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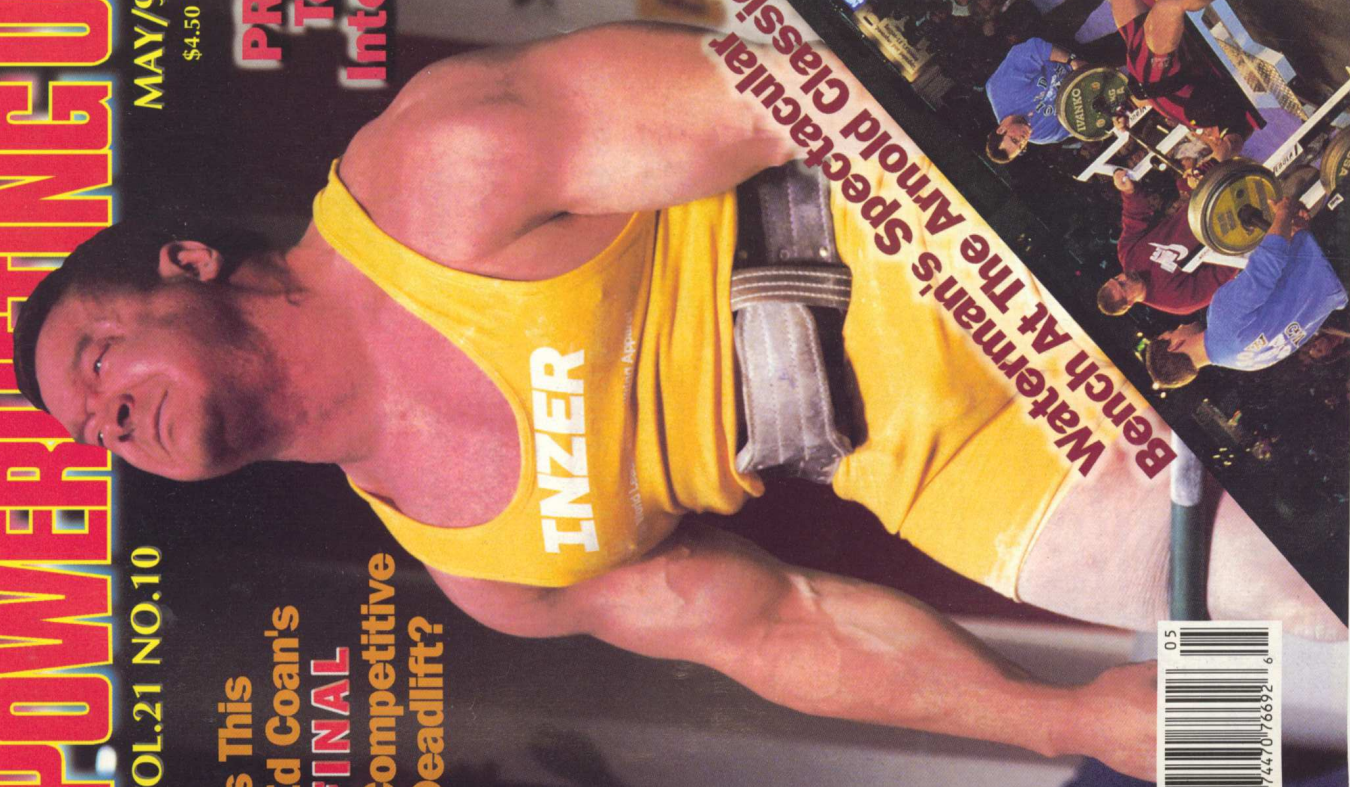
POWERLIFTING USA

VOL.21 NO.10

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Is This
 Ed Coan's
FINAL
 Competitive
 Deadlift?

PRO-FIT
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 Interview



Waterman's Spectacular
 Bench At The Arnold Classic!



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before lifting in the Deadlift SUPERLIFT, but in her own words... "The Deadlift SUPERLIFT has added at least 10% to my deadlift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."



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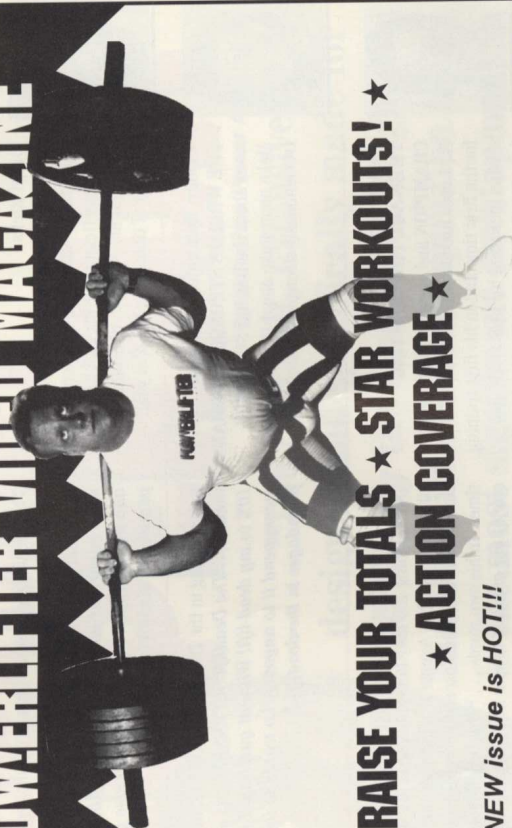
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Powerlifting USA
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Editor-in-Chief Mike Lambert
Associate Editor Butterfli O'Shea
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Controller In-Geo Lambert
Statistician Herb Glossbrenner
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MUSCLE MENU

- Volume 21, Number 10 - May 1998 -

ARNOLD CLASSIC.....	Peter Thorne.....	5
ED COAN INTERVIEW.....	Mike Lambert.....	6
WORKOUT OF THE MONTH.....	J.M. Blakley.....	8
PHILIPPINE REVOLUTION.....	Paul Kelso.....	10
APF TOP 10 MEN'S SRS.....	Herb Glossbrenner.....	12
DOMINIC SARDO INTERVIEW.....	Drew Hickey.....	13
THE BEST REP SCHEME.....	Doug Daniels.....	14
DID YOU KNOW THAT.....	Judd Biasiotto Ph.D.....	15
ASK THE DOCTOR.....	Mauro DiPasquale MD.....	16
BACK AND AB TRAINING.....	Louie Simmons.....	17
PRO FITNESS TEAM INTERVIEW.....	Fred Rice.....	18
MORE FROM KEN LEISTNER.....	Dr. Ken Leistner.....	22
POWER SCENE.....	Ned Low.....	23
3rd WORLDS.....	Herb Glossbrenner.....	24
KIRK KARWOSKI INTERVIEW.....	James Steel CSCS.....	32
ANNETTE SCHNEIDMILL INTERVIEW.....	Troy Ford.....	33
RAY BENEMERITO INTERVIEW.....	Larry Miller.....	34
KEN SNELL INTERVIEW.....	Pat Cuntrera.....	36
MELANIE GETZ PROFILE.....	Herb Glossbrenner.....	37
COMING EVENTS.....	Mike Lambert.....	53
TOP 100 275s.....	Mike Lambert.....	94
UNCLASSIFIED ADS.....		95

ON THE COVER.. Ed Coan at the '96 IPF Worlds and Dave Waterman at the '98 Arnold Classic (courtesy of Waterman)

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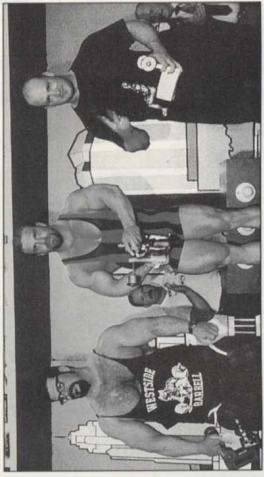
Arnold Schwarzenegger BP Classic

7 Mar 98 - Columbus, OH
A. Weisburger: 23242.5
C. Neff: 18126
C. Nelson: 540
Waterman: 265-186-595

J. Soman: 271
Ohradovick: 300
Blakely: 315
G. Halbert: 220
I. Blakely
T. Skiver: 315

Nine of the best male benchers in America and two
petite and powerful ladies treated a crowd, esti-
mated at over 5,000 enthusiastic bench press fans,
to a challenge was easily the biggest crowd assembled
at that venue during the three days of shows. The
people in the front rows of the crowd hung over the
stage, and many of them were cheering and
picking up the pace. The powerlifting fans crowd-
ing the stage were comprised of fitness devotees,
bodybuilders, martial artists, strongman competi-
tors, and many others. Many of these fans were
there for their knowledge and appreciation of heavy lifting,
and heavy lifting they go to see. Strongman Manfred
Hoebert was one of the first on stage with his
smooth contest. Gary interviewed some of the
lifters on stage after successful lifts, much to the
delight of the crowd. The bench press contest
opened with two lady lifters. Amy Weisburger

1998 Arnold Schwarzenegger Classic as told to Powerlifting USA by Peter Thorne



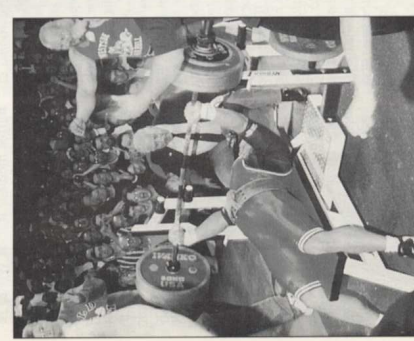
Holding their checks and trophies are (l-r) J.M. Blakely 3rd, winner
Dave Waterman & 2nd place George Halbert. (Peter Thorne photos)

their enthusiasm for
George's lifting. George
nally 532 lb on a 540 and
effort Blakely received the
record day for the 33-year-
old lifter. Strangers were
stopping George for the
following weekend). Big Tom
315 pounds with plans for
and he was out of the competi-
tion. You will be
hearing more of Tom Skiver as he surely will be
back to post some big numbers. The hall of fame
the stars of bodybuilding, fitness and strongman
Waterman. Dave is a num-
ber 26 year old David
When it comes to the bench
press he becomes the
teacher. Arming late, Dave
before the competition
started. Some thought he
was there for the bodybuild-
ing look like a bodybuilder but
a bench presser he is. Dave
weighed in at 186 pounds
and finished the day with the
first place trophy (by far
mule) and a check for
\$1,000. He showed he had plenty left with a suc-
cessful 172 pound lift at the end of the day.
Following was the Finnish strongman Jari
Soman, Jani, weighing 271 pounds and lifting
could do hitting a fine bench of 292 pounds and lifting
just missing 308 pounds. The first of the men was
a 33-year old lifter from Oregon, George Nelson.
George cleared the stage and Andy showed



Anthony Clark is getting a talking to by John
Shaeffer and Jamie Harris at the Schwarzenegger
Classic. (Photographs for report by Peter Thorne)

weighed in at 123.5 pounds and ended the day
with a successful 172 pound lift at the end of the day.
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just missing 308 pounds. The first of the men was
a 33-year old lifter from Oregon, George Nelson.
George cleared the stage and Andy showed



Everyone is celebrating as George Halbert locks
out a world record 657 lbs. (Peter Thorne photo)

such as Lee Haney, Dr. Fred Hatfield, Magnus
Magnuson, Jeff Everson, Bobby Robinson, etc. Ed
Coan is a regular at the Classic, seen at the Classic's
weekend to be married and Ed received an invita-
tion he could not refuse. Arnold Schwarzenegger
was there to check things out. Even with 20 or so
years of experience, Schwarzenegger was still
and stopped at many of the booths. He was friendly
and seemed eager to greet as many people as he
could. Powerlifter Anthony Clark and bodybuilder
the 50,000 plus every population of the world.
The heavyweights of the event were the 250 lb
massive Ferrigno looked great and his booth, like
the Anthony Clark's booth, had a constant line of
fans waiting to lift. It took exactly one hour
and ten minutes to get the popular Clark through
the crowd to the stage for his lift. As the passing
fans, was stopped continually with requests for
photos and handshakes. Anthony had the audi-
ence roaring with his high energy and ability to
have a good day. On this occasion, Anthony let the
bar get out of the groove and he had to re-rack the
bar. On his second attempt Anthony lowered the
bar and it dropped. Anthony was not alone in his
John Shaeffer met with Anthony and attempted to
get AC's lifting back on track. The plan was for
AC's lifting back on track. The plan was for
loaded with 238 pounds. Down it went, good long
pause, up it came in the right groove this time,
maybe this time. It was not to be. Anthony did not
finish the lift and he was out of the competition.
Anthony will be inducted into the York Barbell Hall
of Fame in June and he will begin training for a
three lift meet where he plans to post some big
numbers. Arnold Schwarzenegger staff all agreed that it
was a great contest and look forward to next year. As for
the 1999 Classic I can quote Arnold
Schwarzenegger for sponsors and appearance contact:
Dave Waterman, 217-C Hillcrest Manor Ct.,
Ulco, NY 13591, 315-535-5264.

at the Arnold Classic. His 662 pound opener was
the biggest bench press of the day. JM made two
strong lifts at 705 before the day ended. For his
effort Blakely received the third place trophy and
a check for \$1,000. Blakely is a 33-year old
America III in North Carolina and \$3,500 the
following weekend). Big Tom Skiver weighed in at
315 pounds with plans for some monster bench-
marks and he was out of the competition. You will be
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5,000 people look on as Dave Waterman chalks his hands in prepara-
tion for his big bench press at the 1998 Schwarzenegger Classic, in
Columbus. Dave also set his 6th All-Time World record at this meet!

INTERVIEW

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

ED COAN

interviewed by Mike Lambert, Editor, Powerlifting USA



Mike: What was your reaction when you received the first notice on the drug test from Austria?
Ed: It was complete shock. I knew I had to have the B (sample) tested because it was unaffordable to me that the A would be positive for anything. The ball started rolling from there.

Mike: What's been the history of your appeal efforts?

Ed: The first appeal took place at the Junior World's in September (1971). I flew there with my attorney. We had a meeting with the Disciplinary Committee: James Canniffe, Robert Wilkes, Heiner Koberich and a Slovakian gentleman. After we left they went around a bit and decided against it. James Canniffe came up to us afterwards and said, "You will appeal this again to the Congress, won't you?" I was voted down so I would have to go to the Congress. After that it was information gathering from every person I could think of to call, from Jim Wright, who used to work for Weider, to Mauro DiPasquale, and everyone else.

Mike: On which points do you dispute the test results?
Ed: The IPF has adopted comprehensive and detailed regulations regarding their drug testing, but it failed to follow the regulations they have put in practice. From the start, you're appointed a steward, a person who stays with you after you lift until you go to drug testing. If you have to do awards or take pictures with people, this guy stays by your side, gets your gym bag, gets you stuff to drink; everything else. That person cannot be a coach or lifter in the meet for obvious reasons. My steward was actually a fellow lifter who had coached his brother, whom I had just defeated. That was the first problem. In the

back and split it. Well, when I went to go to the bathroom, which is supposed to be connected to or adjacent to the drug control room, it wasn't. In Salzburg, the hallway was only about ten feet wide and there were about 150 people. The room was packed with athletes, coaches, lifters, officials, medical personnel, and fans. There was smoking, drinking and eating, and everything else in there, including baby powder and chalk. I had to walk from the drug control room, at least 50 feet, through a maze of people to get to the lavatory. Instead of having my kit with me, where I'd split the sample and do it all there, they made me walk back through a crowd of people. I'm kind of short so I'm pushing people out of the way, while people are trying to congratulate me, pat me on the back, and everything else, to try to get back to the drug testing room. That's not exactly a controlled condition for testing procedures, I don't think. If there were to be a problem, the head of the drug testing commission for that contest is supposed to let the IPF know, and I believe that would be the person that's running the meet, to make sure that all the rules and all the provisions are followed explicitly. There was a change of venue at the last minute, and I don't know if that had anything to do with it, but the whole area just

the A and the B sample, which I think is kind of minor, but it is another rule they broke. I have a copy of a professor Rod Bitton, whom I had sent over to oversee my B sample processing, from England. He's an expert who helped a female track and field athlete, who had an incredibly high T/E ratio, defend herself against the IOC, and she won. He said there was no way this should be upheld. He says the A sample was open on three occasions. The first time they opened up my sample, they came back with a 7 to 1 ratio. They said that was just a preliminary test. Well, I came back with a 7 to 1 ratio and then the next time they opened up the sample it came back as 18 to 1, that's on huge increase, a 200-percent increase. If that's a preliminary test just to see something, then how can it vary so greatly? The difference in my T & E from my A and B sample vary marginally, but a lot of the other hormones/steroids, from the A to B, vary at incredible rates of 100 to 200 nanograms per mL over the testing period from November 28th to December 4th. It all doesn't make sense. Something's obviously wrong.

After I presented my first appeal at the Junior World's, Arnold Bostrom and Heiner Koberich both came up to me and said how good it (the appeal) was and that it was so good that now they know what not to do again. These are people that voted you down and they're admitting they made the mistakes, but they try to get away with it by saying everything is small. It's ridiculous. The rules are not there just to protect the lifter. They're to protect the organization and the integrity of everything.

I am just completely dumb-founded at having to try to defend myself. I admitted my past guilt. In 1985 I was guilty as sin. I had taken Deca, I admit it. I took it way before because I had torn a pec - and it showed up. The next time, John Moody told me my appeal would be heard. When I got there they wouldn't even second the motion to listen to my appeal. What could I do. I just stood up and left. It doesn't do you any good to argue with people. If they don't want you there, they're going to get you out, one way or another.



Ed making his appeal to the '97 IPF Congress. Ed would like to thank Quad's Gym, Herb Lande, Inzer Advance Designs, his training partners, and anyone else who supported him during his effort to appeal his suspension.

Mike: I understand there's additional opportunity for you to appeal this matter to a court in Switzerland, and you've done that.

Ed: We sent our briefs in. My attorney said that after the Court of Arbitration for Sport gets your stuff, they read it over, and they notify the IPF. Then the IPF has a certain number of days to get their petition in. They missed their deadline, so the Court granted them an extension, to April '88, or something, to get it in. Isn't this serious enough for the IPF to just make the deadline? They think that just because the sample was intact when the lab got it, that means that everything that was done beforehand was OK. That's totally ridiculous. If you go to a medical research facility, like the University of Chicago, and they have to take samples for something, and they find out protocol wasn't followed properly, they take new samples. If they wanted to, they can test me every day of the week. I've got no qualms about it. That's what they should have done; just say, "oh damn, we messed up." You go back and you re-test the guy. In the rules it says they can re-test me at random for three months right afterwards. That's what they should have done.

Mike: What financial damages do you estimate you'll suffer as a result of a lifetime suspension from IPF competition?

Ed: Besides paying my lawyer regularly, I flew him all over the world

Mike: Good. You're not injured?
Ed: I'm pretty darn healthy at the moment. When I woke up this morning, I got on the scale and I was 237. I think I could weight 240 at the Nationals. I should still be able to total 2300 there. I've got all show that I've still got it. With all the testing they do, I'll be able to prove myself.

Mike: Marty Gallagher has written a book about you that deals with the drug testing issues and almost everything else about your life that's going to be on the market shortly. What do you think readers of that book will be the most surprised to learn about you?

Ed: Probably that I'm normal. When I get on a platform, I'm Ed Coan, the lifter. I lift a lot of weight compared to a lot of people. What I lift is what I lift. If you can deadlift 550 and that's all you can do, that's fantastic. My weights are just a little higher. I've got kids that help in the gym that don't even deadlift 400. One of my training partners just finally quitted and deadlifted over 500 and that's what I'm looking for. Everyone's basically the same. I just lift more weight. I've been around for a long time. I have a knack for this. I've picked up a lot of knowledge that I'm able to share. I'm a regular guy. I was born a little weaker so you can see really worked hard. I learned from my mistakes. There weren't a lot of people to help me. I had to search for the information. They'll come a day when someone out-lifts all my records, and he will probably have learned from all the things that I learned from the people that came before me, like Paolitto, John Kuc, and the others. I learned everything there was to learn, and then I tried it. Everything comes from the people before you. People try to say that I'm the greatest lifter in the world. That's a crock of crap. Inaba has won more World Championships than me, and he had a bunch of obstacles to overcome over the years, with injuries, travel and everything. He's the greatest lifter in the world, by far. Just because I lift a lot of weight doesn't make me the greatest lifter. It involves longevity.

Mike: What do you do when you get home? What do you see in this job? Try not to make a decision until you meet me.

Mike: Well said. One other thing, if you had a chance, would you do anything different in your powerlifting career?

Ed: I wouldn't have made the stupid mistake in 1985. I guess you listen to people you think know better. At the time, I was a naive kid, and I made a mistake. That, and if I didn't have some of the injuries that I've had, I probably would have lifted a lot more weight.

Ed: I would probably have to be the USPF. I'd prefer to go to a federation whose rules agree with regarding equipment use. After I'm unindicated, so to speak, I do plan on lifting. I've got some good lifts left in me.

Ed: It would be going to any other contest?

Mike: What if that were to not work out?

Ed: I would probably have to be the USPF. I'd prefer to go to a federation whose rules agree with regarding equipment use. After I'm unindicated, so to speak, I do plan on lifting. I've got some good lifts left in me.

WORKOUT of the Month

Let's clear up one point right away: Bench Pressing is an attitude! The first step to a big bench is your mental perspective.

What is heavy? What isn't heavy? These are the wrong questions. *Nothing* is heavy! But rather you are or are not strong enough. Quit thinking about the weight and concentrate on your strength. No bench program will work for anyone who is locked into thinking about the belt or the load or the burden; you must think about and learn to trust your own power. My first point is this: I believe your attitude affects your success more profoundly than your training.

I use a training protocol that helps generate a positive attitude and forces one to build confidence in one's own power. But not without risk. To build faith in oneself, one must continually put oneself on the line! This leads to growth physically and psychologically and with each success and offers excellent (albeit harsh) lessons with each mistake. I believe you must ask of your body and mind in training what you expect from them in competition. The risk is, of course, over-training. But that is minimized by the simplicity of the program. However, I use as a rule joint soreness. Muscular soreness is trained through but pain around the joints is a marker for backing off. As an athlete matures, he or she learns to become very tuned into his or her body and aware of how far they can go. Pay attention to your body. With that in mind, my second point is to always ask the best from yourself and prove it by putting yourself on the line... frequently. As you succeed you will gain confidence and when you fail you will become aware of weak points you need to work on that you might only normally learn at a meet.



Focused Benching as told to PL USA by J.M. Blakley

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)

after workout that is exhausting or causes great soreness or does whatever else one might think constitutes a great workout... and still show no progress. I've seen trainees get a whole year of "great" workouts and have nothing to show for it but frustration and their fond memories of how fatigued and sore they were. Don't let yourself believe for a minute that anyone cares how hard you worked or how great your workouts were. And neither should you. You should judge your workouts and program by the only ruler that matters... progress. If you are not improving, then there is no excuse for you to give me for your program. Only one thing matters - getting stronger and stronger each and every workout. I want to emphasize that you must expect progress each workout. If you show no progress from one workout to the next, then why should you expect any improvement after a two month string of such workouts? Or four months? Or six months? Keep accurate records and make no exceptions. Demand progress from yourself.

THE PROGRAM: This program is based on the above tenants. Following *simplicity*, there are just two exercises. One pressing movement that stresses the pectorals and anterior deltoids, and one tricep movement that concentrates on lockout strength. There should be no more than two exercises per body part. Following *intensity*, you must learn to pack all of your effort into those two movements. If you can do these exercises in one workout, you have not yet learned to completely extend yourself.

Following *specificity*, (which is the law that states that the body adapts to the exact demands placed upon it) the main pressing movement should always be the bench

press in exact competition form. The majority of your time and energy should be placed here. Master the skill of benching. Nothing is more specific to benching than the movement itself. Incline benching is a fine exercise and will strengthen the pressing group of muscles, but it is not 100 per cent transferable to flat bench. Within the flat bench there is no loss because there is no transfer, as you are practicing the exact skill and that is 100 per cent applicable. Simply stated, to get better at benching, you must bench!

A second exercise should accentuate the elbow joint but not completely isolate it. The goal is to learn to use the muscles together in concert to achieve an additive or even synergistic effect. Train them that way. I suggest a narrow grip press with elbows close to the sides, no wider than 45 degrees from the axis. Try to emphasize less shoulder involvement and focus on the lock gradually and pec drive also should be under emphasized. Peak power should occur from just below the sticking point through lockout.

In addition, I recommend NO shoulder work. Nor on this day or any other. It is too easy to overtrain this muscle group because of the intensity and because of the mechanics of pressing. If you need

shoulder work, do it in the off-season along with general conditioning and strengthening. But in season save your power for what will help you most.

The set and rep scheme is as follows: Warm-up as needed but don't fatigue yourself. The idea is to get prepared and not to get tired. Establish a warm up pattern. This pattern should be repeated every workout as well as in competition. It should be pyramidal. **Example: 135x10, 225x10, 315x6, 405x3, 455x1.** At this point you should take several near max singles

465x1, 480x1, and on occasion a max attempt, or if training is going well, a supra max attempt 505x1. DO take frequent near maxes; DON'T take lots of true maxes. Also one other note concerning the warm up that is especially true at meets. Use poundages that require only 45% and 25%. Don't waste time and energy rallying up odd bar loads and hunting for small denomination plates. You have enough to worry about and don't need the trouble. You should be able to go through your warm up on auto pilot. Keep it simple.

That is the actual skill practice portion of the workout. It is like practicing a meet each workout. You will feel totally prepared by the time the real meet rolls around. But

skills this will improve your benching. And for that, I can think of nothing better than pause reps. Pause reps build isometric strength at the bottom which adds to your control and stability. Pause reps also ensure that you are building power at the onset of the press by eliminating bounce, rebound, heave, and muscle stretch reflex. Thus, all the power must be muscle-generated. Finally, this is also what you are required to do under meet conditions and there is no better way to build central drive (motor cortex nerve recruitment in the brain).

Farther from the meet, say more than six to eight weeks, I suggest four sets of six reps with a one second pause. Closer to the meet, switch to triples with just a bit longer pause (1.5 seconds).

For the tricep exercise, only a brief warm up is needed (2 sets) and right to the work. Follow the same pattern (4x6 or 4x3) but without the pause. However this is not to say that the bar should bounce or behave uncontrolled at any time. My rule of thumb is simply that the bar should come down slower than it comes up. Down slow, up fast.

That is it! 4x6 pause out from the meet (for as many weeks as 6 or 8) and 4x3 at 6 weeks in. Off season should be about 8 weeks.

STAY AWAY from the bench. Use this period to develop weak areas. Do general body building movements and hit the rotator cuff muscles. Give the bench a break.

One final point: use your shirt on your near max attempts beginning no later than 6 weeks out. You must practice this skill. I will say it again: practice singles in your shirt well prior to meet day. I would say it again because so many make this mistake but that would be doubly redundant. To prepare properly this can not be overlooked.

This is the exact program I used to go from **400 to 500** and from **500 to 600**. It was also the mainstay from **600** to my attack on **700**. It has never failed to help others. If you try the program try it without alteration. Use it just as outlined. If you feel you need to modify it of course you can to suit your needs, but the program is so basic that it will only tolerate slight modification without becoming a totally foreign entity. Keep in mind that it may be you that needs the modification, not the program. Build your focus, intensity, and confidence in your power. Try it without

aberrance. Then if you still feel it necessary, modify it to your taste, but try to keep it's context in fact. I realize there is more than one way to skin a cat. Good luck.

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The Philippine Revolution

How the Lifters Finally Won as told to POWERLIFTING USA by Paul Kelso



Yenson Ang ... the man in the middle of the Philippine Revolution.

"Let's get homosexuality out of powerlifting!" That's a slogan not often heard in campaigns for officer elections in most PL organizations. Nor are phrases like "liligay coup d'etat" or "homosexual cabal" lightly flung back and forth in Western Iron rooms.

This mess isn't the Philippine people facing down Marcos' tanks, but it is as true a story as I can make it. I had seen the revolt coming during several trips to Manila. You think your PL organization has internal hassles?

The election was illegal! Yenson dela Rosa Ang was in- censed. The eight-year chairman of the Philippine Association of Powerlifting (PAP) placed 17th in the October 19, 1996, voting for the fifteen board of directors slots. The opposition's slogan had mobilized just enough irritated lifters and third-officials to give him and a few board-member pals the boot.

At first gracious in defeat, Ang made a farewell speech, saying that "the ballot has spoken" and that the decision was probably for the best, given his health problems. He had three days after the October 19, '96, poll, Ang demanded another election on the grounds that it was illegal for lifters to have a vote ("under corporate law") and refused to release the association's equipment, records and checkbook to the new board unless the lifters were disenfranchised. Furthermore, he pointed out that the PAP was operating under a 1982 constitution that had been superseded and that no Philippine Olympic Committee representative had overseen the voting.

To observers from other countries, it appeared Ang ran a class program for a country with a small PL movement, and that he was a benevolent figure. Meet promotion expenses, medals and so forth are acknowledged by many to have been often met through his largess. Ang told your reporter that he spent more than \$8000 of his own money on the 1994 Asian Championships alone, and personally paid overseas airfares for some lifters. Certain critics shook that off as propaganda and further complain that Ang stacked the PAP board with non-lifting cronies who helped him control policy voting. Some muttered that these pals often were included on overseas junkets, even bumping lifters from the trips.

Flashback: Enter Erlina Picante into our story. "Lily" is the first Philippine powerlifter to win a class gold medal in international competition. She won two Asia (IPF) regional championships and held both squat and DL Asian records at 67.5

modating fashion headed off confrontations between the two groups in the past. Spanish vs. Chinese vs. Pinoy cultural attitudes were also at work in this matter.

Flashback: It was not so much that a publicly gay man was Chairman, not so much that a gays versus straight issue, that rankled DeBuque, as we sat in a little lean-to bar across the alley from his gym one night, he laid it out for me over a pitcher of beer mixed six-to-one with a local gin. "Ang has stuffed the board with his little friends, a bunch of guys who never lifted a weight in their lives, and they're making decisions for us! He is like Marcos, losing power, the money. The mastery in manipulating so-called macho powerlifters is adding for him because of what he is! But love powerlifting? Naah! We were interrupted by a flock of neighborhood lovelies and their herders before he could tell me how he really felt."

Another angle comes from Noel Rulloda, elected chairman at the national meeting, and a former national aerobics champion and professional trainer as well as a powerlifter. While largely independent of the factionalism, he supported Ang for years. Ang's private life was not an issue for him; Noel is com- fortably married, as is DeBuque. "On balance, I thought Ang was doing a good job for the association, taking everything into consideration. But recent events have caused me to rethink. Noel refers to the possibility that Ang over- charged the PAP for transporting lifting equipment from his ware-



Ramon DeBuque ... a major mover and shaker in Philippine lifting.

injury to failure for Ang by getting married a year or so later!

The end was agreed at a March 10, meeting that a new election would be held on the April date. The mediator in March was the respected Cot. Correon, PAP Chairman emeritus, who served together with President Ramos as one of the Philippine Army.

Ang held many cards, including the checkbook. He would remain as Chairman of an interim board, with newly elected Chair Noel Rulloda as PAP president. Correon pointed out that Ang's charges that the PAP had been operating illegally for years might be true, but that it was a group effort; all had been present at the meetings over the years and acted on good faith. Why hadn't Ang brought out this discrepancy before?

The upshot of the March meeting was that the equipment would be released for an April 4th novice meet. The clincher was that Ang held out for a system of proxy vote collection that some saw as manipulative.

Following the example of Westminster PL lifters and officials, one would think that the Philippine revolutionaries would have boiled, formed a new group or affiliated with another body, if not reapplying to the IPF. How about starting their own "World" group. Nope. Not to happen.

Few established Asian PL countries will consider leaving the IPF, nor will new PL countries join another group. Why? The desire to work within the international sports structures followed by most of the world and the hope of eventual Olympic recognition is one reason.

houses to contest sites, that a Christmas party for his gym members was billed to the PAP, and other dubious expenditures.

It is not libelous nor slanderous to discuss Ang's sexual preferences, or that they are a factor in this situation. He is openly out of the closet and does little to hide it. In his defense, the two contests your reporter attended in Manila, an Asian regional and a Philippine National, were extremely well organized. The Asian after-party at his home in '94 was the best I have witnessed. He was a fine host, and extended every courtesy possible to me as out-of-country reporter for this magazine. Other than the usual to be expected with a large group of mostly young men and women during the event, no irregular improprieties were noted, just the usual.

Oddities, there have been, Ang's orientation may be relevant. So might be the Spanish-inclined background of many of the top Philippine lifters in DeBuque's faction.

Flashback: According to common knowledge, Ang had a big, strong, and young boyfriend a few years ago. Rulloda believes Ang tried to undermine other lifters in his boyfriend's class. Other lifters told your reporter that Ang considered his protege a prospect to defeat DeBuque and bump him from the national team. Ang is said to have said an experienced lifter a large sum by Philippine standards to coach the youngster for that purpose.

The youngster found himself soundly defeated at the Chiang Hwa, Taiwan, Asian Championships in '93, a decade to a serpent's tooth, how sharper than a serpent's tooth, the lad is reported to have added



Guess Not... Yenson Ang once asked Paul Kelso if he was gay, but Paul (center) has recently gotten married to the former Sumiko Sekiguchi (left) and they are joined by local Japanese gym owner Noritoku Arai.

after the novice meet. They began working with the Audit Commission to restore the records. They exchanged proxies with each other to guarantee the forms would be valid. In fact, by your reporter's legit on election day, and struggled to get everybody eligible to vote in the election meeting.

Ang believes the "coup" against him is the result of greed. Others did not like it that he was "strict with finances" and wanted "to use sponsors instead of government money." He downplayed any "personal" motives behind the uprising, but does think "professional jealousy" was a factor.

On April 19th, election day, Ang and his supporters did not appear. Some say they knew they would lose. Ang said he refused to run again because of a lack of mutual respect. The very first Philippine Olympic Committee rep to ever attend a PAP meeting won- dered out loud why the man who had brought the complaint did not show up. The affair was over.

Epilogue: All PAP officials and referees are active lifters, a rare situation few organizations can claim. Nick Cabalza is the PAP Prez, DeBuque treasurer, and Rulloda is PAP Chairman and new vice-president of the Asian Federation. Eddie Torres is now the Philippine's strongest man in absolute lift, but Ramon is still coach and boasts the biggest BP. Lily has returned to PL, and was recently appointed Post-mistress of the University of the Philippines.

Yenson Ang returned the PAP checkbook and went back to bodybuilding promotion. He has since formed his bodybuilders into a Chippendale's-type dance show - "art, not stripping" - and is managing them on the nightclub and con- venting circuit around Manila.



Noel Rulloda is the new Chairman of the Philippine Association of Powerlifting (photos courtesy, Kelso)

APFTop 10 All-Time Men's Senior Nationals

by Herb Glossbrenner, PL USA Historian/Statistician

Rank	Name	Age	Weight
1	Jesse Kellum	37	280 lbs.
2	Gary Heisey	36	270 lbs.
3	Donnie Young	35	270 lbs.
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7	Earl Williams	31	250 lbs.
8	Tommy Williams	30	250 lbs.
9	John Smith	29	250 lbs.
10	Earl Williams	28	250 lbs.



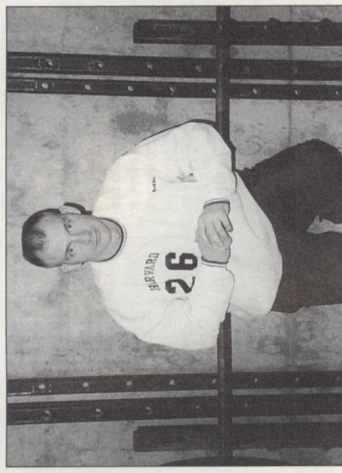
Jesse Kellum leads the squats in both the 1915 & 1965

Rank	Name	Age	Weight
114	Tommy Williams	28	250 lbs.
115	Earl Williams	27	250 lbs.

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

INTERVIEW

DOMINIC SARDO interviewed for Powerlifting USA by Drew Hickey



Dom Sardo in the weight room at Harvard University (Hickey photo)

DH: Dom, can you give us a little background information about yourself for the readers?
 DS: My name is Dominic Sardo, Jr. and I am 39 years old. I was born in Malden, MA with my lovely wife Mary and my wonderful two sons: Dominic III - age 3, and Nicolas - age 1. I am the strength and conditioning coordinator for Harvard University.
 DH: How did you get started in powerlifting?
 DS: I was a collegiate wrestler and first began weight training to help me with my wrestling. I quickly discovered that my body took well to the weights so I entered a bench press contest. The next progression was to enter a full power meet. The rest is history.
 DH: What major powerlifting titles have you won?
 DS: I have won 1 World championship, 2 national championships, and also several state and regional championships.

DH: What are your best competition lifts?
 DS: At 148 I have squatted 633, benched 414, and deadlifted 595, and at 162 I have squatted 661, benched 423 and deadlifted 611.
 DH: Tell me more about your position as strength and conditioning coordinator for Harvard University?
 DS: I am responsible for designing strength and conditioning programs for 41 varsity sports. Harvard has one of the largest intercollegiate athletic programs in all the country. I also run and operate my own strength camps primarily during the summer. It's not a large operation by any means, as I'm more interested in working with serious dedicated athletes who want to achieve their performance goals. It is also a way for you to give something back to the athletic community.
 DH: There has been renewed talk recently about powerlifting and the Olympic movement. What is your take on this issue?
 DS: I do not think powerlifting will ever become an Olympic sport. The IOC seems to be interested in sports that are more commercialized and have corporate backing or sponsorship. The trend of the Olympic movement is towards money-making sports such as snowboarding and beach volleyball, which have corporate sponsorship.

DH: Regarding powerlifting in the States, there are many organizations in operation which sanction powerlifting competitions. Which organization do you feel set the standard or are the most respected in terms of the competitors and how they operate?
 DS: Boy, is this a loaded question. Being state chairperson for the USPF in Massachusetts, I obviously feel the USPF is the elite organization in the US. However, I respect the other organizations, the AAU and the APF just to name a few for what they stand for individually. The only thing that I have a problem with is the politics. I feel it is destroying the sport.
 DH: There has been recent talk about unification among several of the larger federations in the US. Do you support unification and do you think it will ever happen?
 DS: I support unification 100 percent, but I do not feel it will happen. I don't think all the different philosophies will be able to agree on a set philosophy to govern the sport. Too many egos involved.
 DH: Technology regarding equipment and support has advanced greatly in the past five years. What is your overall opinion of the way technology has effected the sport and the lifter?
 DS: We have debated this issue many times before. Once again, I choose to compete within the

Dom Sardo in the weight room at Harvard University (Hickey photo)
 USPF because I feel they allow just enough equipment to prevent injuries, but not so much as to increase performance to the point where the contest becomes about who has the strongest gear and not who is the strongest individual.
 DH: Where do you stand on the drug issue and drug testing?
 DS: I'm in favor of drug testing. I feel the only true test is urinalysis. I think the polygraph has no place in the powerlifting community. As for drug use, it is an individual decision. Each athlete has to decide for themselves what they feel is right. Who am I to judge? If you use drugs, that's your business, just don't enter drug free competitions.
 DH: Many lifts are now being passed in contests that would have been laughed off the platform 15-20 years ago. Yet these "gift lifts" are being credited and compared to true quality lifts. Would you care to comment?
 DS: You have to take it with a grain of salt. For comparison, if you're a person who follows the rules, you have to know where the other lifts were performed and if they are worthy of consideration, I feel any world or national record lift must be done in a credible world or national competition.
 DH: What do you see as the future of powerlifting?
 DS: I think the sport will survive. It will always be around. I don't

know if it will grow.
 DH: What past or present lifters have had a positive effect on you and which do you respect for the way they conduct themselves?
 DS: There are so many people I couldn't possibly name them all.
 DH: List a few?
 DS: There is Ed Coan, Dr. Ken Leistner and Ralph Roloff of Iron Island Gym, my friends in Columbus; Laura Dodd, Mariah Liggett and Doug Heath, there's Curtis Leslie. That's the thing about the sport - I've met so many wonderful people in so many places I know I'll leave some of them out. As far as great lifters there's Ed Coan, Dan Austin - whom I have tremendous respect for, and Dave Rickard. These guys are a whole level ahead of where I am.
 DH: It's been three years since you last competed, will we see you on the platform ever again?
 DS: I hope so. Everyone told me that young children take up so much time and I never believed them, but they do. I continue to train consistently and now that my kids sleep regularly and I get to sleep, I can focus on intensifying my training to the competition level. I want to be back.
 DH: Having won a world title is there anything left in the sport for you to accomplish?
 DS: No. However, I'd like to do what Walter Thomas has done, become a three decade world champion. That's a truly incredible accomplishment. He's another lifter I look up to, then again, I look up to most lifters because of my height or lack thereof.
 DH: Thanks, Dom. As your friend and someone I respect both as a lifter and more so as a person, it has been my pleasure to conduct this interview. Thanks for your time. Do you have any closing comments you'd like to make?
 DS: Thank you (Drew) for conducting this interview. Thanks to Mike Lambert and PL USA for a great magazine and source of information for our sport. I'd like to mention a few more individuals whom I have met over the years through the sport: Saul Shocket, Joe Laville and the gang at Olympia Gym who got me started in the sport, and Mark "Mongo" Glauson.

For information on seminars & strength camps, Dom can be contacted at (617) 496-6803.

APF Top 10 All-Time Men's Senior Nationals

by Herb Glossbrenner, PL USA Historian/Statistician

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26	John Smith	12	250 lbs.
27	Earl Williams	11	250 lbs.
28	Tommy Williams	10	250 lbs.
29	John Smith	9	250 lbs.
30	Earl Williams	8	250 lbs.

If you were to list powerlifting FAQs (frequently asked questions), what is the best repetition scheme for powerlifting success? Lifters are always looking for that special routine that can make a difference in their results. There just has to be a magic rep scheme that is best for powerlifting. Lifter A says that 5's are the only reps he trusts, Lifter B says 3's give the best results and Lifter C says singles are the only way to go because they transfer over the competitive lifting the best. Who is right? In this case, all of them and none of them. What are you talking about, Daniels?

Each individual is different and responds to stimulus in varying ways. On top of this, the response to the same stimulus may vary over time, due to many reasons. One of those reasons is the body's familiarity to the stimulus. If you were to perform a new exercise, you would probably be sore the first few days and then no matter how hard you worked it after that, you would probably not be sore again. Your body got used to the exercise and did not react with soreness. This is not to say that the exercise is not working, just that the body is used to the stimulus and treats it as business as usual, however, business as usual can get a business in a rut and eventually hurt

covering his bases in case one of them is indeed the magic number for him. The routine also has a definite plan to it and is not helter-skelter in its format.

Using a longer contest cycle, adding another 3-4 weeks and perhaps a period of 10's or one additional week to each rep cycle can vary this routine. Instead of 8's, 5's, 3's, etc. you can use 12's, 10's, 6's, etc. This type of training can also be used in off-season training, varying reps every month or so. For example one month of 12's, followed by one month of 10's. After the cycle is completed, the lifter can take a few days to a week off and start another cycle with the same rep scheme or a different variation. I do recommend the reps progress from high to low, though.

This also adds variety to a routine and exposes a lifter to a less chance of injury and overtraining by not using heavy, low rep sets for too long a period. This type of training can be used on a long term basis and still yield positive results. It provides a high degree of flexibility and can be used by lifters of all experience and strength levels. So what is the best repetition scheme? I say...all of them and none of them.

Web Page: MEMBERS.AOL.COM/DDANI12345/DEFAULT1.THTM

STARTIN' OUT

A special section dedicated to the beginning lifter

The Best Rep Scheme as told to POWERLIFTING USA by Doug Daniels

weeks.

By changing the work reps every 3 weeks, your body is forced to adapt to different rep schemes while not getting used to any one scheme. This keeps the body off balance, forcing it to become stronger. It also allows the lifter to gradually work into lower reps, getting ready for actual meet competition. An additional benefit is that this exposes a lifter to a wide variety of rep schemes,

that business. The best way would be to continually make the body adapt to new stimulus, forcing it to become stronger to survive. This can be accomplished very easily by continually varying the repetition scheme you use. This does not mean changing reps every work-out, but by changing the rep scheme in an organized fashion over the course of the training cycle. Let's look at a prototypical twelve week training cycle leading to a contest. The reps used each week are for the work sets, not the warm-up sets leading up to them. In this cycle we would change rep schemes every 3

Did You Know That: American Olympic lifter Buck Harris was the only lifter to ever defeat the great Paul Anderson. The historic event took place on September 14, 1963, at the Dixie Olympic Championships held at the Frye Institute in Chattanooga, Tennessee. Harris recalls the event vividly, "I was the only one who showed up to compete against Anderson that day. Everyone else was scared to death of him. After all, the general consensus was that no one had a snowball's chance in hell of beating him. He was a phenomenon. Actually, I don't think a single person saw me make a lift that day. While I was on the lifting platform, all the spectators were in the warm-up room watching Anderson. He was warming up with 100 lbs. more than I attempted on my last lift." If that was the case, how did Harris beat him? "He missed every one of his clean and jerks and bombed out," recalls Harris. That's the only way anyone could have beaten Anderson, and I'm the only one who ever did it."



Paul Anderson demonstrating the back lift in 1974. (photograph courtesy Anderson Youth Home)

No one really knows for sure, but some lifting historians claim he did 790 lbs. in 1934.

Did You Know That: Bob Peoples was the first American to ever deadlift more than 700 pounds? Of course you did, I just told you. What you may not know is that Peoples trained his deadlift quintessentially doing "negatives." The Georgia country boy would load the bar with a weight that was significantly heavier than what he could lift from the floor. He would then raise the weight from that ground with a hydraulic jack that was attached to the back end of his tractor. Once the weight was elevated to the proper height, Peoples would grab the bar, and then drop the bar by knocking the handle with his shoulder. He would hold the weight in a locked out position for as long as possible. Then he would slowly lower the weight to the ground. He would repeat this procedure four or five times during each workout session. Interestingly, although Peoples eventually deadlifted 737 pounds at a bodyweight of 189 pounds, he never bench

pressed his bodyweight. His best official bench, press was only 185 lbs., four pounds under his bodyweight.

Did You Know That: In 1939, R.S. Weeks finger lifted (one inch off the floor) 760 pounds. At the time Weeks weighed only 219 pounds. Although the lift was performed in front of a number of witnesses, some weightlifting historians question the validity of the lift. It might also be noted that no one has come close to replicating this feat of strength in the past five decades.

Did You Know That: Less than one percent of the men in the world to win last year's IPF World title - in the 181 pound division. It would have placed no better than 5th in any division above 198 pounds. Needless to say the sport has come a long way in three short decades. Did You Know That: The first Powerlifting USA magazine was published June, 1977. Erwin Wright was on the cover. The magazine was 16 pages over to cover. I'm sure Mike Lambert will be the first to tell you that the dreams of today are the realities of tomorrow.

Dr. JUDD

Did You Know That: as told to Powerlifting USA by Judd Biasiotto Ph.D.



Paul Anderson demonstrating the back lift in 1974. (photograph courtesy Anderson Youth Home)

Did You Know That: The first official National Powerlifting Championships were held at York, PA, in 1965. Dr. Terry Todd won the heavyweight division with a total of 1890 (675, 475, 740) lbs. at a bodyweight of 337 pounds. That total would have been good enough to win last year's IPF World title - in the 181 pound division. It would have placed no better than 5th in any division above 198 pounds. Needless to say the sport has come a long way in three short decades.

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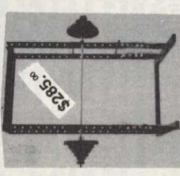
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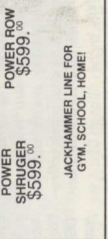
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Ask the Doctor

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 analytical 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: Could you please assist, if possible in the following? In the area of food, what basics would you suggest? I need a simple diet of easy foods that I can eat while going from call to call at work. Right now I would throw together boiled or broiled chicken, peanut butter sandwiches, raw fruits and vegetables and a variety of bland pasta dishes and cookies (for the sweet tooth). Like I said quick and easy to make and eat. In the area of vitamins and supplements I am lost. I am not big on taking 12 different pills and 4 different powders, 6 times a day. Is there anything out there that is worthwhile taking? If so what can I expect it to do? What about amino acids? What is the theory behind them? If they work, are all required or just the ones a particular body lacks? How do I know and will my doctor be able to tell me where I lack by tests? I realize there are a lot of questions here and I apologize if it is a problem. I am simply trying to start out on the proper line. I want to ensure that half way to my goal I'd not find I am headed the wrong way and subsequently lose precious time adjusting. **Todd.**

Dear Todd: My answer to your food and supplements question is quite simple. Protein intake should be at least 1 gram per pound of bodyweight. The best protein supplement is a combination of soy, whey and casein. You can buy all three and just mix them together. **EAS** is coming out with a blend of all three called **Precision Protein**. I make up a protein shake using **Myoplex Plus**, an egg and some extra protein powder and take it with me in a thermos for when I don't have the time to eat. At times I'll just eat a **Myoplex Plus Bar** to hold me over. **Supplements?** I recommend and use **Phosphagen HP**, a good multi-tannin-mineral complex, an antioxidant mixture and about 5 grams of glutamine both before and after training. As well make sure that you

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When squatting or deadlifting, a successful lift is dependent on keeping your back in good position. This takes a strong back as well as strong abs.

At Westside, we do max effort work for squatting and deadlifting on the same day, Monday. The same muscles work in these two lifts. It saves energy to lump together the special exercises that contribute to both lifts.

Let's first talk about the spinal erectors and how to develop them. Good mornings are done 40% of the time. This means 4 out of 10 Mondays. Any variation can be done. Work up to a 3 rep max.

The following variations of good mornings can be used: **Bent over with legs bent.** Place the bar on slightly lower and bend over, rounding the upper and lower back. It is up to you how far to bend over. A lifter with a small waist will find it easier to bend over farther. This style will build the erectors, hamstrings, and glutes by extending the legs and back simultaneously.

Bent over with legs straight. These build the erectors and flexibility in the hamstrings.

Arched back with legs straight. This style will build static strength in the erectors, which contributes to keeping the back arched while squatting or sumo deadlifting. Lower the bar as far as possible without losing the arch.

Power varied good mornings. Use a very wide stance, a low bar position, and lean, don't bend forward until the bar is in front of the knees. Heavy weights can be employed. This is not a quarter squat. Remember, the bar must be in front of the knees after leaning forward.

Combo squat/good morning. This one is very important for learning to extend all the squat and deadlift muscles. With a moderate stance and the bar held low on the back, bend forward until the back is close to parallel to the floor. Then roll the lower back over and descend into a full squat. To stand up, straighten the upper and lower back and straighten out the legs. This is very effective for building tremendous strength, as well as tremendous tightness. You will feel like your eyes will pop out when you're in the bottom.

Seated good mornings on a box. Sit on a parallel or above parallel box and bend over. This takes the legs out of the exercise, which is helpful if you are injured or have a large stomach.

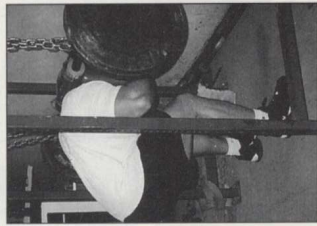
Seated good mornings on a bench. Sit straddling a bench and bend over until your face touches the bench. This is for the lifter with

TRAINING

Back and AB Training as told to PL USA by Louie Simmons

a small waist and good flexibility.

We have reviewed seven types of good mornings, but you can also change the strength curve by using the Weight Release device. Flex bands, or chains. You can vary the work by using a lot of weight and



Bob Fusner does good mornings with the bar suspended by chains as a Paul Anderson. (Simmons)

little chain or a light bar weight and eccentric loading with the Weight Release. These combinations are known as the contrast method. Caution: Use of the Flex bands can make one very sore due to the tremendous eccentric overloading from the tension of the bands, causing delayed onset of muscle soreness (DOMS). This phenomenon occurs with any type of eccentric stress, but especially with the Flex bands.

Now let's isolate. **Back raises or hyperextensions.** These are done on a special bench where the feet are anchored and the torso is supported while lying face down. Lower the upper body until your head is close to the floor. Then raise up to parallel, but no higher, to avoid hyperextending the back. The reps are 3-8. Work up to a new max set whenever possible. The 1968 Olympic weight lifting champ Waldemar Baszanski was able to do 225 for 4 reps, so get to work.

Pull-throughs with straight legs. Pull a low-pulley

tion. **Side deadlifts** also work the abs/obliques. Stand next to the bar, facing the plates on the right or left end. Lift the barbell and try not to bend to the side. This exercise will build the obliques and stability in the glutes.

We prefer to do our side bends with the help of an overhead cable machine. Stand with the lat machine to your side. Using a triцепs strap held against the neck, bend away from the machine and do a side bend. There appears to be little stress on the spine using this method.

We also do standing situps with the lat machine. Hold a triцепs strap around the back of the neck with the two ends held against the chest while facing away from the machine. Now bend over as far as possible while pushing out the abs. Most lifters are very weak when first attempting this exercise, but be patient. The weight will go up and so will your squat and deadlift.

Leg lifts of any kind are good. Start with lying leg lifts with your legs bent. Progress to straight leg lifts. If your shoulders are good, do bent legs until you are strong enough to keep your legs straight. Use weight if possible.

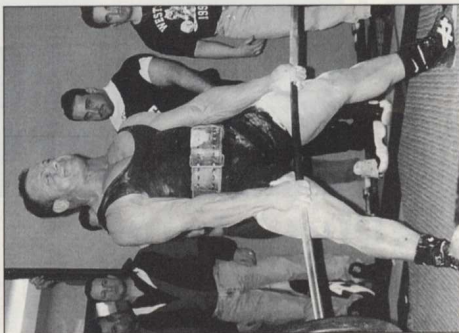
The hardest type of leg raise involves lifting your feet up to the bar you are hanging from.

Please don't be confused by bodybuilding magazines. Your hip flexors/external rotators and abs must work together. A bent leg situp is worthless unless you have a very weak back and stomach.

There are many back and ab exercises to choose from. These are just a few. Some will work for certain individuals better than others. That is precisely why you need lots of choices from.

The information in our series of articles is the result of experimentation by 43 elite powerlifters we have developed that will teach you to teach yourself.

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Angelo Berardinelli uses his strong back and abs as told to PL USA by Louie Simmons (photo)

for the abs. The obliques not only work as stabilizers but are responsible for hip extension when lifting off the floor or out of the bottom of the squat. You must learn to push your power belt. Side bends with a dumbbell are most common. Use one dumbbell at a time; bend to the side and return to a standing posi-

PUBLICATIONS BY MAURO G. DI PASQUALE B.Sc., M.D., M.R.O., M.F.S. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS - THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 994-0555.

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eat a combo of protein and carbs within an hour after working out. If you get a chance, pick up Muscle Media. I cover a lot of ground in my column, Research Update. As well I've enclosed a copy of Bill Phillips excellent supplement review. **Mauro Di Pasquale, M.D.**

Dear Mauro: I recently had the posterior horn of my medial meniscus removed as well as the middle third of my lateral meniscus in my right knee. My articular cartilage is normal. I'm a 30 year old competitive weightlifter who wishes to resume lifting on a competitive basis. What is your opinion on supplements like glucosamine and Knox gelatin? I've read some medical literature that show promising results. I've decided to take them as a preventative measure against my increased susceptibility to joint trauma. Thank you, Joe.

Dear Joe: Glucosamine and chondroitin are likely your best bets. There's dozens of studies showing that they have some variable effects on joint cartilage. Certainly, because they are natural substances that are easily metabolized, they'd be worth a try. In cases where pain, or worse, all of the meniscus have been removed, they might be of particular benefit since there's an increased incidence of osteoarthritic changes later in life. **Mauro Di Pasquale, M.D.**

INTERVIEW

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

Since our team at Pro Fitness has enjoyed considerable success on both a state and a national level in USA Powerlifting (ADFFPA) competition, I thought it would be interesting and informative to provide some team history, training, methodology, and philosophy. I interviewed three people who have been intimately involved in the leadership of the team since its inception: Ray Benemerito - the first team captain; Bill Clayton - USAPL national head referee and our technical expert, and Jerry Dally - our current captain.

PRO FITNESS TEAM Interviewed for Powerlifting USA by Fred Rice

FRED: WHO WERE THE FIRST POWERLIFTERS TO START TRAINING AT PRO FITNESS?

Jerry: Ken Brunskill came here shortly after the gym opened. He told Joe Morreale that he knew a lot of powerlifters, and asked him if he would mind them training there. I had been training with Ray and James Benemerito in West Orange for about a year at that time, and we decided to give this new gym a try, since it was more conveniently located for us. Joe has been very helpful to us.

Bill: Joe puts up with powerlifters better than any gym owner I know of. He tolerates our chalk, our gym bags, and our noise.

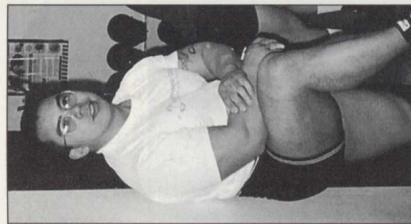
Jerry: Word got around that Ray and James and a few of us were training here. Gaspar Orlando was probably here before most of us. Shortly afterwards Bill Clayton and yourself started coming, and gradually more and more lifters began to gravitate to Rockaway.

FRED: HOW WAS THE TEAM ACTUALLY ORGANIZED?

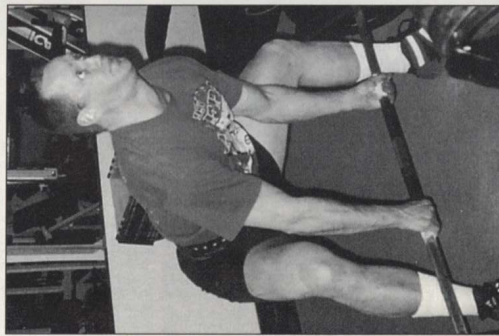
Jerry: Ray and the rest of us had tossed around the idea of having a team for some time, and we did a competition or two, but we didn't have a formal meeting until John Corseello started training with us and pushed us to get organized.

FRED: YES, JOHN CORSELLO CERTAINLY DESERVES A LOT OF CREDIT FOR OUR ORGANIZATION. FOLLOWING THAT, HOW WAS IT THAT RAY PUT THE NATIONAL TEAM TOGETHER?

Jerry: Ray put the team together



Ray Benemerito between sets.



Jerry Dally, Team Captain, deadlifting. (Fred Rice)

very valuable to us.

FRED: WHAT ARE YOUR GOALS AS A POWERLIFTING TEAM?

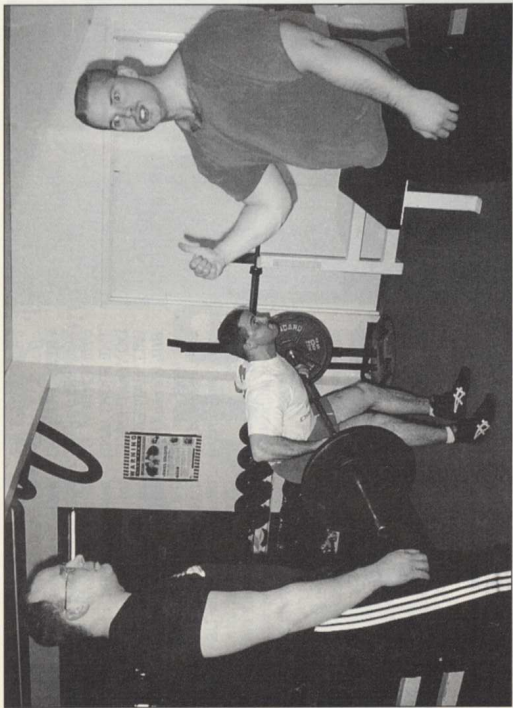
Jerry: I'd say our biggest goal is to publicize the sport, promoting drug free lifting as best we can through our training, meets, and local seminars, such as DARE. Ray deadlifted 700 lb. on a DARE parking lot in Belleville, NJ. Here is our formal statement of objectives, which, by the way, can be found on our web site at www.profitness.com. 1. Promote drug-free powerlifting. 2. Provide instructional training for team members. 3. Develop organized plans for training and competing as a team. 4. Provide meet support to competing members, whenever possible. 5. Establish Pro Fitness as the uncontested team champion of powerlifting.

Bill: Unify the sport of powerlifting. 7. Establish powerlifting as an Olympic sport.

Bill: In connection with this Pro Fitness welcomes new members and training help is available. We have lifters at all levels here, and those who are at a national level are very helpful to those who are beginner or intermediate level lifters. Anybody here will stop their workout to help another lifter. Our champions are true champions, for our recent Iron Man Meet in March, James Benemerito was at the gym until almost midnight the night before the meet putting the platform together. And even though members are not always able to train with us, we still encourage their participation. We coordinate with our associate members, and go to meets with each other.

Ray: It's my view that we should be beginning powerlifters. That is a big key in cutting out a lot of the experimental/learning phase for them. Otherwise, beginners develop bad habits which then must be broken. It is very important to have instruction on proper technique, training, diet, and meet preparation. Also, we want to provide a place in the northeast where top lifters can meet and prepare for top competitions. My inspiration for beginning this team came from my visit to the Pacific Power Team in Seattle

Ray: Titan, SportPharma, and Scott Safe probably has several mortgage payments credited to the amount of shoes and belts we've bought here. The SportPharma supplements are



Ken Brunskill, Eric Grosbeck and John Yenesel at Pro Fitness Health and Fitness Club. (Fred Rice photos)

during the 1993 World Championships. I saw how they ran their team, and I was very impressed with how supportive they were for each other. We are very fortunate to have a good crew of hard core lifters, especially Bill Clayton, who is the head referee and has the technical expertise that we need. We have you, Fred, and many other elite lifters who train with us, in addition to many top state level competitors like John Corseello, our secretary/trainer, and Jerry Dally, our state team captain, who also contribute to our leadership and help recruit new potential lifters.

FRED: WHAT ARE SOME OF THE MEETS WHICH YOU HAVE SPONSORED?

Bill: In 1997 we sponsored the Bench Press Nationals, the Police and Fire Nationals, the New Jersey States, the Iron Man Meet, and the Heavy Metal Meet. We've held the New Jersey States for the last three years. In addition to this our members have helped out at many other meets. We are planning to put bids in for other national meets, and will continue to run the state and local ones.

Fred: DESCRIBE THE ATMOSPHERE DURING A WORKOUT.

Jerry: Loose, friendly, but you better not slack off! If you have a bad day, people will let you know about it. Sometimes I come out of work and I just want to stay at home rather than lift, and then I'll come in and have a good day

because of the supportiveness. As far as assistance work, the meet lifts are emphasized. Everybody kind of goes their own way on the assistance work after doing the lifts together. Basically, assistance work is kept somewhat minimal.

Ray: What I try to impress on the younger team members is proper form and proper attitude. Always be mentally ready to be challenged. Conditioning and proper form are more important than relying on 12 or 16 week cycles. As far as supportive equipment is concerned, it is part of the sport right now, but we try not to use it in our off-season training. As far as sports psychology is concerned, a couple of thoughts. Anytime you're going for a big lift it has to be an odd number, not an even number. Instead of 700 you go for 705. That way we destroy the mental myth of the 100 lb. barrier by going the extra 5 lbs. There is a method in my madness, or a madness in my method. With reference to the springs, I think it is disrespectful to the big weights to be held on by little springs. They need to be held by the big collars.

FRED: YOU MENTIONED THAT HELP IS AVAILABLE FOR LIFTERS AT THE GYM; GIVE US SOME SPECIFICS.

Bill: There's a great deal of help in the gym for training. In addition to this, guys who are not competing get up early in the morning or even take planes to

other destinations just to help those that are competing. We've got a lot of going on here. We have a great support system. Also, we experiment with different ideas, and everybody is very free in sharing training and nutritional information.

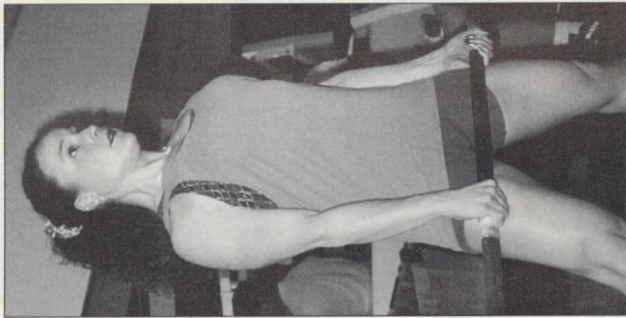
Jerry: Because of our training of new lifters those lifters rarely ever bomb in a meet, and get most of their lifts even in their first meet. For example, Laurie Bauer just lifted in her first meet and went 8 for 9, thanks mainly to James Benemerito. These were not token lifts either. She was right at her max, and got some women's state records.

Bill: Right. They go in knowing the rules and what kind of starting and finishing weights they should be attempting.

Ray: If you go to the average gym you're lucky to find one powerlifter. If you come here any night you have twenty powerlifters. You will always have state and national judges who are members of our team watching you, and you will be corrected if a bad habit forms. When any big meets are coming up we will research what kind of bar will be used so we can be prepared. A good example of this was the Men's Nationals in Wilkes Barre in 1995. We found out that a PA bar would be used, so we went out and bought one. A lot of people don't know that bar is a little thicker and a lot stiffer



Bill "Red Light" Clayton, USAPL National Referee, deadlifting.



Laurie Bauer deadlifting at Pro Fitness. (Rice)

than the average bar. That's why the majority of us on our team that year pulled *pr's* while a lot of people missed second and third attempts, because they were surprised at how stiff the bar was. We try to train with the same equipment as will be used in the contest. Plus, we like to teach that 'New Jersey attitude', and I'm sure you see that in all the New Jersey lifters!

FRED: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

Bill: If you want to use drugs, go somewhere else.
Jerry: Drug free is what we stand for. Our logo is a syringe with a circle around it and a slash through the circle. This, as well as the logo of a squatter that we have on our jackets, was designed by James Benemerito. We see through our champions that outstanding lifting can be done without drugs. Drug usage in our sport is a major stumbling block to getting into the Olympics, and we want to see the sport there.

Ray: We hope that team members will honor our drug free stance. It's kind of hard policing all of them, and I think that at first you have to give the lifter the benefit of the doubt, but once that lifter is found out to be using

drugs we'll cut him off.

FRED: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?
Bill: We're all for it but there are too many egos and too many self-serving people.

Jerry: We are striving for unification, and people who don't believe it can or will be an Olympic sport should stay home and mean to themselves and not to the public because that hurts the sport. Mike Overdeer is doing a great job as president. He's moderate but he keeps emphasizing that everything is for the sport. We want the sport to move forward and we don't care about personal agendas.

Ray: One of our objectives has been unification with the IPF, and we have accomplished that just this last year. USA Powerlifting is jumping by leaps and bounds. The future looks very bright. I haven't seen this much optimism for our sport for many years. We will be ready for this next challenge, and for the next cycle of strength that is due in this century. We want to be the torch bearer for USA Powerlifting to guide us into the next millennium. I think that's a very serious role for the national team members. Hopefully we will do the organization proud, showing that we do belong in the IPF, and that drug free lifting was a small light back in the early 80's, but now it's a glowing fire, and I think it's the right way to go about the sport.

FRED: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

Ray: Our state team is pretty much a family. These guys go out and do things together apart from powerlifting. We have Christmas parties and barbecues. We go out and eat together after meets. The lifters help each other out in many ways as well. It is a family lifestyle that we have preached and nurtured here. This is a sport that brings a lot of people together.

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More From Ken Leistner

"I was standing on the corner of Fifth and Vermont..." So begins an old Tom Waits song, circa 1974 when he was just breaking out of his club appearances in the Los Angeles area and finding a broader audience for his jazzy, monologue filled musical presentations, long on both humor and social insight. I once stumbled upon a concert he gave in one of the auditoriums at New York University and enjoyed the evening. The only negative was the fact that the alcohol-soaked underbelly of the society that he often depicted existed in many gyms.

Anyone who is serious about their powerlifting does a lot of things "correctly." They strive for consistency in training, try to create a certain atmosphere in the gym to maximize the output of effort, work to have training partners available if only to spot so they won't be limited in the weight they have to use, and will even clean up their diets, at least if they have to make weight or have a major meet approaching. There is no doubt that some lifters adequately fill the stereotypical role of the "big, fat guy who lifts a lot of weight." Most big lifters however, are just that, big lifters who are much, much stronger than the vast majority of the general population. That someone carry fat over their muscle is true, but there is a major difference between a big fat guy and a big powerlifter who is strong, though carrying a high percentage of bodyfat.

There are many lifters who drink too much, I have come to understand that my perspective is somewhat skewed as I do not drink. More accurately, I never drink until the last few years when I will infrequently have a glass of red wine if I also eat red meat. I have succumbed to the medical reports that tout the advantages of red wine in small amounts for the purpose of lowering one's overall cholesterol counts. I don't know if it's working for me, but I don't find the red wine too unpleasant and it at least allows me to give the appearance that I'm being sociable and not a "stick in the mud". As Ralph has said to many people, "Doc is not the guy you want at any of your parties, not if you expect to enjoy yourself." Guilty as charged, I'm not a very sociable person and don't have a lot to say unless it's about my children, training, or human physiology.

Many lifters though, drink all year long and drink throughout any

large amounts, but daily none the less, and do so for years. One very well known lifter was infamous for drinking prior to and/or between attempts. I personally witnessed him doing this at a Senior National championship. He started to unbelieveing young lifter that this helped to "elevate his" level of arousal" prior to the attempt. And I thought alcohol was a depressant as I had been taught at every level of my formal education.

It is obvious that one can drink alcohol and lift well. However, I will not be convinced that anyone who regularly drinks or drinks to excess on weekends lifted well because of their alcohol intake. Perhaps they lifted well in spite of it, but never because of it. I am not one to preach to anyone about anything. In our neighborhood, anything goes and we deal with all races, religions, attitudes, levels of intellectual ability, prison experience, and those who have both legitimate and illegitimate business interests. This pot also knows better than to call any of the kettle's black. We all have our vulnerabilities and faults and I'm at the top of the list. However, alcohol will not assist anyone's lifting and I mention this now because of the increasing amounts being consumed by our younger population, including those who do lift and compete.

Most physiologists have often quoted a figure of forty eight hours for the time needed to completely remove from the system and recover from any effects of alcohol consumption. If you lift hard and heavy on Saturday, that means no consumption after Wednesday evening. This math is easy and if one lifts three times and if one lifts three times more than a few beers or drinks those serious about moving up in the PL USA standings, they may be supplementing with \$150.00 worth of creatine, vitamins, protein powder, and herbal remedies each month and wearing the best of lifting attire. Drinking a few nights per week might be the only thing standing in the way of major progress. When one is disciplined enough to lift consistently, it should be a small step to limit alcohol consumption to a specific time and place so that it will have minimal interference with training.

Dr. Ken Leistner



Stephenson Boyd of the Detroit Lions has been training with Dr. Ken since high school. A first team All-American linebacker from Boston College, he is in his third year in the NFL, and is well aware of the training philosophies of Iron Island Gym.

week. My wife is Irish and from Indiana. Before I'm accused of prejudice, I agree that not all those of Irish descent drink wine with dinner and sometimes she may have a cocktail. She at times, drinks no alcoholic beverages for months at a time and in all cases, she doesn't worry about it. Whatever amount she drinks never interferes with what she does or how she functions. She is also acutely aware of her training, running, and martial arts schedule so that she is physically prepared to train when it is time to do so.

Yet, I have seen lifters drink heavily the night before Saturday's major workout of the week. I have seen lifters drink daily, in small or

POWER SCENE

Properly coordinating the mind, body, and spirit can't be bad for lifting, right?

Finally, I wanted to thank Randall Strossen for giving me a chance to look at his publication, *MILQ*, A Journal for Serious Strength Athletes. *MILQ* advertises here in *PL USA*, and the 120 page

for a *POWERLIFTER* Video Star Squat Workout. Curt's hit 760 at 220, and did

some serious lifting in front of the camera, plus some serious talking to the camera about lifting tips, techniques, and strategies. Helping Curt were eight more powerlifters at Gold's who train together - the camaraderie and support of fellow lifters seem to boost the quality of any workout, and this was quite a workout.

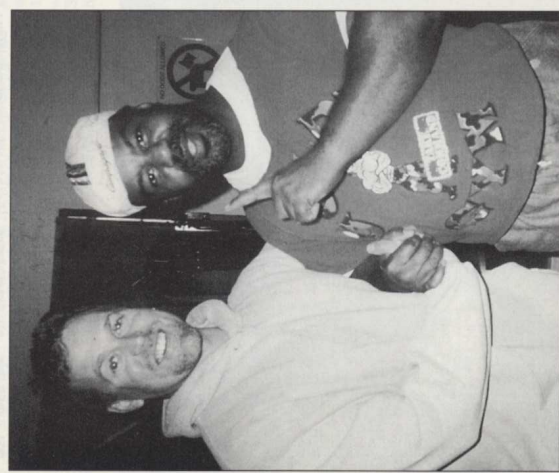
The lone female in the group was Bakerfield's Lisa Gregg, a transplant from Philadelphia, and a newcomer to the gym scene - she's been lifting only ten months, but she says now that she's in it, she's "a lifter" in the 148 class, Lisa's hit a 265 squat, a 136 bench, and a 303 deadlift. She was only a week out from her next meet, and she's aiming to go 315, 167, and 330 at that meet. Her fiance, Steve Dentison, part of the Gold's, and has competed on the national level.

As for Curt, he recently completed his master's degree program at UCLA, in social welfare, and has opened Bilanex (Latin for 'balance'), a personal fitness and health company. Bilanex aims to prevent health problems for individuals, including your nagged powerlifters, through personal training, nutritional advice, self-affirmation state-of-mind, and meditation. Curt does most of his work at Fitness Forum in Marina Del Rey, and can be contacted at 310-313-4841, or e-mailed bilanex@aol.com.

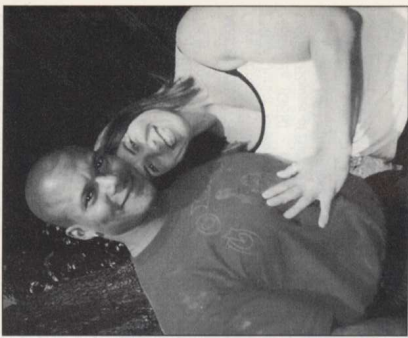
ter. We'll have it on video in our next *POWERLIFTER* Video, along with the rest of our weekend visit to Bernie's.

Among the crowd down there were two "trookies" to the Powerhouse - meaning they've been lifting at Bernie's for only a year and a half. Chris Patton has deadlifted 457 at 181, and Mike Douglas has squatted 407 at 220. They, and all the rest of the gang, are training for this summer's AAU Nationals. I wish the whole team good luck - it was fun hanging out and shooting them on a Sunday afternoon, when ten lifters are all training together and helping each other out.

I'd had the same kind of experience the day before at Gold's Gym in Venice, when I shot Curt Elder neck is for stability, not because the neck is supporting the weight - it's the torso during the squat and the deadlift. Don't try it without a spot-



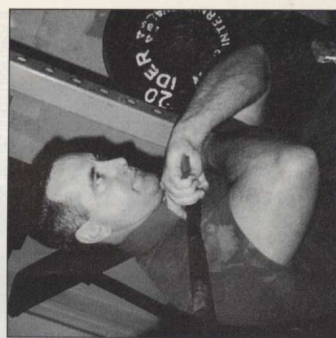
Chris Patton & Mike Douglas at Bernie's Powerhouse (Ned Low)



Curt Elder & Sara Vaughn at Gold's Gym in Venice, California. (Photos courtesy Ned Low)

issue I got to see has some cool stuff in it. Bill Kazmaier is on the cover, hoisting overhead a 173 lb. barbell with one hand. *MILQ* covers all the other strength sports - Olympic lifting, Highland Games, Strongman contest - and has a nice article on the original Westside Barbell Club.

Some of our *POWERLIFTER* Video viewers write for *MILQ*; the by Lou Boubaouala, Anthony DiIorio, and C. Jack Lano. It comes out four times a year, and for more info, call them at 916-265-6725.



Kevin Jordan, Advanced Training Techniques.

3rd World Championships as told to PL USA by Herb Glossbrenner

ally, his shoulders were back. An amazing lift for 16 year old youngster, with scoliosis. McKenzie did it. 395 - couldn't finish. Lord's opener - 400 - very narrow feat. Hernandez - 405, powerful and no problem. Lord, second 430 - sat borderline - 3W. Hernandez bit on his third the came up 3/4's of the way before collapsing. A risky gamble - tough break. Lord, with his delicate thin frame came out at 450. With bare knees, he went low enough and came up strong - fantastic lift BP. Stars - Nilsson and Lord - 230, Nilsson a toy; for Lord - E-2: 2nds: both men went 245. Nilsson ground out 255 on a third. Lord also made it - a lifetime P/R. When you're hot, you're hot! Allen was "on" today! Wandell opened and closed with a difficult 250. He twice failed to drive 260 '6' off his chest, and had a bad day! Ramos, gaurit, tall, thin rammed up 275 and 285 like "broomsticks", and almost got 295 - stuck half way. Hernandez gaining lost ground - 300. It was strong: 310 - equally EZ, 315 - strong; most, but stopped. Subtotals: Hernandez 715, Lord 705, Ramos and Nilsson 635, Wandell 620. DL: Hernandez faded - got 405, missed 435 twice - 1120 TOT - far below his 1240 best. Nilsson - 420 opener - EZ. Ramos got his first with 450. Nilsson fired up a second and 450 for a SWE record. Wandell did 440 and 470 - EZ task - waited for more. Ramos did his second with 475, had no difficulty. Nilsson, his last with the same, got to his knees for a 1085 TOT and 5th place. Wandell missed 495 and finished with 1090, for 4th. Ramos - no misses with 500 - his 3rd - TOT - 1135, a surprise second place. Lord meticulously tip-toed up to 500. Precise and cautious he hauled it up and won his first World title. Up to 530 - yes! That boosted his TOT to a P/R of 1235. He tried 545, but his hips were too high and he got a miss; 6/9 dance and well deserved victory!

123 - 3 IN A ROW - Clive Thomas - black and 18 - ENG's Junior Champ; Precious McKenzie (GBR) - twice W/C; Vernon Bowser of Baltimore, MD, the Senior NATS runner-up; and Lamar Gant, age 16, an unknown youngster from Flint, MI, were the participants! H. Crawford, CAN didn't show.



Ove Nilsson of Sweden squatted over 1200 in the 132s. (Glossbrenner)

ability. Also on hand was Gary Wandell of E. Lansing, MI, the '72 Junior National champ (1150 TOT) and Senors runner-up, as well as the Adelphi, MD schoolteacher, Allen Lord, age 31, who had won his third USA Seniors title this year with 1200. His toughest opponent was Enrique Hernandez, age 28, from San Diego, CA. He had the highest TOT coming in (1220). Enrique was the National Collegiate Champ and former Seniors winner at 123 in 1966. An anticipated hot battle between these two never happened out. Steve Hoxworth with 1170 in '72 Worlds, but had improved to 1180 TOT, and was entered, but didn't show up. McKenzie, 480 got 1R for a raise. Clive Thomas, 2nd with 480 to move Bowser down one notch. Finished with bent knees, no lift. SWE also missed on his 3rd, and therefore was in 4th place - 985 TOT. Gant took 500 on his 2nd. His body stretched, and he kept pulling. Fitz

on his DL by judges for 2 consecutive years. The defending Seniors champ Jack Welch was discouraged and tied up! He stayed home. Mike Shaw (ENG) had his wraps snipped, and was also frustrated, so he didn't come. Michael McHugh was the GBR rep. The other foreign contestant was James Moir of CAN. Defending W/C Jack Keammermer of PA was on hand to defend his crown along with Gary Hunter of MI and super squatter Ruckey Crain of Rapid city, SD. The surprise entry was Don Blue whose A/R TOT of 1400 had come in 1970 as an inmate of KSP-Lansing, KS. Due for parole in 7 months, he told me he was a trustee and lifting on his honor to return for his awaited amnesty and freedom! SQ: Moir, CAN, 1st with 425, wrapped knees, deep - 3W. Blue - 440 - sat rock bottom, relaxed - couldn't finish. His repeat was effortless, and good. Keammermer did 450 EZ. Moir's 2nd and 3rd were at 450 - couldn't finish it. Blue's 470 3rd looked shallow.

but 3W. Keammermer 475 was a fabulous lift. He got 2R, and I couldn't believe it. That was a bad call. It was picture perfect! Hunter, 1st - 480 - narrow feat, he couldn't finish it. His repeat was slow, good! Keammermer, 480 - 3rd, important lift - barely deep enough - 3W - 490! McHugh (ENG) first was at 490. Knee wraps looked suspicious, got 3W. A protest to the jury and of subsequent squabbles lasted 30 minutes. His lift was DQ'd for excessive banging on knees plus elastic sleeves worn over the top. Hunter had wanted 500 on a 3rd, but had cooled off, and waived it. Not so lucky was Crain, a strong contender and National Collegiate Champ (505 SQ and 1340 TOT). With long blond hair and light knee wraps, he took 500 down and up but moved leg B-4 the signal - no lift. He'd got too cold during the delay, had a pull in his groin, hobbled off and dropped out. Bad break. McHugh, after having his 490 opener DQ'd, came out for an increase to 510 - sat parallel, got 3W. He tried a GBR record of 520, but got pinned! BP: Keammermer 265 - toy, 280 - 3W, 290 - got stuck. Hunter with 280 - stopped, his repeat was a feather, and 290 stopped dead. McHugh - 270 with power to spare, 280 - stuck; 3rd right arm tilt for 2W, a gift! Moir: 290 - EZ, 300 - slow but strong; 305 - no lift. Blue, 3W, was impressive with a muscular build, trim waist and shaven head. His start was 315 and he toyed with it. His 325 was also easy, but slanted on his left arm, however, he got credit, 330 was no go. DL: Moir 495 opener, 520 - no go. DL: Moir didn't finish it; pass 3rd. TOT 1220

for 5th place. Hunter, 500 strong. He barely budged 535, and passed his last, for a 1260 TOT and 4th place. McHugh's 510 was effortless. Next: 530 and 540, for a 1330 TOT - 3rd place. Keammermer and Blue, big DLers (both over 600) dualed for the title. Jack had a 560 start - got it, but tweaked his back. Blue opened at 580 which looked more like 480! Jack gutted out for 1340 and assured 2nd place with 580. Blue took 610 for his 2nd. He never quit until his shoulders were back. His TOT 1405 was a new A/R and W/R also! I reminded him that the A/R DL was 611-1/2 by Richard Luckman of Wilanther prison (prisoner). Keammermer was first to try 615, but cleared the floor by only 3 inches. Blue, with a tremendous tug, finished it. He had plus had upped his A/R & W/R TOT to 1410! World Champ is Don!

165 - BRITISH WISH - RON ISONI: SK 165's contested. CAN's Blvd Moreau was sidelined and replaced by Mike Lukich. Joe Rhodes had won the US Senior's dramatically. He'd hurt his back preparing for this meet and couldn't participate. In the lineup were: Chuck Boozmann, Fresno, CA; Joe Spack, NY, brought his colorful bag of shenanigans and powerful bionic ton form, baited Collins (GBR) to see who'd be the two time middleweight winner. SQ: Collins' 1st, Thomas for team points over Toledo's George Crawford (71 W/ Cat 165)! Even though George had bombed at Seniors, I figured he had the best chance to challenge Ron Collins (GBR), the defending World Champion. As it turned out my intuition proved correct. SQ: Lukich, intuition proved correct. SQ: Lukich,

157-1/2 and a last minute replacement didn't measure up. His 425, just parallel - 2R. A same depth 2nd got 2W. 3rd - 450 - with wrapped knees, identical - 3W. BP: he made 260, missed 270, passed 3rd. DL: Crawford - 350 - 1st with 360 pause. Collins countered with 360 - beautifully executed. Crawford, his 2nd - 365 - had a stop near the top; 3rd - finished unseemly - 3R. Collins muscled up 375, then 380 - 2W. S.T.S.: Crawford led with 990, Collins 980. DL: Crawford - 550 opener - smart, assured 2nd place. Next 585 - also good - a lifetime best. Also a P/R TOT - 1575. He got 600 for his last. In a tremendous effort, he got up, but his knees at the top to get his shoulders back - 2R! Now the stage was set for Collins: 620 flew up for 1600 - the Collins: 620 flew up for 1600 - the winner! Ron tried 665, going for history's first 10 times but. TOT - incredible effort, above knees, but suddenly came crashing down. His 3rd try stayed on the floor. USA and ENG split the W/Rs. Collins had the BP and TOT. Crawford had the SQ. Spack the DL. For Collins it was his his 2nd consecutive World Title.

181 - YES, IT'S GOTTA BE - THE BEST IS BOB MCKENZIE: Baker's dozen (13) started. Pegler (GBR) SQ'd 575 - good - then hurt back, dropped out. George Clark, Springfield, OH was injured coming in. 550 SQ - nice guy, but three high! James Grizzard, Savannah, GA, 176 1/2 - 5Q - 540 insufficient depth, also eliminated. Now there were 10! Eleizer Plazo (PUR) SQ - 400 - 425, his 435 being incomplete. BP'd 325 and 345, missed 355, DL'd 475 OK; 500 not finished; final stayed down - TOT 1245 - 10th. Jamaican Cedric Demetrius, was back for the 3rd time. SQ - 400, then 450, and almost got 520. BP: 250, 300. Then DL'ed with his trademark big jumps: 450, 510, 555; - 1305. Peter Flore (RSA) SQ'd 530 rock bottom; then 550, and almost made 560. BP: got 320, failed 330 twice. DL 550, strong and easy, then passed his remaining two TOT 1420 for 8th. Anthony DeFranco, Berwick, PA - short and stocky. SQ - 460 - 2R, 2nd - same depth - 2W; 480 miss. BP: 360, 380, 385, all 3. DL 580 - miss; repeat - couldn't budge. Do-or-die 3rd got it. He'd edged out Flore for 7th with a 1425 TOT. Mustachioed Rene DeCaro, from San Jose, CA, SQ'd 560 got 2W on 580 - that's enough. DL 560, shaking 2W, 580 a gutbuster; wouldn't quit and made it! Final TOT was 1539 for 6th. Mike MacDonalid, Duluth, MN is a bw. control specialist. Just 1 year prior he'd weighed 240! SQ 480 - very EZ, ground up 510, miss 520, BP

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165 Awards... (l-r): Bob Cris, George Crawford 2nd, Ron Collins 1st, Walter Thomas 3rd. (Pope photo)

47 lifters entered the 3rd World Championships. USA: 32, ENG: 7, PUR: 2, RSA: 2, CAN: 2, JAM: 1, SWE: 1. Eight men from the USA team point scoring were picked beforehand. The new world body met to clarify rules, settle disputes. Kneez wraps banned in the USA were allowed here. U.S. lifters could use knee wraps only for W/R attempts, but they wouldn't count as A/Rs. The British sequence of lifts: SQ, BP, DL was adopted and used at this championships. A new weight class of 220 lbs. was contested in the Worlds for the first time, and 74, 114 divisions was voted in for '74. W/Rs were official here, but not retroactive. Lifts from the prior two worlds were not recognized as official - an unfair decision, in my opinion.

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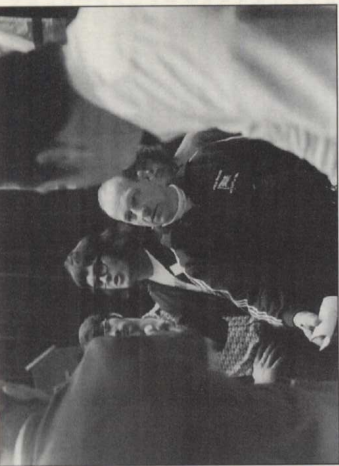
SQ: Clive Thomas, bullish built 171 BQ - 325 EZ - 3W, 340 built 355 good. Bowser, with his hair in braids did 330 very deep, 355 - good depth, finished with 360 - borderline, but good! Gant, 121 but and with only 1-1/2 years training, was the lightest in his class: 330 opener, 360 - good lift, 380 - pinned. McKenzie, narrow stance, 400 - deep - rose with effort, 415, deep - hard - beautiful 3rd - 435 a British record, deep, couldn't rise. Going into BP McKenzie had a big lead of 55. The others were bunched closely with Gant in second and lighter than Bowser. BP: Clive Thomas - 165, 175 and 190 - a P/R. Gant, 210 opener, lift, low on left arm. No, but the repeat was OK! He got 220 on his 3rd, but he tilted it again and couldn't finish. Bowser - 240 EZ, 250 nice, 255 stopped. McKenzie, 260 - easy wt., 275 halfway - then stop. Third stuck again. ST's: McKenzie (675), Bowser (610), Gant (570) Thomas (545). DL: Bowser's 405 successful. His 425 surprisingly stopped him (only 20 under his best). Third place (two 20 under his best). Thomas, 440 opener, Gant began at 450, had 1020, and moved ahead of Bowser, which assured 2nd place. McKenzie's 480 got 1R for a raise. Clive Thomas, 2nd with 480 to move Bowser down one notch. Finished with bent knees, no lift. SWE also missed on his 3rd, and therefore was in 4th place - 985 TOT. Gant took 500 on his 2nd. His body stretched, and he kept pulling. Fitz

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165 - BRITISH WISH - RON ISONI: SK 165's contested. CAN's Blvd Moreau was sidelined and replaced by Mike Lukich. Joe Rhodes had won the US Senior's dramatically. He'd hurt his back preparing for this meet and couldn't participate. In the lineup were: Chuck Boozmann, Fresno, CA; Joe Spack, NY, brought his colorful bag of shenanigans and powerful bionic ton form, baited Collins (GBR) to see who'd be the two time middleweight winner. SQ: Collins' 1st, Thomas for team points over Toledo's George Crawford (71 W/ Cat 165)! Even though George had bombed at Seniors, I figured he had the best chance to challenge Ron Collins (GBR), the defending World Champion. As it turned out my intuition proved correct. SQ: Lukich, intuition proved correct. SQ: Lukich,

for 5th place. Hunter, 500 strong. He barely budged 535, and passed his last, for a 1260 TOT and 4th place. McHugh's 510 was effortless. Next: 530 and 540, for a 1330 TOT - 3rd place. Keammermer and Blue, big DLers (both over 600) dualed for the title. Jack had a 560 start - got it, but tweaked his back. Blue opened at 580 which looked more like 480! Jack gutted out for 1340 and assured 2nd place with 580. Blue took 610 for his 2nd. He never quit until his shoulders were back. His TOT 1405 was a new A/R and W/R also! I reminded him that the A/R DL was 611-1/2 by Richard Luckman of Wilanther prison (prisoner). Keammermer was first to try 615, but cleared the floor by only 3 inches. Blue, with a tremendous tug, finished it. He had plus had upped his A/R & W/R TOT to 1410! World Champ is Don!

157-1/2 and a last minute replacement didn't measure up. His 425, just parallel - 2R. A same depth 2nd got 2W. 3rd - 450 - with wrapped knees, identical - 3W. BP: he made 260, missed 270, passed 3rd. DL: Crawford - 350 - 1st with 360 pause. Collins countered with 360 - beautifully executed. Crawford, his 2nd - 365 - had a stop near the top; 3rd - finished unseemly - 3R. Collins muscled up 375, then 380 - 2W. S.T.S.: Crawford led with 990, Collins 980. DL: Crawford - 550 opener - smart, assured 2nd place. Next 585 - also good - a lifetime best. Also a P/R TOT - 1575. He got 600 for his last. In a tremendous effort, he got up, but his knees at the top to get his shoulders back - 2R! Now the stage was set for Collins: 620 flew up for 1600 - the winner! Ron tried 665, going for history's first 10 times but. TOT - incredible effort, above knees, but suddenly came crashing down. His 3rd try stayed on the floor. USA and ENG split the W/Rs. Collins had the BP and TOT. Crawford had the SQ. Spack the DL. For Collins it was his his 2nd consecutive World Title.



Settling Equipment Specification Differences, which resulted in a compromise to temporarily resolve the issue. (left to right - left hand photo): Charles Gschwind, Dave Mayor, unknown, Tony Fitton, Bud Mucci. (right hand photo) Vic Mercer of Great Britain makes a counterpoint.



match-up was dominated by a ever growing legend: John Tonti of Pittsburgh, PA; was joined by defending Seniors champ Tom Scott of Howard Beach, NY, and Tony Fitton (ENG) who had reduced 15# to make this class. Larry Pacifico of Sydney, OH was 2 times W/C and the overwhelming favorite. Everyone hoped for their best. They paid for a one way ticket. The last stop was the end of the line for them - Larry Landl! Tonti and Fitton locked horns to decide who'd have the bronze friske! Tonti looked like a king size replica of 1972 Olympian U.S. W/L'er Dan Cantore. He sported huge thighs (30+ inches). His 1st SQ - 685 - passable, but that's all he got. Fitton - also with big legs began with 705 - a good one. Tony made 735 next - okay. He tried 750, got low enough, but couldn't come up. BP: Fitton - 380. He beat the clap and it flew up quick and easy - 2R. Tony was all decked out in a multi-colored outfit. He got 400 (must have blinded the referees). It was a good lift. His back was cramping so he passed his 3rd. Tonti was almost eliminated. He missed his 430 starter, then missed again on his 2nd for unevenness. His 3rd was 3W - stavin' alive! Fitton was still 20 ahead. DL: Fitton, in orange shoes. 650 up EZ - but dropped it - 3R! Leaving the platform, Fitton was woozy, toppled

tried 700 to the Tony and earn 3rd as lighter man, but didn't budge it John - 1790 for 4th place. Silver medal to Scott - SQ: 655 - rock bottom, 685 - ditto, took 700 - too low - no rebound - no recovery! BP: 435 was effortless, 455 - slight left arm lag - good, but 1R. He passed on his 3rd. Tonti's previous best was 510. He was progressing back from a pec tear, repaired surgically a couple of years prior. DL: 720 - 1st lift - was so easy, the audience gasped! Up to 760, and a splendid 1900 for the runner up, who decided to forgo his 3rd.

the clap, and stopped halfway. DL: 705 to win, almost stopped, but didn't. TOT 2005, Pacifico tried 745, a 2nd, missed it, and passed a 3rd. Once again King of the Mountain, Larry Pacifico!
SHW - THE COLOSSUS OF NEW YORK - A ONE MAN GANG! Where had all the super-gone? Joe White, injured after winning the Seniors, stayed away. Henry Fera had an appendectomy. Hugh Cassidy had reduced and retreated. Kuc, with his blood pressure too high, had lost 60 lbs. Jim Whit, Cole had retired as an amateur, had dropped from 280 to 190, and was in the gym business now. Lifting solo, Don Reinhardt, 349, from Fredonia, NY - the Colossus of NY - put on a one man show. SQ: 830, 900, and then he tried an Andersonian 940! Don got low, but stayed down! His BP was cautious: 530 1st - wham! 560 2nd, also biased. For his final lift, he zapped up 580. DL: 720 assured the win. Up to 800, a P/R, and another easy lift. Next he tried 850, and almost had it. Don rested it on thighs and tried to back it up, but couldn't as he was out of gas. 7 for 9 - 2280 TOT. The 1973 World Championships were now a moment in History!

Pacifico mesmerized the audience. With no knees wraps he SQ's 720 - 3W, plenty low! His 750 also a good lift. Larry tried 800 - a tremendous effort in which he sat low, started up 580. DL: 720 assured the win. He failed his BP opener - 550. Everyone was rooting for him on. It was out of groove and fell. Tonti took the same to start. He made it, then got 675 - slow and good. Fitton increased to 680, and made it to everyone's disbelief! In 3rd, it was an 1815 TOT for the British Bombshell. Tonti

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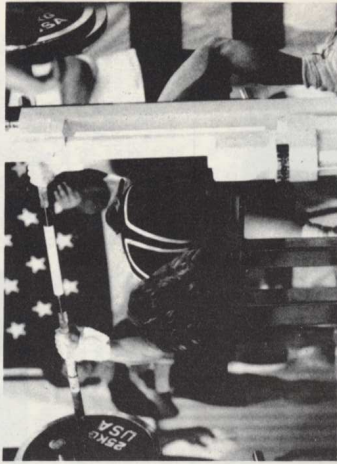
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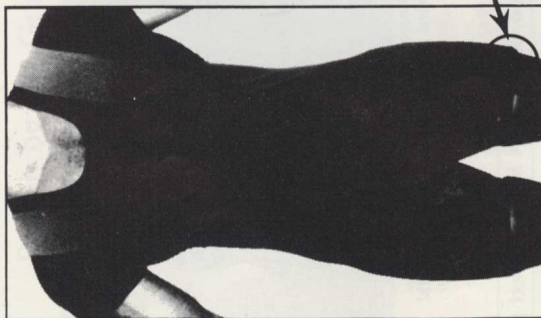
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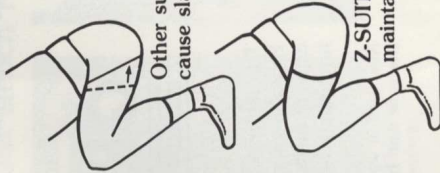
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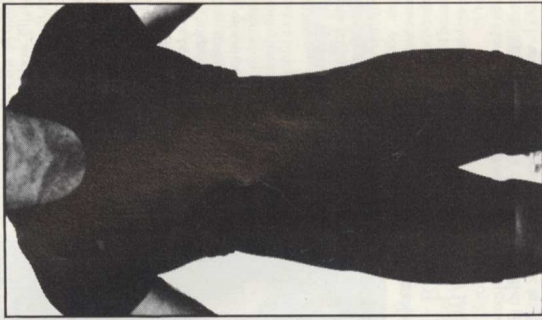
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INTERVIEW

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

Kirk Karwoski A Seminar with the Captain

by James Steel, CSCS Football Strength & Conditioning Coordinator, at Charleston Southern University



On February 21, 1998, I had the pleasure of hosting a three-hour seminar with 7-time USPF National and 6-time IPF World Champion, "Captain" Kirk Karwoski. Kirk spoke to members of the Charleston Southern University football team regarding training, nutrition, motivation and various other topics. I began the seminar by showing a video of Kirk's 1995 USPF Nationals training cycle that culminated in his 1000 lb. x 2 in the gym squat and his IPF world record 1003 lb. squat at the Nationals. Needless to say, the players were impressed. The seminar was loose and informal, and consisted of basically a question and answer session. After the seminar, Kirk spent individual time with the athletes, working on their lifting techniques. Personally, I was struck by how giving Kirk was of his techniques and training secrets. He also spoke of going back to the sport and getting more young people involved in powerlifting. The following are some questions that were put to Kirk and his subsequent answers.

JS: How did you first get started in powerlifting?

KK: My grandmother bought me my first weight set when I was 12 yrs. old. From the moment I touched my first barbell, I knew that I had found my calling in life. I used to torture myself with those weights and I loved every minute of it!

JS: How did you get motivated for your big lifts?

KK: I used a lot of different stuff to stay motivated. Someone could cut me off in traffic and, boom, there's my motivation for the workout. I could be sad, and use that also. I'd play games with myself and mess with my own mind. Whatever I could use to get psychotic, to get myself ready to do those weights, I'd do. Whatever made the hair stand up on my arms.

JS: What was your mind set like before you performed the 1000 lb. x 2 squat?

KK: The whole weekend before the Monday that I did 1000 for 2 I was a mess. Saturday I benched, and by the time I got home, I was a wreck. I had maybe 2 meals by the time Monday rolled around. I'd had maybe 6 or 8 hours worth of sleep in two nights. I had done 890 lb. x 2 the week before, and

jump just as though I had worked out the week before. For example, I did 800 lb. x 5 with just a belt one week. The next week, I was scheduled to do 820 lb. x 5. I came to the gym and didn't feel right, so I left. The following week I did 840 lb. x 5, and smoked it.

JS: Explain some of the finer points of squatting.

KK: To me the squat starts when you are in the warm-up room. You have to do the same thing every time. From the time I wrap my knees until I get the "rack" signal, it all is the same. Keep your head up. Stay tight on the way down. Explode on the way up, with lots of speed. The key is to do the same things every time. I video all my workouts so I can see any technical glitches that I have. Technique, technique, technique—and once you perfect that, work on your technique some more. Be your own worst critic and you'll get better. I want my training partners to tell me what I did wrong, not right.

JS: Did you have fun training so hard for so long?

KK: You gotta have fun. That's what it all about. My fun came from getting strong, from throwing those weights around. I just always wanted to be big and strong. I wanted to see how far I could take it. I enjoyed punishing myself. That was my fun.

JS: What about training to failure? **KK:** Ed Coan taught me to always have at least one rep left in you. Plan your workouts so that you never miss a rep, that you never fail. My workouts are well thought out where I take the jumps that I know I can make.

JS: Are you retired?

KK: Well, I'm retired for the moment. I still train and I love the sport. I'm not quite sure where the sport is heading right now, and it's sort of discouraging. I wouldn't say that I'm retired for good, just taking a break for the time being.

JS: Any final thoughts?

KK: I just think that it is important to always do your best in life, in whatever you choose to do. I had a football coach one time who told me when you walk off of the field, be able to look in the mirror and say that you did your best. To me, that is what's important.

INTERVIEW

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

Annette Schneidmill Interviewed for Powerlifting USA by Troy Ford

TF: Would you give the powerlifting world some information about yourself?

AS: My name is Annette Schneidmill. I am 40 years old. I am a single parent with a 20 yr. old son. I reside in Browns Mills, N.J. and I'm a manager at McDonalds in Waterpark, N.J. I've been involved with powerlifting for 13 years and I currently lift in the WNPFF—World Natural Powerlifting Federation.

TF: How did you begin in the sport of powerlifting?

AS: In 1986 I was overweight and I started working out to lose weight and I discovered powerlifting. I changed my diet and started losing weight and gaining strength. I competed in my first contest in 1987 in Hendersonville, N.C. at the Blue Ridge Classic.

TF: Do you hold any records or titles in the WNPFF?

AS: Yes, I hold all the current 132 lb. American, National and World records for the WNPFF and I am a three time National cham-

you use?
AS: I use a Marathon Super Suit, Inzer bench press shirt and Double Cold Line knee wraps.

TF: Why do you choose to lift in the WNPFF organization?

AS: It is the fairest organization I've ever lifted with when it comes to drug testing, consistency in judging, and I feel that I'm a part of the WNPFF family. There is always a good lifting atmosphere and I get along with so many lifters in the league. There is no favoritism and everyone is treated fair.

TF: Your final comments?

AS: I would like to thank God for giving me the strength to be a successful powerlifter, a single parent and still be able to work two jobs and I wish to thank Mike Lambert and Powerlifting USA Magazine for this article and I want to thank the WNPFF staff for being more than just a staff, but family and I will always lift in the WNPFF organization.

plon and four time WNPFF World Champion. I've won the Championship of Champions award three years in a row at the Worlds and three years in a row at the Nationals.

TF: What are your views on drug testing?

AS: When I prepare for a contest I drink a lot of water and juice and I eat a lot of vegetables. As far as supplements I only use iron tablets, A, B and E vitamins and cod liver oil.

TF: What are your best lifts in the gym and at a contest?

AS: In the gym I've squatted 375 benched 210, and I've never deadlifted over 350 lbs. In a contest I've squatted 350, benched 195, deadlifted 360 and posted an 865 total.

TF: What type of equipment do you use?

AS: I would like to thank God for giving me the strength to be a successful powerlifter, a single parent and still be able to work two jobs and I wish to thank Mike Lambert and Powerlifting USA Magazine for this article and I want to thank the WNPFF staff for being more than just a staff, but family and I will always lift in the WNPFF organization.

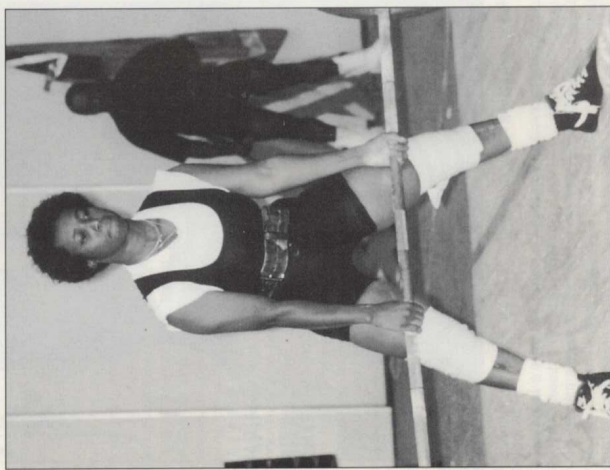
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Annette Schneidmill deadlifting at a recent meet. (Troy Ford photo)

INTERVIEW

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

LM: Ray, how about giving us some background info about yourself?
RB: My name is Ray Benemerito, I am 30 years old. I work as an assistant Chef/Engineer for Bankers Trust. I am married with 2 children, Matthew - 5, Melanie - 1, and another one on the way, July 98.



LM: How did you get started in powerlifting?
RB: I started in 1982. We were HS state champs in powerlifting, and my teachers and coaches pushed me toward that route. I started my first state championship as a sophomore at 148 totaling 1050. The following year I won my first USPF Teenage national title at 148, totaling 1215 in the 16/17 age bracket.

LM: Speaking of records, what are your most notable ones?
RB: Most notable are my deadlifts at National and World level. I pulled 601 at 148, 165 - 672, 181 - 744. To date my proudest accomplishment is the 1906 total at 181. I don't even think I'm close to maturing at 198, yet so I expect some big numbers soon.

LM: Do you consider those your greatest accomplishments?
RB: To date, yes. I'm still young and have never abused my body so I have plenty of years left. That's one of the benefits of staying lifetime drug-free.

LM: Are there any memorable moments in powerlifting with your team mates?
RB: There are so many to list, but every one is positive and you

Ray Benemerito

interviewed for Powerlifting USA by Larry Miller

grow from them because it is a great sport and good camaraderie within our team and federation.

LM: Any good stories you can tell?
RB: No, I can't, and if I told you I would have to kill you - just kidding, Larry.
LM: Well how about your views of diet and supplementation?
RB: I think your diet has to be sensible, get in your good carbs, good protein, and good fats (yes, there is such a thing), and any junk food should be supplemental to your diet. Also keep your liquid intake high. Our bodies are 75% water so when you're dehydrated, you're not performing at optimum levels. As for nutritional supplements, my sponsor SportPharma has made sure I get the best supplements available to athletes. Their products are high-grade pharmaceutical quality and they design products geared for the bodybuilder, aerobic trainer, and powerlifter. They just came out with a new product! Creatol. It is a mixture of creatine, ATP, carbs, and Vanadyl. It's a knock-out combination and I'm sure it will be a dominating product on the market. We (Titan Powerlifting) all tested it out and have gotten explosive results from it.

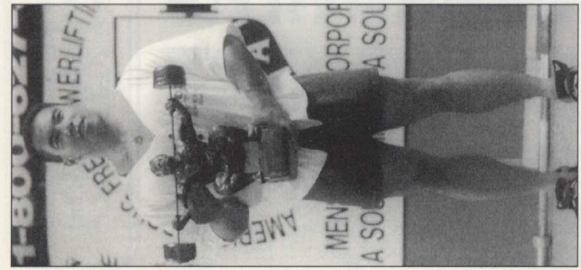
LM: Speaking of diet, it seems that your weight has been jumping up a bit? You've spent quite a bit of time in the 148s, but not much in the 65s and 81s?
RB: Well, I spent too much time in the 148s, 8 years. I think. It was getting to the point of seeing how much I could drop without my total going down. That last year at 148s I dropped 28 lbs. and still totaled over 1500. I got burnt from the dieting, so I took 2 years off and in that time I didn't touch a pound! My natural bodyweight was around 175, so when I came back in 1993 I only dropped 10 lbs. for the 65s. As my training became more consistent my bodyweight rose, that is why I only stayed 2 years in the 65s - the last year was the worst with cramping on the platform. I'm sure you heard stories of them! Then I

nursing some injuries on top of having the flu, and still totaled 1956, so 2000 is very close. I also like to look one weight class ahead, so 220s will be in the future. I like to keep my pace, 10 times bodyweight in each weight class, so the number I'll be looking at will be 2200.

LM: Can you give a brief description of your training program?
RB: My program is based on the Big Three. Squats on Monday, Bench on Tuesday, Dead's on Thursday and Friday is the optional assistance bench day (that



Ray shown setting up for a 744 pull at 181 at the 95 Men's Nationals. With each lift, I have a set of assistance exercises, all geared to contest form. I try to stay in condition all year around so I am always close to contest shape and



Ray with his sculptured Outstanding Lifter award at the '95 Men's Nationals

form. I train raw and only put on equipment 3 weeks out. That dictates the amount of time I need to get ready, usually 6-8 week training cycles, depending on injuries.

LM: What type of conditioning program do you do?
RB: For the most part, I stay at 75% all year around. The thing I do different is decrease the rep range, but stay at the same weight. That promotes better focus, form and explosion. For example, if you were benching 315, most people would do 3 sets of seven, some even go up. I think in both instances there is a possibility of losing focus, form, and explosion. I know on that last set of seven, you're tired so the emphasis on each rep is not 100%. With a decreasing rep range as you get into sets 2 and 3 you're able to stay fresh which creates better explosion, the numbers I use in training are 7-5-3, 5-3-1, 3-1-1.

LM: What type of equipment do you use for the 3 lifts.
RB: Well, as everyone knows, I sponsored me from Day One and that I am thankful for. His Victor suit to the current Centurion is the latest technology for lifting gear. Also the new Red Devil wraps give a great feel for the squatter. I've tried all the other

brands, but Pete's complement my style of squatting and deadlifting the best. Teamed up with Pete is Safe USA. Scott Safe has been with the Titan team from the beginning. His shoes and belts are the best on the market. It doesn't take long to figure out who wears what, just look at what everyone is wearing on the platform.

LM: Are there any training secrets you'd like to share with the lifters?
RB: Well, I don't think there are any secrets in this game. I think it boils down to smart training. What might be a secret to one person might be old news to another. Can a big lift come from illegal equipment, lax judging? Hey, I know the secret, maybe it's the drugs they're taking!

LM: Well, we might as well get your views on drugs and drug testing.
RB: Hey, anyone can take anything they want. It's their body and they can destroy it if they choose. What really pisses me off is these people who vehemently ignore the rules. Lifetime drug-free means exactly that, not just being off for a meet. I think this year will be a tough year for USA PL, especially since we are the IFF affiliate. The new lifters might think this is just a continuation of the USPF, but it is not. We still have a 3 year clean period. I think there should be more out of meet testing, with 24 hour notice, to keep people honest and full screen IOC testing done on the top 5 finishers and record breakers at Nationals.

LM: Are there any lifters you admire in the sport?
RB: Yes, there are 2 lifters that I followed when I broke into the ADFPPA back in 1987. They were Martin Beavers and Bull Stewart. They are like brothers to me. That same year I roomed with Brad Olson in England. Looking back at it all, we were teammates then and are teammates still.

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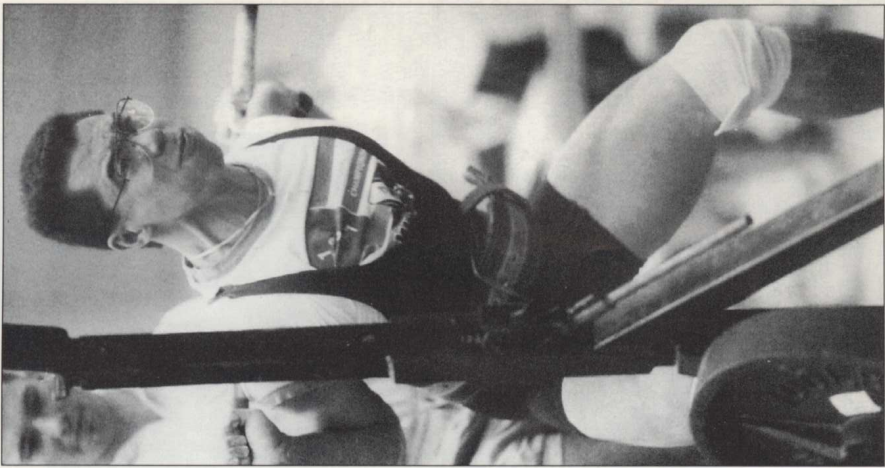
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lifter. You were also the first EC member to ask us what we wanted, and we are truly thankful you are on the EC Board; Mike Lambert and PL USA for helping the drug free cause through his magazine; Mike Overdeer and USA Powerlifting for taking the necessary steps to bring our sport to the next millennium - it was a long hard fought battle and we all appreciate what they have done; my sponsors Titan, Safe, and SportPharma for giving me the necessary means to perform at an optimum level; to my national team teammates for entrusting me with the captain's role for the strongest guys who walk this planet; Joe Morreale and family (Pro-Fitness) for his support of our sport at the State and Na-

ional level; my Pro Fitness teammates for giving me a fresh outlook and inspiring me everyday in this tough sport of powerlifting; to my training partners Jerry Daily, Bill (Red Light) Clayton, and my brother James for keeping focused all year round; my parents who have blessed me with great genetics and the mindset to go with it; to my wife Kathy, my son Matt, and daughter Melanie for letting me use family time to train all these years - it was their unselfishness that put me where I am today; and lastly to the man above who has given me strength when I was weak and given me guidance when I was plan to be in this sport?

LM: How long do you plan to be in this sport?
RB: Until they nail me in the box!



Ray was at 148 bwt. back in 1989 at the Life Time Drug Free Nationals

INTERVIEW

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

PC: Can you start off by giving the reader some background information on yourself?

KS: My name is Ken Snell and I am 39 years old. I make my living as a gym manager and personal trainer at the All-American Gym located in Lake land, Florida. I am 5'4" tall and weigh in at 121 lbs. I was born and raised in Tawasa City, Michigan. I moved to Florida in 1977.

PC: How did you get your start in powerlifting?

KS: I got started in powerlifting as a teenager training both in school and in my backyard. I have had help from Mark Chalilet and Mark Dimiduk. They encouraged me to go into my first meet; the Temple Hills Open. I totaled 575 lbs. in the 114 lb. class.

PC: Could you list some of the titles you have won?

KS: Among the titles I have won are the 1975 AAUPC National Teenage Championships; the 1976 AAUPC Teenage Nationals, 3rd place and the 1977 AAUPC Teenage Nationals, overall champion.

PC: What do you consider to be your greatest accomplishment in this sport?

KS: My greatest accomplishment has been my ongoing job of promoting the sport of powerlifting to the public; telling them about the sport and getting them involved. I am especially interested in promoting this sport to teenagers; they are the lifeblood of powerlifting. I take great pride in working with them and watching them improve. When they win, I win.

PC: Why did you choose to compete in the AAUPC?

KS: I lift in the AAUPC because

they are a grass roots organization. They are concerned about all of the athletes, not just a handful of top champions. They are also a very inclusive organization. The AAUPC has developed new ideas such as raw lifting and wildcard meets. No other organization has tried to do so much to improve the sport. The people in charge have their heads and hearts in the right place. I believe they are taking the sport in the right direction. When they say they are drug free they mean they were the original powerlifting organization in this country and they are making a big comeback.

PC: Could you tell the reader a little about your training methods?

KS: I have no secret formula; I just stay with the basics. I train three to four days per week. I do the squat, bench and deadlift twice a week; one light day and one heavy. On my heavy days, I like to use sets of singles,



Ken Snell at All-American Gym (Pat Cuntreza)

KEN SNELL

interviewed for Powerlifting USA by Pat Cuntreza

doubles or triples. I don't believe in a lot of supplements. I take creatine and that's about it.

PC: Is there any advice you would like to give the beginning lifter?

KS: Not everybody can be the best. When you train and compete, do it for yourself. When you and you will be a winner no matter what place you come in. Most importantly, stay away from drugs.

PC: If you can change one thing about this sport, what would it be?

KS: If I could, I would like to get rid of the rhetoric, the back-stabbing and the politics. These do nothing to help the sport grow. If we all learn to work together we will be all the better for it.

PC: What are some of your other interests outside of this sport?

KS: I do participate in other sports as well. Golf and tennis are my favorites. I also like to go to the movies.

PC: What is your ultimate goal in this sport?

KS: My goal is to total ten times my bodyweight at the age of 40. For me this will be a 450 lb. squat; a 275 lb. bench; and a 465 lb. deadlift for a total of 1210 lb. If I can do this, it will be the first time any drug-free lifter has accomplished this.

PC: Would you like to make any closing statements?

KS: I want to thank Mike Lambert of Powerlifting USA magazine and Pat Cuntreza. This is the first time in my 22 years in this sport that I have been given an interview and I am grateful. I also want to thank all of my friends especially those from the Temple Hill Weightlifting club and All American Gym. I thank God for all of you.

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

Last year in PL USA I did a series of articles entitled: Supermen of The Century. It was a summation of USA's top male athletes, who over the course of the last few decades have displayed a special versatility. I ranked those that excelled in both Iron Game Sports, Powerlifting and Weightlifting, a combined proficiency in both.

The highest combined sum of the 5 lifts provided the ranking order. I also finished off with an all-time TOP 100 determined on two formulas. As a result of these calculations, Jim McCarty, a double Elite of both strength sports, topped the list. Leading up to the series I did a comparison of 123 pounder Dave Moyer - a former great who'd been a champion in both W/L & P/L - to Mark Henry - the SHW who was a hot potato in both endeavors. More recently I profiled Shane Hamman, one of best P/Lers, and his meteoric rise after turning to W/L.

Let's set the men aside for now. I want to tell you the story of an outstanding female athlete. She stands on a pedestal alone as the winningest and most proficient in both strength sports. It is long over-looked that she receive proper recognition for her career accomplishments. Meet Melanie Getz, the Double Threat!

Melanie Getz is a lifetime drug free lifter. This makes her versatile Iron Game exploits just that much more amazing! She was born Feb 7, 1958 in Herbel, a town in Liberia. It's a West African republic of 43,000 sq. miles (over 1 million people) and was founded by freed American slaves. Her father, John Getz, met Cleo Ross (Melanie's mother) at Penn State. Cleo majored in music, John in forestry. They married and went to Liberia where he became president of a rubber tree plantation operation. Her father, 57", is of German heritage and her mother, 4'11", is Greek. Their gene combo produced a child predestined to display unique abilities both academically and athletically. Melanie is one of four siblings. She has two sisters; Melissa, 41, is single. Her brother Richard, 33, does well and lives in Chicago.

From a very early age Melanie displayed a proficiency for creative talents as well as remarkable athletic ability. At about 3 years of age, her family moved back to the States. She grew up in Missouri. Her par-

& athleticism. He encouraged her to join a local gym and try her hand at the weights. Being told how it would be beneficial in sports, she did just that. An Olympic bar with a 45 lb. plate on each end (135 lbs.) was sitting on the platform. She weighed 45 and one was on each end she figured she could lift 90 lbs. (but forgot to count the bar - which also weighed 45 lbs.). At bwt. 132 she nonchalantly clean and pressed the Gym owner Gary Van Doran knew a strong gal when he saw one. He recruited her and got her started in P/Ling. The first time Melanie ever tried it she BPod 145. She trained the powerlifts for only 2 months, and entered her 1st meet. It was the Women's Midwest Regional in October 1979 held at Lafayette, Indiana. She surprisingly won first place consisting of 220 SQ, 143 BP, 303 DL, 666 TOT. She even tried a 325 DL (a W/R weight) and got it above her knees. Pat Malone, the meet director, had a dozen girls there lifting. His team had won the 78 National Women's Championship team title. They became acquainted. Pat immediately recognized a rare talent and warned his girls to watch out for Melanie Gary Van Doran, her coach, didn't know she had to qualify at the Nationals to lift in the Worlds. Misinformed, she skipped the Nationals, which were held in Jan. 1980 in Los Angeles, and thereby could not participate in the Women's World P/L Championships which were held May 3-4 in Lowell, MA. Melanie's coach meant well, but he didn't know much about technique or proper training. Melanie turned to Malone for help. She got some valuable tips & advice by phone, and made the drive to Lafayette, IN (once in a while) for some person to person workout sessions. Pat will be the first to tell you that he's more of a cheerleader than a coach. Still, he had established himself with lots of successful female recruits. From day one Melanie never got the proper guidance and bona-fide knowledgeable coaching she deserved. For her entire lifetime she's been a diamond in the rough, never properly cut, never polished. As you read her accomplishments you'll marvel at her abilities and wonder just how much more she might have achieved with real coaching expertise.

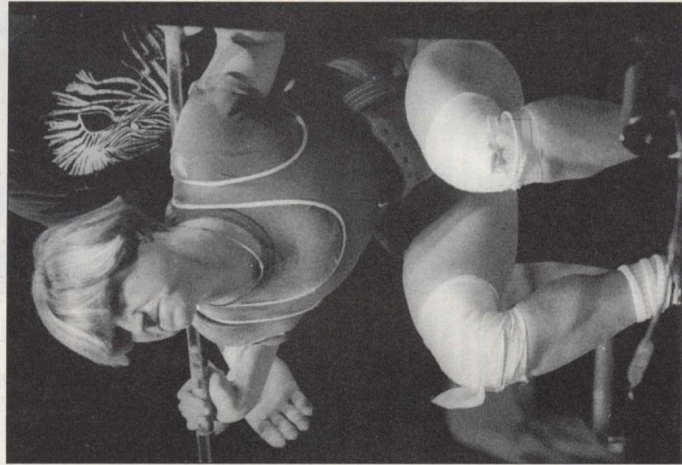
In her early years, Melanie was

Melanie Getz

St. Louis Super Lady - Double Threat

as told to PL USA by Herb Glossbrenner

was strict and had great expectations! Average just didn't cut and became her predominant focus. Her diversified talents landed her a double scholarship: Athletics (Volleyball, Track & Field) and Music. Melanie showcased her diversified talents. She had a strong predilection for music. It controlled her graduation with honors in 1981.



At the '87 USPF Women's Nationals, Melanie got some nice lifts in.

thoughts, moods, and helped form the steadfast will to succeed. She learned & sang opera. More creative talent surfaced. She became an accomplished artist (paintings of coats of arms), and she also took up instrumental in encouraging her and violin.

Gradually the creative expressive field coach recognized her strength

While in College she excelled in her athletic endeavors: swimming, diving, gymnastics and volleyball. Also she did the Pentathlon (5 events). Her P.E. teacher, Kathy Major, was instrumental in encouraging her and instrumental in her playing the violin.

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Melanie added 38 lbs. to her best TOT (SN 132, C) 165) for 297! With improved form, Getz emerged the surprise winner! She was named along with the National Champ in her 123# lb. class (runner-up to Melanie here) to the USA's Women's World Team to participate at the Women's World Championship in Jacksonville, IN on Dec. 2, 1988. It was all coming to her a bit too fast to fathom! Three weeks before the big meet! Overseas she fractured 3 ribs in training. She'd bargained the barbell off her thighs pulling it overhead, and with sheer arm power had jammed her ribs. She thought the whole scenario was crazy. It was too much, too soon. Getz felt she was not well enough prepared or experienced to make the trip, and decided not to go. She got a call from Hawaii. It was the team coach Tommy Kono. Kono was an 8 time World and Olympic Champ. They talked, got acquainted. She expressed her reservations about participating; told him about her ribs. Kono told her in no uncertain terms that if she could lift the bar, then she should go. She told Pat, she was staying home. "Are you crazy," he said. "It's the opportunity of a lifetime." Pressured, she gave in and decided to give it a shot, much against her better judgement. Melanie knew virtually nothing about W/L except what Pat had shown her. She hopped on the plane and met Tommy in Indonesia. There he tried to give her a crash course in proper form. She almost got bit by the bombout bug, and missed her opening snatch twice. Despite butterflies in her stomach, she got it on last try. She added a 154 CJ, missed 165 twice, and had a 286 TOT, a 14th place finish. It was a harrowing experience. Thankfully Pat's strength training and Kono's crash course of "show n' tell" at the last minute saved her from laying a "goose egg" on foreign soil.

To top the series of events in their proper chronological order, it was following these World Championships that she met Nielson and began making those trips to Chicago. Roger later told her he had known she was 30 years of age (she looks younger), he'd have told her to forget it. This, of course, really made her feel good. Due to her vigorous application of carbonate magnesium to her palms before lifting, she caused great clouds of chalk dust. Some of the Sayre Park lifers nicknamed her "Dusty"! Did I get that right, Melanie?

At the 1989 Women's W/L Nationals Apr. 29th, she won her first Open National Title in W/L with 137 SN, 159 C.J. Since that time Melanie Getz improved and gradually made the successful transition



Melanie Getz, shown here Olympic Lifting.

In Sept. '87, she won an Open competition in Ft. Wayne, IN. Then on Oct. 17th in Macomb, IL made her highest ever TOT (881) winning another competition, this time at 129! She followed that up with another win, the Ornt Classic (once again) in SN (once again) in Oct. 1988 was a big year for Melanie and also a turning point in her career. She tuned up for the ADFFA Nationals, first doing a YMCA Open competition held Feb 7th in Lafayette, IN. Weighing only 126 lbs, she lifted at 129 was red hot! Getz got two ADFFA A's, a 206 BP, and a 388 DL. She also made P/R's in SQ (341) and TOT (935)!

In Chicago, on April 23rd she captured her 4th ADFFA Women's National title! This time she shifted in the 122# division. It was not a cakewalk. After the SQ, Melanie was tied with Michelle Sherin, at each SQed 330 both on 3rds. Getz gets a 187 BP, burmised 196. Sherin however made the same 196 on 5th and led on S.T. 529 to 518. Sherin was lighter, but missed, then made 314. With one try left, she failed 347. Michelle had an 854 TOT. Next Getz DL'd all 3: 341, 352, 358 for an 876 TOT to win again!

Melanie decided to undertake a new challenge. She'd become bored with P/L, had not liked the politics nor the supportive gear which was too uncomfortable and restrictive. She decided to make a radical change. There was one thing she wanted to finish with first. The first World Drug Free Powerlifting Federation (WDFPF) World Championships were held June 25, 1988 in Reading, England. It was there Melanie got first at 122, overwhelming her two British opponents by 181 SQ's and 203 lbs. on total respectively. She did not feel very challenged as far as the competition goes. She went 314 SQ, 176 BP, 330 DL, 821 TOT. A World Champion - somehow it's significance did not particularly excite her. Still, it was a good way to close out her P/L career.

A radical change now was in order. She decided to give

(815) and win as lighter lifter. Close as you get, but no cigar! For the next 5 months she got a bit burnt out on P/L and tried other diversions! She tried triathlons: swim 1 mile, bicycle 40 miles, run 10 miles. She even ran the St. Louis Marathon (26 miles, 385 yards) in 3 hrs. 55 minutes.

After getting all this crazy stuff out of her system, Melanie buckled down and got back into P/L. In September she won a meet in Indiana at 122, and one in October at 129 in IL. There she made a P/R SQ with 330. At the Ornt Classic in Schererville, IN on November 15th at 129, she upped her P/R's in the SQ to 336 BP to 193 and TOT to 870. The last meet of 1988 was the famous YMCA Nationals Open ran by Gary Benford. It was December 13. It was a meet that drew all the top talent (both men & women) from all over the country. Unfortunately they didn't have a Women's division. She had to compete head to head with makes. She surprised everyone there in Columbus, finishing 2nd among mixed company at 132 (a male won), duplicating her best TOT of 870. She established P/R's of 204 BP and 374 DL. Mighty impressive.

This gave her confidence a big boost. She decided, being in such good shape, to give the USPF Women's Nationals another go. So on Jan 17th, 1987 in San Francisco, she was in the 132 line-up. Vicki Steerrod, winning the USPF woman of all time, had returned to the National Platform following a 1 year sabbatical. Not having training extensively for this meet, Vicki still won easily with a 374 TOT. 13 entries made it biggest class of whole meet. Melanie was there, seconded by the man who'd developed the formula used to compare women's performances of different bodyweights. Yes, it was none other than her #1 cheerleader Pat - on the back! Melanie decided to undertake a new challenge. She'd become bored with P/L, had not liked the politics nor the supportive gear which was too uncomfortable and restrictive. She decided to make a radical change. There was one thing she wanted to finish with first. The first World Drug Free Powerlifting Federation (WDFPF) World Championships were held June 25, 1988 in Reading, England. It was there Melanie got first at 122, overwhelming her two British opponents by 181 SQ's and 203 lbs. on total respectively. She did not feel very challenged as far as the competition goes. She went 314 SQ, 176 BP, 330 DL, 821 TOT. A World Champion - somehow it's significance did not particularly excite her. Still, it was a good way to close out her P/L career.

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749. At last a champion. It was invigorating, like a breath of fresh, clean air!

On May 11, 1985 Melanie lifted her 2nd consecutive ADFFA National title. From 27 states, came 98 lifters ranging in age from 14 to 45. They converged in Chicago all hoping to do their best. Getz had trained hard, and had turned her back on snacks! Trimmed down to 116, she looked terrific! Her training by phone/meet coach Pat Malone was there to lend support. All of the top 5 finishers went Elite or better. After the SQ, 4 girls were tied with 292. They included Melanie, Sue Elwyn (former IPF World Champ) from Boston, Sandi Brady (the meet director), and Becky Sikkema (from Iowa, Shelly Pettigill, from Flint, MI, led them all with 303 SQ. Everyone in the BP; Elwyn was holder of the A/R at 165. P/R's fell like stars from the heavens. Terry Marsaa (MN) broke the record first with 171 on a 2nd attempt. Getz duplicated it on her final try. Sikkema fell a mile behind with only 110, then zeroed in the DL - out! Pettigill's lead vanished when she managed 51 S.T.'s. 132. Elwyn reached 165! S.T.'s: Getz (463), Elwyn (457), Pettigill (435), Brady (429), Marsay (424). Sue Elwyn's 308 pull gave her 3rd place (766). Getz hoisted her self into 1st with 341 - a final try - 804 TOT. Marsaa pulled around Elwyn into 2nd with the highest DL of 352 (777 TOT). Melanie wanted a bit of spice on her victory pie. On a 4th try she tied 358 - an A/R. Up it came, but she couldn't shing her shoulders back. Only 2 inches shy, she returned the bar to the floor and turned to the head judge. "Gee, that's heavy!" she exclaimed. Still, she won by 27!

The '86 ADFFA Women's Nationals April 5-8, drew 103 entries and was held in Boston. Her 53 kg (116#) class was the highlight of the whole meet. Defending champ Getz had a tough fight going against former USPF champ Nancy Belliveau. Pettigill dominated the SQ (308) as she'd done the previous year. Later she lost ground - Title at 132 with an excellent 810 TOT. Michelle Parkinson, a teen, took the early SQ lead with 319. Pauline Hoehn was next at 308. Melanie managed 303 in 3rd. The order shifted around in BP. The others drifted behind. Getz to her powerful arms & shoulders to punch an A/R 176. Now ahead 27, she pulled her 2nd DL, 330, for the win! Parkinson was next at 777. Hoehn got 3rd at

away by an overwhelming trio! The likes of Ruthie Shaler left her and everyone else shellshocked. Getz struck again by the munched, had Sussie-Q on her way up to 130-1/2. Big mistake! Shaler posted a mind staggering aggregate of 1146 (87 x 4x).

Marah Liggett was 2nd with 975, and Dannie Hartman 3rd at 942. Melanie had improved significantly, especially in the SQ (325). She was 4th with 859 to talking ELITE (and still got beat)! Her DL failed her, missing 352 twice. What in the world were these others doing to get so strong, she thought! A year later she returned to the USPF Women's Seniors, her 4th one. Diane Frantz, loaded for bear, took the 132 title with 1030. Marah Liggett was 2nd at 887. Melanie consigned herself to 3rd. At 130# she had SQ depth problems, and missed two, but still went 5/9 to TOT 826, pulling a P/R DL 363, exhausted 574.

A bit embarrassed by those who were considerably discouraged, she was disoriented. A clean slate seemed the only alternative. She headed for a new group, the ADFFA. Their drug testing convictions paralleled her own ideals. She appeared May 12th in Indianapolis, 3-1/2 months later. As clean as a new fallen snow, she annexed her first ADFFA Women's National Title at 132 with an 810 TOT. Michelle Parkinson, a teen, took the early SQ lead with 319. Pauline Hoehn was next at 308. Melanie managed 303 in 3rd. The order shifted around in BP. The others drifted behind. Getz to her powerful arms & shoulders to punch an A/R 176. Now ahead 27, she pulled her 2nd DL, 330, for the win! Parkinson was next at 777. Hoehn got 3rd at

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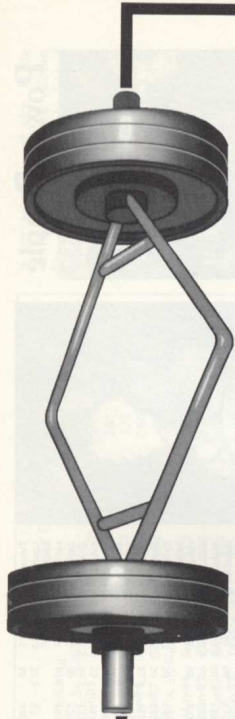
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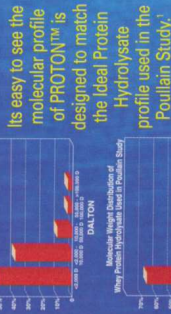
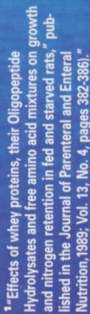


Fig. 2



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Fig. 3

fact... The molecular weight profile of Designer Protein™ closely resembles the molecular weight profile of intact (non-hydrolyzed) whole protein (see figure 5). Next Nutrition, Inc. references the Poullain study in their advertising for Designer Protein™. The analytical data from an independent laboratory revealed that the protein used in the Designer Protein™ product is not the same as the whey protein hydrolysate used in the Poullain study (fig. 2).

they said... Next Nutrition, Inc. (manufacturer of VyoPro) references the Poullain study in their advertising and states, "The study set out to compare the effects of pure whey protein, whey protein oligopeptides (the same kind used in VyoPro's Whey Protein)." references the Poullain study and states, "No other protein in America contains Designer Protein's WPH®-Whey Peptides, which clinical research shows give muscles more nitrogen than regular whey or free form amino acids."



Fig. 4

fact... VyoPro had significantly less hydrolyzed protein than the Poullain hydrolysate and less hydrolyzed protein than Proton™. The analytical data revealed that the protein used in VyoPro is not the same as the whey protein hydrolysate used in the Poullain study (see figure 2).

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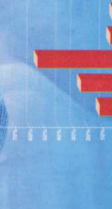


Fig. 5

It's easy to see the similarities between the profiles of Designer Protein™, Vyo Pro and the Less Effective Whole Protein shown above (fig. 3).

The bottom line is this... To get the results based on clinical research, you need to use a product that most resembles the profile of the Ideal Protein Hydrolysate (figure 2).

When you look at the Fig. 2 graph and compare it to Designer Protein™ (fig. 3) and Vyo Pro™ (fig. 4) it's obvious that they are not what they claim to be.

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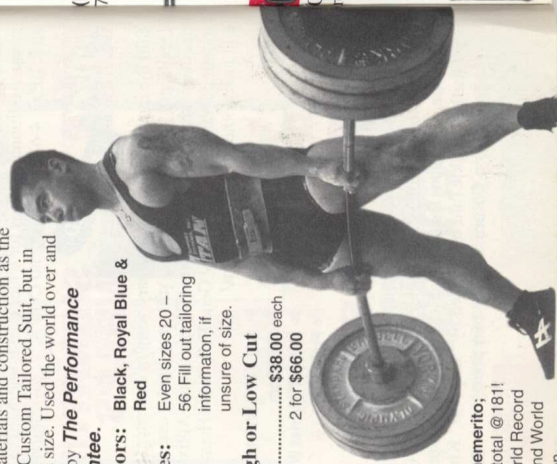
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- 1.2 MAY, AAU U.S. Bench Press Open (youth, teen, Jr., novice, military/law enforcement, special forces, physique, wheelchair, masters) (5 year group), men/women masters (5 year group), men/women in all divisions, Martin Dink, Box 7262, 35366.
- 1.3 MAY, APF Masters, Submasters, Teenage, Junior Nationals, Kieran Kiddler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
- 2 MAY, AAU Regionals, UALR Athletic Dept., 2801 University Ave., Little Rock, AR 72205, 501-682-7668
- 2 MAY, USA, Coach Van Compton, 515-569-3167, or Larry Aye 801-982-7668/893-4367
- 2 MAY (new date), Great Plains Challenge, Curt/BJ/DL, Tim Piper, WIU Brophy Hall, 221C, Macomb, IL 61455, 309-298-1781.
- 2 MAY, USAPL Powerfest '98 Bench Press, Deadlift and Wheelchair Bench Press, Neal Norton, Box 5427, Albany, NY 12205, 518-453-9205.
- 2 MAY, AAU New England High School & Under, Dale Caporaso, 11 Adelaide Ave., Smithfield, RI 02917, 402-232-2232.
- 2 MAY, King County HS Invitational, Kevin Evans, 45 - 160th Ave. SE, Bellevue, WA 98008, (425) 456-7400/641-4237.
- 2 MAY, NASA California State (Bakersfield), NASA, Box 735, Noble, OK 73068, 405-872-9684.
- 2 MAY, CPA Competition Bench Press, Pollicer, Ron Cormier, 514-939-8482/8480
- 2 MAY, AAU Regional, UALR, Coach Van Compton, UALR Athl. Dept. 2801 University, Little Rock, AR 72205, 501-682-7668.
- 2 MAY, U.S. Larry Aye vs. BJ/DL (The Harel) Danell Latch, 126 W. Ska, Tuscola, IL 61953, 217-253-5429.
- 2 MAY, APF Pennsylvania State BP/DL (separate contests) APA, Box 27204, El Joban, FL 33927, 941-697-7962.
- 2 MAY, WNPF Bench Press National (Atlantic City, NJ - Natl. qualifier), WNPF, Box 142347, Fayetteville, GA, 30214, 770-996-3418.
- 2 MAY, NASA Scorer State (Noble, OK), NASA, Box 735, Noble, OK 73068, 405-872-9684.
- 2 MAY, MDSA Go for the Gold Nationals (Fredwood Falls, MN) Doreen Jacobson, 203 W. Main, MN 56561, 507-538-2100.
- 2 MAY, IPA USA, US BP & DL (Green Bay, WI) APA, Box 27204, El Joban, FL 33927, 941-697-7962.
- 2.3 MAY, 1st Annual USAPL, South Carolina State PL & BP Champs, Robert King, 500 Hawthorne Ave., Woodruff, SC 29388, 864-476-3724.
- 2.3 MAY AAU Curttuck Classic II, Ben Zak, Box 978, Grandy, NC 27939, 919-453-6116.
- 2.3 MAY, USA Powerlifting MI State/Molown Open PL, BP & DL Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48068, 248-813-9866.
- 2.3 MAY, USAPL Men's National Masters (IPF) Championships (Charlottesville, VA) Joe Shifflet, Box 941, Stauntonville, VA 22973, 804-985-3932.

Coming Events

- 3 MAY, Tri-State (NJ, NY, PA) BP/DL, Paul Sacco, 537 Pine St., Hammonton, NJ 08037, 609-567-0046
- 3 MAY (new date), USPF West Virginia State & Region IV Bench Press, Bio Muscle, Box 231, Parkersburg, WV, 26102.
- 3 MAY, WNPF, 4th Annual Ohio BP/DL, 1st Annual Ohio BP/DL, Youngstown, OH 44515, 330-792-6670
- 3 MAY, Wisconsin State Bench Press Muscles & Fitness, 2509 E. Washington Ave., Madison, WI 53704, 608-249-4227.
- 3 MAY, APA Maryland State BP/DL (separate contests) APA, Box 27204, El Joban, FL 33927, 941-697-7962.
- 3 MAY, AAUPC Drug Tested 14th New Jersey Open (open/raw, male/female, open, teen, jr., over 30, abmaster, master, teen & lite, novice) Joe Pira, 25 Louis Dr., Budd Lake, NJ 07822, 201-691-1000
- 9 MAY, 1st Annual USAPL, Ron Masling, 6000 E. 9th St., Okemos, MI 48864, 517-892-2222
- 9 MAY, Oswatimie, KS 66094, 913-755-2146.
- 9 MAY, Armed Forces Mississippi State Bench Press (men, women - open to all military/DOO personnel) Ron Elias, Tri-angle Fitness Center, 834 Falcon St. Bldg. 7540, Keesler AFB, MS 39534, 228-377-4135 or DSN 597-4135.
- 9 MAY, A V YMCA Bench Press Classic (open, master, female, youth) Jim Musabe, A V YMCA, 5021 Freeport Rd., Natrona Hills, PA 15065, 724-222-9400.
- 9 MAY, ICA's Bearcat BP/DL, DJ Bob Willis, 705 Blvdall Ln., Laurel Bay, SC 29902, 803-846-8990.
- 9 MAY, Upper Bucks YMCA Bench Press, Suzanne Rieker, Upper Bucks YMCA, 451 California Rd., Quakertown, PA 18951, 215-536-8841.
- 9 MAY, APF All Star Open BP Classic (men, women, abmaster & master men) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590.
- 9 MAY, WABDL National Bench Press Championships (Dallas, TX - Holiday weekend) Ron Cormier, 514-939-8482, 800-358-9675, or 977-08 5411
- 9 MAY, 400-9996.
- 9 MAY, Great Plains Challenge/Curt/BJ/DL/MI, Tim Piper, WIU Brophy Hall, 221C, Macomb, IL 61455, 309-298-1781.
- 9 MAY, 15th Southern American Bench Press (open, master, women, novice, teen) Weightlifting Equipment of CA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633.
- 9 MAY, APF Ohio State (Sr. & Jr.) Dave Ogden, 298 N. High St., Chillicothe, OH 45822, 419-727-9446.
- 9 MAY, CBPL Northwest Indiana Bench Press (open, master, women, novice, teen, jr. listed/open) Shaun Rowland, 755 Baltimore Rd., Valparaiso, IN 46383, 219-759-1322.
- 9 MAY, Lifetime Natural PL/BP Championships Darrell Latch, 126 W. Ska, Tuscola, IL 61953, 217-253-5429.
- 9 MAY, (tentative) Virginia Teenage Championships, Rudy Garcia, 5112 Salem Ct., Colonial Hts., VA 23834, 804-520-5646 or Sperto Thonitkitts 804-656-8679.
- 9 MAY, NASA Missouri State (Lee's Summit) MDSA, BOX 735, Noble, OK 73068, 405-872-9684.
- 1.10 MAY, AAU Bay Virginia State Teenage & Teenage Record Breakers,

- 16 MAY, Cross Country Pull BP/DL Classic (Mattoon, IL) Darrell Latch, 126 W. Ska, Tuscola, IL 61953, 217-253-5429.
- 16 MAY, NASA Pennsylvania Power Sports (curl, bp, dl - all divs./total & individual) www.powersports.org, Edwin Wilkins, 311 Yale Dr., Richboro, PA 18954, 215-396-9902.
- 16 MAY, 15th Annual Viking Open, B&W Classic, 107866, 973-627-9366.
- 16 MAY, MDSA's Dakota State & Open (Mankato, SD) Darvin Jacobson, Box 1031, Willmar, MN 56201.
- 16 MAY, APA Florida Cup Open BP & DL (Palm Bay, FL) APA, Box 27204, El Joban, FL 33927, 941-697-7962.
- 16.17 MAY, NCSA North Carolina State (Hickory, NC, NCSA, Box 735, Noble, OK 73068, 405-872-9684).
- 16.17 MAY, USAPL Pro Fitness Heavy Metal Classic, Joe Morrales, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9366.
- 16.18 MAY, NCSA's National (Nashville, TN) NCSA, Box 739, Nashville, TN 37068.
- 17 MAY, 2nd Ohio Cup BP and/or DL (open, novice, teen, abmaster, master, grandmaster, women) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43953, 740-264-4805.
- 17 MAY, WNPF Mass. State (Worcester) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
- 20-23 MAY, IPF Women's Worlds - Norway
- 22-23 MAY, USAPL National Masters/ Submasters (Atlantic City, NJ - Natl. qualifier), WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
- 23 MAY, 3rd Annual Blacksmith Open Champs, Mike Overdeer, 124 W. P.

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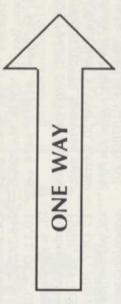
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ADVANCE NOTICE TO APF/AAPF COMPETITORS AP SENIOR NATIONALS WILL BE JULY 4th AND 5th, 1998 IN NORTHBROOK, IL APF/AAPF BENCH NATIONALS WILL BE AUGUST 2, 1998 IN AURORA, IL YOU MUST PLACE 1st OR 2nd IN THE BENCH PRESS NATIONALS TO QUALIFY FOR THE WORLDS. FOR INFORMATION & ENTRIES CALL JIM JOHNSTON (630) 264-1571

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Jerry Tarell (44) and Kent Davis (42) pose with trophies they won at the APA Southern States BP/DL. Jerry set a record 630 bench while Kent pulled a master record deadlift of 540 at 164 bwt. (Scott Taylor photo)

275 lb. ... 630 ... 355 ... 575 ... 1560 ... This was the first meet hosted by SCI - Waymart.

640 ... 430 ... 650 ... 1720 ... 550 ... 325 ... 600 ... 1475 ... This was the first meet hosted by SCI - Waymart.



Ron Rohmer, 308 lb. division getting ready for his World record lift at the Annual APA Super Bowl BP/DL Contest. (Joe Steele photo)

148. What's wrong with this picture? I weighed at 148 lbs and lifted 191 lbs. When you look at the photo you'll see that I'm not fat.

at 198 and Red Light Bill Clinton was competing at 148 lbs. ... (Thank you to Fred Rice for providing meet results!)

Table with columns: SQ, BP, DL, TOT, J. McGinnis, R. Simon, J. Chandler, etc.

APA Southern Open BP/DL 24 Jan 96 - Georgetown, SC. Table with columns: Name, Weight, Bench, Squat, Deadlift, Total, etc.

USAPF - Falcon Open 7 Feb 98 - Colorado Springs, CO. Table with columns: Name, Weight, Bench, Squat, Deadlift, Total, etc.

USAPF - Rockaway NJ 7 Feb 98 - Rockaway NJ. Table with columns: Name, Weight, Bench, Squat, Deadlift, Total, etc.

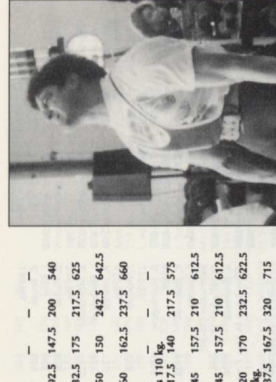
USAPF - Rockaway NJ 7 Feb 98 - Rockaway NJ. Table with columns: Name, Weight, Bench, Squat, Deadlift, Total, etc.

USAPF - Rockaway NJ 7 Feb 98 - Rockaway NJ. Table with columns: Name, Weight, Bench, Squat, Deadlift, Total, etc.

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Application for Registration of Bench Pressers and Deadlifters (WABDL). Includes a registration form with fields for Name, Address, Club, and Renewal status, plus a note about the \$10.00 fee.

APF West Coast Push-Pull
31 Jan 98 - Fresno, CA
Bench Press
Whitcher 148 lbs. 220
...
Masters 82.5 kg.



Thank you to Bob Parker for a great job... the meet progressed, John Armani, Ken Wheeler, Royce Edwards and Jay McVeigh were the judges...

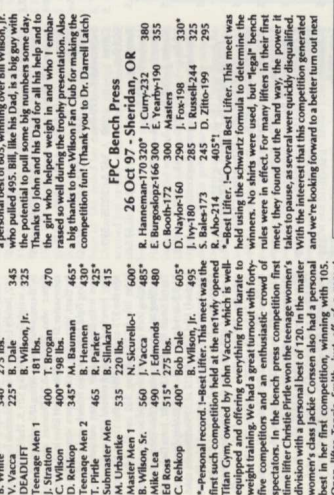
APF/AAPF Texas State
31 Jan/1 Feb - Irving, TX (Sgt)
BENCH PRESS
A. Barron 112.5 100 kg
...
Masters 82.5 kg.



Best Lifters at the Ozark Open (L-R): Nicholas Sicurell Deadlift, John Vacca-Bench Press, Dr. Darrell Lutch.

Ozark Open Bench Press/Deadlift
31 Jan 98 - Fredricksburg, MO
TENSAGE Women 120* 165 lbs.
...
Masters 82.5 kg.

AU Great Lakes Open
11 Jan 98 - WhiteLake, MI
BENCH PRESS
A. Barron 112.5 100 kg
...
Masters 82.5 kg.



Eddie Ruiz 181 lb. Deadlift with 580 lb. at the AU Great Lakes RAW Open (Brian Duncan photo).

AU Great Lakes Open
11 Jan 98 - WhiteLake, MI
BENCH PRESS
A. Barron 112.5 100 kg
...
Masters 82.5 kg.

APF West Coast Push-Pull
31 Jan 98 - Fresno, CA
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Whitcher 148 lbs. 220
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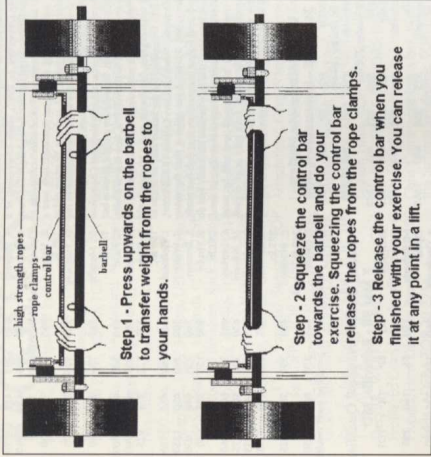
International Powerlifting Association 'Lifting for Lifters' Application for Registration form. Includes fields for Last Name, First, Middle, Initial, IPA # for Renewal, Date, etc.

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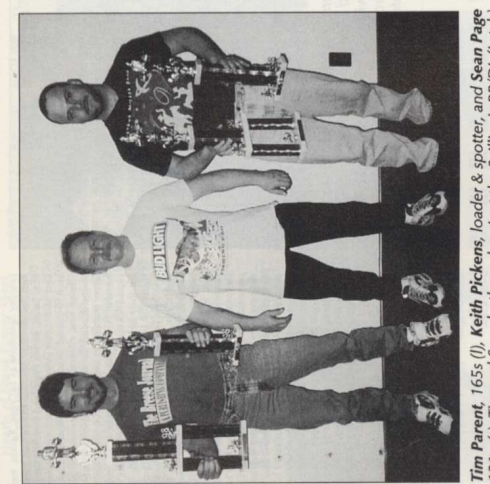
Table with columns for names, weight classes, and scores. Includes entries for Columbia High School and various athletes like Vigil, Jacob, and others.

Table with columns for names, weight classes, and scores. Includes entries for PA State High School and various athletes like G. Brittan, R. Tupper, and others.



The Power Gym's High School Lifters (l-r front): Corey Cavalieri, Brian Aulizio. (l-r rear): Joe Mosey, Jonny Jones and Billy Koval. This well-coached team set new PA State records at the PA State H.S. (Power Gym photograph)

Table with columns for names, weight classes, and scores. Includes entries for C. Heam, B. Kent, J. Cesko, and others.



Tim Parent, 165s (l), Keith Pickens, loader & spotter, and Sean Page 181s (r). Tim and Sean both made pr's at the S. Illinois BP/DL (latch) lift.

Table with columns for names, weight classes, and scores. Includes entries for Southern Illinois BP/DL and various athletes like M. Morales, T. Parent, and others.

TRUE CHAMPIONS OF THE HEART - I was asked in December of '96 by Art Mosey to help out with the Florida State Special Olympics Powerlifting Championships. He works for me at the Jacksonville Florida Area Navy Construction Contract Office. I gladly accepted even though I never assisted in a Special Olympics meet. Art wanted me to conduct a strength demonstration at the end of the meet while he was tabulating the results. This gave me a little over a month to get in shape. My last competition was at the 1994 IFF Championships. Staying in competition has been almost impossible with moving from Jacksonville to Jacksonville because of the military. My goal was to get some 500 lb. squat and 315 bench. The meet was conducted on January 18, 1997 at High School in Jacksonville, FL. There were 45 competitors allowed to compete in all 3 powerlifting events or in only one or two. 19 athletes elected to participate in the squat. This event was conducted under the AAU governing authority. In addition to myself, Art Mosey had several other people from the office to help out. Each athlete really pushed themselves to their limit in each event despite physical and/or mental limitations. I was helping the athletes through each event and pumping them up for their attempts. I got pumped up myself. When it came time for my demonstration, I warmed up in the squat to 400 lbs. and it felt good. So I went to 500 lbs. x 3, and there was no problem. The crowd got excited so I increased the weight on the bar to 550 lbs. for 3 reps. I was going to stop there but crowd wanted more. I then went to 600 lbs. for a single. I concluded the demo by putting 325 lbs. on the bench and doing it for 11 reps. I briefly spoke to the crowd. I told them that what I have done might be impressive but I consider you athletes the champions. I saw you display the fullest effort in pushing yourselves and we all are blessed with some natural talents. We should all try to push ourselves to our utmost potential. After my demo, the athletes asked me to personally hand out the individual athlete medals. As I gave out the awards, you could see the pride in each athlete in achieving a goal of just competing and being recognized as an equal from another renown athlete as myself. In conclusion, I encourage all you powerlifters who haven't gotten involved with special Olympics to DO IT!! You will be surprised how uplifting the experience will be. -DAVID RICKS



Table with columns for names, weight classes, and scores. Includes entries for Phillip Leach, Andrews, Hollingsworth, and others.

From Carl Smith: "The 98 WPC World Championships will be hosted for the first time in Austria. They will be held in the city of Graz, Schwarzenegger's hometown, famous for its beer, food, culture and sports. For the first time the World Bench Press and Powerlifting Championships will be combined for a seven day event. A full staff has been compiled to organize a professional championships and offer this sport the expression it deserves. The platform and crew will be the finest ever to serve the lifters. The hotel is a 4-star international, offering special rates to accommodate this event. The venue is exotic, looking into the Alps. It is at the top of the Fortress Hill which Napoleon couldn't capture. Special events are planned around the lifting. The opening and closing ceremonies will showcase the event with personalities such as Darth Vader and Austrian folklore. Some of this sport's legends will be in attendance and will be honored for their past achievements. The challenge is called. If there really is a legitimate 700 lb. bench out there, do it on this platform! The stages set. You have the best referees under contract and the best platform crew and equipment the sport has to offer today. Entries will only be acknowledged through your national representative. I look forward to seeing you in Graz. Carl Smith, national representative. 1-43-316-817683".

Pennsylvania Teen Championships
28 Feb 98 - E. Greenview, PA

114 lb.	125 lb.	141 lb.	155 lb.	171 lb.	187 lb.	205 lb.	220 lb.	240 lb.	260 lb.	285 lb.	315 lb.	345 lb.	385 lb.
D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner	D. Blichner
290	135	345	210	155	310	645	205	135	325	665	200	135	270
J. Beck	205	155	310	645	205	135	325	665	200	135	270	695	
M. Zimmermann	205	135	325	665	200	135	270	695	205	135	310	645	
J. Keipert	205	135	325	665	200	135	270	695	205	135	310	645	
M. Anzino	205	135	325	665	200	135	270	695	205	135	310	645	
A. Willner	180	95	205	480	180	95	205	480	180	95	205	480	
A. Willner	180	95	205	480	180	95	205	480	180	95	205	480	
M. Tringali	100	85	180	365	100	85	180	365	100	85	180	365	
D. Willner	295	160	285	740	295	160	285	740	295	160	285	740	
M. Nector	240	140	300	680	240	140	300	680	240	140	300	680	
M. Nector	240	140	300	680	240	140	300	680	240	140	300	680	
M. Nector	240	140	300	680	240	140	300	680	240	140	300	680	
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M. Nector	240	140	300	680	240	140	300	680	240	140	300	680	

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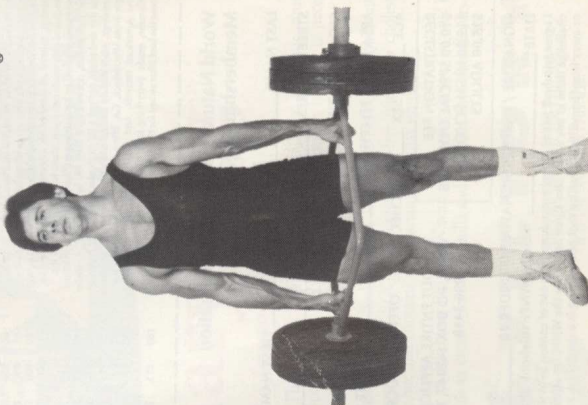
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3-\$105, 9-\$270, Androstenedione 100mg/180 caps: \$50, Milk & Egg Protein (choc/van) 30 lbs.: \$180, such items as WorldWide Deadlift contest paying \$25,000, the World's Strongest Woman competition, a new test to detect Growth Hormone, how Mark Henry's best deadlift just "grew" 32 lbs., why the denim bench shirt was rejected by the IFF, how the "Greatest Athlete in the World" will reportedly soon be endorsing a weightlifting oriented performance supplement, what kind of big strong guy a Hollywood producer wants for his next project, etc. If you are a true fan of Powerlifting, who can't wait for each month's issue of PL USA, then POWER HOTLINE is the publication you need to keep your insatiable information appetite satisfied. It's only \$28.00 for 24 information packed - First Class issues, (\$39.00 for overseas air mail for our subscribers outside the US) to POWERLIFTING USA, Box 3238, Camarillo, CA 93011. (REMEMBER - Back if Not Satisfied GUARANTEED! You can't lose a thing - Order Now!!!)

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date to make, the amount of weight, and the lift that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7/14% tax.)

NEXT MONTH... TOP SHWS
Corrections..... Elaine McClurg's TOP 20 list was misprinted as 215. Connie Newman reports her squat in the 97 lb. class of the Women's TOP 20 should be 195 rather than 175. Doug Diensel should have been credited with a 695 kilo total in the Masters TOP 20 198s and in the USAPL Masters Nationals results. Ellen Chaillet did not have her 200 lb. bench press credited on the Women's TOP 20 list. Ms. Solner's name was misspelled as Stolner on the 105 lb. class listing of the Women's TOP 20. The "K-Rogers" listed on the Women's TOP 20 bench press (165 lb. class) is actually K. Roberts. Fred Evangelista's 391 deadlift was not shown on the Masters TOP 20 list for the 132a.Pat Susco's lifts of 820 squat, 705 deadlift, and 1900 total were not included on the Masters TOP 20 for the 242 lb. class. In the Women's USDFP Sr. Nationals, March 10 All Time listing in the March '98 PL USA, Susie Hartwig should be credited with the #4 squat with her 308 at 105 lbs. We apologize for any errors in our lists. If you don't see your meet results in PL USA, within a reasonable amount of time, contact the meet director or let us know what lifts you have achieved and, if possible, we'll try to confirm them with the meet director.

USA TOP 100

DEADLIFT	TOTAL
826 Stewart, B. 2/8/98	2274 Nichols, B. 2/8/98
829 Patterson, K. 2/8/98	2225 Barneo, D. 2/8/98
830 Blaskin, J.M. 6/22/97	2225 Barneo, D. 2/8/98
831 Wilson, S. 5/25/97	2204 Orendoff, J. 6/22/97
832 Wilson, S. 5/25/97	2204 Orendoff, J. 6/22/97
833 Wilson, S. 5/25/97	2204 Orendoff, J. 6/22/97
834 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
835 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
836 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
837 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
838 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
839 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
840 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
841 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
842 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
843 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
844 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
845 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
846 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
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889 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
890 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
891 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
892 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
893 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
894 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
895 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
896 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
897 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
898 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
899 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97
900 Hickey, R. 2/8/98	2204 Orendoff, J. 6/22/97

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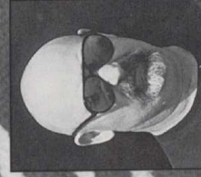
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