

# Who Can Lose the Largest Percentage of Weight?

## Meet the Participants



Al Rojas



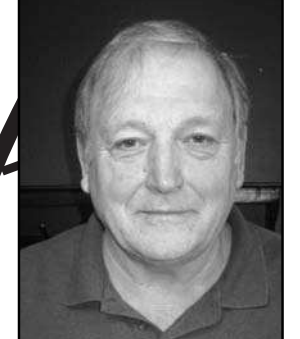
Cheryl Wittmer



Jennifer Freeman



Lucy Cole



Robin Mills III



Angie Burns



Chris Lanning



Jim Hecker



Maggie Bagon



Rylie Tuttle



Ann Carpenter



Cree English



Jo Beaudreau



Mary DeCeault



Sandra Davison



Aurea Hine



Crystal Circle



Joany Hecker



Mary Hastings



Sandra Gutierrez



Bettie Egerton



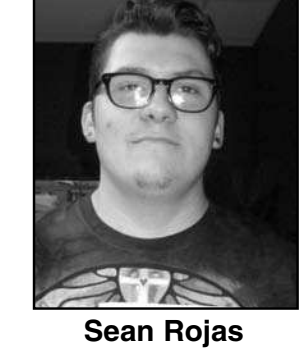
Deanna Frazier



John Rose



Maygan Sturm



Sean Rojas



Betty Scarbrough



Debbie Haring



Karen Holmes



Michael Cole



Sherry Dean



Bill Olson



Dirk Anderson



Kathleen Yelle



Michelle Sodaro



SK Lindsey



Billy Emerson



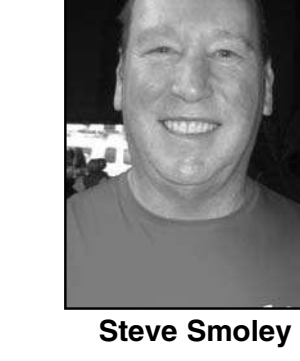
Dustin Stevenson



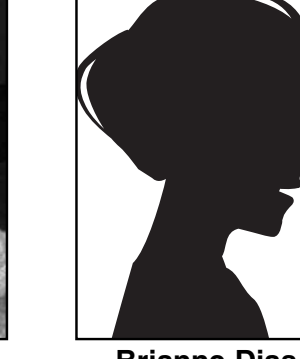
Kysha Bossley



Nancy Brock



Steve Smoley



Brianne Dias



Frank Eisele



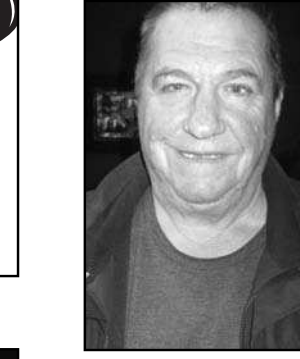
Laurie Hiatt



Nancy Robinson



Susan Burkhart



Bruce Yelle



Gina Lovato



Lina Alberto



Paula Garcia



Susan Dutton



Carole Brown



Guadalupe Galvan



Linda Stent



Peggy Bud-Loa



Tabitha Rojas



Carla Van De Vyner



Jamie Mills



Lisa Whitney



Renee Hansen



Teresa Eberhard



Calvin Hurd



Jayne Smoley



Lizz Burkhart



Rhonda Cudaback



Tricia Timothy

More than 100 contestants are competing for **OVER \$1,700 IN PRIZES & GIFTS**

**14-WEEK CONTEST**  
January 27- May 4, 2016

- Weigh in each week at Coastal Fitness & Aquatics
- 2285 Hwy. 101, Florence, each Wednesday, 7:00a.m.-9:00a.m. -or- 5:00p.m.-7:00p.m.
- Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.
- Learn Healthy Weight Loss Steps
- Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News and all contest sponsors does not and cannot, guarantee their safety. Contestants understand that they should participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on January 27 and will weigh-in every Wednesday through May 4, 2016 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.

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\*Fitness information provided by: American Golf Corporation

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Call for your 30 minute complimentary consultation  
Participants of Lose-to-Win will receive \$25.00 off each session

Be sure to look in every Saturday issue of the

# Siuslaw News

for our weekly contest winners and we wish all our contestants the best of luck in their Weight Loss Goals.

Sponsored by

**Siuslaw News**  
148 Maple St., Florence  
541-997-3441

**PeaceHealth Medical Group**  
www.peacehealth.org/phmg/florence

**Coastal FITNESS & AQUATICS**  
2285 Hwy. 101, Florence  
541-997-8086

**Recipe for Reduction**

**Golden Spinach and Sweet Potato Healthy Sauté**  
Serves 4

**Ingredients**  
1 medium onion, chopped  
4 medium cloves garlic, minced  
1 cup = 1 TBS chicken or vegetable broth  
1/2 tsp turmeric  
1/2 tsp coriander  
1/2 tsp cumin  
1/4 tsp cardamom  
1 TBS fresh lemon juice  
2 cups sweet potatoes, peeled and cubed  
6 oz frozen spinach, thawed  
2 TBS chopped fresh cilantro  
salt & pepper to taste

**Directions:**  
Chop onions and mince garlic and let sit for 5 minutes to bring out their health-promoting benefits.  
Heat 1 TBS broth in a large stainless steel skillet. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic and continue to sauté for another minute.  
Add seasonings and lemon juice and stir to mix thoroughly. Add broth and sweet potatoes. Simmer covered over low heat, stirring occasionally, until sweet potatoes are tender, about 15 minutes. Uncover to allow sauce to thicken and cook another couple minutes.  
Press water out of spinach and add to sweet potatoes. Cook uncovered for a few more minutes to allow sauce to thicken. Add cilantro, salt, and pepper.

**PeaceHealth Medical Group**  
www.peacehealth.org/phmg/florence