ANNOUNCEMENTS

Wednesday, Dec. 18 •Three Rivers/Mendon Great Start Parent Coalition (GSPC), noon, Riverside Church, 207 E. Michigan Ave., Three Rivers.

 Community Corrections Advisory Board, noon, Lake Room of the New Courts Building in Centreville.

•St. Joseph County Road Commission, 5 p.m., Road Commission office, 20914 M-86, Centreville. St. Joseph County

Conservation District board, 6 p.m., Conservation District office, 693 E. Main St., Centreville.

•White Pigeon Village Council, 7 p.m., village office, 118 S. Kalamazoo

 Constantine Village Council, 7 p.m., village hall, 115 White Pigeon St. Alcoholics Anonymous meeting, 8 p.m., West Mendon United Methodist Church, 52952 S. Portage Lake Road.

Thursday, Dec. 19

 River Country Recreational Authority, 8 a.m., 333 W. Michigan Ave. Three Rivers City

 Three Rivers Food Site open, 9 a.m. - noon, 18 Railroad Drive.

•Alcoholics Anonymous meeting, 10:30 a.m.., George Washington Carver Center, 436 Jefferson St., Three Rivers.

 Three Rivers Community Kitchen, 4-5:30 p.m., Trinity Episcopal Church, 321 N. Main St., Three Rivers.

•Mendon's 4:4 Food and More community kitchen, 4:30-6 p.m., Mendon United Methodist Church, 320 W. Main St.

 Alcoholics Anonymous meeting, 8 p.m., St. Clare's Catholic Church, 23126 M-89, Centreville.

Friday, Dec. 20

·Celebrate Recovery, a 12-step program. 7 p.m., Riverside Church, 207 E. Michigan Ave., Three Rivers. Free childcare provided.

 Alcoholics Anonymous meeting, 7 p.m., First Presbyterian Church, 320 N. Main St., Three Rivers.

Keeping Up with Tammy

Tammy Shuler has two things going for her in competitive races: She's super fast and never seems to tire.

Training with the veteran marathon runner and triathlete is a feat in itself. Her "leisurely pace" is anything but for me. Whenever I come out of the water after a lake swim, or arrive at a convenience store for a rest break during our cycle trips, Tammy is always there—first—handing me a drink and sharing her energy

Try as I might to stay with her, I am forever looking up to see her zooming along half a mile ahead, or flying over the top of a hill on her souped-up triathlon bike.

"I don't like to be behind anyone," she says matter of factly. "That's just how I am. I like speed."

She also likes to swim

double what everyone else swims during training. Running eight miles is a walk in the park for her, and she's just getting warmed up after 30 miles on her bike.

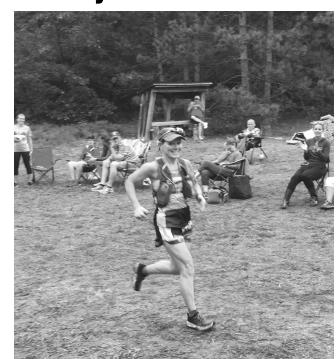
So, I was encouraged during my first triathlon at Diamond Lake when, on the last leg the 3.3 mile run—I rounded the bend at the midway point and was headed to the finish line when Tammy passed me going the opposite direction. "Great job, Bill" she said cruising past in the other direction. What!? Wait a minute. That means Tammy is actually behind me.

I picked up my pace determined not to let her catch up with me. In fact, I wound up going head to head with another man the last 100 yards and poured it on with a dash to win my age group and finish a respectable 52 overall.



Later, at the finish line, Tammy and I studied the timing board for results. She casually chomped away on an apple—calm and cool. Being a seasoned triathlete, clearly she had participated in many postrace festivities. I, on the other hand, was exuberant. Rather smitten with myself, I turned to her and said, "So, how much did I edge you by?" Without hesitation—and with her characteristic frankness she replied: "Oh, well, it's the other way around, Bill. I beat you by two minutes."

See Tammy, page 3



Keeping up with Tammy is always a challenge, especially when she is competing in the North Country Trail Run, a 50-mile ultra marathon held annually in the Manistee National Forest. In the 2018 race, she won the masters division—age 40 plus—and finished second overall among women.

PHOTO PROVIDED

SJC SHERIFF'S DEPT. LOG

Dec. 6 — 12

Dec. 6

8:02 a.m., domestic assault, Floating Bridge Rd.,

12:29 p.m., miscellaneous criminal offense, E. Main St., Centreville

1:19 p.m., civil disputes/family disturbance, E. Burr Oak St., Centreville

2:21 p.m., hit and run motor vehicle accident, M-216/Pulver Rd., Flowerfield Twp.

3:43 p.m., traffic accident, Fawn River Rd./ Klinger Lake Rd., Sturgis Twp.

9:00 p.m., domestic assault, W. Market St., Centreville

9:24 p.m., car/deer accident, Walters Rd./ Rambadt Rd., Nottawa Twp.

11:18 p.m., structure fire, Cecelia St., Mottville Twp.

Dec. 7

9:30 a.m., traffic accident, no injuries, M-60/ Silver St., Mendon Twp.

4:32 p.m., domestic assault, Youngman Rd.,

6:46 p.m., car/deer accident, Fairfax Rd./M-86,

8:31 p.m., trespassing, Theodore St., Mottville

8:34 p.m., domestic assault in progress, Lutz Rd.,

11:29 p.m., burglary in progress, Parkville Rd.,

3:06 a.m., disorderly, US-12, Sturgis Twp. 3:08 a.m., traffic accident, no injuries, Farrand Rd., Colon Twp.

3:41 a.m., car/deer accident, US-12/Shimmel Rd., Sturgis Twp.

8:24 a.m., traffic accident, no injuries, Business Route 131, Constantine Twp.

9:03 a.m., civil disputes/family disturbance, Baumeister Rd., Burr Oak Twp.

12:08 p.m., civil disputes/family disturbance, North River Rd., Mottville Twp.

12:12 p.m., private property crash, W. Main St.,

8:33 p.m., trespassing, Covey Rd., Leonidas Twp.

5:40 a.m., burglary in progress, Comanche Trail, Lockport Twp.

10:00 a.m., larceny, Silver St., Mendon Twp. 10:30 a.m., miscellaneous criminal arrests, E. Main St., Centreville

11:04 a.m., domestic assault, Youngman Rd.,

12:10 p.m., traffic accident, US-12/Lutz Rd.,

White Pigeon Twp. 12:39 p.m., burglary without force, US-131,

2:10 p.m., miscellaneous criminal arrests, W. Main St., Centreville

2:11 p.m., traffic accident with injuries, US-131/ Gleason Rd., Fabius Twp.

4:01 p.m., burglary, forced entry, Gleason Rd.,

4:10 p.m., obstructing justice, W. Main St.,

4:50 p.m., criminal sexual conduct, E. Main St.,

5:35 p.m., car/deer accident, Lutz Rd./Limberlost Rd., Lockport Twp.

6:03 p.m., damage to property, Taft Dr.,

7:29 p.m., obstructing justice, White School Rd.,

Dec. 10

County Line

3:08 a.m., car/deer accident, US-131/M-216,

6:33 a.m., traffic accident with injuries, US-131/ Cotherman Lake Rd., Park Twp.

6:43 a.m., traffic accident, no injuries, US-131/ Flowerfield Rd., Park Twp.

6:58 a.m., traffic accident with injuries, M-216/

Flatbush Rd., Flowerfield Twp. 7:02 a.m., traffic accident, no injuries, US-131/

9:44 a.m., civil disputes/family disturbance, Woodridge Dr., Fabius Twp.

9:51 a.m., car/deer accident, N. Centerville Rd./ Wait Rd., Sherman Twp.

11:16 a.m., civil disputes/family disturbance, E.

Hogan St., Centreville 4:29 p.m., civil disputes/family disturbance,

Schrader Rd., Sherman Twp. 6:35 p.m., runaway, Big Hill Rd., Fawn River

7:37 p.m., car/deer accident, S. Fisher Lake Rd./ M-60, Lockport Twp.

3:53 a.m., car/deer accident, US-131/M-216,

4:40 a.m., car/deer accident, M-66/Bogen Rd.,

8:42 a.m., traffic accident, M-60/M-66, Mendon

10:26 a.m., structure fire, Sevison Rd., White

12:01 p.m., fraud, false pretense, Hutchinson

3:36 p.m., burglary, forced entry, Shimmel Rd., Sherman Twp. 3:36 p.m., motor vehicle theft, Aldrich Lake Rd./

Fawn River Rd., White Pigeon Twp. 6:50 p.m., car/deer accident, Broadway Rd./Krull

9:31 p.m., fraud, impersonation, Raintree Blvd.,

Nottawa Twp.

12:55 p.m., criminal sexual conduct, Thomas Ct., Centreville

1:16 p.m., burglary without force, Riverside Dr., Constantine Twp.

3:44 p.m., miscellaneous criminal arrests, W. Main St., Centreville

4:03 p.m., obstructing justice, M-60, Park Twp. 5:10 p.m., car/deer accident, Mintdale Rd./Balk Rd., Sherman Twp.

7:41 p.m., car/deer accident, M-86/Shimmel Rd., Nottawa Twp.

During this time period the SJC Sheriff's Dept. also responded to: one conservation; 21 suspicious situations; two vehicle inspections; one missing person; six agency assists; one littering; two horses loose; one pigs loose; six health related; three suicide calls; four 911 hang up calls; eight public relation activities; four alarm activations; three civil infraction, traffic violations; one dog law violation; six traffic hazards; three welfare checks; one traffic

THE MARKET IN REVIEW

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DAILY DOW JONES Dow Jones industrials Close: 28,235.89 Change: 100.51 (0.4%) 10 DAYS 28,000 27,200 26,400 25.600 24,800 D

STOCKS OF LOCAL INTEREST															
Name	Ex	Div	Yld	PE	Last	Chg	YTD %Chg	Name	Ex	Div	Yld	PE	Last	Chg	YTD %Chg
AT&T Inc	NY	2.08	5.4	8	38.59	+.33	+35.2	HomeDp	NY	5.44	2.5	22	215.53	+1.45	+25.4
AbbottLab	NY	1.28	1.5	46	86.40	+.05	+19.5	Intel	NA	1.26	2.2	20	57.70	09	+22.9
AmAxle	NY				10.67	+.13	-3.9	JohnJn	NY	3.80	2.7	24	141.79	+.41	+9.9
AEP	NY	2.80	3.0	24	93.03	+.98	+24.5	Kadant	NY	.92	.9	28	104.95	-2.13	+28.8
BP PLC	NY	2.46	6.6	11	37.44	+.50	-1.3	Kellogg	NY	2.28	3.4	16	66.28	+.03	+16.3
Cisco	NA	1.40	3.0	20	45.98	+.68	+6.1	McDnlds	NY	5.00	2.5	30	197.88	+.76	+11.4
CocaCola	NY	1.60	2.9	33	54.42		+14.9	Microsoft	NA	2.04	1.3	31	155.53	+1.00	+53.1
ConAgra	NY	.85	3.0	19	28.80	+.42	+34.8	Oracle	NY	.96	1.8	56	53.99	52	+19.6
Disney	NY	1.76	1.2	20	148.46	+2.08	+35.4	PepsiCo	NA	3.82	2.8	15	137.06	88	+24.1
Eaton	NY	2.84	3.0	22	94.08	+.48	+37.0	Perrigo	NY	.84	1.6	27	53.97	+.04	+39.3
ExxonMbl	NY	3.48	5.0	16	70.00	+.77	+2.7	Pfizer	NY	1.52	3.9	16	39.14	+.81	-10.3
FifthThird	NA	.96	3.1	11	30.92	05	+31.4	Stryker	NY	2.08	1.0	35	204.25	+1.32	+30.3
FordM	NY	.60	6.4	7	9.39	+.16	+22.7	VerizonCm	NY	2.46	4.0	8	61.23	+.42	+8.9
GenElec	NY	.04	.4		11.17	17	+47.6	WalMart	NY	2.12	1.8	69	120.54	+.25	+29.4
HP Inc	NY	.70	3.4	6	20.52	+.17	+.3	WalgBoots	NA	1.83	3.2	11	57.80	08	-15.4
HarleyD	NY	1.50	4.1	13	36.91	44	+8.2	WellsFargo	NY	2.04	3.8	12	54.22	+.43	+17.7

Stock Footnotes: g = Dividends and earnings in Canadian dollars. h = Does not meet continued-listing standards. If = Late filing with SEC. n = New in past 52 weeks. pf = Preferred. rs = Stock has undergone a reverse stock split of at least 50 percent within the past year. rt = Right to buy security at a specified price. s = Stock has split by at least 20 percent within the last year. un = Units. y | = In bankrupty or receivership. wd = When distributed. wi = When issued. wt = Warrants. Fund Footnotes: b = Fee covering market costs is paid from fund assets. d = Deferred sales charge, or redemption fee. In front load (sales charges). m = Multiple fees are charged, usually a marketing fee and either a sales or redemption fee. NA = not available. p = previous day's net asset value. s = fund split shares during the week. x = fund apid a distribution during the week. Source: Morningstar and The Associated Press. Sales figures are unofficial.

STOCK MARKET INDEXES 52-Week %Chg %Chg 28,235.89 Dow Industrials Dow Transportation Dow Utilities +100.51 +91.56 +10.48 +21.04 +18.50 +21.66 28,290.73 21,712.53 8,636.79 10,867.32 +.85 +1.22 10.723.66 13.773.13 NYSE Composite 13.795.15 +97.81 +.71 +.91 +.72 +.71 +.68 +.74 +.73 +21.28 +19.62 +21.26 +32.84 +27.83 +27.31 +22.57 +26.13 8,768.87 1,419.28 3,182.68 6,190.17 1,041.66 2,346.58 8,814.23 1,423.85 3,191.45 +79.35 +10.23 +22.65 +13.74 S&P MidCap Wilshire 5000 2,043.15 32,396.92 1,565.76 24,129.49 2,038.46 32,479.24 +238.08 1,654.07 Russell 2000 1,649.94

MUTUAL FUNDS											
Name	Obj	Total Asse (\$Mins)	ts NAV	To 4-wk	tal Returr 12-mo	n/Rank 5-year	Pct Load	Min Init Invt			
American Funds AMCpA m	LG	32,231	34.53	+3.4	+21.0/E	+11.1/D	5.75	250			
American Funds AmrcnBalA m	MA	75,900	29.00	+1.4	+16.2/C	+8.5/A	5.75	250			
American Funds AmrcnMutA m	LV	28,880	44.54	+1.8	+17.2/D	+9.8/A	5.75	250			
American Funds BdfAmrcA m	CI	22,961	13.25	+0.2	+8.8/D	+2.7/C	3.75	250			
American Funds CptWldGrIncA m	WS	52,805	52.17	+2.8	+21.6/C	+8.1/C	5.75	250			
American Funds CptlIncBldrA m	ΙH	65,895	64.03	+2.0	+14.9/C	+5.6/B	5.75	250			
American Funds EuroPacGrA m	FG	24,813	56.80	+4.0	+24.4/D	+7.3/C	5.75	250			
American Funds FdmtlInvsA m	LB	55,461	64.69	+2.7	+22.4/D	+11.9/A	5.75	250			
American Funds GrfAmrcA m	LG	92,681	54.02	+3.1	+22.5/E	+13.0/C	5.75	250			
American Funds IncAmrcA m	AL	75,863	23.82	+2.0	+16.0/D	+7.3/C	5.75	250			
American Funds InvCAmrcA m	LB	62,471	40.98	+2.7	+18.8/E	+9.9/D	5.75	250			
American Funds NwPrspctvA m	WS	44,901	48.35	+3.2	+25.7/B	+11.5/A	5.75	250			
American Funds WAMtInvsA m	LB	62,208	49.30	+1.6	+20.6/D	+11.3/B	5.75	250			
Federated Eqlnc,IncA f	LV	726	21.94	+1.8	+15.8/E	+6.1/E	5.50	1,500			
Fidelity 500ldxlnsPrm	LB	223,868	110.60	+2.5	+25.2/B	+12.4/A	NL	0			
Franklin Templeton WldA m	WS	3,343	14.19	+0.6	+9.1	+4.3	5.50	1,000			
George Putnam BalA m	MA	1,084	20.58	+1.9	+21.1/A	+8.5/A	5.75	0			
Hartford BalC m	CA	105	23.53	+0.7	+11.7/D	+5.4/C	1.00	2,000			
Hartford HCC m	SH	146	29.14	+8.3	+25.9/A	+9.8/B	1.00	2,000			
Lord Abbett AffiliatedA m	LV	5,661	15.75	+1.7	+19.5/C	+9.4/B	5.75	1,000			
Lord Abbett AffiliatedC m	LV	118	15.78	+1.7	+18.6/D	+8.6/C	1.00	1,000			
Lord Abbett BdDebA m	MU	5,131	8.10	+1.0	+11.4/A	+6.1/A	2.25	1,000			
Lord Abbett BdDebC m	MU	1,296	8.12	+1.0	+10.7/B	+5.4/A	1.00	1,000			
Lord Abbett MltAsstBalOppA m	MA	1,974	11.77	+1.7	+15.9/D	+5.6/E	2.25	1,500			
Vanguard 500ldxAdmrl	LB	311,025	295.77	+2.5	+25.2/B	+12.3/A	NL	3,000			
Vanguard InsidxInsPlus	LB	121,471	290.05	+2.5	+25.2/B	+12.4/A	NL1	100,000,000			
Vanguard TtlnSldxInv	FB	150,663	17.92	+3.0	+19.0/D	+6.1/B	NL	0			
Vanguard TtlSMldxAdmrl	LB	246,289	79.09	+2.5	+24.5/B	+11.9/A	NL	3,000			
Vanguard TtlSMldxIns	LB	148,296	79.10	+2.5	+24.5/B	+11.9/A	NL	5,000,000			
M. LTHOMALL			70.05								

AL -Allocation - 70-85% Equity, FB -Foreign Large Blend, FG -Foreign LargeGrowth, IH -World Allocation, LB -Large Blend, LG -Large Growth, LV -Large Value, MA -Moderate Allocation, MB -Mid-Cap Blend, MU -Multisector Bond, SB -Small Blend, SH -Specialty-heath, SV -Small Value, WS -World Slock, Total Return: Ching in NAV with dividends reinvested. Rank: How fund performed sters with same objective: A is in top 20%, E in bottom 20%. Min Init Invt: Minimum \$ needed to invest in fund. Source: Morningstar.