from Stevens Point
Sydney Holberg from Wis. Rapids Lincoln
Ellie Strong from Stevens Point
Lexi Cour from Wis. Rapids Lincoln
Emma Ridgway from Marshfield
Ailsa Chmielewski from D.C. Everest
Grace Reimann from Merrill

Player of the Year: Jada Seubert from Stevens Point Coach of the Year: Janel McCarville from Stevens Point Co-Defensive Player of the Year: Jada Seubert from Stevens Point and Zaida Kolbeck from Marshfield

Jada Seubert was a unanimous first team selection and Player of the Year last year; Zaida Kolbeck was a second team selection last year and an honorable mention selection in 2022-23 and 2021-22; Kristin Radtke was a first team selection last year and an honorable mention selection in 2022-23; Ayla Christensen, Kirsten Hall and Ellie Strong were second team selections last year; Lindsey Weiler, McKenzie Holm, Sydney Holberg, Paige Anderson and Emma Ridgway were honorable mention selections last year.

ISPORTS

Area wrestlers compete in 2025 WIAA State Individual Wrestling Tournament

From Feb. 27 to March 1 wrestlers from across the state, including several Wood County athletes, competed in WIAA State Individual Wrestling Tournament held at the Kohl Center in Madison.



Carter Lueck of Stratford wins first place in D3-190. **ALL PHOTOGRAPHY BY CLARICE CASE**



Carter Lueck of Stratford during his championship match.



Colton Weiler of Auburndale wrestling following his victory that



Hudson Sebesta-Opelt takes second place in D2-144, Auburndale's Weiler taking down his opponent.



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Colton Weiler of Auburndale won first place for D3-150.

Carter Lueck of Stratford (left).





Ava Gardner of Marshfield takes first place in the Girls 107





Ava Gardner (left) of Marshfield competes in her championship





Diane Gilbertson

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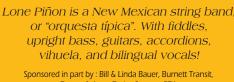
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|SPORTS|

Gracie Holland, Marshfield, earns all-conference honors in track and field at UW-Whitewater

FOR CITY TIMES

MARSHFIELD -- Gracie Holland, a Human Performance major at the University of Wisconsin-Whitewater from Marshfield, is one of nine members of the Warhawk men's and women's track and field teams who garnered All-Wisconsin Intercollegiate Athletic Conference accolades based on their performances at the 2025 WIAC Indoor Track and Field Championships on Feb. 28-March 1 in Stevens Point

The Warhawk men placed third at the meet, while the women finished fifth.

On March 1, the first running event of the day saw a Warhawk on the podium as Marlon Cystrunk (DeForest) claimed gold in the 60-meter hurdles. Cystrunk topped the final heat with a 8.10 second finish.

Following up Cystrunk, Caleb Beightol (Belgium) had a strong showing in the 60-meter dash. Beightol timed in at 6.76, finishing third overall.

Christian Patzka (Black Earth) wrote his name in the conference record book, setting a new WIAC record for the 3,000-meter run. Patzka crossed at 8:14.63, breaking his own record of 8:14.78 from the 2023 conference meet.

Patzka also secured a gold in the 1-mile run to bolster the Warhawks on February 28. He crossed the line in 4:12.49 and was followed by Gunner Schlender (Brillion), who came in third with a clocking of 4:15.50.

Kobe Chandler (Beloit) broke the program record in the 400-meter dash - a mark that had stood for 11 years. His time of 48.91 set the record by 0.08 and was good for third place at the championships.

Lincoln Begin (Greenfield) bolstered the Warhawks in the field events with a runner-up finish in the long jump. Begin posted a career-best mark of 7.25 meters (23-9.50) the eighth-best long jump in UWW history.

Ari De La Cerda (Milwaukee) highlighted the second day (March 1) for UWW, breaking the program record in the 3,000-meter run. The senior registered a 10-second personal best for a time of 10:01.17. That mark breaks the program record that UW-Whitewater Hall of Famer Stephanie Greiber held since 2000. De La Cerda, who now holds five program records, finished third in the event. She also claimed third place in the 1-mile run with a time of 5:05.87 for her second all-conference medal.

Kenni Czarnecki (Muskego) led the Warhawks in the field events that day with a bronze in the weight throw. The senior registered a mark of 17.98 meters (59-0).

Gracie Holland (Marshfield) set a championship record to lead UW-Whitewater in the first day of competition on Feb. 28. Holland broke her own championship record - one she had held since 2023 - in the pole vault with a height of 3.98 meters (13-0.75). That mark also set the facility record at Skyward Fieldhouse.

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NO CHIMNEY REQUIRED W/PELLET STOVE* SAVE UP TO 60% ON HEATING* EZ PAYMENTS -AS LOW AS \$2/DAY!* 0% INTEREST*



Basic DIY Install Kit

BASIC 3" VENT KIT BASIC BLACK STOVE BOARD

STRAIGHT OUT KIT & BASIC BLACK BOARD ONLY **RETAIL VALUE \$582** WITH NEW STOVE PURCHASE*

PLUS! **SAVE UP TO \$2000** WITH THE FEDERAL TAX CREDIT!*

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STOVES

*WITH APPROVED CREDIT. *DISCOUNTS CAN NOT BE COMBINED. *30% TAX CREDIT APPLIES TO SELECT PELLET AND WOOD STOVES ONLY. PLEASE SEE SALES ASSOCIATE FOR DETAILS