



The winners of the Sullivan Summer Weight Loss Challenge were, left to right, Melissa Hughes, Travis Hughes and Mindy Myers. Melissa and Travis Hughes were the team winners, Travis Hughes was the male winner and Myers was the female winner.

Team Quarter Pounder wins challenge

by Matt Rennels
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Team Quarter Pounder found that a lot can happen in eight weeks, including 77.2 pounds of weight loss.

The team, the married couple of Travis and Melissa Hughes, lost the weight to win the team competition at the Sullivan Summer Weight Loss Challenge, an eight-week diet and exercise course sponsored by Lane Michael Day Spa and instructed by personal trainer Holly Harris.

Mr. and Mrs. Hughes said you have put everything into it, or "about 200 percent."

"When you get involved in this, you have to go all out," Travis Hughes said. He lost a total of 49 pounds, and lost a full 14 pounds in the first week

alone. He said he didn't see the drastic change coming.

"I lost it just from not drinking pop," Hughes said. "And I know if it wasn't for my wife, I wouldn't have made it. She keeps me in check."

While Travis Hughes was the male winner with 49 pounds lost, Myers won the female prize with 32.04 pounds, a 15 percent weight loss.

The challenge involved a weekly food journal that all participants, which Harris reviews and adds healthy suggestions to, and they met once a week at the Civic Center for a workout involving cardiovascular exercise, including running suicides, and

sprinting and jogging in Wyman Park, and they also lifted weights and did lunges and squats.

"I think it went very well, especially during the summer when the fair is going on, the kids are home and you're eating more, and there are ball-games to go to and more," Harris said.

Myers also participated in the spring 12-week Biggest Loser Challenge, led by Harris, and she plans to attend an upcoming 12-week session that will begin after the start of the year.

"It's a good way to adopt a healthy lifestyle," Myers said.

Blue Dolphins come back from state meet triumphant

by Matt Rennels
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Five Blue Dolphins just returned from a trip to the State Championship meet this past weekend, and coach Jason Drury was very pleased with the results.

"I'm just glad to see they worked the whole race, they didn't give up," Drury said. "And for the most part they dropped their time."

Grant King, 10, Tyler Mosier, 14, Dalace Ray, 10, and Sam Rousser, 10, competed in individual events, and the 10 & Under 200 Meter Relay team of Adam White, 10, Dalace, Sam and Grant ranked 13th out of 25 teams in their event(2:27.97).

In each of the individual events, the Blue Dolphins were competing against about 35-40 swimmers. Grant King, 10, had the highest finish of any Blue Dolphins, grabbing 15th place in both the 10 & Under 50 Meter Butterfly(37.94) and 100 Meter Butterfly(1:30.88).

King also reduced his times in each of his events which he swam in, dropping below his state-qualifying swim times, which he set one month ago.

"He had a real good meet," Drury said. "I think he came in here a little more confident after he went in the winter."

Grant knocked off a whopping 13.05 seconds off his time in the 10 & Under 100 Meter Freestyle, and Sam Rousser, 10, dropped his by 9.15 seconds in the 10 & Under 100 Meter Butterfly, in which he finished 16th(1:31.38).

Drury was impressed by the whole team, coming in and competing well under new stresses. Three of the swimmers, Adam, Sam and Tyler, were swimming the 100 Meter lengths for the first time at state, but Drury was happy it apparently didn't deter them.

"It's one thing to get to state, and then in a month to drop a second or more is great," Drury said. "That's what we want."

It was also the most swimmers the Blue Dolphins have taken to state since Drury started coaching, and it would have been even six if Megan Zindel hadn't broken her

ankle playing softball recently.

"If several of them make the accomplishment, then the others can see it can be done," Drury said.

Tryouts for the Fall Blue Dolphins team will be held at 9 a.m. on Aug. 23 at the Civic Center. Anyone with questions can call Drury at 728-2280.

Results:
Boys 10 & Under
Grant King, 10, placed 18th in 50 Freestyle(1:08.23), 15th in 50 Butterfly(37.94), 34th in 100 Backstroke(1:33.12), 15th in

100 Butterfly(1:30.88), 33rd in 50 Backstroke(43.68), 34th in 200 Freestyle(2:54.38); Dalace Ray, 10, placed 32nd in the 100 Freestyle(1:19.20), 23rd in the 200 IM(3:17.42), 30th in the 50 Freestyle(35.11) and 22nd in the 100 Breaststroke(1:45.16); Sam Rousser, 10, placed 23rd in the 50 Butterfly(39.59) and 16th in the 100 Butterfly(1:31.38).

Boys 14 & Under
Tyler Mosier, 14, placed 45th in the 100 Butterfly(1:12.18) and 38th in the 200 Backstroke(2:38.22).

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The cholesterol test consists of a total lipid profile, providing readings on total cholesterol, HDL, LDL and triglyceride levels, as well as the cholesterol ratio. Blood glucose and blood pressure readings are also available. The cholesterol test is \$20; the blood glucose is \$3; and the blood pressure check is free. Qualified and trained personnel conduct all tests. For more information, call Lincolnland Home Care at 1-800-879-3212.

Lincolnland Home Care, Lincolnland Hospice and In Home Medical will sponsor bingo from 9 - 10 a.m. following the blood pressure clinic.

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