

Coronavirus: What it is, how to stay safe, and how the growing pandemic is being handled locally

By Robert Tomlinson
Staff Writer

THREE RIVERS — Over the last several days, fears and concerns about COVID-19, better known as the coronavirus, have escalated dramatically in Michigan, and around the country.

According to the World Health Organization, as of Friday, 132,000 cases worldwide have been reported from 123 countries with over 5,000 deaths. In the United States alone, according to the Centers for Disease Control, over 1,600 cases have been confirmed in 46 states, with 41 deaths.

On Friday, it was announced there were a total of 16 cases of the coronavirus in Michigan, with one west Michigan case reported in Kent County. On Friday, President Donald Trump declared a state of emergency to combat the virus.

According to the CDC, coronaviruses are a large family of viruses that are common in people and many different species of animals, including bats and cattle. COVID-19 is a respiratory disease caused by a novel, or new, coronavirus, which was first detected in Wuhan, China in December 2019.

Symptoms of the disease are fever, cough, and shortness of breath, and may appear two to 14 days after exposure, based on what the CDC has seen previously in similar outbreaks.

Health experts are still learning details about how the coronavirus spreads, but other similar viruses are spread through the air, close personal contact, and contact with an infected object and touching mouth, nose and eyes.

Dr. Otavio Pereira Rodrigues, an infectious



With the coronavirus pandemic spreading, national health officials are recommending people wash hands with soap and water or hand sanitizer, disinfect all frequently-touched surfaces, and use tissues to cover your mouth and nose if you cough or sneeze.

disease specialist at Three Rivers Health, said there has been no local transmission in the area, but older adults and people with chronic diseases such as heart disease, diabetes, high blood pressure and lung disease have a higher risk of getting sick from the coronavirus.

Rodrigues said it has been “hard to give a number” on the overall risk for the public because it is a situation that is “progressing.” However, he stressed that the coronavirus is not just another type of flu.

“There’s two problems with that: One, this spreads more easily than the flu does, which makes it more difficult to contain it,” Rodrigues said. “The flu usually has a behavior where the numbers drop when the temperature

increases. We don’t know that yet about the coronavirus. This has a different behavior. We don’t know how much we can contain it, so it is different.”

Rodrigues added that there is a “wide range” of numbers when it comes to the mortality rate for the virus, but said the coronavirus is around 10 times more deadly than the flu, partly because there are no medications specifically approved for this virus at the moment.

“So, you’re combining two things with this: A disease that spreads easily with a high mortality, so it’s not just like the flu,” Rodrigues said.

To prevent illness, Rodrigues said people should practice social isolation and social distancing, avoid travel

to locations where there is a higher number of incidents, and wash their hands with soap and water or hand sanitizer. Additionally, the CDC advises people to stay home if you are sick, except to get medical care, and clean and disinfect frequently-touched surfaces daily.

If you do get sick with the coronavirus or suspect you are sick, both Rodrigues and the CDC advised them to isolate themselves at home and call ahead before visiting a doctor and seek medical attention promptly if their illness worsens. TRH CEO Dave Shannon said there is a special phone number patients can call if they suspect they have coronavirus and need to get treatment: (269) 273-9801.

“We’re going to ask people if they’re coming in and they think they have COVID-19, we’ll ask them to go back in their cars and call the number so we can address it in their car,” Shannon said. “If they don’t have a cell phone, we’ll deal with them as they come in.”

Rodrigues said Three Rivers Health is working closely with the Branch-Hillsdale-St. Joseph Community Health Agency to prepare for any potential increase in cases in this area. They are also putting limitations on visitors, announcing Thursday that visitors must be 12 years old or older, that emergency room visitors will be limited to two visitors per patient, and OB visitors must be

COMMERCIAL-NEWS | ROBERT TOMLINSON

See CORONAVIRUS, page 3

Making Health and Fitness a “Way of Life”: Part Three

By William Allen Baltz

What you see is what you get with Kerry McClain. What you see is a woman in phenomenal shape. What you get is a no-frills, down-to-earth personal trainer who brings to bear more than 20 years’ experience helping people from all walks of life become strong, healthy and fit. Folks at HealthTrac often ask me, “Are Kerry’s personal training sessions as challenging as they look?” My answer: You get your money’s worth—and then some.

In this final part of my Question and Answer with Kerry, she shares more of her wisdom and approach to health and fitness as a way of life.

William Allen Baltz: Along with form, you’re a big proponent of stretching. We all know stretching is good, but why?

Kerry McClain: When you call on muscles that are short and tight for some activity that forces them to extend—and they can’t—you risk muscle and joint damage. Every muscle is connected. If you don’t stretch them, you increase tightness, which pulls on joints causing pain. Not stretching your quadriceps, for example, can pull the pelvis forward accentuating the spinal curve in your lower back causing pain there. This happens to people who sit a lot.

WAB: So, you need your muscles to be long and loose?

KM: Yes, stretching is essential to keeping your muscles flexible, healthy and strong. A person should stretch every day whether planning to workout or not. There are several types of stretches—static, passive, dynamic, isometric and others. Each one serves a different purpose, and there are stretches for varying degrees of flexibility. The key point is that stretching increases your range of motion and enhances mobility.

WAB: What’s the difference between static and dynamic stretching?

KM: With static stretches you’re extending your muscles and holding the stretch for a period of time, like 30 seconds. Dynamic stretches, on the other hand, are active movements where we put joints and muscles through a full range of motion to help warm up the body before a workout. Dynamic stretches are also a way to mimic the movement of the activity or sport you’re

See McCLAIN, page 7

Glen Oaks capital millage fails

By Robert Tomlinson
Staff Writer

CENTREVILLE — For the second straight major election, St. Joseph County voters once again defeated a capital millage proposal for Glen Oaks Community College in Tuesday’s presidential primary election.

Unofficial results in the county showed 4,148 people voted for the millage (46 percent) and 4,822 voted against it (54 percent), an almost 700-vote margin.

If it passed, the millage, a 0.5 mill levy over five years, would have been used for improvements on the B, C, and D wings on the south side of campus. Those improvements would have included safety and security



COMMERCIAL-NEWS | ROBERT TOMLINSON

A 0.5 mill capital millage for Glen Oaks Community College failed in Tuesday’s presidential primary election. If it passed, the \$5 million it would have generated over five years would have been used for improvements on the south side of the GOCC campus.

improvements, improving Americans with Disabilities Act access, “modernizing” classroom and lab spaces, energy efficiency improvements, upgrading information technology infrastructure, rebuilding the parking lot, renovating the Nora Hagen Theatre, and

improving athletic locker rooms. The millage would have generated \$5 million over the five-year period, an increase of \$25 per year for property valuations of \$100,000.

“We’re disappointed, but we’ll carry on and continue to try to improve the campus.

It’ll just take longer to do it,” GOCC President Dr. David Devier said Tuesday. “The GOCC Yes! Committee was a great and spirited group. They worked hard, they tried to do the kind of things that would help people understand the benefits of passing the millage.”

The millage was a similar amount and length as the millage GOCC previously requested in the November 2018 midterm election, which failed by almost 600 votes. Supporters of the plan cited the need for improvements and the overall importance of the college as reasons to vote for the proposal, while opponents of the plan cited increasing property taxes, rising tuition costs and rising student housing costs as reasons to vote against the proposal.

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

Reaching your goals starts with a conversation... Lets talk!

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McCLAIN

Continued from page 1

about to do. Before a swim, for example, I circle my arms. Trunk twists, walking lunges and leg swings against a wall are all really good dynamic stretches. You need to stretch after you exercise, too. I've seen people like you hop off the treadmill after running and forget to stretch. You need to cool down and open your muscles with stretches. You have tight hip flexors, hamstrings and quads. Those muscle groups continuously pull on the knee cap and can cause pain. That's why I have you doing exercises to strengthen and lengthen them.

WAB: Are there stretching exercises especially beneficial for women?

KM: Sure. Women who like to wear heels may not realize what harm they can do to their feet. Those fancy pumps restrict range of motion in a woman's foot, ankle and calf. Over time, this is can shorten their Achilles tendon leading to problems. So, it's important to stretch calf muscles regularly.

I'll see young mothers propping up a child on one side of their hip, which creates asymmetry with the other hip over time. There's a hip flexor stretch for that. And pregnant women are carrying a lot of extra weight—all in the front. So, they need to carefully stretch their backside by stretching the hamstrings, a big muscle group in the back of the body. Also, a good way for women to deal with pre-menstrual mood swings, headaches, cramps, bloating, tension and feeling lousy are some yoga poses. The downward dog gives a nice, gentle stretch all over the body increasing blood circulation, which in turn can ease the effects of PMS.

WAB: How do you respond to a new client who says her aim is to be thin and trim?

KM: Being thin refers to weighing less than the recommended values in age-height-weight tables. You don't want to be thin, you want to be lean. Leanness refers to the muscle, bone and fat composition of one's body weight.

WAB: Let's say a woman makes a commitment to strength training. Where does she begin?

KM: It depends on her goals. But a basic education is always in order. Healthy adults should perform eight to 10 exercises—one set of eight to 12 repetitions—at least twice per week to target the major muscle groups: Chest, back, shoulders, biceps, triceps, abdomen, quadriceps and hamstrings.

WAB: I imagine it might be intimidating for some women to enter the weight room—with people groaning, lifting heavy weights, and all that slamming and clanging of metal. Do you help your clients deal with that?

KM: Yes, it can be intimidating. But you'll also notice a lot more women in

the weight room and power lifting, which is good. I show my clients the correct way to use the equipment and give them the confidence they need to walk in and go to work. It's like anything—the first time is challenging, there's a learning curve—but you adapt and build confidence, and the benefits over time make it worth the effort.

WAB: You'll usually end my personal training session by telling me to rest, and you're talking about genuine rest, not simply taking a break. Why is that important?

KM: There's a ton of research showing how essential a proper recovery is to making athletes more fit, faster, stronger, and even improving their skill levels. Let's start with rest. If you fail to rest after a workout, you're robbing your body of the energy it needs to repair tissues you've broken down during your training session. If you don't rest, your muscles don't have the time they need to change, adapt and ultimately get stronger.

WAB: What about nutrition for recovery?

KM: It's critical. Along with rest, good nutrition is essential, especially 30 minutes after a workout when muscles are highly responsive to nutrient intake. With intense strength and resistance training, the metabolic window remains open for 48 hours.

Remember, although training and workouts take place in brief bouts, nutritional needs are ongoing while the body switches from muscle breakdown to muscle building. Also, nutritional needs vary depending on the type of training session, workout intensity and volume, the timing of your next session and things like your body weight and whether you're competing regularly or training to get or stay fit. Women don't necessarily train like men, so they have different needs.

WAB: How would you advise a woman who says she is too busy taking care of her family and working to get to the gym?

KM: My son is in middle school, my daughter is in high school and my husband has a demanding job. So, believe me, I know what busy is. I'd say this: Take a hard look at what you're doing, how you are spending your time. Keep a log if you have to. Are you gabbing excessively on the phone, on Facebook or surfing the net for kicks, texting and tweeting every little thing, are you watching television? Most likely there's a lot you can eliminate. Cut down time in the grocery store by avoiding aisles of processed foods and pop. Stay in the fresh and whole foods area—that will save you time right there. Fix nutritious meals on the weekend and freeze them so you and your family can eat healthy during the week while minimizing prep time. If you're not planning out

your day, week and month that builds in a fitness routine—do so. Pack your gear the night before, get up early and head to the gym before work and errands get in the way. If fitness is a priority—and it should be—you'll find a way.

WAB: What mental challenges do women face in making fitness a priority?

KM: Everyone is starved for time. Women with children or demanding jobs or both have major responsibilities. We see ourselves as caregivers. We tend to put the needs of others ahead of our own needs. But that works both ways. Once it really sinks in to a woman she's no good to anyone else unless she is fit and healthy, a light bulb goes on. She knows it's okay to spend time on herself—to workout, to stay fit, so she can be there for the people she cares for and loves.

WAB: Any general observations regarding your female clients?

KM: Quite frankly, women seem to stay with fitness longer than men. I think that's because they care about their overall looks more. Society's perception of what a good looking woman is supposed to look like is changing for the better. It's okay to look athletic, fit and strong—and not like a Barbie doll or some skinny, made-up fashion model.

WAB: Do women talk to you about issues particular to, well, women?

KM: I'm part coach, part motivator and part therapist. Relationships are very important to women, so I talk to them about those, and what's happening in their life.

WAB: In between bench presses, jumping rope, dead lifts, running laps and bicep curls?

KM: Like I say, I'm part therapist—only there's no couch.

WAB: What are the mental benefits of regular exercise, especially for women?

KM: Again, women see themselves as caregivers. Heartbreaks, divorce, losing a loved one, dealing with a sick child—all these things are tough to deal with. Staying fit can help a woman through rough times. She'll be physically, mentally and emotionally stronger to stay the course. Also, working mothers have a lot to juggle—they need time to clear their mind. Fitness works wonders for that.

WAB: According to the National Osteoporosis Foundation, about 80 percent of the estimated 10 million Americans with osteoporosis are women and approximately one in two women over age 50 will break a bone because of osteoporosis. Can strength training help stave off or reverse disease like osteoporosis?

KM: Yes. Bones and muscles are closely interconnected by anatomy. As I said, exercise helps strengthen and build both.

WAB: You have a

reputation for being intense, your sessions and classes more challenging than most.

KM: I'd say I'm more driven than intense. Okay, maybe a little intense. What I do is take into account where a person's current physical limits are—and, equally important, where they think those limits are—and then safely challenge them to surpass those limits by building their strength, endurance and confidence. Remember when you struggled to swim ten laps and I pushed you to swim twenty? Now you're on your way to a half Ironman triathlon.

WAB: When you say “good job” it means something. Those two words motivate me to do more, they encourage me.

KM: That's good to know. As an instructor, I have to earn a person's respect and trust so when I say “good job” it actually means something, it carries weight. By the same token, you've got to put forth great effort for me to pay a compliment like that. Yes, it can get

intense when I push a person. Some gripe and groan—you know, like you do. But once a person sees what they can do with commitment and hard work, the rate of change is astonishing. Like I say, that's what I love most about my job—to see positive change in a person's life and know I've had a hand in it.

WAB: You know, I can't imagine you struggling physically or mentally with anything athletic.

KM: Well, I do, of course.

WAB: For example?

KM: I was in a triathlon once and during the open-water swim experienced a panic attack. It was terrible, frightening. It can happen. I stopped to tread water for a bit, then switched to an easy breast stroke. I brought my heart rate down and realized everything was okay. There's nothing to be ashamed about when you face a crisis and need to regroup. The important thing is to keep moving forward.

WAB: You've won numerous awards in competitive swimming,

triathlons, CrossFit events and others. Tell me about them.

KM: I'm not one for the limelight. Trophies and awards are great, but more important to me is when a person does their absolute best, gives it everything they've got in whatever they're doing—and never gives up.

WAB: What should a person keep in mind when the going gets really tough, when the chips are down?

KM: You're not beat until you say you are.

WAB: Thank you.

The author wishes to thank Jodie Walker, restaurant owner and triathlete, for her excellent editorial advice and proofreading of Women on the Go features.

FABIUS TOWNSHIP ST. JOSEPH COUNTY, MICHIGAN NOTICE OF PUBLIC HEARING FOR THE CONDITIONAL TRANSFER OF PROPERTY TO THE CITY OF THREE RIVERS

To: THE RESIDENTS AND PROPERTY OWNERS OF FABIOUS TOWNSHIP AND TO ALL OTHER INTERESTED PERSONS:

PLEASE TAKE NOTICE that the Fabius Township Board will hold a public hearing and meeting on March, 25, 2020, commencing at 5:00 p.m. at the Fabius Township Hall, 13108 Broadway Road, within the Township, to consider the following:

A proposed Conditional Land Transfer Agreement of approximately 20 acres of a portion of property addressed as 15206 Broadway Road (Parcel No. 004-024-011-00), owned by the Beal Allen & Julia A Trust & the Beal Thomas Trust to be conditionally transferred to the City of Three Rivers to install water and sewer infrastructure into the property to promote economic development. The property to be conditionally transferred is located Broadway Street within the Township, located to the west of the Meijer property addressed as 800 S. US-131, Three Rivers, MI 49093, and is legally described as:

ALL THAT PART OF THE NORTHWEST 1/4 OF SECTION 24, T6S, R12W, FABIOUS TOWNSHIP, ST. JOSEPH COUNTY, MICHIGAN, DESCRIBED AS FOLLOWS:

COMMENCING AT THE WEST 1/4 CORNER OF SAID SECTION 24 AND RUNNING THENCE N89°47'35"E (RECORDED AS N89°01'51"E), ALONG THE EAST-WEST 1/4 LINE AS MONUMENTED, 1348.03 FEET TO THE POINT OF BEGINNING OF THIS DESCRIPTION; THE BOUNDARY RUNS THENCE N00°43'39"E 1329.92 FEET; THENCE N89°45'45"E (RECORDED AS N89°01'30"E) 103.79 FEET TO A SHEARED PIPE FOUND; THENCE N00°32'58"W (RECORDED AS N00°49'22"W) 234.37 FEET TO A CAPPED REBAR SET; THENCE N89°23'34"E (RECORDED AS N88°38'00"E) 401.56 FEET TO A 1/2" REBAR FOUND; THENCE S00°43'39"W 1134.13 FEET (RECORDED AS S00°01'52"E 1134.08 FEET) TO A 1/2" REBAR FOUND; THENCE N89°47'22"E (RECORDED AS N89°01'51"E) 200.03 FEET TO A CAPPED REBAR SET; THENCE S00°43'52"W (RECORDED AS S00°01'52"E) 433.06 FEET TO THE EAST-WEST 1/4 LINE AS MONUMENTED; THENCE S89°47'35"W (RECORDED AS S89°01'51"W), ALONG SAID LINE, 700.08 FEET TO THE POINT OF BEGINNING.

THIS PARCEL CONTAINS 19.413 ACRES, MORE OR LESS. SUBJECT TO ALL EASEMENTS AND RESTRICTIONS OF RECORD.

PLEASE TAKE FURTHER NOTICE that anyone interested in reviewing the proposed Public Act 425 Agreement for the conditional transfer of property described above may request to examine a copy of the same at the Fabius Township Hall by contacting the Township Clerk at 269-244-5376 to set an appointment for inspection.

PLEASE TAKE FURTHER NOTICE that written comments will be received at the office of the Township Clerk, Carol Wilkins, 13108 Broadway Road, within the Township at any time up until 4:00 p.m. on the date of said hearing and/or mailed to the Township at PO Box 455, Three Rivers, MI 49093, and will further be received by the Township Board at the time of said hearing.

PLEASE TAKE FURTHER NOTICE that Fabius Township will provide necessary, reasonable auxiliary aids and services at the hearing to individuals with disabilities upon five (5) days' notice to the Fabius Township of the need for the same. Individuals with disabilities requiring auxiliary aids or services should contact the Township Clerk by writing or by calling the Clerk at the Township Hall.

All persons are invited to be present at the aforesaid time and place to participate in discussion on the above.

Carol Wilkins, Clerk
Fabius Township
PO Box 455
Three Rivers, MI 49093
269-244-5376
www.fabiustownship.org
March 14, 2020

St. Joseph County Road Commission will be accepting “Sealed Bids” for Dust Control applications until 1:00 p.m. on March 23, 2020

Liquid Calcium Chloride Applications with mobile tank. F.O.B. various locations.

*Terms must be 2%10 or N/30

Residual Brine from Crude Oil products will not be accepted.

Bids must be delivered in person or sent by mail to St. Joseph County Road Commission, 20914 M86, Centreville, MI 49032.

Full Bid packet can be downloaded from the St. Joseph County Road Commission website at stjoeroads.com under the “Bids” tab or by emailing jmayuiers@sjrcr.com.

March 11, 2020