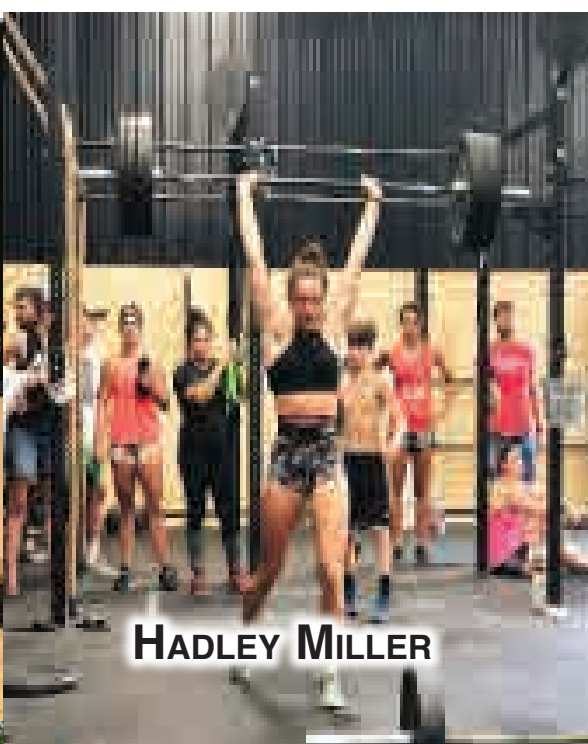




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Active. Committed to fitness. Empowered.

Meet today's Women on the Go.

By William Allen Baltz
 Special to the Commercial News

Women on the Go is an ongoing series by writer and journalist William Allen Baltz about local-area women who have made health and fitness a top priority in their busy lives. The series kicks off with the introduction below. Profiles of individual women and informational sidebars will typically appear on Saturdays. Question and Answer features with experts on related topics such as nutrition for women, strength training and preventing injuries will run periodically during the week.

This series is dedicated to women everywhere committed to fitness, who strive on through ups and downs with love in their hearts, and in doing so make our world an ever more beautiful place.

According to Isaac Newton's first law of physics, a body at rest tends to stay at rest, and a body in motion tends to stay in motion.

This multipart series is about bodies in motion—local women to be precise, who have discovered the benefits, joys and challenges of proving Mr. Newton correct.

For many women in these hectic times staying fit and healthy while balancing family, relationships, personal interests and careers can be challenging to say the least.

The women featured in this series are managing to make fitness a top priority in order to live full, active, and healthy lives on the job, in the home, and everywhere else.

See EMPOWERED, page 2



COMMERCIAL-NEWS | ROBERT TOMLINSON

The Three Rivers High School Aristocrats choir sing "O Christmas Tree" following the lighting of the Christmas tree during a ceremony at the mural mall in downtown Three Rivers Friday night.

Christmas tree lighting kicks off Christmas Around Town

By Robert Tomlinson
 Staff Writer

THREE RIVERS — Christmas in Three Rivers kicked off with the annual Christmas tree lighting ceremony at the downtown mural mall Friday night.

The ceremony was the first event of many for the 2019 Christmas Around Town celebration, put on by the Three Rivers Downtown Development Authority. Dozens of people from around the area attended the ceremony, which featured the Three Rivers High School Aristocrats choir singing a variety of Christmas carols, hot cocoa provided by Peaceful Rivers and World Fare, and a reading of "A Visit from St. Nicholas" by Three Rivers Public Library Children's Librarian Laura Bultman.

Following the reading, the 11-foot tree, provided by Butler Tree Farm of Dowagiac, was lit up to awe and applause from visitors.

"It's a great way to kick off Christmas Around Town," DDA Executive Director Tricia Meyer said.

"We had a great turnout, I think this may be the most we've ever actually had turn out, people of all ages, so it's nice to see that."

Meyer praised the DDA's Design Committee for their hard work in getting ready for the tree lighting.

"The Design Committee put a lot of work into bringing in the tree and putting it up, so kudos to them," Meyer said.

The Christmas Around Town celebration continues today at noon, with Santa Claus arriving by fire truck to the Riviera Theatre, where people can visit with him until 4 p.m. Elsewhere in downtown, there will be a Santa's Workshop and a gift wrapping station with hot cocoa at 52 N. Main St., and horse-drawn wagon rides and a holiday cookie walk at the Three Rivers Chamber of Commerce office at 57 N. Main St. On Sunday, the gift wrapping station will continue, as well as visits with Santa Claus at the Riviera from noon to 3 p.m.

Robert Tomlinson can be reached at 279-7488 ext. 23 or robert@threeriversnews.com.

Local legislators voting update

Here is how some of St. Joseph County's state and national representatives voted on selected legislation in the month of November. State Rep. Aaron Miller and State Sen. Kim LaSata's voting records and details of the legislation are courtesy of MichiganVotes.org, and United States Representative Fred Upton's voting record is courtesy of his U.S. House website.

State Rep. Aaron Miller

• Nov. 5, House Bills 4980-4985, passed House 95-13 (4980), 102-6 (4981), 101-7 (4982), 102-6 (4983), 97-11 (4984), 98-10 (4985)

Miller voted against all six bills, which would expand who is eligible for criminal record expungement and automate part of the process.

See LOCAL LEGISLATORS, page 3

Two-vehicle crash sends 7 to hospital

PORTER TOWNSHIP — Seven people were taken to the hospital following a two-vehicle crash outside of Union in Porter Township Thursday.

According to the Cass County Sheriff's Office, deputies responded to a personal injury crash at approximately 5:38 p.m. near the intersection of US-12 and M-217 in Porter Township. A vehicle driven by 58-year-old Joey Mercer of Cassopolis was traveling northbound on M-217 when he failed to stop prior to entering the intersection. Mercer then hit a vehicle traveling eastbound on US-12 driven by 33-year-old Jaelyn Stineback of Kalamazoo.

The vehicle driven by Stineback had five other passengers who include 79-year-old Barbra Kerick, 2 1/2-year-old

Xander Greer, 7-year-old Zachary Greer, 9-year-old Ryan Greer and 83-year-old Alan Kerick, all from Kalamazoo.

The driver and all passengers in Stineback's vehicle were transported by ambulance to Elkhart General Hospital for their injuries. Mercer was also transported to Elkhart General Hospital for injuries sustained in the crash. Seat belts were worn and airbags did deploy in Stineback's vehicle. Alcohol appears to be a factor in this crash and it remains under investigation.

Deputies were assisted on scene by the Edwardsburg Police Department, Edwardsburg Ambulance, Newburg Ambulance, SEPESA Ambulance and Fire, and Osolo EMS.

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 186 South Grand St
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Merry Christmas

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TODAY'S WEATHER
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