

## OBITUARIES



### JOHNNIE PAULINE CLINE

Johnnie Pauline Cline, 77, of Three Rivers, passed away peacefully in her home, surrounded by family, on Monday, Dec. 23, 2019 in Three Rivers.

Pauline was born March 24, 1942 in Casa, Arkansas, the daughter of Percy O'Dell and Maddie (Ball) Crawford.

She was a homemaker, and was employed as a laborer at Per Pack and at Federal Mogul.

She was past president of the Eagles in Advance, Missouri. She loved to read, play bingo and cook for family. She especially loved

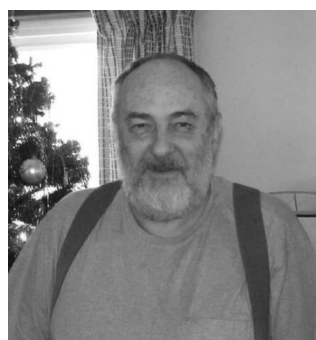
her family and grandchildren.

Pauline leaves to cherish her memory her husband of 60 years, John Cline, whom she married on July 25, 1959; one son, John III (Kimberly); one daughter, Tonya Brundige; several beloved grandchildren; brothers, O'Dell Crawford and William Crawford; sisters, Dorothy Anshultz, Margaret Dinstett, Alice Skeen, Modena Dilly and Rebecca Crawford.

She was preceded in death by one son, Richard Lynn Cline; one grandson, Shea Cline; brothers, Robert Crawford and Earl Dean Crawford; sister, Anna Jo Meints; infant sister, Nancy.

The family will receive friends starting at 10 a.m. Saturday, Dec. 28 at Hohner Funeral Home until time of service beginning at 11 a.m. with Pastor Clark Polly officiating. Burial will be in Riverside Cemetery, Three Rivers.

In lieu of flowers, memorial donations may be made to Pauline's family. Envelopes available at the funeral home. Online condolences may be left at [www.hohnerfh.com](http://www.hohnerfh.com).



### RICHARD JOHN DARLISON

Richard John Darlison, age 72, of Three Rivers, passed away on Monday, Dec. 23, 2019, at Grace Healthcare in Three Rivers. He was born on Jan. 28, 1947, in Three Rivers, Michigan, the son of the late Stuart and Wanetta (Hackenberg) Darlison.

Richard worked as a switchman for GTE for 32 years, retiring at the age of 50. He went on to work numerous part-time jobs while enjoying his retirement years with his wife, children and grandchildren. He also

enjoyed many hobbies, including gardening, deer hunting, fishing, jigsaw puzzles, Scrabble, fish breeding, computers, and tinkering on cars.

Richard leaves to cherish his loving memory, his wife Gloria J. (Hinn) Darlison; one son, Alan G. (Sherry) Darlison; two daughters, Barbara J. (Brent) Garlow, Brandy L. (Florence) Vigil; one sister, Shirley Darlison; and six beloved grandchildren: Kaitlyn, Jake, Zack, Marina, Matt, and Alex.

The family will receive friends at 2 p.m. on Monday, Dec. 30, 2019, at Hohner Funeral Home with an immediate graveside service to follow visitation beginning at 3 p.m. at Poe Cemetery in Jones, Michigan.

Memorials may be donated to the Animal Rescue Fund of St. Joseph County at <http://arfund.homestead.com/arf17.html>. Envelopes are also available at the funeral home. Online condolences may be left at [www.hohnerfh.com](http://www.hohnerfh.com).

### GISELA A. ANDROSKY

Gisela A. Androsky, age 86 of Mendon, died Dec. 24, 2019 at Grace Healthcare with family and friends at her side. She was born in Berlin, Germany on Sep. 7, 1933, the daughter of Wilhelm F. and Charlotte (Schroder) Wittkowski. She was married to Robert L. Androsky on June 30, 1956 in St. Edward Catholic Church in Mendon. Gisela worked at Continental Can Co. in Three Rivers and later at Lear Plastics in Mendon. She was a member of St. Edward Catholic Church and an active member of the Altar Society. She was also a volunteer for the Three Rivers Health Auxiliary, and a former member of the Eagles.



Gisela is survived by two children, Debra Androsky of Mendon and Robert (Sally) Androsky, Jr. of Three Rivers; Sisters in law, Ursula Wittkowski and Noreen Androsky; nieces, Uta (Wittkowski) Straka, Ginger (Weinberg) Fryling, and Candy (Weinberg) Lang; nephews, Wilbur, Jay, Tony, and Tim Weinberg, Michael and Marc Androsky. She was preceded in death by her parents; her husband, Bob; brother, Siegfried Wittkowski; sister in law, Mary Androsky; and brother in law, Philip Androsky.

## NEW YEAR'S RESOLUTIONS

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"For the in store events, I'm working with a company out of Kalamazoo that travels and makes different crafts at your location with your customers. We are working on getting some dates on the calendar in 2020," Kerr said. "For the growth and new products, I plan to get to some big buying shows to see and feel new items I can offer for the store."

Elsewhere downtown, Danielle Moreland from the Riviera Theatre said she is resolving to emphasize more of the offerings at the theatre, such as the pizza at the Riviera Theatre Bar. "Our pizza has been voted 'best in town' and we

offer take out as well as dining in," Moreland said. "Many people do not know that we offer that, and we will continue to push for a more prominent spot among the 'take out' crowd."

In addition, she said the Riviera hopes to offer "yearly membership" passes to the theatre in the coming year. "The details are still being worked out, but we hope to make an announcement about that very soon," Moreland said.

Finally, over at Ridgeway Floral, owner Teresa Cytlak said her business' resolution is to stay open and keep up what they are doing in their

81st year of operation in 2020.

"Going into our 81st year is awesome for a store anymore, because a lot of your little small independent stores do not have that longevity," Cytlak said. "We're really lucky, and I'm looking forward to going into the 81st year with being able to keep up the service and giving beautiful flowers to the various occasions people celebrate in their lives and being able to be creative for them."

Cytlak said she also looks forward to coming in everyday and help out those that need a flower arrangement on a daily

basis.

"People keep saying to me, when are you going to retire? I love what I do because I'm able to come in here and be creative every single day, do something fun, do something out of the ordinary, and it's never the same every single day," Cytlak said. "We don't have the same customers, we don't have the same occasions, nothing. It's able to come in here and do what's fun."

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## MIND AND BODY

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"It's not easy," Megan says. "HealthTrac instructors undergo a two-day, 20-hour training course, but are not officially cleared to teach these classes until they have mastered the required choreography, cueing, coaching and form. Our instructors work super long and hard to master these elements for the entire class. Once they feel they are prepared, they must produce and send a video of themselves teaching their desired course directly to Les Mills for the company's review. They either pass or fail. If they fail, they have the opportunity to work on the areas in which they need to improve—and again must send a video to Les Mills for final approval. Once they become certified they receive fresh choreography every 90 days which they must master before introducing the new release to our members."

She points out the particular benefits of each class, individually and taken as a whole. "They all address different aspects of a good fitness regimen. Body Pump is strength training, which is

recommended two to three times a week on non-consecutive days. Body Flow works on flexibility and balance—critical to maintaining mobility—and is a great form of mind-body exercise. Body Combat is a fantastic cardio workout."

Though a busy mother and executive herself, Megan makes time to practice what she preaches. "I love BodyPump. I am a runner, so building stronger hamstrings with all of the deadlifts has been beneficial. I have always had a weaker upper body so the pushups, chest presses, and clean and presses have been helpful in building my upper body strength."

Interestingly—or curiously—the vast majority of those attending Les Mills classes at HealthTrac are women. "I sometimes think men have this notion that these classes are too easy or they just don't see group fitness as a viable workout option," Megan observes. "I feel group fitness is anything but that. Essentially, group fitness classes are like small group personal training sessions. The instructor is leading

you, correcting form and pushing you outside of your comfort zone. When working out on our own we tend to do the exercises that are comfortable to us, whereas in group fitness we are performing new exercises—perhaps ones not in our usual repertoire—and therefore we are using and recruiting different muscles, and demanding our bodies above and beyond what they are used to."

Dianne Bugajski, a busy mother and real estate agent, enjoyed her time swimming and working out at HealthTrac so much over the past five years, she decided to invest the time and effort required to become a Les Mills instructor in Body Flow. "To be honest, I was super excited, but a little reluctant on that particular class due to the dynamic of it. I knew it was going to require my mind and my body to go several notches slower than what I am use to and like," she recalls. "I told myself why not, it is something my body probably needs and doesn't get enough."

Dianne soon discovered

the challenges of becoming certified by Les Mills. "The two-day training course consists of teaching you choreography, proper form—which is huge—and how to instruct your participants. After completing the extremely intense, elaborate and informative weekend, then the real challenge comes into play—endless hours of listening, observing and memorizing to perfect this hour long routine."

It's no secret Les Mills is precise and particular on what they are looking for—and insist on—when certifying an instructor. It is not unusual for the company to fail prospective teachers on their first attempt, sending them back the gym with specific recommendations to hone their skills. "After two video submissions I finally passed—all of my hard work and dedication paid off," Dianne says. "Now I enjoy and appreciate the opportunity to deliver Les Mills Body Flow to others and hear their feedback on how much they enjoy the class as well."

## A Time To Give Thanks

Now that the 2019 Christmas Food Box and Toy project is completed, the Three Rivers Lions Club would like to express its gratitude to all individuals, organizations and businesses that make this project possible. The Three Rivers Lions Club extends its heartfelt gratitude to the following:

The individuals, organizations and businesses that purchased ads in our Christmas Newspaper which make this project financially feasible.

The Three Rivers Commercial-News for printing the Lions Club Extra and including it as a supplement in its daily publication.

Tim Tole, International Paper, for providing the boxes used in the food collection.

Dan Shapen, Armstrong Corporation, for providing the boxes used in the food delivery.

The Three Rivers Community Schools for food collection and delivery under the direction of Scott Grace.

Jan Reed, St. Joseph County Department of Health and Human Services, for selecting and providing the recipients with letters allowing them to pick up food and toys at the Lions Service Center.

U.S. Marine Corps #1401 for setting out and collecting the boxes for toy donations. Menards of Three Rivers for donating the bags for toy distribution.

Members of the Three Rivers High School Girls Basketball Team, under the direction of Coach Jason Bingaman, who aided in the toy distribution.

Walther Farms for its donation of potatoes and Steve Larink for picking up the potatoes and delivering them to the Lions Service Center.

Corey Lake Orchard for its donation of apples.

The St. Joseph County Transportation Authority for delivery of foods to families unable to pick up at the Lions Service Center.

The Twin County Probation Center for its generous donation of funds to aid in the toy distribution.

The Paw Paw Lions Club for allowing us to combine our meat order with their order.

Lions' members, family and friends who gave generously of their time and talents to make this project work.

The community of Three Rivers for its continued support!

Doug Gross and Julie Mayuiers, Three Rivers Lions Club