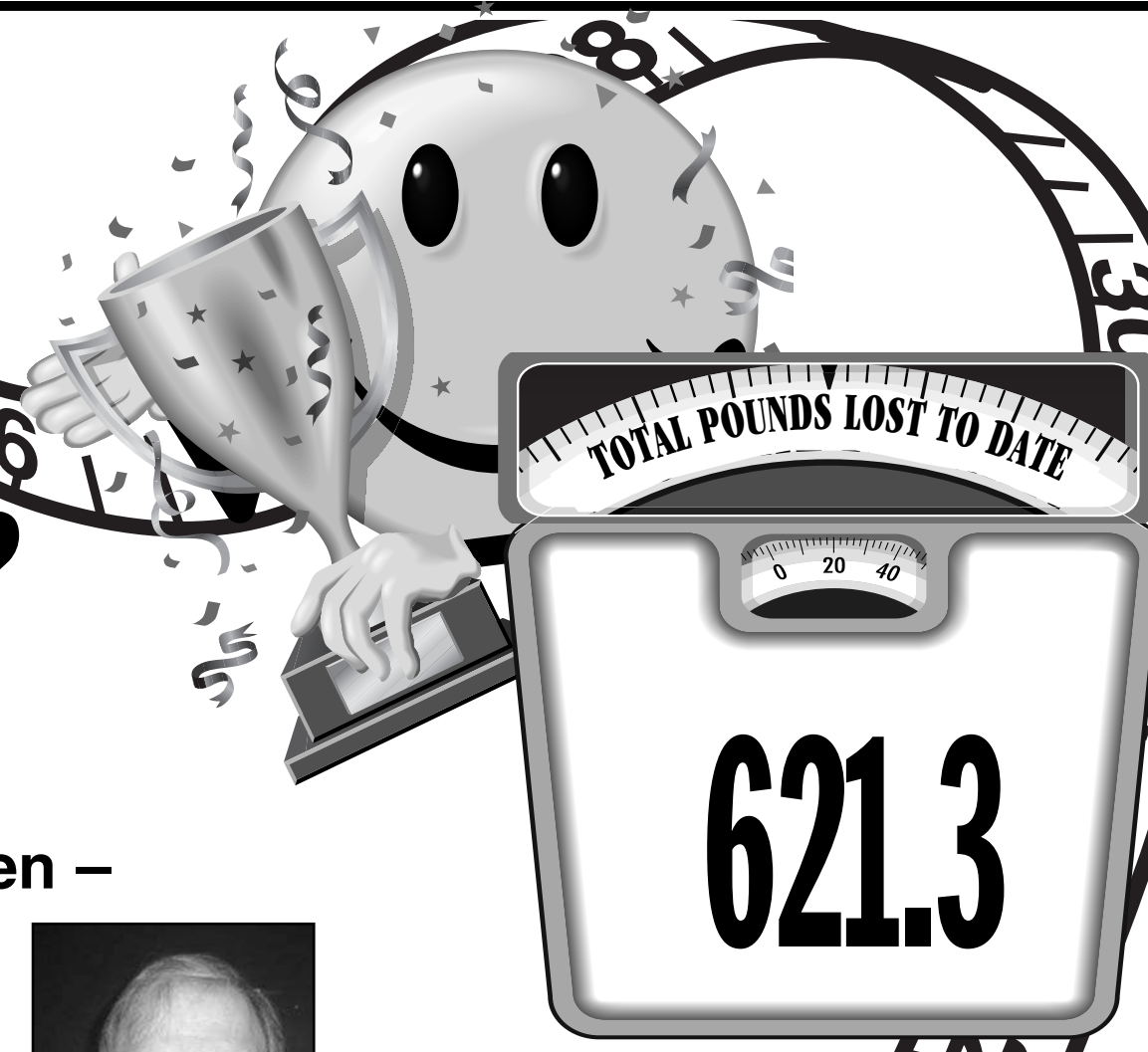



# Week #9


## Who Can Lose the Largest percentage of weight?




### - Top 5 Women -



**Aurea Hine**  
1.62% Lost: 8.86%



**Guadalupe Galvan**  
2.03% Lost: 11.15%




**Tricia Timothy**  
2.42% Lost: 1.67%

**WEEKLY LEADER**


### This Week's Leaders

**WEEKLY LEADER**


### - Top 4 Men -



**Billy Emerson**  
8.04% Lost: 12.78%



**Dirk Anderson**  
2.49% Lost: 13.75%



**Robin Mills**  
2.27% Lost: 13.13%



**Debbie Talamas**  
1.30% Lost: 4.90%



**Betty Scarbrough**  
1.03% Lost: 7.16%

### Congratulations to our WEEK #9 leaders



**Todd Hennessee**  
0.11% Lost: 2.87%


Contestant Name	Weekly % Lost	Total % Lost
<b>WOMEN'S RESULTS</b>		
Timothy, Tricia	2.42%	1.67%
Galvan, Guadalupe	2.03%	11.15%
Hine, Aurea	1.62%	8.86%
Talamas, Debbie	1.30%	4.90%
Scarbrough, Betty	1.03%	7.16%
Hecker, Joany	0.97%	9.05%
Sodaro, Michelle	0.92%	11.24%
Holmes, Karen	0.55%	0.84%
Davidson, Sandy	0.51%	0.66%
Mills, Jamie	0.38%	7.01%
Carpenter, Ann	0.19%	6.44%
Hastings, Mary	0.17%	3.00%
Van De Vyner, Carla	0.16%	1.20%
Burkhart, Susan	0.00%	5.16%
Haring, Debbie	0.00%	6.57%

Dean, Sherry	0.00%	5.66%
Yelle, Kathy	0.00%	7.60%
English, Cree	0.00%	4.16%
Tuttle, Rylie	0.00%	3.39%
Robinson, Nancy	0.00%	6.21%
Smoley, Jayne	0.00%	-1.73%
Thomsen, Jessica	0.00%	2.93%
Egerton, Bettie	0.00%	5.22%
Circle, Crystal	0.00%	0.64%
Burkhart, Lizz	0.00%	-0.74%
Edwards, Victoria	0.00%	3.24%
Wittmier, Cheryl	-0.12%	7.31%
Cudaback, Rhonda	-0.17%	4.42%
Marmion, Leonor	-0.46%	12.82%
Brock, Nancy	-0.53%	3.26%
Hansen, Renee'	-0.54%	-1.28%
Bossley, Kysha	-1.17%	15.32%
Bagon, Maggie	-2.01%	1.38%

<b>MEN'S RESULTS</b>		
Emerson, Billy	8.04%	12.78%
Anderson, Dirk	2.49%	13.75%
Mills, Robin	2.27%	13.13%
Hennessee, Todd	0.11%	2.87%
Yelle, Bruce	0.00%	1.69%
Smoley, Steve	0.00%	-3.17%
Eisele, Frank	0.00%	3.22%
Rojas, Al	-0.45%	5.24%
Stevenson, Dustin	-0.64%	0.47%
Hecker, Jim	-0.69%	10.46%
Hurd, Calvin	-0.84%	-0.26%

### 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**

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.

**Sponsored by**



**2285 Hwy. 101, Florence**  
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### Siuslaw News

148 Maple St., Florence  
541-997-3441



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

## PeaceHealth Diet Tip #9

Fantasize about healthy food. Imagine eating a cold, crisp, and juicy apple and enjoying it. Remind yourself how good you feel after healthy homemade vegetable burritos instead of greasy takeout. When you make yourself think eating healthy food is delicious (even if you don't completely believe it), it is easier to make healthy food decisions.

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

### Recipe for Reduction

#### Grilled Salmon with fruit Salsa


Makes 4 svgs.

**Ingredients**  
**Fruit Salsa:**  
1 avocado, peeled, pitted and chopped  
2 Tbsp lime juice  
2C cubed fresh fruit such as red papaya, nectarine, apricot or peaches  
2 green onions, chopped  
1/4C chopped fresh cilantro  
1/2 tsp. chopped garlic  
1/4 tsp. salt (optional)  
1/8 tsp. grd black pepper

**1 pound salmon fillets**  
1/4 tsp. salt (optional)  
1/8 tsp. grd black pepper

**Preparation**  
Combine salsa ingredients and set aside. Serve over cooked fish (BBQ or baked).

Nutritional Information  
Per serving:  
1C salsa  
1/4 fish:  
264 calories  
14gm fat  
12gm Carb

 **PeaceHealth Medical Group**

**The FITNESS of Golf**

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\*Fitness information provided by: American Golf Corporation