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# The Chronicle

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**Prime-Time Seniors: Feb. 20**

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

**Chris Ruckert, 24, who lives in Hartford, went from 399 to 207; on to Parris Island**

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 weight. Chronicle photo/David Cederstrom

Photo provided

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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Chronicle photo/Gordon Woodworth

## Who is Elise Stefanik?

By Gordon Woodworth  
Chronicle News Editor

"I'm a big-tent conservative candidate," Elise Stefanik, 29-year-old Harvard graduate 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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**Harvard grad, 29, vies for Congress; Republican county chiefs endorse her**

## 3 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.

"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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**Stony Creek kennel's plea**

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