



COMMERCIAL-NEWS | ROBERT TOMLINSON

A view of downtown Three Rivers on Thursday. Some downtown business owners shared with the Commercial-News their New Year's resolutions heading into 2020.

Local business owners share their New Year's resolutions

By Robert Tomlinson
 Staff Writer

THREE RIVERS — With the new year just around the corner, many people make New Year's resolutions for the upcoming year to hopefully make positive changes in their lives or accomplish certain goals in the new year.

The same goes for some local business owners in Three Rivers, who shared with the Commercial-News their resolutions for their businesses in 2020.

Some of the owners interviewed said they want to offer new things to their customers next year. Jerry Barkley, owner of Kelsey Block Brewing Company, said his goal is to have more products come to market for his restaurant in 2020, and already has plans to do so.

"We'll be having cans come out sometime in January, so that's something that's coming up," Barkley said. "Then our other goal is that during the year,

hopefully the first half of the year, we want to bring our taps out from six to 14."

He said the beverage cans would be available for take-out in either single cans or four-packs. To accomplish those goals, he said, it would require them to "change their brand management" and change how things move through their system.

"That'll be a challenge for us, but that's our goal," Barkley said. "Right now, we know our customers want more variety, but they also want our standards, and so the way for us to do that is to increase our number of taps so we can keep our top brands which people really like and want when they come in, but also rotate through our occasionals."

Over at Venue 45, General Manager John Rivers said he is looking to continue to provide a good experience for patrons in the upcoming year.

"We're going to keep doing what we're doing and grow and try to increase the

space and do more of the things that we've been doing so far. Everything seems to be working, due to creating an amazing environment and producing amazing products," Rivers said.

Rivers added that Venue 45 is looking to bring in new products from local farms they have been partnering with, doing more live music, and doing more frequent menu changes in 2020.

On the retail side of the coin, Jenny Kerr, owner of Allie Jane Boutique, said she is looking to continue to grow their new downtown location in 2020.

"I'm looking to continue to grow our downtown location and bring new quality/affordable products," Kerr said. "I also plan to try to have some more in-store fun events to bring people downtown and to our store."

With those goals, Kerr said she already has a roadmap to how she wants to accomplish them.

See NEW YEAR'S RESOLUTIONS, page 7

Strengthening mind and body the Les Mills way

By William A. Baltz
 Special to the Commercial-News

Many women featured in the Women on the Go series are either certified Les Mills instructors or taking one or all of the three Les Mills classes offered at HealthTrac, located in the Wellness Pavilion in Three Rivers.

"The beauty of Les Mills classes is they are scientifically proven safe and effective," says Megan Rimer, HealthTrac program director. "They are also fun. All classes are pre-choreographed and set to the beat of popular music."

HealthTrac works in partnership with Les Mills—an international fitness organization based in New Zealand—to currently offer the following classes, held on multiple days and times at the HealthTrac fitness facility:

- Body Combat is a non-contact workout that teaches moves from the martial arts including karate, taekwondo, boxing and muay thai. A high-energy class with music to match, Body Combat is designed to increase flexibility, balance and mental acuity while burning a lot of calories along the way.
- Body Pump features high-repetition lifting with interchangeable weights designed to strengthen all major muscle groups. With moves timed to heart-pumping music, this form of training involves light weight and high repetitions to burn plenty of calories while building lean muscle mass.
- Body Flow is designed to improve balance, flexibility and strength through a yoga-inspired approach that incorporates mental and physical conditioning. Set to more mellow music, the class uses a range of movements and motion, including exercises to strengthen core muscles and calm the mind.

There's one major hurdle to becoming a Les Mills instructor at HealthTrac: Passing a rigorous Les Mills certification program.

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William A. Baltz

Kelly Judsen teaches Les Mills Body Combat at HealthTrac. "Les Mills is very particular," she says. "I put in a lot of time practicing to become an instructor."

Officials: Man may have dementia

By Robert Tomlinson
 Staff Writer

LOCKPORT TOWNSHIP — The St. Joseph County Sheriff's Department is searching for a missing person from Lockport Township that may have dementia issues.

According to police, Todd Jeffrey Holt was last seen on Saturday, Dec. 21. He is described as a 59-year-old male, 5-foot-7, 190 pounds,

with gray hair, hazel eyes and a "scruffy beard."

Hoyt drives a black 2011 Ford Escape with a Michigan registration plate of DZV3505. Police say Hoyt has possible dementia issues, and are attempting to check his welfare.

Anyone with information regarding this case is asked to contact St. Joseph County Central Dispatch at (269) 467-4195.

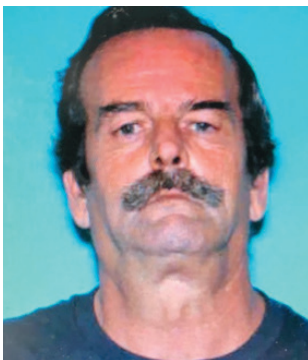


Photo provided

TODD JEFFREY HOLT
 Search on for missing Lockport Township man



Two hospitalized after vehicle rolls over while avoiding dog

HOWARD TOWNSHIP — Two people were hospitalized following a roll over crash in Howard Township Christmas day.

According to the Cass County Sheriff's Office, at 11:30 a.m. deputies responded to a single vehicle roll over crash near the intersection of Detroit Road and Barron Lake Road. 36-year-old Ikbal Singh of Three Rivers and his passenger, Shila Devi, were eastbound on Detroit Road. A witness told deputies that a small dog ran into the road and Singh tried to avoid it. He ran off the road and overturned, damaging a utility pole. This resulted in the immediate area losing power until crews were able to restore it.

Singh and Devi went to the hospital with non-life threatening injuries. Both individuals were wearing seatbelts and alcohol is not a factor in this crash. The incident remains under investigation.

GLEN OAKS COMMUNITY COLLEGE

REGISTER FOR THE WINTER SEMESTER BEFORE THE SNOW BEGINS TO FALL!



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TODAY'S WEATHER
 HIGH: 43° LOW: 28°