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**Prime-Time** 

### **Lost 193** pounds so he could join Marines

#### **By David Cederstrom**

**Chronicle Staff Writer** 

Chris Ruckert, 24, of Hartford, says he dreamed of joining the

24, who lives

in Hartford,

went from

399 to 207;

on to Parris

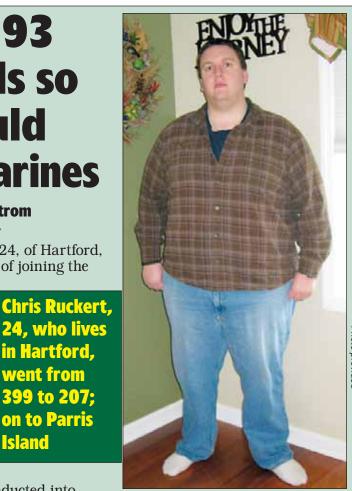
**Island** 

U.S. military, but it didn't look possible a year-and-ahalf ago when he weighed "a fraction away from 400 pounds, 399.6."

Then he lost 193 pounds. Now down

to 207, he was inducted into the Marine Corps on Feb. 3 and went to their Parris Island boot camp in South Carolina.

"It had been my dream since I was a kid to serve in the military," says Mr. Ruckert who



moved here with his family from Long Island five years ago. "I wanted to serve my country and do my part, but because I was overweight, I never could." At nearly 400 pounds, "I real-

At right, the now trim Chris Ruckert. At left, Dr. Jonathan Gerber, on whose protein diet Mr. Ruckert lost his Chronicle photo/David Cederstrom

ized that something in my life had to change."

Mr. Ruckert said he had heard about the Ideal Protein Cellular Nutrition Plan weight reduction program, offered locally by Queensbury chiropractor Dr. Jonathan Gerber.

"Finally my father and I decided it would be a good idea to try and take this step in the right direction," Mr. Ruckert said.

He said he went to one of Dr. Gerber's seminars, and lost 14 pounds in his first week on the program. "At that point I real-

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## Who is Elise Stefanik?

#### **By Gordon Woodworth**

**Chronicle News Editor** 

"I'm a big-tent conservative candidate," Elise Stefanik, 29-year-old Harvard graduate

Harvard

grad, 29, vies

for Congress;

county chiefs

endorse her

Republican

and Republican 21st District Congressional hopeful, tells *The* Chronicle.

"...I am part of a new generation of conservatives who believe in small

government, a balanced budget and curbing regulations that hurt small businesses."

Even before Ms. Stefanik won the endorsement last Friday of the Republican chairs of the 12 counties included in the vast district, the Democratic Congressional Campaign Committee began

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# **German Shepherds lost, sought**

#### **By David Cederstrom**

**Chronicle Staff Writer** 

John and Sue Ramalhete of Stony Creek are still searching for three eight-month-old German Shepherds that they lost on Wednesday, Jan. 29.

Stony Creek

kennel's plea

"We're sick about it," said Mr. Ramalhete, who contacted The Chronicle to spread word of the search.

The Ramalhetes are offering a \$1,500 reward for the safe return of the animals.

"I just want the dogs back, no

questions asked," Mr. Ramalhete said.

The Ramalhetes operate a small kennel where they raise German Shepherds.

The missing dogs — named Cocoa, Sammy and Gypsy —

were kept from a litter last year. The dogs were wearing collars with licenses, Mr. Ramalhete said.

He said that during a photo session

with a group of their dogs off the Hadley-Stony Creek Road, "these dogs walked around the side of a building, and that's the last we

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John and Sue: (518) 696-2689 Lost on 1/29 in Stony Creek/Lake Luzerne



















