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ON THE COVER.....some of the top achievements at the Hawaii D.A.S.H. World Record Breakers Meet (Lambert)

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# D.A.S.H. World Record Breakers

as seen by PL USA Editor, Mike Lambert

The Hawaii Meet, now formally known as the D.A.S.H. World Record Breakers contest, in recognition of the new main sponsor of the competition, has been a showcase for record breakers, from the local level to the best in the world, and the mix serves to inspire the island competitors as well as the world class stars who come in from the mainland to the cheers of the appreciative fans, who have witnessed the feats of strength for 100 years. While there are always winners and losers, the contest is on the part of most directors Gus Rehuwisch in putting together each of these great shows, his formula always seems to bring out the best in the new faces and the familiar ones, and the result is powerlifting excitement at the highest levels.

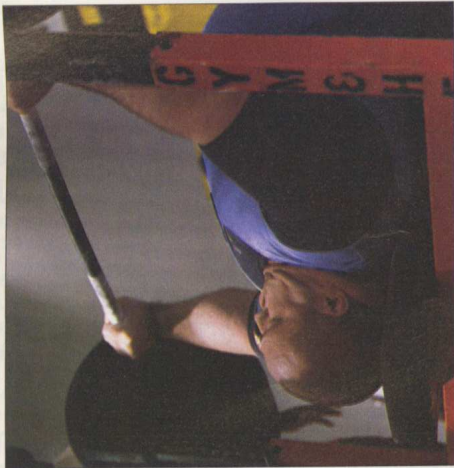
This year, Gus moved the meet to the Ala Moana Hotel, next to the famous shopping center, and these new accommodations were excellent. After an unusually heavy series of downpours in the weeks prior to the meet, the weather turned very nice around contest-time, and Gus did pick the right date, because a couple of days later all the electrical power in

Honolulu was out. The meet was a success, and the results were outstanding. The contest was a showcase for record breakers, from the local level to the best in the world, and the mix serves to inspire the island competitors as well as the world class stars who come in from the mainland to the cheers of the appreciative fans, who have witnessed the feats of strength for 100 years. While there are always winners and losers, the contest is on the part of most directors Gus Rehuwisch in putting together each of these great shows, his formula always seems to bring out the best in the new faces and the familiar ones, and the result is powerlifting excitement at the highest levels.

tony Leinato looked tremendous in



Angel Teves blitzed a variety of world teenage records in the 97 lb. class.



JEFF MADDY rammed up 700 like his arms were hydraulic, but found an all time world best of 724 lbs. around his neck, before missing it outright.

winning the 275s. Dexter Choi went up to the new WPC 308 lb. class for some easy world record pickings in the bench press. Long time local phenom Jim Mersberg seemed to injure his rear shoulder for his try at 1014 in the squat, but was able to use his front shoulder musculature to excellent advantage in the bench.

As for the mainline lifters, 132 pounder Rick Couch put it very simply - "I left it in the gym." After he was gunning for 405-407 at 132. Maybe it will happen next time for the likable lifter, who has dealt with severe hip problems to pressers of all time. Jessie Jackson used to live in Texas, but came over for one of Gus's meets and decided to stay on. He opened with a world record, had some problems with a whippy bar and the judge's signal, but did manage to groove on one attempt and get up with the huge weight, but it was

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Chad Iket continues to make gains in the 114 lb class

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	D1	D2	D3	Total
Angel Teves	132	454	454	66	77	82	214	154	181	199	413
Adrienne Chong	44	...	...	44	...	...	88	275	275	...	...
114	114	114	114	114	114	114	114	114	114	114	114
123	123	123	123	123	123	123	123	123	123	123	123
132	132	132	132	132	132	132	132	132	132	132	132
148	148	148	148	148	148	148	148	148	148	148	148
165	165	165	165	165	165	165	165	165	165	165	165
181	181	181	181	181	181	181	181	181	181	181	181
220	220	220	220	220	220	220	220	220	220	220	220
275	275	275	275	275	275	275	275	275	275	275	275

men

Men	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	D1	D2	D3	Total
Chad Iket	44	...	...	316	332	332*	358	...	...	...	...
Duane Canigan	396	396	434	281	282	282	677	363	388	388	1041
132	132	132	132	132	132	132	132	132	132	132	132
148	148	148	148	148	148	148	148	148	148	148	148
165	165	165	165	165	165	165	165	165	165	165	165
181	181	181	181	181	181	181	181	181	181	181	181
220	220	220	220	220	220	220	220	220	220	220	220
275	275	275	275	275	275	275	275	275	275	275	275



Sandra Flores-Alamo is a very successful military lifter, now stationed and training hard in Hawaii.

As for the mainline lifters, 132 pounder Rick Couch put it very simply - "I left it in the gym." After he was gunning for 405-407 at 132. Maybe it will happen next time for the likable lifter, who has dealt with severe hip problems to pressers of all time. Jessie Jackson used to live in Texas, but came over for one of Gus's meets and decided to stay on. He opened with a world record, had some problems with a whippy bar and the judge's signal, but did manage to groove on one attempt and get up with the huge weight, but it was

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123	123	123	123	123	123	123	123	123	123	123	123
132	132	132	132	132	132	132	132	132	132	132	132
148	148	148	148	148	148	148	148	148	148	148	148
165	165	165	165	165	165	165	165	165	165	165	165
181	181	181	181	181	181	181	181	181	181	181	181
220	220	220	220	220	220	220	220	220	220	220	220
275	275	275	275	275	275	275	275	275	275	275	275

men

Men	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	D1	D2	D3	Total
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165	165	165	165	165	165	165	165	165	165	165	165
181	181	181	181	181	181	181	181	181	181	181	181
220	220	220	220	220	220	220	220	220	220	220	220
275	275	275	275	275	275	275	275	275	275	275	275

# PACIFICO Knows BELTS

When you make the decision to invest in a belt, it should be the last time you need one. The belts we sell are American made. The belts other folks sell are from countries that don't take the time or use the best materials to bring you the quality you need. The main difference is the rivets. We use stainless steel buckles and seamless rollers. They use copper rivets that are too small and tear through the leather.



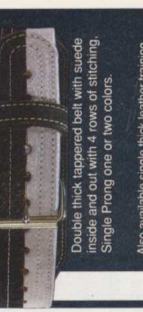
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# WORKOUT of the Month

I bench twice a week (Monday - light - and Thursday - heavy). This routine is for a 10 week cycle with Week 11 being the week of the competition. The weights listed are based upon a current maximum of 350 pounds in the bench with an objective of 370. The key thing is the number of reps. On your heavy day, you want to always push yourself at the top set, if you can do that top set 3 times, then you know it is time to move up. The secret to this routine is that you won't overstress your body because there is little assistance work while the bench is being pushed hard.

The light day bench weights may be easy, however, what you want to do is slow the reps down to give your chest a good workout.

If you do not take supplements, you should. When you start peaking for a meet, your body needs more than the normal daily requirements. Without these supplements, it will be harder for your body to maintain the intensity week after week as you get closer to the meet. As a minimum you should be taking a multi-vitamin pack once a day and some amino acids 3 times a day.

## DAVID RICKS BENCH PRESS ROUTINE



David Ricks is a lifetime drug free lifter, who benches 400 weighing 165.

If you are a seasoned or a novice lifter who is at a stumbling point, I can help you. I can provide a customized program for the squat, deadlift, and the bench. Each program is \$10.00 or \$25.00 for all three programs. If you order all three programs you will also receive tips on nutrition and cutting weight.

Please send check or money order to: David Ricks, 234 Levant Way, OceanSide, CA 92057. \$10.00 for all three each program or \$25.00 for all three routines. Allow 1 week for receipt of questionnaire after submission of order. Allow 2-3 weeks for personalized program after return of questionnaire.

**Week 1:** Light Day - warmup to 240x5, 250x5, 260x5, 270x5 (top set), 240x5 regular reps then 2 slow, negative reps. Heavy Day - warmup to 285x5, 305x2, 315x1 (top set), 285x5 regular reps then 2 slow, negative reps.

**Week 2:** Light Day - 240x5, 250x5, 250x5, 270x5, 285x5 plus 2 slow, negative reps. Heavy Day - 285x5, 295x3, 305x2, 315x3, 285x5 plus 2 slow negative reps.

**Week 3:** Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus 2 slow, negative reps. Heavy Day - 295x5, 305x3, 315x2, 325x1, 295x5 plus 2 slow negative reps.

**Week 4:** Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus 2 slow, negative reps. Heavy Day - 295x5, 305x3, 315x2, 325x3, 295x5 plus 2 slow negative reps.

**Week 5:** Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

2 slow, negative reps. Heavy Day - 305x5, 315x3, 325x2, 335x1, 305x5 plus 2 slow negative reps.

**Week 6:** Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 305x5, 315x3, 325x2, 335x3, 305x5 plus 2 slow negative reps.

**Week 7:** Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 315x5, 325x3, 335x2, 345x1, 315x5 plus 2 slow negative reps.

**Week 8:** Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 315x5, 325x3, 335x2, 345x3, 315x5 plus 2 slow negative reps.

**Week 9:** Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 325x5, 335x3, 345x2, 355x1, 325x5 plus 2 slow negative reps.

**Week 10:** Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 135x8, 225x5, 315x1, 350x1, 370x1, 325x5, 325x5.

**Week 11:** This workout should be no less than 4 days before the meet. If the meet is Saturday my last bench workout would be Tuesday. 135x8, 135x8, 135x8, 225x5, 225x5, 285x1. First attempt - 335, second attempt - 355, third attempt - 370 to 375. The third attempt depends on how you are feeling that day. If you had to drop 10 or more pounds of bodyweight in less than a week to make your weight class, you want to drop your attempts by 5 to 10 lbs.

**Assistance Work:** Light Day - Incline Bench 3 sets (Weeks 1-6) 165x8, 185x8, 205x8. Incline Dumbbells 3 sets, 70x8-10, 70x7-9, 70x6-8. If you can do 10 reps with that last set, it is time to add more weight. Lat Pulldowns - 2 sets 170x8-10, 170x8-10. If you can do 10 reps with that last set, it is time to add more weight. Heavy Day - Incline Bench 3 sets (Weeks 1-6) 165x8, 185x8, 205x8. (Weeks 7-9) 205x5, 205x5, 235x3. Flat Dumbbell 3 sets 80x8-10, 80x7-9, 80x6-8. If you can do 10 reps with that last set, it is time to add more weight. Lat pulldowns 2 sets - 170x8-10, 170x8-10. If you can do 10 reps with that last set, it is time to add more weight.

**Comment:** your assistance work never changes except for the incline bench. For Weeks 1 to 6, you will be doing incline bench on both days. For Weeks 7 to 9, you will only do incline bench on your heavy day. There is no assistance work for Week 11.

# INJURIES

## Shoulder Maladies Identification and Treatment as told by Victor Poletajev, D.C.

causes the contraction of capillaries. After 20 minutes, dilation, which causes more inflammation, occurs. Three types of muscle organ tears can occur: belly tears, meaning just the muscle tore; musculo-tendon junction; and tendon tears with or without avulsion of bone (avulsion means that a piece of the bone tears off with the tendon). Musculo-tendon junction tears are the hardest to heal, due to the meeting of 2 types of tissue, muscle and the less vascular tendon tissue.

Tearing a muscle causes extreme bleeding and anatomical formations. Tendon tears are much more difficult to heal, either surgically repaired or not, cause a slight shortening of the muscular motor unit. This can be compensated for through stretching. You have 8-10 days to determine whether or not surgery is a recourse. After that the muscle will reattach itself casually at the site where it is currently located. This can cause a shortened and weakened muscle unit.

When I tore my pec in 1982, I noted a gap in my pec muscle and immediately had consultation and surgery. I am pleased to report that, after a 75% pectoral belly tear, I bench 510 lbs. again. I haven't

associated with passive movement of the shoulder, having someone else

We are back for our look at specific shoulder injuries and their treatment. In detailing injuries, we can always relate to trauma, rehabilitation and eventual return to a normal level of function. In this article, we will discuss several types of injuries; muscular strains, ligamentous sprains, bursitis, tendinitis, as well as different types of muscle belly tears.

Muscle tissue itself might be considered the largest organ of the body. It is made up of thousands of fibers, and reacts to trauma, with it and able to contain cellular debris. dynamic changes like acidosis or alkalosis. I'm sure most of you have heard of fast and slow twitch muscle fibers. Enough of one or the other dictates your ability in either endurance or fast acting, explosive muscular contractions. The latest research indicates that even though an athlete's muscle biopsy shows one or the other, often this profile can change, depending on physical activity.

When force is exerted on a muscle, it reacts using ATP to recover a contraction. When exercised muscle tissue is torn down, i.e., when it is torn, it is then rebuilt stronger than before. When a muscle is stretched to its maximum load, neuromuscular golgi tendon organs work by relaxing the muscle instantly, so that no further damage is caused. In the previous decades, we have seen great amounts of weight lifted, pushing one's abilities to the maximum. When a great force is applied and the muscles golgi tendons are unable to relax, the muscle quickly tears are very vascular and often hemorrhage greatly.

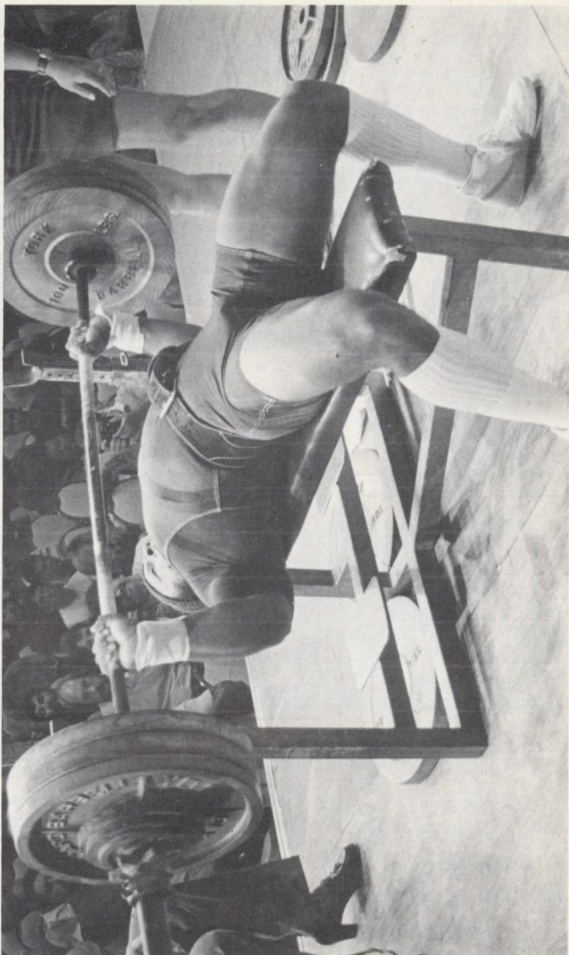
Always - when in doubt - ICE: 20 minutes on and 20 minutes off. Remember after 20 minutes, the opposite occurs in the capillary beds. Ice

move it. Muscle strains are usually painful. When the patient moves or flexes the injured muscle. Often in a separated AC joint when a ligament is injured (Crepitus is a common term for joint noise.) There are 4 grades of ligament and Grade 4 being a minor sprain or a completely separated shoulder.

Bursitis or inflammation of the bursa of the shoulders is diagnosed by a sprain of the humerus into the glenoid fossa, or by a tear of the acromioclavicular joint. Sub-acromial bursitis usually is painful under the anterior deltoid area on the coracoid process. Press there. If painful, move the arm, and if the pain subsides, it's possibly sub-acromial bursitis.

Let's talk about specific muscle injuries. One of the most common injuries is to the supraspinatus muscle. This can be injured by doing side lateral raises, deadlifts, lat work or abduction of the shoulders. The inflammation of the shoulders. The internal rotators can also be injured by doing behind the neck presses and squatting. Yes, squatting! If your shoulder grade is tight after benching the day before, do you have a difficult time squaring your shoulders? What about your shoulders? If you don't work them, I learned this years ago at the renowned, Holy Olympic Weightlifting Club. All the olympic lifters would stretch with a stick before squatting.

Some weight athletes don't realize that your whole body works as a unit. You must warm up before exercising or competing to prevent injuries. Next time we will complete this shoulder series with a specific rehabilitation program - what to do and nutritional advantages to promote healing. Till then, lift healthy!



A Pec Tear is one of the greatest worries of a big benchner. Paul Dicks (above at the 1985 Hawaii meet) was able to make a 612.2 bench at 220.

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# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## The WAVE

by Dyke Naughton, Cutting Edge Sport Sciences



One problem with the conventional "cycle" programs that many powerlifters use to peak is that they require the lifter to hold a long period of time without handling any heavy weights and then they must take all of the heavy weights in a short time as the competition approaches. This can cause a decrease in performance on the platform because the body's muscular and neuromuscular systems do not have time to adapt to the heavy loads. It can also lead to joint and tendon injury from handling these heavy loads all at once.

Once a lifter reaches a certain level of training, it often becomes increasingly difficult to handle heavy loads without overtraining. There is a logical solution to this problem, called the "Wave" program. The program is designed around the principles of some Eastern Bloc weightlifting programs. The "Wave" is a program that varies the volume and intensity of the training loads throughout the year without using the feel of heavy weight and which overtraining. The lifter starts each wave with a base volume (8 to 15 sets, with the heaviest being 10 to 8 reps) and ends each wave with a maximum volume (6 to 8 sets, with the heaviest being 1 to 5 reps). Each wave varies in length, depending on how close the lifter is to a competition.

The volume and intensity can be decreased for off-season and for older and more experienced lifters or increased for the younger lifters who recover quickly and for lifters who are performing a competition. Tables 1 and 2 respectively. Table 3 shows a "Double Wave" which involves the avoidance of any overtraining.

Another problem with conventional "cycle" programs is that they do not make provisions in cases where the lifter misses lifts in a given workout or "single Wave". Table 4 shows a "Triple Wave" which is used by experienced lifters or lifters with a competition 5 to 8 months away. In the "Triple Wave", singles are performed every 12 weeks, which ensures that the lifter will not peak too early.

TABLE 1 - "Off Season Wave"

	WEEKS	1	2	3	4	5	6	7	8	9	10	11	12
R		11	10	10	10	10	10	10	10	10	10	10	11
P		9	8	8	8	8	8	8	8	8	8	8	9
S		6	6	6	6	6	6	6	6	6	6	6	7
S		4	4	4	4	4	4	4	4	4	4	4	4

TABLE 3 - "Double Wave"

	WEEKS	1	2	3	4	5	6	7	8	9	10
R		10	10	10	10	10	10	10	10	10	10
P		8	8	8	8	8	8	8	8	8	8
S		6	6	6	6	6	6	6	6	6	6
S		4	4	4	4	4	4	4	4	4	4
S		3	3	3	3	3	3	3	3	3	3
S		2	2	2	2	2	2	2	2	2	2

TABLE 2

	"Single Wave" WEEKS	1	2	3	4	5	6
R		10	10	10	10	10	10
E		8	8	8	8	8	8
P		6	6	6	6	6	6
S		4	4	4	4	4	4
S		3	3	3	3	3	3
S		2	2	2	2	2	2
S		1	1	1	1	1	1

TABLE 4 - "Triple Wave"

	WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13
R		10	10	10	10	10	10	10	10	10	10	10	10	10
E		8	8	8	8	8	8	8	8	8	8	8	8	8
P		6	6	6	6	6	6	6	6	6	6	6	6	6
S		4	4	4	4	4	4	4	4	4	4	4	4	4
S		3	3	3	3	3	3	3	3	3	3	3	3	3
S		2	2	2	2	2	2	2	2	2	2	2	2	2
S		1	1	1	1	1	1	1	1	1	1	1	1	1

High volume training goes against the powerlifter's grain. Powerlifters are sold on the merits of basic, heavy weight/low rep routines, and for good reason: this formula has been consistently successful, producing virtually every national and world champion in every weight class. High volume training has been left to the mirror athletes and recreational trainers.

Low volume training will always be the "bread and butter" of power training, but that does not mean that high volume training (HVT) is useless to lifters. Heavy weights undeniably take a toll on the body. Power routines are very specialized, and they neglect certain important aspects of fitness. By incorporating HVT, lifters can compensate for the problems inherent in power training.

Consider some of the elements of fitness that are neglected by power programs. The most obvious is cardiovascular fitness. The health benefits of aerobic exercise are so well known that there is no need to elaborate on them, especially since most athletes are willing to neglect their health in order to win. Even if living longer and feeling better doesn't interest you, remember that adequate cardiovascular fitness allows you to recuperate faster between workouts and recover more completely between sets.

Another consideration is the modest caloric demand made by brief, low-repetition routines. Low training volume often results in a strong but fat athlete. Health and appearance aside, excess bodyfat is obviously a hindrance when it comes time to make weight.

Power programs typically concentrate on the "Big Three" and a few carefully selected assistance exercises. Since the intensity level of the program is so high, the number of exercises must be limited to avoid overtraining. Muscles not considered of primary importance are usually ignored, and are worked only indirectly. Calves, hamstrings, side and rear deltoids, abdominals and obliques are all important synergistic muscles, but power routines generally do not develop them fully. Injuries occur if these muscles are not strong enough to contribute support to the joints.

The above problems can all be remedied by the inclusion of a six to eight week general conditioning program once or twice a year. At this time, the athlete would alter his lifting schedule by increasing repetitions to the eight to ten range and concentrate on a wide variety of assistance exercises. Also, aerobic work would be added three to six days a week. Alternatively, athletes might try to combine the weight training and aerobic work in a circuit training program, but this isn't really practical for most people, training at home or in a crowded commercial gym. Many powerlifters are aware of the potential benefits of this type of training, but just don't have the time for it or any interest in it.

High volume training as described below will do everything that such a medium volume program can, but without the inconvenience. Additionally, it offers a benefit of particular interest to the advanced powerlifter: healing and strengthening the joints and connective tissues.

When training volume is increased (that is, more reps and sets are done) less weight can be used. Using less weight gives the joints a break and allows minor, nagging injuries to heal. The medium volume program discussed above allows the joints a certain degree of rest; HVT uses still less weight and provides even more rest. Additional benefit is gained at the high volume level for reasons that involve the physiology of the connective tissues. Skeletal muscles have excellent circulation; but cartilage, ligaments, and tendons have relatively poor blood supplies. When injuries occur involving these tissues, healing is slow and often incomplete, due in part to poor circulation. Blood flow brings nutrients to and remove waste products from the injured tissues, allowing healing to take place. Poor blood supply, therefore, inhibits healing. The high volume program outlined below stimulates tremendous blood flow through the areas worked, and so promotes health and healing.

Before you read the description below, please sit down, keep an open

# TRAINING

## High Volume Training For Powerlifters as told to PL USA by Byron Chandler

mind, and tell yourself over and over, "it will help me total more, later." If you can keep saying that for six weeks or so, you'll be fine.

The recommended high volume program entails five to ten sets of ten to twenty reps on two or three exercises per muscle group, for a total of twenty to thirty sets per body part. Rests between sets are strictly limited to 15 to 75 seconds. (You will be surprised at how much you can recover in this little time.) Clearly this is not a beginner's routine, nor is it for the fainthearted. For most lifters, this sort of training is completely unfamiliar. It will take some getting used to, give yourself a week or two to work up to full bore, gradually reducing rest periods and increasing sets and reps. You will be pleased with how fast you adapt.

Usually the first results noticed are increased aerobic capacity and local muscular endurance. Later, increases in muscle size and reduction of bodyfat should become apparent if your diet is reasonably sound. At some point, depending upon your condition when you begin the program, you will notice aches, pains, and stiffness disappearing and restored stability and mobility of the joints.

When you put a routine together,

keep in mind all the considerations mentioned so far. In order to avoid overtraining, it is important to limit workouts to an hour or so. At a fast pace, you can finish two bodyparts in an hour, the most convenient and workable schedule is probably the rotational type now popular with bodybuilders. Here is one arrangement that works fairly well. Day 1: chest and upper back, Day 2: thighs and lower back, Day 3: shoulders and abdominals, Day 4: arms and calves, Day 5: rest, Day 6: start over at Day 1. A rotational schedule gives you flexibility. If you feel like you aren't recovering, you can add an extra day of rest; you can move the rest day around freely.

When choosing exercises, make selections that will work all main muscle groups and "helping/stabilizing" muscles. Dumbbell presses (flat, incline and seated), lateral raises, leg extensions and leg curls, hyperextensions, dumbbell side bends, and crunches are good for shoulders, knee and lower back stability. Avoid exercises that are hard on joints: all types of squats, dips, preacher curls, hack squats, etc. Also avoid high skill movements like power cleans and high pulls. Don't try to deadlift and squat on the same day, or even in the same five day rotation. Substituting 45-degree leg presses and/or Gerard bar deadlifts is recommended because of the risk of injury associated with high repetitions in the squat and deadlift.

Powerlifters really can benefit from high volume training, and so can many other strength athletes. Give your body a little variety, and you can be a better and healthier athlete. It will work. You will work.

Any questions and comments are very welcome. For a sample routine, send \$1 and a SASE to: Byron Chandler, P.O. Box 294, New London, Pennsylvania 19360.



High Volume Training could prolong your career, so you can become a great masters lifter - like Bob Strange







Training programs for males and females can and should be different. This does not in any way presume that a woman cannot train with men or as heavily as men do, however, the menstrual cycle that women experience monthly does affect strength.

Let's review some basics of the female cycle. The hormones estrogen and progesterone are at high levels at different times during a woman's cycle. Following the onset of menstruation, estrogen levels increase for approximately the next two weeks until ovulation takes place. After ovulation, the levels of estrogen decline and progesterone levels increase for the next two weeks until menstruation takes place. The cycle then begins all over again, unless fertilization of the egg occurs. If pregnancy should occur, then progesterone levels will remain high and the uterine lining is not shed, to prepare for the developing embryo. Most women experience some changes either physically or emotionally during each month. Some women have minimal symptoms, whereas others have a much more difficult time, hence the term PMS. These changes are real and the female lifter's training may reflect these fluctuations.

We have found that a woman is at her weakest point following her period or as her estrogen level increases in preparation for ovulation. She will then be at her strongest just before her monthly period when her progesterone level is at its highest. If a woman works with her monthly cycle, she will make progress and will not become frustrated by these changes. The workout with this article is designed for just this purpose. It allows the female lifter to train hard throughout the month, but includes adjustments to coincide with the changes in her body. There are two

# TRAINING

## Female Training as told by Dawn Sharon, Power Excel



**Dawn Sharon** the former Dawn Reshel, psyches for a squat at the Nationals parts to this workout, one for beginner lifters and the other part for those who are more advanced.

For the beginner, I recommend high volume assistance work. This type of work will ensure a strong foundation. The exercises for assistance that I feel best to do are as follows:

- Shoulders: behind neck presses,
- Traps: shrugs, standing lateral raises
- Lats: pull-downs, low cable rows

for Movements: Squats: 5 sets of 5 reps or 8 sets of 3 reps at 60-65% of your One Rep Maximum. Bench: 5 sets of 6 or 8 sets at 60-65%. Deadlifts: 4 sets of 5 reps or 6 sets of 2 at 60%.

**Week 2:** High Intensity Assistance work 3-4 sets of 5-5 reps. Major Movements: Squats 4 sets of 4 reps or 6 sets of 3 reps at 65%. Bench 6 sets of 4 reps or 8 sets of 3 reps at 65%. Deads: 4 sets of 4 reps or 6 sets of 2 reps at 65%.

**Week 3:** Low Intensity Assistance work 2 sets of 6-10 reps. Major Movements: Squats: 2 sets of 4 reps or 3 sets of 3 reps at 75%. Bench: 4 sets of 4 reps or 6 sets of 3 reps at 75%. Deads: 3 sets of 3 reps or 4 set of 2 reps at 70%.

**Week 4:** Medium Intensity Assistance work 2 sets of 8-12 reps. Major Movements: Squats: 2 sets of 3 reps or 3 sets of 2 at 85-90%. Bench: 3 sets of 3 reps or 4 sets of 2 reps at 85-90%. Deads: 1 set of 3 reps or 2 sets of 2 reps at 90%.

### ADVANCED TRAINING

Assistance work will vary according to the training season: 1. Foundation - high volume moderate weights, 2. Strength - medium volume heavy weights, 3. Performance - low volume light weights, 4. Competition - medium volume light weights. (Assistance exercises will be provided in a future article) Week one begins the day before menses.

**Week 1:** High Intensity Assistance 3-5 sets of 8-12 reps. Major Movements: Squat: 5 sets of 6 reps at 60% or 8 sets of 3 at 65%. Bench: 5 sets of 5 reps at 70% or 8 sets of 3 reps at 65%. Deads: 4 sets of 5 reps at 60% or 5 sets of 2 reps at 70%.

**Week 2:** High Intensity Assistance work 4-6 sets of 6-10 reps. Major Movements: Squats: 5 sets of 4 reps or 6 sets of 2 reps at 70%. Bench: 4 sets of 6 reps or 6 sets of 3 reps at 75%. Deads: 4 sets of 3 reps or 4 sets of 2 reps at 75%.

**Week 3:** Low Intensity Assistance work 2-4 sets of 8-10 reps. Major Movements: Squat: 1 set of 5 reps or 3 sets of 3 reps at 80%. Bench: 2 sets of 5 reps or 3 sets of 4 reps at 85%. Deads: 2 sets of 3 reps or 3 sets of 2 reps at 85%.

**Week 4:** Medium Intensity Assistance work 4 sets of 5-8 reps. Major Movements: Squat: 1 set of 3 reps or 2 sets of 2 reps or 2 sets of 1 rep at 88-93%. Bench: 2 sets of 3 reps or 3 sets of 2 reps or 3 sets of 1 rep at 90-95%. Deads: 1 set of 3 reps or 2 sets of 2 reps or 2 sets of 1 rep at 88-93%.

I'd like to wish you the best of luck with your training and please feel free to contact me if you have any questions or need anything further. I can be reached at the following:

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Nate Foster was working on this program at the 1990 USPF Masters.

The world's first and only handheld computer program for powerlifting referees and coaches, which also provides a complete check of the most director's results, has been developed by Nate Foster, IJF Category 1 Referee, over the last 15 months.

The program was developed on the Sharp Wizard and is available for the also, on 5 1/4" and 3 1/2" floppy disks for use in laptops and personal computers. The program is extremely versatile, menu driven and fast executing, including the Sharp Wizard and Signature models, with scientific based computer cards. The program will quickly indicate which plates must be pulled off and which plates to another, up or down. It instantly provides the sure info for 4th attempt records not a multiple of 2.5 kg and will indicate the closest weight possible based on the available plates which are entered into the computer's memory. The program instantly provides kg. and lb. representation of each weight called for.

Information can be input at the weigh-ins such as plates available in any combination from 55 kg. to 10 kg., name, country, bodyweight, age, sex, squat rack height, width, bench press blocks or not, one or two call-up lifts. The computer program calculates and displays when appropriate, any of the above info to include: Schwartz, Malone, Foster Junior, Foster Submaster, and Revised Foster Master totals on each lifter's subtotals and totals.

The program automatically calculates, stores, and displays when appropriate, lot numbers, ID numbers allow instant keying of attempts to the lifter and thus displays the rack or bench info appropriately.

The program allows display of a menu of disqualification reasons for each attempt according to the lift in progress and allows coding of the disqualification reasons and storage for later display upon query.

Available on menus are conversion subprograms lb. to kg. and kg. to lb.; lot number generator; Schwartz, Malone, Foster Junior, Foster Sub Masters, and Foster Master computer subroutines (so that any age or weight can be queried with an instant answer). Available at the menu for weight change is a coaching subroutine in a particular class is train to lift, and may have to lift to win, place, or show based on opening lifts of all the lifters competing in the class.

The estimates are refined based on 2nd attempts by all competitors. Immediately after the estimate for 1st and 2nd attempts, the actual figures are displayed based on up to date lifts. The program automatically takes into account the bodyweights of each competitor and accurately displays weightlifting into the 21st century.



# STARTIN' OUT

A special section dedicated to the beginning lifter

In every field of endeavor, people succeed and improve at different rates and the field of powerlifting is no different. There are numerous reasons for this and they can include genetics, general physical condition, training methods, and desire. Some of these factors are not under our control, but some are. One is training methods used. Many lifters follow training regimens of other successful lifters and they may not be right for them. One very valuable guide available in this magazine is the "Workout of the Month." In this section, a top lifter outlines his training methods for a particular lift. This can be very helpful for most lifters, but for some it just brings more frustration.

These frustrated lifters are generally referred to as "hardgainers." It means just what it says. Gains for these lifters are hard to come by. By no means are gains impossible, it just requires a different approach to training. In many endeavors, more work means more gains, but in lifting, the opposite tends to be true. Everyone has different abilities to respond to the rigors of training.

The key for hardgainers is less training, not more, as many hardgainers tend to turn to when not gaining. Less training does not mean easy training, as intensity must remain high, but recuperative abilities must not be pushed past their limits. Basic exercise selection is the key. Power training tends to be basic exercise by definition, consisting of the squat, bench press and deadlift. Hard

## HARDGAINERS as told by DOUG DANIELS

I don't mean you're going to get off easy. First let's look at the best exercises for each lift. The first lift, the squat is the easiest to deal with. You can gain with just squatting and forgetting all those leg extensions and sissy squats. You could perform leg curls up until 6 week prior to a meet if you must do more, but nothing else is really required.

The best way to bench more is to bench, but close grip benches are an excellent assistance move and can really overload the triceps. Military presses and curls thrown in once a week can be helpful for the stabilizing muscles. The bench tends to be a severely overtrained lift.

As you may have already guessed, deadlifting is the best way to improve your development. Deadlifting is probably the most stressful of the 3 lifts and must be approached with respect. Ab and calf work can be included and are really important to a big squat and deadlift. For abs, try crunches, for calves heel raises with full extension and contraction are the key. Workout frequency is last. I believe you can gain more than adequately by training for each lift once a week.

This could mean you would only train 2 to 3 times a week. On a three a week schedule you can set up your training like this: Monday: squat, Wednesday: bench, military presses, and close grips. Friday would be all deadlifts and back work. Abs and calves could be done on all 3 days. A twice a week schedule could look like this: Monday: squat and bench (with assistance work) and Thursday could be deadlift etc. Again abs and calves up to 3 times a week. Another variation would be to combine the bench with the deadlift and train the squat separately. Training the squat and deadlift the same day is too much for the back. Take at least 3-4 days between these two lifts.



Doug Daniels coaching his friend Jimmy Vrabel, at a national powerlifting jimmy

Training is such a manner will allow superior recuperation and results will not be hard to come by. My partner, Jim Vrabel and myself have had much success training many lifters using such methods. The key is to be brave to train less and reap more gains. In the future I'll have more articles on training methods for hardgainers. Give my suggestions a chance, you'll not only improve your total but you'll have more free time for the other activities in your life that more time will enhance. Good luck.

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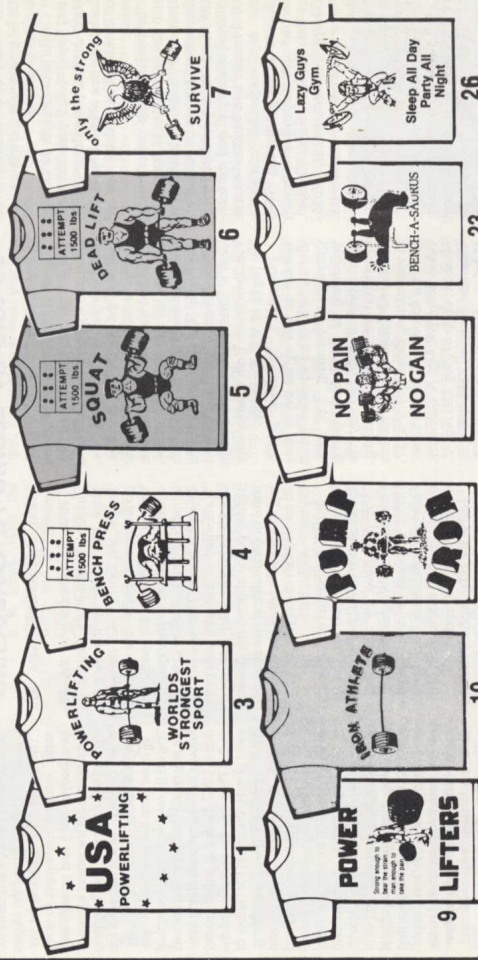
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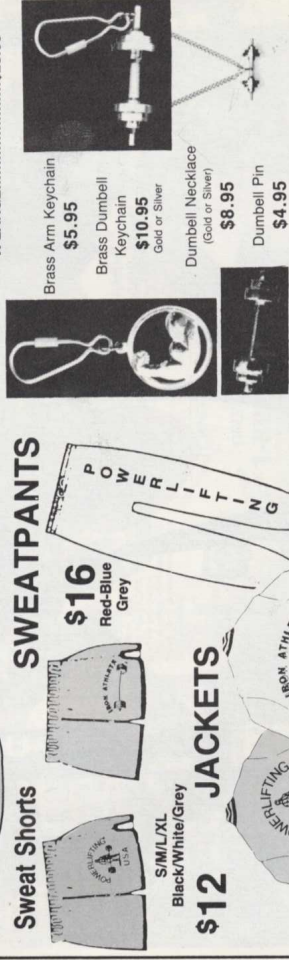
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# Powerlifting in the USSR

## as told by Leonid A. Ostapenko

November, 1990 produced a real sensation for the powerlifting populace: the Soviet team finished third at its first IPF World Championship, and some of its members won bronze medals. A victory? An achievement? Let us try to clear up those we should take a short trip into the history of powerlifting in the USSR in particular and training with weights in general.

Official training in the USSR is very young - only 3 years old. What about unofficial powerlifting? Let's go back to the time when the foundation of Russian power training was laid down.

In 1885, the first power training club was organized in St. Petersburg. Doctor V.F. Krajevsky was its founding father. Thank to Dr. Krajevsky's club, weight training developed an explosive popularity all over the country. "Hercules" and "Sadam" became the first magazines completely devoted to weight training. They lionized such outstanding strongmen as Ivan Lebedev, Sergei Elyseyev, George Hackenschmidt, Guido Meyer and others. With due attention they wrote about international popular Louis Cyr, Eugene Sandow and many other great athletes of that time. The "Hercules" motto was: "Man can and must be strong".

V.F. Krajevsky provided so much for the propaganda and development of athletics that he could be rightfully called the "Founding Father of Russian Athletics".

It should be taken into account that in those times the word "athlete" implied not only weight trained sportsmen, but also boxing, gymnastics and wrestling, and very often the members of athletic clubs participated in official circus wrestling and boxing

West. A great number of small amateur groups of bodybuilding and powerlifting started training in the basements of apartment houses and office buildings. They organized a series of powerlifting competitions that included not only classical powerlifting set of exercises but also standing barbell curls, behind-the-neck-presses, chin-ups and other exercises. The distortion of the slogan "The Soviet athlete should be versatile" resulted in attempts to combine bodybuilding and powerlifting. Very often after the power exercises the jury would assess the "harmony of the build-up" which outraged the weightlifters.

Those were the problems of "getting on its own feet" that are typical for any newly-born sport and are well known to Western powerlifting fans. Still in 1967/1968 it all ended up very sadly. That was the beginning of the most gloomy decade in the history of Soviet bodybuilding and powerlifting. Some 1954 World Champion and the Champion of Europe of 1953 and 1954 in weightlifting (whose name I don't even want to mention here) turned into a sports journalist and began the abuse campaign against the bodybuilding, powerlifting and everything that was not official weightlifting. He used the trick that was very popular in the "Iron Curtain" period - everything was labeled as the imperialistic intrigues and propaganda of the Western way of life.

Thanks to that "champion" and some other athletes, bodybuilding and powerlifting became the "forbidden sports", and then all the sections and clubs were closed.

Despite the ban, the training and weight training were held unofficially, in Baltic Republics, that have always been more democratic in their ap-

Union championships were very limited. After the dissolving of the All-Russian Weightlifters Union, its place was taken by the Moscow League, and then in 1923 - during the politicization of sports - the most attention was paid to the sports that could bring victory in prestigious international competitions including the Olympic Games. That was why the "Iron's share" of donations went to the weightlifting. Naturally this short-sighted policy affected the development of bodybuilding and powerlifting, which were contemptuously called the steps of weightlifting by the Olympic weightlifters.

In 1936 the Section of Attack and Defense was renamed into the All-Union Section of Weightlifting and in 1959 it acquired the status of the Federation of Weightlifting of the USSR. It should be noted that the Federation officials were very hostile towards anything that was out of the frame of their own sport.

Still in the 60's, especially after the Soviet press had published the photos of the gorgeous Tommy Kono, and his victories at the FHC's "untraditional" Russia methods of weight training began to grow. A lot of groups of weight training were created in the stadiums in big cities that could feel the fresh wind from the

1990 this Committee left the Federation and turned into the Federation of Powerlifting of the USSR. A victory? Maybe it looked so, but only for less informed.

In fact, the situation was a bit more complicated. I shall try to clarify it in short. With the strengthening of democracy and pluralism in USSR society in general, the striving for independence was in all spheres of life and in sports as well. The growing number of sports federations refused to "feed" the officials from Goskomsport (the Russian Committee for the State Committee for Sports). The federations can do perfectly well without any interference, and Goskomsport, being coming more and more obsolete, evidently does not fit in. The bureaucratic spanglers loose their high salaries, the opportunity to travel abroad with the sportsmen and free meals and, what is more, the impression that there is no one to stand their grip on the federations, infiltrating into their governing organs. If they manage, they declare the federation self-financed and go on do-

ing they have been doing before. This is just the case with the USSR Powerlifting Federation. The bureaucrats pushed out the true sportsmen who have been with the sport since the very beginning. The officials try to get rid of them pretending to past and present victories.

You will not find any old-timers in the governing organs of the Federation. You would only waste your time trying to find the current names in the protocols of the bygone contests among the participants, coaches, judges or officials.

It is not just unfair. The ambitions and their competence will result in the people. With their record of failures in other sports they try to do away with democracy that the sport has acquired struggling for its place under the sun, and they turn to powerlifting into a sequence of dull, useless events, and devaluing the idea of born popularity. The idea is that they turn it into a feed-up for the elite and a bunch of officials.

Knowing practically nothing they can not help both newcomers or the old hands. Not a line have they published in sports press because they have nothing to suggest. Still, they are bursting with ambitions, and it seems that the West will have the opportunity to taste it.

This is why it is not them who are to praise for the current victories of Soviet Powerlifting. They stole the applause from those who struggled for survival of the sport.

These are not the only problems of the Soviet Powerlifting face. One

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How Will the Russians Do at future IPF competition? They certainly bear close scrutiny.

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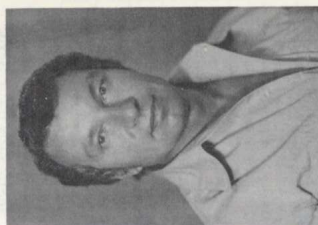
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**About the Author:** Leonid A. Ostapenko, 46, graduated from law and physical education departments. He is the author of 3 books and more than 120 articles on training methods in powerlifting and bodybuilding and weight training in general, and is the owner of the largest archive in the USSR on methods of training with weights.

For a decade, he has been the consultant and the author of "The Athlete" column in the "Sporting Life of Russia" magazine. He worked as an Executive Secretary in the Committee on Athletic Gymnastics in 1980-1988. In 1988-1990, he was the General Secretary of the Bodybuilding & Powerlifting Federations of the USSR.

At present he runs his own business as a trainer in the "Second Wind" cooperative health center, and he also works as a free-lance writer.

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Ostapenko was part of the Russian team at the 1990 IPF World Championships, which finished 3rd in its debut performance in international competition.

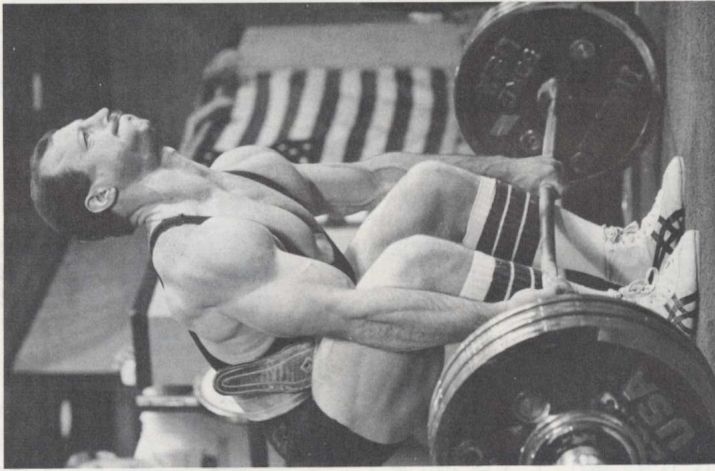


## POWER-RESEARCH

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# Power Flexibility

as told by Strength Coach JOHN WARE



Flexibility Helps lifters like Mark Giron achieve optimum lifting position.

Powerlifters, myself included, often lack the flexibility needed to improve their lifts. There are numerous benefits to be reaped from a properly formulated stretching program.

Flexibility is the common synonym for joint range of motion. It is a consideration in sports ability, physical fitness, posture and in most forms of physical medicine. Range of motion components include joint type (hinge, ball and socket, etc.), ligaments, muscles, tendons, fascia and connective tissue. Just how flexible an individual is, or can become, is related to a number of factors. Among these are body type, sex, age, bone and joint structure and other factors beyond the individuals control. In fact, flexibility may not be a general factor, but can be specific to each joint. For instance two bilateral pairs of quadriceps, or leg biceps may display considerable difference in variance of range of motion.

In general we are the most flexible when we are born and least flexible in old age. Flexibility decreases at a consistent rate from birth to death. The decrease normally accompanying aging is caused by failure to maintain movement through a complete range of motion. For the majority of Americans, sedentary living habits and the habitual use of the flexor muscles are often major reasons for lack of range of motion.

Areas particularly important in powerlifting include the posterior thigh anterior hip (particularly for you high stance squatters) and sumo deadlifters), low back, calves, neck and the pectoral area of the chest. Girls and women tend to be more flexible than males at the same age. However, flexibility correlates with habitual movement patterns for each person and each joint, and age and sex differences are secondary rather than primary performance activity, powerlifting included, requires its unique assets of flexibility characteristics or a flexibility developed in one area of exercise may not be sufficient for utilization in another. Lack of flexibility for powerlifting can limit a weightlifter's performance. Weight training, or exercise of another form, which crimpes a joint within a restricted range of motion tends to reduce flexibility.

The primary detriment in flexibility is in the musculature surrounding a specific joint. If the muscles and tendons are required to elongate on a regular basis, the joint will maintain a normal level of flexibility. Two types of stretching procedures have been advocated by various parties throughout the years. One involves slow movements and the other rapid or ballistic motion. The conclusion of most studies is that slow stretching requires less expenditure of energy, will result in less muscle soreness, and will yield more qualitative relief from muscular distress. In a sport such as powerlifting where maximum stress is placed upon the musculature during the performance of maximum attempts, fast stretching types of exercise may overstretch the muscle and may

shortened connective tissue due to ignored or weakened muscles on the opposite side of the joint.

Connective tissues surrounding the muscle fibers are the structures mainly involved when muscles are being stretched. On the other hand, strengthening of muscles takes place largely in the contractile muscle fibers. Therefore strength and flexibility are for the most part independent of each other.

For the powerlifter to develop an adequate degree of flexibility time must be allotted on a daily basis to help maintain good posture and tissue elasticity. Early morning stretching helps warm the body tissues prior to the work day. It is also a good idea to employ stretching at the end of the day or at the conclusion of any activity as a means of relaxation.

For the powerlifter a minimum of 10-15 minutes should be spent on specific flexibility and warmup exercise. Obviously prevention of injuries is a major goal or every powerlifter alive. Exercise application must be exacting and follow concrete physiological principals. Based on research which I have done and also from being around the sport of powerlifting for the last 16 years I believe the following principals warrant strong consideration for flexibility exercises as they apply to powerlifting:

1. Light warmup such as stationary bicycle or running in place will increase the temperature of the tissues before performing flexibility exercises. This will help increase the pliability of connective tissue.
2. Stretching should be a daily requirement and done thoroughly before training or competition.
3. Slow rhythmic stretching. No ballistic movement. Bouncing or jerking causes tight fibers to contract, increasing the possibility of tissue tearing or muscle soreness.
4. Controlled stretching is accomplished by reciprocal intervention of antagonist muscles. Maintain constant contraction of muscles on the side opposite of those being stretched.

Stretch to the point where myoelectric stretch reflex is triggered and slightly beyond the point of light irritation. Release after 1-2 seconds and repeat for a number of repetitions.

6. Personally I discourage the use of partners in stretching programs. Experienced assistants may move the joint too far, inducing soreness or injury. These should never be an injury in a flexibility program. Where the use of external force is warranted, use the hands or a rope to provide gentle assistance. Repeat reversal contraction of stretched muscle by releasing assistance at the proper time.
7. Minimum of 8-12 minutes stretching prior to vigorous participation. Muscles that receive considerable overloads should also be stretched post workout. This helps to increase local blood flow, reduce muscular tension and muscle soreness.
8. Take your time in breaking into a flexibility program. Be exacting in your application of exercises. Effort and diligence to your program will insure increased powerlifting totals and decrease injury.

You just finished your last set of heavy benching and you notice a slight twinge deep in your shoulder muscle. No problem you think, as you rub the area and rotate your arm in circles. 'Til just give it an extra day rest this week.' While this may alleviate your problem for now, what do you do when the pain becomes chronic? What happens when you take can't get rid of it even when you take a month off? Let's face it - shoulder, knee and low back pain cause the majority of lifters to retire way before they had planned. Wouldn't it be nice if there were some easy way to protect your tender joint structures and prolong that lifting career indefinitely? Listen up because I'm about to offer a solution.

When muscles contract under heavy loads, they tend to pull bones together into the joint itself. This occurs because a heavy load places an extreme stretch on the joint and the muscle must pull the joint back together before it can begin to rotate the joint through its range of motion. This action can cause irritation of a number of joint structures ranging from bursae (fluid filled sacs responsible for lubricating the articulation) to protective cartilage to ligaments and tendons themselves. An example of problems which can occur is the misalignment of the patella which can occur in full flexion of the knee joint. In this case, the patella follows an odd path as the knee is extended and this can cause compression of the protective cartilage pads, the meniscus, which lie underneath the patella. If this continues, minute tears can occur in the meniscus, resulting in knee pain and reduced range of motion.

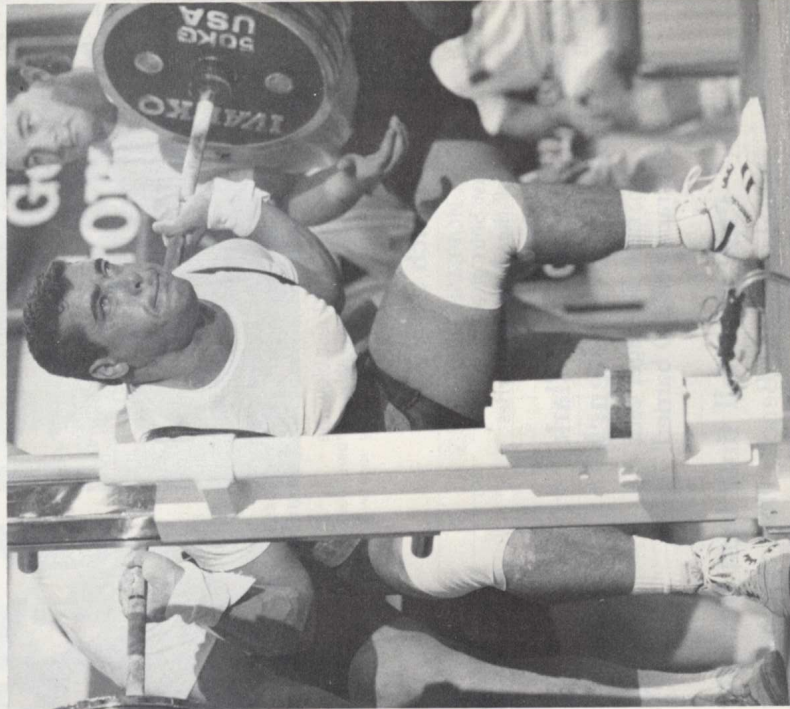
Heavy loads can also cause a loss of flexibility through two factors. The first is the tendency to try and reduce the range of motion one must go through during an exercise in order to complete the desired number of reps. The second is the maximal contraction the muscle must undergo to complete a rep with a heavy weight. These two factors combined over a long period of time will cause the muscle to shorten in length. For powerlifters, this loss of flexibility can be disastrous as an adequate degree of flexibility is required to complete all 3 lifts in good form. For example, a lack of flexibility in the hamstrings will cause the pelvis to rotate posteriorly during the descent in the squat. This will result in a rounded back and a lot of trouble in reaching proper depth.

Finally, if you have used steroids, you may compound your problems without knowing it. Normally, heavy loads placed on ligaments and tendons will cause them to grow thicker and stronger. However, steroid use seems to be a factor in abnormal growth of these connective tissues. Such abnormal growth is the result of the proteins which make up the base of such tissues being put together improperly. The result is weaker tendons and ligaments. Since steroid use seems to dull the pain associated with connective tissues and joint structure injuries, you won't

allow sufficient blood flow into the articulation to allow for recovery and growth of the tissues. Examples of single joint exercises include leg extensions for the knee, good mornings for the lower back and pushdowns for the elbow joint. For powerlifters, 1 to 3 sets of such exercises 2 times per week (especially in the off season) could help prolong careers indefinitely. Remember, these sets should be very light weight, you're not trying to tax the muscles, you're only trying to get some blood into the area. Also, the younger you are, the more of these type of exercises you should do in order to ensure proper development of connective tissue.

These recommendations are designed to help those of you who have not developed any chronic injuries as of yet. If you already suffer from chronic joint problems make sure you have yourself checked out by a qualified orthopedic specialist before you begin any type of heavy training. So, if you haven't felt the sting of the injury bug yet, and you don't want to any time soon, try some of these light exercises or be prepared to give up heavy iron before your time is due.

Kevin Farley



Heavy Lifts can ultimately exact a heavy toll on the body, unless attention is paid to the health of the joints.



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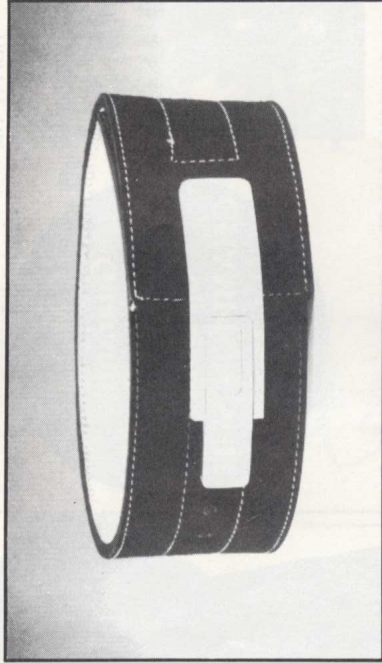
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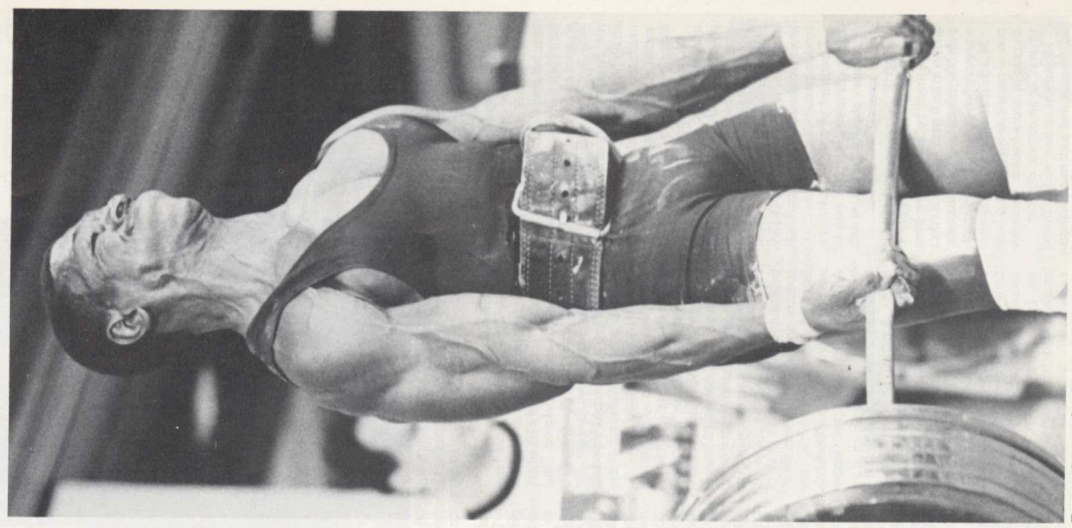
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# INTERVIEW

Personal dialogue between  
 PL USA Magazine and the  
 Sport's Greatest Names.

## Tommy Dopson as interviewed by BOB GAYNOR



Tommy Dopson has been a highly ranked competitor in the A.D.F.P.A. for years.

This interview was conducted following Tommy's victory at the 1990 A.D.F.P.A. Men's Nationals in Chicago. Tommy has some definite powerlifting goals, and based on his dedication I am sure he will accomplish them.

**Bob:** Tom, can you give us some personal information on yourself?

**Tommy:** My name is Tommy Dopson, Sr. I was born on December 26, 1958 into a family of 13 children. I attended school and graduated from Fitzgerald High School, Fitzgerald, Ga. While in high school I was a letterman in basketball, football and track. I graduated in 1977 from high school and attended Albany St. College on a track scholarship. I completed my B.S. degree in Health and Physical Education in 1982. I am currently working on a Master's Degree and will finish this fall. I am married and the proud father of three children. I am currently teaching and coaching in the Ben Hill County School system. I am in the 9th year of my teaching and coaching career. I am a football, wrestling and track coach.

**Bob:** How did you get started in weight training?

**Tommy:** I started powerlifting while pole vaulting for Albany St. College. Dr. Judd Biasotto was one of my instructors and he was a big help in my success as a powerlifter.

**Bob:** Tommy, how long have you been training and competing?

**Tommy:** My first real training was back in 1979. During the same year, I entered my first contest and won. I have been in the sport for 11 years.

**Bob:** What are your best lifts?

**Tommy:** My best lifts at each weight class are as follows: 132 lbs.: bench 290, squat 470, deadlift 535; 148 lbs.: bench 355, squat 470, deadlift 601; 165 lbs.: bench 375, squat 575, deadlift 585.

**Bob:** Tommy, what does the future hold for you?

**Tommy:** In the future, I am going to win the World Championships at either 132 or 148. After I win, I am going to concentrate on bodybuilding.

**Bob:** What are your feelings about steroids?

**Tommy:** Steroids should be addressed like any other illegal substance. Anyone caught should be banned from the sport forever. I have seen it destroy peoples' lives. An athlete really needs to consider the effects these drugs can have on you.

**Bob:** How do you feel about our current drug test procedures?

**Tommy:** I am in favor of drug testing on everyone in their particular sport. Steroids have become such a wide spread matter that kits to beat detection have been marketed. This is really down right shameful.

**Bob:** Do you follow any special diet or supplementation program?

**Tommy:** I have no special diet. I try to eat a very well balanced meal everyday and I do not take supplements.

**Bob:** Tommy, can you give us a breakdown of your training program?

**Tommy:** My training program starts in the fall of every year after football season ends. My first 3 months of training is for conditioning and endurance. My next 3 months is when I start to work on power and heavy lifts. At the end of March or the 1st of April I will search for a contest to enter. Once I find a contest, I set up a cycle where I will peak about the 10th week of training. I will compete only 2 or 3 times a year.

**Bench workout:** increase 5 lbs. every week. Monday: 135x10, 225x10, 250x5, 250x5, 260x5, 270x5, 270x5, 270x5. Wednesday: 135x10, 230x10, 255x3, 255x3, 265x3, 265x3, 275x3, 275x3. Friday: 135x10, 235x10, 260x2, 260x2, 270x2, 270x2, 280x2, 280x2.

**Squat workout:** increase 5 lbs. every week. Tuesday: 135x10, 225x10, 250x8, 250x8, 275x5, 315x5, 405x5. Thursday: 135x10, 225x10, 275x3, 315x3, 405x3, 430x3, 460x3.

**Deadlift workout:** Saturday: 135x10 sumo, 225x10 sumo, 315x8 sumo, 405x5 sumo, 475x3 sumo, 500x2 conventional, 540x2 conventional. 560x1 conventional.

During my training I always think INTENSE.

**Bob:** What advice would you have for beginners?

**Tommy:** Patience should be the number one priority in training. If you develop this quality or have it, you will be successful in the long run.

**Bob:** Tommy, are there any other comments you would like to make?

**Tommy:** The sport of powerlifting has really added to my life. I have met many friends and had numerous experiences that I hold dear to my heart. I would like to suggest to our younger generation to get involved in something other than drugs and alcohol. Set your goals in life and shoot for the stars. Remember with God on your side, the SKY is the limit.

If anyone needs additional information, Tommy can be reached at P.O. Box 5083, Fitzgerald, GA 31750 or by calling 912-423-3690.



## POWER-RESEARCH

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# MUSCLE PAIN

by Richard Herrick M.D., Chairman,  
U.S.P.F. Sports Medicine Committee



Mike Hall suffered great pain during his deadlifts at the 1989 IFF Worlds, but completed the winning lift. He has not been on the platform since.

Although most athletes have had muscle cramps, sometimes these cramps are not really cramps, but different types of muscle pain, and the treatment for which may differ, considerably, according to the causes. Dr. Hans Kraus has described four primary types of muscle pain, and all of which may occur in athletes, especially lifters.

The four types are muscle deficiency, muscle tension, muscle spasm, and trigger points.

Since muscle deficiency is essentially weakness or stiffness, one may assume that athletes, especially lifters, would not have any problems pertaining to this; however, the stiffness may be due to lack of flexibility, and/or overuse, especially on those who do not utilize proper warm-up and stretching exercises. This usually pertains to the back, but may affect the extremities, as well.

Treatment is relatively simple, and in addition to stretching whatever activities are producing the pain, institute a regular program of therapeutic exercises, including relaxation, warm-up and flexibility exercises, and then, finally, a cooling-off period.

Only three or four repetitions of each flexibility movement are utilized, with no more than three or four exercises started per week until all the exercises have been completed, by the athlete. The most important of these include stretching of the hamstrings, quadriceps, calves and shoulder girdle.

These exercises should be pain-free, but only be so long that uncomfortable. Overloading weakened muscles with pain and disability, of the same type, and this may be due to one's reluctance to lift program too fast, and/or too much too soon, following an injury and/or a simple layoff from regular lifting.

Muscle tension is caused by a contraction of the muscle exceeding physiological need, although different areas of the body are affected, depending upon posture and activity. The primary areas affected are the neck, trapezius, and lower back. Old injuries are also frequently affected with tension pain.

Treatment of muscle tension includes relaxation exercises and, in acute cases, physical therapy, as with muscle spasm.

Jogging, swimming, and aerobic exercises, all too frequently ignored or little-used by lifters, have been shown to have more relaxation effect than 500 milligrams of meprobamate, a prescription-only muscle relaxant.

Muscle spasm is a painful contraction of muscle tissue resulting from chronic or acute trauma, excessive tension, or an organic disorder.

Movement causes, and is limited by, the pain, and such muscle spasm is often termed "protective", but is actually self-perpetuating, and not really

hydrocollator and/or ultrasound treatments.

Of course, one must rule out other causes for the trigger points, such as rheumatoid arthritis, neural or lumbar degenerative disc disease, radiculopathy, thyroid disease, diabetes, etc., but one may treat trigger points, as cited above, regardless of the cause, while treating the primary causative factor, as well.

If the problem of the trigger points persists in spite of an intensive therapy program, occasionally augmented with non-steroidal anti-inflammatories, and, much less frequently, muscle relaxants, injections of the trigger points may be necessary. Although this usually requires a series, if combined with the massage therapy, spray-and-stretch treatments, etc., and the primary offending cause is treated, the patient usually is capable of continuing the therapy on his own, without the necessity of physician, for more than just a few weeks.

CONCLUSION

In order to treat muscle pain appropriately, proper diagnosis must be made and the specific effective treatment chosen, and continued until the treatment is successful.

Failure to exercise the muscles and prescribe appropriate treatment, in a timely fashion, may result in continued pain, significant deterioration of function, unsuccessful conservative management, and, unfortunately, sometimes, unnecessary surgery.

To ensure that your muscle pain can be effectively relieved and to allow you to continue your lifting career, if you cannot, within a matter of a few days or a couple of weeks, significantly relieve any muscle cramps you may have, you need to consult a knowledgeable sports medicine professional, preferably one also acquainted with your chosen specific sport.

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Bed rest is not only very rarely prescribed, but even when it is, the exercises need to be done every two to three hours, while awake.

Trigger points are small tender nodes of degenerated muscle tissue. Palpating, or simply pushing on a trigger point, usually causes local pain, and often produces a quick movement of avoidance from the trigger points, usually localized at the insertion or origin of the muscles, their weakest and least vascularized parts.

Although many treat trigger points by injecting and infiltrating the areas with saline or a local anesthetic, most patients will respond to a combination of deep tissue massage of the trigger points and the involved muscles and the spray-and-stretch technique, utilizing either ethyl chloride or fluoro ethyl, as proposed by me, and which I have found to be most efficacious in my practice.

Often one must be instructed in postural retraining, since inappropriate posture frequently exacerbates or intensifies the problem, regardless of the initial cause.

Usually the spray-and-stretch technique may be taught to the patient and a trusted "other", but sometimes it must be done, on a regular basis, by a trained therapist. The technique works best if one does the exercises at least three times daily, and frequently lasts longer, if followed by hot compresses, or

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**Fellow Powerlifters —**

I'm sick and tired of getting ripped off by supplement companies! They promise fantastic results — all they really do is take your hard-earned money. In fact, I vowed never to get sucked in again. That's why I protested pretty firmly when a gym buddy told me about HOT STUFF.

"Give me a break," I said. "I'm not falling for that advertising crap again!"

"No listen — this stuff's for real. It's different. It really works," he convinced. "You gotta try it." He was so convincing, I figured "Oh hell! Just one last time!"

**That's Why I Was Surprised When I Saw The Results . . .**

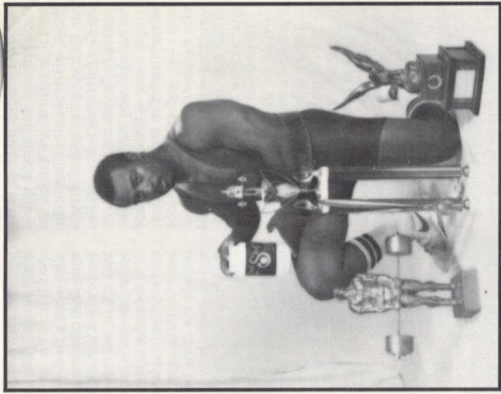
Damn! This stuff is for real! After just a few days on HOT STUFF I began to feel something extra in my workouts. At first I thought it was my imagination. A few more workouts — and still some strange new drive. Could it be? Was I so anxious for HOT STUFF to work that I was kidding myself? Was I so determined not to be ripped off again that my mind was playing tricks on me? I wanted more proof.

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I am a very precise powerlifter. I couldn't train for world championships without drawing on my many years of experience. I plan everything down to the last detail — diet, training routines, exercise poundages. I know my body well and that's why my workout poundages are calculated exactly for each week of my cycle. What I'm trying to say is that I can tell within a few pounds, how strong I'm getting each week.

That's why I was so amazed when after two weeks into my strength cycle, I was toying with weights I should just have been making.

"You make those weights look awfully easy Willie," one of my training partners commented. I stopped for a minute and thought about it. He was right. Something strange was going on here. Then I remembered that the only thing different was HOT STUFF. I was beginning to believe! And by the time that cycle was over I had no doubts. I had never used a product like HOT STUFF. Not only did it increase my strength, I've been several inches around my gut. Boy, was that a bonus!



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This product is dedicated to the memory of Thomas Chabou, Sr., a powerlifter who died of a heart attack while training. **© copyright 1990**



## More From Ken Leistner

Most Americans eat 'too much' fat. This is a statement that has been made in every nutritional book, essay, report, research study, or article. One look at the standard eating habits of the average family indicates why too much fat is consumed. The rise in 'fast food' restaurants really says it all. With many families having two working adults, with children involved in after school jobs and many organized activities, 'family life' just isn't what it used to be. The stereotypical family sitting around the kitchen or dining room table for dinner has long ago become a thing of the past. In our own homes, we had a more or less typical 'immigrant' perspective on things and no one ate a thing for dinner until my father walked through the door. His having to work late had nothing to do with the fact that my brother and I were starving. Still, after school sports activities, jobs, and related things often had me or my brother late, and eating dinner long after everyone else. Mom would keep something on the stove, or we would re-heat leftovers. This was very typical of the 1950s and 1960s.

These tender family portraits are a thing of the past. In most homes, typically, if a teenage can't get home in time for dinner, he'll stop for pizza or a burger. This will not be a burger made lovingly by mom out of freshly ground round steak, but a pre-molded, high in fat product made in Minnesota, stored in Columbus and eaten in Morgantown model. If one has to get to the gym after a long day of work, can't get home first, and just has to eat something, some sort of fast food fare will most often be the fastest, cheapest, easiest route to go. I actually used to go to the neighborhood mall shop. After a school func-

suffer the same fate. A powerlifter who is interested in also living a long time, must build the diet around complex carbohydrates, and try to get protein from sources that are relatively low in fat. Yes, one can eat red meat, but perhaps not five nights per week. No, one should not eat fast food burgers for lunch, or commu- cally prepared fried chicken. Nuggets of any kind are in almost all cases, parts and scraps that couldn't be used for anything else, and very high in fat per weight. Cooking a turkey, turkey breast, chicken, or roast beef at home, and slicing it for sandwiches, is far more economical and lower in fat than buying a sandwich or half pound of meat, at a local deli or sandwich shop. Yes, it takes a bit of time, but relative to the time spent training, it doesn't amount to much. Every hard training athlete likes to be rewarded with a treat. Ice milk is preferred to long time, although I indulge my long time craving once every week or two. It's usually after I finish a workout and throw up that I can best rationalize two scoops of anything as a just reward for my efforts. Bananas rolled in chopped nuts and placed in the freezer; 'pops' made from juice or a blender full of juice, bananas, strawberries, or blueberries, poured into pop molds and frozen; low fat custards; brown rice pudding; and many other creatively designed treats are just the thing for the hard training lifter, especially when just a bit more positive reinforcement for all of the work is longed for.

With a little thought, every lifter can reduce the amount of fat in the diet, especially the amount of animal fats. This will lead to better health, and more enjoyable lifting.

Baked goods too don't stand up to mom's apple pie quality. The crusts are filled with lard and highly processed, cream is not usually high in any type of dairy product, but are high in fats and chemicals. Cookies

What I have to tell you I know is going to shock, shock and repulse others, but I just can't take it any longer. I have to come clean. It's something the readers of Powerlifting USA have a right to know. So here it goes.

On March 4, 1984, I killed six people and wounded three others in law enforcement terms that's a double hat trick - victims. I'm happy to say that one of the victims was a notorious criminal with two killings of his own under his belt. His name was Eddie "Mustafa" Johnson. I hit him with two slugs: one piercing the left side of his chest cavity and the other hitting him above the right temple.

During the mayhem, I fired close to seven rounds. That's kind of embarrassing considering I only hit nine people, but then again it was probably a God-send since all but two of my victims was innocent. To be honest, I am proud of my first hit. I had no intended purpose. I kind of fired them just for the effect. I've always been a little wild about guns.

I remember when I was in junior high school, we would have BB gun fights. (You had to shoot below the neck - what a silly rule.) One afternoon, I played Bob Fisher for the chess team so full of BB's that he couldn't sit down for a month. At Georgia Southern College, I was by far the most prolific killer in "War Games." You know the game where you go around shooting people with paint cans. One afternoon, I painted out 120 people. 6 of them were even in the game. Like I said, I have this thing about guns and shooting people.

Anyway, one I stamed shooting up the place and dropped two or three people, the police department sent out a Code 7 or a 10-35 in universal law enforcement (emergency in progress). After I blew away an eleven year old girl and her grandmother, they sent out a Code Z3 (A flame-throwing jacks on the loose), I took Johnson a few minutes later.

Now, I know this is going to sound a little bizarre, but after I blasted Johnson, I decided to give it up. The truth is, Johnson had already been killed a few hundred times before I got my chance. (The eleven year old girl and her grandmother were new meat). You see, I killed him on DX Ter, a combination of video and computer technology that's used to train the F.B.I. and Secret Service the way flight simulators help train pilots. What brought the incident to mind was an article I read by James Gorman in the June 1987 issue of Discovery magazine. Gorman used DX Ter to practice his skills in the emergency room of a major hospital. Actually, he did a lot better than I did with DX Ter. He only killed three people (a simple hat trick) and brought about an elementary Code Purple (lidot in the emergency room). Still, it was Gorman's article that inspired this piece of work.

The way I got to use DX Ter (I didn't know it was called DX Ter until I read Gorman's article. If I remember right, most agents I met referred to it as pain in the bootie) was through a friend who works for the Secret Ser-

## Dr. Judd

### Go Ahead - Make My Day as told by Judd Biasiotto Ph.D.

#### WORLD CLASS ENTERPRISES

not going into law enforcement. I'm already a sports psychologist (now that's scary).

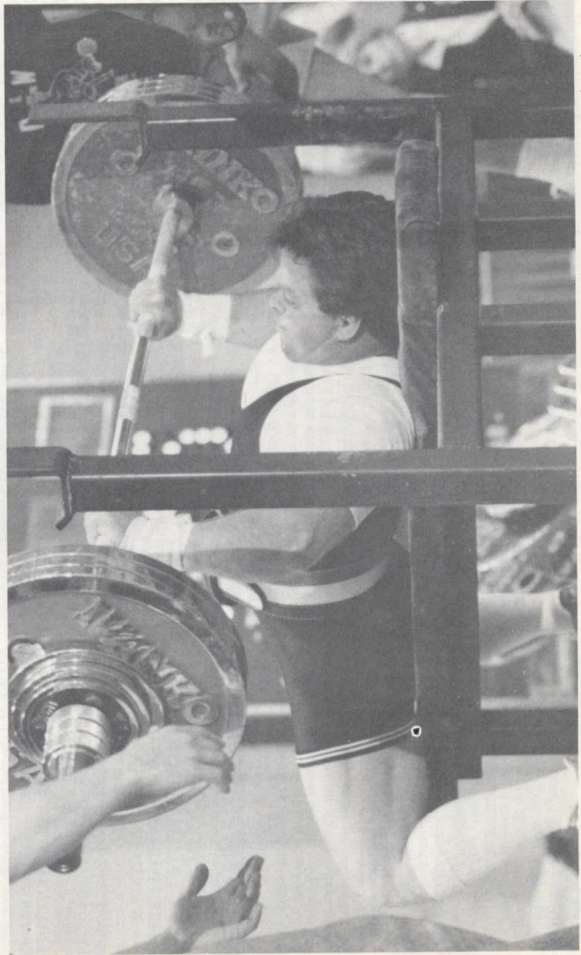
What I really saw in DX Ter was not my future, but its future. DX Ter has infinite possibilities, but before we get into that, let me tell you exactly what DX Ter is all about. Better yet, let me paraphrase Gorman's description of DX Ter. Remember, he writes for Discovery magazine so I know damn

well he knows what he's talking about (I'm relatively sure anyway).

According to Gorman (I'm paraphrasing here) DX Ter consists of a computer program, a video disc player, and a collection of video discs on which different cases are recorded, like shoot-outs, stabbing, robberies, etc. All of the cases are based on real criminal cases and have been staged as short dramas with actors and excellent special effects. This means that everything is as you see it now. And the Giant jumps on your face from the third rope... Do you a play dead, b) get up and slap him up-side the head, c) complain to the referee? Better yet, they could make one for powerlifters. Yeah, that's the ticket! It would probably go something like this: Eddie Coan shows up to a meet and he's in your weight class. Do you a) develop a back problem and go home, b) play dead, or c) call in Eddie Mustafa Johnson for counseling.



What If ED COAN Showed Up In YOUR Weight Class? — there could be no joy in Mudville on that day.



Mike Bridges has been sending Dr. Ken Leistner videotapes of his recent training sessions, so Ken can offer up his sage advice on technical matters.



# USPF NATIONALS

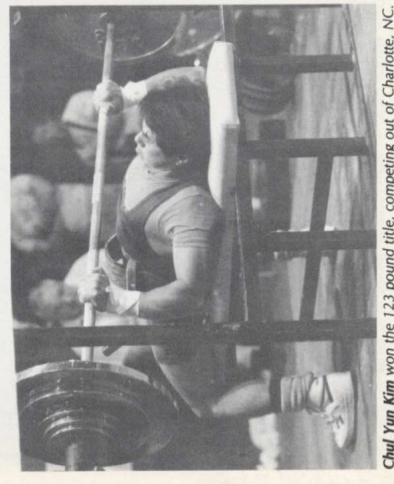
## as told by Meet Director BILL CLARY



Rich Stewart... the veteran Air Force lifter took home a new national title.

### USPF Junior Nationals

Men 40-44	40	BP	DL	Total
P. Entwistle	430	220	501	1152
A. Cale	490	281	529	1300
B. Lindsey	402	286	474	1163
B. Lindsey	413	319	413	1146
220	545	303	545	1394
181	518	364	507	1388
242	578	364	601	1543
375	582	457	507	1546
375	529	352	634	1515
SHW	645	364	653	1663
E. Sillith	595	335	589	1510
45-49				
181	501	308	562	1372
B. McKee	501	253	441	1196
275	755	474	645	1874
148	413	259	463	1135
L. Joannis	270	193	264	727
B. Hoagland	386	242	424	1052
198	474	275	501	1251
55-59				
W. Woodring	303	204	402	909
M. Meyers	303	237	452	992
R. Bennett	496	319	551	1367
60+				
165	424	286	512	1223
T. Hamblin	319	264*	441	1025*
C. Lee				
Women Open				
105	220	99	286	606
L. Jeffrey	220	99	248	567
K. Campbell	193	104	237	534
114				
123	253	104	281	639
K. Lyon				
132	369	209	424	1003
B. Greer	352	242	391	986
B. Tarver-bl	319	176	352	849
A. Hoffman	386	209	347	843
148	280	127	330	737
R. Walker	270	127	330	727
L. Dutton	259	160	300	727
J. McDaniel	336	171	424	931
K. Johnson	259	143	314	716
B. Fisher	220	115	259	595
B. Little	364	259	430	1052
K. Halse-bl	286	249	347	882
J. Lentz				

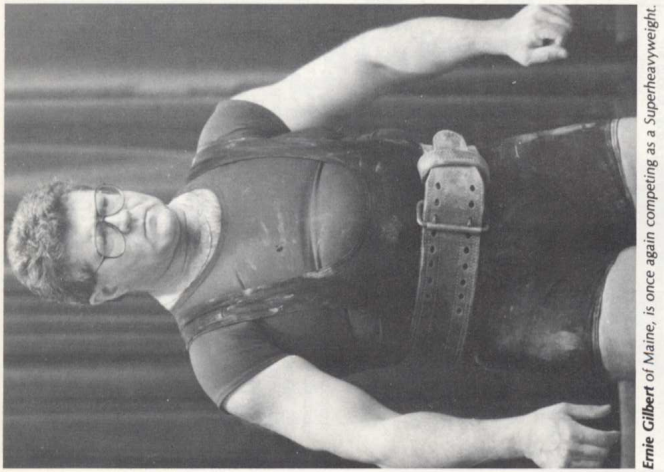


Chul Yun Kim won the 123 pound title, competing out of Charlotte, NC.

### J. McNair Men Open Div

114	264	165	336	766
123	319	242	452	1014
C. Kim	452	215	435	1102
132				
E. Poulis	380	330	512	1345
B. Johnson-bl	380	275	441	1097
A. Bunch	529			
A. Charles	606	352	573	1532
T. Dutil-bl	523	336	562	1422
M. Schmal	617	380	485	1526
M. Maclean	402	253	391	1047
S. Pardie	683	446	589	1719
198	628	391	683	1703
D. Holmes				
S. Johnson	722	474	705	1901
A. Croone	700	369	705	1774
R. Pardue	711	523	601	1835
M. Gibson	672	457	694	1835
R. Wright	672	435	678	1785
220	645	364	623	1631
P. Farmer-bl	755	474	645	1874
R. Hughes	760	507	573	1841
B. Hugges	711	523	601	1835
D. Plover	672	457	694	1835
J. Wardell	672	435	678	1785
242	645	364	623	1631
K. Stewart-bl	705	474	705	1885
R. Johnson	711	523	601	1835
I. Raynor	705	485	601	1774
K. Thompson	562	457	601	1620
M. Hales				
B. Meek	755	474	645	1874
C. Miller	760	507	573	1841
E. Flowers	711	523	601	1835
D. Wright	672	457	694	1835
J. Hunt	672	435	678	1785
E. Gilbert	645	364	623	1631
J. Perry				
181	562	457	601	1620
198				
220				
242				
275				
300				
325				
350				
375				
400				
425				
450				
475				
500				
525				
550				
575				
600				
625				
650				
675				
700				
725				
750				
775				
800				
825				
850				
875				
900				
925				
950				
975				
1000				

back on snatches to squeeze out a 567 DL for the 5 lb. win. Second went to Open winner and 275 natural Ivan Minter's (Danville, VA) consistent performance (7 for 8) and 1912 total was the 13.2s. The trio of Amy Gray, Bettina Lenz, Dave and Mary Jeffrey's women team looked very impressive, finishing 3rd with a total of 1148. However, finishing 3rd was only a temporary setback due to her light weight and excellent total of 1148. However, finishing 3rd was only a temporary setback due to her light weight and excellent total of 1148. However, finishing 3rd was only a temporary setback due to her light weight and excellent total of 1148.



Ernie Gilbert of Maine, is once again competing as a Superheavyweight.

win with an impressive 286 DL. Lisette Sabet was the 114 lb. class of the day and possibly and meet the 13.2s. The trio of Amy Gray, Bettina Lenz, Dave and Mary Jeffrey's women team looked very impressive, finishing 3rd with a total of 1148. However, finishing 3rd was only a temporary setback due to her light weight and excellent total of 1148. However, finishing 3rd was only a temporary setback due to her light weight and excellent total of 1148.

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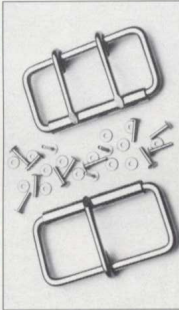
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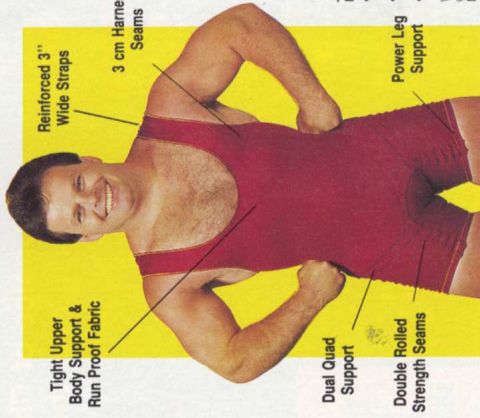
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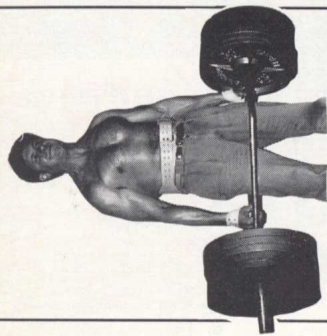
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### Greater Arkansas Championships

2 Mar 91 - El Dorado AR

Class	SQ	BP	DL	Total
67.5	235	115	225	575.25
75	242.5	187.5	242.5	672.5
J. Hunter	140	327.5	67.5	535
B. Blanche	190	215	610	557.5
82.5	260	152.5	237.5	650
L. Nicholson	252.5	157.5	230	640
90	302.5	187.5	300	790
R. Byrd	242.5	187.5	242.5	672.5
A. Cain	260	150	260	670
100	307.5	180	272.5	760
D. Muns	310	175	275	760
E. Johnson	270	172.5	272.5	715
J. Gaar	240	190	242.5	672.5
M. Walker	192.5	157.5	252.5	582.5
L. Chapman	147.5	100	182.5	430
110	317.5	172.5	300	802.5
F. Christian	310	172.5	300	802.5
D. Muns	307.5	180	272.5	760
D. Muns	310	175	275	760
R. Scher	312.5	182.5	242.5	737.5
P. Garard	252.5	137.5	252.5	642.5
125	305	145	192.5	542.5
S. Thomas	287.5	187.5	285	760
M. Woodson	232.5	192.5	240	665
Masters	182.5	147.5	192.5	522.5
40-44	160	115	215	490
45-49	190	120	222.5	582.5
L. Schilling	240	120	242.5	562.5
R. Jenkins	192.5	132.5	242.5	567.5
100	207.5	145	192.5	542.5
D. Miller	202.5	145	192.5	542.5
D. Hutchinson	202.5	125	207.5	535
Teenage	210	122.5	112.5	445
P. Bounds	142.5	67.5	137.5	387.5
75	187.5	112.5	205	500
T. Seiser	175	130	192.5	497.5
T. Woodman	200	117.5	175	532.5
D. Johnson	200	157.5	175	532.5
M. Wells	162.5	135	197.5	495
90	142.5	135	197.5	475
A. Hinton	147.5	110	165.5	423.5
A. Hopkins	142.5	110	165.5	423.5
100	240	142.5	245	627.5
L. Snowden	252.5	137.5	252.5	642.5
T. Hinkle	160	140	227.5	527.5
110	232.5	192.5	240	665
M. Woodson	242.5	170	227.5	640
125	257.5	145	177.5	650
J. Looney	195	115	180	490
J. Adams	182.5	122.5	187.5	552.5
48	82.5	35	97.5	215
M. Hanna	102.5	47.5	105	255
52	85	52.5	110	247.5
N. Burnett	132.5	67.5	130	330
C. Wells	132.5	72.5	115	320
R. Ellis	120	45	110	275.5
M. Bell	97.5	35	102.5	235
Class 2	115	77.5	160	352.5
B. Tolson	182.5	122.5	187.5	592.5
67.5	192.5	122.5	187.5	592.5
B. Coltrane	165	102.5	182.5	450
B. Vine	142.5	87.5	157.5	387.5
J. Smith	275	175	275	627.5
S. Abbott	275	175	275	627.5
75	305	137.5	307.5	750
T. Tenney	300	130	300	730
L. Bailey	182.5	112.5	205	500
105	335	150	335	820
C. Harrison	335	150	335	820
82.5	240	170	232.5	642.5
L. Levantino	242.5	162.5	232.5	637.5
D. Shell	215	127.5	267.5	610
S. Taylor	227.5	147.5	217.5	602.5
B. Woodberry	172.5	140	235	547.5
C. Rowell	190	122.5	215	527.5
J. Smith	190	122.5	215	527.5
100	212.5	152.5	215	580
M. Weldon	212.5	152.5	215	580
M. Hopper	220	102.5	205	527.5
W. Kinchen	187.5	120	197.5	505
110	260	147.5	270	677.5
C. Williams	257.5	160	262.5	680
W. Woodberry	235	157.5	237.5	630
B. Shinn	215	165	222.5	602.5
M. Woodberry	202.5	127.5	205	535
V. Arakawa	197.5	117.5	215	530
W. Woodberry	190	122.5	215	527.5
B. Benoit	180	122.5	205	510
L. Hoeman	185	102.5	192.5	480
J. Gaar	240	140	242.5	622.5
L. Snowden	220	142.5	245	607.5



**BOB ROSS** has been putting on the Greater Arkansas meet in El Dorado for 20 years. It has been the scene of many historic, record breaking lifts. This issue of POWERLIFTING USA is dedicated to Bob Ross, a champion masters competitor in his own right, for all his contributions to the sport.

bodybuilding magazines, Michael Butler, a generalist, and capable of a 525-plus bench press, was also present to provide advice and support to the lifts today, Debra Beard, a 110 lb. lifter, was also present with an improvement of 20 pounds over last year. In the men's 148s, James (Sonny) Smith returned to the state meet, where he set a single lift record for the state of MD last year. The first time in open competition Gene set another record. We expect to see a 400-plus lb bench lift record set in a 400-plus lb bench lift record. We expect to see a 400-plus lb bench lift record set in a 400-plus lb bench lift record. We expect to see a 400-plus lb bench lift record set in a 400-plus lb bench lift record.

### USPF Open Bench Press Classic

9 Feb 91 - Hyattsville, MD

Class	SQ	BP	DL	Total
123	170	110	247.5	527.5
132	170	110	247.5	527.5
140	170	110	247.5	527.5
150	170	110	247.5	527.5
160	170	110	247.5	527.5
170	170	110	247.5	527.5
180	170	110	247.5	527.5
190	170	110	247.5	527.5
200	170	110	247.5	527.5
210	170	110	247.5	527.5
220	170	110	247.5	527.5
230	170	110	247.5	527.5
240	170	110	247.5	527.5
250	170	110	247.5	527.5
260	170	110	247.5	527.5
270	170	110	247.5	527.5
280	170	110	247.5	527.5
290	170	110	247.5	527.5
300	170	110	247.5	527.5
310	170	110	247.5	527.5
320	170	110	247.5	527.5
330	170	110	247.5	527.5
340	170	110	247.5	527.5
350	170	110	247.5	527.5
360	170	110	247.5	527.5
370	170	110	247.5	527.5
380	170	110	247.5	527.5
390	170	110	247.5	527.5
400	170	110	247.5	527.5
410	170	110	247.5	527.5
420	170	110	247.5	527.5
430	170	110	247.5	527.5
440	170	110	247.5	527.5
450	170	110	247.5	527.5
460	170	110	247.5	527.5
470	170	110	247.5	527.5
480	170	110	247.5	527.5
490	170	110	247.5	527.5
500	170	110	247.5	527.5

William (Bud) Welsh lifted in the 181s as a generalist, and capable of a 525-plus bench press, was also present to provide advice and support to the lifts today, Debra Beard, a 110 lb. lifter, was also present with an improvement of 20 pounds over last year. In the men's 148s, James (Sonny) Smith returned to the state meet, where he set a single lift record for the state of MD last year. The first time in open competition Gene set another record. We expect to see a 400-plus lb bench lift record set in a 400-plus lb bench lift record. We expect to see a 400-plus lb bench lift record set in a 400-plus lb bench lift record.

Champion in his own right, was also in competition today lifting in the 225s. After a shoulder injury, Richard Jr. returned to the gym a couple of months ago and showed us an easy 405 and an extremely close miss at 430 lbs. Finally, a special thank you to all those who made this meet successful, pleasant and safe. In particular, thanks goes to Aar Mills, the meet manager, who has been a great help in many ways. Also, thanks to Bob Ross, the meet manager, who has been a great help in many ways. Also, thanks to Bob Ross, the meet manager, who has been a great help in many ways.

### Central Ohio Drug Free Bench Press

2 Feb 91 - Newark, OH

Class	SQ	BP	DL	Total
148	207.5	130	207.5	545
155	172.5	122.5	200	500
165	162.5	115	177.5	455
175	172.5	122.5	200	500
185	182.5	132.5	212.5	527.5
195	192.5	142.5	222.5	557.5
205	202.5	152.5	232.5	587.5
215	212.5	162.5	242.5	617.5
225	222.5	172.5	252.5	647.5
235	232.5	182.5	262.5	677.5
245	242.5	192.5	272.5	707.5
255	252.5	202.5	282.5	737.5
265	262.5	212.5	292.5	767.5
275	272.5	222.5	302.5	797.5
285	282.5	232.5	312.5	827.5
295	292.5	242.5	322.5	857.5
305	302.5	252.5	332.5	887.5
315	312.5	262.5	342.5	917.5
325	322.5	272.5	352.5	947.5
335	332.5	282.5	362.5	977.5
345	342.5	292.5	372.5	1007.5
355	352.5	302.5	382.5	1037.5
365	362.5	312.5	392.5	1067.5
375	372.5	322.5	402.5	1097.5
385	382.5	332.5	412.5	1127.5
395	392.5	342.5	422.5	1157.5
405	402.5	352.5	432.5	1187.5
415	412.5	362.5	442.5	1217.5
425	422.5	372.5	452.5	1247.5
435	432.5	382.5	462.5	1277.5
445	442.5	392.5	472.5	1307.5
455	452.5	402.5	482.5	1337.5
465	462.5	412.5	492.5	1367.5
475	472.5	422.5	502.5	1397.5
485	482.5	432.5	512.5	1427.5
495	492.5	442.5	522.5	1457.5
505	502.5	452.5	532.5	1487.5
515	512.5	462.5	542.5	1517.5
525	522.5	472.5	552.5	1547.5
535	532.5	482.5	562.5	1577.5
545	542.5	492.5	572.5	1607.5
555	552.5	502.5	582.5	1637.5
565	562.5	512.5	592.5	1667.5
575	572.5	522.5	602.5	1697.5
585	582.5	532.5	612.5	1727.5
595	592.5	542.5	622.5	1757.5
605	602.5	552.5	632.5	1787.5
615	612.5	562.5	642.5	1817.5
625	622.5	572.5	652.5	1847.5
635	632.5	582.5	662.5	1877.5
645	642.5	592.5	672.5	1907.5
655	652.5	602.5	682.5	1937.5
665	662.5	612.5	692.5	1967.5
675	672.5	622.5	702.5	1997.5
685	682.5	632.5	712.5	2027.5
695	692.5	642.5	722.5	2057.5
705	702.5	652.5	732.5	2087.5
715	712.5	662.5	742.5	2117.5
725	722.5	672.5	752.5	2147.5
735	732.5	682.5	762.5	2177.5
745	742.5	692.5	772.5	2207.5
755	752.5	702.5	782.5	2237.5
765	762.5	712.5	792.5	2267.5
775	772.5	722.5	802.5	2297.5
785	782.5	732.5	812.5	2327.5
795	792.5	742.5	822.5	2357.5
805	802.5	752.5	832.5	2387.5
815	812.5	762.5	842.5	2417.5
825	822.5	772.5	852.5	2447.5
835	832.5	782.5	862.5	2477.5
845	842.5	792.5	872.5	2507.5
855	852.5	802.5	882.5	2537.5
865	862.5	812.5	892.5	2567.5
875	872.5	822.5	902.5	2597.5
885	882.5	832.5	912.5	2627.5
895	892.5	842.5	922.5	2657.5
905	902.5	852.5	932.5	2687.5
915	912.5	862.5	942.5	2717.5
925	922.5	872.5	952.5	2747.5
935	932.5	882.5	962.5	2777.5
945	942.5	892.5	972.5	2807.5
955	952.5	902.5	982.5	2837.5
965	962.5	912.5	992.5	2867.5
975	972.5	922.5	1002.5	2897.5
985	982.5	932.5	1012.5	2927.5
995	992.5	942.5	1022.5	2957.5
1005	1002.5	952.5	1032.5	2987.5
1015	1012.5			























ADFFA Bench Press II 10 Feb 91 - White Plains, NY

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).



Felicia Manganiello after a successful attempt at the ADFFA Bench Press Championships II, promoted by Peter Gisondi, who provided this photo.

It's tough. How about going 3 for 3 and going an easy 209 for a new record. The 154 class had...

George Weber took 2nd in the masters. Bill Schoerfling won the 45-49 group. Scott Kline won...

Bill Schoerfling won the 45-49 group. Scott Kline won the 50-54 group. Mike D'Antonio won the 55-59 group.

1st Annual Riverfront YMCA Bench Press 19 Jan 91 - Des Moines, IA

Table with columns for names, scores, and categories (Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Page County Open Bench Press 5 Jan 91 - Shenandoah, VA

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

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Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

Capital Area Special Olympics 1 Feb 91 - Gonzales, LA

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

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USPF Florida Teenage 17 Feb 91 - Ft. Pierce, FL

Table with columns for names, scores, and categories (Women, Open, Submaster, Master).

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USPF Florida Teenage 17 Feb 91 - Ft. Pierce, FL

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Advertisement for SCORPIO CHEST UNIT W/BEARS 2 INCH TUBING \$350.00. Includes images of gym equipment and promotional text.

Advertisement for HOLYOKE, MA 01041. Includes images of gym equipment and promotional text: 'SEND FOR ILLUSTRATED CATALOG TODAY OVER 90 ITEMS'.























# Northwood Cheese and Power Pizza Presents The 1991 APF Mens and Womens Senior National Powerlifting Championships

**Date:** Saturday July 6th and Sunday 7th  
**Place:** The Pittsburgh Sheraton Hotel at Station Square, 7 Station Square Drive, Pittsburgh, PA 15219 (412) 261-2000

**Travel:** Receive a 35 percent discount on all US Air flights in the USA booked through Travel Agents International (412) 276-9500. Discounted car rental rates are also available through Travel Agents Int.

**Meet Director:** Jeff Wright

**Entry Fee:** \$40.00 per lifter, \$30.00 per team. All lifters will receive meet T-Shirt (Make checks payable to Gold's Gym)

**Entry Deadline:** June 22, 1991, (Late Entries \$50.00 if postmarked after June 22nd)

**Rules:** Strict APF rules will apply. APF membership available at meet

**Qualifying Totals:** (men)

114	123	132	148	165	181	198	220	242	275	308	Unl
981	1064	1146	1394	1527	1642	1731	1824	1890	1946	1989	2033

(women)

97	105	114	123	132	148	165	181	198	198+
579	623	667	711	749	909	981	1053	1130	1190

**Weights:** Friday - 8am - 11am (24 hour weights for all women), 12pm - 3pm (24 hour weights for Men's Classes 114-165), 7pm - 9pm (all Women's and Men's classes 114-165). Saturday - 6am - 7:30am (all Women's and Men's classes 114-165), 10am - 1pm (24 hour weights for Men's classes 181-220), 3pm - 6pm (24 hour weights for Men's classes 242-Unl). Sunday - 8am - 9:30am (all Men's classes 181-Unl).

**Lifting:** Saturday - 8:00am (all Women's classes), 12:00pm (Men's classes 114-165), Sunday - 10:00am (Men's classes 181-220), 3:00pm (Men's classes 242-Unl).

**Awards:** 1-3 place finishers in each weight class will receive a specially designed award. 1st and 2nd place teams (team member names must be submitted before the start of the meet) will receive awards. The "Best lifter" light and heavy session will receive a Best lifter award. The Best Overall Woman lifter will receive a Top Lifter Award.

**Video Taping:** Professionally filmed VCR tapes will be available. The cost will be \$35.00 per day.

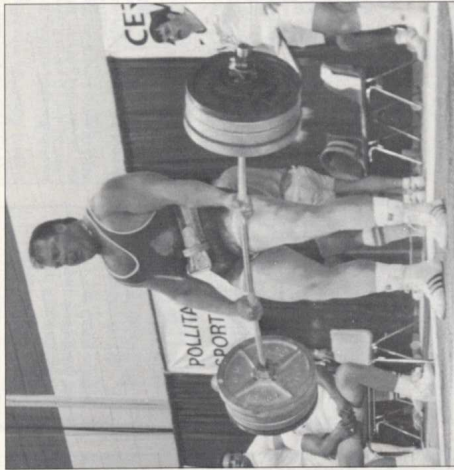
**Hotel information:** A large block of rooms have been set aside at the Sheraton at Station Square (Site of the Meet). When making reservations, mention you are attending the meet. You will receive a special rate of \$70.00 per night. To make reservations call (412) 261-2000.

**For additional information:** Contact Jeff Wright at Gold's Gym, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, (412) 653-8633.

### Entry form

In consideration of my entry, I hereby waive and release all rights and claims for damages against Northwood Cheese, GNC, the APF, Gold's Gym, the Sheraton at Station Square and all their associated bodies, agents, employees and assigns by reason of injury or damage which I may incur while participating in this competition.

Best total \_\_\_\_\_ Wt. Class \_\_\_\_\_  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 Signature \_\_\_\_\_ APF Membership number \_\_\_\_\_



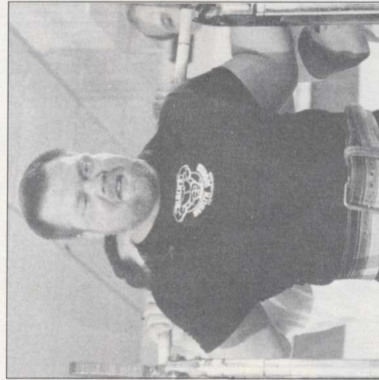
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# NO CHOLESTEROL

## Whole Wheat Crust

Calories/slice.....	154	Fats/slice.....	6g
Protein/slice.....	11g	Cholesterol/slice.....	0g
Carbohydrate/slice.....	23g	Lactose/slice.....	0g
		Sodium/slice.....	98.5mg



Powerlifters and strength athletes constantly look for foods and supplements to enhance their training. In fact many lifters will choke down anything in the hope their performance will be improved. Fortunately, POWER PIZZA is here. It's a great tasting alternative to meet the strength athlete's nutritional needs. With 23 grams of carbohydrates, 11 grams of protein and only 6 grams of fat per slice, it's perfectly balanced for athletic nutrition. POWER PIZZA is light, nongreasy, and cholesterol free. Best of all it tastes as good as your favorite pizza. So give POWER PIZZA a try. I think it's great and I'm sure you will too. **JOHN WARE**

Northwood Cheese Co. Inc., 79 N. Industrial Pk, Sewickley, PA 15143, 412-749-0250



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# Bulletin Board

\* this is where to look for organizational news and notes \* beginning in June 1992, there will be a **National Special Olympics** championship held to pick teams for future international events. A Special Olympics Program Sponsor is being sought, in the preliminary amount of \$45,000 per year, with recognition being offered to the national and international level. For further information contact Paul Fletcher, 17647 Lake Iris Avenue, Baton Rouge, LA 70817 \* In November 1990, Congress passed and President Bush signed into law legislation that moves anabolic steroids into the **controlled substance schedules**. This legislation took effect February 27, 1991. The following drugs, by generic name, were placed on the list: boldenone, chloretesterone, clostebol, dehydrochloromethyltestosterone, dihydrotestosterone, drostanolone, ethylestrenol, fluoxymesterone, formebolone, mesterolone, methandienone, methandrolone, methandiolone, methyltestosterone, methenolone, nandrolone, norethandrolone, oxandrolone, oxymetholone, oxymetholone, stanozolone, stanozolol, testosterone, trenbolone, \* federal indictments were handed down in San Francisco against Edward Byrd and Jerald Bloch, operators of the California Body Club in San Leandro, where both men live, in which both are accused of producing and distributing gamma hydroxybutyrate (GHB). Indictments charging illegal manufacture and distribution of the drug have also been brought against In Tucson against Mark Therman, Sherry Cano and Robert Hilton of Amino Discounters Ltd., which allegedly made the chemical. Officials indicate that up to 70 people have suffered adverse effects from using the drug, which is not approved for clinical use by the FDA. Up to 14

**Denis Farence** is a nominee for the 1991 NSCA Strength and Conditioning Professional of the Year Award, High School Affiliated. Denis used to train with John Kuc in Pennsylvania, and has competed on the national level in the ADFFA, before moving to Hinesville, Georgia where he teaches and strength coaches and also promotes several ADFFA meets a year. Contacting him a simple matter for recognition, but a difficult one for the recognition, his fellow members of the NSCA that follow powerlifting will give him proper attention. The results of the balloting will be announced at the NSCA National Conference in June.

people hospitalized seizures which required hospitalization. Byrd and Bloch face maximum penalties of 18 years imprisonment and fines of \$1.5 million if convicted. Amino Discounters faces up to \$5 million in fines if convicted. Penalties against Therman, Cano, and Hilton range up to 30 years in prison and \$2.5 million in fines, according to the L.A. Times

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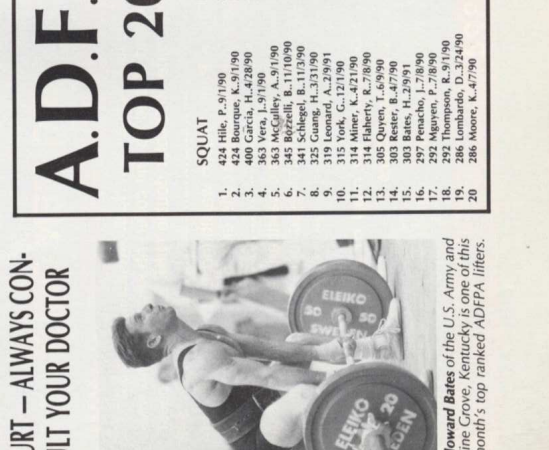
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Nebraska High School - Class C

16 Mar 91 - Doniphan, NE (top 5)

Chiffall	515	B. Collatz	1315
S. Wing	465	M. Hawkins	1115
J. Able	615	K. Krel	1080
A. Fahrbrach	365	J. Gorman	1040
Boys	485	J. Gorman	1020
114			
Z. Simones	1140		
J. Sorgentini	625	C. Campbell	1105
J. Sorenson	520	T. Wiggins	1010
J. Fisher	490	S. Campbell	985
K. Allen	980		
123			
40-49	198		
Y. Hager	745	M. Priel	1065
M. Priel	730	M. Priel	1010
C. McCadden	610	B. Chapin	1000
R. Meier	700	R. Hart	945
M. Hockenbury	590		940
A. Hart	840	L. Hoban	1320
M. Hanthorn	800	B. Buette	915
S. McMann	800	M. Korte	915
P. Schick	760	D. Damm	895
F. Schick	760	T. Durr	785
148			
S. McCadden	975	R. Nelson	885
M. Johnson	865	SFW	700
S. Gerdes	845	E. Schaaf	1120
C. Iepson	840	M. Johnson	1120
Outstanding Lifter - Lightest Lifter - Heavy Lifter - Best Female Lifter: F. Shan, T. Travis, L. Carver. Meet Directors: George Brink and Bill Crow. Announcer: Charles Lakimani. Expeditor: Steve Schaefer. Referee: Kelly Whitaker. Scribes & Concessions: Marcia Crow. Referee: Carol Meskew, Chuck LaManna, Doug Harner, Bill Crow, George Brink, Kevin Meskew. (Thanks to George Brink for the results of this competition).			

**DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR**



Howard Bates of the U.S. Army and his Vine Grove, Kentucky is one of this month's top ranked ADFFA lifters.

Santa Paula Strict Curl Classic

10 Mar 91 - Santa Paula, CA

Women			
P. Shan	81.5	B. Bethel	145
T. Travis	60	A. Acevedo Sr.	125
165		R. Scott	120
McCarver	62.5	J. Gorman	100
130			
G. Campbell	152.5		
K. Meskew	115	D. Schack	140
A. Acevedo	80	T. King	140
T. Ardinez	100	Masters	
F. Couch	160	D. Distenker	162.5
M. Trimble	85	B. Crow	110
185			
C. Seibach	162.5	B. Crow	110
L. Carver. Meet Directors: George Brink and Bill Crow. Announcer: Charles Lakimani. Expeditor: Steve Schaefer. Referee: Kelly Whitaker. Scribes & Concessions: Marcia Crow. Referee: Carol Meskew, Chuck LaManna, Doug Harner, Bill Crow, George Brink, Kevin Meskew. (Thanks to George Brink for the results of this competition).			

Howard Bates of the U.S. Army and his Vine Grove, Kentucky is one of this month's top ranked ADFFA lifters.

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**TOTALLY CONFIDENTIAL**

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from March 1990 to February 1991.

Please send a copy of all ADFFA meet results to: E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thanks very much.

Those who appear on the ADFFA TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

**A.D.F.P.A. TOP 20** 52 kg. 114 lb.

SQUAT	
1.	424 Hille, P., 91/190
2.	424 Bourque, K., 91/190
3.	363 McCullley, A., 91/190
4.	363 McCullley, A., 91/190
5.	248 Hille, P., 91/190
6.	345 Bözelli, B., 111/1090
7.	341 Schlegel, B., 117/90
8.	325 Guang, H., 3/31/90
9.	315 York, G., 121/190
10.	230 Gung, H., 3/31/90
11.	230 Tapp, G., 121/190
12.	314 Flaherty, R., 7/8/90
13.	210 Schukla, B., 4/1/90
14.	209 Bourque, K., 91/190
15.	303 Reiter, B., 4/7/90
16.	297 Reiter, B., 4/7/90
17.	292 Nguyen, P., 7/8/90
18.	292 Thompson, R., 91/190
19.	286 Lombardo, D., 3/24/90
20.	286 Moore, K., 4/7/90

BENCH PRESS	
305 McDonald, D., 117/790	
451 Hille, P., 91/190	
405 Garcia, H., 4/28/90	
405 Garcia, H., 4/28/90	
440 Mullhaupt, C., 9/9/90	
391 Leonard, A., 1/13/90	
391 Leonard, A., 1/13/90	
374 Miner, K., 4/21/90	
363 Bates, H., 3/17/90	
355 Guang, H., 3/31/90	
352 Finley, J., 3/23/90	
325 Pulice, T., 7/8/90	
325 Pulice, T., 7/8/90	
347 Lombard, D., 3/24/90	
341 Moore, A., 7/8/90	
341 Moore, A., 7/8/90	
338 Penacho, J., 3/24/90	

DEADLIFT	
473 Thompson, R., 3/17/90	
1052 Bourque, K., 91/190	
1052 Bourque, K., 91/190	
1025 Vera, J., 4/14/90	
960 Bözelli, B., 111/1090	
942 McCullley, A., 91/190	
942 Thompson, R., 91/190	
903 Guang, H., 3/31/90	
898 Schlegel, B., 117/90	
876 Miner, K., 4/21/90	
865 Bates, H., 2/9/91	
832 Lombardo, D., 3/24/90	
821 Finley, J., 3/23/90	
821 Finley, J., 3/23/90	
815 Flaherty, R., 7/8/90	
810 Nguyen, P., 7/8/90	
804 Moore, K., 4/7/90	
804 Moore, K., 4/7/90	
795 Tapp, R., 12/15/90	





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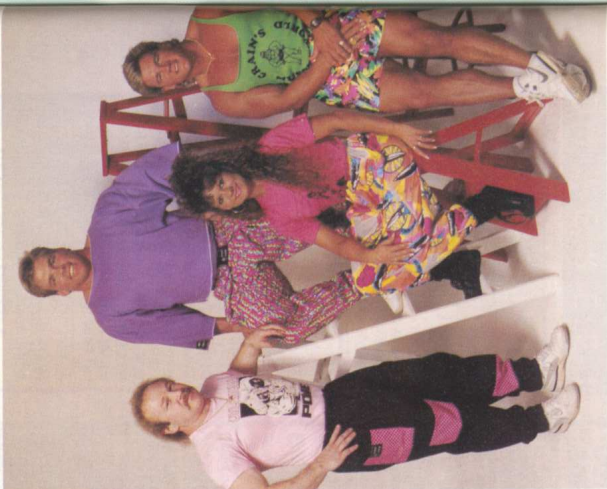
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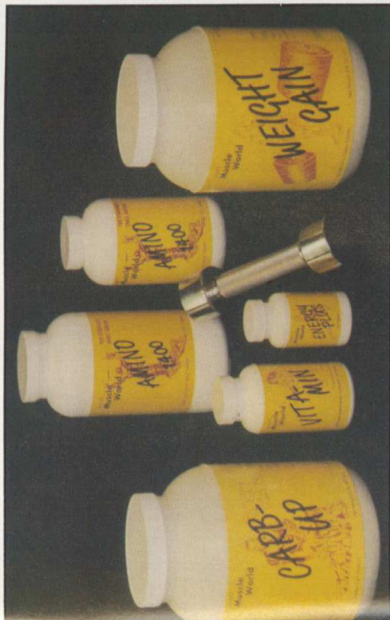


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