



Week #4 RESULTS

Who Can Lose the Largest percentage of weight?



– Top 5 Women –



Michelle Sodaro
2.09%



Mary Fazzio
2.65%

WEEKLY
LEADER

This
Week's
Leaders

WEEKLY
LEADER

Congratulations to our
WEEK #4
leaders

– Top 5 Men –



Timothy Moffett
2.01%



Al Rojas
1.88%



Aurea Hine
2.07%



Jamie Wilby
2.01%



Vida Hanks
1.88%



Delbert R. Hanks
1.62%



Randy Schmoe
1.19%



David Clark
1.06%

Contestant Name

Weekly % Lost

Total % Lost

WOMEN'S RESULTS

Mary Fazzio	2.65%	1.30%
Michelle Sodaro	2.09%	7.61%
Aurea Hine	2.07%	8.54%
Jamie Wilby	2.01%	3.97%
Vida Hanks	1.88%	3.77%
Whitney Williams-King	1.82%	1.69%
Steffany Jones	1.73%	6.58%
Marguerite Morgan	1.70%	4.06%
Scholastica Turner	1.55%	6.58%
Linda Crowell	1.54%	6.38%
Debbie Haring	1.53%	3.23%
Melissa Bishop	1.51%	3.27%
Kysa Bossley	1.15%	5.54%
Terah Cleveland	1.08%	-0.36%
Tamara Cole	1.07%	5.58%
Ashlee Cole	1.00%	2.76%
Melissa Keel	0.99%	1.21%
Kyla AndrewsMcnew	0.98%	4.36%
Terry Dewey	0.97%	1.50%
Taylor Roberts	0.94%	7.38%
Gina Halpin	0.87%	1.25%
Mary Phillips	0.82%	1.27%
Melissa Samel	0.79%	0.71%

Leonor Marmion	0.74%	8.21%
Gina Lovato	0.74%	2.84%
Rhonda Brophy	0.71%	6.00%
Betty Scarbrough	0.68%	2.87%
AnnaMaria Chavez	0.66%	3.15%
Margaret Free	0.58%	5.40%
Christi Gangstad Riggs	0.57%	1.92%
Denyse Renner	0.54%	3.21%
April Meadows	0.49%	1.82%
Cheryl Wittmier	0.49%	7.06%
Leslie Wade	0.49%	8.03%
Ronnie Walker	0.40%	2.19%
Mariela Rodriguez	0.40%	3.17%
Keli Thrall	0.39%	4.82%
Linda Bickel	0.32%	1.29%
Sarah Nunez	0.18%	4.31%
Ann Carpenter	0.12%	1.81%
Audrey Pearn	0.00%	2.94%
Tracy Hufford-Schmoe	0.00%	3.95%
Denise Schilling(Neese)	0.00%	0.50%
Aimee Hamilton	0.00%	1.58%
Maxine Power	0.00%	1.81%
Elizabeth Burkhart	0.00%	6.41%
Lollie Galvan	0.00%	-0.60%
Linda Harklerode	0.00%	-0.36%
Krispin Hill	0.00%	2.78%

Alisha Hill	0.00%	1.02%
Mika Hutchinson	0.00%	1.30%
Juanita H Settle	0.00%	-0.64%
Rachel Weidman	0.00%	0.53%
Lisa Spencer	0.00%	1.32%
Laurel Latham	0.00%	-0.45%
Hester Grove	0.00%	-0.26%
Kelsie Snook	0.00%	-0.47%
Katie Prosser	-0.16%	3.48%
Linda Kirsch	-0.18%	2.88%
Kim Holden	-0.19%	3.76%
Crystal Circle	-0.28%	0.84%
Tiffany Holdahl	-0.31%	5.37%
Jennifer Wilks	-0.41%	2.14%
Kassy Keppol	-0.42%	4.69%
Guadalupe Galvan	-0.49%	4.19%
Angel McBride	-0.66%	2.34%
Deb Vander Bogart	-0.68%	1.75%
Jo Beaudreaux	-0.71%	-0.98%
Lalitha Stang	-0.73%	-0.37%
Amanda Franklin	-0.92%	2.57%
Noemi Santos	-1.53%	3.00%
Odilia Garcia	-1.58%	1.64%
Donna Youngblood	-2.94%	-1.06%

MEN'S RESULTS

Timothy Moffett	2.01%	7.58%
Al Rojas	1.88%	4.97%
Delbert R. Hanks	1.62%	5.84%
Randy Schmoe	1.19%	3.83%
David Clark	1.06%	1.38%
Mack Wade	0.97%	6.78%
Carlos Galvan	0.81%	4.70%
Bill Prosser	0.61%	6.24%
Matt Holdahl	0.50%	4.07%
Rodney Dewey	0.45%	2.49%
Danny Keppol	0.40%	0.99%
Kenneth Brophy	0.38%	4.05%
Kurt Vander Bogart	0.16%	0.77%
Robert Ybarra	0.16%	2.38%
Michael Cole	0.00%	3.79%
Dirk Anderson	0.00%	7.50%
John Meir	0.00%	1.04%
Wes Mahling	-0.08%	3.45%
Jack Hannigan	-0.09%	0.27%
Steve Smoley	-0.17%	0.76%
Rick Hardwick	-0.34%	2.29%
Bobby Riggs	-0.56%	4.13%
Billy Emerson	-0.58%	2.37%
Vernon Scarbrough	-0.59%	1.35%
Jim Hecker	-0.74%	4.99%
Brett Krause	-0.76%	4.12%
Kristopher Keppol	-0.82%	-0.45%

More than 100
contestants are competing for
OVER \$1,500
IN PRIZES & GIFTS



**14-WEEK
CONTEST**
**January 24 -
May 2, 2018**

•Weigh in each week at Coastal Fitness & Aquatics
•2285 Hwy. 101, Florence, each Wednesday,
7:30a.m.-9:00a.m. -or- 4:30p.m.-6:00p.m.

•Weekly leaders in each category (male & female) will be pictured in the
Saturday edition of the Siuslaw News.

•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 not 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 24 and will weigh-in every Wednesday through May 2, 2018 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.

Diet Tip #4

Healthy Eating Tips:

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Become portion savvy. Keeping tabs on your portion sizes helps you manage your calorie intake – a must in any effective weight management strategy. Try this: Without using a measuring cup, pour what you think is one cup of dry cereal or one-half cup of rice or pasta into a bowl. Now check the actual amount with a measuring cup. How close is your estimate?

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