



COMMERCIAL-NEWS | ROBERT TOMLINSON

The Make We Merry Community Choir poses for a photo during a recent rehearsal. The Three Rivers Community Players' annual Make We Merry show opens tonight at 7:30 p.m. at the Three Rivers High School's Performing Arts Center.

Make We Merry returns to TRHS stage tonight and Sunday

By Robert Tomlinson
 Staff Writer

THREE RIVERS — The annual holiday variety show for the Three Rivers Community Players, Make We Merry, returns tonight and Sunday to the Three Rivers High School Performing Arts Center stage.

The show, which has been going on for more than 30 years, features a multitude of community members performing holiday-themed songs and acts.

"This is our annual building fundraiser for the Three Rivers Community Players," Jennie Miller, who has produced the show for the last five years, said. "This program highlights some of St Joseph County's amazing talent. I love the variety of ages and backgrounds they come from. In the community choir, we have everybody from high school and middle school age all the way up to those who have been in it for 30 years. It's a great

variety of the community."

This year's show includes the Make We Merry Community Choir performing different holiday-themed songs, variety acts Kings of Klutz, Sassy Sisters, Cookie and the Sprinkles and the First Act Improv Group, a variety of soloists, including Three Rivers High School choir director Alex Williams, and the award-winning TRHS drum line. The show will be hosted by Clayton Lyczynski II.

In addition, the Three Rivers Middle School Theatrics will be performing "Let the Sun Shine On" and "Let It Go" from Frozen Jr., the musical based on the popular Disney movie designed for middle school-aged performers. Miller said collaborating with the Theatrics is "amazing."

"I think it's an amazing partnership between the Three Rivers Community Players and Three Rivers Community Schools," Miller said.

Miller said rehearsals went well, and

said she has an "excellent team" behind her, including Joyce Griffin, the pianist for the choir, and stage manager Rodney Beam, who she said has been helping with the show for more than 20 years.

Miller said audiences can expect a lot of fun things at this year's show.

"They will have some really great surprises, and a lot of fun, laughter, and a few serious, quiet moments, too," Miller said.

Make We Merry will be at the Three Rivers High School Performing Arts Center tonight at 7:30 p.m. and on Sunday, Dec. 8 at 2 p.m. Tickets are \$11 for reserved seating and \$10 for general admission, and can be purchased at the door, at Beam Sound and Video, or online at trcommunityplayers.org.

Robert Tomlinson can be reached at 279-7488 ext. 23 or robert@threeriversnews.com.



William A. Baltz

They have what it takes. Ironman finishers (L-R) Jodie Walker, Tammy Shuler, Kerry McClain.

Ironman Triathlon: The Ultimate Test

By William A. Baltz
 Special to the Commercial-News

Hop on your bike in Three Rivers and head east. Pedal 112 miles. Now, dismount and run a marathon—26.2 miles.

Welcome to Chicago. That is, if you're still standing.

Perhaps the 2.4-mile swim in one of the area's pristine lakes tuckered you out so you couldn't quite finish. Well, at least you didn't gulp down salt water, get stung by a jelly fish or have to battle other swimmers on top of you.

By the way, if you finished your swim and bicycle ride within 10 hours and 30 minutes, and your overall journey in 16 hours and 50 minutes then congratulations—you completed the equivalent of an Ironman triathlon!

The name itself is daunting, suggesting something not altogether human.

It is the ultimate test of

strength, endurance and willpower. "Do I have what it takes?" This is the question every person who undertakes training for an Ironman asks.

For most, the answer is no. For others, it is the question that dogs them when the going gets tough, brutally tough. When the finish line might as well be on another planet and when the mind tries every trick to convince the body to hang it up. "Get out of the choppy water, whipping wind, pelting rain and scorching sun. Go relax with a nice cold beverage. Put up your aching feet. Take it easy like regular folks do."

Tammy Shuler completed her first Ironman in Wisconsin at age 41. Jodie Walker was 34 years old when she accomplished this feat at Ironman Chattanooga. Their swim coach and trainer, Kerry McClain, crossed the finish line at Ironman Florida in her 20s.

These *Women on the Go* athletes can answer the biggest Ironman question of all by saying, "Yes, I have what it takes."



William A. Baltz

An important part of Jodie's fitness routine is working with HealthTrac personal trainer, Kerry McClain. "A good trainer will push you harder than you push yourself—and Kerry is a great trainer. It's a heart-pounding good time!"



William A. Baltz

From running triathlons to running a successful restaurant with some 25 employees. "There's never a dull moment at Jaywalker," Jodie says about managing the popular eatery she owns in Mottville.

Women on the Go Profile: Jodie Walker

By William A. Baltz
 Special to the Commercial-News

Name: Jodie Walker

Age: 38

Status: Single, no children

Occupation: Owner of Jaywalker Restaurant

Avg. Hours exercise per week: 7-12

Motto: There is no try. You do or you don't. Just do it!

"I was getting beat up badly by other swimmers—lots of them on top of me and all around," says Jodie Walker, recalling her second full Ironman triathlon, this one in Louisville, where she and other athletes took on the Ohio River for

the required 2.4-mile swim. "I was panicking, my heart rate was up. I swam off to the side and promised myself—if I just get through this I won't make myself do a full one again."

Jodie kept her promise, at least half way. She regularly competes in half Ironman triathlons, most recently finishing the inaugural Ironman 70.3 Traverse City and the Ironman 70.3 Wisconsin in June.

The accomplished athlete has competed in many other long-distance races, including the Boston and Chicago marathons, and a 30-mile trail run in Wisconsin.

In addition to athletic competitions, she's always on the lookout for ways to

satisfy her thirst for adventure—from cycling the backroads of Costa Rica and Big Horn Mountains of Wyoming to traversing Iowa where she biked with her stepfather and friends some 460 miles across the state as part of an annual RAGBRI event there. "I was amazed at how hilly Iowa is. There's nothing else like it. They shut down the roads for around 20 thousand bicycle riders. Then I flew to Hawaii and did a back roads bike trip by myself. I biked 112 miles one day. I started in the volcano area, then was in cattle country, then rain forests and finished my bike ride by the lava fields. It was incredible."

See JODIE WALKER, page 2

Threat discovered at Three Rivers Middle School

Student confesses to threat, faces 'disciplinary consequences'

By Robert Tomlinson
 Staff Writer

THREE RIVERS — A threat discovered at Three Rivers Middle School Thursday has led to a middle school student being removed from school and facing disciplinary action.

According to a letter from Three Rivers Community Schools Superintendent Ron Moag, during routine cleaning by custodial staff Thursday night at Three Rivers Middle School, a message was found in one of the girls' bathroom stalls "referencing a threat toward an office staff member and a threat toward the

school in general."

The letter stated that the threat was immediately dealt with by the Three Rivers Police Department, and TRCS administrators and staff. A middle school student confessed to making the threat and has been removed from school, Moag's letter stated, and "will face disciplinary consequences."

"I would ask that you take the time and discuss with your student that any type of threat against our schools will not be tolerated," Moag said in the letter. He added that consequences for these types of incidents "will be severe," up to and including permanent expulsion.

Moag said in an interview with the Commercial-News Friday that classes at TRMS were not affected because of the threat.

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Merry Christmas

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HAVE A GREAT DAY, EVERYONE!



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