

The News Courier

Serving Athens and Limestone County: A Community of Tradition and Future

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BEFORE



COURTESY PHOTO

Kathy Bates said she avoided getting her photo made when her weight had bloomed to 230 pounds.

Athens woman loses 68 pounds, improves health on 'Steak-Out diet'

By KAREN MIDDLETON
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Life seemed to be dealing Kathy Bates a never-ending series of bad blows — numerous serious surgeries resulting in one case of sepsis, pneumonia, blood clots and kidney failure, a hip replacement, divorce after 42 years of marriage and ongoing medical problems including arthritis and high blood pressure.

When she could no longer work at a job she enjoyed at Bryant Industrial Maintenance & Alabama Trailer Shop in Decatur, she had to go on disability.

Despondent, Kathy began to eat, and before she came to terms with her situ-

ation, she was carrying 230 pounds on her 5-foot frame. She knew she was exacerbating her medical problems through weight gain, which for her could be lethal.

"I tried several different diets, frozen dinners, and nothing worked for me," said Kathy. "Sometimes I would order from Steak-Out."

Kathy thought the restaurant's chicken sandwich would be the best low-fat alternative for her, but she found the regular 7-ounce sandwich was too big and didn't result in weight loss.

"So then I started ordering the chil-

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AFTER



COURTESY PHOTO

Kathy Bates feels like wearing pretty clothes once more after losing 68 pounds in the past year.

dren's grilled chicken sandwich, which is half the size," she said. "Then I ordered the oatmeal-raisin cookie for the fiber and fruit for my breakfast."

Kathy said she alternated occasionally by ordering grilled shrimp spears and grilled vegetables. She said she didn't become sick of the diet and the pounds began to come off.

She also said she had stopped going to church.

"That was not good," she said. "I was raised going to church. So I started going to Sardis Springs Baptist Church because my girls go there."

Born and raised north of Dallas/Ft. Worth, Kathy married right out of high school and moved with her hus-

band to Limestone County in 1978 to help care for his widowed mother.

In time, she moved her mother here from Texas. Before her mother-in-law died two years ago, Kathy cared for both women.

Over the past year, Kathy has lost 68 pounds and has gone from wearing sizes 2X and 3X to size 14 jeans and a medium blouse.

"The doctor said, 'Whatever you're doing, keep on doing it,'" she said.

Her cholesterol has also dropped from a high of 247.

"I feel so much better," she said. "I knew my weight was going against my health, but I couldn't lose before."

Kathy became acquainted with the Steak-Out delivery people and one

contacted the corporate manager.

Bob Matthews has the franchise for both the Athens and Decatur Steak-Out stores. "I had to have into this company after I ate the cheeseburger," he said.

Matthews said he came up with the concept of the children's size grilled chicken sandwich.

He said the restaurants order boneless chicken breasts a half-ounce larger than prepared weight and trim any fat. The 7-ounce adult portion is cut in half for the child's sandwich.

"I didn't know about Kathy Bates, but I knew about this one gentleman who lost more than 60 pounds in a couple of years eating the Cobb salad," said Matthews.