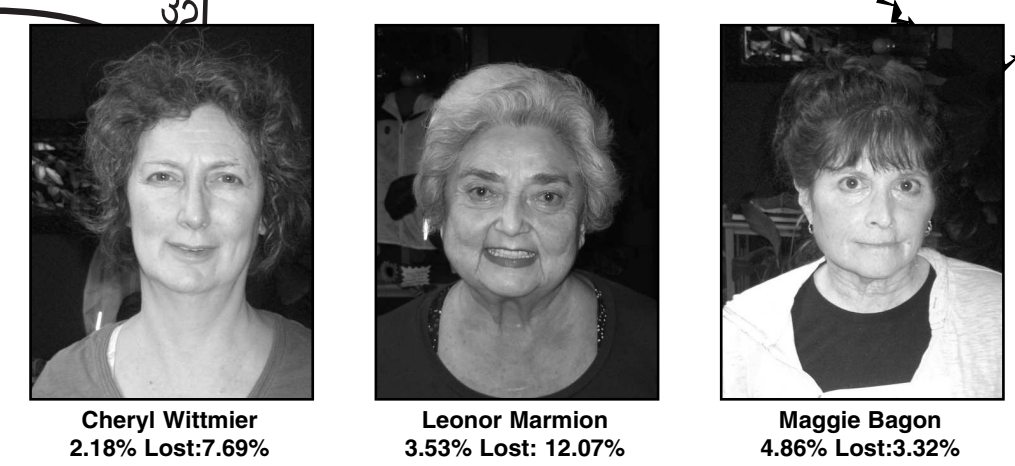


# Who Can Lose the Largest percentage of weight?



## – Top 5 Women –



**Cheryl Wittmier**  
2.18% Lost: 7.69%

**Leonor Marmion**  
3.53% Lost: 12.07%

**Maggie Bagon**  
4.86% Lost: 3.32%

**WEEKLY LEADER**

**WEEKLY LEADER**

## – Top 5 Men –



**Jim Hecker**  
1.03% Lost: 9.52%

**Billy Emerson**  
1.02% Lost: 5.15%

**Al Rojas**  
.20% Lost: 5.05%

## This Week's Leaders



**Oregon Coast's premiere health club**

*Our goal is to help you succeed on your journey to health and fitness.*

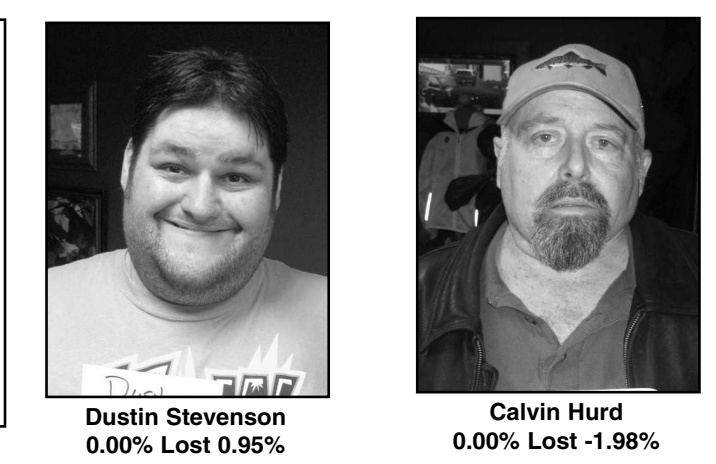
**2285 Hwy. 101, Florence**  
**541-997-8086**



**Jamie Mills**  
2.00% Lost: 6.91%

**Carla Van De Vyner**  
1.78% Lost: 0.68%

**Congratulations to our WEEK #6 leaders**



**Dustin Stevenson**  
0.00% Lost 0.95%

**Calvin Hurd**  
0.00% Lost -1.98%

Contestant Name	Weekly % Lost	Total % Lost
Hansen, Renee'	0.60%	0.60%
Thomsen, Jessica	0.49%	0.49%
Carpenter, Ann	0.37%	0.37%
Talamas, Debbie	0.35%	0.35%
Davidson, Sandy	0.00%	0.00%
Alberto Lina	0.00%	0.00%
DeCeault, Mary	0.00%	0.00%
Egerton, Bettie	0.00%	0.00%
Garcia, Paula	0.00%	0.00%
Haring, Debbie	0.00%	0.00%
Hastings, Mary	0.00%	0.00%
Lovato, Gina	0.00%	0.00%
Robinson, Nancy	0.00%	0.00%
Smoley, Jayne	0.00%	0.00%
Sodaro, Michelle	0.00%	0.00%
Ternyik, Wendy	0.00%	0.00%
Tuttle, Rylie	0.00%	0.00%
Whitney, Lisa	0.00%	0.00%
Beaudreaux, Jo	0.00%	0.00%
Brock, Nancy	-0.29%	-0.29%
Circle, Crystal	-0.84%	-0.84%
Burkhart, Lizz	-1.11%	-1.11%
Edwards, Victoria	-1.13%	-1.13%
Dean, Sherry	-1.30%	-1.30%
Holmes, Karen	-1.31%	-1.31%
Hecker, Jim	1.03%	1.03%
Emerson, Billy	1.02%	1.02%
Rojas, Al	0.20%	0.20%
Stevenson, Dustin	0.00%	0.00%
Hurd, Calvin	0.00%	0.00%
Eisele, Frank	0.00%	0.00%
Hennessee, Todd	0.00%	0.00%
Smoley, Steve	-0.47%	-0.47%
Anderson, Dirk	-0.72%	-0.72%
Mills, Robin	-1.38%	-1.38%
Yelle, Bruce	-3.42%	-3.42%

### WOMEN'S RESULTS

Bagon, Maggie	4.86%	3.32%
Marmion, Leonor	3.53%	12.07%
Wittmier, Cheryl	2.18%	7.69%
Mills, Jamie	2.00%	6.91%
Van De Vyner, Carla	1.78%	0.68%
Yelle, Kathy	1.64%	7.03%
Burkhart, Susan	1.42%	2.83%
Galvan, Guadalupe	1.40%	9.42%
Timothy, Tricia	1.39%	1.67%
Scarborough, Betty	1.28%	7.26%
Hine, Aurea	1.17%	7.93%
Bossley, Kysha	1.16%	12.70%
Cudaback, Rhonda	1.08%	2.56%
Hecker, Joany	0.96%	8.17%
English, Cree	0.85%	3.82%

### MEN'S RESULTS

Hecker, Jim	1.03%	9.52%
Emerson, Billy	1.02%	5.15%
Rojas, Al	0.20%	5.05%
Stevenson, Dustin	0.00%	0.95%
Hurd, Calvin	0.00%	-1.98%
Eisele, Frank	0.00%	3.22%
Hennessee, Todd	0.00%	1.64%
Smoley, Steve	-0.47%	-2.86%
Anderson, Dirk	-0.72%	11.60%
Mills, Robin	-1.38%	11.19%
Yelle, Bruce	-3.42%	1.16%

### Recipe for Success

**Homemade "cream" soup mix**  
Makes equivalent of 9 cans of soup.

**Ingredients**  
2C powdered nonfat milk  
3/4C cornstarch  
1/4C (or less) instant chicken bouillon  
2 Tbsp dried onion flakes  
1 tsp basil leaves  
1/2 tsp pepper

**Preparation**  
Combine all ingredients, mixing well. Store in an airtight container until ready to use. To substitute for one can of condensed soup: Combine 1/3C dry mix with 1 1/4C cold water in a saucepan. Cook and stir until thickened. Add to casserole as you would the canned product.

**More than 70 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- 4:00p.m.-6:00p.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 or any other 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.

### What if you could begin working with your weight from a different angle?

There is no magic pill for weight loss. You simply have to follow a healthy eating and exercise plan. Still, what if, for once, instead of trying to change your body from the "outside in", you could begin to address the "subconscious programming" that's the root cause of your behavior, and begin to eliminate the need to overeat, binge, or avoid exercising? What if you could begin to create lasting change and a more healthy body from the "inside out", with surprisingly little effort on your part? A meta-study, reported in the Journal of Consulting and Clinical Psychology in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches. University of Connecticut, Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519).

Hypnosis can help you identify the old programs that are running you, help you to decide which programs you want to keep, which you want to release and, then, help you to create newer, healthier programs about food, water and exercise that can double your success rate.

Change your mind...change your life.

*This message brought to you by Passages Coaching & Hypnosis.*

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*Removing Barriers to your Success*

Certified Personal Achievement and Holistic Health Coach  
Certified Hypnotist: Weight Management, Smoking Cessation, Trauma, Regression, and Complimentary Medical Hypnosis

**CYNTHIA WISEHART-HENRY**  
CTACC, CHHC, CHI  
541-991-9477  
1845 Hwy. 126, Suite A-10 Florence

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

### PeaceHealth Diet Tip #7

Keep an everyday veggie tray in your fridge. You don't have to wait for a party to enjoy a veggie tray. Keep easy-to-dip veggies such as grape tomatoes, baby carrots, cucumber slices and pea-pods with a container of low-fat ranch dip at eye level in the fridge. Take the tray out for anytime easy munching.

*This message brought to you by PeaceHealth Medical Group.*

**Sponsored by**

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\*Fitness information provided by: American Golf Corporation