



Rachelle Craig (left) and Alicia Cosnahan (right) have been working on getting a Little Free Art Gallery up and going for months. The pair just announced on Sunday, January 5, that the new gallery has officially opened to the public. Contributed photo.

Little Free Art Gallery opens in Wonewoc

By **NICOLETTE NAUMAN**
Sentry-Enterprise Editor

Back in July, local artists Alicia Cosnahan and Rachelle Craig announced that they would be establishing a Little Free Art Gallery in Wonewoc.

The project stemmed from a growing interest Cosnahan had developed back before she relocated to Wonewoc in 2021. Cosnahan had happened upon several Little Free Art Galleries in and around Washington D.C., where she lived prior to Wonewoc. She had also found several galleries online and kept up with how the galleries were established and maintained.

Wonewoc has been home to a Little Free Library near the Gundersen St. Joseph's Wonewoc Clinic for a number of years, with a Little Free Food Pantry moving in next to it a few years ago. For Cosnahan, it felt like a Little Free Art Gallery would be a perfect addition to the area, and she began to ask around to see if there would be any interest.

Her first stop was the Wonewoc Village Hall, where she spoke with village administrator Lee Kutcher about what it would take to get a Little Free Art Gallery up and going. Kutcher directed her to the Wonewoc Public Library and library director Kim Dearth, who informed Cosnahan that she wasn't the first in the village to float the idea.

Craig, a local artist specializing in fabric arts, had also cottoned on to the trend and had been thinking about trying to get one going in Wonewoc herself. For Craig, the idea that such an installation would help encourage local residents to give different art forms a try—as well as appreciate the artwork of others in the community—was the basis of the appeal.

Much like the Little Free Library and the Little Free Food Pantry, the Little Free Art Gallery thrives on community participation. For the Little Free Library, people are encouraged to take books and (ideally) leave a book or more behind for the next person to enjoy. The idea is similar for the Little Free

Food Pantry, where people deposit food items for others to take. For the Little Free Art Gallery, people are invited to drop off pieces of artwork and take home pieces that interest them.

Cosnahan reached out to Craig and the pair began to plan on how they could bring a Little Free Art Gallery into the Wonewoc community.

While the new gallery could have been reasonably established just about anywhere in the village, Cosnahan is the sort who likes seeing things in threes and advocated to place the new gallery alongside the existing Little Free Library and Little Free Food Pantry. The site was deemed acceptable, and so Cosnahan and Craig began to work on promoting the gallery.

A neighbor of Craig's, by the name of Curt Cielke, volunteered his time and skills to build the gallery stand while they got the word out. To begin with, Cosnahan and Craig made several Facebook posts and hosted a community art night at the Wonewoc Public Library, hoping to expose community members to a variety of different art forms to inspire them for the gallery. A second community art night took place about a week or so later, also at the Wonewoc Public Library.

On January 5, Cosnahan and Craig posted to the gallery's new Facebook group that the Little Free Art Gallery is officially up and running. A selection of artworks made by local artists have been displayed in the gallery, and community members are welcome to stop by and check out the art. If you see something you like, feel free to take it home—and if you see something that inspires you, be sure to leave some art of your own behind to help inspire someone else to create.

The Little Free Art Gallery is currently located out by the Gundersen St. Joseph's Wonewoc Clinic, settled in near the Little Free Library and Little Free Food Pantry. Take a moment to check out what's on display, and be sure to join the Wonewoc Free Little Art Gallery group on Facebook for further updates.

Gould & Jaeger to perform live at Madden's Irish Pub

Madden's Irish Pub in Elroy, WI is excited to announce a special live performance by the dynamic duo Gould & Jaeger on Saturday, January 18, 2025, from 6:00 PM to 9:00 PM. This electrifying musical event will feature the incredible talents of Ian Gould, a Belfast-born musician, and Lukas Jaeger, a Wisconsin-based violinist, who will bring their authentic Irish and Celtic sounds to Elroy's favorite gathering place.

"We're beyond excited to host Gould & Jaeger at Madden's Irish Pub," said Chris Madden, owner of Madden's Irish Pub. "Their music is rooted in Irish culture, and as an Irish pub, it's the perfect fit for what we're all about. It's not just the songs—they bring a true Celtic spirit to the stage, and that's something our guests will love."

Ian Gould, originally from Ireland, has been sharing his Irish and Celtic music with audiences worldwide for over 30 years. From his early days in bands across Ireland and Europe to his performances in the US, Ian's journey has taken him from performing in vibrant cities like London and Brussels to being a key figure in the Irish music scene in the Midwest. His performance highlights include playing for President Michael D. Higgins at Áras an Uachtaráin in Dublin. As a solo artist, Ian's passion for Irish music is clear, and his mastery of guitar, banjo, mandolin, and harmonica adds an authentic Celtic flavor to every show.

"We're honored to bring Ian's unique Irish flair to our stage," said Chris Madden. "His roots in Ireland and deep connection to Celtic traditions are exactly what we celebrate here at Madden's."



Ian Gould and Lukas Jaeger will be performing live music at Madden's Irish Pub on Saturday, January 18. The duo has built a name for themselves performing music rooted in Irish culture. Contributed photo.

Our customers will experience a true taste of Ireland through his music."

Lukas Jaeger, a versatile violinist, violist, and vocalist from southeastern Wisconsin, joins Ian to create a perfect fusion of modern and classic Irish music. With over 20 years of performing experience, Lukas adds his own flair with a wide range of instruments, including violin, mandolin, and ukulele. His background in opera, bluegrass, jazz, and Celtic music makes him a dynamic performer, able to seamlessly blend with Ian's Irish sound. Lukas's approach to music is all about collaboration and creating meaningful, community-driven performances.

"Lukas and I really connect over our shared love of Irish music," said Ian Gould. "It's

an honor to play alongside him, and together we're able to bring something truly special to the audience."

The performance at Madden's Irish Pub is free for customers, offering both locals and visitors a fantastic opportunity to enjoy exceptional Irish and Celtic music in a relaxed, welcoming atmosphere. Located in the heart of Elroy, Madden's is a popular stop for riders on the Elroy-Sparta, Omaha, and 400 bike trails, making it an ideal destination for anyone seeking great music, Irish hospitality, and good company.

"We take great pride in offering a welcoming space where people can enjoy fantastic music and a real sense of Irish community," said Chris Madden. "Whether you're a regular or a visitor,

we want you to feel like part of the Madden's family when you walk through the door."

In addition to the live music, Madden's Irish Pub offers a wide selection of domestic and international beers, including Guinness on tap, cocktails, and specially crafted drinks. Guests can also enjoy hearty pub fare, including Friday Irish fish and chips and Saturday corned beef dinners, all served with the warm hospitality for which Madden's is known.

Madden's Irish Pub is open Monday through Thursday from 5:00 PM to 9:00 PM, Friday from 5:00 PM to 11:00 PM, and Saturday from 11:00 AM to 11:00 PM.

For more information about the event or to learn more about Madden's Irish Pub, please visit www.maddenselroy.com.

Elroy Quilts of Valor to host National Sew Day February 1

By **NICOLETTE NAUMAN**
Sentry-Enterprise Editor

While the Quilts of Valor (QOV) program has been in operation for more than two decades, it has only been since 2020 that there has been a local operating chapter in the Hillsboro, Elroy, and Wonewoc area.

In February of 2020, a group of five Elroy Legion Auxiliary members, plus a visiting friend, made their way down to the Dells to participate in a National Sew Day event held by the local QOV chapter. Prior to this, the Elroy Legion Auxiliary had already been making 'Camo Quilts' for deployed troops, a project they had been at for roughly nine years at the time.

The group, interested in making quilts for veterans between Camo Quilt orders, were directed to the National Sew Day event in the Dells by Elroy local Shirley Schweiger, a member of the Elroy Nifty Needlers. The group that went to the event consisted of Diane Hibbard, Nadine Pruess, Barb Schnurr, Mary Fawcett, and De Linda Campbell, along with Campbell's friend Lisa Kluver.

They found themselves rather impressed with the event, and the notion of Quilts of Valor as a whole. As the Elroy Legion Auxiliary was already comprised of multiple



Quilts crafted by the Elroy Quilts of Valor group are regularly awarded to local and area veterans, most commonly at special ceremonies hosted by the group at the Elroy Legion Hall. These quilts are then wrapped around the veteran recipient by family members. Photo taken by Nicolette Nauman, HSE Editor.

seasoned quilters—and more who were willing to learn—it was inevitable that they would eventually start up a chapter of their own. Only a month or so later, they did precisely that, meeting with the Wisconsin coordinator for the Quilts of Valor program.

And the rest, as they say, is history. Since organizing their own chapter, the Elroy-based group has created dozens upon dozens of quilts and awarded them to local and area veterans, even traveling well out of the local community to award a quilt.

The Elroy Quilts of Valor meets regularly at the Elroy Legion Hall to work on their

quilts, and new members are always welcome. If you are interested in volunteering, but have no quilting experience, no need to worry; there are plenty of ways to help that don't involve a sewing machine, and those who would like to learn how to quilt while helping out a good cause will find a supportive community of experienced quilters ready and willing to help.

If you are interested in volunteering with the Elroy Quilts of Valor, or are interested in joining the group, you may want to mark your calendar for Saturday, February 1. The Elroy Quilts of Valor will be hosting a

National Sew Day event at the Elroy Legion Hall. This event is open to quilters of all skill levels and those who would like to volunteer their time helping out.

Quilt blocks and full quilt kits will be available for the event, and those who have a sewing machine are encouraged to bring it along to ensure there are enough for everyone who wishes to help with the quilting. Those who attend may work on their own or with a group, whichever they prefer.

The day will begin at

'QUILTS'
cont. pg. 4

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WHA data ranks St. Joe's second in uncompensated care

A new report released on December 19, 2024, by the Wisconsin Hospital Association (WHA) showed the state's hospitals provided \$2.3 billion in community benefits and charity care in Fiscal Year 2023. The WHA 2024 Community Benefit Report details the many ways Wisconsin's nonprofit hospitals and health systems care for their communities beyond patient care, often at a financial loss.

Included in the \$2.3 billion is around \$3.3 million of uncompensated care provided by Gundersen St. Joseph's Hospital and Clinics. This accounts for 4.5% of St. Joseph's gross patient revenue — the second highest rate in the state.

So what exactly is "uncompensated health care," and why does it matter? Hospitals have traditionally used the term "uncompensated health care" to encompass two components: financial assistance and bad debt. Each component represents services

for which the hospital does not receive payment. Financial Assistance is care for which a hospital does not expect payment because it has been determined that the patient cannot afford to pay. Bad debt, however, comes from care for which payment is expected, but the hospital is unable to collect.

"What this means is that St. Joe's is delivering on its mission," says Kristie McCoic, administrator at Gundersen St. Joseph's Hospital and Clinics. "We are a nonprofit hospital providing care to those in need regardless of their ability to pay. We have wonderful, caring individuals in our financial services team who are happy to assist patients in determining if they qualify for our financial assistance program."

For more information on Gundersen St. Joseph's financial assistance program, visit gundersenhealth.org/patients-visitors/financial-assistance or call (608) 489-8000.



Gundersen St. Joseph's has been delivering on its mission to provide quality healthcare to those it serves, regardless of their ability to pay. Sarah Fischer, pictured, is a financial counselor at Gundersen St. Joseph's, and her work focuses on helping patients through the hospital's financial assistance application forms, as well as with billing matters. Contributed photo.

Learn about love through the eyes of Dr. King

By TERRI SCHLICHENMEYER
Book reviewer

Turn the volume up, please. You need it louder because this is something you've been waiting to hear. You need to listen very closely; these words mean a great deal to you and they might change your life. As in the new book, "On Love" by Dr. Martin Luther King, Jr., the message beneath the message is the most important.

As the grandson and great-grandson of pastors and the son of the senior pastor at Ebenezer Baptist Church in Atlanta, it may seem as though young Martin Luther King, Jr., born in 1929, already had his life set.

King entered college at age fifteen and after graduation, he was named associate pastor at his father's church. At age twenty-five, he became the pastor at Dexter Avenue Baptist Church in Montgomery, Alabama. In late 1956, he was apprehended for his part in the bus boycott there, his first of many arrests for non-violent protests and

activism for Civil Rights.

But when asked if those things were what he hoped he'd be honored for in years to come, King said he wanted to be remembered as "someone who tried to love somebody." His words, essays, letters, and speeches reflect that desire.

In a 1955 sermon in Montgomery, he used a parable to explain why white people needed love to gain compassion. In 1956, he wrote about the bombing of his home, telling his readers that no retaliation was needed, that to "confront the problem with love" was the righteous and better thing to do.

Later that year, he said, "I want you to love our enemies... Love them and let them know you love them." And in November, 1956, he said, "... if you have not love, it means nothing."

"Love is the greatest force in all the world," he said in 1962. He wrote a book on the subject, *Strength to Love*, in 1963.

In 1967, just months before his assassination, he said that "power at its best is love..." When we talk about Dr. King's life and his legacy, so much

focus is put on his work on behalf of Civil Rights and equality that it's easy to lose sight of the thing which he felt was more important. In "On Love," any omission is rectified nicely.

This book, "excerpted to highlight the material where King specifically addressed the topic of love," is full of pleasant surprises, words with impact, and thought-provokers. King's speeches hammered home a need to love one's enemies, woven into messages of gentle resistance and strength. He explained the different "levels" of love in a way that makes sense when related to equality and justice. The bits and pieces collected here will linger in reader's minds, poking and prodding and reminding.

If your shelves are full of books about Dr. King, know that this is a unique one, and it's perfect for our times, now. Don't race through it; instead, savor what you'll read and keep it close. "On Love" is a book you'll want to turn to, often.

"On Love"

by Dr. Martin Luther King Jr.
c.2024, Harper Collins,
Martin Luther King Jr.
Library

\$18.99
289 pages



Explore Dr. Martin Luther King, Jr.'s take on the concept of love through this new collection of his own writings. For anyone with an interest in U.S. history, and in particular the Civil Rights Movement, this book is a must-have! Contributed photo.

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Applications for Alice in Dairyland open through January 31

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) invites individuals with a passion for promoting agriculture to apply for the position of 78th Alice in Dairyland through January 31, 2025.

As one of the most widely recognized marketing communications professionals in Wisconsin agriculture, Alice in Dairyland travels extensively, promoting Wisconsin's agricultural industry and its impact on the state economy. In this highly visible and fast-paced position, Alice in Dairyland serves as a full-time spokesperson; cultivates relationships with television, radio, and print media outlets throughout the state; writes and delivers speeches at events; and uses social media to tell the stories of Wisconsin agriculture. Additional duties include developing and executing marketing plans, delivering classroom presentations, and networking with industry professionals. Alice must also learn and retain information about the diversity of Wisconsin agriculture and be able to tailor that information to educate both urban and rural audiences.

"The Alice in Dairyland program may have started as a beauty pageant following World War II, but the role is now about so much more than wearing a tiara—it's about being a voice for Wisconsin's agriculture, sharing the stories of our agriculturalists, and inspiring the next generation to continue the legacy," said 77th Alice in Dairyland Halei Heinzel. "I am excited to work with the top candidates throughout the next several months as we lead up to the 78th Alice in Dairyland Finals."

Alice in Dairyland applicants should have an interest in

Wisconsin agriculture, public speaking experience, and at least three years of experience, education, or training in communications, marketing, education, or public relations. Applicants must also be female, Wisconsin residents, and at least 21 years old.

This one-year, full-time contractual position starts July 7, 2025. The chosen candidate will travel solo extensively throughout the state and be required to have weekly in-person office time at DATCP's Madison office. The annual salary for Alice in Dairyland is \$45,000 and includes holiday, vacation, and sick leave, and use of a vehicle while on official business. Reimbursement is provided for an individual health insurance premium up to \$450 a month and professional travel expenses.

To apply, provide a cover letter, completed application form, resume, and contact information for three professional references to DATCPAlice@wisconsin.gov by 4:30 p.m. on January 31, 2025. Application materials are available on the Alice in Dairyland website.

Qualified applicants will participate in a preliminary interview on February 22, 2025, at DATCP's Madison office or via Microsoft Teams. The resulting Top Candidates will be required to attend a two-day program briefing and press announcement March 7-8, 2025, and the three-day final interview process May 15-17, 2025, in Crawford County.

Questions about the position or application process can be directed to DATCPAlice@wisconsin.gov. For more information about the Alice in Dairyland program, visit <https://www.aliceindairyland.com> and follow Alice online on Facebook and Instagram.

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HILLSBORO Calendar of Events

JANUARY 16	HILLSBORO Friends Drop In Author Lisa Lickel about Writing 6:30 p.m. HILLSBORO HS Girls Basketball New Lisbon @ Hillsboro 5:45 HILLSBORO JRHI Girls Basketball @Necedah -Bangor 6:20, Necedah 7:10 p.m. HILLSBORO HS Wrestling @Brookwood 6 p.m. HILLSBORO PUBLIC LIBRARY GRIEF GROUP 5 p.m. HILLSBORO HS Boys Basketball Brookwood@ Hillsboro 5:45/7 p.m.
JANUARY 17	HILLSBORO WRESTLING "TIGER INVITATIONAL" AT HILLSBORO 9:30 a.m.
JANUARY 18	W-C VOLLEYBALL/BASKETBALL ALUMNI TOURNAMENT
JANUARY 19	HILLSBORO Lions BINGO at Fireman's Community Center, Lunch Available 11:30 p.m., BINGO 1 p.m. sharp Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
JANUARY 20	WONEVOC American Legion Euchre 11 a.m. 4 p.m.
JANUARY 21	HILLSBORO Girls Basketball Cashton @ Hillsboro 5:45/7 p.m. HILLSBORO JRHI Girls Basketball @Bangor (6:20 Necedah, 7:10 Bangor)
JANUARY 23	HILLSBORO PUBLIC LIBRARY TEENS GAME NIGHT 4-6 p.m. Hillsboro Wrestling @Royall @Hillsboro (Kickapoo) 6 p.m. HILLSBORO HS Boys Basketball @Royall JVR 5:45 p.m. HILLSBORO LIONS CONVENTION AT HBC HILLSBORO PUBLIC LIBRARY "STORIES FOR SPOUTS" 10:30 a.m. HILLSBORO HS Girls Basketball @Royall 5:45/7 p.m. Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
JANUARY 24 & 25	JANUARY 24
JANUARY 26	HILLSBORO JRHI Girls Basketball @Hillsboro 5:30/7:10 p.m. HILLSBORO JRHI Wrestling @Brookwood 5:30 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 27	HILLSBORO HS Boys Basketball New Lisbon @Hillsboro 5:45/7 p.m. HILLSBORO HS Girls Basketball @Mauston JV 5:30/7 p.m. HILLSBORO Wrestling Quad @Riverdale (Ithaca/Weston, Richland Center)
JANUARY 28	HILLSBORO HS Girls Basketball @Wonevoc 5:45/7 p.m. HILLSBORO JRHI Girls Basketball @Hillsboro 5:30/7:10 p.m. HILLSBORO HS Wrestling @New Lisbon 6 p.m. HILLSBORO HS Boys Basketball Wonevoc @Hillsboro 5:45/7 p.m.
JANUARY 30	HILLSBORO HS ALUMNI BASKETBALL TOURNAMENT HILLSBORO Wrestling @Cashton Invitational 9 a.m. @ Wisconsin Dells
JANUARY 31	Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 1	HILLSBORO LIONS meet at Fireman's Community Center 6:30 p.m. HILLSBORO HS Boys Basketball LaFarge @Hillsboro 5:45/7 p.m. HILLSBORO JRHI Girls Basketball @Wonevoc 6:20/7:10 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m. HILLSBORO HS Girls Basketball Bangor @Hillsboro 5:45/7 p.m.
FEBRUARY 2	HILLSBORO HS Boys Basketball Bangor @Hillsboro JVR 5:45 p.m.
FEBRUARY 3	HILLSBORO JRHI Girls Basketball @Hillsboro 5:30/7:10 p.m. HILLSBORO HS Girls Basketball @Necedah 5:45/7 p.m. HS WRESTLING CONFERENCE @ROYALL 10 a.m. Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 4	HILLSBORO Woman's Civic Club meets at Hills Manor 6 p.m.
FEBRUARY 5	HILLSBORO JRHI Girls Basketball @Royall 6:20/7:10 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 6	GFVWC-WI Virtual Winter Workshop
FEBRUARY 7	HILLSBORO HS Boys @Cashton JVR 4:30 p.m. HILLSBORO HS Boys Basketball @Luther JVR 5:45 p.m. HILLSBORO HS Girls Basketball Brookwood @Hillsboro 5:45/7 p.m.
FEBRUARY 8	HILLSBORO WOMAN'S CIVIC CLUB Valentine Party at Milestone Senior Living 2 p.m.
FEBRUARY 9	HILLSBORO HS WRESTLING REGIONALS HILLSBORO LIONS BINGO AT Hillsboro Fireman's Community Center Lunch available 11:30 p.m., BINGO 1 PM. SHARP Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 10	HILLSBORO JRHI Girls Basketball @Viroqua 6:20/7:10 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 11	HILLSBORO HS Boys Basketball Lincoln @Hillsboro JVR 5:45 p.m.
FEBRUARY 12	HILLSBORO HS Girls Basketball @New Lisbon 5:45/7 p.m.
FEBRUARY 13	HILLSBORO HS Girls Basketball Wauzeka-Steuben @ Hillsboro 5:45/7 p.m.
FEBRUARY 14	HILLSBORO HS Boys Basketball @Brookwood 5:45/7 p.m. HS WRESTLING SECTIONALS Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 15	HILLSBORO HS Boys Basketball Royall @ Hillsboro JVR 5:45 p.m.
FEBRUARY 16	Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 17	HILLSBORO HS Girls Basketball Regionals
FEBRUARY 18	HILLSBORO HS Boys Basketball @North Crawford JV 6/7:30 p.m.
FEBRUARY 19	GIRLS HS BASKETBALL REGIONALS TBD

Gundersen St. Joseph's recognized for quality and patient experience

Gundersen St. Joseph's Hospital and Clinics is proud to be recognized again for providing high-quality care and an exceptional patient experience.

In the latest Checkpoint rankings, St. Joe's achieved an impressive 93% in patient safety for sepsis management, placing it in the top 10% of hospitals in the state. This score is a remarkable 31 points higher than the national average, underscoring the hospital's dedication to maintaining high standards of care and patient safety.

Additionally, St. Joe's reported an unplanned readmission rate of just 4.8%, also ranking in the top 10% in Wisconsin. This figure is nearly half of the state average of 9.4%, reflecting the hospital's effective care coordination and commitment to ensuring patients receive the support they need for successful recoveries.

Furthermore, Gundersen St. Joseph's Hospital has once again been awarded the Chartis Performance Leadership Award for 2024, recognizing it as a top quartile performer in patient quality and experience. This award is presented annually as part of the National Rural Health Day celebration and acknowledges the outstanding performance of rural hospitals in Quality, Outcomes, and Patient Perspective.

"We are incredibly proud of these achievements, which are only possible thanks to the hard work and dedication of our staff," says Kristie McCoic,

administrator at Gundersen St. Joseph's Hospital and Clinics. "Our team is committed to providing the highest level of care to our patients. These recognitions reinforce our mission to enhance the health and well-being of our community."

For more information on hospital quality in Wisconsin, visit checkpoint.wha.org.

ELROY Calendar of Events

JANUARY 16	Royall HS Girls Basketball Cashton @ Royall 5:45/7 p.m. Royall MS Girls @Cashton VS Royall & Cashton 6:20 p.m. Royall HS Wrestling Tri @New Lisbon with Cambridge 6 p.m. Royall HS Boys Basketball @Bangor 5:45/7 p.m. Royall MS Wrestling @Viroqua Invite 5 p.m. Royall HS Wrestling @Weston Invite 9 a.m. W-C Basketball & Volleyball Alumni Tournament Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
JANUARY 17	Royall HS Boys Basketball @Westby 5:45/7 p.m.
JANUARY 18	Royall MS Wrestling Invite @Hillsboro 5 p.m.
JANUARY 19	Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 20	Royall HS Girls Basketball W-C @ Royall Var 7 p.m. Royall MS Wrestling @Hillsboro 5 p.m.
JANUARY 21	Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 22	Royall HS Girls Basketball W-C @ Royall Var 7 p.m.
JANUARY 23	Royall MS Girls @Wonevoc vs Royall & Cashton 6:20 p.m. Royall HS Boys Basketball Hillsboro @Royall 5:45/7 p.m. Royall HS Wrestling Tri @ Hillsboro with Kickapoo 6 p.m. Royall HS Girls Basketball Hillsboro @Royall 5:45/7 p.m.
JANUARY 24	Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
JANUARY 25	Royall HS Girls Basketball Black River Falls @Royall 5:45/7 p.m.
JANUARY 26	Royall MS Wrestling @ Brookwood Invite 5:30 p.m.
JANUARY 27	Royall MS Girl Basketball @Necedah vs Royall & Viroqua 6:20 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 28	Royall HS Boys Basketball Cashton @ Royall 5:45/7 p.m.
JANUARY 29	Royall HS Girls Basketball @Bangor 5:45/7 p.m.
JANUARY 30	Royall HS Wrestling Tri with Cashton & BRF @Royall 6 p.m.
JANUARY 31	Royall HS Boys Basketball @New Lisbon 5:45/7 p.m. Royall MS Girls @Royall vs Wonevoc & Viroqua 5:30 p.m. Hillsboro Alumni Tournament Royall HS Wrestling @Independence Invite 9:45 a.m. Royall HS Boys Basketball Blair Taylor @JAG No JV, Var 12:50 p.m. Royall HS Girls Basketball Blair Taylor @JAG No JV, Var 11:10 a.m.
FEBRUARY 1	Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m. Royall HS Boys Basketball Mauston @ Royall 5:45/7 p.m. Wonevoc American Legion Euchre 11 a.m. to 4 p.m. Royall HS Girls Basketball Necedah @ Royall 5:45/7 p.m. Royall HS Boys Basketball Necedah @ Royall 5:45/7 p.m. Royall MS Girls @Bangor vs Royall & New Lisbon 5:30 p.m. Royall HS Girls Basketball @LaFarge 5:45/7 p.m. Royall HS Wrestling Conference Meet @Royall 10 a.m.
FEBRUARY 2	Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 3	Royall HS Girls Basketball @LaFarge 5:45/7 p.m.
FEBRUARY 4	Royall MS Wrestling @New Lisbon Invite 5 p.m.
FEBRUARY 5	Royall MS Girls Basketball @Royall vs New Lisbon & Hillsboro 5:30 p.m.
FEBRUARY 6	Wonevoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 7	Royall HS Boys Basketball W-C @ Royall 5:45/7 p.m.
FEBRUARY 8	Royall HS Girls Basketball New Lisbon @ Royall 5:45/7 p.m.
FEBRUARY 9	Royall HS Boys Basketball @Brookwood 5:45/7 p.m.
FEBRUARY 10	Royall MS Girls Basketball @Royall vs Brookwood & Bangor 5:30 p.m.
FEBRUARY 11	Wonevoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 12	Royall HS Boys Basketball LaFarge @ Royall 5:45/7 p.m.
FEBRUARY 13	Royall MS Girls Basketball @Viroqua vs Royall & Hillsboro 5:30 p.m.
FEBRUARY 14	Wonevoc American Legion Euchre 11 a.m. to 4 p.m. Royall HS Boys Basketball North Crawford @Royall 5:45/7 p.m. Royall HS Girls Basketball @Cashton 5:45/7 p.m.
FEBRUARY 15	Royall MS Wrestling Conference TBD
FEBRUARY 16	Royall HS Boys Basketball Bangor @ Royall 5:45/7 p.m.
FEBRUARY 17	Royall HS Boys Basketball @Brookwood 5:45/7 p.m.

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Embrace Dry January: A month for mindful choices and healthier living

As the New Year begins, many individuals are choosing to participate in Dry January, a month-long commitment to abstaining from alcohol. This initiative has gained popularity as people recognize the numerous benefits of stepping away from drinking, both in the short and long term. Emplify Health encourages everyone to consider the positive impact that a month without alcohol can have on their overall well-being.

Alcohol consumption can have significant effects on both the mind and body. In the short term, drinking can lead to impaired judgment, disrupted sleep patterns and increased anxiety. Long-term alcohol use is associated with a range of health issues, including liver disease, cardiovascular problems and mental health disorders. By taking a break from alcohol, individuals can experience improved mood, better sleep and enhanced physical health.

“More people are recognizing the importance of their health and well-being,” says Katie Young, wellness education specialist,



Katie Young, wellness education specialist with Gundersen Health System. Contributed photo.

Gundersen Health System. “Taking a break from alcohol not only allows individuals to reset their bodies but also fosters a greater awareness of their drinking habits. The health benefits of stepping away from alcohol can be profound, leading to improved mental clarity, increased energy levels and a stronger immune system.”

To help you embrace Dry January, here are three practical tips: first, define your reasons for participating in Dry January. Whether it’s

to improve your health, save money or simply take a break, having clear goals can help you stay motivated throughout the month. Second, explore non-alcoholic beverages that you enjoy. There are many creative and delicious options available, from sparkling waters to mocktails, that can make social gatherings enjoyable without the need for alcohol. Third, share your Dry January goals with friends and family. Having a support system can make it easier to stay committed. Consider joining local or online groups focused on alcohol-free living for additional encouragement and camaraderie.

Creating a relationship with a primary care provider is essential for anyone concerned about their level of alcohol use. A healthcare professional can provide guidance, support and resources tailored to individual needs. They can help assess drinking habits and discuss any potential health implications, ensuring that patients receive the appropriate care and advice.

As we embark on this New Year, consider the benefits of participating in Dry January. By taking a break from alcohol, you can improve your physical and mental health, foster a greater awareness of your habits and set the stage for a healthier lifestyle moving forward. You can also learn more about the impact of alcohol by going to gundersenhealth.org/health-wellness/staying-healthy/under-the-influence-the-effects-of-alcohol-on-the-body. For assistance and resources regarding drugs and alcohol, call Great Rivers 2-1-1 or go to greatrivers211.org.



Volunteers from the Hillsboro Lions Club gathered at the Hillsboro Community Center on Wednesday, December 18, to sort through the items donated to the Lions’ Empty Stocking program. Photos taken by Nicolette Nauman, HSE Editor.



Members of the local high school music department offered their talents during this year’s holiday gathering for the Hillsboro Woman’s Civic Club. Pictured, left to right: Gianna Bartovics, Kate Holthe, Dory Stahlkopf, Hillsboro band director Sam Matucheski, and Hillsboro music teacher Paula Parker. Contributed photo.

QUILTS (Continued from Front Page)

9:00A.M. on the morning of February 1, with registration. There will be a Quilts of Valor awards ceremony at 11:00A.M., with lunch to follow at approximately noon, courtesy of the Wonewoc Legion Auxiliary. The event will continue until about 3:00P.M., at which time those who attend will be expected to pack up their equipment for

the day. This is a free-to-attend event, though those interested are asked to register by no later than Friday, January 24. This will enable the Wonewoc Legion Auxiliary to have a good idea of how many plan to attend the event, so they can plan the lunch according. To register, please contact Mary Fawcett at (608) 547-3266.

WONEWOC Calendar of Events	
JANUARY 16	W-CHS Girls Basketball Necedah @WC 7 p.m. WC JH Girls Basketball Cashton/Royall @Cashton 5:30/6:20 p.m.
JANUARY 17	W-CHS Boys Basketball Cashton @WC 5:45/7 p.m.
JANUARY 19	Hillsboro Lions BINGO at Fireman's Community Center, Lunch available 11:30 a.m. and BINGO 1 p.m. Sharp
JANUARY 20	W-CHS Boys Basketball Riverdale @WC 5:45/7 p.m. Wonewoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 21	W-CHS Girls Basketball @Royall 7 p.m. WC JH Girls Basketball Cashton/Royall @WC 5:30/7:10 p.m. W-CHS Boys Basketball @Pittsville 5:45/7 p.m.
JANUARY 23	W-CHS Boys Basketball @Necedah 5:45/7 p.m.
JANUARY 24	W-CHS Girls Basketball @Brookwood 7 p.m.
JANUARY 27	WC JH Girls Basketball Necedah/Bangor @Bangor 5:30/6:20 p.m. Wonewoc American Legion Euchre 11 a.m. to 4 p.m.
JANUARY 28	W-CHS Boys Basketball @Brookwood 5:45/7 p.m.
JANUARY 30	W-CHS GIRLS Basketball Hillsboro @WC 7 p.m.
JANUARY 31	W-CHS Boys Basketball @Hillsboro 5:45/7 p.m. WC JH Girls Basketball Royall/Viroqua @Royall 6:20/7:10 p.m.
FEBRUARY 2	Wonewoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 3	WC JH Girls Basketball Hillsboro/Viroqua @WC 5:30/7:10 p.m. Wonewoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 4	W-CHS Girls Basketball @New Lisbon 7 p.m.
FEBRUARY 6	W-CHS Boys Basketball @New Lisbon 5:45/7 p.m.
FEBRUARY 7	W-CHS Girls Basketball @Bangor 7 p.m. WC JH Girls Basketball Brookwood/Hillsboro @Hillsboro 6:20/7:10 p.m.
FEBRUARY 9	Wonewoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 10	W-CHS Girls Basketball @Seneca 7 p.m. Wonewoc American Legion Euchre 11 a.m. to 4 p.m.
FEBRUARY 11	W-CHS Boys Basketball @Royall 5:45/7 p.m. WC JH Girls Basketball Brookwood/Necedah @Brookwood 6:20/7:10 p.m.
FEBRUARY 13	W-CHS Girls Basketball Cashton @WC 7 p.m.
FEBRUARY 14	HAPPY VALENTINE'S DAY W-CHS Boys Basketball Bangor @WC 5:45/7 p.m.
FEBRUARY 16	Hillsboro Lions BINGO at Hillsboro Fireman's Community Center, Lunch available 11:30 p.m. BINGO 1 p.m. Sharp Wonewoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 17	Wonewoc American Legion Euchre 11 a.m. to 4 p.m. WC JH Girls Basketball New Lisbon/Necedah @New Lisbon 5:30/6:20 p.m.
FEBRUARY 18	W-CHS Boys Basketball Tri-County @WC 5:45/7 p.m. W-CHS Girls Basketball @Necedah 7 p.m.
FEBRUARY 20	W-CHS Boys Basketball @Cashton 5:45/7 p.m.
FEBRUARY 23	Wonewoc American Legion Breakfast Buffet 8 a.m. to 11 a.m.
FEBRUARY 24	Wonewoc American Legion Euchre 11 a.m. to 4 p.m. W-CHS Boys Basketball Necedah @WC 5:45/7 p.m.
FEBRUARY 25, 28	HS Boys Basketball Regionals @WC
MARCH 4, 6, 8	W-CHS Boys Basketball Regionals

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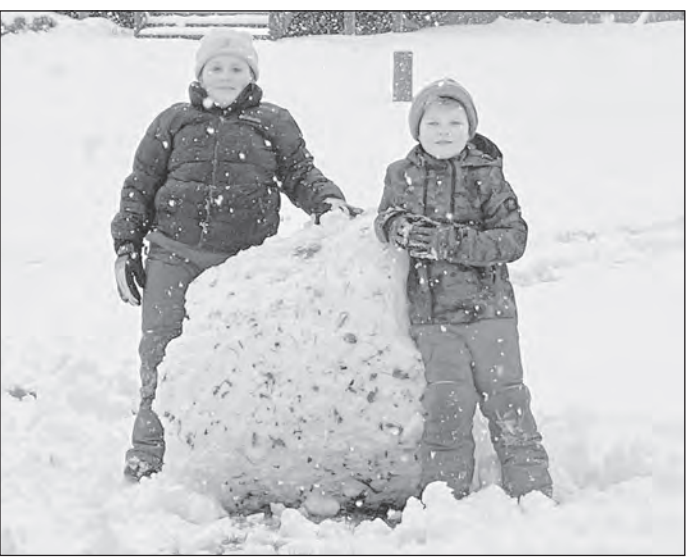
Dave Sterba (left), president of the Hillsboro Lions Club, presents Don Fanta (right) with the Steve Dorow Lion of the Year Award. Contributed photo.



Don and Joanne Slama donated \$5,000 to the Hillsboro Lions for their Empty Stocking program this year. Empty Stocking helps provide families in need with gifts for Christmas, as well as food items during a time of the year when food can be particularly difficult to come by. Pictured, Don Slama (right) presents Lion Dave Sterba (left) with a donation check. Contributed photo.



The Wonewoc-Center FFA used grant funding from the Dairy Farmers of Wisconsin to provide those who attended last week’s varsity and junior varsity basketball games with some delicious chocolate milk to sip as they watched the teams play. In addition to providing milk, FFA members took some time during the games to talk about how chocolate milk is a good way to for young athletes to refuel after workouts and games. Contributed photos.



Landrie and Gatlin Hammer made the most of the heavy snowfall we got in the final days of December, using the freshly fallen snow to build a snowman! Photo contributed by Dave Sterba.

Mile Bluff Medical Center offers convenient lab scheduling options

Starting Monday, January 13, Mile Bluff Medical Center is excited to introduce a new process that allows you to plan ahead, schedule appointments at your convenience, and

minimize the time spent waiting in line at the lab.

For appointments, call Mile Bluff's patient access team at 608-847-5000, or schedule your tests on-site after a clinic

visit with your provider. Walk-ins are still welcome to use the lab services at Mile Bluff Clinic, although scheduled appointments will be prioritized.

This improvement reflects Mile Bluff's dedication to enhancing patient care and convenience. Scheduling your next lab visit today!

Local author to speak on how to be a writer

By NICOLETTE NAUMAN
Sentry-Enterprise Editor

Writing a book is one of those things that feels like it should be easy; there's no shortage of books at bookstores, be they local or chain, and it seems like every couple of months someone is coming out with a new tell-all about whatever scandal they were somehow involved in.

Maybe your teachers told you that you're a good writer, praising your essays and creative writing assignments throughout high school, perhaps even college. Writing is something you've always considered yourself to be good at, and it seems like anyone can get any old thing published these days, so why not give it a go?

And you've got plenty of stories you'd love to tell! Fantasy adventures, action-packed romps through space, thrilling mysteries, heartwarming romances—yet when you sit down to write out the next New York Times best seller, you find yourself staring at a blank document, that blinking cursor taunting you.

So what gives? If writing a book seems so easy, why does it feel so difficult?

Local author Lisa Lickel may be able to help you get your writing dreams back on track with her upcoming presentation at the Hillsboro Public Library, focused on what it takes to become a writer.

Lickel relocated to Hillsboro permanently in 2017, having purchased the property she and her husband now live on years prior to their move. She began her professional writing career back in 2011, starting out in journalism, writing short stories, writing for radio theater, and writing biographies, web copy, and both children's and adult literature.

Currently, Lickel serves as a writing coach with Novel in Progress Bootcamp, and also works as a freelance editor who helps authors put their best foot forward as they seek to publish their new book. In the past, Lickel was the director of the Wisconsin Writers Association (WWA) Press, and now works as the editor of Creative Wisconsin magazine. Lickel also helps to



Lisa Lickel, a Hillsboro author, will be speaking on her experiences building a career in writing, as well as helping those in attendance learn how to become writers themselves. Contributed photo.

facilitate online novel writing critique groups with the WWA.

Bringing with her a wealth of experience as a writer across multiple industries, Lickel's presentation, entitled "So, You Want To Be A Writer?", will discuss a variety of topics pertaining to building a writing career. Those who attended will learn more about their most important writing skill, how to figure out if they may succeed at a such a career,

how to determine what they want to write about, and—most importantly—how to get started.

If finishing your first novel is one of your New Year's Resolutions, or if you're interested in learning more about writing as a viable career path, you may want to stop by the Hillsboro Public Library on Thursday, January 16, beginning at 6:30P.M.

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Meet Asher Paul, Mile Bluff's first baby of 2025! Born on January 6th, he weighed 8 pounds, 1 ounce and measured 19 inches. Congratulations to parents Alissa Manthey and Anthony Suprise on the arrival of their beautiful baby boy!

Contributed photo.

Mile Bluff welcomes first baby of 2025

Mile Bluff Medical Center is excited to announce the arrival of its first baby of 2025! Asher Paul was born on January 6th at 8:35 a.m., weighing 8 pounds, 1 ounce and measuring 19 inches long. Proud parents Alissa Manthey and Anthony Suprise of Mauston are delighted to welcome their second child into the world.

Throughout the pregnancy and delivery, Alissa was supported by Dr. Jenna Sebranek and the dedicated team at Mile Bluff's Birthing Center.

As Mile Bluff's first baby of the year, Asher received a special welcome package, which included a \$50 VISA gift card from Mile Bluff Medical Center, a \$25 savings account from Bank of Mauston, a gift certificate for his first prescription from Mile Bluff Pharmacy, and a 1-year subscription to the Juneau County Star-Times.

Congratulations to the Manthey-Suprise family on the birth of their beautiful son, Asher Paul!

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Students get close-up look at healthcare during Health Science Academy

Contributed by RYAN HENRY
Gundersen Health System

On December 3, 2024, a 60-year-old woman arrived at Gundersen St. Joseph's Hospital complaining of abdominal pain after falling in her home. She was transported to the Emergency Department by ambulance, where she then underwent a series of tests, including CT scans, blood draws and x-rays.

While being tended to, the patient was surrounded by a group of curious high school students who were watching the ER nurses go through their paces as if it were a real emergency. Luckily, that day, it wasn't.

Rather, it was the students' first stop during Gundersen St. Joseph's Health Science Academy. It's a program hosted by the hospital that allows juniors from six area high schools to get an up-close look at the various departments within the hospital – showing the continuum of care a patient could receive from admission to discharge.

According to human resources manager Megan Wopat, this is the second academy the hospital has hosted, but the first using this format following one patient each step of the way. These patients – three volunteer actors – each started in the emergency room, where they were triaged, before moving into surgery, which was performed by the hospital's DaVinci robot.

Following surgery, the patient was taken to the hospital for an overnight stay, then moved to swing bed for post-acute care, where she underwent occupational and physical therapy. Follow-up care took place in family medicine, and the patient spoke to a therapist to talk about her anxiety.

Throughout the morning, the students observed providers working in their element, communicating to one another and other departments the way they would have had this been a real situation. But there were also pauses in the action that allowed them to ask questions about what they were seeing and even jump in and try the different procedures they were most interested in.

Prior to the event, students were surveyed to see what departments they were most interested in learning more about. They, then, were the first ones asked to participate if volunteers were needed.

That morning, Caleb Vande Hei, a nurse in the ER, demonstrated his tasks in the department, which includes starting an IV line, something he helped several of the students attempt. He says having them come through the



Liz Cairns, a junior at Hillsboro High School, got some hands-on experience with Gundersen St. Joseph's surgical equipment during the hospital's Health Science Academy on December 3, 2024. She was tasked with performing a mock-surgery on a training mannequin. Cairns was joined by juniors from local and area high schools as they were given the opportunity to explore the healthcare field and get a firsthand look at some of the career opportunities a rural critical access hospital such as Gundersen St. Joseph's has to offer. Contributed photo.

various departments to get a first-hand look at the variety of jobs gives them a good idea of what they do.

"I feel like this, especially, gives them a better idea of what we do as a nurse on a regular basis," he says. "They get a really good glimpse of the flow that could happen in the emergency room."

Vande Hei hopes that as the students see all the different areas of care in the hospital, one catches their attention, be it in the ER or somewhere else.

"I want this to pique their interest to, one, see if they they're interested in one of the fields, like an emergency room nurse," he says. "And second, I want them to feel more comfortable if they end up having an emergency and need to come in and see me here."

For Hillsboro junior Liz Cairns, seeing the full spectrum of care expanded upon the interest she already has in the medical field. She currently works at a nursing home, so she's dipped her toe into what that kind of care means. She's liked it enough, she says, that she wants to take her CNA certification exam this summer.

That morning, Cairns was drawn to radiology because it isn't as directly involved with patients as other areas, though she admits surgery is intriguing, too.

"I feel like it's more like you're not doing as much hands-on, so it's less likely you make mistake, but it still is [a part of the process]," she says.

Cairns most enjoyed

participating in a simulation exercise in the operating room where she used surgical instruments to perform a procedure, doing so solely by watching her progress on a computer screen. It was eye opening for students, seeing that such precise work with such advanced technology could be done in a small rural hospital near them. It's these experiences, during event like this, that Wopat, the HR director, hopes will keep some of the students near home.

"It's all about rural healthcare. In rural settings, it's harder to find those people to stay rural," says Wopat. "If you can get the rural students to touch all of these different aspects of rural health, it's our hope they'll consider us as they decide on future careers."

NIGHTLY SPECIALS

Thursday: Chicken & Ribs

Friday: Fish Fry & Seafood Night

Saturday: Prime Rib and Beef Night

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