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MAY 2023



The FREEMAN & ENTERPRISE

# Lake Country

## THIS MONTH

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## Derek, TJ complete Watt bros 'trifecta'



Dave Radcliffe/Freeman Staff

TJ Watt (right) taps his brother, Derek Watt, before giving his speech as Pewaukee athletics and activities director Jeff Behrens looks on in the background during the Watt Jersey Retirement Ceremony on May 5 at Pewaukee.

### Brothers have jerseys retired at alma mater

By Dave Radcliffe  
 dradcliffe@conley.net.com  
 262-513-2655

PEWAUKEE — For one night, Derek and TJ Watt got to be kids again.

And the amount of kids that showed up to see the two Pewaukee legends have their jerseys retired on May 5 was more than enough proof that their legacies have had an immeasurable impact on the next generation of football players in southeastern Wisconsin.

An event years in the making, the No. 20 of Derek Watt and the No. 16 of TJ Watt will never be worn again following the Watt Jersey Retirement Ceremony held at Pewaukee's football field.

"TJ and I have lived our entire lives together," Derek said. "We lived in a shared bedroom growing up. We've lived in the same neighborhood the last three years in Pittsburgh. We've always done everything together. I wouldn't have wanted to do it with anybody else."

They join their older brother and future NFL hall of famer JJ Watt, and current Wisconsin athletic director Chris McIntosh as the only Pirates to have their jerseys enshrined by the school.

See WATT, PAGE 4



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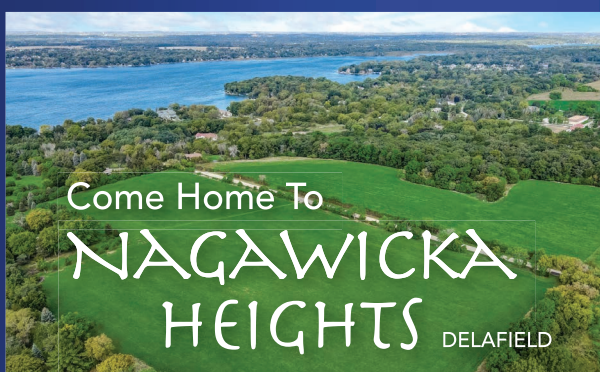
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Courtesy of the Hartland Chamber of Commerce  
From left to right: Dr. Hannah Scherbarth, New Heights Physical Therapy; Dawn Chavez, Great Midwest Bank; Wendy Fischer, Lakefront Title; Nick Jensen, Keller Williams Lake Country; Genelle Caine, Jessica Mortimer and Bridget Heimstead, Lakefront Title; Deb Nollen, Area Welcome and Mary Kay Beauty Consultant; Jason Boothe and Sara Wessmen, Lakefront Title; Pat Endter, Endter's Sports Grill and Mary Ebert, Town Bank.

## Hartland Chamber of Commerce welcomes Lakefront Title as new member

HARTLAND — The Hartland Chamber of Commerce recently welcomed Lakefront Title, LLC. as a new member when board directors and ambassadors from businesses throughout Hartland presented a member-

ship plaque to Sara Wessman with Lakefront Title. Lakefront Title has been providing title and closing services to both real estate professionals and lenders throughout Wisconsin since 2010.

Lakefront Title is located at N16-W23217 Stone Ridge Drive, Ste 130 in Waukesha, and can be reached at 262-293-5150. For more information, visit <https://bit.ly/3LResZn>.

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THIS MONTH

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Courtesy of the Mudtech team

Pictured on the left is Clint Johnson who started Mudtech LLC with his business partner Steve Gapp. The company picked up trash along County Road C to Highway 83 on Monday, April 24, for the fifth year in a row.

# ‘We’re all in this together’

## Mudtech LLC works to keep the highways clean for fifth year in a row

**By Faith Rae**  
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262-513-2644

NASHOTAH — Trash along Highway 16 has been a hot topic of conversation among residents recently, and in anticipation of Earth Day on April 22, residents expressed concerns over social media. Some groups worked to keep the highways clean through the Adopt-A-Highway program, and Mudtech LLC, jumped in on the action on April 24, following a five-year tradition.

Mudtech is a company in Nashotah that focuses on mudjacking, concrete repair, asphalt repair and basement problem repairs. Clint Johnson and his business partner, Steve Gapp, started Mudtech 16 years ago.

“Like everything we’ve ever done from starting the company itself, we just do it. We don’t wait for somebody to tell us or give us permission. If something’s wrong, and we have the means to make it better, we do,” said Johnson. “You can’t save the world if you don’t do your part here and there.”

Having the resources and team to get the job done, Mudtech started taking on the highways in 2018. They participate in the Highway 16 cleanup at least once a year in the spring and sometimes make a second trip out to the highway. The group has also made other cleanup trips, including to the shores of Lake Michigan, Johnson said.

Johnson said he’s always noticed the trash along the highways.

“It looks ugly, it shows people’s carelessness and it’s not good for the environment,” Johnson said, adding that no matter what, it shouldn’t be there.

The group started the cleanup April 24

morning around 8:15 a.m. and worked until 2 p.m. They picked up trash along Highway C to Highway 83, working eastbound in the eastbound lane, on the right side or south shoulder.

Johnson said the trash was definitely more than usual, and the group collected a mountain of trash bags. Similar to residents in the area, Johnson has seen trash blowing out of garbage trucks and believes this, along with trash unintentionally blowing out of cars on the highways, could be part of the problem.

Counties maintain their own roads and also have a contract with the Wisconsin Department of Transportation to help maintain the state roads, Waukesha County Director of Public Works Allison Bussler said. Waukesha County ultimately decides how it will maintain the county highways, and it has the Adopt-A-Highway program in place for volunteers to contribute.

“For county highways we would encourage people to work through our Adopt-A-Highway program,” Bussler said, adding that when it comes to state highways, the county is not in charge. “We have been receiving a number of complaints mostly along state highways.”

Johnson and his team heard about the influx of complaints regarding the trash. However, he said it had no impact on their decision to do the cleanup. The group had been planning on it prior to hearing resident complaints, to continue their years of tradition.

“It’s one thing to complain and make an argument, but if you’re not going to offer a solution and point fingers at somebody else, you’re part of the problem,” Johnson said. “We’re all in this together.”

# May the Fourth Be With You

CITY OF PEWAUKEE — Battle House Laser Tag participants dressed as their favorite “Star Wars” characters on May 4 in honor of May the Fourth Be With You Star Wars Day.



Phil Kidd/Special to The Freeman

(Left to right) Devlin Horton, James Horton, and Joseph Bits — dressed as their favorite “Star Wars” characters — work as a team while moving through the laser tag course.

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# Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire." "Each step feels like I am walking through wet paint." "I live in constant fear that I'll fall." "I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Alison Ali of Ali Ali Healing in Pewaukee shares this belief. "I've been treating neuropathy and all its various forms for over 5 years and so often my patients come to me because of the symptoms, not because of a diagnosis. They read a testimonial from another patient and say to themselves, 'hey, I feel the same thing'."

Sally L. of Delafield testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Sally would eventually find Alison Ali talking about similar symptoms and how she offers a real solution at Ali Ali Healing. "I just knew I had to see her. She was my last hope."

Almost all of our patients come to us with a story similar to Sally's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'." shares Erin, a Patient Care Coordinator at Ali Ali Healing. "It just breaks my heart but I know how much we can help people like Sally so I'm always so happy when they walk through the door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Alison Ali and the staff at Ali Ali Healing pride themselves on being 'the last resort with the best results'.

**Peripheral neuropathy** is the result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Alison Ali. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Alison Ali able to reverse the effects of degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance Biotherapy™. This is tech that was originally developed by NASA to expedite recovery and healing."

**"I just can't say enough about Ali Ali Healing," Sally shared through tears of joy. "My husband and I moved here 3 years ago and he's gone to the golf course almost everyday. I always stayed home because of the pain and discomfort. Yesterday I walked on the course with him! And next week I'm starting golf lessons. I'm truly living life these days."**

According to Sally's test results, she has seen a 74% improvement with pain and functionality, which is on par with a majority of our patients, " shares Erin.

"But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions Alison Ali has achieved a 90% success rate in reversing the affects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred" tells the Practitioner. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of it's origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins or needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call (262) 264-8462 to schedule an initial consultation.



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# Watt

From Page 1

“This is a rare and prestigious honor, one that is only reserved for the most accomplished and dedicated athletes who have made an incredible impact not only in the football program, but also in the community,” Pewaukee athletics and activities director Jeff Behrens said.

“Derek and TJ are no strangers to the game of football. They’ve been playing since they were young and they have both gone on to achieve great success at the collegiate and professional levels. But before they were stars for the Badgers and in the NFL, they were stars at Pewaukee High School.”

Derek, a 2011 graduate from Pewaukee, still holds the single-season record for rushing yards and points. He was the Associated Press Wisconsin Player of the Year and Woodland Conference Player of the Year in 2010, an all-state linebacker, and a first-team all-conference performer at four different positions — inside linebacker, running back, kicker and punter.

Derek said he nearly had to kick in an NFL game due to an injury, bringing up his consecutive extra-points-made record with the Pirates. Though after pulling his quad with the Badgers practicing his kicking game on the side, he left his glory days of kicking back in Pewaukee.

“Being here tonight, it takes me back to when we were kids playing pickup football games behind those bleachers while the varsity games took place,” Derek Watt said. “Of course we all had dreams of one day being professional athletes. But it all started with the first real goal to be on the varsity football team at Pewaukee.

“If you would have told that younger version of me back then that I’d have my jersey retired, I would have thought that was the coolest thing in the world. And I still do standing here tonight.”

TJ Watt, who graduated from Pewaukee in 2013, has played alongside Derek at the high school, collegiate and professional level. With the Pirates, TJ was also first team all-conference at four different positions, earning the honor at defensive end, tight end, quarterback and punter, then truly blossomed as an edge rusher in Madison.

“We grew up in Steeplechase, which is the neighborhood right behind the high school, and every morning and every afternoon I’d walk to and from school past (the football) field and I’d always think to myself how many cool and special moments that I saw take place right here in this field, and how I wanted more than anything for my buddies and I to have those special moments as well,” TJ said. “And to be here right now, it’s so surreal. To be up here with Chris McIntosh, a Pewaukee legend, Derek Watt ... JJ as well, it’s beyond anything we could have ever imagined.”

The eldest Watt, JJ, who graduated in 2007 from PHS, was unable to attend the ceremony due to a prior obligation. But joining the two Watt brothers being honored on the field were their parents, John and Connie; Derek’s wife, Gabriella, and his two children, Logan and Brayden; TJ’s



Dave Radcliffe/Freeman Staff

Derek Watt speaks during the Watt Jersey Retirement Ceremony on May 5 at Pewaukee.



Dave Radcliffe/Freeman Staff

TJ Watt gestures toward his brother, Derek Watt, as he gives his speech during the Watt Jersey Retirement Ceremony on May 5 at Pewaukee.

looking down on us with the biggest smile on his face.”

They were also grateful for the support from their parents, the school, former classmates, teammates and coaches, trainers, community and the path JJ paved before them. Derek even gave a shout-out to the Pewaukee lunch ladies.

“My mom always says it takes a village or a community to raise a family, and that couldn’t be more true for our story,” TJ said.

“This isn’t just our night. You think I got myself here, you’re kidding yourself. There’s so many people that helped us along the way that wanted to see us succeed.”

Of course, both Watt brothers have gone on to have enormous success since their days in lake country.

Like JJ, they went on to play for the University of Wisconsin. Derek, a fullback, was then selected in the sixth round of the 2016 NFL Draft by the San Diego Chargers and spent the last three seasons playing for the Pittsburgh Steelers.

“To join JJ ... just to kind of complete the trifecta is special,” Derek said. “It’s incredible. This was a dream and it just started out on the varsity football team. And now to be here playing in the NFL and having our jerseys retired next to each other is so special.”

TJ came out one year later, and the Steelers picked him in the first round. Two years later, he was a finalist for the NFL Defensive Player of the Year award before winning it in 2021. That same year he inked a four-year extension worth over \$112 million and tied the single-season NFL record for sacks.

“It’s been the greatest joy of my life to have two of my best friends, my brothers, be a phone call away to show me the blueprint of how to be a great man in the community, obviously to be a great football player,” TJ said. “I’m just so happy and excited to call them my brothers.”

After speaking in front of a large crowd stationed in the bleachers, Derek and TJ went well over their allotted time of 15 minutes signing autographs for all the kids in attendance. They hoped that their jersey retirement ceremony served as an inspiration to those with similar dreams and aspirations.

“I don’t take this for granted,” Derek said. “I hope that my journey has and will inspire future generations to fulfill their dreams as well.”

Derek’s football future is currently unknown, as the 30-year old became a free agent after the 2022 season. TJ, 28, has dealt with his share of injury setbacks, including multiple knee surgeries while with the Badgers and a torn pectoral suffered in Week 1 last season. But regardless of what the future holds, both will always be revered as two of the best to ever do it from Pewaukee — a place they’re proud to call home.

“If there’s anything I want to leave you guys, with all the youth athletes out there, is I want to be that blueprint for you,” TJ said. “Let us be the blueprint for you — that it is possible. Because at the end of the day we’re all just kids from Pewaukee, and if we made it, so can you.”

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