

LOSE to WIN!

Week #8

RESULTS

Who Can Lose the Largest percentage of weight?

TOTAL POUNDS LOST TO DATE

781.6

– Top 5 Women –



Maxine Power  
2.34%



Leonor Marmion  
2.51%

WEEKLY LEADER

This Week's Leaders

WEEKLY LEADER

Congratulations to our WEEK #7 leaders

– Top 5 Men –



Michael Cole  
2.76%



Jim Hecker  
2.03%



Scholastica Turner  
2.05%



Katie Prosser  
1.90%



Michelle Sodaro  
1.82%



Mack Wade  
1.86%



Rick Hardwick  
1.81%



Kristopher Keppol  
1.47%

Contestant Name Weekly % Lost Total % Lost

WOMEN'S RESULTS

|                         |       |        |                        |       |        |
|-------------------------|-------|--------|------------------------|-------|--------|
| Leonor Marmion          | 2.51% | 7.82%  | Melissa Samel          | 0.52% | 1.67%  |
| Maxine Power            | 2.34% | 3.29%  | Taylor Roberts         | 0.47% | 11.92% |
| Scholastica Turner      | 2.05% | 11.34% | Aurea Hine             | 0.44% | 11.75% |
| Katie Prosser           | 1.90% | 7.56%  | Tamara Cole            | 0.32% | 8.85%  |
| Michelle Sodaro         | 1.82% | 13.75% | Jo Beaudreaux          | 0.16% | -1.80% |
| Ashlee Cole             | 1.76% | 6.35%  | Kim Holden             | 0.14% | 6.84%  |
| Keli Thrall             | 1.57% | 8.81%  | Christi Gangstad Riggs | 0.11% | 1.87%  |
| Cheryl Wittmier         | 1.41% | 11.14% | Kassy Keppol           | 0.08% | 3.07%  |
| Debbie Haring           | 1.17% | 5.05%  | Lollie Galvan          | 0.00% | 1.59%  |
| Donna Youngblood        | 1.12% | 4.82%  | Audrey Pearn           | 0.00% | 3.71%  |
| Guadalupe Galvan        | 1.09% | 6.98%  | AnnaMaria Chavez       | 0.00% | 3.97%  |
| Leslie Wade             | 1.09% | 10.69% | Kyla AndrewsMcnew      | 0.00% | 3.69%  |
| Linda Crowell           | 1.04% | 10.17% | Linda Bickel           | 0.00% | 0.59%  |
| Gina Lovato             | 1.02% | 5.22%  | Elizabeth Burkhart     | 0.00% | 3.49%  |
| Terry Dewey             | 0.87% | 4.71%  | Crystal Circle         | 0.00% | 1.18%  |
| Tracy Hufford-Schmoe    | 0.83% | 8.15%  | Tiffany Holdahl        | 0.00% | 6.29%  |
| Denyse Renner           | 0.83% | 1.61%  | Angel McBride          | 0.00% | 2.76%  |
| Deb Vander Bogart       | 0.80% | 2.76%  | Marguerite Morgan      | 0.00% | 3.93%  |
| Rhonda Brophy           | 0.76% | 8.78%  | Sarah Nunez            | 0.00% | 1.96%  |
| Denise Schilling(Neese) | 0.73% | 2.51%  | Mary Phillips          | 0.00% | 0.29%  |

MEN'S RESULTS

|                    |        |        |
|--------------------|--------|--------|
| Michael Cole       | 2.76%  | 5.56%  |
| Jim Hecker         | 2.03%  | 8.55%  |
| Mack Wade          | 1.86%  | 10.84% |
| Rick Hardwick      | 1.81%  | 7.42%  |
| Kristopher Keppol  | 1.47%  | 1.63%  |
| Wes Mahling        | 1.38%  | 5.40%  |
| Rodney Dewey       | 1.27%  | 4.65%  |
| Timothy Moffett    | 1.13%  | 11.01% |
| Bill Prosser       | 1.03%  | 8.27%  |
| Danny Keppol       | 0.69%  | 1.21%  |
| Carlos Galvan      | 0.56%  | 8.79%  |
| Al Rojas           | 0.42%  | 7.55%  |
| Bobby Riggs        | 0.39%  | 6.43%  |
| Delbert R. Hanks   | 0.20%  | 8.73%  |
| David Clark        | 0.00%  | 2.22%  |
| Billy Emerson      | 0.00%  | 3.66%  |
| Matt Holdahl       | 0.00%  | 5.38%  |
| Robert Ybarra      | 0.00%  | 2.01%  |
| Randy Schmoe       | -0.25% | 5.28%  |
| Kurt Vander Bogart | -0.32% | 0.89%  |
| Vernon Scarbrough  | -0.92% | 0.27%  |

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 #8

Try the “fresh first, frozen follows” trick. Purchase fresh and frozen produce – get enough fresh for only the first 4 or 5 days and then also get frozen for refilling in the time between grocery store trips. Frozen produce is just as nutritious as fresh but can last up to 12 months in the freezer without going to waste. Just be sure to get the frozen vegetables without added salt, seasoning, or fat and fruits without added sugar

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Siuslaw News

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