



Week #9 RESULTS

Who Can Lose the Largest percentage of weight?



– Top 5 Women –



Scholastica Turner
2.21%



Linda Kirsch
2.66%

WEEKLY
LEADER

This
Week's
Leaders

WEEKLY
LEADER

Congratulations to our
WEEK #9
leaders

– Top 5 Men –



Delbert R. Hanks
2.40%



Al Rojas
1.88%



Michelle Sodaro
2.16%



Kim Holden
1.88%



Rhonda Brophy
1.69%



Bobby Riggs
0.87%



Randy Schmoe
0.80%



Carlos Galvan
0.71%

Contestant
Name

Weekly
% Lost

Total
% Lost

WOMEN'S RESULTS

Linda Kirsch	2.66%	3.96%	Whitney Williams-King	0.43%	0.66%
Scholastica Turner	2.21%	13.55%	Vida Hanks	0.39%	5.18%
Michelle Sodaro	2.16%	15.90%	Keli Thrall	0.35%	9.17%
Kim Holden	1.88%	8.72%	Tracy Hufford-Schmoe	0.24%	8.39%
Rhonda Brophy	1.69%	10.47%	Terry Dewey	0.10%	4.80%
AnnaMaria Chavez	1.42%	5.39%	April Meadows	0.08%	0.76%
Noemi Santos	1.32%	3.37%	Crystal Circle	0.00%	1.18%
Aurea Hine	1.20%	12.94%	Melissa Keel	0.00%	3.73%
Tamara Cole	1.07%	9.92%	Terah Cleveland	0.00%	1.24%
Linda Crowell	0.88%	11.05%	Margaret Free	0.00%	7.05%
Mary Phillips	0.82%	1.11%	Kassy Keppol	0.00%	3.07%
Deb Vander Bogart	0.71%	3.47%	Melissa Samel	0.00%	1.67%
Audrey Pearn	0.71%	4.42%	Denise Schilling(Neese)	0.00%	2.51%
Jamie Wilby	0.69%	4.66%	Jennifer Wilks	0.00%	2.80%
Taylor Roberts	0.47%	12.39%	Donna Youngblood	0.00%	4.82%
Amanda Franklin	0.44%	4.26%	Debbie Haring	-0.12%	4.93%

MEN'S RESULTS

Delbert R. Hanks	2.40%	11.13%
Al Rojas	1.88%	9.43%
Bobby Riggs	0.87%	7.30%
Randy Schmoe	0.80%	6.08%
Carlos Galvan	0.71%	9.49%
Danny Keppol	0.69%	1.21%
Kurt Vander Bogart	0.68%	1.57%
Jim Hecker	0.65%	9.20%
Robert Ybarra	0.37%	2.38%
Mack Wade	0.34%	11.18%
Wes Mahling	0.00%	5.40%
Rick Hardwick	0.00%	7.42%
Kristopher Keppol	0.00%	1.63%
Timothy Moffett	0.00%	11.01%
Vernon Scarbrough	0.00%	0.27%
David Clark	-0.02%	2.20%
Michael Cole	-0.15%	5.40%
Bill Prosser	-0.19%	8.08%
Rodney Dewey	-0.69%	3.96%
Billy Emerson	-1.29%	2.37%

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 #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.

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Siuslaw News

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