

## FPFD

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Judsen said he has been around firefighting his entire life and had always wanted to be a firefighter, as his dad Tim was a firefighter for 26 years. He said it will “suck” to not have Frye at the department, but praised him for what he has done as chief.

“He’s a good guy, a good leader, and a good mentor,” Judsen said.

Frye said he has accomplished a lot with the fire department, and he is looking forward to many things when he retires. He said, in retirement, he will “live like I’m retired before I retire.”

“I get to spend more time with my family and do things untethered, I guess you could say,” Frye said. “That’s probably the biggest thing I’m going to do, going on vacations that I don’t have to worry about keeping everything staffed and not being there. The good thing about it is we’ve got the fire department to a point where I trust that the guys there are able to handle everything that comes at them. It makes it easier for me to retire.”

Frye said the fire department will be “in good hands” with Judsen as chief.

“Five years ago, when I made him assistant, he was a little green, but he’s got a lot of experience,” Frye said. “He’s very proactive at training and I trust the fire department will be in good hands.”

Park Township Supervisor Ed English, in an interview with the Commercial-News Tuesday, thanked Frye for his service to the fire department over the years.

“We had a lot of people that have been there a long time, but 25 years is a long time to stick it out on a volunteer fire department. He gave up a good part of his life for that,” English said. “To do that says a lot about Mike. I wish him the best of luck.”

English said Judsen will bring plenty of experience to the chief’s role, having been acting fire chief for a few months after Frye was injured and his wife was killed in a motorcycle crash last year.

“It gave Josh a sense of what being chief was going to be about. He did it for probably four months, maybe five, filling in for Mike while he was in the hospital,” English said. “Josh has been assistant chief for five years, and he has plenty of experience. He won’t miss a beat.”

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## WOMEN ON THE GO

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So challenging, only some 2,500 people in the world even qualify to enter the grueling contest where athletes battle the scorching sun, 45-mile-per-hour “hoomumuku” crosswinds and 95-degree temperatures amid the barren lava fields dominating the seascape of the beautiful yet rugged Kona coast.

Tammy Shuler—who stands five feet tall and describes herself as “not a very interesting person”—did just that in 2008 when she made the cut for Kona at an ironman qualifying competition in Florida. The following year she traveled to Hawaii and completed the Ironman World Championship and, in the process, affirmed the Ironman mantra: Anything is possible.

One sure fire way to motivate Tammy to do something—even the seemingly impossible—is tell her she can’t.

For example, at age 38 she was hoping to run her first marathon, but an injury sidetracked her plans. “I got a stress fracture in my tibia and the doctor told me, ‘Well, Tammy, not everyone is meant to run a marathon.’ By saying that, he made sure I was going to run a marathon.”

Today, nothing seems to faze the petite athlete who might sign up for a marathon on a whim. “I have a lot of energy and I need to burn it off,” she says relaxing over a cup of coffee after finishing a class in Body Flow at HealthTrac. “If I had to run a marathon tomorrow I probably could. That’s

just how I do it. When you first start out you need to give your body time to recover, but I’ve been doing this for a number of years now.”

No doubt she has the energy. At age 40 she ran her first marathon—in Chicago—and 18 years later she estimates she has completed more than 60 of them, not to mention numerous ironman triathlons and so many half marathons she’s lost count all together.

“The other thing is—I like to eat. I started working out so I could eat because at my height and my weight just to maintain is only around 1,000 calories. If I want to eat normal portions like normal people do, I have to burn up calories. This is where it all started.”

In addition to burning calories completing a 50-mile trail race last August and at this year’s Boston Marathon—her 13th time running the world-class event—she focuses her energy on saving lives at TR Heath’s specialty clinic.

For eight years she has been treating cancer patients there. Before that, for 17 years she worked third shift as a nurse in the hospital’s emergency room.

“The ER is not like it is on TV. All kinds of stuff happens—crashes, strokes, heart attacks—the whole shebang. The worst are the kids—a kid comes in who’s injured or dead and dying. It’s horrible on everybody in the ER and on the families. Some you can save, some you can’t. Many days I drove home crying.”

At first reluctant to leave the ER’s fast-paced environment—more suitable to her natural need to stay busy—she now enjoys the regular hours and nature of her work. The specialty clinic, though, poses its own set of challenges. “Some people come here with a terrible diagnoses. We help them through a tough time. It’s challenging, yes, but very rewarding.”

Competing in athletic events serves as an outlet as well as a way to bond with friends. Her journey to fitness and a drawer full of medals, however, began later in life.

Originally from Traverse City, Tammy says she never played sports in high school. “I was small and my mom divorced my real dad and she didn’t drive so there was no way to get into town to do sports.”

When she settled in the Three Rivers area 35 years ago she had two small children and a busy life. “We live out in the country. Not only did I have horses, two kids and a full time job—and was going to nursing school—but my husband and I bought a deserted house without plumbing, and windows and doors missing. Our dream was to rehab an old farmhouse.”

Even so, she felt the need to expand her horizons. “I felt like I had to do something different. I wasn’t in shape. A friend of mine said, ‘Hey, let’s go run the Turkey Trot.’ I said, but I don’t even run.”

“When I started, I could only run telephone pole to telephone

pole—and then I would have to walk. I kept at it. In a month I could run two miles without stopping, so it got me hooked. I never did the Turkey Trot but I got hooked on running.”

Tammy went on to complete her first half marathon. She was supposed to run the Chicago marathon in 2000, but the stress fracture delayed her plans.

A charter member of HealthTrac built in 1997, she decided to take up swimming while her fracture healed. “I could dog paddle that’s all. I attended an adult swim class. Kerry Miller (now Kerry McClain) was the coach. She’s amazing. I was nervous and scared, and would swim in the outside lane so I could stop half way down and catch my breath because I had no idea what I was doing. Now, I’m a pretty good swimmer.”

She also began biking. “I was swimming and biking and said to myself you need to do a triathlon, so I started doing triathlons. My first was Logansport, Indiana. I did pretty well. My daughter went with me. I got in the water and panicked and wanted to get out. It’s a reservoir. She was on the beach and it freaked me out because it was a stone pit, and I thought—I can’t get out even if I want to. I didn’t want to embarrass my daughter, either. I finished third in my age group and was fourth overall, so that got me hooked on triathlons.”

## PANEL VOTE

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After the milestone votes, Trump’s press secretary, Stephanie Grisham, labeled the proceedings a “desperate charade” and said, “The President looks forward to receiving in the Senate the fair treatment and due process which continues to be disgracefully denied to him by the House.”

Voting was swift and solemn, with none of the fiery speeches and weighty nods to history that defined the previous two days of debate, including 14 hours that stretched nearly to midnight Thursday. Nadler abruptly halted that rancorous session so voting could be held in daylight, for all Americans to see.

Nadler, who had said he wanted lawmakers to “search their consciences” before casting their votes, gavelled in the landmark but brief morning session at the Capitol.

Lawmakers responded “aye” or “yes” for the Democrats, and simple “no” from the Republicans.

“The article is agreed to,” Nadler declared after each vote.

The top Republican on the panel Rep. Doug Collins of Georgia immediately said he would file dissenting views.

Minutes after the morning session opened, it was gavelled

shut.

Trump is only the fourth U.S. president to face impeachment proceedings and the first to be running for reelection at the same time. The outcome of the eventual House votes pose potentially serious political consequences for both parties ahead of the 2020 elections, with Americans deeply divided over whether the president indeed conducted impeachable acts and if it should be up to Congress, or the voters, to decide whether he should remain in office.

The president took to Twitter early Friday to praise the panel’s Republicans as “warriors.” After the vote he said at the White House that Democrats were making fools of themselves, describing the proceedings as he often does: “a witch hunt,” “scam,” and “hoax.”

Trump insisted anew that when he asked Ukraine to “do us a favor,” in the July phone call that sparked impeachment, he was referring to the U.S., not a political favor for himself. He derided the government officials who testified that he pressured Ukraine and claimed he was benefiting politically from impeachment.

The president has refused to participate in the proceedings,

tweeting criticisms as he did Thursday from the sidelines, mocking the charges against him in the House’s nine-page resolution as “impeachment light.” But House Speaker Pelosi said the president was wrong and the case against him is deeply grounded.

Democrats contend that Trump has engaged in a pattern of misconduct toward Russia dating back to the 2016 election campaign that special counsel Robert Mueller investigated. And they say his dealings with Ukraine have benefited its aggressive neighbor Russia, not the U.S., and he must be prevented from “corrupting” U.S. elections again and cheating his way to a second term next year.

“It is urgent,” Pelosi said. But Senate Majority Leader Mitch McConnell said late Thursday on Fox News, “There is zero chance the president will be removed from office.” He said he was hoping to have no GOP defections in the Senate trial next year.

The Judiciary Committee session drew out over two days, much of time spent in fights over amendments.

Rep. David Cicilline, D-R.I., argued there was “overwhelming evidence” that the president with

his lawyer Rudy Giuliani, in pushing Ukraine to investigate rival Biden, was engaged in an abuse of power “to corrupt American elections.”

Bringing even more attention to the situation, Giuliani showed up at the White House on Friday. Just back from Ukraine, he was expected to brief Trump on his search for information. Many GOP lawmakers are trying to ignore Giuliani, blaming him for Trump’s predicament.

After lawmakers trudged through two days of hearings, tempers still flared Friday. Florida GOP Rep. Matt Gaetz said, “For Democrats, impeachment is their drug, it is their obsession, it is their total focus.”

“My vote is no,” said Rep. Louie Gohmert, R-Texas. Then, before the tally was announced, he inquired how his vote was recorded by the clerk. “I want to make sure.”

Nadler said late Thursday night, after presiding over the two-day session, “I want the members on both sides of the aisle to think about what has happened over these past two days and to search their consciences before they cast their final votes.”

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