



L.G. Muzum
LUMBER COMPANY

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608-489-3132
Hours: Mon.-Fri. 7:30a.m. - 4:30p.m.
Sat. 7:30a.m. - Noon



Sam Hynek (right) presents Mark Clark (right) with a little wooden tree made from repurposed pallet wood in appreciation for the support Clark and his business have given the Hillsboro FFA. Hynek proposed the idea of a fundraiser in which farmers pledge corn from their harvest, a campaign that has become quite successful. Contributed photo.



Hillsboro FFA Historian Garrett Rafel (left) and secretary Nolan Hansen (right) attended the Halftime Conference on January 13, learning how to be better leaders in the FFA and bringing those lessons back home to Hillsboro. Contributed photo.



Hillsboro FFA secretary Nolan Hansen paid a visit out to Lankey Farms, delivering lunch in thanks for the farm's pledge of corn from their spring harvest for the chapter's corn fundraiser. Lunches were also delivered to other farmers who pledged corn. Contributed photo.



Alyssa Sherwood, family therapist, Gunderson St. Joseph's Hospital and Clinics. Contributed photo.

Grief and loss are a part of life, but moving past negative emotions is possible

The old saying goes, "Nothing is certain except death and taxes." While that may be true, as humans, we have a far more difficult time dealing with the former – and the unpleasant but inevitable emotions that accompany it. Grief and loss are two unavoidable realities each of us will face at some point in our life. They could most obviously manifest following the loss of a loved one, or perhaps the loss of a job, the loss of a relationship or even the loss of health. Each of those is followed by a period of grief, and for each person, that grief will look a little different.

Stages of grief
According to Alyssa Sherwood, a family therapist at Gunderson St. Joseph's Hospital and Clinics, grief isn't an emotion in and of itself, but rather, a collection of emotions that work through five stages: denial, anger, bargaining, depression, and acceptance.

No two people will have the same journey through these stages, and in fact, it could look very different depending upon the ability to regulate emotions. "If somebody is in a good, stable place, dealing with loss can be easier for some people," Sherwood says. "They don't necessarily skip over the steps altogether, but perhaps it looks a little more appropriate."

But it's okay, she assured, if grief is a messy time. There are, after all, a lot of emotions coming to the surface all at once – shock, numbness, fear, confusion and guilt, to name a few. Eventually, though, these negative emotions should give way to feelings of hope, knowing that life will forge on.

Moving forward
"We're never going to get over it," Sherwood says of a loss, "but we do move forward, and we do create a new While going through the grieving process, Sherwood says it's important to develop coping skills, while avoiding options that only provide temporary relief, such as using drugs or alcohol, or engaging in risky behavior.

"It's that avoidant behavior," she says. "I don't want to feel that icky stuff, so I'm just

going to shut it off."

In fact, allowing yourself to feel those hard feelings is what will benefit you the most in the long run.

"As long as you are feeling, and as long as that feeling isn't hurting yourself or others, it's the right way to do it," Sherwood says.

As varied as the emotions of loss are and how we cope with them, so, too, can the timeline for grieving differ from person to person. Up until six months after a loss is an adjustment period, where a therapist like Sherwood can assess how a person is adapting to their new normal. Certain signs point to a healthy process, though others may indicate a diagnosable illness such as acute distress disorder, post-traumatic stress disorder or prolonged grief disorder.

"If anything is still bothersome or still dramatically affecting your life after six months to a year, that's probably too long," Sherwood says.

Reach out for help
Should you find yourself debilitated by grief more than a year after a loss, Sherwood suggests seeking help from a mental health professional or finding a grief support group to join – though the latter could be difficult to locate in rural areas.

If nothing else, don't avoid feelings or try to suppress them. The best thing you can do on your own, Sherwood says, is to accept the fact that you're going to feel down for a while. "We have to work through the pain. We can't just avoid it, otherwise we're just perpetuating the feelings."

Look for a trusted person to lean on in hard times – someone who you feel safe having vulnerable conversations with.

"It doesn't have to be all the time, but you should be able to find people in your life who you can say, 'Hey, I'm not having a good day and I really need to talk about all the things on my mind,'" Sherwood says.

If you find yourself in need of someone to talk with or give you coping strategies for grief, call Gunderson St. Joseph's Behavioral Health at (608) 489-8243.

RESIDENT

(Continued from Front Page)

husband's workshop area. As Randy had been working in the shop previously, there was a fire going and Shore settled her into a recliner near the heat source. He went on to locate dry blankets that could be used to help conserve what remained of Rott's own body heat, selecting a heavy quilt that had previously been covering a motorcycle. Shore remained onsite helping to keep Rott's temperature from dropping any further as they waited for help to arrive. When it did, Rott was transported to the hospital, where she would

spend the next three to four days receiving treatment for hypothermia. Her body temperature had plummeted so far that several of her organs were either beginning to shut down or dangerously close to that point. Thankfully, Shore's few extra steps and quick thinking resulted in a happy ending to the story. Rott has recovered from the hypothermia and Shore has checked in with the couple several times since the incident. "I just happened to be in the right spot at the right time," says Shore.

MARK YOUR CALENDAR FOR

LIONS HILLSBORO LIONS BINGO

Sunday, March 19, 2023
@ Hillsboro Community Center

Sunday, April 16, 2023
@ Hillsboro Community Center

PROGRESSIVE BINGO AT \$100

BINGO starts at 1 P.M. SHARP

PROGRESSIVE WHITE BINGO SHEETS WILL BE SOLD DURING THE 1st and 2nd SESSION ONLY

WONEWOC Calendar of Events

| | |
|---------------|--|
| MARCH 9 | W-C Boys HS Basketball Semi Finals 7 p.m. |
| MARCH 9-11 | W-C Girls HS Basketball Tournament At The Resch Center -Green Bay |
| MARCH 10 & 11 | Hillsboro Gun Show At The Firemen's Community Center Fri 3 p.m. To 8 p.m. And Sat 9 a.m. To 4 p.m. |
| MARCH 11 | W-C Boys HS Basketball Sectional Finals 7 p.m. |
| MARCH 12 | Daylight Savings Time Begins |
| MARCH 13 | W-C Softball Practice Begins |
| MARCH 16-18 | W-C Boys HS Basketball State Tournamnet At The Kohl Center- Madison |
| MARCH 17 | St. Patrick's Day |
| MARCH 19 | Hillsboro Lions Bingo At Hillsboro Firemen's Community Center 1 p.m. |
| MARCH 20 | W-C Baseball 1st Practice |
| MARCH 25 | W-C Track @ Uw-La Crosse 9 a.m. |
| MARCH 27 | W-C/Hillsboro Golf Practice Begins |
| APRIL 3 | W-C Baseball & Softball Brookwood @ W-C 5P |
| APRIL 6 | W-C Baseball & Softball @ Cashton 5 p.m. |
| APRIL 8 | W-C/Hillsboro Golf At Dodgeville Varsity @ 9 a.m. |
| APRIL 10 | W-C Baseball & Softball Royall @ W-C 5 p.m. |
| APRIL 11 | W-C/Hillsboro Golf @ Arcadia JV @ 4 p.m. |
| APRIL 13 | W-C Track @ Royall 4:15 p.m. |
| APRIL 13 | W-C/Hillsboro Golf @ Coulee Golf Varsity 4P |
| APRIL 15 | W-C/Hillsboro Golf @ Reedsburg JV @ 8:30A |
| APRIL 15 | W-C Baseball & Softball @ Hillsboro 5 p.m. |
| APRIL 15 | W-C Track @ New Lisbon 9 a.m. |
| APRIL 16 | W-C Baseball Alma-Center Lincoln 11 a.m. |
| APRIL 16 | Hillsboro Lions Bingo At Hillsboro Firemens Community Center 1 p.m. Lunch Available 11:30 a.m. |

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Wonewoc, 464-3210 • La Farge, 625-2480
Readstown, 629-5510

HILLSBORO Calendar of Events

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| MARCH 11 | Boys HS Basketball Sectional Finals 7 p.m. |
| MARCH 12 | Daylight Savings Time Begins |
| MARCH 13 | Hillsboro Woman's Civic Club Meets At Hills Manor Lower Meeting Room 6 p.m. |
| MARCH 17 | St. Patrick's Day |
| MARCH 23 | Hillsboro Softball @ Viroqua 5 p.m. |
| MARCH 25 | Hillsboro Track @ Uw-La Crosse 9 a.m. |
| MARCH 30 | Hillsboro Baseball Boscobel @ Hillsboro 5 p.m. |
| MARCH 31 | Hillsboro Baseball & Softball @ Kickapoo 5 p.m. |
| APRIL 1 | Kendall Fun Fest At Kendall Community Center Doors Open 5 p.m. Auction 6 p.m. |
| APRIL 3 | Hillsboro Baseball & Softball Royall @ Hillsboro 5 p.m. |
| APRIL 4 | Hillsboro Track @ Richland Center 4 p.m. |
| APRIL 6 | Hillsboro Baseball & Softball @ New Lisbon 5P |
| APRIL 8 | Hillsboro Easter Egg Hunt At Albert Field Memorial Park 1 p.m. |
| APRIL 9 | Easter |
| APRIL 10 | Hillsboro Baseball & Softball @ Bangor 5 p.m. |
| APRIL 11 | Hillsboro Track @ Royall 4:15 p.m. |
| APRIL 13 | Hillsboro Baseball & Softball W-C @ Hillsboro 5P |
| APRIL 15 | Hillsboro Track @ New Lisbon 9 a.m. |

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