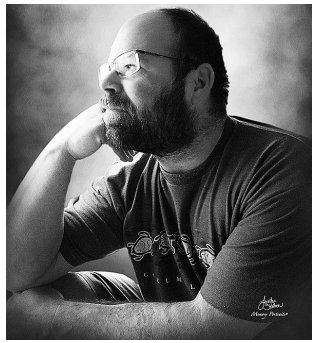


## OBITUARIES

### STEVEN ROBERT CLOCK

Steven Robert Clock, age 44, of Three Rivers, Mich. passed away unexpectedly on Dec. 12, 2019. He was born on April 12, 1975 in Midland, Mich., the son of Steven Clock, Sr. and Linda (Sonnabend) Miller.

Steven was known for his love of all things challenging, if anything became too simple or easy, he lost interest. He loved to fix everything and anything. His passion was for working on cars and had custom built his own pickup truck.



He is preceded in his passing by his biological father: Steven Clock, Sr.

Left to cherish Steven's memory is his wife: Charlie (Harbison) Clock; parents: Michael and Linda Miller; children: Ethan and Austin Clock; siblings: Cameron Miller, Tommy Harbison, Bret Harbison, Jimmy Harbison, Carrie Zilla,

Aerial Moore, and Jena Clock; grandchildren: Ty and AJ Clock.

In accordance with the family's wishes, a public celebration of Steven's life will be held at Hohner Funeral Home on Wednesday, Dec. 18, 2019 with visitation starting at 11 a.m. until the time of service at 1 p.m. with Pastor Tony Kuenzli of Miracle Harvest of South Haven, Mich. officiating.

Memorials made in Steven's memory may be directed to the family c/o Charlie Clock. Envelopes are available at Hohner Funeral Home. Online condolences may be left at [www.hohnerfh.com](http://www.hohnerfh.com).

### MARTY RAY MCWATTERS

Marty Ray McWatters, age 53, of Three Rivers, Mich. passed away at his home on Saturday, Dec. 7, 2019. He was born on Nov. 22, 1966 in Three Rivers, Mich., the son of Marvin and Donna (Perry) McWatters.

Marty enjoyed people, camping, kayaking, working on engines and cars. He was an avid listener of all music. He was greatly loved and will be missed.

He worked as a heating cooling technician and installer.

Marty is preceded in his passing by his wife: Lisa D.



McWatters and his father: Marvin McWatters.

Left to cherish his loving memory are his children: Lacey McWatters, Brandy Allstead, and Destiny Allstead; granddaughter: Izabella Del'Raye Pompey; siblings: Abie (Brenda)

McWatters, Patricia Glenn, Donna McWatters, and Bill (Shelley) Bernard; Many nieces and nephews; and tons of friends.

In accordance with Marty's wishes, cremation has take place and a celebration of his life will take place at Hohner Funeral Home on Thursday, Dec. 19, 2019 with visitation starting at 11 a.m. until the time of service at noon with Pastor Jerry Solis officiating.

Memorials made in Marty's memory may be directed to the family c/o Abie McWatters. Envelopes are available at Hohner Funeral Home. Online condolences may be left at [www.hohnerfh.com](http://www.hohnerfh.com).

## LIGHTS OF LOVE

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"Thank you for your generosity, and all the other people that willingly contributed to our Lights of Love this year," Armstrong said in his speech during the ceremony. "It's a tremendous outcome of funds that we need to support the Lights of Love."

Ray Bendure, treasurer of the Three Rivers Health Board, gave the opening address to the more than 50 people in attendance at the ceremony. He said the Auxiliary has an extraordinary value to the hospital.

"People have hearts and care, organizations have rules and procedures. Organizations don't think or feel, people do. Three Rivers Health Auxiliary is people," Bendure said. "I can tell you the cost of the doctors, I can't tell you the value of new babies that are born or the people that walk out of rehabs with full lives. I can tell you the cost of the Auxiliary: Zero. I can't tell you its value in numbers."

Bendure said the Auxiliary continues to be the "heart and soul" of the hospital.

"It's our first hello when you come in, it's taking you, not telling you, where you need to go. It's our last goodbye when you leave," Bendure said. "And no matter who you are, it's the chance to remember, recognize and honor family and friends with a light of love."

Katharine Gaj, a doctor of physical therapy, outpatient therapy and Cardiac Rehab Manager at Three Rivers Health, explained during

the ceremony how the new pool chair lift would help those in rehab at HealthTRAC.

Gaj said the lift would help those who are partial-weight bearing to get them walking faster and walk in water at different heights. In addition, she said it would help bariatric patients who are too heavy to transport themselves get them into the water to get muscles moving and their legs strengthened, and help back patients who need deep wading to help them with decompressing their spine and strengthening spine muscles.

"It helps us with quite a few patients having this chair that it can be dependable for them and also be able to accommodate the higher-weight patients," Gaj said.

With the new vein finder, co-chair Karen Armstrong explained that back in 2016, Lights of Love helped purchase one AccuVein vein finder for the laboratory at the hospital. It was so popular, Karen said, the operating room wanted one. Joni Coney, the manager of the operating room, obstetrics, pain clinic and infectious control at Three Rivers Health, explained why the vein finder was so popular in the hospital.

"We borrowed the vein finder from the lab quite frequently," Coney said. "We used to have an old vein finder that was infrared and was still hard to find veins. This lights up the veins so hard-IV start patients going into surgery have IVs. If they are 'hard

start' patients and we can't find their veins, we borrow this from the lab to see so we can get their IV in on one start."

Coney said the operating room used it so often that when Lights of Love had money left over after purchasing the pool lift, she said having a vein finder would be "amazing" to have for the unit. She thanked Lights of Love for everything they did for the operating room and for the hospital.

"We are so excited that we're going to get this," Coney said. "It will allow us to get the patients ready quicker."

Special Christmas music during the ceremony was performed by Tom Rea and his daughter Anna, while Jeffrey Keefer provided music during a slideshow of the names of those honored or remembered. The full list will be published in the Dec. 24 edition of the Commercial-News.

David Shannon, CEO of Three Rivers Health, spoke on the accomplishments of the hospital in the past year, and thanked the Auxiliary for all it has done for the hospital over the last 29 years with Lights of Love.

"The generosity of our volunteers is unparalleled, and it really has allowed us to purchase life-saving equipment," Shannon said. "Without all of that, we would not be able to do the work that we do here."

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## WOMEN ON THE GO

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"The weather is always a challenge. It is very hot and very windy. When you're watching TV and see people all banged up they're all banged up because they got in a bike wreck because the wind blew them over or blew them into somebody else and they crashed. At times, there are 70 mile per hour crosswinds. There were bike parts all over the road. I couldn't stop at the aid station because it's out in the open and I'd get blown over."

Another highlight was completing the TransRockies Run—twice. "The first time I went I didn't think I could do it. It was terrible. You run over the Rockies 20 miles per day, in the altitude, which we don't have. I went there and did the three-day and volunteered the last three days. The next time I did the six-day race with Kathy Griffin. You start in Buena Vista and go up over the pass and finish 120 miles away. The views are gorgeous. My husband, John, volunteered and I think he worked harder than we did—he was up early in the morning and sometimes didn't even make it to dinner. He's the kind of guy who wanted to make sure I could do what I loved to do."

"Over the years it has been a lot of fun to watch Tammy progress and accompany her on various races," John says. "You have to accommodate schedules and be flexible. I'm very proud of her. She's the love of my life, and I want her to be strong and healthy so she can continue to enjoy the things she likes to do and we can look forward to many more wonderful years together."

Though challenging, Tammy found a way to fit in her running while raising a family. "When my kids were little I got three to four hours sleep. They would be in school. I worked third shift. So I would get off from work and meet my friends for our runs, then I would go home and sleep until they got home from school.

"If they had an event—baseball or basketball and things like that—I would run to where the event or game was and my husband would meet me with dry clothes.

"One time, when my kids were little, HealthTrac used to have a race—a 5k and a

10k and I didn't know which one to do. I went back and forth and my kids all at once said I should run the 10k because they knew I needed to burn off all this energy or I'd be grouchy. So, they were thankful I was working out.

"It is my social time, too. I clear my mind, it takes the stress away. Sometimes songs are running through my head."

Tammy also supports "I Run For", a program to help children with special needs. "The way I look at running is, I'm running because somebody else can't. For several years, I dedicated all my running to a little guy with Down syndrome named Cainen. His mother was inspired, too—and lost 150 pounds. That's where I find the most joy, you don't even know that you're inspiring somebody to work out and suddenly they're running and working out and trying to get fit."

Last July, she completed the Jack & Jill Downhill marathon in Seattle with Kathy Griffin and Jodie Walker.

A month later she and Jodie were among 2,000 triathletes to compete in the Ironman 70.3 Traverse City. Tammy finished the inaugural race with an outstanding time of 5 hours and 54 minutes, taking fourth place out of 78 triathletes in her age division. By way of comparison, Jackie Hering won first place in the professional women's division with a time of four hours and fifteen minutes.

"The other thing I truly enjoy is training and going on race trips with my friends. We encourage, support and motivate each other when the going gets tough. When you're racing, and it's hard, and you see one of your friends giving you a thumbs up, well, that's a great feeling and a big boost."

Her approach to dieting and health is simple. "I totally believe in paying attention to what your body is telling you. You've got to learn to do that. I probably would not have gotten a stress fracture if I had known what I was doing.

"I take magnesium and calcium, and a multi-vitamin. I try not to eat anything that's processed. I try not use fake stuff—no fake butter, no fake sweetener—they're fake, they're a chemical and

shouldn't be in your body."

After dealing with stomach issues and colitis, she switched to a gluten-free diet and now feels well. "Being gluten free is awesome. I don't believe in fad diets. I do my own composting and grow vegetables. I don't eat breakfast. I try to wait as long as I can because once I start I'm hungry and I've got to eat, eat, eat. I do a 12 hour fast and intermittent fasting.

"Another thing I believe in is you've got to shake things up—you can't be doing the same thing over and over. I think with your diet you need to shake things up, too. If you get an ache that's differed from normal workout soreness, don't ignore it. If it goes more than two or three days, address it, because it could end up to be something bad. There's a difference—you'll know the difference."

Does this keg of energy pursue other interests, perhaps of a less strenuous nature? "I'm an artist. I always wanted to be a biological illustrator. I've been drawing since I was a kid. Who knows, maybe I'll bring my art table up from the basement and get back to art."

For now, though, the 2020 Boston Marathon is in her crosshairs. "After my first Ironman was over, I got depressed—it was like I had nothing to focus on. No more goals, and I even went through a little withdrawal—I didn't know what I was going to do. I learned from that. I always have a race on the horizon."

The Abbott World Marathon Majors is a series consisting of six of the largest and most celebrated marathons in the world held in Chicago, Tokyo, Boston, London, Berlin and New York. With Boston, Chicago and New York marathons under her belt, she is half way there. When asked if she would like to complete the series, Tammy answers in her modest, matter-of-fact way: "I'd love that." Given her track record, drive and boundless energy there's no doubt she will.

## TOY DRIVE

Continued from page 1

While there won't be other on-location donation sites, Hostetler said donations will be accepted at their office at 660 E. Main St. in Centreville, in the plaza next to the car wash and across from the Royal Café, with the goal of distributing the gifts on Friday.

"People can call us and I'll pick them up, or they can stop out and drop them off, whatever they'd like to do," Hostetler said.

Many people of all ages came out to the drive on Saturday, and Hostetler said doing drives like this and the United Way's food drive last week for the community is "the best job in the county."

"It's just amazing to see firsthand the thank-yous and people with tears in their eyes saying thank you, and the kids who've come up here," Hostetler said. "We've had kids walk up here today and want to give money and help, and it's just amazing."

Overall, Hostetler said the drive will help families and children during the Christmas season.

"We're just trying to do what we can to help some families get through the holiday season."

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