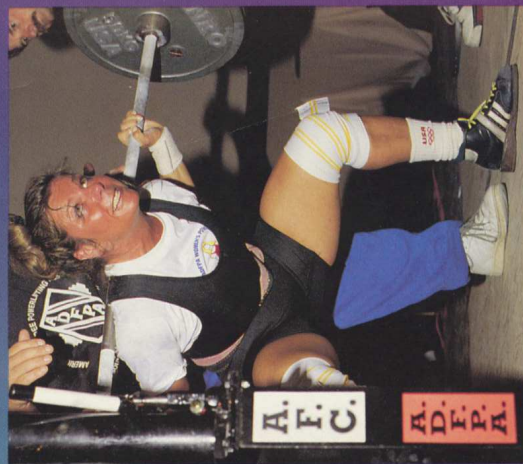


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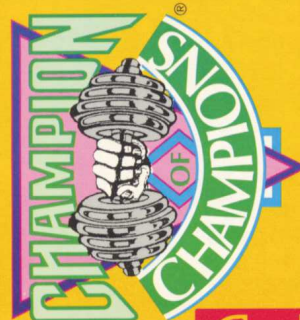


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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport.... this is their magazine.

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ON THE COVER... upper left, Gary Heisey's all-time record 925 deadlift (Bert Wagner), upper right 139 lb. class winner Cathy (Faraldo) Scafani at the ADFPA Women's Nationals, and, at lower right, David Bullock with the all time best bench press in the 148 lb. class, 470 lbs., at the Baddest Bench in America

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# Baddest Bench Press in America



Ken Lain got a 670 all time record in the 275s as his opener, and locked out 700 (Finnegan photo).



Fashionable sportswear and swimsuits were also on display (Finnegan).

Ever since the Deadlift Deadlift contest of 1989, John Inzer had wanted to promote another major contest, but found the demands on his time too great. Eventually, he found the man to do the necessary legwork. Peter Thorne, and the Baddest Bench in America/Texas concept became a reality. The standing room only crowd of 2000 at the Court House Athletic Club in Longview was treated to the greatest array of bench pressers ever assembled, as well as great music, "Josie the tiger, and a fashion show. Like Ken Lain at the deadlift meet in '89, this event had something special as well. Few knew that John

## BADDEST BENCH IN AMERICA

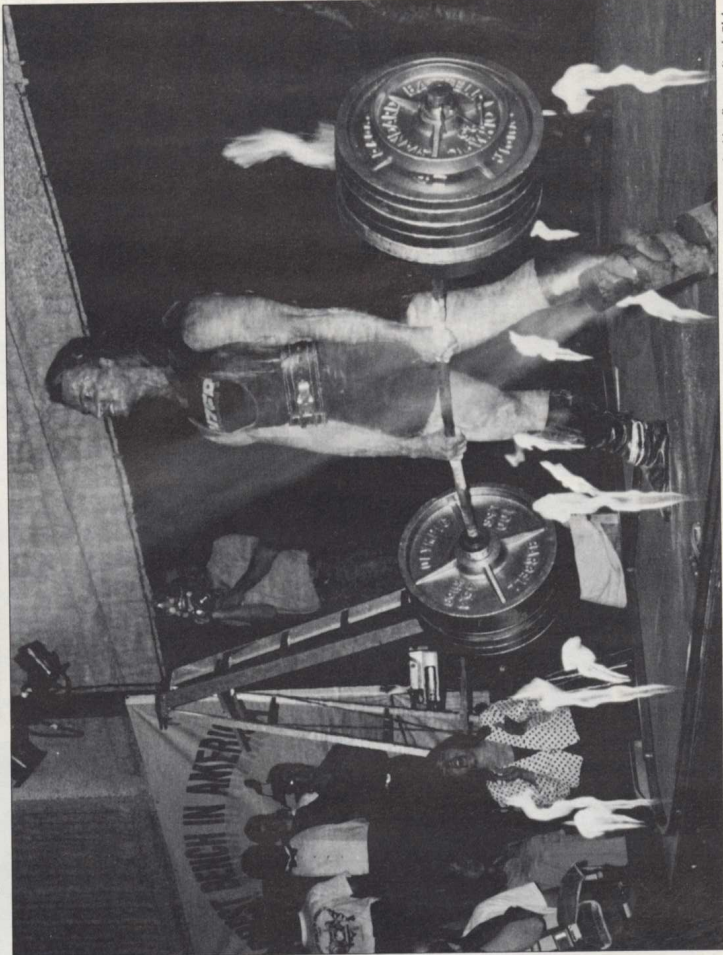
25 Apr 92 - Longview, TX

132	171	178	418	478
148	345	365	409	
R. Couch	440	460	460	470
D. Bullock	457	501	501	
S. Werner	430	450	460	486
B. Decourt	375	385	385	
181	186	186	186	
R. Creery	550	602	602	602
B. Siebold	602	602	602	
J. Kellum	575	575	575	
J. Wright	600	618	625	
C. Confessore	575	575	601	619
K. Brownfield	560	600	600	
B. Whitaker	575	605	605	
G. Thompson	530	550	550	
T. Burns	670	670	700	
275				
John Inzer	650	700	723	
A. Clark	615	630	630	
H. Collins	615	630	630	

## BADDEST BENCH PRESS IN TEXAS

Novice

114	114	114	114	270
148	355	355	355	
B. Youngs	340	340	340	190
B. Carnes	315	315	315	
J. Stephens	400	400	400	360
198	400	400	400	
R. Haggis	385	385	385	
F. Garcia	350	350	350	
B. Vinzant	350	350	350	415
B. Oldenwald	310	310	310	
A. Frenson	310	310	310	
A. Conner	405	405	405	370
220	355	355	355	
M. Mounce	355	355	355	340
V. Walker	355	355	355	
V. Hodges	425	425	425	
R. Spencer	400	400	400	400
D. Jones	405	405	405	
242	405	405	405	
D. Ballard	220	220	220	
D. Harford	425	425	425	
275	425	425	425	
B. Ferr	480	480	480	
E. Lee	480	480	480	
Teenage Men's	114	114	114	270
148	355	355	355	
G. Barbolomew	325	325	325	
242	475	475	475	
165	405	405	405	
A. Williamson	330	330	330	425
181	330	330	330	
198	260	260	260	
S. Odom	265	265	265	190
282	265	265	265	
275	450	450	450	
D. Harford	340	340	340	415
B. Rozins	340	340	340	375
C. McDowell	340	340	340	365
Women	105	105	105	250
S. Netteklee	123	123	123	
123	155	155	155	400
C. Canton	170	170	170	330
148	200	200	200	420
M. Anderson	285	285	285	360
K. Rugh	285	285	285	490
J. Rage				



John Inzer stunned the crowd with an all time 165 lb. class deadlift record of 748 lbs., on a special platform surrounded by flames (Jack Elder)

Inzer himself was in training. He announced only on Good Friday that he would be competing and breaking his all time world record in the deadlift. He pulled an easy 655 opener on a separate platform next to the bench press setup, and then returned to great cheers for his next attempt - 748 pounds. He announced to the crowd that this attempt was dedicated to the Truman Smith Children's Center ("You are in my heart") and with the house lights blackened and "No More Tears" blaring in the background, he mounted the stage, which had been specially equipped with gas burners. In the midst of a literal "ring of fire", he tore up the spectacular weight rather easily, with the flaming burners turned on full blast as he locked it out - an unforgettable display of power.

Rick "TAZ" Couch led off the long list of larger than life bench pressers, passing his opener, then proceeding to make it and 365 easily, before 407 stalled him. David Bullock is perfectly built for benching, and did it so well, getting stronger as he went up, after first missing 460. His 470 4th was an explosive all time 148 lb. best. Scott Werner was gunning for 501 at 165, but ran into an apparent misadventure, that led to a replacement attempt. Decourt was a competent 2nd place in the class.

At 181, Ritchie Creery came out in a wheelchair, pushed by an attractive "nurse", and after some mock urging by the announcer, he proceeded to rise up out of the chair, take it over his head, and smash it to the ground, before taking his first attempt.

At 198, only one man finished, after Jesse Kellum (who has been training some of the NFL's New Orleans Saints recently) opened and never got one in at an all time best of 602, which, Barbarian Bob Siebold couldn't quite get either. Jeff Wright lost his opener forward,



Chris Confessore added yet another all time record to his collection, and had the bar across his neck for a terrible instant before the spotters rescued it, but came back to try the same weight again without success.

Chris Confessore was "on" at 220, missing - then getting an all time record of 618. Juvenile Probation Officer Kim Brownfield was very inspirational with his withered leg and incredible upper body power, and finished up on Texas' own Billy Whitaker.

Another Texan, Gil Thompson, took the 242s easily, followed by California's Tom "Hitman" Burns. Ken Lain was all alone at 275, and opened with an all time record, which was awkward, but he did it again for a fine success. 700 was locked out and looked good but was not passed. Ken had fallen off a horse at full speed not long before.

Ken wished Anthony Clark well and noted that if anyone could break his Superheavy record it would be him, and Anthony almost did. His first 700, done reverse grip, was a solid success and he drove 723 off his chest with a massive surge of power to get it about halfway up. Anthony did a lot to promote the meet, lifting

Bob Siebold was plenty psyched, but 602 wouldn't go. (Finnegan) a car off the ground to get a photo in the Longview News-Journal before the meet and coming out on the 16th of April to sign autographs. Harold Collins appeared in full Iron Bear - the most nationally recognized Native American since Jim Thorne, and benched a new North Carolina State record of 630. New drug free phenom Michael Hayes was massive and handled 600 plus well - more to come from him. The meet was sanctioned APF and USPF, and the referees were led by IFF Category II Mike Reed. Some lifters were concerned about misloads, since the meet was conducted in pounds, but used kilo weights - all pre-weighed, by the way. Publicity on the contest reached from Houston all the way to Long Island, NY with David Bullock making the front page in Columbia, South Carolina and the meet will be re-broadcast in Longview on Memorial Day - next year tentative plans are to have an even bigger meet in the Dallas area.



Anthony Clark is benching confidently with a reverse grip (Finnegan).



**She's Good - We're Bad...** Mari Jo Dantsuka did some great lifting at this meet. We had a correction to her name spelling in the May issue and spelled the correction wrong!

# DASH WORLD Record Breakers

as told by Meet promoter Gus Rethwisch



**Paula Suzuki** did 250x4 in training weighing 136, and made a great 270 at the meet, with judge Ray Verdonck in the background. (Douglass Photos)

Lack of a major airline sponsor, and big money sponsors in general, have cut into the quality of the Dash World Record Breakers. A total of 119 open world records have been set under the IFF and WPC banners. The meet is a legacy of world records. Sooner or later there won't be any world records set at this meet and the name DASH World Record Breakers would no longer fit. With the above in mind, it's either one more year of the World Record Breakers, the 17th, or this is the last year. I'm thinking about putting on a meet in Memphis, Tennessee called the St. Jude Powerlifting Classic to help raise money for St. Jude Children's Hospital. I will be working on a series of articles about the 16 World Record Breakers starting with 1977.

## DASH World Record Breakers/12 Apr 92/Honolulu, HI

Women	501	502	503	801	802	803	606	D11	D12	D13	Total
Dantsuka	51	336	592	225	232	344	589	374	396	443	986
P. Suzuki	55	...	...	253	270	403	325	55	...	...	380
Men											
132	429	473	473	236	270	392	699	440	501	523	1201
S. Connolly											
181	644	683	683	363	402	402	1008	744	804	804	1752
B. Cavalier											
H. Kelly	541	400	400	391	418	479	981	501	534	556	1515
H. Suzuki	595	628	661	325	347	363	959	501	534	562	1493
220											
J. Jacques	755	804	804	462	485	501	1306	661	699	738	2005
A. Harris	650	705	722	424	446	462	1151	566	706	706	1818
242											
S. Goggins	678	870	870								
D. Choy	55	...	...	573	600	600	628	55	...	...	683
SHW											
J. Mersberg	876	975	998	573	600	611	1488	132	...	...	1620
Masters											
45-49											
220	55	...	...	407	424	465	479	55	...	...	534
D. Cillis											
242	622	650	661	352	380	402	1030	600	647	...	1631
T. Preston											
65-69	55	...	...	281	281	286	336	55	...	...	391
165											
J. Ronolo	55	...	...	281	281	286	336	55	...	...	391
180											
A. Gonzales	55	...	...	236	236	236	236	...	...	...	...

**Jeff Jacques** pumped up a big 804 squat and 2005 total to win the 220s.



**Big Dexter Choy** came away with a new WPC World Bench Record.

I want to thank my loyal sponsors who have stuck with me through the good and the bad. John Inzer of Inzer Advance Designs - a great lifter, he runs a great company, and is the brightest promotion star on the horizon; George Zangas of Marathon, who has helped me on numerous occasions with financial help, help in actually running the meet, and when certain people would unfairly criticize the meet, George would always put it in perspective; Larry Pacifico of Pacifico Enterprises, who I still think is the greatest powerlifter of all time and also one of the greatest promoters of all time; Rich Sandlin of DASH who has been a tremendous supporter, both financially and spiritually; Pete Alaniz of Titan Suits, who has been very supportive over the years; Doug Patterson of MAC Barbell and John Buckley of Elite Sales; Cleve Medeiros of Heavy Metal Barbell, Gary Tasso of Toshi's Health Food Store; Rich Groder of Cillys and the Jazz Cellar, last but not



**Family Style Powerlifting** Master benchner **Sonny Ronolo** (behind trophy) had his Hawaiian support crew on hand.

least, great coverage by Mike Lambert and for starting a risky venture at best - Powerlifting USA. Without Powerlifting USA, Powerlifting would be in the 4th ages. Thank you Mike, aged, for being the Bible and archiving a sport that is from a youth to an old man. Thank you Madi, Francis Silva, and Mark Deutch. The scorekeeper was Adrienne Chong and the M.C. was from world wrestling champion Keith Jones Bill Irwin built the stage. (Submitted by Gus Rethwisch). Notes from Roy Verdonck: Outstanding Hawaii lifters: heavyweight lift - Singh Caspally; featherweight lift - Anthony Harris. Overall Best Lifter - Jeff Jacques.

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The heart is the "work horse" of the entire body, supplying it with oxygen and nutrients found in the blood through the circulatory system. Unfortunately, the heart cannot directly supply itself with oxygen and nutrients from within the heart, where it pumps the blood, but rather it has its own circulatory system, the coronary arteries, which wrap around the outside of the heart. When there is not enough blood flow through one or more of these arteries it can lead to damage to which ever part of the heart is being supplied by that artery. If this restriction of blood flow is great enough, it could cause part of the heart to die. This is what is called a heart attack.

This lack of blood flow can occur due to a decrease of arterial pressure but usually it is due to an increased resistance within the arteries due to what is called atherosclerosis. Atherosclerosis is a disease characterized by a thickening

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# Heart Attacks And Anabolic Steroids

by Brent Allen (Author of "POWER RESEARCH ON THE SIDE EFFECTS OF ANABOLIC STEROIDS")

within the arterial wall caused by, primarily, deposits of cholesterol containing fatty substances. Risk factors for this disease that cannot be changed include: a family history of heart disease, men are generally at a high risk, blacks are at high risk, and the older one gets the higher the risk. The primary risk factors which can be changed which influence this disease are cigarette smoking, hypertension, diabetes, and high

Anabolic steroids have been documented in many cases to cause significant increases in overall cholesterol, LDL cholesterol (bad cho-

GROUP	AVERAGES ON CHOLESTEROL LEVELS			
	TOTAL-C	HDL	LDL	HDL/ TOTAL-C
Normal (below > 35)	> 230	> 35	< 135	< 3.75
High risk	203	29	144	6.8
Steroid using weightlifters	142 sub, 195 sub.	140 sub.	89 sub.	56 sub.
Non-steroid using weightlifters	171	48	106	2.6
Non-steroid using non-actives	189	46	116	2.7
sub. = number of subjects surveyed.	63 sub, 63 sub.	51 sub.	51 sub.	37 sub.
	134 sub, 273 sub.	160 sub.	84 sub.	155 sub.

TABLE 1

lesterol) and a lowering of HDL cholesterol (good cholesterol). To help you understand exactly how much anabolic steroids influence each type of cholesterol, Table 1 lists my own personal compilation of cholesterol levels in steroid and non-steroid using athletes and as well as non-active persons. When looking at the table here are some explanations of the ratios being used. The LDL/HDL and HDL/total cholesterol ratios I believe are a much more accurate picture of the rate at which atherosclerosis develops. It's a direct look at the good vs. the bad aspects of cholesterol.

To help you with more of a "hands-on" understanding of the relationship between heart attacks and steroids, I have included several summarized case studies of heart attack victims with athletes using anabolic steroids from the heart problems section of my book, *Anabolic Steroids and Infarction* S.J. Bowman, S. Tanna, S. Fernando, A. Ayodeji, R.N. Wenstone, British Journal of Medicine, 1989, v. 299, p. 632. *Anabolic Steroids and Infarction* (Update to above study) S.J. Bowman, British Journal of Medicine, 1990, v. 300, p. 750. This is a 2 part case study of a 23 year old bodybuilder who had been using anabolic steroids for 5 years (no information was given about his steroid usage). Five weeks prior and up until this case study, the subject had been using steroids. At the time of the case study, the bodybuilder had severe tight chest pains for an hour and a half. He had no previous family history of heart disease nor was he a smoker. An electrocardiogram test showed that he had a heart attack. Part 2 of this case revealed information (shown in Table 2) on his cholesterol levels for several months before and after his heart attack. A cardiac catheterization (pushing a small hollow tube in the vessels of the heart) was done, it showed a large area on his front and dividing wall of the heart to be lacking movement. Also this test revealed other dysfunctions which were: a closure of one of the vessels around the heart and a narrowing was found of vessels at other key areas of the heart. Bowman suggested that with the results of the catheterization test, deposits of fatty substances inside vessel walls from abnormal cholesterol levels may at least partly explain this blocking of the blood supply of the heart.

Death of an Athlete, R. Telander, M. Nodem. This is an article about the death of Benjamin Ramirez (6'3", 201 lbs.) a 17 year

TABLE 2  
CHOLESTEROL LEVELS IN A BODYBUILDER HAVING A HEART ATTACK (June 1989)

DATE	HDL mg/dl	Total Chol. mg/dl	HDL/Total Chol.	
			mg/dl	%
July 1, 1987	4.6	406	.01	88.3
Jan. 4, 1989	2.7	378	.007	140.0
March, 9 1989	6.6	279	.02	42.3
Jan. 26, 1990	22.8	275	.08	12.1

NOTE: These numbers are not typographical errors! NORMS (below > and above < is a high risk): HDL > 35; Total Cholesterol < 230; HDL/Total Cholesterol > .16; Total Cholesterol/HDL < 6.25.

(article continued on page 80)

## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I know a few people who have used Clenbuterol and they tell me that it seems to be more potent as a lipolytic agent rather than protein anabolic agent. While the doses used were small, a significant elevation of resting heart rate & a slight hand tremor was present. It seems to be an interesting drug with a lot of potential for the bodybuilder, particularly when nearing a contest. I'm not too sure about the safety of GHB & GABA. Would there not be a CNS effect of changing mood, the possibility of depression developing etc? I am very wary of anything that can change the brain chemistry, I would however be interested to hear of your experiences with athletes taking Clenbuterol. Does LBM increase? By how much? What dose is used? Is there any evidence in humans of fiber type changes when using Clenbuterol? I realize some or all of these answers may be in your book, but short succinct answers would save me from buying the book. I would also be interested to hear your opinion of the most effective training method for increasing muscle mass, straight heavy sets, triple drops, high vol/low rest/mod. heavy, etc. I think you are doing a wonderful job in fill the gap between science & sports. Keep up the good work. I hope to hear from you soon. **Don.**

**DEAR DON:** I'm not all that impressed with clenbuterol. I've found that first of all it's near useless as an anabolic agent, and only mildly useful as a lipolytic compound. It might have some use for contest preparation in bodybuilders. However, even here the results have been mixed with a few bodybuilders saying that using clenbuterol flattened them out. Because of the extensive polypharmacy practiced by bodybuilders it's difficult to separate the wheat from the chaff. To complicate the picture it appears from the literature that the many putative effects of clenbuterol rapidly diminish with time. For example in one recent study the inhibitory effect that one dose of clenbuterol had on the sexual activity of normally sexually active male rats disappeared when the clenbuterol was given daily for a one week period. Although the more advanced bodybuilders are using clenbuterol two days on and two days off (sometimes related with ephedrine) in an attempt to stave off the dreaded tolerance to this drug, I don't think that they're getting too much of an effect from the clenbuterol. As well, I have found that clenbuterol is almost useless as an anabolic agent when used instead of anabolic steroids - of course when used with anabolic steroids it's difficult to tell what effect the clenbuterol has, if any. Many athletes are using clenbuterol in combination with GH and while some are finding that there is an increased lipolytic effect over using GH alone, others are not. In practice clenbuterol is not the anabolic wonder drug that the literature makes it out to be. As far as fiber type changes there have been no studies that I know of in humans. However, a recent study using veal calves did show that clenbuterol (either with or without GH) increased the cross-sectional area of both fast twitch glycolytic (FG) and fast twitch oxidative glycolytic (FOG) fibres in muscle. Neither Clenbuterol nor GH resulted in any change in fiber percentage frequency in either muscle. I agree with you on significant CNS effects. While the mechanism of action remains to be fully worked out, there is some evidence to show that the neuropharmacological effects of GHB are mediated by the endogenous opiate system. Studies have shown a reversal of the dopaminergic, electroencephalographic, and behavioral effects of GHB by naloxone. Gamma-Hydroxybutyrate (GHB) inhibits firing of dopaminergic neurons. Also, this compound has the ability to produce absence-like seizure activity when given to animals. One problem with GHB is that the lethal dose is not known, and some feel that the margin between therapeutic and dangerous levels may not be acceptable. Also, if mixed in orange juice it is transformed into butyrolactone which is a very toxic compound. Because of the variability of the supply, and the varying dosages used, serious adverse effects are being seen in some athletes using GHB.

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Adverse effects include daytime confusion, headaches, nausea, vomiting, sleepwalking, absence like seizures, depressed respiration, and coma. Although I have not as yet heard of any fatalities secondary to GHB use, there have been a few cases of coma - in at least one instance the comatose athlete had to be put on a respirator until he began to breathe on his own. He also been told of an athlete who suffered severe adverse effects indirectly from some GHB he had obtained on the black market. This athlete went into a coma after switching to a different brand of GHB. He had been using 6 teaspoons of his previous GHB with no appreciable effects. He then switched brands and upon using his accustomed 6 teaspoons went into an abrupt coma that was said to have lasted about 18 hours. When he awoke from the coma he could not remember taking the GHB. As well, he was disoriented and dizzy for several days after. I would think that the first brand of GHB (both brands were obtained from black market sources) was likely bogus while the second was real GHB. GABA, however appears to be safer, but unlike GHB has little ergogenic effect (isn't that always the case - those compounds that are effective aren't all that safe, while the safe compounds don't seem to be effective). I've covered GHB in detail in a new newsletter published by B.C. Decker, called *Drugs in Sports*, published four times a year with all the latest information on all aspects of drugs and sports. If you're interested in subscription information, write or call B.C. Decker, One James Street South, P.O. Box 620, Station A, Hamilton, Ontario L8N 3K7, (416) 522-7017 - fax (416) 522-7839. Sincerely, **Mauro Di Pasquale M.D.**

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# INTERVIEW

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

Ken Westbrook is a man who loves athletics. In high school, he lettered in football. Soon after joining the military he found his way into the boxing ring where he posted a 5-2 ring record, snagging a silver medal along the way at the very 1st Florida Sunline State Games. Now Ken has decided to tackle the world of powerlifting, hoping and training to beat the clock to the gold.

**Question #1** - For starters, who is Ken Westbrook and how did you get started in powerlifting?

Ken Westbrook (moll) is an easy going, in love with life kind

## KEN WESTBROOK interviewed by World Champ DAN AUSTIN

of guy, who enjoys the physical things in life. My start in powerlifting was just an evolution from previous physical activities that had passed and gone (i.e., football, running, boxing...), but the conditioning habits learned, especially from boxing, stayed with me. Naturally, my gym became the place to release the day's frustrations and satisfy my urges

at 123 lbs.), I was hooked.

**Question #2** - What records do you hold and what goals have you set for yourself?

Most of the records I hold are for the squat. However, I do hold 132 lb. total record of 1175 lbs. for Pacific Armed Forces (PACAF). The following list of records are for the squat: 475 lbs. - PACAF, 534 lbs. - Maryland State, 534 lbs. - WDFPF, 545 lbs. - NASA World and National, 551 lbs. - Air Force and Armed Forces. Goals in PFL: my ultimate goal is to win a world title, but, along the way, I want to crack the 600 lb. barrier in the squat and eventually break the 132 lb. world squat record of 650 lbs. Even more immediate is to face the 1991 132 lb. world champ (no name please, for he'll get no publicity from me) and make him eat 2 words.

**Question #3** - What is your training like during the off-season (days-sets-reps-etc)?

During the off-season, my training goes to more high rep sets (10-15) than low rep sets with light to medium weights. I also tend to experiment more with other exercises and routines. Basically, it becomes free time in the gym. Other than doing the power lifts, almost anything else goes. Aerobic activity is also increased.

**Question #4** - You have a low percentage of body fat. What is it, and how do you feel it aids your lifting?

Currently, my body fat percentage is approximately 8%. Keeping a low body fat percentage actually helps my state of mind during preparations for a meet. All my energies, especially mentally, can be focused on reaching a goal or reaching a certain level of competitiveness, and not necessarily on making the desired body weight.

**Question #5** - What kind of diet do you follow 2 weeks out from a contest?

My diet basically stays the same - low fat, high carbs, medium protein. If there is a slight change before a meet, it's only in that fat intake is lowered a little more and protein intake increases. Carbs for the most part are the complex versus the simple (sugary) type.

**Question #6** - How about after a contest?

Actually, it depends on when the next contest is held, but normally, after a contest, my diet goes back to normal - low fat, high carbs, and medium protein. For a while, to alleviate getting any urges, more simple carbs (sugary) might be consumed.

**Question #7** - What psyching methods do you use to prepare for a lift?

The only real psyching routine that I go through is for the squat. Although, I hate to fall in any of the lifts, it is especially hard to take in this lift. What I tell myself is that it is nothing before me but steel. My mind and muscle fibers are stronger than steel. After I mentally absorb the pointers of this steel, I point out that fact to each end of the bar. I then signal to my heart the number of reps required, and remind myself of only 2 choices: squat or die!

**Question #8** - How much your lifting would you say is psychological?

Seeing as how I don't really consider myself to be physically strong, I would have to say at least 70% of my lifting is psychological.

**Question #9** - Do you use audio tapes to enhance your training form/technique? If so, what do you look for?

When I use video tapes of past powerlifting meets, I normally look at the technique and styles of other lifters, and not of myself. I look at the intensity and psyche I especially get pumped watching the toughness and desire that most female lifters put into it. For that extra psyche going into the next meet, I watch parts of a video 1 to 2 days before (now I might also watch myself), and try to draw mental images of successful lifts.

**Question #10** - How can we educate our athletes about the dangers of steroids and drugs?

Education comes from the stand that powerlifters and the various organizations make as a whole. A lifter doesn't necessarily have to know "which" steroids can lead to "what" heart or cancer problems. What they (we) do need to know is that those lifters put themselves at risk, not only with their health, but with acceptance within the various organizations and by fellow lifters. You can pass out all the literature you want about steroids and their side effects, but as long as people equate the increased and stature, with acceptance and podium, they'll keep using.

**Question #11** - Today we have too many organizations and tomorrow, there will be 2-3 more. What

do we as lifters need to do to control this?

In an ideal world, one powerlifting organization would be a bonus for all, but I really don't think the real problem is with having 2, 3, or even 5 organizations. The problem is, they all appear to be working in different directions, and all at the lifters expense. You can over-saturate a market with too many organizations; complete with watered down titles (boxing for example). The trick is to have each organization work in such a way that their efforts benefit all of powerlifting; the organizations and the lifters. For example, television exposure should help to put the entire sport on display to the general public, and not just the efforts of a few. At that time, that particular organization should highlight and showcase the sport of powerlifting as a whole. Of course, the trust of the public must be obtained by taking a hard, advertised stand against steroid usage, in hopes that our negative image as a bunch of screaming "roid" heads can be enhanced. And another thing, don't try to convert me. I have nothing against any of the organizations - and no, I don't enjoy paying multiple membership dues, but I "do" and "have" paid my dues (either way you want to look at it). It's as simple as this, I'm a lifter and I train to lift - and (no!) also pay (physically and monetarily) for this training.

**Question #12** - What final words would you like to say?

Only that my 10 years in powerlifting has been very beneficial to my mind, body and soul. Just wish it hadn't taken me to age 27 to discover it. It's been good meeting all the decent people associated with the sport. Thanks to all my fellow diehards and lady diehards of Clark AB's Powerhouse Team (Ray, Dave, Ben, Little & Big Bird, Rich, Marlene, Larry T., Larry M., Robin, Mad Mike, Delise, Shep, Tony, Cara and all the rest). You guys kept it interesting. Thanks also to Mike Lambert, Bob Forenbaugh, and John Buckley for their friendship and support at my 1st IPF Worlds. And to George Zangas of Marathon for the suit and wraps (don't worry, they will be put to good use). An urgent let's get busy goes to my newest workout partners, Dan Austin and Curtis Bradham. Hey Big Fella (O.D.), this year is for you. I'll close by saying - !! (Diehards will know how to fill in the blanks)

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Ken Westbrook earned his spot as an alternate on the 1991 IPF World team off his lifting at the Sr. Nationals

# WORKOUT of the Month

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).

## BRAD KRETSCH DEADLIFT

I've written this workout as if the reader had a 600 lb. max in the deadlift coming in. The deadlift, to me, is the overall best exercise one can do. Ultimately, it is the most true test of strength, utilizing all the major muscles. I train my deadlift the hardest of all lifts. Most people prefer to concentrate more on the squat or bench, but a good deadlift can move you up drastically from suboptimal. I do my back work once a week. The thing I try to remember when deadlifting is that quick, explosive movement off the floor is the key. To achieve this, I visualize a deadlift as a standing leg press, pushing my feet through the floor. Keep your eyes straight forward and your overhand grip one inch further from center than your underhand grip to avoid twisting of the bar on the way up. Remember to keep the bar close to your body, keep pressure off your lower back.

When I train I use straps and a power belt. During the set I use a knee, knee wraps and substitute wrist wraps for straps. The reason I use straps is to effectively train my back. I have only lost two deadlifts ever because of hand tears. I also train forearms on my back day.

This is my pre-contest cycle, 9 weeks out. Start the warmup for each set with 35% of max. These should be done as quickly as possible about one minute, but no power belt. Next, as part of the warmup for each session, I would do deadlifts, conventional, 135x8, 225x8, 315x8, 405x5, 495x3. Here's the heart of the workout: You get 15 lbs. higher on your top set than the previous week. Do five sets of singles, decreasing 10 lbs. per set. What you are doing is playing games with your body and mind. By lowering the weight, your mind begins to feel that handling that range of poundages is easy. 1x1 - 15 lbs. higher; 1x1 - 8 lbs. higher; 1x1 - 5 lbs. less; 1x1 - 15 lbs. less; 1x1 - 25 lbs. less.

**Week One** would look like this: 135x8, 225x8, 315x8, 405x5, 495x3, 525x1, 515x1, 405x5x5, 495x3, 630x1, 620x1,



BRAD KRETSCH is one of the few lifters on the face of the earth to have handled over 800 pounds in the deadlift.

610x1, 600x1, 590x1.  
**Week 2:** 135x8, 225x8, 315x8, 405x5, 495x3, 540x1, 530x1, 520x1, 510x1, 500x1.  
**Week 3:** 135x8, 225x8, 315x8, 405x5, 495x3, 565x1, 545x1, 535x1, 520x1, 515x1.  
**Week 4:** 135x8, 225x8, 315x8, 405x5, 495x3, 570x1, 560x1, 550x1, 540x1, 530x1.  
**Week 5:** 135x8, 225x8, 315x8, 405x5, 495x3, 585x1, 575x1, 565x1, 555x1, 545x1.  
**Week 6:** 135x8, 225x8, 315x8, 405x5, 495x3, 600x1, 590x1, 580x1, 570x1, 560x1.  
**Week 7:** 135x8, 225x8, 315x8, 405x5, 495x3, 615x1, 605x1, 595x1, 585x1, 575x1.  
**Week 8:** 135x8, 225x8, 315x8, 405x5, 495x3, 630x1, 620x1,

610x1, 600x1, 590x1.  
**Week 9:** No deadlift workout. Shrug 4x8. Rows 4x8. No back work 10 days prior to meet.  
**Meet Day:** 600 - 625 - 640 with lifters is what's between their ears. You have to believe you can do it in order to be able to actually do it. The only thing standing between you and a big total is yourself.  
When following this workout you must be able to read your body. If you had to miss the previous workout or you are sore from squatting, either lower the weight or do rack work, just as long as you don't skip the workout, if you can help it. Usually, if I miss an attempt I keep going down in weight until I make a single, and then I do five sets from there. If you follow this workout you should be able to pass a lot of your competitors come

BRAD KRETSCH  
2903 Hallmark Avenue North  
Oakdale, Minnesota 55128  
(P.S. I would like to thank my wife Lynda for all of the patience and support, and also for her rewriting of this article for me)

Everyone is familiar with the awesome powers of sex. When I was in college our class did this little experiment to demonstrate the influence that an orgasm has over an organism. We took this little rat, opened up his cranium (we were nice enough to put him asleep first), and then inserted an electrode into the ventral portion of his hypothalamus. That's the part of the brain that registers orgasm when you are lucky enough to experience one. In fact, you stimulate that portion of the hypothalamus, you'll experience an orgasm, even though you didn't have an orgasm through physical contact. Don't ask how I know that. Our idea was to see what we could get the rat to do for an orgasm.

It turned out that he did everything and anything we wanted him to do. In fact, during one of our experimental trials, we actually got the rat to pull a lever 2463 times just for one little old orgasm. Actually, that didn't surprise anyone because we all knew what some guys will do for an orgasm. I mean look at Jimmy Baker. The guy gave up a 162 million dollar industry for a roll in the hay with Jessica Hahn. And take Jimmy Swaggart (please do), and the other professed man of God who gave up everything just to look at a woman in her birthday suit.

Obviously, television evangelists aren't the only one who engage in sex. It only seems that way. I know some guys who will re-mortgage their house for 20 minutes of bliss. Not me... well, I did take out a second loan on my car once, but the girl was magnificent... Ok, so she looked like Tammy Faye after a good cry.

Anyway, now that I've got your interest, I'm going to turn you on to what's really hot now-a-days. It's a phenomenon called LOVE. Sex may be a powerful influence on human behavior, but generally that influence is temporary. In other words, you might say that sex is kind of like temporary insanity. You may lose it all for a moment or two, (or three or four), but eventually you'll get back to your old self. Love on the other hand can cause long term "dramatic" in fact, some guys never recover from this disease. Interesting-ly, love is the only disease that is species specific - it only afflict human beings. Animals are immune to this disorder, which makes you wonder if animals aren't a lot smarter than we give them credit for being.

Trust me on this one, love is not only dangerous to your health but to your wealth. If love were a drug it would be some "seriously bad" stuff; if it were a bomb it would have ATOM written on its side; and just about every place you find love, you also find pestilence, destruction, and death. Like I said, this love thing is really scary. I've checked around, but at present there is no scientifically validated physiological explanation for this phenomenon called love. However, there are a number of theories. For instance, one theory is that when an individual falls in love, his brain releases chemicals called endorphins or enkephalins, a morphine-like substance that causes extreme

ecstasy. The theory is that these chemicals cause a euphoric state that is similar to that of a drug addict. This state is often referred to as "runner's high" or "the high" and is characterized by a sense of well-being and a decrease in pain. This state is often referred to as "runner's high" or "the high" and is characterized by a sense of well-being and a decrease in pain.

# Dr. Judd

## LOVE by Judd Biasiotto Ph.D.



Dr. Judd Biasiotto expounds on the subject of love and its effect on athletes

came down with a serious case of morphine. If you're not familiar with morphine, it's a strong narcotic that is both physically and mentally addicting. Endorphins and enkephalins, like morphine, can cause a decrease of pain, a decrease of fear and anxiety, loss of appetite, inhibition of cognitive awareness, constipation and an enormous feeling of well-being. Sounds like love to me.

Another theory is that love causes polypeptides to be secreted by the pituitary gland, thereby boosting the immune system and activating the sympathetic nervous system, which in turn can bring about the euphoric feeling associated with love.

Although I couldn't find a physiological basis for love, I did find some interesting information that might give you a few hints to identify the condition, if you think you may be falling in love, or already gone down the slippery slide. Now I know what you're thinking. Why am I writing an article about love in a sports magazine? Well, if you think I'm doing it to get a little "low class" humor, you're probably right. I'm certainly not against low comedy, vulgarity or shamelessly chasing after a few laughs. In fact, I've done all of these things on numerous occasions. I can't help myself. I'm a distorted individual. Still, the primary reason I'm writing about love is that it can mess

up an athletic career faster than knee or back surgery. Trust me on this one. Love can be worse than a serious case of the Epstein-Barr virus. I know because I was engaged once (did you ever notice how the word "engaged" is in the middle of "engaged"?), and I put my athletic career in the toilet for a good two years - and I was only engaged for 24 days, 6 hours, and 23 minutes.

The obvious question is how do I know if I'm falling love? Well, luckily there are some tell-tale signs that you're heading in that direction. One quick and easy way is to ask yourself the following questions:

1. Do you worry about having clean underwear everyday?
2. Do you go window-shopping with your girlfriend on Saturday afternoon while your favorite college team is on the tube - and enjoy it?
3. Is your stomach on the queasy side from the time you wake up until the time you go to bed?
4. Do you tell the truth when you know damn well you should be lying through your teeth?
5. Do you talk about the future, how you like children, and (God forbid) the "M" word?
6. Do you let your girlfriend drive your five-speed sports car knowing full well that she'll never bother to use the clutch?
7. Do you clean your bathroom more than once a year?
8. Do you spend two or three hours talking on the phone with your girlfriend - after you just brought her home from a date?
9. Are you aware that your girlfriend has you on a course toward financial ruin and you don't care?
10. Are you always as white as a bed-sheet and do you have periodic vision and hearing problems? (A primary indication that the blood has drained from your head.)

If you answered yes to any four questions, you are on the threshold of falling in love. If you answered yes to six of them you're definitely in the love zone. Yes to eight questions, you're in deep doo-doo, and yes to all ten questions you need immediate medical attention - cause you're a seriously sick unit.

Before I leave you, you might be interested to know that through my exhaustive search of the literature, I happened upon a poem that I believe captured the very essence of the true meaning of love. It's entitled "The Most Wonderful Love." Not only is it beautifully composed, but it provides meaningful insight into the phenomena of love.

**THE WONDERFUL LOVE**  
There is the wonderful love of a beautiful maid,  
And the love of a staunch true man,  
And the love of a baby who is unfraid,  
All have existed since time began.  
But the most wonderful love - the love of all loves  
Even greater than the love of a mother  
Is the infinitely tender and passionate love  
Of one dead drunk for another.  
Author too embarrassed

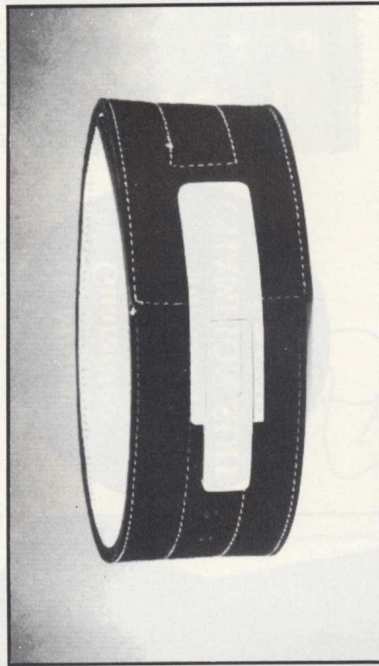
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This author's first encounter with the concept of off season training for powerlifting came from an old Weider **MUSCLE BUILDER** **POWER** magazine, which is now **MUSCLE & FITNESS**. In that particular issue was an article on the squat training of record holder of that day, George Frenn. The photo that accompanied the article was of Frenn squatting a massive 853 lbs. at 242". That bending bar and Frenn's grimace still is sharp in my mind. In that article, Frenn outlined the off season training regime he used to squat that incredible weight, which would be fantastic even today with all the new squat suits and knee wraps. George's off season routine included front squats and box or bench squats. After a steady diet of these, he would transfer over increased power to his power squat. Sounds reasonable.

But this article is not about George Frenn's off season squat routine or any other superstar's secrets. It's about the transition of going from an off season routine to specific contest training. It's not as easy as one day doing front squats or stiff legged deadlifts and the next going to your normal squat stance or Sumo deadlifts. Exercises or techniques used during the off season can vary greatly from contest methods. If one does not follow

an organized, well thought out transition to contest training, the results could be less than expected or, at worst, lead to injury. Let's explore each lift's nuances and how the transition can be made smoothly and effectively.

The squat's first. Let's say your off season work revolves around high bar, close stance squats. The execution of this type of squat may be similar to contest style, but the leverages are vastly different and this difference can be even greater if you use a wide squat stance. If you went cold turkey from close stance to your regular stance, you may have problems with depth-perception and balance and control of the

bar during the descent and ascent of the lift. This could cause you to lose confidence in your abilities and may feel your time devoted to off season training was counter-productive. You may even squat less than you could before you started all this off season stuff. At worst, you could hurt yourself and suffer a setback.

One way to achieve this transition smoothly is to not increase the weight used in the early stage of contest training by a large amount and allow a short time of adjustment. In addition, reps should remain the same for a short while. Let's look at the last few weeks of a lifter's off season phase and what his first few weeks of his contest

## TRAINING

### Off Season to Contest Training Adjustments as told to PL USA by DOUG DANIELS

should be moderate to reacquaint the lifter with his normal technique. Increase 10 pounds the next week, keeping the reps the same, on Week 3, increase weight and drop the reps by 2. By this time, most lifters will be adjusted and can proceed with more weight increases and rep changes. Of course, your actual routine may differ from my example. Just remember to keep the increases in weight and decreases in reps small at first.

Another method to include a set of your normal squat style in your off season routine, this way, you will never really lose the feel and groove of your normal style. This set can be done as a 'down' or final set after your chosen off season work. Don't go overboard though on the weight or sets. Just one light set to keep the groove will help without risking overtraining. Keep the reps between 6-12. You may want to just include this set the last 3-4 weeks of your off season. My slow work-in example in the previous paragraph can also be applied here.

The bench press can be addressed in much the same way. Going from dumbbell benches or feet off the floor benches to your competitive mode will take some getting used to. You must readjust to your back arch and foot position. The balance of the bar will seem strange at first. Ease back into your old grip if you want wide, otherwise you could pull something.

Conventional deadlifters will transition much easier than sumo pullers. Sumo pullers must regain flexibility and technique to pull effectively. I would suggest including a sumo set the last 3-4 weeks prior starting the contest phase.

An experienced lifter should require less adjustment time to get back into the contest groove. Novice and intermediate lifters should go slower. Have someone assess your technique when you switch over and don't increase weight until you get your technique back in line.

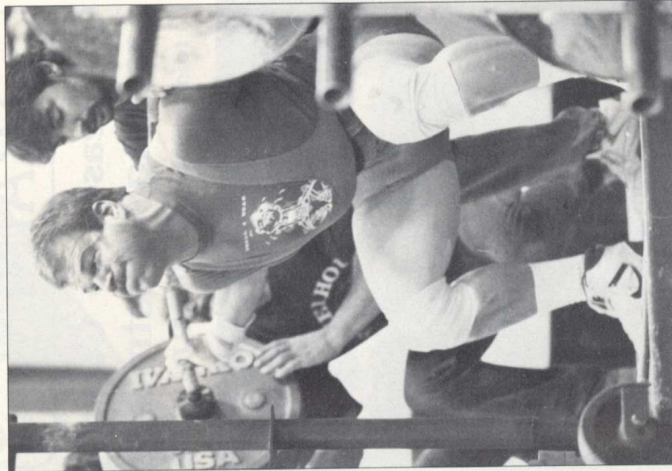


**Matt Dimel** has made the transition from a long off season due to injury to 744 567 810 2121.

phase could look like to accomplish this. Off Season Squat (close stance) Week 10: 135 x 10, 225 x 10, 275 x 10, 315 x 10. Week 11: 145 x 10, 235 x 10, 285 x 10, 325 x 10. Week 12: 155 x 10, 245 x 10, 295 x 10, 335 x 10. Contest Squat (normal stance) Week 1: 155 x 10, 245 x 10, 295 x 10, 335 x 10. Week 2: 165 x 10, 255 x 10, 305 x 10, 345 x 10. Week 3: 175 x 8, 265 x 8, 315 x 8, 355 x 8. In this example, the lifter uses the same weight on Week 1 of his contest phase as his last week of his off season phase. He also uses the same rep scheme. This will not create such a noticeable change in his workout. This first workout

bar during the descent and ascent of the lift. This could cause you to lose confidence in your abilities and may feel your time devoted to off season training was counter-productive. You may even squat less than you could before you started all this off season stuff. At worst, you could hurt yourself and suffer a setback. One way to achieve this transition smoothly is to not increase the weight used in the early stage of contest training by a large amount and allow a short time of adjustment. In addition, reps should remain the same for a short while. Let's look at the last few weeks of a lifter's off season phase and what his first few weeks of his contest

## One Lifter's Opinion - Steve Elgin



Steve Elgin is the 1991 A.P.F. Sr. National Champion at 220 pounds.

There is one topic which is surfacing more often in our sport. The topic is the unification of Powerlifting. It is being discussed all over the country. Powerlifters of all levels are battling around the topic. It has even made its way to the pages of a *PL USA*. This issue requires a further look. The following will explain the need and suggestions for unification.

There are many areas in business where competition creates a better environment. This is good if you are a consumer, but not so good if you are a powerlifter. Powerlifting is a sport and is better run as a monopoly. All major sports in America are under one organization. This actually allows the sport to grow.

The main reason for a monopoly is financial. There are not enough strength athletes to support many powerlifting organizations. The number of athletes is limited. The same goes for sponsors and meet directors. All the revenue generated must be pooled into one group. The one group would be large and powerful as opposed to many small and weak groups.

This would simplify the sport for the lifter and vendor alike. It is to everyone's benefit for the vendor to make as large a profit as possible. The vendors put a great deal back into the sport. The lifting attire would need to meet the standards of only one organization. This allows the vendor to streamline their production. This enhances the profit. The advantage is also to the lifter. Their equipment costs less due to mass production and is guaranteed to be legal in the organization. There is only one set of rules for the lifter. The judging should be the same at all meets for this reason. The process is simplified for the lifter and vendor.

There is one key element in the whole process. The organization

**MESSAGE FROM THE APF PRESIDENT:** Dear Powerlifters: On April 6, 1992 we had our APF board meeting. The following are just a few of the subjects that were discussed. I hope this will clear up many of the questions that were brought to my attention. We voted for Paul Anderson to be sanctioned into the APF Hall of Fame, and became an honorary member. We have all the rights to any APF sanctioned meets, along with a free booth for the Paul Anderson Youth Home in Georgia. Next we were in total agreement not to have a 7 lift meet but to continue with the 9 lift meet. We had also agreed to keep quiet and not elite totals, that we had for the National meets in the first place. We had also agreed to keep quiet and not talk on any steroid issue. Not to mention anything regarding testing or non testing, but to continue the organization as we always have. We will not compete with other organizations on that level. I will continue by the boards vote and Greg Reshel's request, to go on as I always have, as the President of the APF. Greg Reshel still stands as Technical Officer for the WPC, and will devote his time to that and his new business, due to his present work load. Presently on the board is: Tom Bauers, Lamy McCauley, Mariah Liggett-Brock, Maris Stenberg, John Bayliss, Carl Herald, Greg Reshel, Jeff Wright, and myself. Also voted in on the board were Scott Warman, John Ware and Ken Leistner. We have also adopted an agreement for the new 'invented' squat machine for the APF. This machine is a brand new invention and has been proven the safest. It will also decrease the time of a meet. The set up is completely done by the machine, to help avoid injury from backing up. This has been tested and used and is a necessity for the future of powerlifting. We will also be using the Monofilament in our Master & Teen Nationals, as well as our Sr. Nationals. A rule was passed that all APF meet directors have bleach and water available for the deadlift, to wipe the bar clean between deadlifts, to avoid the spread of diseases. Sincerely, *Ernie Frantz*, President of the APF

be satisfied. All of the lifters needs are then met.

The increased financial resources would allow significant drug testing. It is important that a fair environment be created in the natural division. More testing creates a fair environment. Perhaps year round random testing would be available with the increased finances. The top 3 in each division could be photographed and given a urinalysis. There could also be random testing. This type of testing should satisfy those wishing to compete in the natural division. A number of years of drug free status would need to be set. This would create a completely drug free division.

There should be a large emphasis on local lifting. The local lifter is the backbone of the sport. This group stands to gain the most from having only one organization. The most obvious advantage is to have to only purchase one membership card. The hidden asset is an increase in the number of meets. Meet directors would get a much higher turnout. The results should be more and better quality meets. More meets allow more lifters to compete and produce more revenue for the sport. This would greatly benefit the local level.

The organization could assist at the local level. It could require each state chairman to make sure two meets a year take place in the state. There should be a state championship and another meet. The various regions could hold an annual regional championship. Each meet needs an open and natural division. The following categories would need to be contested; teenage, women, men, masters, and novice. This provides many opportunities to compete. This should bring more lifters in at the local level.

The organization must be geared to the local lifter. Every lifter should be allowed to vote on the issues via mail. The lifters opinion is immediately known and counted. Each lifter then feels involved.

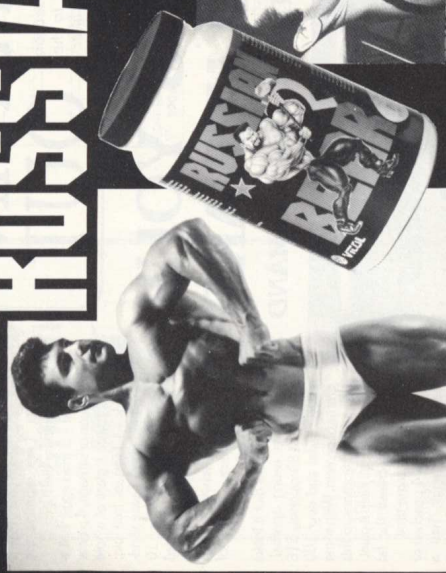
The final two issues are media coverage and sponsorship. For all intents and purposes PL USA is the only media coverage and vendors provide the only sponsorship. A majority of the problem lies in the organizations dilute and cloud the sport. Hopefully, then sponsorship and media coverage would increase.

The interest of all lifters should be accommodated. One organization can meet the needs of all lifters. It is time for the "powers that be" to move toward unification. The national committee meetings will be taking place shortly. All lifters should demand that their leaders meet and bring the sport together.

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finally found it. No More Trial and Error with RUSSIAN BEAR. It's incredible." Under Val's isometric training and nutritional program, Chief Jim Leason of the Run-n-rend, N.J. Police Powerlifting team broke his bench record by an astonishing 120 lbs. Team members, Ron Trivina broke his by a staggering 135 lbs; Dan Dougherty 70 lbs in only 3 weeks. Chell Leason says, "I love RUSSIAN BEAR. We all use it in our training program. It's Outrageous". Even my dad (Lats Leason) who looks fantastic at 65 swears by RUSSIAN BEAR. Val says, "I have a hard time making gains and lost over 25 lbs during my Val Vasil Health Entertainment T.V. Series. RUSSIAN BEAR as a nutritional support during my training helped me pack the Mass and Density back on almost immediately. Sure wish I had RUSSIAN BEAR when I broke records with a 150 lb one arm curl. Now I'm pushing for 175lb to up my record!"

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## EATING YOUR TOTAL UPWARD

as told to PL USA by TONY KAMAND

The dietary habits of most powerlifters can be summed up in one word - "atrocious". The standard American diet with a high intake of fats and various junk food does not make the grade when training for strength. Now, I don't think one has to enroll in the Pruitkin Diet Center to learn how to change their eating habits. Actually, some simple changes can be made that will improve your diet and eventually lead you to an increase in strength. First, one should begin to analyze their particular diet to see how "healthy" it actually is. See how much fat are you eating? Are you eating enough complex carbs? How much protein are you ingesting? Do you really think washing down your chocolate covered doughnuts with two bottles of beer is necessary?

If you are like a number of lifters I know your diet can probably use a few changes. As powerlifters there is little we can emulate from bodybuilders with the exception of their eating habits which for the most part are pretty sound if not bordering on the extreme. Their diets are typically high in carbs, low in fat and moderate to high in protein. I don't think we should try to follow the diet of a Lee Haney, but some modifications of the amount of fats we eat and an increase in the complex carbohydrates consumed could be beneficial to most powerlifters.

Contrary to some popular belief, powerlifters should consider themselves as athletes. Carrying excess fat around on your physique does absolutely nothing for your appearance, lifting total or the image of the sport. I was recently talking with one lifter who by his own admittance was carrying around quite a bit of excess fat. I tried to suggest to him that if he made some modifications in his diet he could lose the excess fat, keep all of his existing muscle and probably total the same in the next lower weight class. This lifter stated that he had tried to do this several times, but as soon as he drops 2 or 3 pounds his lifts drop by 50 to 100 pounds and he feels weak. This sounded somewhat absurd to me and this lifter should probably go see a good psychiatrist. To think you will lose that much strength if you lose a few

pounds is preposterous. The lifter however might have been dieting improperly. But, in reality you really don't have to go on a special diet - all you need to do is to make some simple modifications to your present eating habits. Let's examine the typical powerlifters diet.

Breakfast - 3 fried eggs, half a pound of bacon or sausage, 4 pieces of buttered toast, 1 glass of whole milk; Snack - 1 Hostess fruit pie; Lunch - 1 ham and cheese sandwich, 1 apple, 1 soda; Dinner - 10 ounce steak, a package of mixed vegetables, 1 slice of Mom's home made apple pie topped with 1 scoop of ice cream; Snack - 1 bag of potato chips

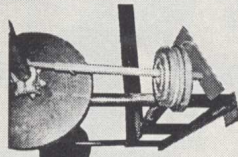
After analyzing this diet it looks like this lifter is eating approximately 4,180 calories, 216 grams of fat and over 100 grams of protein. With some simple modifications to this diet we can still keep it palatable and decrease the fat intake at the same time.

Breakfast - 4 poached or hard-boiled eggs, half a pound of bacon or sausage, 4 pieces of unbuttered toast with jelly, 1 glass of 2% fat milk; Snack - 2 apples, 2 bananas; Lunch - 1 turkey and cheese sandwich, 2 apples, 1 soda; Dinner - 10 ounce steak, a package of mixed vegetables, 2 cups of pasta or rice, 1 orange; Snack - 1 cup of rice pudding

After analyzing the above modifications this lifter is eating approximately 4,100 calories and taking in only 114 grams of fat. The calorie intake is basically the same which will enable the lifter to maintain his present body weight. The volume of food is greater on the modified diet which in turn allows for a greater intake of nutrients that will aid in your growth and recovery.

The lower fat intake along with maybe some mild aerobics (a half hour of walking three times a week) should help the lifter lose excess body fat which will be replaced with muscle. The lifter will eventually weigh the same but will be carrying more muscle and less fat. A little thinking at the table will ultimately lead you to a higher total on the platform. Your training can remain basically identical while a change in your eating habits will increase your lifts. This sounds like a simple way to add pounds to your total, so why not give it a try.

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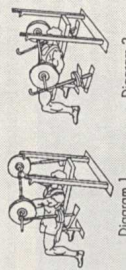


Diagram 1

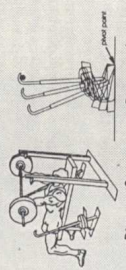


Diagram 2

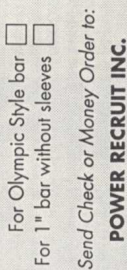


Diagram 3

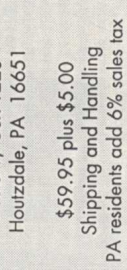
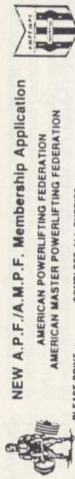


Diagram 4

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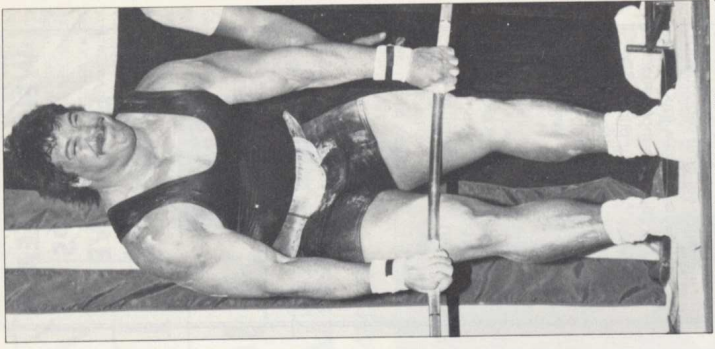


Jim Mersberg recently squatted the most weight ever in an ADFFA meet, 940 lbs.

**A Message to all USPF Members,** past, present and future. Most of you either know me personally from meeting me at different competitions, or you recognize me from pictures and articles in *PL USA*. My decision to run for the office of the President of the USPF was made after careful consideration of the present state of affairs of the USPF. As a member of the Executive Committee, my vision of the condition of the USPF has become increasingly clear over the past nine months since my election to the committee. Some of the powers that be in the USPF are more concerned with administrative problems than with the plight of the lifter and their well being. I realize that certain administrative duties must be attended to for the federation to function as a business on a daily basis, but I also realize that unless the USPF becomes more concerned with the lifter and their well being that we may administrate ourselves right out of existence. The following is a brief outline of how the USPF would operate under my administration. 1. Implement networking between the National Headquarters and the regional and state chairmen. There would also be networking with athletes representatives, members at large and Standing Committee Chairmen. I feel that input from these people is essential in getting the USPF back on track and building our membership back to a respectable number. 2. Actively recruit promoters for USPF meets and provide them with guidelines for promoting a successful competition. This will help the USPF to have a solid grass roots base throughout the United States. 3. The Treasurer for the Federation will be an active Treasurer, meaning all money incoming and outgoing will be processed through the Treasurer. Certain accounts will have money earmarked for different expenses and money will be used for these expenses and no other. Money will be earmarked for reimbursement to State Chairmen, World Team Expenses, Drug Testing, and Administrative cost. 4. The National Headquarters for the USPF will have certain set hours of operation with a friendly competent voice on the phone to assist you in whatever way they can. I will be in the office for a minimum of 2 hours each day. During that time I will receive and return phone calls to those of you who need to speak with me personally. It is my personal opinion that the USPF has become bogged down in an administrative quagmire and has lost its perception of what our focus should be. If elected, I will invoke programs that will bring the membership of the USPF back to the numbers of years past. I firmly believe that with proper leadership, the USPF can once again be the dominant force in Powerlifting in the United States. Yours in Strength, **Sandy King**



**Sandy King at the USPF Sr. Nationals**



**Mark Chaillet had an 850 deadlift not counted on the TOP 100 because results were not sent in.**

**From A Reader:** I began weight training after I turned 40 last June. My wife, Anne, started shortly thereafter. At first we had difficulty finding a gym where we felt "at home" - comfortable, accepted, etc. Then we struck gold at Chaillet's Fitness & Strength, Inc. in Sulland, Maryland.

Under the instruction and guidance of Mark & Ellen Chaillet, with considerable assistance and encouragement from Mike Bernarden, Scott Werner, Graham Bartholomew, Bruce Singer, Roy Chaillet and numerous others, we were taught, step by step, the competition lifts and assistance exercises. Every lift, every rep, every set for three months was programmed for us by Mark & Ellen, and we were eager to learn and progress. Our first twelve week power cycle peaked at the Temple Hills Open XIV and Bench Press Championships held at Oxon Hill Ramada Inn on Sunday; March 22, 1992 - our first meet. We were ready. There are just not enough good things to say or write about the superlative character and quality of people and training at Chaillet's Gym. To those out there who are tired of pulling stares for lifting heavy, using chalk and making noise, or keep tripping over the pickup candyasses hanging all over the equipment: try Chaillet's - you'll be glad you did.

As novice lifters we rely heavily on *PL USA* for access to training information, inspiration, lifter profiles, products and meet results. Meet results are an important tool for us to determine just where we really stand in the scheme of things, yet we know of at least two occasions where American and/or World record lifts/totals of significance were either misreported or not reported at all to *PL USA*. There is great satisfaction and a sense of achievement in setting a PR, whether it results in a trophy or not, and sweat and tears that propelled one there, have faded into the mists of time. When the trophy or medal has been put into service as a letter holder or a paperweight, the RECORD remains. If it's published, that is.

As you are well aware, there are no professional powerlifters; we are all amateurs, and powerlifting has yet to become a spectator sport. In one sense, then, the only forum of public acclaim for a powerlifter is the biographies and meet results published in *PL USA*. When a meet organizer goes the distance to provide all the necessities for a meet, only to drop the ball and FAIL TO PUBLISH the meet results in an accepted format, it is a GROSS BREACH OF TRUST with the contestants. It does GREAT DAMAGE TO THE SPORT and it DIS-SERVES THE INTERESTS OF LIFTERS WORLDWIDE who have a legitimate right to know: who's the latest, greatest King of the Mountain, at least for today?

It is written: "The job's not done 'til the paperwork's finished." Perhaps *PL USA* should consider implementing a policy NOT to advertise meets for which the organizer has failed to adequately publish the result of the previous meet. **MARTY DOW**



**Greg Reshel intently watches squat depth on Dawn Sharon.**

**Dear Powerlifters:** Many of you have read the article on me in the May issue. I would like to take this chance to state to you the facts. I had attended several seminars and classes in the 1980s, where I had learned good things about steroids. These seminars and classes were taught by licensed doctors, who had promoted steroids. I had no reason not to believe them. Kasmejer and several pro football players had also attended these classes. In 1984 I had spent two weeks in St. Louis, MO. I was tested on and off with steroids; by the Doctors who then had manufactured growth hormones. I had also worked with many medical doctors through my lifetime, all along believing this was good, and not bad. It wasn't until 1985 when steroids started to become a major issue. And people were learning more about the dangers. The incident that I was charged with in 1989 was a misdemeanor at that time, in the State of Illinois. It wasn't until 1990 when they changed the law on steroids from a misdemeanor to a felony. 1992 was the first time I went to court on it, for the year 1989. I was fined \$125.00 and had to pay restitution of \$1,000.00 in a 2 year time period. I did not get charged for distributing misbranded drugs, that was dropped. As for the prosecutor recommending 6 months in prison, that is false. The prosecutor, district attorney, Scott Levine had recommended no sentence and was also the one that dropped the charge on the misbranded drugs. It was also neglected to state in May's article that the judge praised me on my work throughout the years. My work with the Juvenile division, years volunteered with the Boy Scouts, and the time donated to Schools and Universities. I also had many letters of recommendation from people such as Warden, Officers, Doctors, Teachers, etc. It is disappointing that articles are printed without the facts and more research. **Ernie Frantz**



**Ernie Frantz squatting in the Monolith**

**TOM HENDERSON PLEADS GUILTY**

As reported in the *Des Moines Register* and the *Chicago Sun-Times*, 1985 I.P.F. World Champion in the 275 lb. class, Tom Henderson of Iowa City, Iowa, indicated in court that he had been involved in an illegal steroids sales conspiracy. According to the Register article by Cynthia Hubert, "The U.S. Attorney's office agreed not to prosecute Henderson, 37, for buying and selling the drugs between 1985 and 1990 in exchange for his promise to cooperate with a government investigation on the matter." Although many details of the means by which Henderson obtained and distributed the drugs were not revealed, it was determined from court documents that Henderson ordered his drugs from a phony operation in Kansas City, known as "Custom Auto Parts". Waiving his right to a jury trial, he faces up to 5 years in prison and a \$250,000 fine at his sentencing on June 12th. He has been released on a promise to appear.



**Tom Henderson after receiving his gold medal at the '85 Worlds**

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**Dawn Sharon**  
**Asher Sharon**  
**Greg Reshel**







# INTERVIEW

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

## JOHNNY GRAHAM as interviewed by BOB GAYNOR



This interview was conducted with Johnny Graham right after the 1991 ADFPA Men's Nationals in St. Louis, MO. Johnny did what happens to just about all of us in our lifting career, he opened too heavy (715 lbs.) Johnny has been a lifetime drug free lifter and a career military man.

**BOB:** Could you give us some personal information on yourself?  
**JOHN:** My name is Johnny A. Graham. I am 38 years old, and I am in the United States Military stationed at Fort Park, LA.

**BOB:** Johnny, what are your duties in the military?  
**JOHN:** My occupation is a Sergeant 1st class and I am the training and schedule NCO for the 1st Brigade.

**BOB:** How long have you been training?  
**JOHN:** I have been training on and off for the past 20 years.

**BOB:** How long have you been involved in powerlifting?  
**JOHN:** I have been powerlifting for the past 5 years.

**BOB:** How did you get started lifting weights?  
**JOHN:** I started out in high school, lifting weights for football. I then ventured into bodybuilding and powerlifting while I was stationed in Germany.

**BOB:** Johnny, what are your best competitive lifts?  
**JOHN:** My best lift as a 220 lb. lifter are 720 Squat, 391 Bench, 727 Deadlift, and 1813 total. At 242 lbs., 744 396 716 1830 total. It will be nice to get all of those good lifts in a meet together.

**BOB:** What are some of the titles you have won and records you have set?  
**JOHN:** Some of my titles and records are Ft. Knox 220 lb. champ 1984-86, and record holder in the squat, deadlift, and total; 1987 US Army Europe 242 lb. Champ, and deadlift record; 7th Army Training Command 1987 Champ 242, and 220 lb. champ 1988-89; record holder in the Squat, Deadlift, and total for both classes; 1990 Fort Polk 242 lb. Champ, and record holder of all lifts; 1990 LA State ADFPA 242 lb. champ. Also, I won the 1989 German National Championships after the winner was tested positive for drug use.

**BOB:** Johnny, what are your future goals in the sport?  
**JOHN:** My goals are to win the ADFPA Lifetime Nationals, and

Johnny Graham competing at the 1991 A.D.F.P.A. Men's Nationals.

to continue the give the younger guys a run for their money in any meet I enter.

**BOB:** How do you feel about steroid usage?  
**JOHN:** I honestly feel that steroids have no use in powerlifting or any other sport.

**BOB:** Overall I feel the ADFPA does a good job of drug testing, but I would like to see random testing done on any lifters at any

**JOHN:** I take 3-1000 mg Inosine and a dropper of Smilax before a workout, and 1 Dibenzoate, morning and evenings. When I'm not in a training cycle, I stop taking all supplements to flush out the body.

**BOB:** Give us some insight into your training methods?  
**JOHN:** My training routine changes with every new training cycle. I feel that once the body gets used to a certain workout, improvement doesn't come. I give the body what I call the shock method, with a new workout, and I must say that improvement has continued. During the off season, I go back to my old bodybuilding days and do a lot of reps to keep the body toned.

**BOB:** What advice would you have for a beginner?  
**JOHN:** My first advice for a beginner is to STAY AWAY FROM STEROIDS. Next is to go to an experienced lifter and learn the basics and train hard. Success does not come overnight, so take your time and train safe.

**BOB:** Who are the people you admire most in powerlifting?  
**JOHN:** There are 3 people that I admire the most in this sport because I have never seen anyone train as hard, with a 'no quit' attitude, as they have: Kent Syrgus, my best friend, Sandra Flores-Alamo, and David Johnson, who has worked harder than anyone I know in the past year to improve his squats. Also, Shawn Cain, Zeke Brown, Jimmy Pegues; even though we have competed against each other, they have always been helpful during a contest. And Jim Hart for talking me back into powerlifting.

**BOB:** Johnny, what other interests or hobbies do you have?  
**JOHN:** My other hobbies are sports; football, basketball, and watching tennis on TV.

**BOB:** Are there any other comments you would like to make?  
**JOHN:** I will like to thank my family for being my biggest supporter, the Ft. Polk Recreation Division, Mr. Lagrone, Mr. Mendez, and Mr. Romero for their funding of me and the Powerlifting team, and a special thanks to Bob Gaynor and Mike Lambert of PL USA for giving me this chance to express my views. Its people like you that make this sport truly what it is today. Once again THANKS.

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Look for this "cut and shredded" look

## WPA World Submaster/Masters

Women	SQ	BP	DL	Total
C. Falconio	325	175	330	830
45-49	345	170	300	715
P. Carr	240	125	280	645
40-44				
181	305	160	325	790
S. Mulligan				
1181				
40-44	270	165	315	750
D. Burdett				
132	400	205	430	1035
J. Redding				
132	545	405	520	1470
P. Heath	340	335	360	1035
P. Lorenzetti	315	180	325	820
D. Quier	390	235	355	975
45-49	335	160	380	875
166-64	340	200	380	920
J. Liberatori	120	105	185	410
70-74	650	305	615	1570
148	605	325	460	1390
J. Jackson				
40-44	450	230	510	1190
N. Theodorou				
45-49	490	260	355	1065
P. Griffith	390	235	355	975
50-54	390	220	410	1020
D. Lindley	405	195	415	995
148	410	315	450	1175
G. LaBrecque				
165	620	395	560	1475
J. Brennan	590	340	425	1355
J. Kline	435	300	415	1145
D. Burke	425	260	420	1105
C. Lovreque	415	255	415	1095
45-49	355	250	440	1065
J. Warner				
45-49	630	385	620	1635
M. St. Laurent				
60-64	375	220	435	1030
J. Kline				
45-49	450	185	465	1100
A. McElroy	230	150	275	655
65-69	200	160	320	680
P. H. Paquet				
70-74	250	175	290	715
181	560	370	530	1460
L. Stires	625	385	640	1650
M. McQuel	420	260	400	1080
A. Skinner	440	245	480	1165
C. Walkins	425	260	410	1095
40-44	580	370	530	1580
B. Deibert	550	320	475	1355
L. Minus	525	320	430	1275
J. Harrington	450	315	460	1225
J. Greedy	490	335	505	1330
D. Schmuck	505	280	485	1270
D. Habacker	410	230	375	1015
F. Prezak	275	155	310	740
55-59	375	255	310	945
A. DeVergelo				
60-64	450	275	590	1265
D. Ginnelard	400	230	440	1070
A. McCulloch	400	220	400	1020
50-54	700	425	700	1825
B. Degross	715	435	615	1765
L. Humphrey	605	385	710	1700
R. Bell	615	320	640	1575
R. Blaine	425	270	405	1100
40-44	675	340	600	1615
J. Paucillo	610	400	555	1565
J. McAllister	510	345	525	1380
45-49	550	385	560	1495
V. Peterson	475	335	540	1355
D. Lindsey	485	330	570	1385
B. Ferguson	480	330	450	1260
K. Fidler				

SHW	M. Heaney	740	490	925	2155
40-44	G. Beckley	690	470	575	1735
40-44	J. Vernacchio	485	265	460	1210
40-44	D. Verbeck	400	310	430	1140
60-64	A. Kemer	525	350	500	1375
60-64	R. Gilmore	375	315	450	1140
60-64	R. Gillingham	450	275	375	1100
60-64	B. Rosefield	460	330	475	1265
70-74	J. S. O'Kelley	650	445	590	1685
70-74	S. O'Kelley	580	435	550	1565
70-74	H. Hoeman	500	340	500	1340
70-74	J. Mottick	485	325	445	1255
70-74	J. Mottick	405	215	400	1020
40-44	S. Srotak	380	365	600	1345
40-44	T. Muscalisi	675	340	500	1515
45-49	J. James	540	400	535	1475
45-49	D. Heath	425	275	345	1045
40-44	D. Mills	640	350	625	1615
60-64	C. Mottin	580	355	455	1390
60-64	C. Mottin	375	185	590	1090
60-64	G. Thompson	805	575	725	2105
60-64	M. Dimiduk	730	440	700	1860
60-64	J. Goldstein	725	425	660	1810
60-64	M. Luebig	715	400	590	1665
60-64	M. Robbins	480	350	525	1325
60-64	J. Schaefer	700	475	590	1675
60-64	C. J. Batten	540	465	570	1575
60-64	J. Bower	550	370	485	1405
60-64	M. Glatina	510	310	500	1320
60-64	C. Levesque	375	335	415	1125
70-74	P. Eberhardinger	300	300	410	1040
70-74	R. Gaudin	200	130	260	590
70-74	D. Chaillet	835	425	840	2100
70-74	D. Brillhart	600	430	620	1650
70-74	J. Smith	600	405	600	1605
70-74	J. Bennett	705	455	650	1810
70-74	C. Walker	810	450	620	1880
70-74	M. C. Walker	670	425	610	1705
70-74	C. Walker	605	340	560	1505
70-74	G. Hill	500	300	440	1240
70-74	P. Villaverde	625	410	580	1615
70-74	L. Hotchkiss	475	235	595	1215

## Team USA Members included (front row, left to right) Sandy Mulligan, Jessie Jackson, Doug Heath, Russell Dell, Tom Denton; (back row) John Schaefer, Gil Thompson, Gary Heisey, Mark Dimiduk, John Bower, Burr Rosenfield; missing - Kermit Fidler, Mark Chaillet. Photograph courtesy of U.S. Fitness.



## World Powerlifting Alliance Submasters/Masters Worlds

In the 70-74 age group, Randy Leonard impressed everybody with his great strength, like a 300 lb bench, 181, 148, 181, 200, 725 & SHW. Sunday's lifting started with the 181 Submasters, where New Jersey's Henry Bindler and Lenzie Stires came out on top with, in the 40-44's, Mike Stires and in the 45-49's, Mike Stires and Lenzie Stires. In the 50-54 age group, Oregon's Bill Stires won before and after the lift and he did it with a world record bench and deadlift. The 140's lifted with the 220's and what a wild flight of lifters. Hawaii's Jessie Jackson came across the ocean and across country to lift for the U.S.A. He, the 45-49's, lifted 181, 148, 181, 200, 725 & SHW. In the 50-54 age group, Oregon's Bill Stires won before and after the lift and he did it with a world record bench and deadlift. The 140's lifted with the 220's and what a wild flight of lifters. Hawaii's Jessie Jackson came across the ocean and across country to lift for the U.S.A. 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# PL USA ACHIEVEMENT Plaques & Certificates



If you've made the previous ALL TIME TOP 20 list, or any of our previous TOP 100 lists, or the ADPPA TOP 20 list, or our annual Women's TOP 20 completion, you are eligible to order one of the beautiful awards seen above. See this month's TOP 100 list for details on how to order yours now!

Women	SQ	BP	DL	Total
B. True	80	35	50	145
L. Burns	80	40	77.5	197.5
D. Hart	90	52.5	82.5	225
K. Gilbert	72.5	37.5	87.5	107.5
C. Lacey	95	57.5	105	257.5
M. Naples	70	65	95	230
A. Tindal	130	65	125	320
K. LaPoint	112.5	57.5	132.5	302.5
J. Price	85	75	115	275
W. Harley	117.5	45	107.5	270
A. Ruzaban	80	50	97.5	117.5
S. Alexander	102.5	97.5	175	455
T. Okom	97.5	55	117.5	267.5
K. Homend	75	50	92.5	217.5
F. Freshman	102.5	62.5	120	307.5
C. Flood	125	55	117.5	277.5
B. Beidin	102.5	55	117.5	277.5
M. Underwood	102.5	42.5	110	255
M. Bruce	72.5	37.5	105	215
J. Woodridge	105	62.5	142.5	310
R. Graham	107.5	67.5	135	310
S. Bassett	185	112.5	192.5	495
T. Harrison	137.5	70	170	377.5
K. Feer	132.5	72.5	140	345
K. Kirkindal	155	117.5	205	477.5
T. Hall	185	125	205	515
N. Chit	187.5	130	210	527.5
J. Pendleton	197.5	127.5	217.5	542.5
J. Pendleton	97.5	62.5	142.5	302.5
R. Hill	230	112.5	210	552.5
R. Hill	157.5	82.5	165	405
M. Mitchell	247.5	162.5	230	640
A. Silvestro	185	97.5	187.5	460
S. Shaw	187.5	117.5	205	510
M. Sorenson	247.5	162.5	230	640
C. Sinclair	145	85	170	400
T. Trautman	90	57.5	137.5	285
S. Clark	150	80	165	395
T. Hahoney	145	85	162.5	392.5
J. Sorner	142.5	80	147.5	370
J. Williams	222.5	122.5	235	580
G. Gillis	197.5	102.5	227.5	527.5
C. McTaggart	115	62.5	160	367.5
W. Maury	170	130	195	495
C. McTaggart	102.5	52.5	117.5	272.5
R. Schlicht	145	87.5	157.5	390
F. Bright	150	80	145	375
M. Nelson	150	80	145	375
A. Schell	107.5	85	142.5	335
R. Mathis	167.5	97.5	180	445
R. Mathis	170	107.5	160	437.5
N. Holsclaw	197.5	107.5	220	525
J. Murphy	200	90	112.5	402.5
L. Long	157.5	97.5	200	455
N. Leisberg	157.5	107.5	180	437.5
J. Smith	115	102.5	147.5	365
J. Bush	255	125	217.5	597.5
A. McAllen	95	52.5	120	267.5
B. Reyes	155	95	182.5	432.5
N. Sands	157.5	87.5	167.5	412.5
D. Volkering	187.5	122.5	205	515
C. Kirk	167.5	87.4	215	470
S. Powell	157.5	72.5	122.5	302.5
D. Young	172.5	102.5	192.5	450
D. Nichols	155	102.5	150	407.5
J. Kern	152.5	77.5	160	390
T. Howard	165	110	197.5	472.5
E. Spies	175	102.5	190	467.5
K. Taylor	150	87.5	162.5	400
C. Robert	152.5	80	165	397.5
C. Robinson	205	125	220	550
R. Harris	172.5	102.5	200	475
J. McDonald	187.5	122.5	205	515
R. Clark	152.5	105	190	447.5

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

great meet we had. (Thanks to Co-Meet Director John Petroff for the results of this contest.)

Walker's Gym Deadlift Meet	
21 Mar 92 - Fairfield, IL	
Women	425
C. Spiegle	520
T. Jackson	340
M. Criss	275
M. Criss	365
M. Criss	510
B. Lattimore	260
R. Sanders	500
D. Harrison	485
D. Nobile	210
C. Harrison	135
Masters	198 Class
P. White	720
D. Amgush	400
M. Wells	575
E. Clark	320
T. Clark	520
C. Bailey	275
P. Bailey	485
T. Bailey	475
J. Johnson	520
J. Johnson	485
C. Vintus	615
C. Vintus	590
D. Marlow	515
A. Wolfe	525
S. Harmon	440
M. Wells	575
K. Redigo	440
B. Redigo	520
B. Mosby	415
J. Webb	510
J. Denton	440
J. Denton	485
P. Carter	450
P. Carter	485
C. Cabbert	410
T. Clayton	600
T. Clayton	570
2. House of Payne, Henderson, Ky., 3. Health & Fitness, Mt. Vernon, Il. Best Light Weight Lifter - Paul Payne, Best Heavy Weight Lifter - Paul Payne. (Thanks to the staff and volunteers who made this meet possible.)	

Texas Girls High School (totals)  
3 Apr 92 - Austin, TX

97 lb	A. Pack	485
M. Oley	545	485
M. Oley	545	485
H. Strabak	650	580
H. Strabak	650	580
T. Davenport	430	625
T. Davenport	430	625
I. Pignon	425	615
I. Pignon	425	615
A. Hestekrom	410	615
A. Hestekrom	410	615
M. Sharp	580	580
M. Sharp	580	580
K. Lewis	570	570
K. Lewis	570	570
D. Davis	560	560
D. Davis	560	560
M. Martinez	475	560
M. Martinez	475	560
D. Smith	440	545
D. Smith	440	545
K. Garcia	535	510
K. Garcia	535	510
T. Brooks	590	510
T. Brooks	590	510
J. Ferguson	485	485
J. Ferguson	485	485
S. Ramirez	450	450
S. Ramirez	450	450
M. Adams	830	830
M. Adams	830	830
C. Brown	780	780
C. Brown	780	780
C. Heasley	775	775
C. Heasley	775	775
E. Carraco	645	645
E. Carraco	645	645
E. Silva	615	615
E. Silva	615	615
I. Porter	580	580
I. Porter	580	580
A. Mendez	420	420
A. Mendez	420	420
N. Mallet	795	795
N. Mallet	795	795
A. Vega	725	725
A. Vega	725	725
C. Norris	630	630
C. Norris	630	630
S. Corley	590	590
S. Corley	590	590
T. Pratt	525	525
T. Pratt	525	525
M. Salaban	815	815
M. Salaban	815	815
L. Trahan	815	815
L. Trahan	815	815
B. Parr	635	635
B. Parr	635	635
C. Wilkerson	625	625
C. Wilkerson	625	625
A. Watkins	610	610
A. Watkins	610	610
K. Murphy	585	585
K. Murphy	585	585
C. Smith	780	780
C. Smith	780	780
B. Henson	705	705
B. Henson	705	705
J. Gibson	665	665
J. Gibson	665	665
P. Michael	530	530
P. Michael	530	530
M. Salaban	815	815
M. Salaban	815	815

# ATTENTION STEROID USERS

## Here's The Inside Story Behind Dr. Ameduri's Development Of The New CLEANZE™ System - An All Natural Method Of Revitalizing The Body!



If you are presently using anabolic steroids or have recently discontinued their use, you should be aware of a new, all-natural program to help your body rebuild its health. It's called 'CLEANZE' and it was developed by a prominent rehabilitation doctor to assist your body in regaining homeostasis (internal physiological harmony). CLEANZE is not a drug, but works like a drug. Instead, it is an all-natural comprehensive system of health building. The originator of the CLEANZE system is Dr. Clifford J. Ameduri, of New Orleans.

**Q. Dr. Ameduri, tell us a little about your background.**  
A. I have been a doctor since 1975 and am currently the Medical Director of the Rehabilitation Institute of New Orleans. I have personally been involved in weight training since 1963, having competed in Olympic lifting, powerlifting and bodybuilding. Thus, I was on the scene right from the start of the anabolic steroid problem. I saw it go from a well-kept secret in the 60's to mass acceptance in the 80's and now the 90's. I have done extensive studies on steroids and athletes throughout my medical career. Furthermore, I have watched with great concern the tremendous amount of misinformation disseminated by some of my colleagues.

**Q. How exactly did you get about developing the CLEANZE program?**  
A. Through my many years of counseling athletes on steroid abuse, I saw over and over again, the damage that these drugs inflict on the body. They are not harmless training aids but powerful pharmaceuticals. In working with athletes who had discontinued steroids, I began experimenting with nutritional support and natural cleansing techniques. As I refined these approaches, my results were very encouraging. This is how my CLEANZE system evolved and now I wish to share it with athletes everywhere.

**Q. Can you tell us a little more about the system itself?**  
A. The CLEANZE program does not use drugs. Instead, it is an all-natural, nutritional and health-building system. It is designed to help the body remove harmful toxins and chemicals, strengthen the immune system, rebuild the blood, revitalize overpressed cellular tissue, reset natural hormone production and detoxify the liver.

The actual program is based on the following points:  
1. A specialized dietary plan designed to revitalize and rebuild the body. I make specific recommendations for special health-building foods - which ones, how and when to use them.  
2. Many health clinics are getting your CLEANZE program?

**A. My CLEANZE program may be used by anyone - male, female, young or old. In fact, even people who refuse to get off steroids can benefit from the CLEANZE system. It may prevent greater damage to the body.**

**Q. Is your CLEANZE system safe?**  
A. CLEANZE is not a drug, but a total health-building system. The CLEANZE nutritional packets use only 100% natural and safe ingredients and are only a corollary to the total program. However, as in all health-building programs, you may wish to consult with your physician before starting.

**How To Order**  
We at NHP feel very fortunate that Dr. Ameduri chose to work with us in bringing his CLEANZE program to the sports world. Thanks to his effort and persistence, there is now a powerfully effective way to protect and preserve your health. CLEANZE is truly a program whose time has come.

The complete CLEANZE kit, includes a 15 day supply of the brand new nutritional support packets formulated exactly to Dr. Ameduri's specifications, as well as a complete health building manual outlining his precise exercise, diet and cleansing techniques. This major breakthrough kit is available for just \$39.95. If not available at your local gym or health store, you may order direct.

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YES! I am anxious to start the CLEANZE program. Please send my order as described below.

15-day CLEANZE PROGRAM \$39.95 (plus \$5 postage & handling)

\$ \_\_\_\_\_ Total

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

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731 Kirkman Road, Orlando, FL 32811

POWER PEOPLE

bench press double their body weight. The first showed the right stuff, pressing 270 with Kevin...



Jim Williams & Joe Bryant above, at the 1971 World Powerlifting Championships... Below, Joe Bryant...

Table with columns for Name, Class, and various lift statistics (SQ, BP, DL, Total).

men's contests... 114 123 132 148 165 181 198 220 242 275 SHW

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

USA Minnesota State 4 Apr 92 - Albert Lea... Pure 181, D. Schmidt 170, 117.5, 167.5, 455, 220...

Upcoming National Meet Qualifying Totals

Table with columns for Men's Contests, Women's Contests, and Total, listing names and lift totals.

I.C.P.A. Ind. State Regional

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

1st City-Wide High School Meet

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

NASA Little Rock Bench Press

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

Salzburger Champions

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

World Gym Bench Press Challenge

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

NASA Little Rock Bench Press

Table with columns for Name, Class, and lift statistics (SQ, BP, DL, Total).

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'The Weapon?' Never ever has there been a product like this anywhere in the world! It was discovered by Ritchie Creedy & Jim Merlino (2 world record holders in the bench press - masters) by accident. The Weapon? is not your TV or muscle mag get rich quick supplement. The Weapon? is the real deal!

Pump Time olympic 25lb. weight plate Workout Clock. precision quartz movement, uses one AA battery, weights just 12 ounces, makes a perfect gift, custom imprinting available.

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DEDICATION



Kevin Frederick Klinger, 31, of Boalsburg, Pennsylvania died on February 5, 1992. As a member of the State College Powerlifting Team, he set several ADFFPA records as a Superheavyweight, including a squat of 688 lbs., bench press of 385 lbs., and deadlift of 585 lbs. He also coached youngsters, volunteered for Special Olympics, and played sports ball in the area for many years. He leaves a son, wife, mother, and 5 brothers. This issue of POWERLIFTING USA is dedicated to the memory of Kevin Klinger. (Kevin's photo, above, handed out to George Walker, provided courtesy of Gigi Marano)

Table with 2 columns: Name and Score. Lists names like SHW, Bevour, Hadack, DeFranco, etc. with corresponding scores.

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When the chalk settled team Quebec, Canada ended up with the Masters Team Award and the sculpled awards were presented. The awards had the world mounted in the center and looking out over the world from the top of the shell watching many lifters doing 2 1/2 times their bodyweight. Considering some of these lifters were in Superheavyweight they made it all the more impressive. Many favorable comments were given to the team. Many favorable comments were given to the team. Many favorable comments were given to the team.

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APJA/CAPA/WPA World Open Bench Press & Tri-State Open & Novice 29 Feb 92 - Sharon, VT

NASA Iowa State 14, 15 Mar 92 - Des Moines, IA

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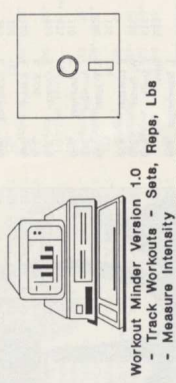
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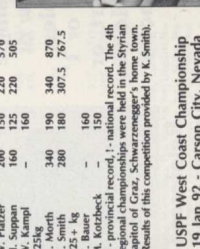
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132 lbs. J. Hubery 358 215 347 920 A. Caceres 529 287 502 1317 J. Appino 386 259 468 1113 S. Wilson 325 198 336 859 S. Wilson 325 198 336 859 S. Wilson 325 198 336 859



Dave Fisher, performing a 694 squat in the 242's was Best Lifter at the USFP West Coast Championship (Bryan Lamb photograph)

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Table with 2 columns: Name and Score. Lists names like Women, D. Marshall, J. Sanchez, etc. with corresponding scores.

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Table with 2 columns: Name and Score. Lists names like SHW, Bevour, Hadack, DeFranco, etc. with corresponding scores.

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USFP West Coast Championship 19 Jan 92 - Carson City, Nevada Women's Open 181 lbs 429 248 589 1267 R. Fyler 466 275 518 1259 R. Fyler 466 275 518 1259 R. Fyler 466 275 518 1259

Advertisement for 'New Product' featuring an image of a mechanical device and text: 'WEIGHT RELEASE. Patent No. 4856774 is a new device which can greatly increase one's bench. Weight Release is the device Louie Simmons wrote about in the February issue of POWERLIFTING USA entitled "Eccentric Strength for the Bench Press". Excellent results have been obtained using this apparatus. For further information contact: Power Recruit Inc, Route 1, Box 122c, Houtzdale, PA 16651.'

When the chalk settled team Quebec, Canada ended up with the Masters Team Award and the sculpled awards were presented. The awards had the world mounted in the center and looking out over the world from the top of the shell watching many lifters doing 2 1/2 times their bodyweight. Considering some of these lifters were in Superheavyweight they made it all the more impressive. Many favorable comments were given to the team. Many favorable comments were given to the team.

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### Louisiana High School Championship

13 Mar 92 - Alexandria, LA

90	J. Tullios	1000	930
91	C. Wilks	995	715
92	S. Smith	990	990
93	A. Beard	985	985
94	N. Love	985	895
95	S. Browder	985	865
96	J. Waddell	1000	1000
97	L. Robinson	1005	1005
98	M. Boyd	1015	1015
99	A. Roderick	1015	1015
100	K. Brown	1025	1025
101	C. Robinson	1200	1190
102	C. Kirk	1195	1195
103	L. Acceneux	1160	1160
104	R. Shaifers	1160	1160
105	L. Williams	1160	1160
106	D. Hall	1335	1335
107	R. Hall	1340	1340
108	J. Impastato	1240	1240
109	L. Robinson	1235	1235
110	M. Leblanc	1190	1190
111	L. McClain	1345	1345
112	C. Howell	1340	1340
113	A. Williams	1380	1380
114	R. Graham	1390	1390
115	R. Graham	1440	1440
116	T. Morrow	1365	1365
117	C. Rigler	1380	1380
118	A. Nasonne	1390	1390
119	D. Street	1250	1250
120	M. Ad	1265	1265
121	T. Maxwell	1265	1265
122	D. Branch	1245	1245
123	S. James	1325	1325
124	B. James	1410	1410
125	D. Dixon	1375	1375
126	C. Dixon	1240	1240
127	M. Lewel	1245	1245
128	D. Leblanc	1465	1465
129	S. Archer	1370	1370
130	C. Archer	1370	1370
131	H. Thornton	1340	1340
132	J. Gabriel	1245	1245
133	S. Shaw	1610	1610
134	C. Shaw	1610	1610
135	A. Capelle	1530	1530
136	R. Green	1425	1425
137	S. Stuart	1380	1380
138	D. Robbio	1380	1380
139	J. Jullien	1335	1335
140	J. Jullien	1425	1425



**Brandon Green was the Outstanding Lifter, Light Division, at the Louisiana High School Championships, where he pulled an incredible, national record exceeding 490 lbs. in the deadlift at 174 (Courtesy of Duane Urbina)**

### NASA Colorado State

4.5 Apr 92 - Pueblo, CO (kg)

Women	SQ	BP	DL	Total
Lavon	67.5	25	112.5	205
Spence	120	55	112.5	297.5
Williams	125	80	147.5	360
Hodge	115	50	147.5	312.5
Williams	77.5			
Pure novice				
148	217.5	135	240	592.5
149	122.5	137.5	237.5	497.5
150	205	125	217.5	547.5
151	260	157.5	245	662.5
152	212.5	147.5	210	570
153	145	115	205	465
154	230	122.5	230	582.5
155	195	142.5	192.5	530
156	260	157.5	245	662.5
157	212.5	147.5	210	570
158	250	170	227.5	647.5
159	122.5	92.5	187.5	402.5
160	170	87.5	187.5	445
161	205	125	200	530
162	205	125	200	530
163	205	125	200	530
164	205	125	200	530

### ADPPA Northern California Bench

Western regional Grand Prix

28 Mar 92 - Stockton, CA (kg)

Women	SQ	BP	DL	Total
148	67.5	25	112.5	205
149	120	55	112.5	297.5
150	125	80	147.5	360
151	115	50	147.5	312.5
152	217.5	135	240	592.5
153	122.5	137.5	237.5	497.5
154	205	125	217.5	547.5
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165	205	125	200	530
166	205	125	200	530
167	205	125	200	530
168	205	125	200	530

### ADPPA Georgia High School

14 Mar 92 - Hinesville, GA

Women	SQ	BP	DL	Total
123	315	200	355	870
124	285	195	325	805
125	350	230	370	950
126	205	145	285	635
127	380	225	380	985
128	350	225	380	955
129	350	225	380	955
130	350	225	380	955
131	350	225	380	955
132	350	225	380	955
133	350	225	380	955

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133	350	225	380	955

### ADPPA California Bench

Western regional Grand Prix

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148	67.5	25	112.5	205
149	120	55	112.5	297.5
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165	205	125	200	530
166	205	125	200	530
167	205	125	200	530
168	205	125	200	530

Can you BENCH PRESS 400, or 500, or 600 lbs.? Can we GUARANTEE that you'll be able to, if you buy our book?

## NO WAY!

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 Ron J. Goodman, Dept. A  
 57441 Laurel Canyon, Suite 21  
 North Hollywood, CA 91607

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167	205	125	200	530
168	205	125	200	530

to 20 high school athletic directors in the state and publicized the event in Powerlifting USA three months prior to the event the turnout was phenomenal. It was expected, therefore from our school. I must applaud Mike Ward for bringing four drug free lifters from his school. The number of teen records broken or set is so large that it will include the three categories of 141.5, 161.7, 181.9. Special thanks to Jill Ference, Walt Reese, Karl Reese, Judd Cruz, Dave Roberts, Kris Smith, and Mr. & Mrs. Browning. Thanks from us go out to Denis Ference for results of this contest!

### ADPPA California Bench

Western regional Grand Prix

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165	205	125	200	530
166	205	125	200	530
167	205	125	200	530
168	205	125	200	530

Illinois Bench Mania  
 12 Apr 92 - Aurora, IL

Women	SQ	BP	DL	Total
131	175	W. Ray	385	
132	220			
133	220			
134	220			
135	220			
136	220			
137	220			
138	220			
139	220			
140	220			

### ADPPA California Bench

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148	67.5	25	112.5	205
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165	205	125	200	530
166	205	125	200	530
167	205	125	200	530
168	205	125	200	530

German Team Championships  
 11 Apr 92 - Berlin (kg)

AC Soest	SQ	BP	DL	Total
89.3	300	155	300	655
90.3	300	155	300	655
91.3	300	155	300	655
92.3	300	1		





B.C. Winter Games (kg)

Table with columns for Women, Men, and Total, listing names and scores for various weight classes.



A Powerful Family... left to right, Bob Ross, Betty Ross, Terry, Alice, Shirley and Crawford Knight, received this compliment after running...

ten out of south Carolina captured both the 181 lb and 195 lb titles. Steve...



Anna James tied her own national record at 104 with a 148 bench at the ADPFA National Bench Press Championships...

Table listing results for the ADPFA National Bench Press 21, 22 Mar 92 - Wilkes Barre, PA, categorized by Women and Men.

Hi-Side Bench Press 2 Mar 92 - Deer Lodge, MT. L. Thomas 260 K. Miller 330...

The competition site seemed to work well, the warm up room was a little light on the top...

Table listing results for the Hi-Side Bench Press 2 Mar 92 - Deer Lodge, MT.

Ice Landic Championships 7 Mar 92 (kilograms). J. Eriksson 200 S.Q. 200 B.P. 200...

21st Eldorado Open 14 Mar 92 - Eldorado, AR (kg). Master 75 K. Hughes 210...

Table listing results for the 21st Eldorado Open 14 Mar 92 - Eldorado, AR.



Big Mike Hayes locked out an all time drug free bench press record of 639 lbs. as a Superheavyweight, but moved his foot to invalidate the lift at the ADPFA National Bench Press Championships (Pyr).

Table listing results for the ADPFA National Bench Press Championships (Pyr).

Application for Registration in Natural Athlete Strength Association. Includes fields for personal information, referee status, and a registration fee of \$20.

### ADFFA New York Bench Press III

Women Open	396	P. Bernardi	374	M. Smith	396
B. Grater	374	R. Vitale Jr.	385	A. Brunso	374
M. Cane	374	S. Levine	374	J. Gorman	374
M. Cane	374	F. Caramico	386	M. Cane	374
M. Cane	374	M. Carrato	396	P. Bernardi	374
M. Cane	374	M. Carrato	396	M. Carrato	396
M. Cane	374	M. Carrato	396	M. Carrato	396
M. Cane	374	M. Carrato	396	M. Carrato	396
M. Cane	374	M. Carrato	396	M. Carrato	396



**Movers and Shakers at the ADFFA New York State Bench Press**  
**include, left to right, Rich Pollock - WFAS FM 103.9, promoter Peter Gonsioli, John Harper of WFAS FM 103.9, and Denise Weitzer of the American Heart Association. (Auburn jacket by Ron Padovani).**

who they are, people! When we get married...  
 All commitments are made by trust and polygraph...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

heaviest lift of the day in any class. We offered...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

Tom won the Police & Fire and Michael set...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

ADFFA, Joe (Super) won the Naperwood 1st...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

Tom won the Police & Fire and Michael set...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

The 1987 class was the best and most...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...



**Florida Bench Press People include: Kim Denton (bottom row);**  
**Larry Arthuris, Rubeen Harris, Rick Positano, Homer Jones (middle row);**  
**left to right); and Victor Coleman (top row); photo courtesy of Rick**

Tom won the Police & Fire and Michael set...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

The 2425 Open had Bob go 2 of 3 for the win...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
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 The men the same divisions as the women know...

110 kg	292.5	170	265	722.5
C. Greer	267.5	165	262.5	695
L. Darrow	267.5	165	262.5	695
F. Valente	192.5	142.5	257.5	685
T. Sheridan	192.5	142.5	257.5	685
W. Haden	125	140	305	640
125 kg	305	172.5	265	742.5
R. Farah	235	185	240	660
Men 56 kg	132.5	145	230	512.5
E. Gregg	132.5	145	230	512.5
B. Rong	132.5	145	230	512.5
D. Cavin	197.5	182.5	275	615
75 kg	197.5	182.5	275	615
J. Morrow	315	137.5	282.5	740
82.5 kg	315	137.5	282.5	740
R. Wahl	285	177.5	250	712.5
J. King	285	177.5	250	712.5
R. Carano	237.5	127.5	235	600
N. Carano	237.5	127.5	235	600
J. Weaver	212.5	132.5	225	570
F. King	212.5	132.5	225	570
N. Carl	277.5	162.5	275	722.5
D. Nonzant	277.5	162.5	275	722.5
D. Kene	237.5	127.5	235	610
H. Beck	237.5	127.5	235	610
100 kg	297.5	190	285	772.5
J. Hayden	300	197.5	275	772.5
M. Sicy	285	182.5	265	732.5
D. Baker	282.5	180	270	732.5
W. Carroll	260	155	280	695
C. Gilbow	312.5	190	300	802.5
110 kg	290	170	285	745
D. Soblett	327.5	215	275	817.5
J. Clayton	295	220	275	792.5
D. Greigler	337.5	257.5	367.5	962.5
M. Dined	330	190	277.5	787.5
T. Greeninger	127.5	155	127.5	310
J. Rettig	127.5	155	127.5	310
Men (40-49)	127.5	155	127.5	310
M. Stange	107.5	165	145	322.5
S. Stange	107.5	165	145	322.5
J. Stange	107.5	165	145	322.5
R. Stange	107.5	165	145	322.5
D. Stange	107.5	165	145	322.5
B. Stange	107.5	165	145	322.5
C. Stange	107.5	165	145	322.5
D. Stange	107.5	165	145	322.5
E. Stange	107.5	165	145	322.5
F. Stange	107.5	165	145	322.5
G. Stange	107.5	165	145	322.5
H. Stange	107.5	165	145	322.5
I. Stange	107.5	165	145	322.5
J. Stange	107.5	165	145	322.5
K. Stange	107.5	165	145	322.5
L. Stange	107.5	165	145	322.5
M. Stange	107.5	165	145	322.5
N. Stange	107.5	165	145	322.5
O. Stange	107.5	165	145	322.5
P. Stange	107.5	165	145	322.5
Q. Stange	107.5	165	145	322.5
R. Stange	107.5	165	145	322.5
S. Stange	107.5	165	145	322.5
T. Stange	107.5	165	145	322.5
U. Stange	107.5	165	145	322.5
V. Stange	107.5	165	145	322.5
W. Stange	107.5	165	145	322.5
X. Stange	107.5	165	145	322.5
Y. Stange	107.5	165	145	322.5
Z. Stange	107.5	165	145	322.5

### Ohio State Meet

1 Feb 92 - Rootstown, OH (Total)	150	85	165	400
Women	150	85	165	400
J. Brooks	150	85	165	400
R. Cobin	150	85	165	400
25 kg	150	85	165	400
30 kg	150	85	165	400
35 kg	150	85	165	400
40 kg	150	85	165	400
45 kg	150	85	165	400
50 kg	150	85	165	400
55 kg	150	85	165	400
60 kg	150	85	165	400
65 kg	150	85	165	400
70 kg	150	85	165	400
75 kg	150	85	165	400
80 kg	150	85	165	400
85 kg	150	85	165	400
90 kg	150	85	165	400
95 kg	150	85	165	400
100 kg	150	85	165	400
105 kg	150	85	165	400
110 kg	150	85	165	400
115 kg	150	85	165	400
120 kg	150	85	165	400
125 kg	150	85	165	400
130 kg	150	85	165	400
135 kg	150	85	165	400
140 kg	150	85	165	400
145 kg	150	85	165	400
150 kg	150	85	165	400
155 kg	150	85	165	400
160 kg	150	85	165	400
165 kg	150	85	165	400
170 kg	150	85	165	400
175 kg	150	85	165	400
180 kg	150	85	165	400
185 kg	150	85	165	400
190 kg	150	85	165	400
195 kg	150	85	165	400
200 kg	150	85	165	400

years winners, 181 Gym of Clearwater, by 1...  
 point giving them second and third place went...  
 to US Navy team from Orlando, 4th place went...  
 to St. Petersburg, Special thanks to the judges, sp...  
 ters and over 500 spectators for your support...  
 The 9th annual Florida State Bench Press was a...  
 great success. The year's best lifter was...  
 Victor Coleman from Lakeland. Congratulations...  
 to all participants and sponsors. (This meet is...  
 Postion and Rick Well for results of this meet)

### NASA Lohb Classic

21 Mar 92 - Las Cruces, NM	132	M. Firio	95	227
Women	132	M. Firio	95	227
132 kg	132	M. Firio	95	227
140 kg	132	M. Firio	95	227
150 kg	132	M. Firio	95	227
160 kg	132	M. Firio	95	227
170 kg	132	M. Firio	95	227
180 kg	132	M. Firio	95	227
190 kg	132	M. Firio	95	227
200 kg	132	M. Firio	95	227
210 kg	132	M. Firio	95	227
220 kg	132	M. Firio	95	227
230 kg	132	M. Firio	95	227
240 kg	132	M. Firio	95	227
250 kg	132	M. Firio	95	227
260 kg	132	M. Firio	95	227
270 kg	132	M. Firio	95	227
280 kg	132	M. Firio	95	227
290 kg	132	M. Firio	95	227
300 kg	132	M. Firio	95	227

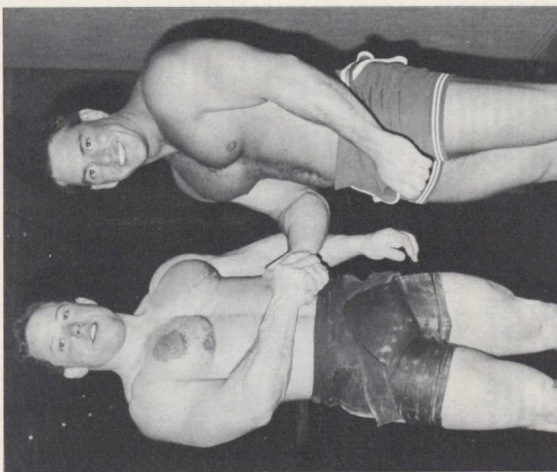
ADFFA, Joe (Super) won the Naperwood 1st...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

The 1987 class was the best and most...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...  
 The women the same divisions as the men know...  
 The men the same divisions as the women know...

Temple Hills Open XIV (kg)

Table of weightlifting results for Temple Hills Open XIV (kg) featuring athletes like L. Pearson, C. Sams, M. Smith, and R. King.

Both gave 490 a riddle, at 165 at the Temple Hills Open. (Bert Wagner)



William Courtney (left) and Scott Werner (right).

press of 193 lbs. Jeremiah Bryant of Washington, D.C. dominated the 132 lb. class bench press...

Argentina/S.American Championship

Table of weightlifting results for Argentina/S.American Championship, including categories like 52kg, 60kg, and 67.5kg.

Argentina/S.American Championship results for various weight classes.

1991 meet in October but didn't confirm it till late week prior in spite of calls from the IFFL...

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National Record

Table of national records for various weight classes, listing names like R. Obregon and M. Allario.

Senior Men (South American) Jorge Techeba from Uruguay was the best lifter and easily won...

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**W.N.P.F. Eastern USA Bench Press**  
15 Dec 92 - North Bergen, NJ

123	Masters	190	590*
132	Open	140*	500*
V. Contreras	105	220*	
G. Keller	305	420	
D. Paterno	105	305	
Lifeline	350		
165	Junior	250	350
J. Rodriguez		325	
A. Garcia	420*		
A. Garcia	340		
J. Gross	440		
M. Katz	440		
J. Swartz	240		
Submasters			
P. McCarrren	300	305	440*
J. Gross	280		
Y. Barnat	280		
J. Swarthart	260		
Teen			
J. Thompson	280		
J. Toranzo	520*		
M. Gorman	325		
R. Barbarrino	520*		
Open			
M. Nelson	400*		
M. Nelson	350*		
Novice			
R. Barbarrino	475		
D. Daube	425		
T. Santini	425		
M. Masters	320		
M. Bohm	305		
J. Curcio	365		
S. Sherman	390		
American Record, Best Lifter: Alex Garcia			
and national record in the 198 open			
record in the Nationals and he came back one			
month later to break it. Jeff Gross and Mike Katz			
beat the 242.5 lift won on bodyweight. The also			
record in the Nationals. Thanks to all of the lifters			
Toranzo is the first teenager to bench press 500			
pounds in the W.N.P.F. Thanks to all of the lifters			
that participated in the meet and we hope to see			
you all at the Nationals in Italy. (coopery/WNP)			

**Bench Press - Millard, DE**

114	J. Vozzey	425	
R. Tucker	350		
R. Heiges	350		
B. Jones	95		
M. Jones	345		
P. Jones	325		
132 Class			
D. Colazzi	125		
E. Conyers	130		
J. Maloni	300		
M. DeLong	275		
R. Derr	265		
L. Crawford	245		
G. Tucker	230		
Women			
T. Ueber	150		
B. Kurtz	150		
R. Barr	330		
A. Agnello	315		
M. Farmer	290		
J. DeWolf	115		
J. Eisenberg	125		
A. Bove	120		
J. Stephenson	120		
181 Class			
T. Young	360		
B.L. Miller	300		
R. Netta	320		
E. Fisher	225		
R. Parsons	160		
S. Bas	385		
R. Bess	330		
D.D. Rolly	370		
R. Darby	345		
C. Popper	300		
A. Adams	190		
S. Hutson	335		
(Thanks to Millard Fitness Center for the results)			

**A.D.F.P.A. Central Florida**

12	14, 15 Mar 92 - Lakeland, FL			
Women Novice	SQ	BP	DL	Total
127	250	145*	325*	720
139				
W. Giesy	230	135	275	640
165				
K. Foster	325	165	315	805
K. Folds	250	125	330	705
Women (Open)				
R. Black	325*	130	320	775*

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Dave Pasanella  
Doug Furnas  
Scott Warman  
Steve Brodsky  
Diane Frantz  
Francis Silva

Dawn Reshel  
Bill Nichols  
Francis Silva



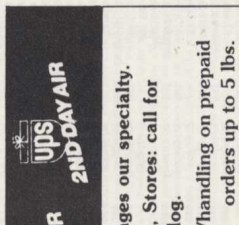
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TED ARCIDI - 725 Pound Bench, Ted says "Best and Only Shirt I Wear. I Love it!"

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**\$45.00**  
Don't bench without this great shirt! **TED ARCIDI**

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T-TOPS - \$8.00 (\$ - XLG) \$14.00  
SWEATSHIRTS - (\$ - XLG) \$10.00  
2X - \$12.00, 3X - \$14.00  
SWEATPANTS - \$10.00 (\$ - XLG only)  
CONTENDER SHOES - \$99.99

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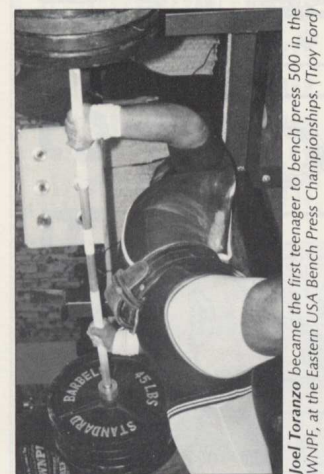
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**Only \$4.00**  
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**Super Chalk**  
Only \$8.75 per lb.



Joel Toranzo became the first teenager to bench press 500 in the WNP.F. at the Eastern USA Bench Press Championships. (Troy Ford)

**Florida State Record** - Florida Teenage Record, 4 Florida Masters Age Group Record, One All American Record, Wayne Conch, Team Trophy - All American Gym, Lakeland, FL 24 Florida records by the debut during two days of intense competition. Robin balanced lifts for a 775 record (all edic) and needed for an elite total, but set state records in the National Bodybuilding Championships. Master's competition grows lighter each meet and 8 of our records were in this category. Moves over 600 lbs. (290 lb) with an 800 squat, 650 deadlift and 1925 total! (Natl. 198, in the Open classes, the lightweight got the most attention. Ken Small pulled the deadlift over 600 lbs. and the 775 record was set on splits and on puts and desire. Best Lifter Clarence Fidler destroyed all four state records at 122 lbs. with his 420 - 315 - 500 - 1225 to break ten records on deadlift and squat. Special congratulations to our new lift on all three lifts! Watch out for this rising young strength athlete. Wayne Conch returned after a lengthy retirement to set a 405 bench record in the 198 open class. Special congratulations to the lifter. ADFFA membership and competition consist of well-promoted contests like these. Strong thanks to the meet. Special congratulations to the Royhouse and his leading crew for making the rounds system work like clockwork, and to Johnie Effert for his efficient coaching. A Great Team Effert (Thanks to Frank (Baby for results)

28 Mar 92 - Horsham PA

Women	115	J. Rigous	440
N. Mullen	405	A. Short	470
S.Mullen	470	E. Kerne	425
125	325	S. Young	325
A. McKelster	245	J. Cargado	440
J. Cargado	440	E. J.R. Rogers	440
148	305	E. Kerne	440
305	305	Masters	440
E. Kerne	440	A. Short	375
A. Short	375	J. McKenna	375
D. Lawson	315	K. & K. up	295
D. Lawson	315	J. Bardsley	16-17
181	415	C. McMaster	190
A. Struzzi	455	C. Bowers	350
R. Shiva	350	R. B. Joub	18-19
300	245	470	315
220 Class		A. Marano	420
J. Jacobs	1620	W. Blivins	340
A. Marano	600	M. W. Blivins	300
335	570	J. Allera	385
220	470	K. Stover	290
220	470	G. Schultz	475
242 Class		R. Barnes	460
600	425	C. Zimmermann	425
300	310	C. Belcher	480
410	550	C. Belcher	480
410	550	C. Belcher	480
1345		Thanks to Babylon Fitness & Racquet Club, 400	
		Babylon Rd., Horsham, PA 19044 for results.	

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(article continued from page 17)  
old high school senior football player, Ramirez started taking anabolic steroids about a year before his death. His psychological and physical side effects other than the heart-attack were: aggressiveness (usually calm), nose-bleeds, bad breath, acne on his shoulders, and he complained of chest pains in mid-October, died on October 31st. Ramirez had played a tremendous football game just 3 days before his heart attack, being named delaney the man of the game. On the day of his heart attack, Ramirez collapsed during a practice after a tackling drill. He had no previous history of a heart trouble. Dr. Robert A. Malinowski, the county coroner stated that Ramirez "died from the normal rhythm of the heart), a heart condition caused in this case by a diseased and enlarged heart." It was concluded that he had taken anabolic steroids and Malinowski remarked that it was his strong opinion that the use of anabolic steroids did in some way contribute to the death of Benjamin Ramirez.

**Acute Myocardial Infarction**  
In a 22-Year-Old World Class Weight Lifter Using Anabolic Steroids, R.A. McNutt, G.S. Ferencik, P.C. Kirin, N.J. Hamlin The American Journal of Cardiology, 1988, v. 62, p. 164. This is a case study of a 22 year old powerlifter using anabolic steroids who suffered a heart attack. This report did not go into detail on his steroid intake other than "intramuscular and oral androgenic steroids daily during the 6 weeks before he developed chest pain." Total cholesterol for the powerlifter, during usage of steroids was 596 (yes, five hundred ninety-six) mg/dl (normal is less than 230), whereas 24 days after discontinuation the level was down to 283 mg/dl. All other family members were below 200 mg/dl. McNutt & coworkers noted that the warnings against the use of anabolic steroids by athletes were supported by this case study.

As seen in the two case studies that listed cholesterol values (Bowen/McNutt), in each instance the cholesterol values were "extremely" outside the normal range, even for the group average of the steroid using weightlifters listed in Table 1. An interesting note in these same two cases was that both did not have a family history of heart disease or high cholesterol, which obviously did not help in encouraging their heart attacks. One prevailing note was that in these same two subjects their cholesterol values showed significant improvements after discontinuing anabolic

steroids. In all three cases however, the reporting medical personnel believed that anabolic steroids at least partly contributed to their heart attacks. By taking anabolic steroids doesn't mean that you will have a heart attack, but as demonstrated in Table 1, anabolic steroids do cause detrimental changes in cholesterol values. As I talked about in the first part of this article, bad cholesterol values are a contributing factor to the development of atherosclerosis.

If you have any comments or question about this article or my book (see advertisement), please send them to: Research Enterprises, P.O. Box 2349, San Marcos, Texas 78667 or call (512) 353-7743.

**DEFINITIONS OF KEY WORDS:**  
Cardiac = pertaining to the heart.  
Electrocardiogram = measures the electrical activity of the heart.  
Heart Disease = any disease that affects the heart. Examples of this include: fatty build-up in the vessels; high blood pressure; heart attack; faulty heart valves; general toxic effects; effects from kidney or thyroid malfunction.  
Infarction = the act of tissue being damaged or dying due to a lack of blood flow.  
Myocardial Infarction = the death or damage of the heart muscle due to a lack of blood flow, in other words a heart attack.  
Myocardium = the muscle of the heart.

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**12th Central Ohio Open Bench**  
12 Mar 92 - Circleville, OH

Women	Men	BP	DL	Total
A. Williams 146	K. Mitchell 345	149-90	250	180
D. Blackburn 240	L. Goodwin 340	152-95	250	270
R. Thompson 335	H. Mai 330	152-110	250	270
M. Beitel 111	B. Goodwin 260	152-110	250	270
D. Robinson 266	P. Ferillo 435	152-110	250	270
J. Hammond 290	A. Whigham 300	152-110	250	270
T. Gastor 370	H. Mai 300	152-110	250	270
M. Monroe 370	R. Pacheco 470	152-110	250	270
K. Miller 385	J. Moran-Gl 470	152-110	250	270
J. Miller 385	C. Bodanoff 440	152-110	250	270
M. Young 450	M. Bryson 415	152-110	250	270
J. Stumbo 425	S. Hewitt 325	152-110	250	270
M. Dillon 366	S. Hemphill-M 600	152-110	250	270
S. Jester 335	A. Moore-GLBH 480	152-110	250	270
L. Little 305	GL-Guest Lifter 480	152-110	250	270
D. Davis 445	M. Most Improved Lifter 480	152-110	250	270
L. Schultz 335	M-Most Improved Lifter 480	152-110	250	270
G. Shimmers 445	M-Most Improved Lifter 480	152-110	250	270
R. Bizzler 410	M-Most Improved Lifter 480	152-110	250	270
E. Johnson 455	M-Most Improved Lifter 480	152-110	250	270
T. Wadell 430	M-Most Improved Lifter 480	152-110	250	270
E. Johnson 455	M-Most Improved Lifter 480	152-110	250	270
M. Bonds 445	M-Most Improved Lifter 480	152-110	250	270
T. VanHorn 400	M-Most Improved Lifter 480	152-110	250	270
M. Keith 420	M-Most Improved Lifter 480	152-110	250	270
E. Johnson 455	M-Most Improved Lifter 480	152-110	250	270
D. Harless 558	M-Most Improved Lifter 480	152-110	250	270
E. Johnson 455	M-Most Improved Lifter 480	152-110	250	270
D. Walker 311	M-Most Improved Lifter 480	152-110	250	270
D. Wedderburn 151	M-Most Improved Lifter 480	152-110	250	270
M. Tate 500	M-Most Improved Lifter 480	152-110	250	270
B. Bonds 445	M-Most Improved Lifter 480	152-110	250	270
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Score table compiled by Dean Giff & Bob Maddux. References: Leaders - Jeff Burton & John Fowler; expeditor - Bob Picklesimer; Joellen Giff & Fred Park; son Jeff; Admissions & sales - Jennifer & Jeremy

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M. Keith 420	M-Most Improved Lifter 480	152-110	250	180
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D. Wedderburn 151	M-Most Improved Lifter 480	152-110	250	180
M. Tate 500	M-Most Improved Lifter 480	152-110	250	180
B. Bonds 445	M-Most Improved Lifter 480	152-110	250	180
T. VanHorn 400	M-Most Improved Lifter 480	152-110	250	180
M. Keith 420	M-Most Improved Lifter 480	152-110	250	180
E. Johnson 455	M-Most Improved Lifter 480	152-110	250	180

Score table compiled by Dean Giff & Bob Maddux. References: Leaders - Jeff Burton & John Fowler; expeditor - Bob Picklesimer; Joellen Giff & Fred Park; son Jeff; Admissions & sales - Jennifer & Jeremy

### THE REAL TEXAS POWER BAR STORY

The first Texas Power Bar appeared on the market back in January of 1981. It was manufactured by Buddy Capps of Texas. He manufactured the bars and sold them to MAC Barbell of Grand Prairie, Texas and various other distributors throughout the US. This was the bar that was used at virtually all championship meets held in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending. Unfortunately Buddy did not have the foresight to trademark the name Texas Power Bar. Since that time people have come up with the California, New York, Mid-West, Oklahoma, and PA power bars. None have come close to the original. Even MAC barbell has gotten into the act. They are selling what they call the Original Texas Power Bars but are now making them themselves. In fact the name 'Texas Power Bar' has almost become a generic term. Because of the above Buddy decided to try and improve on his original version. What he has done is eliminate the end caps which used to hold the sleeve to the shaft. On some bars the end caps were held by Allen head screws which required frequent tightening. Buddy's original Texas Power Bar used to have a pin in it. The new version now has pair of internal snap rings in the end of the sleeve and Capps Texas Power Bar 1980 stamped on the end of it (see picture). This has given the bar more room to put plates on, made it more distinctive, and now you can be 100% sure you have the real thing. The bar is 28.5mm in diameter and is made from pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it to prevent it from sliding on the back during the squat. The sleeves are of one piece construction and are machined to 2" diameter and rotate around the bar on a bronze bushing. The bar will fit all standard size Olympic plates. As long as it is not abused the bars are virtually unbendable however, if dropped in a power rack or abused in some other fashion they can bend. If this happens you can buy another shaft for \$90.00 and put your old collars on it and presto - you have virtually a new bar. SORRY - No C.O.D. or Credit Card Orders on Bars. Shipped via UPS - call for charges

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**ELITE DEADLIFT BAR.....\$245**  
**ELITE SQUAT BAR.....\$245**

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Jun 28th - Summer Classic Bench Press & Deadlift Championships - Harrisburg, PA // July 26th - Connecticut Open Bench Press & Deadlift Championships - Danbury, Connecticut - Teenage, Novice, Junior, Lifetime, Natural, Submaster, Master, Police & Fire, Armed Forces.

TROY FORD, 2110-12 First Ave., Box 1204, N.Y.C., N.Y. 10029, 212-876-8373.

WNPF East Coast Bench Press Championships Sunday, August 2, 1992 Divisions: Teenage, Juniors, Masters, Natural, Submasters, Masters, Police & Fire, Armed Forces For information call Troy, 212-876-8373 Location: Gold's Gym of Howard Beach, 157-05 Cross Bay Blvd., Howard Beach, NY 11414 (Mary) 718-845-4653

1 AUG. NASSA Albemarle (NM) Grand BP (Rich) Paters, Box 735, Nobles, OK 73068

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5.6 DEC, King's Classic (Raleigh) Tim King, Box 752, Ramseur, NC 27216. 919-626-0660  
 5.8 DEC, USPF Eastern Championships (Raleigh) Richard Peterson, Box 752, Ramseur, NC 27216. 919-626-0660  
 5.9 DEC, USPF Eastern Championships (Raleigh) Richard Peterson, Box 752, Ramseur, NC 27216. 919-626-0660  
 5.4 DEC, USPF California Regional (Richard Peterson, Box 752, Ramseur, NC 27216. 919-626-0660)  
 5.5 DEC, USPF Texas Regional (Richard Peterson, Box 752, Ramseur, NC 27216. 919-626-0660)  
 6 DEC, USPF West Coast Championships (Irvine, CA) 16.17 JAN, USPF West Coast Championships (Irvine, CA)  
 12 DEC, USPF Eastern Championships (Raleigh, NC) 13 DEC, USPF Eastern Championships (Raleigh, NC)  
 14 DEC, USPF Eastern Championships (Raleigh, NC)  
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 29 DEC, USPF Eastern Championships (Raleigh, NC)  
 30 DEC, USPF Eastern Championships (Raleigh, NC)  
 31 DEC, USPF Eastern Championships (Raleigh, NC)

4804. 216-945-3013  
 JUN93, ADPPA Men's Night, Bob Gump, 19 Sumner, Mountaintop, PA 18107. 717-823-6594  
 P.S. when writing a meet director for information you must ALWAYS include a SASE, meaning stamped, self-addressed envelope, except for Canadian (foreign meets) for the meet director to return an entry blank or other information to you, and if you decide to telephone a meet director for information, please state if he has indicated a specific time to call the number and DO NOT CALL THE MEET DIRECTOR COLLECT.  
 UBBPFA California State BP  
 7 Mar 92 - Fresno, CA

Men's Open  
 A. Mauritt 148  
 D. Vega 165  
 I. Inamine 375  
 S. Sautera 315  
 D. Uyenamura 270  
 J. Alvarado 405  
 C. Hogan 330  
 M. Penfellation 300  
 A. Olson 225  
 I. Zapata 425  
 M. Ashworth 350  
 A. Benson 340  
 J. Burns 530  
 A. Mitrle 400  
 E. Woods 500  
 I. Eaton 260  
 K. Brown 340  
 M. Nakamura 310  
 S. Hwang 265  
 M. Lammons 180  
 P. Wilson 340  
 H. Brennan 405  
 R. Mesa 300  
 D. Gulesa 275  
 C. Kneer 350  
 M. Nakamura 310  
 M. Sperling 345  
 M. Lloyd 295  
 J. Simpson 265  
 M. Lammons 180  
 P. Wilson 340

The UBBPFA sanctioned state championships was Fresno's best contest by far. The state curl championships were held at the Fresno Convention Center, and the UBBPFA and UBBPFA Promotions put on a great show. Music for the lifters seemed to pump up the lifters and the crowd. Hundreds gathered to watch. Great prizes were given to the lifters. The lifters who lifted 165 class and gave him the light weight best lifter award. Another superstar and first timer John Helten will be back for more. Teen superstar bench presser Mike Ivelthorn broke his world record with a 405 bench and definitely more to come. Special thanks to Announcer Tex Coach, the employees of American Gym, and World Tour Prom. See you at the nationals in June. (Thanks to Rick Coach for these meet results.)

Keystone Bench Press  
 21 Mar 92 - Keystone Heights, FL  
 Women  
 A. Kinton 90  
 13 & Under 114  
 J. Silvers 60  
 G. Griggs 110  
 14-15 Age 132  
 15-16 Age 148  
 D. Adams 148  
 S. Crews 145  
 J. Gregory 190  
 Z. Bass 170  
 16-17 Age 220  
 18-19 Age 242  
 20-21 Age 265  
 22-23 Age 285  
 24-25 Age 300  
 L.C. Long 345  
 K. Silvers 335  
 R. Silvers 335  
 K. Silvers has new Keystone Fitness Center & meet director Ron Silvers.

Men's Open  
 J. Anderson 240  
 R. Cabezas 165  
 J. Parker 245  
 C. Harvey 265  
 18-19 Age 123  
 20-21 Age 148  
 22-23 Age 180  
 24-25 Age 200  
 26-27 Age 215  
 J. Minor 240  
 I. Minor 220  
 G. Griffith 300  
 L.C. Long 345  
 S.H.W. 335  
 K. Silvers 335

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 AMERICAN ASSOCIATION

# USPF SENIOR NATIONALS

WHAT: Men's & Women's Nationals

WHEN: July 31, August 1&2, 1992

WHERE: Raleigh, N.C.

FLY TO: Raleigh/Durham Airport

HOST HOTEL: Radisson Plaza Hotel 1-800-333-3333 mention USPF Nationals for discounted rate on Hotel

LIFTING SCHEDULE:

Friday - 10am: Men - 114,123,132  
 3pm: Women - 97,105,114,123,132.

Saturday - 10am: Women - 148,165,181,198,SHW  
 3pm: Men - 148,165,181

Sunday - 10am: Men - 198,220  
 3pm: Men - 242,275,SHW

GOVERNING RULES: USPF

EARLY WEIGH-INS: 24 hrs. before scheduled lifting time.

REGULAR WEIGH-INS: begin 2 hrs. before lifting.

VENUE: Raleigh Civic Center, adjacent to Radisson Plaza Hotel

MEET DIRECTORS: Tim and Sandy King

Send SASE to receive information from:

King's Power Promotions - Attn: USPF Nationals  
 P.O. Box 752  
 Ramseur, N.C. 27316

Phone: 919-626-0660 FAX: 919 626-0684

DISCOUNTED AIRFARE: Friendship Travel

SPONSORED BY: INZER Advance Designs

12 DEC, NCSA Annapolis (TN) Regional (Richard Peterson, Box 752, Ramseur, NC 27216. 919-626-0660)  
 12.13 DEC, USPF Fish County Texas (all US lifters, men & women, class I & below, boys & girls, teen, women, special admittance, master, collegiate men & women, special admittance) Joe McCoy, R. I. Box 1201-F, Glen Rose, TX 76043. 817-897-3130.  
 13 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 14 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 15 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 16 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 17 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 18 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 19 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 20 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 21 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 22 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 23 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 24 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 25 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 26 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 27 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 28 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 29 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 30 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC) 31 DEC, 1st ADPPA Coal Country Bench Press and Deadlift (open men's) (Raleigh, NC)



### Celebrating a Drug Free Lifestyle



**Peter Gisondi** (above) spoke to the crowd and Chris Siapanides also entertained by doing 20 reps in the squat with 405 pounds without any lifting equipment (above right) as part of the Westchester County "Celebrate a Drug Free Life" event in New York. Over 5000 children and adults took part in the day's activities, and according to Peter, "We really sent a strong message to those people." (photo courtesy Peter)

### PSCPA Eastern Regional

114 lb. class	SQ	DL	Total
T. Pruzinsky	235	155	390
S. Jones	230	135	365
F. Gonzalez	210	130	340
K. Brandon	225	125	350
D. Ziegler	205	125	330
D. Earl	150	90	240
123 lb. class	170	45	215
D. Boydell	335	210	545
P. Steer	285	205	490
J. Lewis	300	165	465
T. Skipper	320	220	540
M. Luffe	255	190	445
M. Segraves	270	160	430
S. McGee	190	135	325

148 lb. class	SQ	DL	Total
J. Dugado	400	285	685
C. Buis	385	265	650
M. Buckwalter	340	255	595
T. Skupper	325	225	550
J. Barrer	315	210	525
M. Gaidici	280	195	475
M. Hatfield	265	200	465
C. Wolbach	275	200	475
M. Bendekovitz	265	140	405
B. Funk	265	140	405
E. Hummel	240	160	400
S. Richardson	415	305	720
B. Tort	425	295	720
S. Fogarty	410	265	675
J. Highower	425	235	660
K. Gombert	375	225	600
M. Henderson	410	225	635
M. Meticano	395	220	615
N. Tarala	405	205	610
A. Bell	335	230	565
R. Buecles	440	265	705
J. J. Bann	330	205	535
T. Rhoadan	300	180	480
J. Marchetto	285	175	460
J. Neesley	260	150	410
181 lb. class	430	250	680
A. Fredrick	510	245	755
P. Bauer	490	240	730
M. Holston	390	225	615
J. Schreiber	355	220	575
A. Dennis	280	225	505
M. Wilmsky	270	210	480
M. Glick	250	175	425
O. Markler	250	175	425

### ADEPA Towson Memorial V

165-Novice	315
K. Marbury	205
S. Francorano	290
Sharon Woods	145
P. Rosewald	350
K. Dwyer	350
Masters (40-49)	242
W. Evans	410
W. Evans (60+)	220
D. Joy	300
T. Vandrossdale	340
B. Wiczorek	235
M. Merline	315
M. McLeod	225
Open	470
114 lb. class	440
J. Heif	400
E. Thompson	410
P. Rosewald	270
W. Chin	270
148-Open	345
K. Milens	430
N. Rentuma	320
165-Open	390
T. Dorsey	390
M. Berne	320
D. Burgess	315
S. Francorano	305

The Barbored team of Baltimore captained by Robert Shanks won the first place team championship over Powerhouse Fun team of Annapolis, Md. Congratulations to the Barbored team and sponsor of Danaborn Gym for all of their help and assistance. I would also like to thank Larry Garro, Paul Griffin, Carl Alleyne, Larry Walker, Gailher Wondle, Brad Phillips, John Rogo and their help and assistance. All placings are subject to change depending on the outcome of drug test results. Thanks to Brian Washington, Meet Director, for the results of this competition.

### PowerPhotos

those who take photos at meets to submit them to PL USA. We prefer sharply focused black and white photos, but color prints will also be not too dark. We pay for all photos we use in the magazine and, of course, we credit the photographer.

Women	SQ	DL	Total
W. Wences	270	125	395
M. de Wit	245	100	345
H. Hyman	330	187.5	517.5
110	290	137.5	427.5
A. Mallons	290	170	460
T. Harlebol	280	170	450
F. Meelen	310	175	485
T. Kates	290	162.5	452.5
125	285	137.5	422.5
R. v.d. Tak	357.5	237.5	595
T. Benik	285	160	445
M. Vening	350	135	485
M. Verhous	300	185	485
SHW	390	180	570

### Norwegian Senior Championships

Women	SQ	DL	Total
S. Ganges	145	82.5	227.5
S. Brekke	145	82.5	227.5
B. Ringstad	190	82.5	272.5
E. Engkar	142.5	77.5	220
E. Ovrebo	50	70	120
67.5 kg	167.5	80	247.5
A. Aarensen	170	72.5	242.5
C. Hornnes	140	60	200
M. Amundsen	127.5	52.5	180
75 kg	100	60	160
H. M. Moller	165	72.5	237.5
C. Olsen	140	70	210
H. Holland	100	80	180

Men	SQ	DL	Total
B. Berggren	167.5	82.5	250
B. Berggren	167.5	82.5	250
56 kg	167.5	82.5	250
J. E. Christiansen	195	127.5	322.5
60 kg	160	85	245
J. T. Bredalen	247.5	135	382.5
S. Froehman	240	135	375
A. Johannsen	195	115	310
P. Vervik	195	115	310
V. Torgensen	180	115	295
75 kg	250	152.5	402.5
A. O. Nundal	235	150	385
K. H. Hanssen	225	142.5	367.5
J. Andersen	245	130	375
C. Holm	205	140	345
C. Holm	205	140	345
A. Brovold	220	120	340
82.5 kg	200	120	320
O. Bjornsen	237.5	135	372.5
J. E. Jensen	235	130	365
S. Farstad	215	155	370
90 kg	280	129.5	409.5
J. Evjue	272.5	172.5	445
A. Erdalsten	280	172.5	452.5
K. Knapsen	300	157.5	457.5
L. Svanen	227.5	162.5	390
L. Svendsen	232.5	145	377.5
J. I. Johansen	325	172.5	497.5
100 kg	285	170	455
O. Ovdebo	260	170	430
J. Merli	255	145	400
I. Bang	270	150	420
S. Hoie	240	152.5	392.5
S. Hoie	240	150	390
110 kg	330	197.5	527.5
S. Davidsen	285	200	485
J. Johannsen	280	200	480
O. Seterli	280	170	450
125 kg	352.5	187.5	540
H. A. Kalleberg	325	170	495
P. O. Thune	300	200	500
K. Aavang	285	175	460
H. Havn	285	175	460
H. Havn	285	175	460
H. Havn	285	175	460
H. Havn	285	175	460
H. Havn	285	175	460

### March Madness Bench Press

Women	SQ	DL	Total
K. Settles	145	80	225
M. Adams	300	145	445
M. Davis	125	220	345
L. Monken	105	360	465
D. Marlow	290	160	450
B. Stuck	350	140	490
M. Richardson	280	140	420
R. Pedigo	265	140	405
J. Sanderson	145	175	320
C. Phelps	85	340	425
H. Hutchison	260	275	535
165	360	240	600
L. Johnson	260	240	500
G. Johnson	260	240	500
M. Foyle	365	240	605
M. Mitchell	345	240	585
L. Pesson	345	240	585
T. Dukowitz	330	240	570
D. Monken	235	340	575
S. Cukowitz	385	275	660
R. Hoole	380	275	655
C. Pond	355	275	630
D. Phelps	330	275	605
Team - Mt. Vernon Health & Fitness	305	305	610
Dr. Darrel Lutch for the results of this contest.			

### 22 Mar 92 (kilograms)

60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200
M. de Vries	225	120	240	585																								
R. de Groot	242.5	147.5	220	610																								
T. Toppenbronsen	160	120	240	540																								
A. Bruggink	240	142.5	265	647.5																								
F. de Oliveira	250	157.5	260	667.5																								
E. Troksee	237.5	157.5	250	645																								
82.5	215	137.5	230	582.5																								
T. Verhagen	200	155	300	705																								
90	285	165	317.5	762.5																								
R. Wagnemaker	290	215	142.5	647.5																								
A. Schenkel	290	210	280	780																								
100-40	255	162.5	295	712.5																								
W. Noles	305	170	370	785																								
T. Koopman	285	180	270	735																								
M. Fortuna	277.5	170	302.5	750																								

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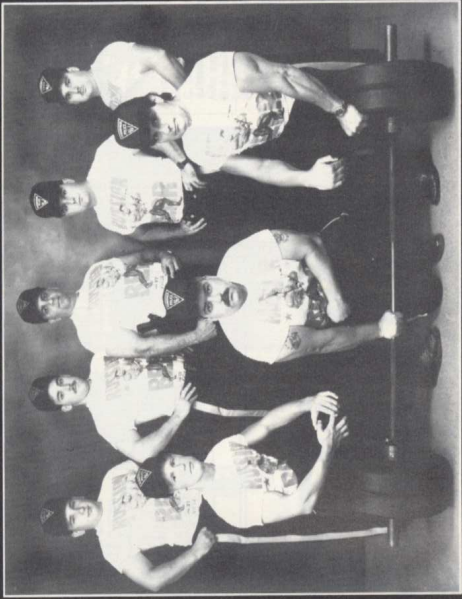
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## Latest Discovery!!!



**N.J. Police Powerlifting Team Lineup:**  
**Top Row: L to R**  
Ron Trivinia, Tom Kralice, Chief Jim Leason, Dan Dougherty, Sergeant Russ Smith.  
**Bottom Row: L to R**  
Troy Kemuk, Jim Mondelli, Physical Director - Val Vasilef

The results are something **Short of a miracle...It's truly fantastic...It really works!** My dad who's 66 swears by Russian Bear. He went from 110lbs. on lat pull downs to using the whole stack of 200lbs. I am breaking my records each time I bench. I've gained over 140 lbs. on my bench. **My arms grew to 19 1/2 inches in almost no time.** Now I'm pushing for 20 inches. It's really amazing that the entire team is breaking their records on a continuous basis. No one has reached a plateau yet! There's no stopping us!

### My Gains Never Stop!

Team mate Sergeant Russ Smith says "I've increased my work out and strength. I use to feel tired at the end of my workout but now I could put in another workout and often do. My gains never stop!" Team mate Ron Trivinia says "I've seen drastic changes in my muscle strength and intensity of my workout. My energy is so great I feel I could train all day. I've increased my bench by an incredible 135 lbs."

Russian descendant Val Vasilef says "I can hardly believe my own gains. Because I'm an extremely hard gainer. Just a while ago my weight was down to a puny cut up look of a 180 lbs for my TV series. But now I've gained 30 lbs of Real Solid Muscle. (See Val on photo above, bottom right) By using Russian Bear as my nutritional support together with my training program **my strength and muscle growth never stops!** Russian Bear contains 60 natural ingredients formulated from the best of USA's and SOVIETS sport science technology. Russian Bear is available in 25 day packs or 140 tablets at your gym or health food store. For product info: (609) 228-1150. Vitol 8 Brown Ave. Blackwood, NJ 08012

Chief Jim Leason of the N.J. Powerlifting team of Run-nemede Police Dept. Says "I guess our secret body building and powerlifting weapon is out. Especially since the recent article appeared in the World Gym Mag about the **tremendous muscle and lifting gains** we're making. I've been getting calls about Russian Bear and our lifting from all the country."

### We All Swore to Secrecy

Chief Leason says "When Val Vasilef joined my police Dept as the Physical Director, our power lifting team swore to secrecy not to divulge what special product (Russian Bear) we'd be taken along with Val's isotonic Power and muscle building routine."

### Super Gains and Killer Strength

Val Vasilef N.D., winner of over 80 physique, power and weight lifting titles including ★ Mr. America ★ Also a researcher in sport science and hi-tech nutrition says "I told the Chief, prepare yourself and the police team for an experience that would be absolutely **Mind Blowing** in Super Fast Muscle Growth and Killer Strength. Russian Bear as a nutritional support is like nothing that you've ever tried or can be compared to along with my training program."

The chief said, "I've been pumping iron for 30 years. I've tried everything from sea protein to you name it of different products. They were just a waste of time and money. I became very skeptical and didn't believe in any product. My dad (Lats Leason) started me training at the age of 12. So I've been around and seen it all. That is... until I started taking Russian Bear as a nutritional support along with Val's training program."

Newsweek, These Dinkles, Kent Wenger, and Mark Cushman made it tough on the winner, 181-Veteran lifter Brad Weber, submaster winner, did a nice 400 (without a shirt) to keep up the dominance of the 100 lbs. class. Dwayne P. Callaghan, 202-Master lifter, 100 lbs. class, 2nd round high schooler Brent Williams, 198-National class APF lifter Pat Hall was the star of this class with a nice 430. Pat was also best lifter: Pat Williams, 202-Master lifter, 100 lbs. class, 4th round. Gary Clark was pushed to the limit by Aaron Bliss of Concord, N.C. Gary made his last attempt to win the title, but he was unable to lift the 400 lb. bar for 9 hours on a train to come to our meet. Aaron is a fine competitor and a great guy to compete against. I hope they all can come back to Missoula, 242-Johnnyland came out of retirement and missed 415 twice. SHW-Master lifter Jack Lindgren set a master's record while defeating a story John Danks and the crowd favorite, 364-High Schooler and International IM, Ally Bertich and Moresi Distributing, Curt Clark at Walnut Hill. Curt Clark is a great competitor and he is going to Gary Clark for providing these great results).

**ADPPA Illinois Championships**  
19 Jan 92 - Chicago, IL

132 Class	SQ	BP	DL	Total
A. Mayer	187.5	115	202.5	505
J. Loftus	147.5	77.5	152.5	377.5
M. O'Dowd	205	105	212.5	522.5
M. Abuzzo	190	105	207.5	502.5
C. Temmerman	177.5	115	197.5	490
K. Hook	235	125	275	635
R. Hollagep	212.5	142.5	230	585
B. David-T	217.5	152.5	212.5	582.5
B. O'Connell	207.5	125	212.5	545
E. Rubin	122.5	127.5	145	400
181 Class	222.5	142.5	250	615
S. Taylor	220	122.5	225	567.5
V. Babor	232.5	117.5	212.5	562.5
N. Deluca	207.5	126	207.5	540
M. Czeszm	195	115	215	517.5
198 Class	275	190	272.5	735
A. Jancz	275	162.5	250	687.5
I. Malicki	245	150	200	600
M. Johnson	230	172.5	255	657.5
M. Gremm	235	137.5	260	632.5
A. Hardin	232.5	135	240	607.5
D. Morrissey	222.5	122.5	212.5	557.5
M. O'Connell	235	135	212.5	582.5
220 Class	292.5	182.5	337.5	812.5
A. Bruner	280	127.5	250	607.5
D. Young	210	125	205	540
242 Class	272.5	192.5	295	760
L. Class	237.5	197.5	250	685
W. Bevins				

**KCF Spring Classic**  
21 Mar 92 - Kincheloh, MI

132lb Class	SQ	BP	DL	Total
R. Class	300	240	425	995
Baldwin	315	175	375	865
148lb Class				
165lb Class	405	235	430	1070
Chevier	330	215	400	945
198 Class	340	260	325	925
Ovens	505	360	550	1415
Moguck	325	225	400	950
Howard	300	225	400	925

**ADPPA Top 100 Listing**

Rank	Name	Class
1	369 Ortiz	D-278/92
2	490 Sallis	F-622/91
3	335 Lawrence	J-11/10/91
4	485 Payne	M-622/91
5	479 Taylor	W-5/4/91
6	473 Ramsey	D-321/92
7	303 Sullivan	R-2/2/91
8	470 Hoff	R-2/15/92
9	468 Blake	H-6/22/91
10	460 Benemito	L-10/5/91
11	450 Mason	M-10/9/91
12	464 Schmeier	S-7/10/91
13	295 Day	P-4/7/91
14	429 Fernandez	E-11/23/91
15	425 Jones	B-6/19/91
16	420 Dhebla	L-4/27/91
17	286 Taylor	W-5/4/91
18	420 Lovelock	M-6/22/91
19	410 Lovelock	N-10/19/91
20	407 Lockerman	L-11/23/91
21	285 Williams	M-6/14/91
22	285 Hren	M-8/10/91

**SQUAT**

Name	Class	Weight
1	369 Ortiz	D-278/92
2	490 Sallis	F-622/91
3	335 Lawrence	J-11/10/91
4	485 Payne	M-622/91
5	479 Taylor	W-5/4/91
6	473 Ramsey	D-321/92
7	303 Sullivan	R-2/2/91
8	470 Hoff	R-2/15/92
9	468 Blake	H-6/22/91
10	460 Benemito	L-10/5/91
11	450 Mason	M-10/9/91
12	464 Schmeier	S-7/10/91
13	295 Day	P-4/7/91
14	429 Fernandez	E-11/23/91
15	425 Jones	B-6/19/91
16	420 Dhebla	L-4/27/91
17	286 Taylor	W-5/4/91
18	420 Lovelock	M-6/22/91
19	410 Lovelock	N-10/19/91
20	407 Lockerman	L-11/23/91
21	285 Williams	M-6/14/91
22	285 Hren	M-8/10/91

**BENCH PRESS**

Name	Class	Weight
1	369 Ortiz	D-278/92
2	490 Sallis	F-622/91
3	335 Lawrence	J-11/10/91
4	485 Payne	M-622/91
5	479 Taylor	W-5/4/91
6	473 Ramsey	D-321/92
7	303 Sullivan	R-2/2/91
8	470 Hoff	R-2/15/92
9	468 Blake	H-6/22/91
10	460 Benemito	L-10/5/91
11	450 Mason	M-10/9/91
12	464 Schmeier	S-7/10/91
13	295 Day	P-4/7/91
14	429 Fernandez	E-11/23/91
15	425 Jones	B-6/19/91
16	420 Dhebla	L-4/27/91
17	286 Taylor	W-5/4/91
18	420 Lovelock	M-6/22/91
19	410 Lovelock	N-10/19/91
20	407 Lockerman	L-11/23/91
21	285 Williams	M-6/14/91
22	285 Hren	M-8/10/91

**DEADLIFT**

Name	Class	Weight
1	369 Ortiz	D-278/92
2	490 Sallis	F-622/91
3	335 Lawrence	J-11/10/91
4	485 Payne	M-622/91
5	479 Taylor	W-5/4/91
6	473 Ramsey	D-321/92
7	303 Sullivan	R-2/2/91
8	470 Hoff	R-2/15/92
9	468 Blake	H-6/22/91
10	460 Benemito	L-10/5/91
11	450 Mason	M-10/9/91
12	464 Schmeier	S-7/10/91
13	295 Day	P-4/7/91
14	429 Fernandez	E-11/23/91
15	425 Jones	B-6/19/91
16	420 Dhebla	L-4/27/91
17	286 Taylor	W-5/4/91
18	420 Lovelock	M-6/22/91
19	410 Lovelock	N-10/19/91
20	407 Lockerman	L-11/23/91
21	285 Williams	M-6/14/91
22	285 Hren	M-8/10/91

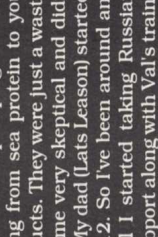
**TOTAL**

Name	Class	Weight
1	369 Ortiz	D-278/92
2	490 Sallis	F-622/91
3	335 Lawrence	J-11/10/91
4	485 Payne	M-622/91
5	479 Taylor	W-5/4/91
6	473 Ramsey	D-321/92
7	303 Sullivan	R-2/2/91
8	470 Hoff	R-2/15/92
9	468 Blake	H-6/22/91
10	460 Benemito	L-10/5/91
11	450 Mason	M-10/9/91
12	464 Schmeier	S-7/10/91
13	295 Day	P-4/7/91
14	429 Fernandez	E-11/23/91
15	425 Jones	B-6/19/91
16	420 Dhebla	L-4/27/91
17	286 Taylor	W-5/4/91
18	420 Lovelock	M-6/22/91
19	410 Lovelock	N-10/19/91
20	407 Lockerman	L-11/23/91
21	285 Williams	M-6/14/91
22	285 Hren	M-8/10/91

**A.D.F.P.A. TOP 20 60 kg. 132 lb.**

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from April 1991 to March 1992. Please send a copy of all ADPPA 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 A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

**Bill Jones is one of the ranked lifters on this month's ADPPA Top 20 list.**



1058 Moore, E.37/92