



Photo courtesy of Sally Roach

Sally Roach before her surgery, when she weighed 610 pounds. Roach had her surgery in May 2017.



Photo courtesy of Sally Roach

Roach post-surgery. She said on Thursday that she weighs 209.3 pounds, a total loss of over 400 pounds.

# Woman gains quality of life after losing 400 pounds

Pewaukee native used bariatric surgery, kickboxing to knock out excess weight

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SUMMIT — All her life, Sally Roach said, she has struggled with her weight. But she is struggling no longer after losing 400 pounds after choosing to have bariatric surgery in May of 2017.

Roach, a Pewaukee native, said she was camping — one of her favorite activities — when she realized she was having trouble getting up from her air mattress on the ground.

“I thought I was going to have to have somebody help me get up off the ground,” Roach said. “That was kind of my ‘oh my god’ moment that something needed to change.”

At the time of the surgery Roach was 610.9 pounds, she said.

“I had tried lots of times and lots of ways to lose weight,” Roach said. “I had success and at times lost over 100 pounds and gained it back. Nothing really stuck.”

Sick of not being able to live her life to the fullest, Roach decided to look into bariatric surgery at Aurora Health Care at Summit. She chose to have the Roux-en-Y procedure, which reduces the size of the stomach using staples and bypasses a part of the intestine to help with weight loss, said Aurora Health Care General Surgeon Peter Garza.

Garza said an average amount of weight lost is 70% of the patient’s excess fat. With the help of a healthy diet and her new favorite form of exercise, kickboxing, Roach stunned her doctors, weighing in at 209.3 pounds.

“I’m trying things I’d never thought I’d try,” Roach said. “The difference in energy I have now is amazing compared to presurgery to now.”

Garza said bariatric surgery is only a single tool that helped Roach and others lose weight.

“I don’t view the procedure necessarily as the reason people lose weight,” Garza said. “It’s just a tool they utilize to help with how they modify their lifestyle.”

Garza said a healthy diet and exercise are just as important when patients go through the surgery.

“The body may require x amount of calories for the day, but that doesn’t mean you have to eat that many calories a day,” Garza said. “If you eat less calories than what you use, your body makes up that difference by using its energy storage, which is fat.”

Support systems are also vital in whether or not a patient succeeds in losing the weight they want to shed off, Garza said.

“Patients need that sup-



Photo courtesy of Sally Roach

Here’s Roach kickboxing post-surgery. She said kickboxing is her main form of exercise and she does it three to four times a week.

port, whether it’s through online support groups or personally. Our program has face-to-face support groups that meet monthly,” Garza said. “That’s a big part of success, just feeling like they are supported in doing what they are doing.”

Roach said her biggest piece of advice to people thinking about having the surgery or those about to is to just be patient.

“People get impatient after surgery too because you want to be dropping this huge amount all at once,” she said. “You have to be patient with your body and it’ll eventually catch up.”

After losing all of the weight she has, Roach said she is exploring new things in life.

“This summer I’m bringing my Girl Scouts on a trip to Georgia,” Roach said. “We’re planning a bunch of these to do in Savannah and we plan on walking the whole time.”

And she has even gotten back to camping.

“Last October we went to Devil’s Lake on a scouting trip,” Roach said. “I hadn’t

actually done the hike since I was in middle school, but this past year I went and did the hike for the first time in a long time.”

For more information on the surgery at Aurora Health Care, visit [aurora-healthcare.org/bariatrics](http://aurora-healthcare.org/bariatrics).

## Waukesha man allegedly slashed neighbor with machete

By Brandon Anderegg  
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WAUKESHA — A 47-year-old Waukesha man is facing several charges after he allegedly gashed his neighbor in the arm with a foot-long machete.

Salvador Quevedo was charged with felony first-degree recklessly endangering safety using a dangerous weapon, felony aggravated battery using a dangerous weapon and a misdemeanor bail jumping charge, according to a Waukesha County Circuit Court criminal complaint.

Officers were dispatched to an apartment complex in the

1900 block of Madera Street in Waukesha for a report that a man had been stabbed by a neighbor. When officers arrived, the victim explained that he was walking back into the apartment when he was met by Quevedo in the hallway, according to the complaint.

Quevedo was allegedly wielding a machete when he said to the victim, “Why are you [expletive] with my family?” The victim then pushed Quevedo in an effort to defend himself, but not before

Quevedo slashed the victim in his left forearm, according to the complaint.

The victim had a cut that was approximately four

inches long and two inches deep for which he received 32 stitches.

When authorities asked the victim why Quevedo might do this to him, he said he overheard Quevedo telling police that the victim and his roommates were “talking about he and his family behind their backs and were also changing the passwords on his phone as well as spying on him,” according to the complaint.

Quevedo denied cutting his neighbor, but a search of his apartment produced two machete-type knives, according to the complaint.

If convicted, Quevedo could serve more than 18 years in prison.

## Allen proposes amendment to track state, administrative fees

WAUKESHA — State Rep. Scott Allen, R-Waukesha, has proposed a budget amendment that would require state agencies to report on statutorily and administratively required fees.

The budget amendment would require agencies to submit to the governor and legislature, along with its budget request, a detailed report which lists each fee the agency is authorized to charge, along with the amount or method of calculation, an identification of statutory authority, whether the agency charges the fee, whether the fee has changed over time, and



Allen

agency recommendations regarding the fee, according to a press release.

Allen said there are more than 16,100 references to fees by state statute and administrative code and it does not appear they are updated by legislation or the administrative rulemaking process in a timely fashion.

“For instance, the fee for ‘motor vehicles operated for hire in intrastate commerce for carrying passengers’ has not been updated

since 1975,” Allen said.

The proposal now goes to the Joint Finance Committee to determine whether the idea will go into the state budget.

“Because the fees have not been updated, it is likely that they have not kept up with the cost of inflation, or do not account for lowered costs through advancements in technology or market factors,” Allen said. “We owe it to Wisconsin taxpayers and those who use government services to charge user fees in a responsible manner. This is the type of common sense governing that Wisconsin residents expect.”

## Waukesha Water Utility provides update on water project

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WAUKESHA — Permitting and more permitting — that’s the state of Waukesha’s Lake Michigan diversion project, Waukesha Water Utility General Manager Dan Duchniak told a Freeman reporter Thursday. “The best analogy that I’ve heard from one of our consultants is, we’re kind of like that duck on the pond that looks like they’re just

floating on the water, but their feet are going crazy,” Duchniak said. “There are a lot of things behind the scenes with regards to permitting.”

The Common Council also passed two resolutions, which has allowed them to begin the process of acquiring necessary easements and land as part of the project, Duchniak added. There are approximately 14 easements they’ll need for water project infrastructure, none of which will cause proper-

ty owners to relocate or the removal of buildings.

“We’re just acquiring some additional land that’s adjacent to the right of way within the setbacks so that we can have the pipeline within that area,” Duchniak said.

City officials are now working with New Berlin to finalize the purchase of the 8.5 acre parcel they will need to acquire for the reservoir and pump station in Minooka Park, which will help convey water into Waukesha.

## Man allegedly drunk, armed at police department

WAUKESHA — A Brookfield man has been charged after he allegedly was drunk while he was armed at the Elm Grove Police Department earlier this year.

Jeffrey Munson, 58, was charged Thursday in Waukesha County Circuit Court with possessing a firearm while intoxicated, a misdemeanor punishable upon conviction by up to nine months in jail. He was ordered to appear in court May 20.

A criminal complaint said Munson was at the Elm Grove Police Department for unspecified training March 11 when he went out to his truck for pens, didn’t see his vehicle in the

lot, then reported it was stolen. But he also appeared to be “overly excited, laughing” about the matter, police officers observed.

Officers did indeed find his vehicle in the lot outside, the complaint said. But they also observed his speech was extremely slurred, his eyes were glossy and bloodshot, and

there was an odor of intoxicants coming from his breath.

Munson underwent field sobriety tests and gave a breath test that showed a result of 0.17 — twice the state’s legal limit for drivers — and had a 9 mm handgun holstered at his right hip, which had a round chambered, the complaint said.

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