

WEEKEND COMMERCIAL NEWS

THREERIVERSNEWS.COM

Vol. 126, Issue #17

Saturday, February 22, 2020

\$1.00

City gets report on master plan public engagement

By Robert Tomlinson
Staff Writer

THREE RIVERS — Three Rivers City Commissioners got a glimpse at their meeting Tuesday of the strengths of their city and what could be improved.

Paul Lippens, director of urban design and mobility for McKenna Associates, the firm working on the city's upcoming master plan, gave a presentation to commissioners on the results of the first public feedback survey and public engagement sessions for the master plan.

Lippens said 120 people came to the engagement sessions, which were held Jan. 20 at Three Rivers City Hall. There were five sessions covering different goal areas for the plan, with the public participating in a strengths, weaknesses, opportunities and threats (SWOT) analysis of each.

Some of the strengths and opportunities people discussed for the first goal area, downtown development and city growth, included the sense of community pride and committed residents, the close proximity to U.S. 131, historic buildings, and riverfront access. Weaknesses and threats identified included a lack of awareness of the downtown in neighboring areas, a lack of retail businesses and variety of businesses, absentee landlords, flooding, and a lack of building code enforcement.

As for housing and neighborhoods, the strengths and opportunities included the urban/rural balance, the close proximity to



COMMERCIAL-NEWS | ROBERT TOMLINSON

Paul Lippens, director of urban design and mobility for McKenna Associates, discusses the results of the public feedback survey and public engagement sessions for the upcoming master plan for the City of Three Rivers during Tuesday's Three Rivers City Commission meeting.

lakes, and the potential for redevelopment of the White House building. However, some of the weaknesses and threats include the aging housing stock, the lack of housing types, and vacant buildings.

With recreation and river access, strengths and opportunities included more community events, the city parks, the city's commitment to a trail system, the "abundance" of green space, and citywide cleanups. Meanwhile, weaknesses and threats include river pollution/flooding, the lack of lighting in parks and trails, the lack of youth programs and activities for teens and vandalism.

Strengths and opportunities for local aesthetics and beautification

included the availability and utilization of sidewalks, historic homes, public art, and redevelopment opportunities at the White House building and Old Hospital. Weaknesses and threats included vacant buildings, the lack of funding and staff resources, and prohibition of river dredging.

Finally, for transportation and connectivity, strengths and opportunities included the connection to state highways, the St. Joseph County Transportation Authority, and the walkability/bikeability of the city. As for weaknesses and threats, those included the lack of rideshare availability, the fact the city is not connected regionally if individuals don't own a car, and bridge maintenance.

Along with the sessions, poster boards were available to solicit additional feedback from the public, with what people think should be preserved, improved, and created.

Lippens said seeing some of the recurring themes and goals, both positive and negative, in all of the areas of the feedback is confirming the direction they've gotten throughout the process from residents, the steering committee and the city commission so far.

With the survey, Lippens said there were a total of 39 responses, which reiterated many of the same themes as the public engagement sessions. He also said there is a second survey that will be distributed to the youth population to get their feedback, which he said is important to have. The survey is

also be open to the general public online at www.wearetr2040.com. So far, Lippens said, there had been 150 responses since Friday, Feb. 14, mainly from students.

Lippens said just over 38 percent of the people who responded said the biggest priority for the city should be housing and neighborhoods.

The next steps for the plan, Lippens said, is to have one more steering committee meeting in March, and having a draft plan ready for public review and a public engagement period in the next few months.

In other business...

- Commissioners unanimously approved the sale of the 1100 N. Main St. lot to Clark Logistics Group for \$5,000.

- Commissioners unanimously approved an ordinance allowing for a civil infraction option for disorderly conduct and drug paraphernalia offenses.

- Commissioners set a public hearing date for March 3 on a proposed agreement with Fabius Township to allow 20 acres on Broadway Road just behind Meijer to be transferred into the City under a Public Act 425 agreement for a proposed new assisted living and memory care facility.

- Commissioners approved an additional blanket purchase order of \$11,000 with HS Fleet Services to repair a Three Rivers Fire Department ladder truck.

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



William Allen Baltz

Kerry McClain's got the right stuff: Hauling a 40-pound sandbag up and down Leave No Doubt mountain at the Pit Fitness Ranch to beat the competition requires strength, speed and sheer grit.

Making Health and Fitness a 'Way of Life': Part Two

By William Allen Baltz

The fact that personal trainer Kerry McClain has many clients who have trained with her almost as long as she has been working at HealthTrac—20 years—is a testament to her abilities. In addition to experience, she approaches health and fitness holistically, which means making fitness, nutrition and healthy habits a way of life. In Part 2 of my Question and Answer with her, we delve deeper into Kerry's wealth of knowledge as a personal trainer at the top of her profession.

William Allen Baltz: You've said fitness can empower a woman. Explain.

Kerry McClain: I'll use my daughter, Hadley, as an example. She's worked hard at fitness and is a good student and an accomplished athlete at Three Rivers High School. She's been on the Women's Varsity Team in volleyball, basketball, track and field, and soccer since her freshman year. She's been accepted to college on a basketball scholarship. That means she has a lot of options—

See MCCLAIN, page 7

County approves new IT policies

By Robert Tomlinson
Staff Writer

CENTREVILLE — The St. Joseph County Board of Commissioners approved a collection of eight Information Technology policies for the county during their regular meeting Tuesday.

Policies approved by commissioners include an audit and accountability policy, change management policy, a cyber security incident response plan, an electronic data destruction and sanitization policy, an IT contingency plan, a virtual private network (VPN) usage and access policy, a wireless access policy, and a workstation and data security policy. All but the VPN policy is new.

Dustin Bainbridge, the county's director of information technology, told commissioners the policies stem from new federal regulatory compliance standards on the security of criminal justice and federal tax information used by the county.

"By and large, these policies and plans formalize procedures that are already in place at the county, with the significant new items being some additional auditing and logging requirements," Bainbridge said. "Adopting these policies will establish additional consistency with our data security and information system auditing procedures as well as demonstrate our compliance with these evolving federal security standards for upcoming audits."

The policies were created following guidelines from the National Institute of Standards and Technology, and reviewed by legal counsel and consultants.

At the Wednesday, Feb. 12 Executive Committee meeting, Bainbridge said the most important new policy was the cyber security incident response plan, which would define a process for the county to respond to and mitigate a cyber security incident. The policy requires the creation of a cyber incident

response team and requires the county to do annual walkthroughs of different cyber security events.

In other business...

- * Commissioners accepted the Community Mental Health and Substance Abuse Services annual report.

- * Commissioners approved a request for an exception to the hiring freeze for a new deputy county clerk. County Administrator Teresa Doehring said the position opening up is due to the retirement of the current deputy clerk.

- * Commissioners approved the re-appointment of Dan Czajkowski and Roger Gentz to the Agricultural Preservation Board, as well as the reappointment of Nathan Brown and the appointments of Bill Walters, Steve Holt and Frederick Yager to the Veterans' Affairs Board.

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



COMMERCIAL-NEWS | ROBERT TOMLINSON

St. Joseph County Director of Information Technology Dustin Bainbridge discusses the county's new IT policies during the St. Joseph County Board of Commissioners meeting Tuesday.

Are you invested properly?
Get a second opinion.

Brigitte Romanelli
Financial Advisor
186 South Grand St
Schoolcraft, MI 49087

Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

brigitte.romanelli@edwardjones.com
269-718-5394

HEAR BETTER!

LIVE BETTER!

Acoustic Audio
Hearing service

South Bend, IN
808 S. Michigan
574-287-7221 • 1-800-288-7221

Three Rivers, MI
1114 W. Michigan St., Suite 6
269-273-7237



MCCLAIN

Continued from page 1

and the more options the better. Plus she has the self-confidence to excel in whatever she chooses to do in life. She's empowered—and that happened through hard work and fitness.

WAB:How do you train a new client?

KM:I begin with an in-depth interview. I learn about my client's goals, concerns, fitness level, exercise experience, diet, sleeping habits, any health issues they might have—a wide variety of things. Everyone is different, so I tailor a program that takes into account both their personal goals and capabilities. My job, ultimately, is to enable my client to work out safely and confidently on their own and know what they are doing and why.

WAB:Even so, many of your clients have been with you for years—in some cases, a decade or more. Why?

KM:Personal accountability is one reason. They make an appointment—they know they must keep it.

WAB:What is strength training and what are the benefits?

KM:It's a fact muscle strength decreases significantly with age. If you do nothing, by the time you reach age 70, your muscle strength will have declined roughly 25 percent from your mid-30s. Muscle strength affects everything—bone density, balance, coordination, mobility, the joy of living. Strength training increases muscle mass using a combination of machines, free weights, resistance tubing and your own weight doing things like pushups, pull-ups and squats. With strength training you'll get stronger muscles, faster metabolism, better body composition and stronger bones.

WAB:What is body composition?

KM:It's a method of describing what the body is made of—fat, protein, minerals and body water. It shows changes in fat mass and muscle mass, and body fat percentage. This analysis helps validate services like mine and keeps you on track.

WAB:Frankly, you look a lot younger than you are. I mean, seriously younger.

KM:Thanks. There are several biomarkers of aging, which are determinants of aging that you can control through strength training. So, you can actually turn back the

clock biologically speaking. Plus, you'll look and feel better. What's not to love?

WAB:The main goal for a lot of people is weight loss as fast as possible. Is burning calories and fat through aerobic exercise the best way to do that?

KM:People get fooled into thinking calorie burn equals weight loss. So, they skip the weights and jump on the treadmill. But here's the deal: Cardio-only training causes less weight to be lost from fat and more from lean body mass. You want to lose fat while retaining lean muscle tissue—that's the goal. Look, it's not a matter of which type of training burns the most calories—cardio or weight lifting—the question you want to ask yourself is, which mode of training gives me the most bang for my buck? Science shows cardio and weight lifting is the perfect blend. So, the optimal training routine is a combination of both. We call it high-intensity interval training.

WAB:You mentioned there are hundreds of exercises to choose from. Sounds complicated.

KM:Many exercises are variations on a few basic moves—squats, deadlifts and shoulder presses. The foundation of any strength workout is compound movements. You're engaging multiple joints and, therefore, multiple muscles. Certain exercises allow you to get more for your money. That's why I had you perfect your squat. It's key to so much.

WAB:What are some common mistakes you see people make in the gym?

KM:A fitness center such as HealthTrac has plenty of cardio, resistance and weightlifting equipment. But what to use for what purpose and how can seem puzzling and intimidating. As a result, people tend to jump from one exercise to the next or they fall into a rut doing the same thing over and over. They want to see results in the form of weight loss or increased strength, but it doesn't come fast enough so they quit. With guidance and instruction, their workouts can be safe and productive. That's not to say they will be easy—a good personal trainer typically pushes you harder than you push yourself. I also see people weight lifting improperly—like trying to do a clean and press or dead lift and performing it

incorrectly. They can get seriously hurt.

WAB:A lot of times when I see you with clients, you're using resistance bands, medicine balls and other small equipment. What's your rationale?

KM:As you know, I'm big on proper form because it creates a strong foundation. Using smaller equipment like resistance bands and small weights enables people to perform low-intensity exercises, which are great for both recovery and providing a challenging workout without being excessively hard on the body.

WAB:Tell me more about form—why is it so important?

KM:When you exercise with proper form you are way more efficient. You'll get stronger faster. When I see someone using a piece of equipment incorrectly, I'll stop and show them the correct way. I don't want them to get hurt. So, proper form is important to reduce the chance of injury. The body is a work of art. Good form is aesthetically pleasing, too. I appreciate that.

WAB:Speaking of aesthetics, when I finally performed a pushup correctly, you deemed it "beautiful" and really seemed to mean it. After all, it's just an ordinary pushup.

KM:First, I mean what I say. Second, there's nothing ordinary about anything when it's performed properly.

WAB:Why is it the more energy I expend exercising, the more I seem to have? In fact, why do I actually feel better?

KM:Our brain naturally releases a chemical called endorphins to help us deal with pain and anxiety. When you raise your heart rate and get your blood flowing, you cause your brain to release more endorphins. The benefits are incredible and many—less pain and stress, better sleep, lower blood pressure and improved immune function to name a few. You feel more energy and mental focus—that feeling of 'I'm ready to take on the world'—because endorphins from intense exercise actually increased your level of physical energy.

WAB:What do people tell

you about their diet?

KM:People must realize the body needs specific types and amounts of nutrients every day. I don't go for fad diets. I go for nutrients from whole foods. I match macro nutrients—proteins, fats, complex carbohydrates, fruits and vegetables—to the type of workout I'm doing. No one is drinking enough water, either. It's tough to do, but every cell, tissue and organ needs water to function properly. Your body depends on water to maintain its temperature and remove waste. Water lubricates our joints, which is vital as we workout ever more rigorously and as we age.

WAB:Let's say I'm working out the same as ever but not seeing improvement. What's happening?

KM:When was the last time you did something for the first time? Working out is like life—you've got to mix it up, shake it up, get out of a rut. You need to try new exercises. For example, the machine you bypass all the time—use it. Get on the rower. The chart on the wall with medicine ball exercises—pick five you haven't done and do 20 reps each. Do you know how to use battle ropes for a stronger core? Get out of your comfort zone because that's where the growth is—both physical and personal.

Part three of William Allen Baltz's interview with Kerry McClain will appear in an upcoming edition of the Commercial-News.

OPEN HOUSE

Berkshire Hathaway
HomeServices
Michigan Real Estate

Sat., Feb 22 2-4 P.M.
851 Vinewood-Mendon

\$130,000



Adorable 2 BR, 1-1/2 BA Ranch!
Kitchen has lg. pantry, snack bar,
Full fin. bsmt w/workshop, all appls
stay, privacy fence in
back off deck
Dir: From E M-60, S on
Plainfield,
(turns into Vinewood).



Hostess: Cassandra McWatters, 269-535-0968

THREE RIVERS - 1200 N Main • 269-592-2533

A member of the franchise system of BHH Affiliates, LLC.

CONGRATULATIONS TOP SALES ASSOCIATE

JANUARY 2020-Centreville Office

Craig Wittenberg



Berkshire Hathaway HomeServices
Michigan Real Estate congratulates Craig for
obtaining the highest sales volume for January in
the Centreville office.

Craig Wittenberg: 269-506-1573

Berkshire Hathaway
HomeServices | Michigan Real Estate

132 W Main St. Centreville MI 49032

A member of the franchise system of BHH Affiliates, LLC.

EXCELLENCE IN CARE.

WE OFFER YOU OUR EXPERIENCE, OUR
COMPASSION AND OUR DEDICATION.

Hohner Funeral Home

We specialize in prearrangements
Serving our community for over 30 years



1004 Arnold, Three Rivers • 279-5282
Lee Hohner • Gabe Adams

WLKM 95.9

TODAY'S HITS AND YESTERDAY'S FAVORITES
ALSO BROADCASTING LOCAL NEWS AND WEATHER
WWW.WLKM.COM

THE MARKET IN REVIEW

WE UNDERSTAND COMMITMENT.

For decades, Edward Jones has been committed to providing financial solutions and personalized service to individual investors.

You can rely on us for:

■ Convenience

Locations in the community and face-to-face meetings at your convenience

■ A Quality-focused Investment Philosophy

A long-term approach that focuses on quality investments and diversification

■ Highly Personal Service

Investment guidance tailored to your individual needs

Call or visit today.



Brian K Ringle
Financial Advisor
756 South Us 131
Three Rivers, MI 49093
269-273-9332

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING