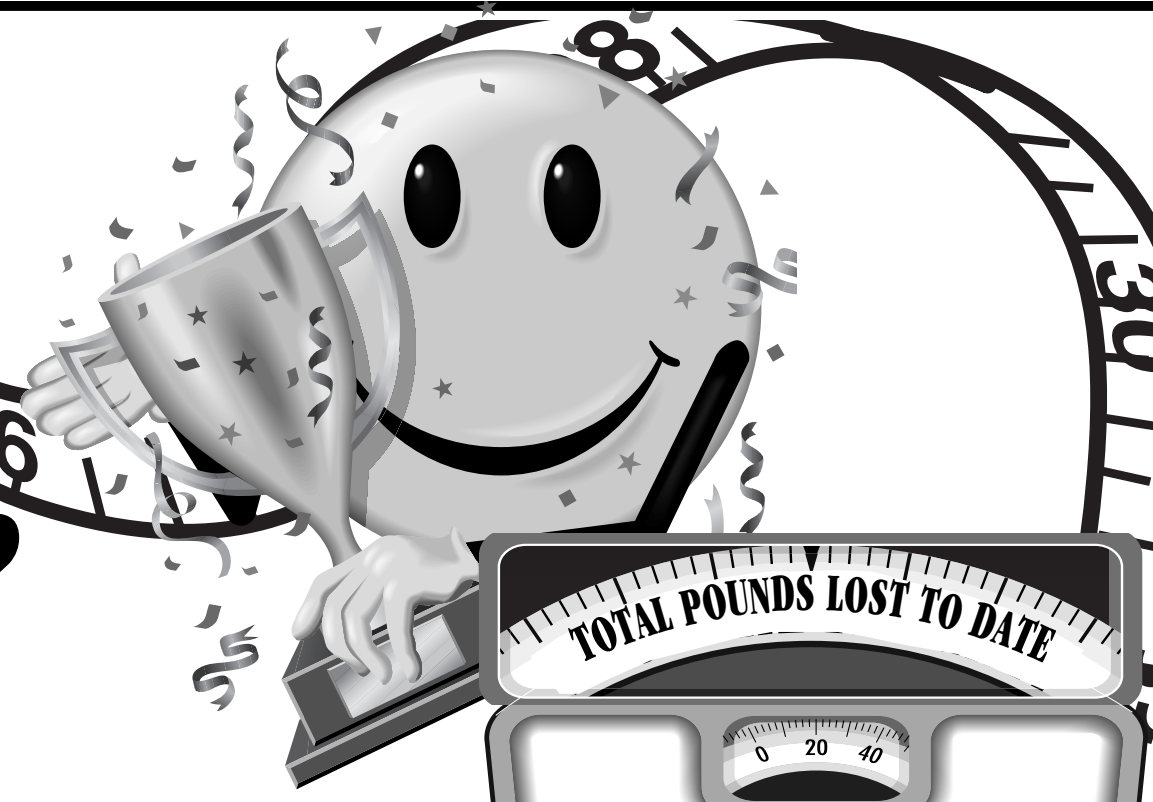


# Week # 12

## Who Can Lose the Largest percentage of weight?

**LOSE to WIN!**



– Top 5 Women –

WEEKLY LEADER

WEEKLY LEADER

– Top 4 Men –

### This Week's Leaders



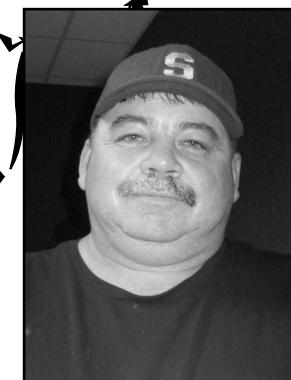
Debbie Talamas  
2.21% Lost: 6.39%



Michelle Sodaro  
2.33% Lost: 13.31%



Debbie Haring  
2.72% Lost 7.63%



Dirk Anderson  
2.08% Lost: 15.54%



Steve Smoley  
1.42% Lost: -0.53%



Jim Hecker  
1.06% Lost 12.52%



Nancy Robinson  
0.82% Lost: 5.97%



Renee Hansen  
0.79% Lost: 0.73%

### Congratulations to our WEEK #12 leaders



Al Rojas  
0.55% Lost 7.81%



Dustin Stevenson  
0.45% Lost: 0.29%

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 30 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.

Contestant Name	Weekly % Lost	Total % Lost
<b>WOMEN'S RESULTS</b>		
Haring, Debbie	2.72%	7.63%
Sodaro, Michelle	2.33%	13.31%
Talamas, Debbie	2.21%	6.39%
Robinson, Nancy	0.82%	5.97%
Hansen, Renee'	0.79%	0.73%
Marmion, Leonor	0.74%	15.23%
Scarborough, Betty	0.47%	8.75%
Timothy, Tricia	0.29%	0.72%
Wittmier, Cheryl	0.18%	9.86%
Carpenter, Ann	0.13%	9.89%
Hastings, Mary	0.00%	1.35%

Van De Vyner, Carla	0.00%	1.04%
Yelle, Kathy	0.00%	7.52%
Tuttle, Rylie	0.00%	3.94%
Bossley, Kysha	0.00%	16.85%
Circle, Crystal	0.00%	1.42%
English, Cree	0.00%	6.38%
Hine, Aurea	-0.17%	10.31%
Mills, Jamie	-0.27%	7.21%
Holmes, Karen	-0.38%	0.00%
Galvan, Guadalupe	-0.45%	12.26%
Hecker, Joany	-0.52%	8.76%
Brock, Nancy	-0.52%	2.75%
Burkhart, Susan	-0.58%	5.16%
Davidson, Sandy	-1.46%	-0.08%

<b>MEN'S RESULTS</b>		
Anderson, Dirk	2.08%	15.54%
Smoley, Steve	1.42%	-0.53%
Hecker, Jim	1.06%	12.52%
Rojas, Al	0.55%	7.81%
Stevenson, Dustin	0.45%	0.29%
Mills, Robin	0.17%	15.00%
Yelle, Bruce	0.00%	1.47%
Hennessee, Todd	-0.37%	2.97%
Hurd, Calvin	-1.14%	-1.82%

### Recipe for Reduction

#### Quick Lasagna

Makes 12 svgs

**Ingredients**  
 3C low-fat cottage cheese or low-fat Ricotta cheese  
 2 Tbsp dried parsley  
 1 tsp chopped garlic  
 4C spaghetti sauce (homemade or from a jar)  
 3/4 pound uncooked lasagna noodles (12 noodles)  
 1C (4 oz) grated, reduced-fat mozzarella cheese  
 1/4C grated Parmesan cheese

**Preparation**  
 Preheat oven to 350 degrees. Spray a 9-inch by 13-inch baking pan with nonstick cooking spray.  
 Mix cottage cheese, parsley, and garlic.  
 Pour 1C of sauce in bottom of pan. Layer in this order: 4 noodles, 1/2 cheese mixture, 1/2 mozzarella, 1C sauce, 4 noodles, 1/2 cheese mixture, 1/2 mozzarella, 1C sauce, 4 noodles and the rest of the sauce. Sprinkle with Parmesan cheese. Cover tightly with aluminum foil and bake for 1 hour. Increase baking time by 15min. If it has been refrigerated.

From: "Quick and Healthy by Ponicherra"

**Nutritional Information**  
 Per serving:  
 218 calories  
 5 g fat  
 29g carb

PeaceHealth Medical Group

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

**Coastal Fitness & Aquatics**  
 2285 Hwy. 101, Florence  
 541-997-8086

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

## PeaceHealth Diet Tip # 12

You are only as healthy as your last trip to the grocery store. Shop once a week to keep your home stocked with healthy foods. your grocery card should have 50 percent produce, 25 percent whole grains, and 25 percent lean proteins and low-fat dairy foods.

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

The **FITNESS of Golf**

An 18-hole round is compared to a 5-mile walk

**SANDPINES**  
 GOLF LINKS

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\*Fitness information provided by: American Golf Corporation