

# Contest to name 'biggest loser'

By Brian Mortensen  
Spilyay Tymoo

Who's the biggest loser in Warm Springs? The community will find out around the first week of May, when the Warm Springs Clinic, through Community Wellness Coordinator Carolyn Harvey, sponsors its annual campaign to encourage people in the community to try healthier lifestyle habits.

Many people have heard of the NBC show "The Biggest Loser," where people from all over the country try to lose weight on national TV. And that's why this year's challenge is called Warm Springs' Biggest Loser.

"We were just trying to get people's attention, since it's been on TV," Harvey said of the contest. The competition last year was called the Warm Springs Wellness Challenge.

"We had really good participation last year," Harvey said. "People made really good changes. We're most excited about it."

Harvey is quick to mention that the Biggest Loser competition is not just about weight loss, but about reductions of one's girth and body fat content.

The campaign officially begins the week of Feb. 6 and continues until April 28, a 12-week period. Participants are weighed and measured before the campaign from now until Feb. 6 at the Warm Springs Clinic and then after the 12-week period, through the week of May 1.

Warm Springs tribal members and employees are each welcome to participate.

The winner in both mens and womens division is based on the percentage of change for all three measurements over the course of the challenge. Each participant is weighed on a scale, measured with a tape measure around the waist, and, with the use of calipers, measured for body fat content.

Like last year, there is a \$10 buy-in, with all the proceeds going to the winners in both the mens and womens division.

There are two separate divisions because the different way men and women each lose weight makes them "like apples and oranges."

"Men lose much quicker, es-

pecially body fat," Harvey said. Each participant who completes the program receives a sweatshirt. To finish, participants must each report in for their ending measurements and write a short essay on what they did to lose the weight and what benefits they gained from losing the weight and inches around. Harvey said the essays are confidential and only for her use at the clinic.

Last year's winners were Doyle McLaughlin and Rhonda Ike. McLaughlin lost 29 pounds, 4.25 inches off his waistline and 5.1 percent body fat. Ike lost 34 pounds, 7.25 inches off her waistline and 3.2 percent body fat. Ike won \$600 for finishing first among the 75 women who finished, while McLaughlin earned \$330 for having the best results among the 22 men who finished.

Ike said the thing that helped her the most was getting her children involved.

"They wouldn't let me eat after 8 p.m., and they packed my lunch for me every day," she said at the time. "If it wasn't for my kids, I probably would have quit."

McLaughlin said he increased

his level of exercise but paid more attention to his diet, experimenting with different popular diets until he found one that fit him. He said he also learned to say no to snacks.

"One of the biggest things that worked was diet," Harvey said. "It sounded like a lot of people got rid of a lot of junk food and switched from drinking soda pop, and they got out of their houses more. A lot of them who had not been exercising started."

She said the exercise ran the whole gamut from lifting weights to walking to participants playing with their kids. "It's finding what works for you, and that's the hardest part," she said.

The deadline to enter is Friday, Feb. 10. Participants only need to visit the Community Health window at Pod A of the Warm Springs Clinic, from 8 a.m. to 5:30 p.m., for their initial measurement. No appointment is necessary. The contest is open to anyone 18 years or older who lives or works in Warm Springs.

Last year, the 97 people who completed the challenge, out of the 169 who started.



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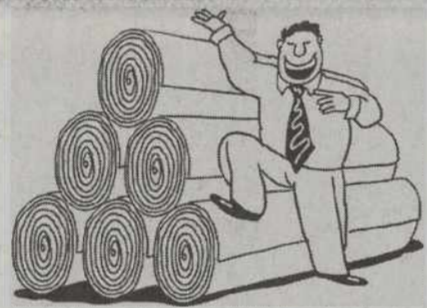
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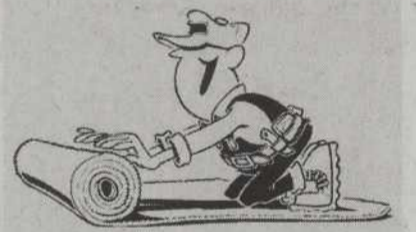
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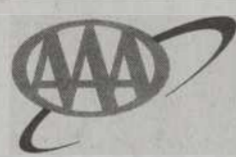


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