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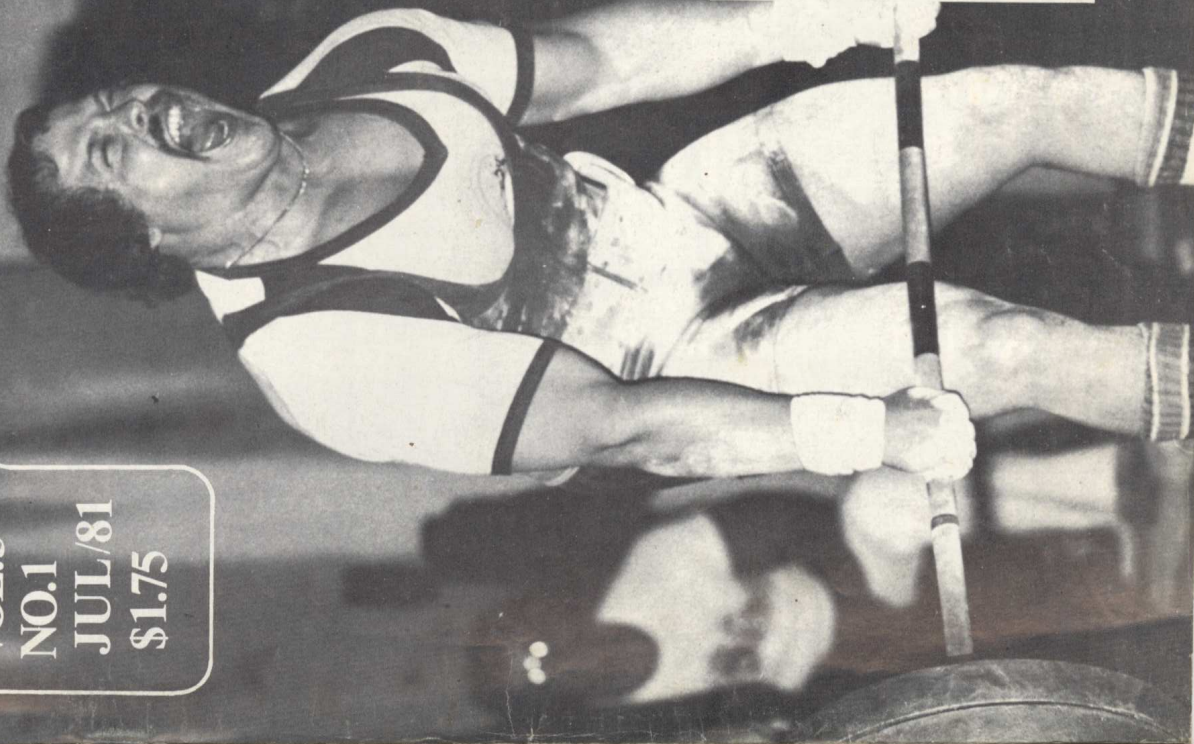
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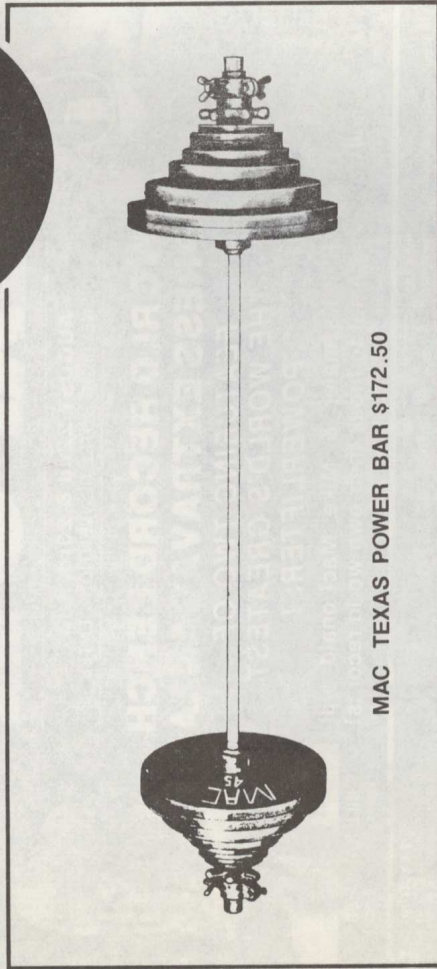


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EDITOR-IN-CHIEF Mike Lambert
INTERNATIONAL EDITOR Tony Fitton
FEATURE EDITOR Dr. Ken Leistner
TRAINING EDITOR Ron Fernando
RESEARCH EDITOR Dr. Tom McLaughlin
SUBSCRIPTION SERVICES Jean Lambert
STATISTICIAN Herb Glassbrenner
PUBLISHER Mike Lambert

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

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NEXT MONTH.....the 1981 Sr. National Championships
ON THE COVER...Paul Whitney at the Juniors with inset of Dave Waddington and 1003 lbs., copyrighted photo by Dave Moore.

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WADD Squats a 1000
 Dave Waddington became the 1st Man to Squat with 1000 on June 13th in Zanesville, Ohio at the Appalachian Open meet held at the Zanesville YMCA. He went 900, 975, 1015 which weighed out at 1003, and also posted a PR total of 2325. After recovering from the squat Dave said "Some people say they see stars, I saw the Milky Way. Dave suffered a nosebleed during the lift (wouldn't we all) as seen in the copyrighted photos by Dave Moore, who was the only free lancer photographer on the scene for the historic Powerlifting occasion."

2ND ANNUAL APPALACHIAN OPEN-6/13/81-ZANESVILLE OH

	50	BP	DL	T
G. Peckhamer	225	185	330	740
S. Perry	230	195	335	810
S. Estelzer	220	185	295	610
148				
H. Rome	335	215	385	915
D. Powers	320	210	375	895
D. Porter	290	215	350	855
185				
B. Billman	460	280	480	1100
G. Rome	375	280	440	1095
C. Gilford	350	230	475	1055
B. Pappas	380	210	455	1040
M. Lafferty	335	200	400	935
181				
C. McCarry	550	350	500	1400
D. Babanik	520	330	480	1310
J. Ramsey	475	270	480	1225
M. Scott	430	320	460	1190
G. G. G.	430	320	460	1190
J. Jabot	380	255	400	1045
F. Revennagh	300	250	475	1025
242				
S. Thomas	605	285	550	1440
R. Grinnold	520	355	555	1430
M. Lahan	410	300	545	1255
R. W. W.	405	285	525	1215
R. Wietardo	465	225	465	1155
220				
E. Nagy	580	415	555	1540
K. McKeown	515	405	545	1465
G. Dreschel	575	350	520	1445
G. Wondle	450	290	480	1220
B. Sommerfeld	242			
M. White	600	355	600	1535
K. Enright	475	295	555	1275
275				
D. Cain	650	355	655	1660
SNW	580	385	525	1470
D. Waddington	1015	550	760	2325
T. Gill	500	300	520	1320
181				

Best lifter in wt.: G. McKeown, 515 lbs. D. Waddington (trophies presented to Ethel Nagy). Best female lifter: R. Perry, 1st place team - Newark team at 1003 lbs for a pending American record. Earned a 1000 lb. or 455 kilos making over 1000 lbs. Competition in the other classes was very good, with 3 teenage American records. Greg Wagoner's 320 bench in the 181 class is a pending teenage record.
 On June 13, the 2nd annual Appalachian Open power meet was held at the Zanesville YMCA in Zanesville, Ohio. The big event of the day was Waddington's 1000 lb. deadlift. He had set out in history to officially squat over 1000 lbs. Competition in the other classes was very good, with 3 teenage American records.
 Thanks to Meet Directors Don Graham and Bill Breck for results.

NATIONALS/BOISE
 by Mike Lambert



Joe Cunha, muscles all over!

Dan Freitas heard that Joe had been footing around and had benched 300. He checked out the records to find that Chuckie Dunbar's 314 was the existing World Record, and knew that he had something special on his hands. Joe had always been strong as a youngster, but never really channeled that asset into athletic pursuits, but after convincing him Dan and other supporters his progress has been deliriously sudden. From 953 in his first meet to 1091 here, in only his second competition, is incredible, but he has since benched 292 in competition and is hoping, if the finances can be taken care of, to hit the Seniors and do even more. Not so incidentally, he is strictly a non-drug lifter. I had heard the rather remarkable statement that "Joe can squat with whatever he can stand up with from several people before the meet, but it actually seems true. After doubling 435 in the warmup room, his problem with 501 was balance, not strength. His 485 was effortless, but with his narrow stance the bar was only slightly to one side and he had difficulty smoothly done, promising more in the future, and Joe would like nothing more than to "out-Dunbar Dunbar at the Seniors.

Youthful Escobedo is making steady progress and with his balance of lifting, he could be the ultimate 114er that this country has produced in a couple of years. Rugged Mike Ellis lost his possible edge over Harold in the squats, which he came up with strongly despite a lean, deodlifter's body structure, but they were judged high. Roy McLaren's fallers in the squat didn't stop him from breaking the 1000 barrier, and Steve Ohata, another lifter from Hawaii who looks heavier than his 51.5 kilos, had a nearly perfect meet. Gary Hunt, born in nearby Nampa, Idaho, out-totaled the winning sum from last years contest, but still couldn't break into the Top Five

and was upset with his result in the bench, having hoped for a 281. Cadet Bobby Sanders of the Air Force Academy suffered a rough day in the squats and is looking to qualify for the Seniors after his debacle here, and another top California lifter in this class Mark Shipr was one of many to start too high in the squat.

It was great to see Monte Mason win the 123s. He's an excellent representative of the sport, an All-American type individual who put in years of hard work to come this far and lifted very smartly. He was angry with his miss at a 264 bench because he was in the heat of battle with Yoshizu at that point, but his 441 Deadlift miss was mere arm-fatigue. By the way, Monte's coach, Tom Wardson, would like to know that Monte is a NATU, RAN, NAB, and NAB member, and available for sponsorship. If you'd like to contact Monte in that regard, drop a line to PL USA and we'll forward it on to him. In 2nd place, another quality lifter from Hawaii Dale Yoshizu. Dale has balanced



Monte Mason roars out a squat



Victor Williams took this 518 to the bank and made a deposit

issue. George is a great student of Powerlifting, carefully asking for advice from many coaches, quietly imitating and absorbing their knowledge, producing an outstanding lifting performance on the National platform. George, you just don't know how good you are.

Perhaps George can be excused for his uncertainty somewhat because Marc Caplan looked and lifted like a winner. After an ignominious bomb at El Dorado last year, he came back amidst the cheers of many supporters from Pacific Northwest to do nearly everything right on the platform, save for close attempts at a 683 squat and 402 bench. The deliberate style of Jerry Moylan, emphasizing rigid body position and steady tension, put him into 3rd over likable Danny Bullard, whose 440 bench was close and 633 squats could have been there. Bill Toscas was probably quite shocked with the outcome of this class. A confident lifter, he was in good shape going into his favorite lift, but the 683 he tried twice in the deadlift was too much to take over 1st place for even a moment. The Nebraska football player (a walk-on?) had one of the most outstanding physiques in the meet.

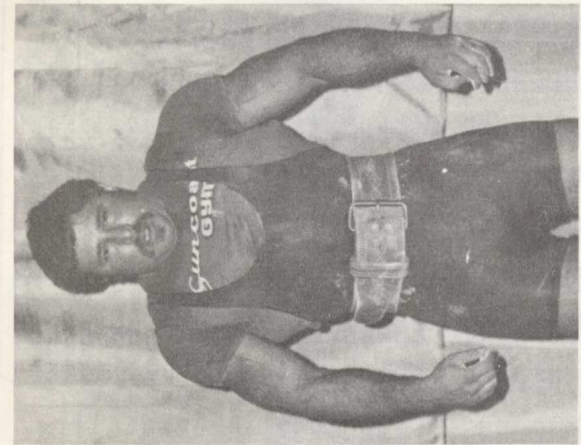
George had eyes for the meet record in the squat before his division lifted, but learned that things rarely go according to plan in one's first National contest. Still, he placed well, as did Marc Hale, a dependable competitor, who substituted for the meet expressed dismay about the apparent degree of steroid use in the sport. Dave Sam Mangialardi, Ken Horewitz, and Rich Spradling all had a good scramble for higher placings in this class where just to total was a distinction. Among those who didn't, Mike Shines injured a rib, disappointing his many fans in the local area, and Danny McDermott reportedly benched 468 in training. Two poundages seemed

He was also disgusted with his benches, which is surprising considering the sorry condition of his elbow. Ron Pears, a tough guy, contacted Bill Decker, not his usual self, and by all his squat attempts, despite having squatted 755 in a meet only 3 weeks prior.

Bob Chrosniak was also depressed about his performance, but was pleased to win the 220s. He had been 6 pounds over the morning of the contest and losing the bodyweight took a toll. Even on 4 successful attempts, he was the class of the field. He had to follow himself in his opening bench infraction on his opening bench, forcing him to take it over and jump quite a bit to his 3rd, which failed. East Coaster Sherm Backus barely made it into 2nd place, when he struggled 3 times to avoid some minor infraction the refs had spotted with this deadlift and get on the boards. Kevin Fisher was very impressive off lately recent knee surgery, but didn't have a lot of success in the squats. His benches went well and his deadlift spec- tacularly so. Jeff Mehl, who a few weeks ago was a 1000 lb. lifter, worked for himself with his efforts at a 705 squat and 451 bench being slight overestimates of his abilities. Jeff

Horn, one of the rugged Oregonians, toughed out some nice lifts, especially in the Deadlift, while teammate Jeff Magruder, who had hoped for a World Record bench, had to be satisfied with a tough 540 and passed his 3rd. To me, Jeff looks like a cross between Bridges and MacDonald and with a structure like that he should have some more things with the record book before he's through. Paul Whitney was just off the pace that would bump him up several spots, his lifting was among the most graphic of the contest, which is why he is the cover of this month. Bill Kepler of John Pettit, I believe, did well while Ron Everett finished up just behind, well off of his attempts in 242, but misfortune struck down John Black, who tore a leg muscle in the squats which kept him from pulling 207 pounds less than he had made in the gym in the deadlifts.

World Pleasters threat Jerry



Chrosniak lines up his mind for a maximum squat assault effort



Demo Behling drove and drove and drove this 540 to completion

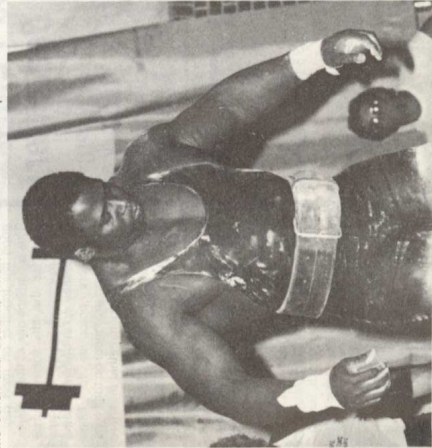
normally exceeds, otherwise he would have certainly put more on the bar. Gary Springer and Paul Pasquavanti didn't come with trophy but certainly enjoyed his lifting and all the PRs he generated. Mike Scott left the Power Pit Gym in Pearl City, Hawaii long enough to coach Gary Springer and massive Marlon Dent to some great personal lifting that exemplifies the sport. Bill Kucera injured himself on state. Greg Progress being made in that his first squat and had no chance at the following attempts. That was a shame because he is a giant of a man and looked to be capable of some corresponding lifts.

What he was going to do at this meet were all over, but even though he didn't have a stellar performance, neither did anyone else. John's opener was astonishingly easy. Malm also pushed up 826 so confidently that rumors of a World Record began to filter about the crowd, but Gamble got pinned at the bottom of his 852 attempt as did Malm with 805. Eric Stubers narrow stance and long body provided a combination that did not please the judges regarding depth, and when he pulled up, he bowed on his back. Tom Hardman stood just how explosive a squat can be as he dipped beautifully with 755, but missed the timing with 771. Dave

Green was in ecstasy after missing 760 and then coming back to make it strongly, but Tom Tabback had some long looks after missing all but his openers, with the exception of a fine 490 bench press, and Doug Patterson felt if he couldn't squat 699, he didn't deserve to total; so he didn't.

Drupal benched exceptionally well, but injury troubles returned in the deadlift or he would have easily gone over 2000. Gamble's tries at 804 in the deadlift were strongly pulled, but seemed to be out front and couldn't be pulled in. His

benches, which is surprising considering the sorry condition of his elbow. Ron Pears, a tough guy, contacted Bill Decker, not his usual self, and by all his squat attempts, despite having squatted 755 in a meet only 3 weeks prior.



John Gamble exhibited a phenomena known as 'Ultra Traps'

whocame in just overweight for the 275s, was in only 5 lbs. to have a healthy, well-toned physique. He had pulled 711 and hoped for something in that neighborhood at this meet, but was disappointed. He's thinking about concentrating strictly on the squat for a while in hopes that he can hit a big one close to 900. Jim Grecco's slow rise in the squat apparently troubled the judges, so he took 705 over again and made it, but he was off the pace he needed to catch Manny. Orlando Muniz-Zacca (a name that doesn't fit too gracefully on my TOP 100 list) had a really close call in the squats, taking 3 times to get low enough, but his efforts came to nothing as his twin becp tears could not stand the strain of a heavy deadlift and he bemoed.

With a thudding echo from Jay Pektou's final deadlift attempt, the contest came to a close. It was a great competition...perhaps unmatchable in terms of the depth present in several classes and in the emergence of new faces in the top spots. In terms of the effort put forth by the well coordinated promoters of the meet, if anyone could do better it would have to be in the best meet of all time. In fact, the widely respected and best meet had been in the United States (Jaska was the director of another tremendous contest, the 1978 World Championships in Finland).

After the meet, I witnessed a most unusual sight, a crowd of lifters surrounding John Luthy, offering their thanks and congratulations. Lifters offer that kind of respect only to people who've earned it. The Boys (& Girls) from Boise did just that.

massive musculature was something to behold on and off the lifting platform. Tom Henderson died, as inquired about the current World and Meet records for the 275 lb class, I thought we'd see some fireworks, unfortunately, they weren't explosive enough, they were! Tom the 810 he desired.

After the meet, I witnessed a most unusual sight, a crowd of lifters surrounding John Luthy, offering their thanks and congratulations. Lifters offer that kind of respect only to people who've earned it. The Boys (& Girls) from Boise did just that.



Meet Director.....John Luthy

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More from Ken Leistner

In reading PL USA or talking to lifters, it soon becomes obvious that everyone has their own way of training. Some like high reps, few sets, others low reps—lots of sets, some train once a week on each lift, and some go to three times. Some go heavily all the time, others train comparatively light. Look at the routines of the top guys. Frenn goes head will spin for guys. Frenn goes twice a week, Gauger four times, Bridges three times, Frantz up to five times. Man, just what is right? The champs have been blessed with many things, and the overwhelming odds are that you have not been. If you were, you too would be right up there. This is perhaps the hardest thing for many to accept. Anyone who trains so successfully, obviously, has a routine coming back to the one they used after year. We've been brought up with the American ethic that break your butt hard enough and you often enough will bring success. In the PL world, a much more accurate statement would find us saying that if the above is carried out and butt is broken long and hard, one will improve beyond his wildest dreams, have lots more muscle to show for the effort, be much stronger than the average Joe in the street and certainly stronger than the trainee who has been without the training, but with all that, may still never be better than fourth in his own Association meet. It is not true and with no negativity intended, that unlimited amounts of hard work will make everyone and anyone a champion. No way, jack! We must be content with any rewards we get and understand that the value of our training will be measured in intrinsic units, not meet placings or national rankings. You think not? Then why is McCain, Paclenco, Knead, Frantz, and Verdonck near killing each other for damn near killing you? There are easy guys who are willing to pay the price, any price, and do, but still they go just so far and no further. Now persistence may eventually bring one a title, even a major title, but these are the exceptions in terms of the hundreds of thousands of guys who toil in so many gyms. Most of us will make great gains, but we will not be champs, not ever and that's just how it is and no one promised you that life would be fair. The above being true, and I will never be convinced that it isn't, it stands to reason that you've got to be somewhat deranged to follow the training and/or drug schedule of a champion. These men are great and often have great ideas and many of their concepts will assist the average trainee, but a lift for lift, pill for pill, shot for shot replay of the bests' routines will not

activity, especially meet time. It's meant to be fun, and yet, how many guys really enjoy it? The rewards are many, and they extend far beyond a trophy or back thumbing from well wishers. Yet, so many guys screw up at a meet and rather than chalk it up to a learning experience, they rant and rave and blame others (usually the judges or the warmup facilities, the announcer, their dog, and walk away in a foul mood). One of the best examples of the "right" attitude I've seen occurred at the Nationals last year. Charlie Perkins, one of my favorite lifters, bombed in his squats, said something like "I guess I blew that one", and then stayed to spot and load, and generally help out. No, it was not a real good day for him, but he took in realistically and no doubt learned a lot from the experience. If one blows it at the Seniors or Worlds, okay, some bitching is understandable, but at the Chelotte Open for Residents Only?

The purpose of all this was to lead in to a few thoughts: re: the frequency of training. I'm convinced that most guys overtrain severely. It's possible that the body, almost as a body, can get used to a training program, but that doesn't mean that one will make progress training that way. More is not always better, and it is usually worse. We again get back to the champs: it doesn't matter how often the best lifter in your state trains, it has little or nothing to do with you. Each one of us has got to find out what's best for ourselves and this will take some doing. Obviously, six days of heavy leg and back work every week won't cut it, but past that, experiment and enjoy it while you're at it; you can always make a case for any program. One of the things that amazes me about research is that you can always find a legitimate, well executed study to support anything you want to pur-

port or promote. The manufacturers of exercise and diet supplements do it daily. Louis Simmonds and his crew train four days a week, but a very limited schedule. Bridges goes three or four fairly limited times a week (although squats heavy). Peffer has yet another approach, and he guaranteed that John Black and his gym members go differently from any of the above. All of this limited to Ohio and all of the above mentioned excellent to great lifters. Got the picture?

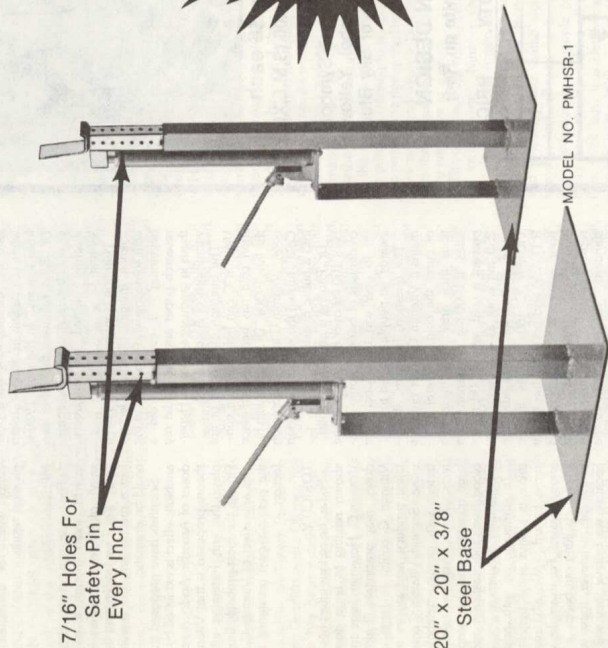
One of the better ways to train was originally brought out in a conversation with a former patient and teammate of mine, Warren Salade of St. Louis. Warren has been hurt at the Nationals last year (things beyond his control) and has yet to really make his mark, but he has the potential to do wonders before he hangs it up. His approach to training is simple and direct. Essentially, he trains each lift every four days, and trains every other day. In other words, a typical schedule would go like this: Mon-Bench, Wed-Squat, and DL, Fri-Bench, Sun-Squat, Tues-Bench, Thurs-Squat, and/or DL, Sat-Bench, Mon-Squat, etc. He'll mix heavy, moderate, and light days to keep from overtraining or getting hurt and his 'lower body' days will be handled with enough sense so as not to go max on the two big lifts too often. He keeps his assistance work to a minimum, doing moves that he feels will help his lifts (things like head pulls, inclines, etc. basic moves), and thus, can train quickly, but with much intensity. He gets a lot of work on the lifts, yet gets enough rest so as not to burn out. He uses the 'off days' to ride his bicycle five to ten miles for the cardiovascular effect and stretches regularly. The only real drawback to this method is common to most approaches to lifting. You tend to be able to gear up for whatever lift you have on that particular day, but often can't put three good lifts together on meet day. This is perhaps one of the explanations for the lifts some champs make in competition as compared to what they do in training. Some lifters are notorious for lifting 150/250 pounds more on their total in training, forgetting that the three best lifts were not made on the same day, and often not within the same week. This could happen on this type of program but can be rectified if one did the three lifts on the same day at least once per week (twice if one day was quite moderate) during the last few weeks prior to a meet. Training in this manner will also spring one from the gym for other things. If it's possible to rotate days, you could go with the same approach, but only lift three days a week, doing squats on Mon, Bench on Wed, Squats and DL on Fri, Bench the next Mon, Squats that Wed, Bench again (mixing heavy and light or perhaps bench one day and inclines or other move on the second day that week), Fri, Squat and DL Mon.

(Continued on P. 18)

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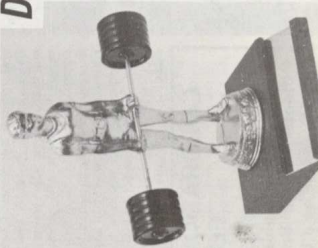
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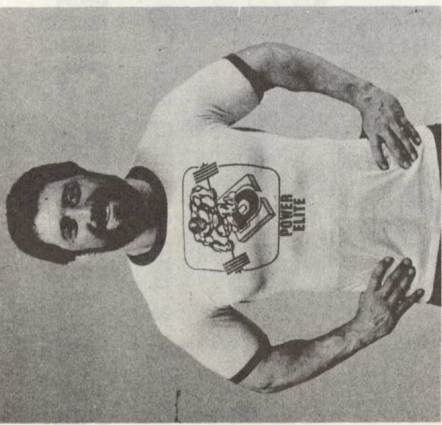
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Nutrition Corner

BY JACK DICANGI

VITAMIN C
I've been wanting to write a short article on this topic. Ascorbic acid has always interested me particularly, because my undergraduate dept. head, S. R. Angela worked with Dr. Charles King on a pure white crystalline substance taken from lemons. In the early 1930's, Dr. King followed the other two vitamin letters, A and B, and consequently named his discovery, Vitamin C.

Nutrition is indeed a very young science. Imagine sitting in a lecture with someone who was there at the beginning...I eventually did a series in paper and then on Hyper-vitaminosis, or Ascorbic Acid. The question of whether or not Vitamin C can help fight the common cold has been around since the late 1930s. Dr. Pauling with his book, *Vitamin C and the Common Cold*¹, turned the scientific question into a public question.

Dr. Pauling is an 'Elite' scientist. He's 100 lbs over elite and with the credentials of being the only scientist to ever win two Nobel Prize awards, so people listened to him. The question, however, still remains if Vitamin C either prevents or cures the cold. Several questions then arise from these two sides. If 1000 mg. of Vitamin C can prevent a cold, would 500 mg or 250 mg work as effectively? Second, if a person A has adequate Vitamin C (60 mg as in the R.D.A.) and person B has a very poor nutritional status, person B cannot be claimed as a true representative of the population standard. This point refers to the fact that the health of subjects tested must be above this point is created in an unused form!

In all the major studies, the major benefit of Vitamin C has not been in preventing or curing the cold, but to slightly reduce cold's severity rather than the cold's frequency, total duration or upon the local symptoms.

In my review of the literature, I've found unimpressive results in taking **BETTER WITH AGE.** I recall lifting with Ken Sommer back in 1960 and since that time, he's only gotten better. At the Venice Beach meet in May, he set 1.15. N. B. Smith's marks with lifts of 369, 292, 600 (age group 50 and over; 242 lb. class), weeks earlier in San Diego, he lifted the mark of 617 by Bob Fetters and 626 by Conrad Colter with a grip of 417.27 DL at 275. And in Lenny Kennedy did more in the Phoenix meet, but never applied for it).

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The Biomechanics of Powerlifting
by Tom McLaughlin, Ph.D.
Director, Biomechanics Laboratory
Dept. HPR, Auburn University
Auburn, Alabama 36830

Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF PHYSIOLOGY, FITNESS, AND SPORTS and has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the AMERICAN SOCIETY OF BIOMECHANICS, and the INTERNATIONAL CONGRESS OF SPORTS SCIENCES. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University. Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center. He was also an invited Research Professor of Biomechanics at UCLA in 1979.

passed by the referees due to a technicality, his 860 was not locked out and missed for that reason) From a two dimensional analysis of Kuc's 832 success and his 860 miss, a number of interesting points about the Deadlift are evidenced. First of all, the vertical acceleration of the bar was found to be four times greater off the floor at the start of the lift with Kuc's attempt at 860 than was the case with his successful 832. Since one might logically expect the bar's vertical acceleration to decrease as bar weight became greater, obviously Kuc's miss was not due to lack of acceleration in the early phase of the lift.

Although Kuc accelerated the bar on his 860 attempt much more than on his 832, the bar's acceleration dropped off much more dramatically. By the time he failed with the lift, which was at a position just above the knees, the bar's acceleration had dropped to zero and soon thereafter decelerated before Kuc gave up on that valiant attempt.

Well, what happened to cause Kuc to miss the lift? The answer lies not in looking at the vertical motion of the bar in this case, but at the horizontal movement during his deadlifts. Interestingly, the bar swung out over 10 centimeters further (over 4 inches) on Kuc's 860 attempt than on his successful 832. What was 4 inches?... a lot!

Human cadaver research shows that the moment arm of the back extensor muscles is also about 4 inches in most people. This simply means that for Kuc deadlifting 860 pounds...the 4 extra inches he let the bar swing out the effectively had to lift an extra 860 pounds. In otherwords, for every 4 inches you must add in the weight of the load, you come up with the total weight of the bar as close to your body as possible is the common advice we have all heard in our training...in the deadlift it is

everything. Indeed, the difference in a World Record Deadlift is a matter of inches more often than not. The obvious question, is why did Kuc change his form in the 860 attempt from that of his 832? Well, analyses we conducted of other top deadlifters like Kazmaier and Bridges showed that every time they tried a maximum attempt they let the bar get twice as far forward on their lighter attempts. The only person we didn't see do this was Arnold Schwarzenegger. This recent craze over stiff-leg deadlifts, they simply develop more back strength for the starting position. One observational involves the finishing phases of the lift. To pull a deadlift up all the way, before you then swing back the upper body to await the referee's clap. Now, byagine any recent near miss you may have had when you tried to stand erect with the bar below your normal fully-pulled position. The further down the bar, the harder it is to get into the final erect position. In mechanics, this is akin to attempting to force over a steel column, when you try to lock out too early. If you try to lock out too soon, or the quadriceps (thigh muscles) with the bar low on your thighs, Good Luck! Kuc is a good example of locking out at the proper time. Others may have to use 'technicalities' to appear that they have locked out properly. We have all seen this at meets.

By the way, whatever you do, DON'T OVERTRAIN THE LOWER BACK. These muscles fatigue faster in a workout than almost any other muscle group in the body and also take more time to recover. More (a lot more) later on this.

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Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University.



Natural Adrenalin - How much? This short study in the correlation of arm length and deadlift weight during the award ceremony of the 1978 Worlds. The 132 lb. class, winner Lamar Gant runner-up Prentice M. Johnson managed a 531 lb. deadlift. The shortest limbs of all, Kookka got a 507.

REFERENCES:
(1) Garhammer, J and McLaughlin, TM Power Output as a Function of Load in the Squat. Biomechanics Abstracts, Journal of Biomechanics, 1980, Volume 13, p. 198.

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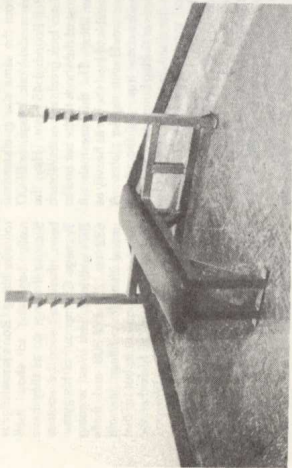
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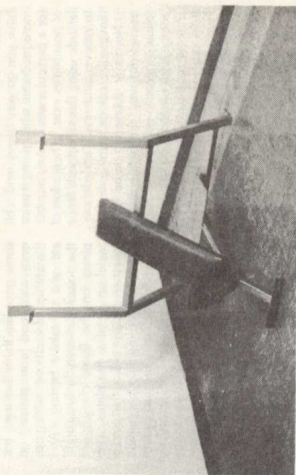
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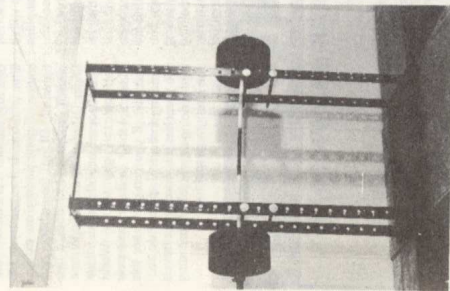
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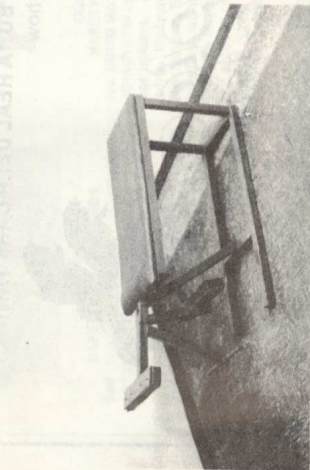
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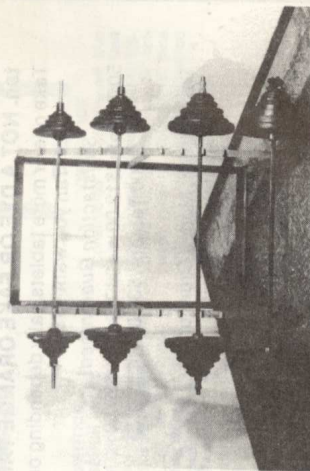
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etc. You'll DL every 10 days this way, which is all a lot of guys will want anyway. The weeks that have you doing a lift but once (and lots of guys do it that way now), could have you go very heavy, and a bit more moderate when doing it twice for a particular week. Any number of possibilities exist. There's lots of latitude using this set up with time to recover and repair and do whatever you want to be doing.

Now, on the "big" lifter
 follow. I want to reiterate my initial point and remind you that the champs routines may or may not help you. Go with your own feelings and what seems right for you. After all, you are the final arbiter of your successes and you should know what is best for you.

It's rare that I get excited about new PL equipment. After all, a bench may be heavier, stronger, fancy paint job, etc. but it's still a bench. As a some time former olympic lifter, I developed a strong admiration for bumper plates. They protect the bar from excessive stock (and remember that the bar is the lifter from same, protect the lifter from same, protect the floor, and make for very smooth lifting. I can't begin to recall all of the years. My mother still blames my DLs for the cracks in the garage floor (But mom, the house is settling or padding on the floor, the 600 plus DL will take it out of the concrete or wood, believe me. Metal hitting concrete on repetition DL can be murder, both on the floor and the lifter. We don't advocate bouncing your DL, although some guys like them that way, but about the same size as they're lifting. (Bill Pomeroy) 45 lbs. bumper plates the great are great, although they will go on as they have a "Family dispute" or "Disorderly Conductor" complaint. Okay, so the olympic type bumpers make what reduced shock, and somewhat noiseless lifting, let's get some. Well, before you charge down to your local Elekto shop, note the price local. Elekto gives a really good deal for a great product, but the plates are still not cheap, going approximately \$100 per plate for a 20 kg (44 lb) number. The Elekos are more. Schmidt Barbell in Tennessee is priced similarly. If your gym has bumper plates, you know how nice they are to use, but you also become aware that you cannot get much more than 400-450 on the bar. After that, it's metal over the rubber and that pretty much eliminates any advantage gained with the rubber. Well, gang, the problem has been solved.

Everyone knows who Lou Ferrigno is, although fewer folks are acquainted with Matthew and Anthony, his father and brother. They

scoping out the site. When you lift in the friendly confines of your own gym, you get used to the smell, the lighting, the spot you focus on when you squat, etc. I like to take the guys to Zim's Gym occasionally, a bodybuilding emporium extraordinaire, one that houses Harold Poole, Jim Whipps, Charles Thomas and other top east coast powerlifters. The guys there have to meet with steam, a folk, waiting. It's good meet prep and on the platform to the meet site and on the platform, early allows one to settle in, pick your line of focus, and have a more realistic mental preparation that night as you can actually picture the set up, the plates loaded on the bar.

I made everyone miserable at dinner, asking those close to their weight limit to watch the bread, peel the skin off of the chicken, etc. We had to frisk Rob Velotti to insure that he didn't take baked potatoes up to the room for mid-night consumption. For the first time in his life, his conversation with the waitress involved late night entanglement with buns that were baked in an oven, a real switch for him. Larry was just plain mad and if you were used to two pounds of food per sitting, you too would be annoyed with 6 oz. of meat and half of a dry potato. (Tomorrow, I'm having blue cheese dressing and we'll fight if you think I can't) Kahie teenagers in PL, I'll cover a number of these points in the next month or two. Dario's friend Scott lifted well in the 132s but Bob Herbst dom-

Well, the Senior Metropolitan championships for this year are honorary and once again, all of those things that make powerlifting a good sport and a good sport. As our readers know, I was excited to go to the Nationals, for this one and before anyone asks, yes, it was worth it. This particular lift was important to me for a variety of reasons: it was the first appearance of the newly formed, Leinster's Powerlifting Team, made up primarily of guys who have never before seen a meet; it was my first area meet; it was my first meet since the onset of my critical illness and I made moderately heavy lifts without killing myself (literally) in the process.

As always, the trip update was exciting. Think about it, isn't it great to pack up and haul off to a motel for the night? Sort of makes one feel like a big time athlete. As it turned out, our motel manager's son lifted with us in St. Louis and we had a hell of a time reminiscing. Talk about coincidence. After setting in, we trekked over to the motel site and helped Tim Weidman set with men and women who believe in the success of a meet is determined by the energies expended in hauling the metal, not by the girls that make, many guys, and a stool contest before your squat warmed up. Thus, we helped set up, we laid out the meet site (not to be underestimated) and got a feed for the audience. Note that I stressed some plates to the warmup room.

laying out the chairs, putting down the platform sections) is great for burning some tension, reducing anxiety, taking the edge off of the day before a meet, and the only case, I tolerate a meet to do. In our case, the workout was extra hard in order to do our cardio. I really enjoyed it. Well, it's a real treat to see some of our old lifters at the meet, to see the stars and even shot baskets for all three days per week and running, billing, or swimming the other days, you really think that a little hurt? Barring injury, it's the best thing for you. Relate it to the sex prior to a meet or any other event. What's normal for you is what's best. If you're used to working out on your old lady six or eight times per week, then abstention will only cause problems as your body just won't be "right". If you're like most lifters who panic at the thought of then disruption of the normal once per week pattern, especially the night before the meet, will be rumorous. Same with activity. Most of the members of my team are used to physical work and do something physical every single day. To do absolutely nothing in a car for two hours would be as debilitating as a drunk and stool contest before your squat warmed up. Thus, we helped set up, we laid out the meet site (not to be underestimated) and got a feed for the audience. Note that I stressed some plates to the warmup room.

to a plate of ribs that was bigger than she was. Needless to say, the guys had an immediate focus for their hostility. "Man, you gonna eat all that stuff yourself?", "Uh, Kathie, that'll make you fat you know, your figure just won't lift." At this point, I figured that we were ready for our first meet.

Although drained from lack of sleep and a severe case of nerves-induced diarrhea (I still couldn't be sure that a heavy lift wouldn't kill me), I felt that pre-meet excitement was, in fact, a pre-dominant. That makes our sport about as physically gratifying. No doubt about it, I was going to enjoy the lifting of my friends. To lift was terrific. Teammate Joe Steinfield miscalculated and came in a pound heavy at Walker Thomas, who mistook this time as he floated in at 112 and change. Unfortunately, he failed to qualify for the Sentors, missing his last two DLs. It was suggested that hanging out with us city guys has ruined him, but Joe has lots of lifting in him. Matt Rizzuto and Bonnie Moffitt show good potential for the future. Vaughn and Barbara's girls continued to pile up our primary competition, as they took the 123s. Guest lifter Dario Mucilli did quite well and his father and I had a very interesting conversation about the involvement of teenagers in PL. I'll cover a number of these points in the next month or two. Dario's friend Scott lifted well in the 132s but Bob Herbst dom-

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their first meet, this was the one to take them to. Except for a few slow spots, the meet ran very well. The crowd was supportive (especially everyone who came up to get rowing and cheer for us!), the site was set up well, the announcing was informative (the very famous Joe Spack handled that for the most part with ample support from Barbara Burns and Tim - is there anything that Tim didn't do?), and the warm-up facilities were well situated andamply equipped. In the Senior Meets meet had really run down hill and that it was important to the health of the PL community in the NY area to have this meet. Establish itself. Well, the folks from the Metropolitan Area, Joe Spack, L. Tompkins, V. Madfield, D. Lugo, C. Stoen, L. Tompkins, Barbara Burns, etc. Awards: Beautiful and large trophies. A first for this meet: a line meet at a line site, everyone in the NY area is a guest lister... outstanding filler. Thanks to Ken Lester for results and report.

NATE FOSTER, coach of the U.S.A. team at the Women's Worlds was shocked at the reporting of the Jennifer Weiland incident at the Women's World Championships and comments about the caliber of the coaching in the last issue of POWERLIFTING USA. To quote Nate in an Open Letter to Tony Fitton: "While it is true that under the tremendous pressure of giving my all to the coaching effort of our girls, I did get to know a lot of the rest of your version is false." Nate also states that "it would seem to me that she would not have frustrated me to release her frustrations on for a full 10 minutes after her reinstatement." Nate also states in his letter that "if any of our girls have disparaging remarks to make them to communicate them to me and if true, I will improve on whatever the problem may be in the future," and he adds that "in the opinion of the other coaches at the Championship, the U.S. coaches were the best." Nate closes his letter with "Your mud slinging has clouded the most intense and rewarding effort of my powerlifting career."

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J. Kelly	85	52.5	117.5	255							
G. Romera	65	35	112.5	220							
G. Russell	85	52.5	117.5	255							
R. Herbst	102.5	110	170	382.5							
D. Garby	75	50	110	245							
J. Madfield	75	50	110	245							
S. Sylvester	122.5	75	145	342.5							
J. Schmitt	67.5	50	110	245							
G. Martin	172.5	115	217.5	595							
E. Weinstein	185	105	192.5	482.5							
P. Rositano	172.5	107.5	182.5	482.5							
G. Martin	142.5	80	187.5	410							
M. Rizzolo	122.5	100	157.5	380							
B. Hain	110	57.5	102.5	270							
S. Alexander	170	117.5							
T. Viotto	180	125	230	545							
K. Lester	180	120	185	485							
R. Viotto	180	120	185	485							
B. Brand	90	52.5	102.5	235							
C. Nelson	90	52.5	102.5	235							
D. Kuhl	255	157.5	272.5	685							
D. Kuhl	255	157.5	272.5	685							
S. Cichy	255	157.5	272.5	685							
C. Nelson	180	127.5	237.5	565							

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noted for the future. Tom Corrie's impressive physique proved capable of lifting impressive weights although meet director Tim Weidman closed last for 2nd. Tim works tirelessly for the sport; set up and ran this meet and still lifted well. Unbelievable and he definitely does not get the recognition he deserves. Valou proved that graduating from Malmere High School doesn't hamper you in all walks of life and distinguished himself in the first meet he had ever seen. He had room for more in all his lifts, especially the DL, which sealed the team title for us. Thanks to the Bantus and Jon Schmitt lifted quite well and also show great promise. Eric was Lester's powerlifting coach on winning the 220's and again proved that you can look like a bodybuilder and still lift an awful lot of weight. The star of the meet was Joe Morelli. Check his numbers. He could have just as well lifted at the Nationals, this day and he's just scratching the surface. Our Mike Roy came through in the clutch after screwing up a number of his attempts, to total and Juan Marplace. Tom Klamac and Juan Marplace, a highly respected area lifter, did their thing at 275 and the big boys, who closed the show were Charles, Schroeder and George (son of Arnold the Golden Boy) Skoaland. Charles took the loss of the team title hard, but as I told him, he'll get to go after it again next year, and my guys can't wait. If you had to take newcomers to

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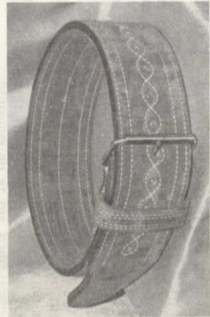
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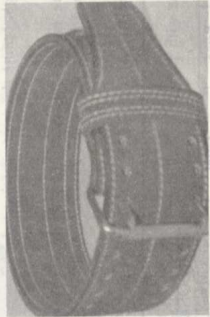
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Startin' Out

A special section dedicated to beginning lifters.

Being a young lifter in our great sport, I know what good advice from veteran lifters can mean. Getting information from more experienced lifters can mean the difference between winning and losing, believe me, I know. That is what prompted me to write this letter. Although I am only 19 years old, I've been in the sport for about 5 1/2 years and have competed in the Teenage Nationals. The experience I have to pass on to you is what I learned from the Teenage Nationals. The experience is first-hand knowledge. Last June I was preparing for the 1980 Teenage Nationals and was training pretty hard when I received a devastating blow to my right leg. I was doing deadlifts and was using the sumo style when I decided to try a stance in the middle of a workout (I had gone sumo up to only about 450 when I decided "What the hell, I might as well go ahead and pull it right up with no problem." I put on 500 and tried to do a set and I pulled it right up with no problem, but at the top I felt something pop and I fell back down. I ended up severely straining my sacroiliac and glute because my lower back wasn't strong enough to handle the strain. POINT No. 1: Never switch techniques in the middle of a workout, especially when handling near maximum weights. When changing techniques it should be done light and work into gradually with the appropriate assistance exercises, so as to prevent injury to the muscle groups that are now doing the new movement. This may seem pretty obvious to some of you but you'd be surprised how many people, including myself, that have had trouble in this area. That was one big mistake I learned greatly from.

But the problem remained as to what to do. Needless to say with only a month and a half to go before the Nationals I kept training which was WRONG! POINT No. 2: Once an injury occurs, never, I repeat never, keep training as though it weren't there at all, no matter how important that next meet is. My result was that I injured myself further and ended up only lacking a 10th where a possible 5th could have been mine.

Now the biggest point I pose is that of recovery. POINT No. 3: After the meet I took an entire month off from training. Not only because of the injury but because that had been my 5th contest in 7 months (too much). At that time I figured I was ok again. My back didn't hurt anymore and I figured it was time to start lifting again. I started out with light squats and thought I'd be alright, but as fate would have it I pulled my back again. I tried consulting some of the other lifters in the gym and most of them were very helpful. I started applying heat pads and creams and hot baths and stretching and soon my back felt like it was healing up. But as far as what kind of lifting to do, it was mostly just a miss. Through trial and error plus some good ole common sense I devised a workout for my lower back that worked wonders. First, I started doing lots and lots of hyperextensions and hyperextensions only. This lasted for about 2-3 weeks until I felt confident about my back. I was not doing squats at the time and doing my regular off season bench routine. All this combined with 3 day a week workouts gave my back just what it needed. Soon light squats were done in, going into what I could just feel a tiny twinge in my back, then I stopped and did leg assistance work. I gradually worked in good mornings and light sitgrips for the back and went real light. Soon I could feel the back tighten up and get stronger. Gradually I worked the weight up and raised the amount of reps from 4-5 to 6-10. I cannot stress enough the need for gradation at these stages. Injuries must be worked out slow giving the tendons and ligaments time to strengthen and toughen and then gradually increase the weight and repetitions. At present my good mornings stand at about 250-280 for 5 reps, 3 times a week. My sitgrips stand at 4-5 for 5 in the stiff legs. The time it takes to do them is 3-4 minutes. I have had 3 injuries in approximately 6 months. It may seem like an eternity, but for the lifters who deal with an injury at a young age (or any age for that matter) time should make no difference. It will take as long as it takes.

Not only am I much stronger now than ever overall but the knowledge I gained along the way has made me a much more mature lifter.

So, remember never try to train around an injury just for a contest, but take time out and heal the injury. There'll always be another meet but there might not always be a healthy you to lift unless YOUR BODY COMES FIRST.

Yours in strength and health,
Cassy Seebon

'CREEPING MULLETTISM?'

To Mike Lambert, the Dear Abby of Powerlifting. I have enjoyed the original Mullet article by Bill Starr, Randy Wilson's humorous letter and other various mulletisms contained in your excellent publication. But, I've recently developed a suspicion that I'm suffering from a mild case of mullet-phobia (fear of becoming a mullet).

My performances on the platform since last April have been less than illustrious. I seem to be continually developing minor injuries (never anything wise or serious, just enough to give me an excuse for not doing well). Well, the toppler came at our Utah State Championships hosted by Brigham Young University. The meet was very well run by L. J. Silvester and crew, but the phobia really was deepened by the results... I took first by default; the other 198 ers bombed. My fear of degenerating into a mullet was virtually confirmed when I examined the trophy. On the bottom was the label I've attached below!

Do you think they're trying to tell me something? Do you think more degenerated liver would help?

Semi-sincerely,
Jan Sierodow



'CREEPING MULLETTISM' continues to infiltrate our sport. Every time you miss a workout, drop that final set of squats or pig on pizza, it's the beginning of the end for the forces of darkness. Watch out...Mulletts are Everywhere!

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Bialostot, Ed.D. and Ed Ritter, Ph.D.

PART I SELF-CONTROL

Last month, in our introductory article which dealt with the importance of psychological factors in powerlifting, we stated that there are tremendous individual differences in the extent that weight lifters utilize psychology to enhance performance. Differences between powerlifters with respect to other (non-psychological) factors are often not as great, and thus psychology has special importance particularly in competition. Psychology, in one sense, still has the strategic and tactical aspects that are only available to your needs. You will better understand and appreciate what we are offering if you have an accurate conception of what psychology is (and is not). Most people are about 100 years out-of-date when it comes to understanding scientific psychology. Which is to say that they view psychology in old-fashioned subjective terms, and would define it as "the study of the mind". Nineteenth century psychologists - especially the abnormal mind - first tried, but later rejected, direct attempts to study the mind, and modern scientific psychology is characteristically behavioristic.

Even those who have taken a college course in introductory psychology and were taught the standard definition, namely, that psychology is the scientific study of behavior, often have difficulty changing their orientation. They may memorize the definition, but fail to really believe it -- ironically, because it is inconsistent with what is emphasized in the mass media. Thus, many revert to a kind of everyday's psychology which is preoccupied with the mind.

Don't get us wrong, we are not denigrating mental events. After all, your mental experiences are the client proof of the existence of the mind. And as that super hero, the weight philosopher by the name of Descartes maintained, self-awareness is the ultimate truth.

The problem is that only you have firsthand knowledge of what is going on in your mind because no one can directly share your experiences. Science, however, must be objective. The point we are making is that you can not have a science of personal experience. Attitudes, thoughts, feelings, and other internal states can, however, be inferred by analyzing behavior. If you are to maximally benefit from psychology, you must come to appreciate an objective, behavioral orientation.

Unfortunately, most lifters who talk about getting one's mind right

have an exclusively subjective orientation which doesn't lead very far. For example, the typical lifter attributes a great deal of importance to will power, a concept which is usually undefined, extremely vague, and something that everyone is supposed to understand, but hardly anyone explains.

People have come up with workable, yet unspecified techniques of self-control; however, these are not of much benefit to others unless they can be explained, or at least taught. We too think that will power is important, but we want to explain the unexplained, and thereby provide useful techniques for exercising will power, self-control, self-management, or whatever one wants to call it. Incidentally, power usually means something like the ability to deny oneself or to temporarily deny oneself or else to temporarily deny others. From our experiences, we know that situations can often be manipulated so that the amount of will power needed to perform a task can be minimized.

SELF-CONTROL

As we have said, man's self-awareness is an amazing thing. Paradoxically, however, the key to self-control lies in your ability to control the external environment.

That is, if you are to effectively control what is going on in your mind, you must control what is going on around you. Controlling external stimuli in a knowledgeable way will promote desired behavior. We more easily recognize that others can influence us by manipulating our environment. They can control rewards and punishments, and thereby bring us under their influence. But in similar way, we can learn to control ourselves by doing essentially the same thing.

That is, we can modify our environment, change the reward structure, or move ourselves into situations which have a higher probability of reward.

Most mental states result from external stimuli. Our expectations are based on feedback from the environment such as what others tell us, how others act towards us, the amount of weight benched last week, etc. Even our self-evaluations are dependent on comparisons. For example, how do you know how strong you are? You know by comparing yourself with others, or with what others have done. You may get up tomorrow thinking of yourself as the strongest man in the world, but then be shocked by the discovery that someone has recently broken your records. Even true self-confidence comes from a personal

effect of the audience. All you have to know is whether or not the task is easy or difficult. But what is an easy task? It's a relative term and depends on the individual's skills and attitude, but certainly a task which one performs frequently and which is easy for that individual. Consequently, if you want to do exceptionally well when lifting in front of an audience, be well equipped with good form, and use equipment that is very similar to what will be used in competition. This will maximize the probability of positive transfer of learning from the practice situation to the competitive situation, and you will have the additional benefit of social facilitation. What causes social facilitation or social inhibition? The presence of others increases motivation (especially competitive feelings, and the desire to impress others). However, it is well established that increased motivation increases the probability of well practiced (dominant) responses. If the correct behavior is dominant (as it would be on an easy task) the increased motivation will improve performance; but if incorrect behavior is dominant (such as on a difficult unfamiliar task) the increased motivation will lower performance.

Other people can be distracting, and interfere with your ability to concentrate on the task. The possibility of others distracting you could cause you to do less well than you were alone. This would counteract a social facilitation effect. However, the evidence indicates that poor performance due to distraction is more likely to occur when trying to learn something new. Therefore, potential distractions will be less important if the task is easy for you.

When you wish to demonstrate your skills, you don't have a choice of being alone or together. Therefore your strategy should be to make the task simple. Another thing, if you're going to compete, make competition itself a familiar experience -- participate often. Even if you don't win, you'll be gaining experience which will make the task easier next time.

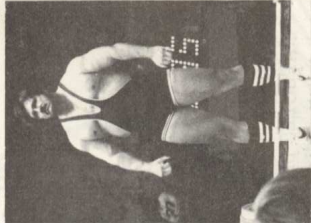
history of successful performance -- not self-deception. Extreme self-deception is a self-imposed handicap (unless one is psychotic) and neither reality or other people will allow it. Fortunately, you can program actual success by using psychology to change your behavior. However, using psychology effectively is a complicated matter. Not only must you learn how different situations affect behavior, you must also understand how personality causes people to act differently. And, of course, you must know yourself.

You may already be doing some of the things we will be writing about, but an appreciation of the significance of basic principles will enable you to do better. Also remember that with respect to psychology, people have a strong tendency to say, "I knew that" without realizing that they might have read the opposite statement and also have said, "I knew that". After the fact, explanations are not acceptable. In order to use psychology, we must be able to predict when one effect is likely to occur, and when the opposite effect is likely. Remember, too, that we are not explaining how most people are doing, but how you can do better.

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It is now possible to predict the performance of others can have a powerful effect on the way you think and behave. When people perform together (even though they are not competing against each other) they often perform better than they would if each person was alone. This phenomenon is called social facilitation. You may have observed this effect. You may be able to recall instances when you lifted better in front of an audience than when you were alone. Many studies have found that the presence of others improves individual performance. Other studies, however, have found just the opposite. In fact, you may remember when you really blew it in front of an audience. Taken together, the entire series of experiments on audience effects has shown that the presence of others sometimes improves performance, and sometimes interferes with performance. In a sorry state of affairs, it is possible that a reader might accurately whether the audience will improve or lower performance. There is a consistent pattern to the seemingly contradictory results of social facilitation experiments. Specifically, individuals perform simple tasks better in front of an audience, but perform difficult tasks better alone. That is, the audience facilitates performance of easy tasks, but adversely affects performance of hard tasks.



Big Gus Hirschbach knows that lifters out there who he packs in 4000 plus fans for all his HPC meets. Watanabe photos.

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SCIENCE OF THE SQUAT

by Pete Vuono

By popular acclaim, Pete Vuono is following up his well-received series on the bench press with a series of articles dealing with squat training. These articles represent a condensation of years of reading and evaluation, and should prove very useful for lifters of all levels of capability. If you wish to correspond with Pete his address is 342 Forest Ave., Brockton, Massachusetts 02401.

7. A WORD ABOUT REPETITIONS--

Personally, I feel low repetitions are best. This is to focus one's energy more towards power and not towards muscular size and definition. By low reps, I mean from one to five repetitions.

Some powerlifters are not able to stay with low repetitions throughout a long period of training. Therefore they may choose to cycle. For example, if one has 6 months to a contest, the trainee may perform sets of 10 repetitions for 2 months, sets of 5 for 2 months and sets of 3 repetitions for 2 months just prior to the meet. Here the lifter can build muscular size and strength together, not wear himself or herself out by using heavy reps too often for an emotional and physical drain, and slowly build up to a peak performance.

Another method of using repetitions is to warm up with 10 reps, go to 5 reps, then to 2 reps for a warm up and finally performing 5 to 8 singles with 30 seconds under maximum. The rationale here is that even though 8 continuous reps may not be performed with 30 pounds from maximum, the same number of reps and amount of work is completed. It also forces one to become accustomed to heavy weights. Be cautious, however, that these repetitions are not maximum but maximum in the 30's.

Another method is to perform the squat going up to a heavy set of 3. Next workout, strive for 4 repetitions. Finally try 5 reps in the next workout. When 5 reps is accomplished, increase the weight 5 to 8 pounds and strive for 3 reps again. Here you are both mini-cycling and becoming accurate to a heavier weight.

Finding the best method of repetitions is like finding a workout routine which best suits you. This is why I have listed so much material, so you will be able to major and less popular routines to choose from in your quest to find your own capabilities. In that quest, remember to forget about steroids and let knowledge and heredity lead you to your ultimate potential strength.



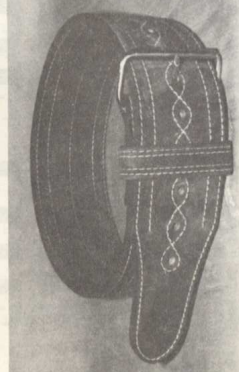
R.C.



CORRECTION - Alice Millitons deserves credit as Virginia state record holder in the bench press in the 115 lb. class with a lift of 85 pounds rather than Judy Mayes. She also set 4 teenage state records at the meet.

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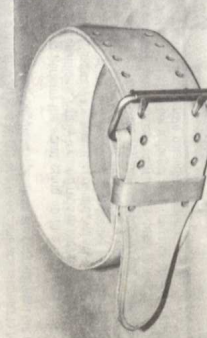
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SENIORS PREVIEW

I say this every year, and I will again; this Senior Nationals is shaping up as the best one ever. The following compilation is by no means comprehensive of every lifter who will be entering, but does represent everything that I've heard recently. At Superheavyweight, Doyle Kennedy looked solid at the Juniors and reportedly had doubled 850 in the deadlift and singled a 903. Prippin is in the best of Seniors shape of this life. Before his 953 W.R. squat at the 971 Seniors his best training squat had been 905 single and 971 for reps. He also came up with 900x3 and 925x2 in the Olympic bar. He has also been a bit on the pauper's side, training PR 550 and deadlifted a training PR 805x1. He badly tore his pec and/or biceps insertion at the Worlds Strongest Man contest, and will not be lifting at the Seniors. He had really been working his squat and had gone 850x3 for 2 sets, and he had benched 575x5 without really pushing that lift. He had hoped for the 1003 650 848 at the Seniors. Dave Waddington came through the Worlds Strongest Man contest with no injuries and is charging ahead, expecting to make the last five weeks a 'Miracle Summer' with 4 impressive strength performances in that time period. At the Lansing meet, he went 950 560 770, taking only 2 attempts per lift, followed by the stunning lifting at the Appalachian Open 1015 550 760 2325, missing a 585 bench. He managed a solid 3rd place at the W.S.M., and has confidence in 975 573 777 at the Seniors. In training, prior to making the 1003 in Zanesville, he had cracked a 940 triple in the squat.

At 275, I hear that Ernie Hackett did an effortless 505 bench and put on a successful clinic at Mike's Gym BIG EVENT Bodybuilding contest on June 27th. You know that McCornick will be ready for this one, and Kidney is reportedly good for competitive PRs in both the squat and bench as well as having almost doubled 770 in the deadlift. At 242, Steve Wilson made an easy 2100 total in the Lansing Open via 785 550 765, John Kuc is reportedly going to wait out this year. Danny Wohlsheer is coming, Dave Schneider has posted training lifts of 860 435 805, and I hear that Mark Chaitler has TRIPLED 820 in the squat. Dimitruk may also lift in this class...he and Chaitler have old scores to set aside for their friendship.

At the 226 lb. contest, off common training sessions in the Worlds Strongest Man contest, Bridges reported that his field was probably good for 880 500 760. Chris McCann has no complaint about his training so far, but knows he'll have to be on together several training PRs, including a 760x3 in the squat and an 837 single, and he held on to a 744 deadlift without straps. Ernie Franz has a 198 or 220 lb. class decision to make, but in an impromptu training session on the West Coast, lifting in sandals and a size 36 suit, weighing 208, he made a 700 squat, missed a close 750, benched a 465, and deadlifted 800 with straps. Jerry Jones (gigantic according to Mike MacDonald) has made his decision...he's bulked to nearly 230 and will compete at 220. He's looking for an 860 squat 440 bench and his deadlifts have been going super...he may go as high as 788 in that lift. Jack Siders and John Florio may also be factors in this class. At 198, Roger Estep, Gary Sanger, and John Black will be coming in from Ohio. Sam Mangialardi is out of it with continuing shoulder problems.

Tony Carpinio intended to enter this class, unless he and Bridges swap weight divisions. Bridges training has been even more phenomenal than one would predict. He reportedly squatted a 900 at the Worlds Strongest Man contest, that was either 3 inches or 1/2 inch high depending on who you talk to. He doubled a 505 bench and singled a 525. He doubled a 735 deadlift and had 800 to his knees and expects a World Record in that event as well. Expect Jim Grudzinski to be much improved this Seniors at 181, and the same goes for Rick Gaugler who has reportedly squatted a 725 within his grip range. Ray Westlake will go 148, which seems to be a bit down, though a World Record squat still seems to be within his grasp. Roger Black will go 1700 at this deadlift on an arm that was doing battle with a 650 training weight lift. Lamar Grant has been doing well at Auburn, and the competition of Joe Cunha and Chuckie Dunbar, along with Doug Heath, at 114 should be interesting.

In some other lifting news, Mike MacDonald is planning on going 220 for the Body Expo Contest, and 242 for Rich Peters Oklahoma Grand...looking for 600-617 in either weight class. He recalls in 1968, when after 3 years of benching, he was stuck at 320 in the 181 class for several months, and now Bev Francis has done 330 in that class. Elsewhere, phenom Super Gary Abrahamian OPENED with 850 in the squat at a meet in New Jersey. Didn't make it, but expected to get 600 in the bench anyway. We'll see what happened next month.

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WOMEN'S SUE ROBERTS just went 319 159 363 for a record 843 total which exceeds, pound for pound, the total that Bev Francis posted at the Women's Worlds, MICHILLI I VRLS hoped to bench around 190 at the Freedom Festival Open in Indiana, but started too high in the squat and didn't make it to her favorite lift, according to coach Jim Smiley. Sorry to hear that, but she's still one of the top ranked girls in the World, and while on the subject of rankings, YES, girls can order TOP 20 patches and the lift identification patches according to their performance on last month's Women's ranking list, and if you make a lift that subsequently makes the list, that makes you eligible for the patch awards as well. Julie Thomas and Don Crain had some updates on the list. Gayla Crain's 4th attempt squat of 331 at 114 and bench of 143 should be included, and Julie's own lifts at a meet in Oklahoma last November (225 143 275 644 at 114) should have been on the list (results were not available). Diane Franz's lifts at 123 (336 159 402 881) were actually done in the 132 class. (Diane recently broke her arm) Brenda Finger's actual bench at 123 was 173 rather than 170. A Go. Erica Cain's actual bench at 123 in Women's Worlds was 154. Eileen and the girls who lifted at Denver and did 285 170 345 800, and the girls who lifted at Walter and Julie Thomas's meet, which I did not have complete results of when the list was made, deserve credit, including Judy Gedney 214 132 270 611 at 105. B. Alexander 203 99 220 518 at 105. V. Steenrod 242 154 336 733, and Julie Thomas's 308 squat, 303 deadlift and 810 total.

Joe Steele and Jan Todd came up with the 1980-81 Women's Academic All-American team, which included Patty Dent of Lanar, Juli Gould of Cornell, Joette Webber of Purdue, Donna Wicker of Purdue, Ann Tuitt of Purdue, Theresa Mobley of Purdue, Tammy Thompson of Purdue, Glenda Delon of Purdue, Debbie Jones of Auburn, Kathy Sansone of Auburn, and Jackie McCutcheon. Recipients of the award had to maintain at least a B average and place in the top 3 at the Collegiate Nationals to be eligible.

Chin Champ Joe Dellagheffa who did 44 reps at one of Ed Jubinville's physique meets and who also holds the World Record for a weighted chin, having done one with 186 additional pounds suspended from his body.

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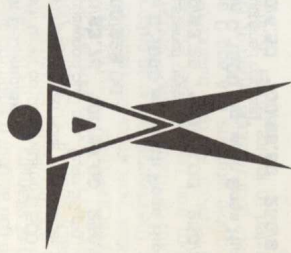
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CONTEST REPORTS

The BRITISH STRONGBROW contest was won by Andy Kerr of Great Britain with a reported 782 deadlift and 11 dumbbell presses, plus his excellent background in Olympic lifting. Another high placer was Krastev(?) of Bulgaria who clean and jerked a Junior World Record 507 and deadlifted 715, but could not clean the dumbbells properly. Gus Rehwisch got 4th with a 760 deadlift and about 11 reps in the dumbbell press. Tom Hardman also participated. The audience expected to see Luke Lams and Don Reinhardt, but they were not present.

John Kolb of the Pittsburgh Steelers won the 2nd edition of the Strongest Man in Football contest which was held at Callaway Gardens Resort in Georgia coordinated by Bill Curry of Diversified Products. In the absence of Mike Webster, last year's winner, Kolb ran away with it, scoring 31,075 points. 2nd was Tom Condon of Kansas City with 21,850. 3rd Steve Courson of the Steelers with 20,175. 4th Joe Kiecko of the Jets with 17,975, and 5th Terry Stieve of the Cardinals with 11,150. Harvey Glance and Lamar Tart also put in appearances. The contest was reportedly taped by ESPN with a tentative broadcast date of August 25th.

WORLDS STRONGEST MAN for the 2nd year in a row is Bill Kazmaier, but there's bad news as well. He and Geoff Capes both tore pecs in the bar bend, and Kaz is out of the Seniors and probably the World Games. In fact, he is planning on pursuing his Pro Football tryout with the Green Bay Packers, which looks promising at this point. It was an outstanding contest with a lineup averaging 6 ft. 2 in., and 320 pounds (Kaz was just average size!). Kaz won with 96 points, followed by Capes(88). Waddington (74.5), Hannan (70.5), Wolfley-tootball player (65.5), Bishop-foot ball player (63), Piszko-Strongest Man in Holland (56), Dur-Piper (54.5), Zeisneak (51.5), and Dolegiewicz (40.5).

There were some tremendous exhibitions of strength...Kaz tossed 167 lb. oak on the bar, on the back, on-separating Wadd. Wadd coming back strong in the deadlift, and the football players throwing everybody around in the Sumo wrestling. I have a vocal protest to the referees. The TV people loved it, and I believe that it will be shown in 5 segments on NBC. Mike Adams and PAM WEISTER did the commentary, so Powerlifting really dominated the event. We plan to have more on this meet next issue.

BODY EXPO is set for August 22nd and 23rd at the Disneyland Hotel Convention Center. It should be an outstanding event with bodybuilding championships, posing and powerlifting extravaganzas, continuous demonstrations and seminars, and over 100 exhibits and equipment and many other items of interest. Powerlifting will be a major feature. Mike Adams will be in charge of the Mike Bridges and Larry Pacifico will also be present, with a special version of their training program. Be sure to check out the Marathon Company booth and say hello. For ticket information, see the ad in the front of this issue. Don't miss this outstanding Iron Game Event!!!

WORLD GAMES are set for July 25 and 26 in Santa Clara, California. One nation reportedly received a telegram from an IPF officer requesting return of the travel money provided for 2 of their athletes to compete in the contest, but a letter from another IPF official indicates that 15 countries will be represented. Some USPF officials have indicated that the competition will consist of 17 Americans and 3 Canadians, however. Local lifters have been contacted at a rather late date regarding the pre-meet work and provision of equipment, but some of them have prior commitments at other meets in the area. Some people are also upset with the meet site itself. I hope to Heaven that these difficulties can be resolved and that the 1st World Games for Powerlifting can be a great success, otherwise the foundations of ALL international powerlifting meets may be on shaky ground.

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The **POWERLIFTERS HANDBOOK** will be produced by John Pettitt for a price of \$5.75 each, or \$3.00 in quantities of 50 or more. It will contain the IPF rules for Powerlifting, updated record lists, kilo conversion charts, Schwartz formula, Powerlifting Meet Directors Guide, and more. For further information, contact John at Box 761, Cedar Hill, Texas 75104.



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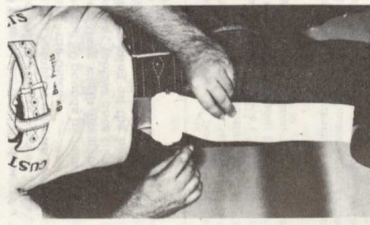
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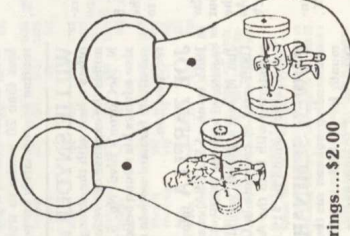
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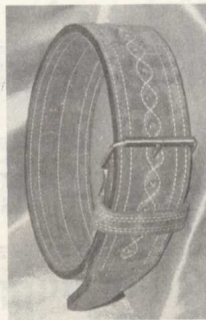
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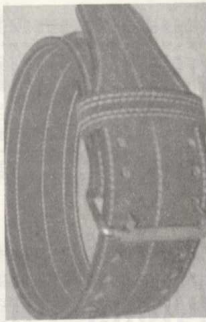
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OKLAHOMA STATE BENCH PRESS (KILOS) 6/13/81

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CAPITAL DISTRICT OPEN 4/4-5/81-ALBANY, NY

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IRON KNIGHT OPEN 5/9/81

Table with columns: Name, Score. Lists names and scores for the Iron Knight Open event.

NEW ENGLAND 6/19/81

Table with columns: Name, Score. Lists names and scores for the New England event.

LOUISIANA STATE-ALL SOUTH MEET-NEW ORLEANS, LA 5/23/81

Table with columns: Name, Score. Lists names and scores for the Louisiana State-All South Meet.



Photo courtesy: Hatfield. World Record...863 at 242.

Most unusual expression of the Capital District Championships was provided by Tom Underwood. If help-hind out a PR against your own record of 115 lbs., Pattern photo

The highlights of the meet: Davy Davis spent the week before the meet at Fred Hatfield's home in Wisconsin. He had been training with him for some time and had been able to lift 242 lbs. on the bench press. He was able to lift this weight at the meet. He was also able to lift 242 lbs. on the bench press.



No Good This 755 State record attempt in the 150 lb. class. Steve went this high, but was disqualified. Photo courtesy: Hatfield. District meet. Pattern photo.

Advertisement for Mike Macdonald Systems featuring the text: 'Mike Macdonald Systems presents CUSTOMIZED BENCH PRESS PROGRAMS... Let Mike Macdonald, the proven 'GREATEST BENCH PRESSER OF ALL TIMES' with 34 World Records so far, help you past your sticking points and on to greater lifts. Fee \$20.00. Information Requested... 1. Current Age, Height, Weight 2. Size, bone structure, and rate of metabolism 3. Detail the form you use and width of grip used 4. How long you have trained and a list of previous injuries 5. Typical day's diet of food and supplements 6. Type of work activity 7. Best current bench press and your sticking point 8. Do you have use of a cambered Bar? 9. Any other information you feel important. Send to Mike Macdonald Systems 4733 France Ave. So. Minneapolis, Minn 55410 1-(612)-926-5307

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V. Allen	77.5	40	107.5	225	205	125	272.5	602.5	5	280
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K. Hindman	60	501	70	180	220	125	272.5	602.5	5	280
L. Lynn	1700	92.5	165	427.5	205	125	272.5	602.5	5	280
B. Haddad	160	72.5	157.5	370	205	125	272.5	602.5	5	280
T. Fitzpatrick	102.5	65	166	332.5	205	125	272.5	602.5	5	280
L. Leven	97.5	70	115	282.5	205	125	272.5	602.5	5	280
J. Saldivina	215	152.5	217.5	585	205	125	272.5	602.5	5	280
J. Valenti	182.5	107.5	215	507.5	205	125	272.5	602.5	5	280
P. Lamos	150	127.5	197.5	475	205	125	272.5	602.5	5	280
R. Shaker	185	92.5	180	457.5	205	125	272.5	602.5	5	280
D. Snakhaus	120	77.5	132.5	322.5	205	125	272.5	602.5	5	280
R. Shiller	110	1091	132.5	342.5	205	125	272.5	602.5	5	280
B. 165					205	125	272.5	602.5	5	280
D. Gay	200	147.5	285	642.5	205	125	272.5	602.5	5	280
K. Montgomery	217.5	142.5	292.5	690	205	125	272.5	602.5	5	280
L. Vyn	210	112.5	227.5	550	205	125	272.5	602.5	5	280
D. Cole	197.5	120	235	552.5	205	125	272.5	602.5	5	280
R. Johnson	182.5	107.5	215	507.5	205	125	272.5	602.5	5	280
D. Watson	192.5	110	222.5	562.5	205	125	272.5	602.5	5	280
M. McRees	125	95	170	390	205	125	272.5	602.5	5	280
B. 181					205	125	272.5	602.5	5	280
L. Mistic	265.5N	160	290N	702.5N	205	125	272.5	602.5	5	280
J. Schmidt	232.5	160	280	652.5	205	125	272.5	602.5	5	280
J. Lamb	240	155	242.5	637.5	205	125	272.5	602.5	5	280
M. Thomas	232.5	160	280	652.5	205	125	272.5	602.5	5	280
M. McRees	232.5	160	280	652.5	205	125	272.5	602.5	5	280
J. Alton	160	182.5	227.5	570	205	125	272.5	602.5	5	280
P. Anderson	215	142.5	210	475	205	125	272.5	602.5	5	280
V. Adams	180	112.5	182.5	475	205	125	272.5	602.5	5	280
R. McHenry	272.5	162.5	287.5	722.5	205	125	272.5	602.5	5	280
G. Chandler	272.5	162.5	287.5	722.5	205	125	272.5	602.5	5	280
T. Allen	245	172.5	260	677.5	205	125	272.5	602.5	5	280
L. Rapier	250	160	272.5	682.5	205	125	272.5	602.5	5	280
C. Gullion	230	160	272.5	682.5	205	125	272.5	602.5	5	280
S. Schaff	230	160	272.5	682.5	205	125	272.5	602.5	5	280
A. Gardner	245	145	245	635	205	125	272.5	602.5	5	280
G. Oser	240	152.5	262.5	615	205	125	272.5	602.5	5	280
J. Neely	220	132.5	230	585	205	125	272.5	602.5	5	280

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M. Hoff	175	325	425	610	W. Tompkins
L. Verrazini	145	280	425	610	G. Viasas
C. Delaney	160	260	420	610	M. Shrapless
J. James	110	240	195	610	G. Hill
J. Meyer	205	375	580	610	J. Linneman
C. Cope	210	330	540	610	200 Yanders
T. Popay	175	335	510	610	S. Edrington
D. Sawick	165	315	480	610	M. Keller
L. Derry	165	275	440	610	R. Sorench
J. Schranke	200	435	635	610	H. Ober
D. DeBenedetto	175	400	575	610	C. Golden
T. Leistenberger	210	350	560	610	J. French
D. Davis	195	340	535	610	J. Kozulitz
P. Vlach	200	320	520	610	D. Kutz
D. Phillips	185	300	485	610	R. Sweeney
J. Fracina	185	290	475	610	D. Branda
J. Fracina	185	290	475	610	R. Smith
J. Fracina	185	290	475	610	181
K. Feldman	290	475	765	610	181
B. Perilla	310	410	720	610	181
R. Brenstetter	240	415	655	610	181

CLASSIFIED ADS AND SPECIAL MEET ANNOUNCEMENT SECTION

\$1.00 per line per insertion. Figure 35 letters and spaces per line.

N. Canton Fall Classic Open, 19/20 Sept., great trophies thru 4th place, 275 lb. class included, entries limited to 1st 100, contact Rick Mussey, 1223 Clearmont S.E., N. Canton, Ohio 44720

7/8 August, Southeastern All-Star Invitational, deluxe accommodations, proceeds to the Child Abuse Center, contact E.J. Kreis, Vanderbilt University, P.O. Box 120158, Nashville, TN 37212.

Combination Leg Press, Hack Squat, DUTY & Portable, Reg. \$1295, on sale \$995.00. After good through August 31st. Holler, Inc., 3514 S. Trost, Tulsa, OK 74105, 918-749-8886.

HYDRAULIC SQUAT RACKS...hard to find, but worth their weight in gold, now available from Peffer Athletic Club and Surplus. For all wholesale/retail lifting supplies and equipment, get in touch with Frank Peffer at 1501 Albright Avenue, Scranton, PA 18508 (342-1253)

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MARK DIMDIJK is available for seminars and demonstrations. Contact him at 6321 Bentham Ct., Oxon Hill, MD 20022

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7 -	POWERLIFTER / Game of Competitive Lifting	\$10.00	\$7.50
14 -	Crains Fat Belt State waist size	\$10.00	\$7.50

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J. Lewis	303	187	308	W. Jones	314	314	314	330	330	330	L. Baker	584	402	518	1554
L. Presche	198	110	284	M. Jones	314	314	314	330	330	330	S. Wagon	595	407	501	1504
S. Dierksen	C. McClellan	314	314	314	330	330	330	W. Orloff	595	407	501	1504
132	330	187	358	J. Smith	314	314	314	330	330	330	S. Wagon	595	407	501	1504
D. Sakris	298	176	358	C. Maloney	314	314	314	330	330	330	R. Baker	595	407	501	1504
S. Gentry	270	148	303	C. Cordean	314	314	314	330	330	330	R. Baker	595	407	501	1504
M. Mitchell	214	99	242	S. Essex	314	314	314	330	330	330	R. Baker	595	407	501	1504
R. Brown	143	110	225	R. Harrison	314	314	314	330	330	330	R. Baker	595	407	501	1504
R. Baker*	341	264	835	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
J. Smith	300	264	835	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
G. Griffith	347	253	380	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
D. Davidson	308	214	440	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
M. Brown	308	214	440	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
M. Brown	308	214	440	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
S. Venress	330	270	341	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
S. Smith	308	214	440	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
R. Williams	206	148	303	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
C. Neider	176	209	270	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
C. Lynn	165	110	225	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
S. Esser*	402	281	479	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
D. Collins	347	300	485	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
M. Campbell	396	275	479	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
G. Patton	314	303	482	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
T. Edison	270	138	270	J. Tipton	314	314	314	330	330	330	R. Baker	595	407	501	1504
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Julie Thomas with some of the loot from the Walt Thomas meet. Levine photo

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