

2019 GO-GETTERS FITNESS CHALLENGE RESULTS: WEEK 5								
Rank	Last week	Team Name	Playing for	Initial Weigh in	Feb. 21	Weekly Gain /Loss	Total Gain /Loss	Total Gain / Loss %
1	2	Mission Slimpossible	Warren Family Mission	1,139.25	1,034.25	-10.50	-105.00	9.22
2	1	Big Dogs	Voice of the Trumbull County Pound Dogs	1,284.00	1,167.75	-7.50	-116.25	9.05
3	3	Blubber Busters	NAMI Mahoning Valley	1,304.50	1,226.00	-6.25	-78.50	6.02
4	4	Arianna's Hope	Arianna's Hope Chest	1,270.75	1,202.25	-3.75	-68.50	5.39
5	5	LPJ Lean Machine	Peterson Hardhat Scholarship at YSU	1,367.75	1,294.50	-7.75	-73.25	5.36
6	6	LOSTinspanx	Harriett Taylor Upton Gardens	963.75	914.00	-5.50	-49.75	5.16
7	7	Because We Can I	Mercy Health / St. Joe's at the Mall	947.00	899.50	-5.50	-47.50	5.02
8	8	TFF1	Trumbull Family Fitness	1,341.75	1,274.75	-8.25	-67.00	4.99
9	9	Faithful Five	1st UMC Community Breakfast	1,376.75	1,315.00	-13.25	-61.75	4.49
10	10	PsyCare Hungry Gamers	Warren Family Mission	1,005.50	964.50	-6.00	-41.00	4.08
11	12	Because We Can 2	Mercy Health / St. Joe's at the Mall	1,061.00	1,018.25	-11.25	-42.75	4.03
12	13	Flash Mob	Kent State Trumbull Flash's Food Pantry	1,074.25	1,035.00	-8.50	-39.25	3.65
13	11	HUM Heavenly Losers	HUM Appalacian Service Project	1,050.50	1,019.25	+0.50	-31.25	2.974
14	14	The Commish	Niles Community Service	1,036.25	1,005.50	-2.00	-30.75	2.967
15	15	TFF2	Trumbull Family Fitness	1,004.50	982.00	-4.25	-22.50	2.24
16	17	The Chubba Bubbas	St. Jude Children's Research Hospital	1,149.25	1,124.75	-6.75	-24.50	2.13
17	16	God's Busy Bees	Someplace Safe	848.25	830.25	-3.75	-18.00	2.12
			TOTAL	19,225.00	18,307.50	-110.25	-917.50	4.77



DYNAMOS RESULTS: WEEK 5								
Rank	Last week	Team Name	Playing for	Initial Weigh in	Feb. 21	Weekly Gain /Loss	Total Gain /Loss	Total Gain / Loss %
1	1	Just Weight	Alzheimer's Network	950.25	840.00	-22.00	-110.25	11.60
2	3	Thinning the Herd	Cornerstone of Hope	1,166.50	1,060.00	-9.50	-106.50	9.13
3	2	The Slimsons	Make-A-Wish Foundation	1,150.25	1,045.75	-5.00	-104.50	9.08
4	4	Lowry Family Dental	Trumbull County Animal Welfare League	1,147.25	1,059.25	-11.00	-88.00	7.67
5	5	One Last Time	Rich Center for Autism	1,251.75	1,167.75	-9.75	-84.00	6.71
6	6	4 1/2 Full Grown Men	Trumbull Family Fitness / Towel Fund	1,239.25	1,171.50	-5.75	-67.75	5.47
7	7	Fructose Fighters	Believers Paramount Summer Camp	1,198.75	1,142.25	-12.25	-56.50	4.71
			TOTAL	8,104.00	7,486.50	-75.25	-617.50	7.62
			GRAND TOTAL	27,329.00	25,794.00	-185.50	-1,535.00	5.62

### Challenge

From Page B6

Hospital, so I deeply understand the importance of mental health being addressed with the proper support, love and concern that NAMI Mahoning Valley is giving to Trumbull and Mahoning counties,” Busters player Margie Rassega said. “Therefore, we wanted to give back for the outstanding work that Hope Haney, executive director of NAMI Mahoning Valley, is doing.”

**FAT FACTS**

At 11.6 percent of their starting weight lost, Just Weight is the first Fitness Challenge team this year to drop into double digits.

Four other teams already mentioned above have shed more than 9 percent of their starting weight — Just Weight, Thinning the Herd, The Slimsons and Big Dogs.

So far, five teams have topped 100 pounds lost — the Big Dogs, 116.25 pounds; Just Weight, 110.25 pounds; Thinning the Herd, 106.5 pounds; Mission Slimpossible, 105 pounds; and The Slimsons, 104.5 pounds.

There are no teams in the 90-pound range, but two others have lost more than 80 — Lowry Family Dental, 88 pounds; and One Last Time, 84 pounds.

*bcole@tribtoday.com*

### Health notes

From Page B6

**ADDICTION SCREENINGS:** Narconon can help families take steps to help someone overcome addiction. Call 800-431-1754 for free screenings or referrals.

For information, visit [www.narcononnewliferetreat.org/blog/intervention-101](http://www.narcononnewliferetreat.org/blog/intervention-101).

**CIRCLE OF HOPE:** Circle of Hope, a support group for those with mental health diagnosis, meets 6:30 p.m. the second and fourth Monday of each month at Grace United Methodist Church, 1725 Drexel Ave. NW, Warren.

For information, call 330-502-8103.

**PARKINSON'S PROGRAM:** Hillside Rehabilitation Hospital fitness program for people with Parkinson's disease meets 12:45 to 1:45 p.m. Fridays at the hospital, 8747 Squires Lane NE, Howland.

For information or to register, call 330-841-3893 or visit [www.vcprograms.net](http://www.vcprograms.net).

**WELLNESS CLINICS:** Shepherd of the Valley is offering wellness clinics at each of its locations in Trumbull County. A nurse will check blood pressure and blood glucose levels.

Monthly clinics are 10 to 11 a.m. the second Wednesday at 1500 McKinley Ave., Niles, and the fourth Wednesday at 4100 North River Road, Howland.

For information, call 330-530-4041 or email [mhoskins@shepherdofthevalley.com](mailto:mhoskins@shepherdofthevalley.com).

**HEALTH DEPARTMENT VACCINATIONS:** The Trumbull County Combined Health District offers vaccinations to children and adults.

For information, call 330-675-2590, Ext. 3. Adult TB testing is available by appointment.

**HEALTH SCREENINGS:** Neighborhood Health Watch provides free health screenings once a month at Niles SCOPE. Call 330-480-2011 for schedule.

**NAMI SUPPORT GROUPS:** NAMI Mahoning Valley offers support and education to those dealing with serious mental illness. Support groups are as follows:

NAMI Mahoning Valley offers support and education to those dealing with serious mental illness. Support Groups are:

- Evening Connections — 6 p.m. first and third Monday of each month, AltaCare Building, 142 Javit Court, Austintown;
- Daytime Connections — 2:30 every Wednesday, Community Center, 1344 Fifth Ave., Youngstown.

Family Support Groups are:

- Daytime Family Support Group — 11 a.m. first Thursday of each month, Girard Library, 105 Prospect St., Girard;
- Evening Family Support Group — 7 p.m. second Tuesday of each month, Alta Care Building, 142 Javit Court, Austintown.

**ST. JOE'S AT THE MALL,** Eastwood Mall, Niles. Hours 8 a.m. to 5:30 p.m. Monday, Wednesday and Friday, and 8

a.m. to 4:30 p.m. Tuesday and Thursday. 330-652-7542

- Free blood pressure screenings — 9 a.m. to noon Tuesday to Thursday and 2 to 4 p.m. Tuesday and Wednesday;
- Strong Bones Program — Free 12-week program of personalized strength training for those with osteoporosis or low-bone density;
- Monthly exercise classes — Cardio Jam group exercise, SilverSneakers Cardio, Silver Sneakers Classic, Easy Yoga and Chair Yoga, an exercise class for people with Parkinson's, Zumba, Zumba Gold, Silver-Sneaker Balance class and Drums and Muscles workout class;
- Free notary public services and living wills and durable power of attorney for health care — 1 to 4 p.m. Thursday;

- Walk With A Doc — 7:45 to 8:45 a.m. Friday, with Dr. Frank Beck, DDS, and Youngstown Phantom Hockey players. Free giveaways for those that register ahead of time and refreshments;
- Mercy Health Mobile Mammography — 8:30 a.m. to noon March 5. The bus will be in St. Joe's at the Mall parking area. Call to schedule a visit.

### CARNATION US COACH TOURS

330-781-8687

**SENECA ALLEGANY \$28 PP**  
MAR. 8, 22, APR. 12 BONUS: \$45

**HARD ROCK \$15 PP**  
FEB. 26, MAR. 26, APR. 30 BONUS: \$25

**MEADOWS \$15 PP**  
MAR. 18, APR. 22 BONUS: \$25

**RIVERS \$19 PP**  
MAR. 12 \$30 PLAY

**MOUNTAINEER \$19 PP**  
MAR. 6, 20, APR. 10, 24 BONUS: \$20

**SENECA ALLEGANY @ HI EXPRESS \$105 PP/DO**  
BONUS: \$90 / BREAKFAST  
MAR. 16-17, APR. 27-28, MAY 18-19


**JACKS \$19 PP**  
MAR. 27 BONUS: \$25

**SOARING EAGLE \$230 PP/DO**  
MAY 5-7 OR OCT. 6-8 BONUS: \$125

**SENECA NIAGARA 3D/2N**  
JULY 7-9 \$275 PP  
Nov. 10-12 \$250 PP  
Bonus: \$160

**MahoningValleyTours.com**

### TRANSPORTATION SPECIAL

 **30 DAYS FOR 30**  
Up to 5 lines

**Sell your Car, Truck, or Van in the Tribune Chronicle, Town Crier and Online at TribCars.com**

**Can't sell it in 30 days? Call us and we'll run your ad for another 10 days at NO CHARGE!**

Offer Available to private party individuals only.

**CALL US TODAY! 330-841-1701**