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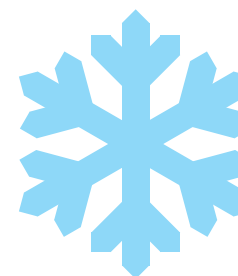
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SHAW LOCAL  
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Board: Self-care for the holidaysCOMMUNITY  
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Health Board

From Thanksgiving to New Year's Day, the "holiday blues" can occur. Feelings of sadness, stress, anxiety and depression caused by high expectations, loneliness and disappointment. Our feelings may change from year to year, maybe this is the year you or someone you love needs some extra self-care and support.

McHenry County Mental Health Board provides resources for individuals and families during the holidays and all year.

If you are feeling blue, you are not alone.

One BIG step for ongoing support and self-care is to download the MCHelp App. It is free to download and use. MCHelp is a McHenry County resource available 24/7/365 – even on holidays!

A trained professional will answer voice or text inquiries about anxiety,

depression, family conflict and other mental health concerns. The app includes a full directory of area resources with click-through capabilities.

Explore the directory for specific agencies, therapists and support organizations to serve you and your family. Get the help you need, close to home.

Loneliness is common during the holidays. If you are looking to connect with others, NAMI McHenry County, namimch.org, offers numerous workshops, activities and events led by trained peers at no charge.

If grief is the cause of your blues, Grief Guide, mygriefguide.org, has group meetings and events. Being with others who feel as you do can generate strategies and examples for a positive impact.

Symptoms that persist for more than two weeks may indicate clinical anxiety or depression. Some people experience Seasonal Affective Disorder (SAD) or there may be another underlying mental health condition.

Some holiday blues can escalate into crisis. If you, or someone you know is in crisis, call 988. The 988 Crisis Lifeline is also available 24/7/365. Trained crisis

professionals provide chat, talk or text on topics of concern. The connection is confidential and free.

Prioritize your own self-care before focusing on others during the hectic holiday season. You have a choice in activities and your level of involvement. Learn to say, "Sorry, that does not work for me." Take time for yourself with quiet moments, exercise and rest. Stick with a realistic budget to avoid financial stress. Limit alcohol and substances that impact your decision-making abilities. Caring for yourself can enable you to better care for others.

Now is a good time to download the MCHelp app. Share it with friends and family. Use it whenever you need support. It may help you lift those holiday blues.

Remember, holiday blues are indiscriminate. They can affect you and others when you least expect it. With MCHelp, and the support of others, you may be able to leave the blues behind.

McHenry County Mental Health Board wishes you good mental health in the holidays and all through the New Year!

## Man's fingers sliced in snowblower Saturday in Marengo

By JANELLE WALKER

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The Marengo Fire & Rescue Districts is reminding residents to use care when using a snowblower to clean up after a snowstorm.

About 2 p.m. Saturday, Marengo crews were dispatched to the 600 block of West

Prairie Street in Marengo for a snowblower-related injury. Crews arriving on the scene found an adult man who suffered deep lacerations to multiple fingers after attempting to clear a clogged machine.

He was taken to a Rockford-area hospital for further treatment, according to a news release from public information officer Alex Vucha.

Heavy, wet snow can clog equipment quickly, and attempting to reach inside a chute can lead to serious injuries, even when the machine is powered off.

Residents are reminded to fully shut off snowblower equipment, wait for all moving parts to stop and avoid placing their hands in the chute or anywhere near the front opening where the blades turn.

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## ON THE COVER

Tina Bupp pours one shallow layer of resin at a time to preserve dried flowers at McHenry's Bupp Woodworks & Designs, seen here on Nov. 28.

See story on page 3.


Photo by Janelle Walker

## CORRECTIONS


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## HOW ARE WE DOING?

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# McHenry business preserves blooms from weddings, funerals

By JANELLE WALKER  
jwalker@shawmedia.com

Nothing leaves Bupp Woodworks & Designs that Tina Bupp has not photographed and memorialized herself.

She and her husband, Trevor, spend months ensuring that the pieces are perfect, as are the tables, trays and other woodworking that are often included in the order.

Their medium is resin, and their artistry is encasing flowers from wedding bouquets and funerals as memorials to those occasions.

"We are dealing with things that are irreplaceable," Tina Bupp said.

For the past eight years, it is also the full-time business for the Johnsbury couple. While Tina is at the workshop in the business condo park at 4306 W. Crystal Lake Road in McHenry, Trevor is building the furniture in their Fox River garage outside the city.

Orders for their work come from across the country. Brides ship their bouquets overnight so Tina can start the work of perfectly drying and slowly, meticulously encasing them in resin.

In fact, they ask their brides to book their slot several months before the wedding to ensure their spot in line.

"Our waiting list is a year," Tina Bupp said. "We prefer to book ahead for weddings. We can only take so many a week."

She also "saves space" in her schedule so that she can take funeral flower arrangements on an as-needed basis.

"She is always willing to accept a memorial," Trevor said.

The preservation process starts with the flowers and a plastic box filled with silica sand. The flower is set in the silica to start the drying process that can take two full weeks.

Then Tina arranges the flowers in the mold picked out by the customer or in the table or tray form Trevor has prepared. Once the flowers are placed, she flows in the first, shallow pour of resin, checking for bubbles, hairs and out-of-place flowers. She slowly pours layer upon layer, 10 to 15 in total, letting each one set for at least a day before adding the next.

They know what happens when the resin is poured too fast and too deep. It will flash cure – leaving bubbles and overheating the delicate flowers.

"It will warp and burn your flowers and turn them brown and gross," Tina said.

There are tutorial online, and resin



Janelle Walker

Trevor Bupp and Tina Bupp work at the McHenry's Bupp Woodworks & Designs on Nov. 28.



Janelle Walker

One of the recently completed and preserved arrangements at Bupp Woodworks & Designs on Nov. 28. The McHenry-based business encases flowers from weddings and memorials in resin to preserve them.

kits are easy to come buy, but those are not the same products they work with. The Bupps beg brides not to attempt to preserve their wedding flowers themselves.

"Once the resin is messed up, it is messed up. There is no going back," Tina said.

She's taken calls from brides, crying, after trying to preserve flowers them-

selves.

"They ask, 'Can you chisel it out?'" Trevor said. But it's too late to salvage anything.

The resins, too, are toxic. Tina wears a respirator when pouring the layers. Once mixed, she only has about 40 minutes before the resin starts curing, so she must be careful to make sure each piece is set before.

She started learning how to preserve flowers using the blooms in her own garden. At the same time, Trevor, an electrician and carpenter, was working at a custom cabinetry company but wanted to make his own furniture too.

A neighbor saw Tina's Facebook post of one her the pieces she'd done for herself and ask if she would do a memorial for her husband who had recently died.

"It started to snowball after that, with a request for another memorial and then a wedding," Trevor said.

Soon after, "brides were begging me to do their weddings," Tina added.

With a multi-month wait list, the couple know the next step for the company will have to include hiring more people to help preserve the flowers and pour the resin.

See FLOWERS on page 4



# Man injured in crash in McHenry

By **MICHELLE MEYER**  
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A driver is in serious condition after a crash that ejected him from the car Friday night in McHenry.

McHenry officers responded to a call about 9:20 p.m. Friday in the area of Chapel Hill Road and Julia Way for a two-vehicle crash, McHenry police public affairs officer Ashley O'Herron said. A preliminary investigation found that the two cars were traveling south on Chapel Hill Road when, "for an unknown reason," one rear-ended the other and rolled "several times," causing the driver to be ejected from the vehicle, O'Herron said.

The driver, a man in his 20s, was

taken to a Level 1 trauma center at Advocate Condell Hospital in Libertyville.

Medical helicopters could not be used due to the weather, McHenry Township Fire Protection District Battalion Chief Ryan Mastandrea said in an email.

The driver of the other car was not injured, O'Herron said.

The crash is currently under investigation, and the cause has not yet been determined. For now, there are no indications that alcohol was a factor, McHenry police said.

Chapel Hill Road between Lincoln Road and Julia Way was closed to traffic in both directions for more than three hours Friday night, according to an alert sent out by McHenry police.



Janelle Walker

Trevor Bupp makes the wooden portions of the Bupp Woodworks & Designs. They've had a workshop in McHenry for two years, giving them space to meet with clients and Tina Bupp a space to dry and preserve the flowers.

## • FLOWERS

Continued from page 3

"This is not your everyday small business. This is not selling tires or windows. We made this out of scratch," Trevor said. "But we could use a bigger team."

Tina may also have to not personally put every petal in the right place.

"My problem is I don't give up con-

trol," she admitted.

Their artistry – and the social media marketing Tina has built for them – was recently recognized by their resin provider, iCoat.

The Bupps' "online presence on Facebook, TikTok, and Instagram ... has an impressive 112,000 followers, showing significant engagement and reach in the flower preservation and resin art community," according to a news release from the company.

## December at The Dole

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Excitement is in the air at The Dole. Check out the schedule and save the dates so you don't miss out on the fun!

**December 4, 11 and 18:** Lou's Lounge Club Members Event. Live music every Thursday, small plates menu and cocktails available. Must be a member to attend. Members receive 20% discount on tickets to all events in Lou's Lounge! Not a member? Join today! Membership is limited, and introductory pricing ends December 31, 2025...so don't wait!

**December 7, 14, and 21:** Farmers Market+, includes 55 farmers & food purveyors, live music, food trucks, brunch beverages, and includes football in Lou's Lounge on an 86" TV, a chili bar and a "build a Bloody Mary" bar! Sports Sundays in the Prohibition-Era Speakeasy...Lou's Lounge!

**December 12:** Comedy Night - 4 comedians, 1 hilarious evening! Ugly Sweater Contest. Comedians will be the judges!

**December 31:** "Midnight Masquerade in The Mansion"—New Year's Eve at The Dole has

become a local favorite. Live music ALL night, plus enjoy Wild Asparagus Catering, Smash'd Burger sliders late night, The Inside Scoop's self-serve "Retro Candy Shoppe," balloon drop, confetti blasters, and a Champagne toast at midnight—along with complimentary valet parking!

What makes this party so unique is that it truly is four parties under one roof!

The Mansion offers two separate experiences plus Lou's Lounge, along with the Grand Ballroom where Modern Day Romeos will ring in 2026. All experiences offer live music and different vibes. FIVE music performers/bands in total! This is the place to be to ring in 2026.

For tickets or more info, please visit: [www.thedole.org/events](http://www.thedole.org/events).

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