



DAILY NEWS

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Work on
Willowbrook
Park delayed
A4

Hartford Union's Michael
Fulop nets 4 goals in
win over West
B1



MPTC program to give low-income students free tuition

5 semesters of free tuition to those who qualify

By **ALEX BELD**
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Moraine Park Technical College is implementing a program for low-income students that would give them five semesters of free college tuition.

Promise Program is open to more than 25 high schools near the MPTC campuses, one of which is located in Washington County. And though some students can get through the school in four semesters, there are programs there that

often require more.

According to Moraine Park, more than a quarter of high school students — more than 14,000 — in the MPTC district are eligible for free and reduced lunch.

"Too often, deserving high school students think college isn't an option for their future — not because of their abilities or ambition, but because of financial limitations," Moraine Park President Bonnie Baerwald said in a news release. "We're hoping to change that."

"The Moraine Park Promise Program removes financial barriers, providing high school seniors in low-income families a chance to earn their degree and achieve their career goals without the burden of college debt."

The technical college hopes to raise \$1.5 million in 2017-18. The

funds will pay the remainder of tuition not covered by other services available for low-income students and will be raised through the Moraine Park Foundation.

"Ours is what we call a last dollar scholarship," Baerwald said. She also explained a student is considered low-income if at the school if they have an EFC number of 3,500 or less.

To participate an applying student is also required to graduate on time from an accredited or home high school, live within the MPTC district, earn a GPA of 2.5 or greater, earn a 16 on the ACT and have a 90 percent attendance rate during the last year of high school. Students will also have to complete their FAFSA by Jan. 15 of 2018.

Please see **MPTC/A8**



John Ehlike/Daily News

Two students walk out the main entrance as another is helped in the student service area Tuesday afternoon at Moraine Park Technical College in West Bend.

Taking control and making a positive change

YMCA program aims to stem the tide of diabetes

By **RALPH CHAPOCO**
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For as much publicity that acts of terrorism and natural disasters receive, our passing may have more to do with our own decisions than factors outside our control.

The YMCA, including in West Bend, established a program to curb the onset of diabetes, a potentially debilitating metabolic disorder that claimed almost 80,000 lives in 2016.

"I think part of the problem is the sedentary lifestyle that so many people are experiencing," said Mary Beth Emmer, a registered dietician and nutrition counselor. "People aren't moving as much as they used to. With all of our social media, computers, tablets, everybody is sitting more. You are even seeing that with children — overweight children."



John Ehlike/Daily News

Kim Van Fossen of West Bend watches television as she works on an elliptical machine Sept. 12 at the River Shores YMCA in West Bend. Van Fossen is pre-diabetic and joined the joined the YMCA Diabetes Prevention Program because of her family history of diabetes.

Kim Van Fossen was one of the program's participants.

"I was at a point in my

life where I was overweight," she said. "I felt I was eating healthy. I felt I was active, but there is a

difference between your daily activity business of living and activity to raise your heart rate. I was at the

point in my life where I accepted I was gaining weight. I thought it was just a part of life, but you

get to a point where you are disgusted."

She took a blood test as part of her annual checkup and the results prompted Van Fossen to enroll in the program.

She took control of her life because the alternative presented a pretty grim future. Amy Miller, a family physician with Froedtert and the Medical College of Wisconsin, described difficult life for those suffering with the illness.

Those who are diagnosed with the illness will require significant lifestyle changes, essentially reversing habits that were formed and solidified for years. If that is ineffective, then more drastic options are considered.

"In addition to that, there are pills that can be taken," Miller said. "There are injectable medications that are not insulin and then there are the insulin-injectable medications."

That doesn't include the diagnostic tools that need to be purchased, both the initial unit cost that displays information, and the recurring costs of test strips.

It can also be costly.

Please see **DIABETES/A8**

Transfer of roads from county debated by Hartford panel



John Ehlike/Daily News

A vehicle moves along County Highway N on Tuesday afternoon toward Dodge County in the town of Hartford.

Committee recommends continued negotiations with Washington County

By **JOE VANDELAARSHOT**
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HARTFORD — On the same night the city's Common Council met the city's Public Works Committee discussed the issue of most interest.

After nearly a half-hour of discussion and debate the committee recommended Hartford staff continue to negotiate with the county over the possible transfer of the control of sections of two county controlled highways to the city. The vote, however, was not unanimous with

Alderman Roger Randolph casting the only "no" vote after criticizing the proposal.

After discussions with city administrative staff Washington County officials offered to transfer control of three highways. They include:

- Highway N from State Street to the county line.
- Highway U from the city limits to Arthur Road.
- Highway 83 from Highway 60 to Clover Road.

After discussion began City Administrator Steve Volkert said he recommends the city drop Highway U from the discussion because the road is in poor condition and reconstruction would cost about \$2.75 million.

"We could talk about this highway at some future date after reconstruction has been completed by the county,"

Volkert said. "The fiscal impact on the city (by taking control of the two other roads) will be negligible because the county is offering to pay the estimated maintenance cost for the first 10 years. All costs after 10 years would be absorbed by the city."

If approved as proposed the city could receive about \$246,000 from the county for future maintenance costs for highways N and 83.

Volkert said in a memo to other city officials the 10-year impact on the city's tax rate, if they accepted control of the portion of Highway N offered by the county, would be about \$92,000 — about \$9,200 a year. He also said the net impact on taxes for accepting a portion of Highway 83 would be about \$14,800 over 10 years.

Please see **TRANSFER/A8**



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Do you remember this photo?/B7

A Thousand Words	B7	Food	B8	Obituaries	A6
Amusements	A5	Community	A2, A4	Opinion	A7
Business	A3	Lottery/Weather	A8	Outdoors/TV	B3
Classified	B4-5	Milestones/Health	B7	Sports	B1-2

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FIVE-DAY FORECAST

TONIGHT
Partly cloudy
45

TOMORROW
Mostly sunny
70/47

FRIDAY
Mostly sunny
63/43

SATURDAY
Mostly sunny
63/44

SUNDAY
Mostly sunny
68/50

REGIONAL FORECAST



ALMANAC

Statistics for Milwaukee yesterday

High/Low, West Bend	84/59
High/Low	91/65
Normal High/Low	67/50
Last year's high for date	68
Last year's low for date	55
Precipitation, West Bend	0.00"
Precipitation, Milwaukee	0.46"
Precip. month to date	0.49"
Normal month to date	2.78"
Precip. year to date	27.81"
Normal year to date	26.96"

* Precipitation is the liquid equivalent of snow, ice and rain.

Sep. 27	Oct. 5	Oct. 12	Oct. 19
First Q	Full	Last Q	New

Sunset today.....6:39 p.m.
Sunrise tomorrow.....6:48 a.m.

HEAT INDEX TOMORROW

8 a.m.	43
Noon	59
4 p.m.	70
8 p.m.	61

A composite of the effects of temperature and humidity on the human body.

COOLING DEGREE

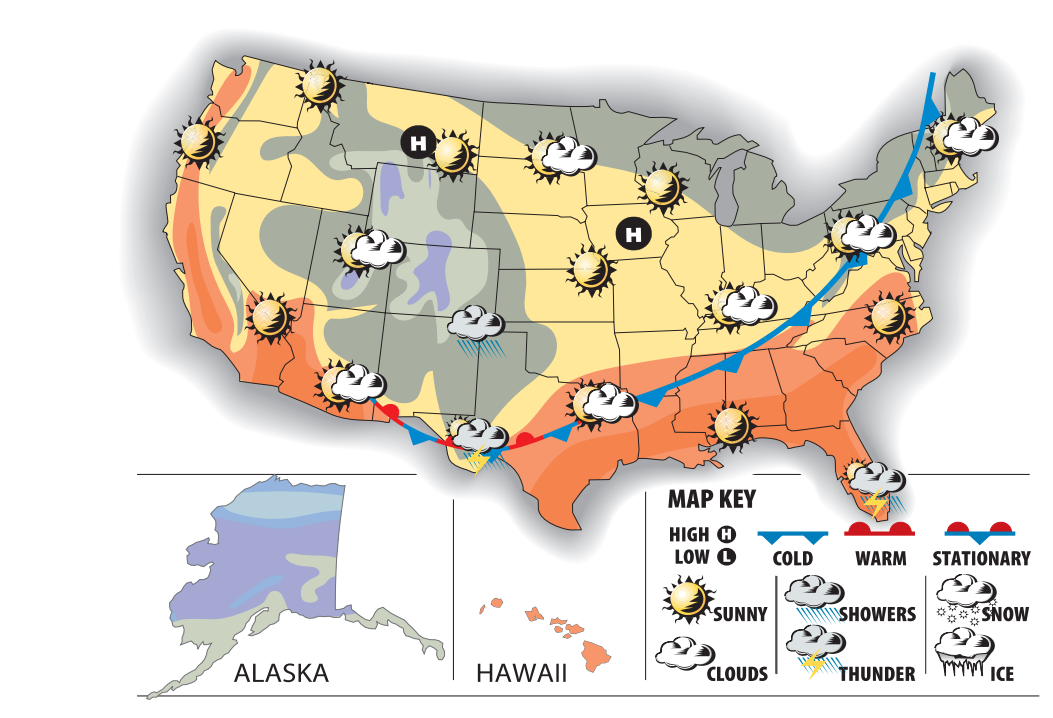
An index of energy consumption indicating how many degrees the day's mean temperature was above 65 degrees.

Yesterday, Milwaukee	13
Month to date	135
Year to date	745
Normal season to date	631

Yesterday, Milwaukee..... 13
Moonrise tomorrow..... 2:38 p.m.
Moonset tomorrow..... No Set

NATIONAL FORECAST

Thursday, Sep. 28, 2017



SOUTHEASTERN WISCONSIN

Tonight: Mostly clear. Lows in the mid 40s. Northwest winds 5 to 10 mph.
Thursday: Sunny. Highs around 70. West winds 5 to 10 mph.

MARINE FORECAST

Lake Michigan near shore forecast:
Tonight: Northwest wind 10 to 15 knots. Mostly clear. Waves 1 to 2 feet.

ULTRAVIOLET INDEX FORECAST

The UVI forecast for Thursday is 6
UV scale and warnings on possible skin damage: 0-2 low risk, 3-5 moderate risk, 6-7 high risk, 8-10 very high risk, 11-over extreme risk.

TRAVEL ADVISORY FOR TOMORROW

ATLANTA High: 88 Low: 67	CHICAGO High: 73 Low: 53	DALLAS High: 82 Low: 67
DENVER High: 56 Low: 45	LOS ANGELES High: 79 Low: 62	MIAMI High: 87 Low: 77
MINNEAPOLIS High: 70 Low: 47	NEW YORK High: 79 Low: 56	PHOENIX High: 95 Low: 74
SEATTLE High: 81 Low: 58	ST. LOUIS High: 76 Low: 57	WASHINGTON High: 79 Low: 56

All maps, forecasts and data provided by ©2017, The Weather Company, LLC

FROM THE FRONT

MPTC: West Bend campus hosts filing workshop Oct. 4

The school intends to host FAFSA filing workshops at the West Bend, Fond du Lac and Beaver Dam campuses. The first of which will be hosted at West Bend on Oct. 4 from 3-7 p.m.

"Most students and families are apprehensive in completing the FAFSA; so to offer one-on-one help filing the application at these workshops is a wonderful chance to see what you qualify for and to get first-hand guidance," Moraine Park Financial Aid Manager Triena Bodart said in a news release.

A news release about the program states about 30 percent of lower income students don't pursue college as they feel they won't succeed or don't know how to navigate the system.

MPTC hopes to address those issues as well by offering mentoring at its campuses for the new students.

Baerwald said the mentor program is still in development, but that it will solely focus on students already at the school, making use of the program.

Transfer: Town of Hartford fire agreement approved

"The city would also lose about \$148,000 from the state in the form of highway connection aid. Reimbursement for that would be included in the \$246,000 sought from the county," Volkert said.

Volkert also recommended that the city only accept control of a portion of Highway 83 from Highway 60 to Wilson Road. He said it would be easier for the city if they did not accept control to Clover Road, but only to Wilson Avenue.

Randolph wanted the city to not accept control of any of the roads. He said the city would be adding future expenses to the tax roll which would increase every year when inflation was included.

"I see no benefit to the city in any way, shape or form to accept control of these roads," Randolph said. "All it means is the tax rate will increase because the county doesn't want to handle this anymore."

Alderman Dennis Hegy voted in favor of continuing negotiations with the county but he also expressed reservations.

"The county is really looking for a way through this to abandon transportation in the county," Hegy said. "They are abandoning the northern reliever route and that means any future

action to work out that problem will be in the form of a bypass which will kill our downtown. This is just an end run so they no longer have to deal with that problem."

County Administrator Josh Schoemann denied the county was abandoning transportation in the county.

"This and the deals with the other municipalities would put you in the driver's seat regarding future highway development," Schoemann said. "You would also be able to order no truck traffic through the downtown."

The city has been working to divert heavy truck traffic from Main Street to Wacker Drive to enter one of the city's industrial parks.

Schoemann also said he has heard state transportation officials are also looking for an eventual connection of Highway 83 with Highway 33, which would benefit Hartford.

Schoemann agreed to continue discussing the matter with the city.

Common Council

During the Common Council's regular meeting, after the Public Works Committee meeting, the Council approved a new one-year fire agreement with the town of Hartford.

Diabetes: Economic impact of disease was \$245B in 2012

"I would say the average adult with type 2 diabetes is probably going to be taking one or two medicines," said Vanessa Rein, a physician with the University of Wisconsin Health System. "One of them will probably be generic so the copay is probably going to be small, somewhere between \$5 or \$10 per month. They are probably going to have a \$20 copay for the other medicine at least. They are going to need meter supplies. That is going to be another \$20 copay."

"That is probably the most minimal cost I can think of, but some people, their copays are going to be \$40 for some of those drugs, so they are going to be paying \$60 a month for the medicine, \$20 for the supplies."

Then there are the illnesses associated with the disease.

"I would say that the biggest cost are the long-term life consequences," Miller said. "Developing visual problems because of the diabetes, dialysis because of the diabetes, heart disease because of the diabetes, so that to me is the biggest cost although it is not a financial one."

It is also a disease where we all have a stake.

"We should care because selfishly, the risk is actually very high for someone in the U.S. who is adult, that they have one or the other (type 1 or type 2 diabetes)," said Matt Petersen, managing director of medical information for the American Diabetes Association. "There are 25 percent of seniors that have overt diabetes so we should be concerned for selfish reasons. The other reason we should care because it does place an economic as well as a real personal burden on Americans to live with diabetes."

Association staff, with assistance from health experts, conducted a study to calculate the total impact, in terms of dollars, that diabetes has on society. The research concluded the total economic cost of diabetes in 2012 was \$245 billion, a 41 percent increase from the prior study.

The one-year program began in 2012 with participants meeting weekly class for 16 weeks before tapering off to every other week for three classes and once a month for six months.

"We have anywhere from eight to



John Ehlike/Daily News

Kim Van Fossen of West Bend is silhouetted against the lights as she works on an elliptical machine Sept. 12 at the River Shores YMCA in West Bend. Van Fossen pre-diabetic and joined the joined the YMCA Diabetes Prevention Program because of her family history of diabetes.

15 people in the class," Emmer, one of the program's coaches, said. "You have to be 18 years old or over and you have to qualify through a risk assessment."

The risk assessment consists of a series of yes or no questions and respondents will be assigned points depending on their answers. Some of the risk factors are outside a person's control. The assessment's questionnaire includes whether the person's parent or siblings suffers from the illness. It asks about the person's age, the physical activity level, height and weight.

The risk factors are scaled so that higher contributors to the disease are allocated a larger number of points — someone who is older than 65 will be assigned nine points while having siblings managing the illness will only warrant one point.

Typically, the higher the points one is assigned, the better the outcome. That is not the case with this specific diagnostic. Those who score nine points or higher are at risk for prediabetes or diabetes.

The assessment also queries about the individual's vital health statistics, including that person's blood glucose level.

"Type 2 diabetes is the one that is more common and is more lifestyle

related," Miller said. "Through leading a healthy lifestyle — type 2 diabetes is preventable."

The program consists of sessions where participants learn about various aspects of healthy living.

"The first 16 weeks we have different topics," Emmer said, one of the program's coaches. "We cover anywhere from how to eat less fat, we talk about healthy eating. We focus on MyPlate and physical activity."

The lessons are followed by a thorough review of the topics discussed to reinforce the material people have learned, but the true benefit is the shared experience of those in the group. They suggest strategies for losing weight and participate in activities outside of class.

"I would say just the accountability of coming each week," Gina Trampe said of the program's success. She is one of the program's coaches. "They step on a scale"

Van Fossen made some life changes. She tracked her diet and began taking not of what she ate on a regular basis. She began walking everywhere and started visiting the YMCA gym four times each week.

"I am a lot more confident," Van Fossen said. "I have a lot more energy and I feel better. I just feel better."



Heather Rogge/Daily News

Walk to End Alzheimer's raises more than \$108,000

The West Bend West varsity dance team cheers on walkers during Saturday's Walk to End Alzheimer's event at Regner Park in West Bend. On Tuesday, the Alzheimer's Association and its Southeastern Wisconsin chapter announced more than \$108,000 was raised at this year's walk.

WASHINGTON COUNTY CIRCUIT COURT

Devone A. Kessler, 22, West Bend, third degree sexual assault, nine months jail, counseling, shall comply with sex offender registration, \$518.

Jonathan A. Koeller, 40, Germantown, operating while intoxicated (third), 55 days jail, 24 months license revoked, 24 months ignition interlock, alcohol assessment, \$2,948.60.

Shari R. Koepp, 45, Jackson, disorderly conduct, battery, 18 months probation, counseling, \$886.

LOTTERY

Tuesday's Numbers

Mega Millions: 1-10-57-66-75	5 Card Cash: JD-9C-7D-8D-9H
Mega Ball: 4, Megaplier: 4	Badger 5: 8-15-24-26-27
SuperCash: 7-14-17-24-27-39, Doubler: N	Pick 4: 3-7-7-0
	Pick 3: 2-0-2