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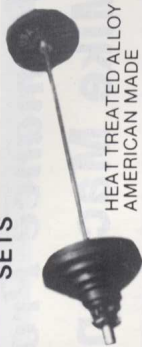
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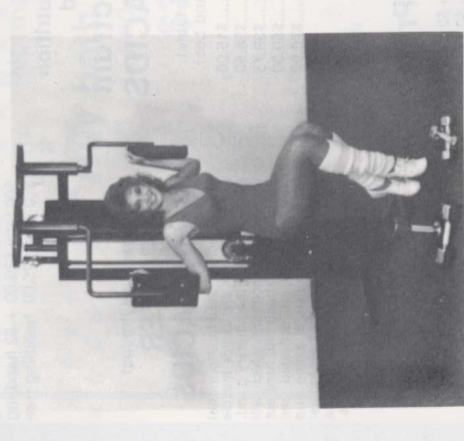
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ON THE COVER....the first 700 bench press in competition, 705.5 by Ted Arcidi at the Hawaii International.

NEXT MONTH....the National Collegiate Championships

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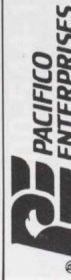
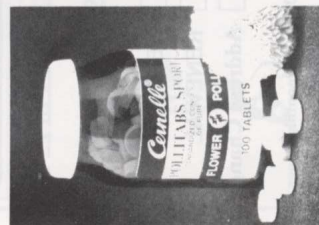
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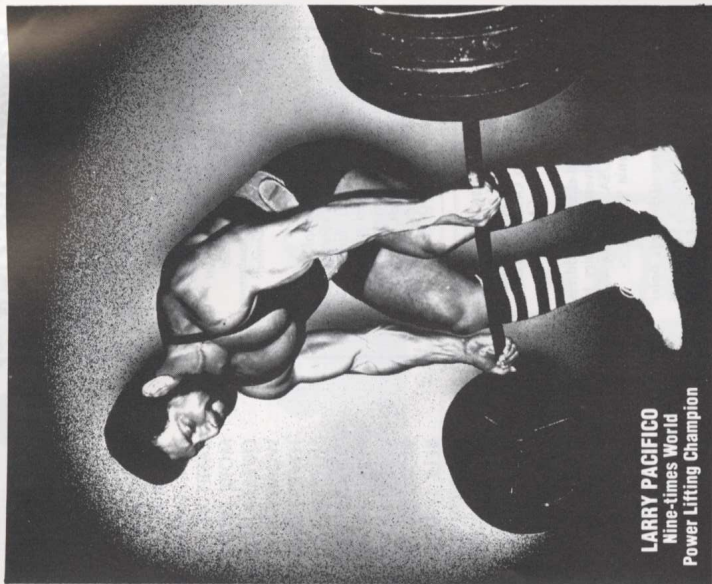
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Carotenoids:
Beta-carotene, Xanthophylls, Zeaxanthin, Lycopene and Crocetin.

Minerals:
Calcium, Phosphorus, Potassium, Sulphur, Sodium, Chlorine, Magnesium, Iron, Manganese, Copper, Iodine, Zinc, Silicon, Chromium, Molybdenum, Boron and Titanium.

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report by Mike Lambert, Editor in Chief

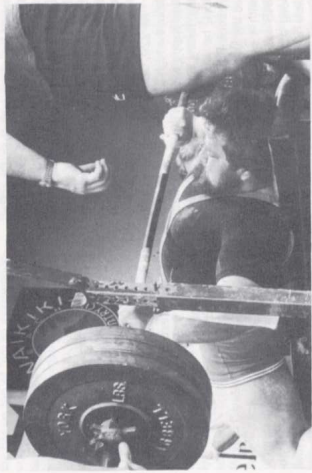
The Hawaii Meet is in many ways the ultimate showcase of Powerlifting. Promoter Gus Rethwisch has that fabulous knack of matching huge crowds with the great lifters of the sport along with a sprinkling of surprises that never fail to shake and move the Powerlifting establishment. The meet has been so good for so long, it's almost taken for granted. There's a routine involved, the same faces, the same places, the same equipment, the same meet site, etc. Just when we complacently think that we know what to expect from this contest, along comes a set of performances that reinforce just how great the meet and the sport it showcases are. Now, even those who have been through this meet every year since the first one, are inspired, waiting impatiently for next year's meet, jumping into the weight room with renewed enthusiasm for their own lifting program. None of the great lifters of the sport has been as good but this one, in 1985, may have been the greatest.

Many of the current Women's National Champ, and Sandy Lee, one of the most productive record breakers in Hawaii. Women's Powerlifting history, lifted in the 114s. Mary had trained little since her Nationals victory, but hoped to come over and exceed her best in what she is the best in, the bench press. 231 was barely more than she could manage. Sandy continued with her state level record busting spree. At 123, Hiro Isagawa had far exceeded the world record in the bench press in his pre-meet training, and his other lifts were up as well. After cracking his previous bench record twice at the Worlds, he exceeded it again here, and came fairly close with 352. Totaling an excellent 1311, he made it clear that Lamar Gant will not have his way easily at the next Worlds, should he be on the USA team in 1985. One of the most steady improvers on the islands, Dale Yoshida, continued to impress at 132 with his own great benching. Valerie Chung trained hard for this meet and pleased herself greatly with the fine lifts she made. Deanna Nollette, still burning with youthful intensity, was a worthy competitor in the class.

Eddie Shimabuku is another in a long line of fine lightweight lifters from Hawaii. He's a firecracker on the platform, particularly when he lifts. Diane Frantz does a much respect for those who saw that she was not only a fine lifter, but in the masters category as well. At 165, John Toposoglou brought his herculean physique and lovely wife out to the islands, hoping to get a big deadlift, or squat, or both. Unfortunately, he did not have a good day, except in the bench. The squats were troublesome, and in the d-lifts he lost his balance with a big 694. At a ripped 165, his musculature just balloons out from his frame, and he's got veins everywhere. He's just waiting for that one meet to put all of his lifts together. Blaine Chong has been one of the best lifters in Hawaii for as long as I can recall, and he put together another

Spectacular Lifting in Hawaii!!

weight, took the signal, descended and came right up with the bar. 799...good lift. He handled it just like a giant hydraulic cylinder would handle a load within its design capacities. Smooth power, without a quiver of strain. Chrome plated, well lubricated efficiency, that's Ed Coan. The 799 was handled as if to say, "well, that takes care of that, what's next? Boss." For his next lift, Ed called for 832, to exceed



Big Sam Samaniego backed up his recent 633 with an easy 639. It's predicted that he will eventually be good for as much as 677 at 275. Ed Douglas photo.

Hawaii Invitational • 3 Mar 1985 • Honolulu, HI

114 lb.	303	209	220	231	523	303	303	826
Mary Ryan	51.0	242	264	281	413	281	314	738
Sandy Lee	56.0	418	451	462	804	451	507	1311
Hiro Isagawa	59.5	440	501	501	848	462	496	1311
Dale Yoshida	57.5	281	308	319	495	330	347	843
Val Chung	57.5	259	275	286	462	325	363	788
Deanne Nollette	66.0	462	501	507	722	573	600	1322
Eddie Shimabuku	67.5	385	418	429	192	209	214	1102
Diane Frantz	75.0	639	677	677	1091	628	694	1719
John Toposoglou	75.0	545	573	595	887	573	639	1526
Blaine Chong	74.5	485	512	523	837	501	529	1366
Bret Medeiros	74.0	286	319	319	490	303	352	843
Holly Streamming	88.5	799	832	848	1350	799	826	2204
Ed Coan	88.0	600	661	705	1102	584	606	1708
Julian Lee	85.0	347	363	402	683	414	457	1157
Frank Medeiros	100.0	738	777	804	1289	744	788	2110
Jim Cash	97.7	749	804	826	1262	738	782	2000
Ernie Frantz	97.0	705	749	777	1262	738	782	2000
Francis Silva	93.5	485	523	523	744	424	462	1967
Maris Sternberg	98.0	578	606	606	710	620	662	1207
Paul Dicks	100.0	705	744	744	1289	744	788	2110
Larry Pacifico	242 lb.	628	727	727	1014	551	551	1565
Ernie Martin	275 lb.	865	914	942	1477	766	799	2276
Doug Furnas	193.2	591	591	551	1052	600	655	2008
Sam Samaniego	124.4	925	925	975	132	132	132	903
Pat Hatfield	117.7	448	448	475	771	606	639	1690
SHW	160.5	848	964	1008	1548	699	771	2369
George Hechter	142.0	848	876	887	1420	579	501	2072
Steve Sanderson	133.2	132	132	132	275	832	832	1107
Doyle Kenady	133.2	132	132	132	810	132	132	942
Ted Arcidi	4th 705	617	650	677	810	132	132	942

Nissan Invitational • 10 Mar 1985 • Lahaina, HI

Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	5T	DL1	DL2	DL3	Total
114 lb											
Alex Sumibcay	242	264	281	187	192	203	468	304	336	358	826
132 lb											
Mike Kimura	325	385	407	231	253	270	677	374	407	434	1084
148 lb											
Don Nagamine	352	374	402	209	220	231	633	440	473	498	1107
165 lb											
Diane Ngane	332	402	422	187	203	209	611	425	451	451	1069
165 lb											
Solonon Pali Jr.	231	253	275	203	214	231	507	325	363	391	898
181 lb											
John Topsoyglou	639	705	733	391	413	429	1096	628	683	705	1802
198 lb											
Derrick Cables	534	556	573	319	336	347	892	540	562	564	1454
182 lb											
Jim O'Connor	501	501	501	363	374	374	865	551	573	611	1438
186 lb											
Keith Shirota	523	540	562	303	319	330	870	473	507	529	1377
197 lb											
Bill Parsons	451	451	451	303	319	330	870	473	507	529	1377
220 lb											
Ed Coan	782	832	859	468	490	507	1366	799	843	859	2210
Larry Pacifico	710	768	771	451	473	473	1245	677	733	733	1978
214 lb											
Ernie Frantz	744	788	800	487	413	424	1212	705	744	766	1956
220 lb											
Emmett Rodrigues	540	540	600	325	336	336	865	501	529	534	1399
210 lb											
Nick Robbins	407	440	440	314	330	341	749	418	437	485	1234
200 lb											
Maris Sternberg	485	507	507	242	259	270	766	424	451	457	1223
242 lb											
Kent Parker	562	606	628	374	396	396	1025	562	606	639	1631
275 lb											
Doug Furnas	876	925	959	501	523	534	1493	766	810	810	2259
256 lb											
Fred Hatfield	952	964	1008	137	137	137	1102	137	137	137	1240

Obviously very satisfying to him. In the deadlifts, the Ed Coan script was unvarying. His 799 opener looked like a warmup. Hardly anyone realized that he had already shattered the existing record in the deadlift. The opening 826 in the deadlift for next week was a record in the world. The opening 826 in the deadlift for another smooth success. Finally, as the 2100 barrier had surrendered with hardly a whimper, he decided to go straight for the 2200 mark, with a deadlift try of 854. The lift was perfect. Ed jumped for joy, with the energy he normally keeps wrapped up inside selling over in profusion for the crowd to enjoy. The deadlift was not a max. 870 would have been in the bag. Doug Pettit even encouraged Ed to go for 900. Elsewhere in the 1985, Julian Lee, a fine middleweight, came back at a big as big as the jumps he tried, and will soon be capable of. Frank Mcclerios, one of the greats in Hawaii Masters lifting, had a perfect 9 for 9 day.

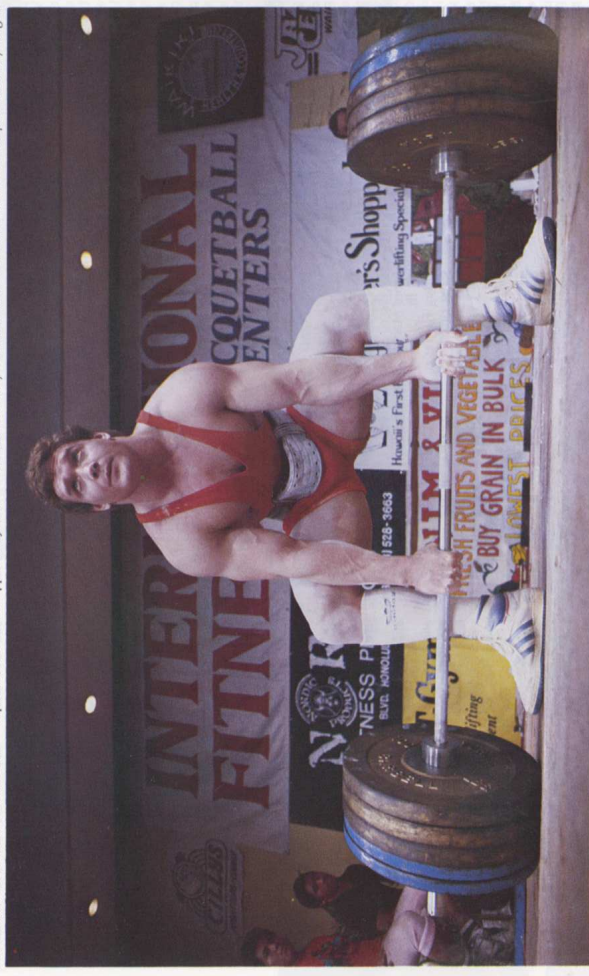
At 220, Jim Ceah dropped down from the high 230s in bodyweight, and was happy with his benching in training, having tipped 485. After the weight loss, he was glad to get it for a competition PR single. He easily surpassed the listed world record for his class with a comfortable 821 deadlift, but 848 was a bit too much to tug after his long trip from Houston, where he is now a corporate bill collector. Ernie Frantz, an inspirational PR, managed a lifetime PR with a set of 2000 squat, for all time to a set of 2000 squat. For Silvio, he did badly to qualify for the Seneca, and did so. After getting pinned with much less in training, he fired up to get a state record 540 in the bench to follow up his new state standard in the squat at 777, and he almost totaled 2005. Mike Scott was amazed at the performance, noting that Frantz had to take some time off from

benchling in the middle of his cycle, to allow a slight pec tear to heal up. Now Frantz is really fired up, and wants to bench 1071 at the Seneca. Watts Sternberg, a PR, managed a lifetime PR with a set of 2000 squat, for all time to a set of 2000 squat. For Silvio, he did badly to qualify for the Seneca, and did so. After getting pinned with much less in training, he fired up to get a state record 540 in the bench to follow up his new state standard in the squat at 777, and he almost totaled 2005. Mike Scott was amazed at the performance, noting that Frantz had to take some time off from

I've never seen on anyone. He opened with an American record exceeding 578. It was slow and steady, a demonstration of raw power. Without experience in the lift, without a PR, he managed to get a PR benching, and his last attempt at 606 balanced and saved a fine total. Paul Dick did not finish the competition, after the unable to lock it out evenly. He took it over again and slowly ground up the weight, locking it out this time, but not even enough to please the judges. I 496 and he bombed. Larry made the

figure he's going to go back to Georgia, think about this experience, and then go out an aim up 630 or so in an upcoming contest. Larry Pacifico came to the competition in order to peak a qualification, and his last attempt at 606 balanced and saved a fine total. Paul Dick did not finish the competition, after the unable to lock it out evenly. He took it over again and slowly ground up the weight, locking it out this time, but not even enough to please the judges. I 496 and he bombed. Larry made the

Ed Coan, ready to crack the 2200 barrier at a mere 195 pounds bodyweight.



any record breaking 4th attempt at over 1000. Fred took the 975 over on an exhibition basis for a line success. The power was there, but the opportunity had slipped through Fred's fingers.

George Hechter marked himself at this meet as one of the greatest superlifters of the next few years. Seasoned nationally and internationally, he now lifts with equal parts power and logic. He picks and makes the right attempts, but succumbed a bit to the awesome psychological weight of that fourth digit when trying the 1008. He looked to have the power to make the lift, but went too low with it and got out of position. The spotters did a fine job to keep the bar on top of him so everyone involved could get out of the situation with minimal damage. Steve Sanderson came back again and put those giant thighs of his to work again, with improved success over his previous outing in this meet, and Doyle Kennedy also returned to this competition, but only to deadlift. He took 903 up a good bit before crashing and letting the last lift of the day crash back to the platform.

Fired up by the dispute about whether his record of last year was really a record, and further enticed by the prospect of a PR, he took the lift. He came to this meet with the ultimate psyche and ultimate goal of any bench presser, officially smashing the 700 pound barrier. He opened conservatively and easily with 617. Then he jumped, but only to 650. At that point, I thought 700 was out of the question, and he was really just sighting in on Jim Williams ancient American Record of 675 on his 3rd attempt. 650 was a breeze, and 677 was selected for his 3rd attempt. This best ever competition bench press went extremely well, better than the rest. 700 seemed like a long way off, however, but after a jump for joy celebration after his 3rd attempt, the okay was given for a 4th attempt at not just 700, but 705.5. Ted looked awesome. As George Hechter said, Ted's got the upper body of a 400 pound man and it's hard as a rock. Some benches are explosive, but Ted is much more. His entire being seems to say PUSH and the bar just blasts off.

The Future is Now...for George Hechter, who looks good to crack 2400.

George Hechter, who looks good to crack 2400.



Doug Furnas...pleased himself by squatting big and with perfect control.

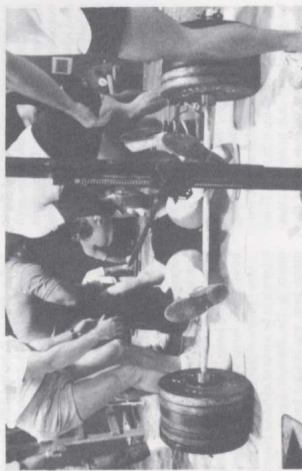
statement that he was lifting without steroids, and with the doctor's okay, he would be in Chicago to lift in July. Ernie Martin's big jump in the squat was too much, and he seemed to suffer a draw his back before he could withdraw his hands, "blowing out" his deltoids and calves. He took it over easily, and then conservatively went to 975, which he made strongly, but for only one thing is way up. He deadlifted smoothly and 799 gave him the highest total ever recorded in the 275 lb. class.

There was much camaraderie on the platform as Doug lifted, with Ed Coan and George Hechter cheering. Doug cracked the 2300 barrier and the best made it just losing the final try at 826 well on its way up. He doesn't weigh the class limit, and lots more seems certain from Doug, including a 1,000 squat. Local politician Greg Lefcourt was a crowd favorite, and received a big hand for his success at 501 in the bench. Sam Samaniego, briefly with a beard much like Doyle Kennedy's, came to bench with the aid of Dave Jeffrey's coaching. His style is classic, a quick blast off the chest followed by a solid drive to lockout, and his American and World record exceeding 639 was perfect. 650 stalled out on the initial drive, however. Fred Hatfield came in to the meet at the heaviest bodyweight of his life, programmed for a successful lift well over 1,000 pounds in the squat. Unfortunately, he seemed injured on this day. Having applied 950 in training, his opener with 925 was to be simply

George Hechter, who looks good to crack 2400.

George Hechter, who looks good to crack 2400.

a big deadlift after the weight had slipped to his fingertips. Topoglou looked huge at 181 and lifted very well, and happily Larry Pachino put some good lifts together to get his qualification for the Seniors taken care of. Doug Furnas squatted even bigger than he did before, and came very close to cracking the 2300 barrier once again. Fred Hatfield went back to the solid workouts of the past, did some good work with the 1700, and came back out for the Maui competition. Unfortunately, he suffered through more bad luck, dumping his opener again, before getting a record busting 964 on his 2nd. On his 3rd, he came up with the magic 1000, but kept right on going and



Hatfield's Quest for 1000 ended this way in Maui. After driving up with 1008 he just kept on going, dumping the bar backwards. Watanabe photo.

1985 Hawaii Invitational Championships



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- *See Fred Hatfield squat 975.
- *Watch George Hechter total 2369 & his attempt at 1008 in the squat.
- *See the incredible Ted Arcidi bench press 650, 677 and 705.

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WORKOUT of the Month

Bob Wahl Squat Routine The 1983 World Champion in the 148 lb. class and current World Record Holder in the squat offers his squat training recommendations.

The squat is probably the most difficult lift to perform due to the nature in which the squat is executed. Thus, it is my opinion that when training for the squat, a lifter should always concentrate on his form. The key words in the preceding sentence are concentration and form. I believe that if a lifter disciplines himself to properly set up for the squat and concentrates on every movement he performs during each rep, his lifting capacity shall increase and his form will improve. I cannot overemphasize the importance of maintaining a regimented attitude about one's squatting form while training in the gym. By paying close attention to one's form, the lifter reduces his chances of injury and repeating poor squatting techniques while improving the poundage of his lifts.

The following routine outlines the exercises I utilized in route to capturing world squat records and the 1983 world championship title at the 148 pound weight class.

I have lowered the weight attempts to reflect an intermediate trainee who can presently squat 500 pounds. The program is a 10-week cycle routine and involves three basic exercises. The first 2 weeks of this routine consist of mainly five reps to help build endurance. It then switches to triple reps beginning the third week through the seventh week of the cycle and ending with two reps for the eighth week. This 10-week cycle is to be performed once a week with heavy weight and then once again using lighter poundage (no more than 315 pounds maximum weight).

Emphasis on the light night is to be placed on your squatting techniques. Walkouts are included in this cycle to help the lifter get familiar with heavier weight. Keeping a positive mental attitude and setting realistic goals will also aid in a lifter's endeavors to become a better squatter.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
Squats:	2x5x135	2x5x135	2x5x145	2x5x145	2x5x145	2x5x145	2x5x155	2x5x155	2x5x155	1x5x135
	1x5x235	1x5x235	1x3x245	1x3x245	1x3x245	1x3x245	1x3x255	1x3x255	1x3x255	1x5x235
	3x5x325	1x5x325	1x3x335	1x3x335	1x3x335	1x3x335	1x3x365	1x3x365	1x3x365	1x5x235
		3x5x360	3x3x395	3x3x415	1x3x405	1x3x415	1x3x425	1x2x435	1x1x435	1x1x400
					3x3x435	3x3x455	3x2x475	3x2x490	1x1x490	1x1x445
Walkouts: (slightly bent knees)	2x5x425	2x5x460	2x5x495	2x5x515	2x5x535	2x5x555	(after 6th week discontinue walkouts and leg presses, concentrate solely on the squat).			
Leg Press: (heavy as possible)	3x5	3x5	3x5	3x5	3x5	3x5	3x5	3x5	3x5	3x5
Attempts:	1. 490	2. 520	3. 545							

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 Champion. Each month, a different lift is analyzed. For those at 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 starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

Bulldog Determination... is what Bob Wahl of Toledo, Ohio shows when he sets up to squat... part of the concentration that he emphasizes on each training repetition to insure readiness when a PR busting lift is attempted in tough competition. Now competing at middleweight, he had some tough luck at the 1984 Seniors, after a very successful year in 1983 at the Seniors and Worlds. His World Record squat was set at the 1982 Mountaineer Open.



POWER PROFILE

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

Dr. Ken Leistner as told to Dave Krall

Dr. Ken Leistner walks a different path than most strength coaches and powerlifters. Certainly he is interested in improving strength, in that way he is no different. However, his methods of doing so, and his ideas about areas related to training are definitely unique. Some might even consider them aggravating.

Ken has been lifting for 22 years. That's longer than some of the up-and-comers have been alive. He started in 1963 toward the end of high school with pushups, chin-ups, and the like. His reasons for starting are no different than those for other small-football players.

"I didn't have the size to do the things I wanted to do athletically. A number of people recommended weight training, but no one really knew anything about it," says Ken.

A New York All City basketball playing cousin did know something, however, so he and Ken would work with a 110 pound barbell set. This is when Ken's different training ideas began to take shape.

"When I first really got started I did a lot of things correctly purely by accident and chance. We used to do one set of a few things. For a lat machine we had a 55 gallon drum. My father used to give us angle iron and other scrap iron to put into the

drum. I never knew how much weight was in there, and not knowing was a good concept. If it was too heavy we'd take some of the scrap iron out, and if it was too light we'd throw more in. I'd just pull on it until I couldn't pull anymore, and it seemed like the way to do it."

Ken didn't get into the basics, such as squats and deadlifts, until he met Joe Don Looney, one of the first football players to use weights in his training. Ken had become very strong, but hadn't achieved what he set out to with his training, namely a significant increase in bodyweight. Looney suggested some additions to the routine.

"Why don't you do the squats?" asked Looney.

"Well," said Ken, "I don't want to screw up my knees any further."

"How about the deadlifts?"

"Well, they might hurt my back; they look dangerous."

"How about the heavy overhead presses?"

"Well, that'll crush my spine and make me shorter."

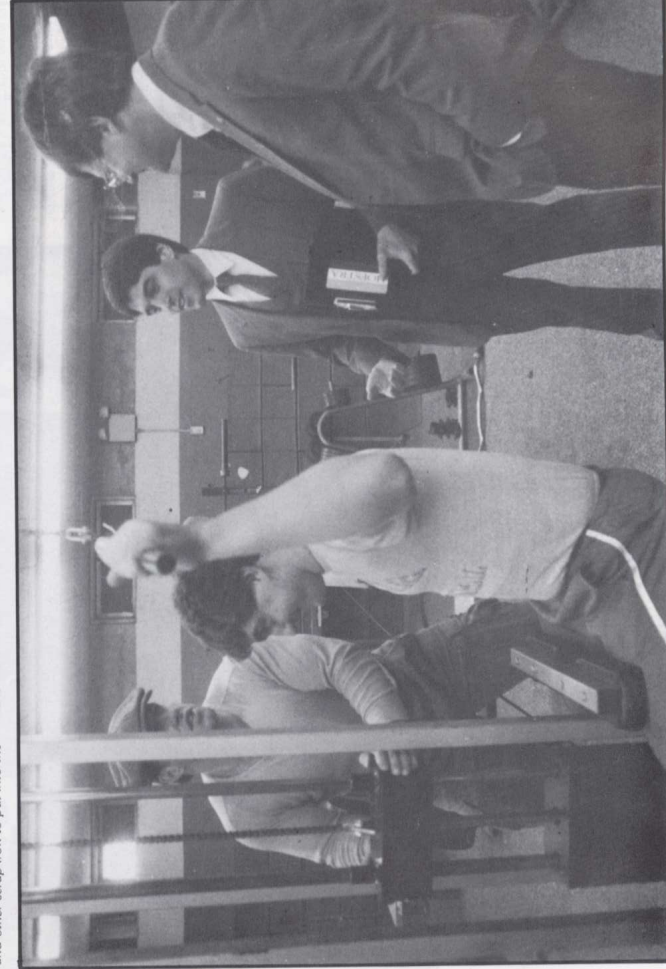
curbs, and dips. Each set was taken to failure with little time between sets, and Ken says he threw up two or three times during the workout. At this time, however, he was coaching high school football, and the day of the workout, after an exciting game, he was found under the sink in the coach's bathroom.

"I had trained so hard, and in conjunction with the excitement of the game, I had just passed out. I spent two or three days in bed because I was too sore to get out. I had essentially rediscovered the Fountain of youth."

The theory behind this one or two sets to failure training, on a few pertinent exercises two or three times per week is straight talk. "Despite the gobbledey-gook everyone gives us to go from Eastern Europe, science says we're told as whether you need three sets, four sets, or whatever, there's nothing in physiology that dictates that there is a precise formula of sets of reps to create tension in the muscle, and is then over food the muscle. There's no one way to do it. However, you have to over load and produce that

Dr. Ken and Head Football Coach Mickey Kwiatkowski watch Strength Coach James Labelle put a Hofstra player through his paces. Photo by Kathy.

Dr. Ken and Head Football Coach Mickey Kwiatkowski watch Strength Coach James Labelle put a Hofstra player through his paces. Photo by Kathy.



tension in a way that stimulates growth. You also need to do it in a way that allows you to grow. If your means of stimulating growth is such that you are also inducing your recovery, ability to the point where you can't recover fully, then it will take ten years to reach your potential, because you're never really giving your body a chance to grow and recover. If you train properly, you can stimulate the muscle in one two sets. Why do more?"

Ken goes on to say that you can not train hard and long. If you try, he says, you will get sick or hurt or end up spinning your wheels half way through the workout. Ken says that many people claim to work long and hard, but he disputes their claims.

"The bad top level lifters and bodybuilders train here, and they tell me how hard they work, and they don't do it. They really don't. You may ask how come they can squat 800 pounds? It could be that their genetic limits is 800 pounds. I'm not saying by training differently or training the way I would advocate would get them to do more. Maybe they'd certainly wouldn't have taken that fifteen years to reach that point. I think you can reach your genetic potential in four or five years. If you're getting paid 400 dollars to dig a ditch and you get the 400 if you rather finish it in one day, and go fishing the rest of the week, if you can stimulate growth by training one or two days a week, why train five or six days?"

Many people will disagree with what Ken says, and that probably includes some of the top strength wizards in the country. Certainly his views buck the trend. There are many examples of the success of his ideas, however, and one of them is a gentleman named Kevin Gilbert, who used to play football at the Naval Academy. Under Ken's tutelage he went from 150 pounds to 295 at a height of five feet, eight inches.

"99 percent of the people who train will not work hard as they need to. Few people have been willing to train day one except people like Kevin. He would regularly still leg deadlift 450 for many reps. The high lifters, he would squat 550 in sets of fifteen. Kevin uses a result of something called Ken's. He feels that training should be as risk free as possible. To that end he advocates much higher reps than most powerlifters use, because this reduces potential damage to the body. Ken believes that, with ferociously hard work, it is possible to get as strong as one could wish, or reach their potential without the kinds of stresses that are placed on the body with the usual five sets of five. Some claim that high reps aerobic and not useful for building strength because the point of failure in the exercise is reached for cardiovascular reasons. As you might have guessed, Ken disagrees.

"Twelve to fifteen reps are not

aerobic. Powerlifters say they are because they're in such poor shape. I'm surprised most of them don't die running for the bus in the morning."

Nevertheless, powerlifters must develop the ability to do maximum singles, as is required of them in competition. "To do that," says Ken, "you have to build strength and then learn the highly technical athletic skill of doing max singles." Ken believes that doing submaximal sets of singles, doubles or triples with the suit and wraps on is vital. "Otherwise you're not practicing the skill of the sport."

In keeping with his views on strength training, Ken is involved in an unconventional field, earning his keep as a chiropractor. His reasons for getting involved in chiropractic reflect, in part, the nature of the man and his independent approach to things. Ken has been brought up to push to be successful, and his father as long as he was willing to accept the consequences of his actions. This involved in the healing arts, led him to make a "decision most dream about, but never act upon. At the time, Ken was Director of Special Education at a public high school and a varsity football coach.

"One day I woke up and said, 'Wait a minute. I could stay here forever and be happy with it, but here are other things I want to do. Because it was so secure and I could have stayed forever, I picked up and quit. It was then my year for tenure. What does an ex-director of Special Ed do? Slip out to Maine and become a lumberjack, what else? Ken spent a couple of years tramping around the country, working at odd jobs and generally playing out the Route 66 fantasy most dream about. In New Orleans he suffered an injury that MDS weren't able to help him with, but chiropractors did when he was able to be got his degree.

"I really pulled together most of the areas I was interested in, and I have certainly not regretted the decision. I feel I do work that satisfies me; it's useful to my family and the community."

Of all the controversies in powerlifting, few are as heated as the drug issue. Everyone has an opinion on the subject. Plenty of people can speak about anabolic steroids without knowing the subject that well. Ken Leistner can speak about the drugs from "first hand" experience. He believes that his health has suffered as a result of using anabolic steroids, and this, in part, has caused him to change his attitude toward drug use. Until two years ago he had gone by the edict that because he didn't like people telling him what to do, he wouldn't tell them what to do, including whether or not they should take anabolic steroids.

"I do care now," says Ken, "because it's gotten to the point where innocent people are being violated. I used to feel there was a safe way to take steroids. I'd encourage people to take them as safely as possible, if they were going to make that choice."

I was guilty of being part of the problem, in fact, propagating the problem, because of steroids, I dealt with literally thousands of athletes who wanted advice. In retrospect it was mistake on my part. I think that at this point there is no safe way to take steroids."

"For all the guys you say, 'I've taken them for ten years, I have humongous dosages and haven't had any problems,' I believe that somewhere down the line they're going to pay."

Ken notes that he is hearing from people who are getting very strange blood workups, with blood cell disorders becoming evident. Their blood is not returning to normal after cessation of drug use, either. Ken has a platelet aggregation disorder which he feels is a result of steroid use. During periods of stress his body produces normal chemicals, but his platelets are over-sensitive to them and clump up and form clots. This happened once and gave him what doctors thought was a minor stroke. Now the right coronary artery in his heart is clogged from the clotting, and will never reopen.

"I'm fortunate that my body is so efficient that the trauma hasn't affected my function. Could it be genetic, or something like that? But in my heart I know it was from the anabolic steroids."

The use of drugs has, in Ken's opinion, made a mockery of strength training. "As more strength coaches have been hired you have an increase in anabolic steroid use at colleges, universities, and on pro teams. To me that's more than coincidental. My entire life is built around strength training, and so is my business day. They make a mockery of that. If strength training is going to be looked upon as something negative, that makes me unhappy. I will do what I can to ensure that doesn't happen."

Ken believes that training has taken four steps back in the past ten years, in part because of steroids. He thinks people have forgotten how to work hard because they are relying on drugs to carry them. He also feels that the primary benefit of anabolic steroids is psychological, and that people gain strength using them because they do everything right to avoid wasting 300 dollars on a drug cycle. He thinks that another advantage comes from the fact that anabolic steroids allow you to over-train and get away with it.

The psychological aspect is not in any way to be overlooked," says Ken. "Remember the people who are going to be using drugs are very highly motivated, and, again, psychologically a little out of step. If you feel you're going to be treated differently by the world at large because your arm is smaller and your bench is thirty pounds less, then you may feel it's worthwhile for you to take drugs. But what kind of person does that? That's not, by any stretch of the imagination, normal."

When the fitness explosion began, hundreds of people started marketing devices that were touted as the way to go in strength development. The

question is, have they improved strength training? Some of the manufacturers make it seem as though their machines can produce great results with minimal effort. This is another state of affairs. Ken is unhappy with it.

"The bottom line is, people have forgotten how to train. Science has very little to do with it. It almost doesn't matter what kind of equipment you use. Some of the most effective training we did was performing with track flyweights and cement blocks."

Ken has come to all his conclusions about training through years of experience. "I've tried every routine on myself and others, and I keep coming back to the same thing. I started with," "He has been influencing with them, including Arthur Jones. Ken notes that Arthur never said anything original and this has made Ken realize that what he has to say is not original. It's from 50 years ago. It doesn't matter who said it, I don't claim to be original." He adds that his friend Joe Tufts, a former pro football player and premier rugby participant, taught him how to approach weight training as a means to improve strength, not a way to answer for everything in life. Kim Wood, the strength coach for the Cincinnati Bengals, is a person Ken has great respect for. "He's totally inflexible as far as selling his integrity," says Ken.

Although I saw my January 1985 column as a lighthearted discussion of the bench press and those who are "great" in it, its performance, many people reacted as if I had slandered the Pope. As I discovered, I may not feel that knowing the identity of the "greatest bench presser" holds much real importance in our world of illness, poverty, world strife, etc., but plenty of readers out there do.

One of my most vociferous critics was Ted Arcidi, who pressed I will case for himself. In response, I will don't feel that Arcidi had the impact of a Pat Casey, Doug Young, or Jim Williams. I doubt that Ted has even had the impact that Peffer has. Before you bleat and moan that Larry has won all of those championships, I'm leading businessman in a small P/Ling world, and is a great overall performer. Try to remember the old days when the bench press ranked right up there and the lifts would come to see him bench. The questions asked of him were often concerned with the bench, reflecting the importance of this lift holds in the hearts of most lifters, and also, Larry's admitted excellence at it. Ted Arcidi a terrific bench? Yes. Is he a great lifter? I won't be the one to tell you. Ted has worked very hard and done much to be proud of. Anyone who can bench over 400 lbs has a lot to crow about, and 600 plus is nothing to sneeze at. Ted has a lot to see how many died-in-the-wood fans remember him. 10 years from now, Does anyone remember Bob Meyers? I didn't think so. Bob was one

More From Ken Leistner

of the first legitimate 500 pound benchers around, making his big noise in the mid to late sixties. Ted is very much like Bob was, a dominant, setting big records in his lift, finishing rapidly. If Ted can sustain his top level for a Pat Casey of years, or put the record into the record books like the one I received and have a Pat Casey alive, well, and training for fitness out in California, I always get a real kick out of receiving mail from gentlemen like Pat for many years admiring his great lifting. Because I also see Pat as perhaps the premier bench presser of the consciousness of all American lifters for years, I am pleased to know that he is well and healthy. I remembered being at Bill West's gym in 1988 when he lifted 515. Through I have seen many bench presses that weighed more, I have never seen anyone handle a heavy weight with such ease and confidence. If Pat Casey could teach the current crop of lifters anything, it's to approach any lift with complete control and confidence in one's ability to overcome barriers. Pat is very impressed with the new breed of

powerlifter, noting that they can lift so much weight and look so strong and muscular doing it. In his modest, he forgets that many of us would do much the same things we did, but we just post terrific, soon to be defied bench presser in living memory. It's true that Dr. Ken Leistner may, as his lifter stated, be "a real jerk and no-nothing", but at least I don't bore people with what appeared to be a mimeographed list of my accomplishments.

Another interesting result of my bench press comments was the question raised about the lesser known lifters that I mentioned. I was checked to find that some lifters did not know Ronnie Ray, Ronnie was 198 Southwestern Texas lifter who was a soundly unbeatable member of the bench press in the late Sixties. He would win the Seniors the minute he competed his last bench, as his lift was so much higher than anyone else in the class. Kim Wood is the strength

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THE STEEL TIP
A Newsletter for Strength and Fitness from Dr. Ken E. Leistner

coach of the Cincinnati Bengals and his power had to be seen in his "lean and mean" years to be appreciated. Anyone who can bench 500 pounds weighing 210 or under has to rank high on anyone's list, especially when you consider that Kim trained strictly as an adjunct for football, and had no interest in lifting competition.

It's probably more important that every lifter try to be the best lifter in their own house, neighborhood, or city, rather than chase national titles or records. With the right attitude, one will continue to make progress and be better than he or she was before, and that truly is the bottom line. As long as you get better, why hang up on who is or isn't the greatest. We can all be great in our own way, and we can all certainly make tremendous improvement.

Next month, I may present my dubious achievement awards. The month following the Men's Seniors is usually the best time for this, because you can usually see the most ludicrous things at the year's biggest meet, but there's been enough weirdness lately to put a strong contingent together. Who is the "Widest", the "Thickest", the "Lifter Who Complains Most About Everything", Will your favorite cop the title as "Most Obnoxious" or "Most Sexist Lifter, Men and Women's Category"? Did your favorite lifter over 220 pounds complain strongly enough, using the most profanity, after reading my steroid related comments in **The Steel Tip** No. 3 to earn him the "Most Threatening Powerlifter" statuette? Tune in and find out.

"You continue to bring truth and common sense to the strength training world even for those who don't want it."
Ken Wood, Strength Coach, Cincinnati Bengals
"I always pick up information that proves useful to the team. We've gotten great results. Keep up the good work."
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Question & Answer

This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record Breaker in the 196 lb. class. If you have a training question, send it to QUESTION & ANSWER, 1413 Holgate Dr. Anahelm, CA 92802.

Dear Roger: I'm 19 years old, I'm 5'7" and weigh 200 lbs. My best powerlifts are 405 bench, 585 squat, and 585 deadlift. I have little or no question about my squat. I can squat my best or near my best squat of 585 nearly anytime I walk in the gym, but with my bench it's a different matter. Though I've benched 405 a few times in my life, other times I can hardly get 350 or even 315 up for one rep. I was wondering how I could become more consistent. Also, I bench with a narrow grip. It's about over the shoulder width. I've been told to widen the grip, but I have trouble balancing the bar. I also can't seem to lift as much with a wide grip as with a narrow one. Can you help me or at least explain to me why I'm having these troubles when people are telling me that this wider grip will add 50-100 lbs. or more to my max? Also, my deadlift is inconsistent as my best deadlift is 585, yet some times I have trouble doing 315 for one rep. Sometimes, my legs won't straighten and I can't even get 315 off the mat, while on other days I can work out with 585. Also, sometimes my grip fails me. Sometimes I can't even hold on to the bar. Can you help me? **Ronald Taylor.**

Dear Ronald: You have sent me a very interesting letter. I'm impressed with your size and strength at such a young age. I know people who have been training for years that would like to have your lifts. Your problem of inconsistency has to be a result of poor training habits. You didn't explain your program to me, but I would guess you are overtraining. As you know, all the great powerlifters use low reps and heavy weights, but by using this program, it is also very easy to overtrain. I'm going to outline a program for your bench press and deadlift. You'll need to believe in this program and keep a positive attitude toward your training.

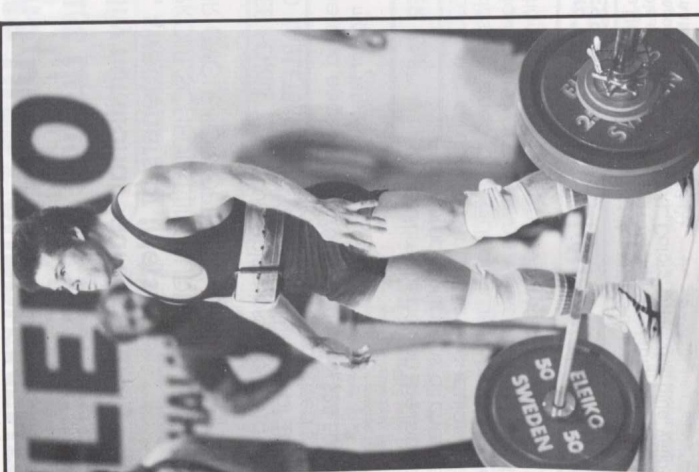
The width of grip on the bar during the bench press varies from lifter to lifter. Mike Bridges and Doug Young have a wide grip in their bench press and who can argue with their success. Close grip benchers with awesome benches are Kaz, Steve Wilson, and Bill Seno. Medium grip benchers include myself, Larry Pacifico, and George Freem. Grip width seems to be an individual characteristic based on body type and the difference between the way the muscles originate and insert into the skeletal system. I would recommend that you experiment with your grip by changing it at 5 week intervals, which should give you enough time to tell if one particular grip is the one for you. The basic rule of thumb for grip is, a wide grip is hard to start off your chest, but locks out easy; a narrow grip comes off the chest fast, but locks out tough.

To set up a solid bench press program you should start with the basics; one day heavy and one day light to medium. As you may have read in the past, I am a big advocate of singles for the advanced and intermediate lifter. With the weights that you have been using, I would say that you are at least an intermediate lifter, thus, I would recommend singles. The program that I am going to outline will be tough on you physically and mentally, but these are the qualities that will make you a champion. The program should improve your strength and consistency. First of all, start by moving your grip out about one inch on each side. This increase may feel awkward at first, but you'll get used to it.

Your Monday workout should be: 135x10, 185x8, 225x6, 255x1, 275x1, 295x1, 315x1, 255x1 a down set with 2 second pause, 225x3. Each week try to add 5 to 10 pounds on to your heavy singles. Your Thursday workout should be a medium workout with two medium singles at 270-275 pounds, followed by a set of 10 reps with 100 pounds under your max single. Your deadlifting should be done in the same fashion as your bench press, except the light day should be very light and never fatigue your back. **Roger Estep.**

Odd Lift Meet... to test strength and endurance a unique meet was held at the Olympic Gym in Beacon, NY. The lifts contested were the low pulley row with 75 percent of bodyweight, the close grip bench press with 75 percent of bodyweight, the chest curl with 75 percent of bodyweight and one set leg press with 2 1/2 times bodyweight. Each lift was done for reps of one set to failure. Dutchess County's premier powerlifter, Charlie Nelson, won the competition with 43 reps in the low pulley row, 30 reps in the close grip bench, 25 reps in the chest curl and 38 reps in the leg press.

Junior Worlds Team - Applications Open takes must be made between Oct. 1, 1984 and the last day of the 1985 Men's Nationals. Deadline for all applications postmarked no later than one week after the last date of the 1985 Men's Nationals Championships to be held September 19, 20, 21, 22 in West Germany. Contact: Keith "Boyer" Teenage, Teenage National Chairman, P. O. Box 356, Leighton, PA 18235, (1-215-977-2158)



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Women's Corner

Hello ladies and gents. The 10 women selected to represent the United States at the world championships this year are all hard at work. The team members are 97 lb. Nancy Bellevue, 105 lb. Magic Jones, 114 lb. Mary Ryan, 123 lb. Diana Rowell, 132 lb. Vicki Streinrod, 148 lb. Ruth Shaler, 165 lb. Teri Byland-Rohal, 181 lb. Juanita Trujillo, 196 lb. Lorraine Coetzee, SHW Annie McElroy. As you read through this list you will notice two of the lifters did not win their classes at the Nationals. Diana Rowell SHW Annie McElroy, and you may wonder why Felicia Johnson (winner of the 123s) and Maris Sternberg (winner of the SHW) are not lifting in Austria. The reason can do nothing about. In September of 1984 both Felicia and Maris lifted in Ernie Franz's AMPF/APF world powerlifting meet. The IFF had already threatened to suspend any lifters who entered. True to their word, all lifters and referees were slapped with 18 months suspension. Although the USPF did not agree with the IFF ruling and therefore did not sanction these lifters, the lifters were still banned from international competition. You may be asking, why would anyone compete in a meet when they knew they would be suspended. It's the same thing I wondered about. I began to read the back issues of PL USA under Message of the President and I saw what these lifters believed prior to the meet. In September of 1984 of PL USA, Conrad Cotter's entire article was devoted to all the reasons why the IFF was wrong in their threats to sanction lifters (this came out prior to the meet). Attorney Steven Sulzer believed it to be against our constitutional rights to be forced to lift only where the IFF designates. It also went against our US antitrust laws. Unfortunately not all countries have the protection of individual rights and freedoms as we have here in America. Although the IFF is clearly in the wrong, there is very little that can be done to save the athletes. The majority of the athletes entered the contest thinking that since IFF sanctions were unconstitutional and an attorney had been consulted, their right to compete would be protected. Although the US is by far the largest powerlifting body, we are nearly powerless in the international federation. Only the athletes are hurt such a power struggle. Felicia Johnson and Maris Sternberg did nothing wrong by U.S. standards. They are being punished for exercising their rights and lifting where they wanted to. They are simply caught in the crossfire. I can only hope that these two ladies will not give up but will be back next year. doing it once again in the same grand style. I want to emphasize that the USPF is not part of this fiasco. Our committees have tried to change the ruling and have backed the lifters. The fact that the committee has not honored the IFF sanctions against our lifters states that they are behind us.

Another item that all lifters need to be aware of is the new ruling concerning the width of our belt loops. The IFF instituted this rule in November and it is just beginning to be enforced. You will need to either change the loop on the belt right now or order a new belt. Just be sure and check the new belt also to make sure that it is now legal. The maximum width allowable is 3 centimeters. I cannot think of a good reason for this. Maybe the IFF will inform us of it at a later date. The new season is now in full swing and we'll see some incredible feats of strength. It's only going to get better and I can't wait. Till next month, keep training hard.

Ruth Shaler, Box 5162, Arlington, Tx 76011.

Sue Elwyn Responds... to the comments of Dr. Ken Leistner about the Women's Nationals in a previous issue of PL USA, by pointing out that there were no medical or chiropractic requirements in effect when she was awarded the belt for the meet, and that the chiropractors who she did arrange for had been in charge of the 1983 ADPPA Women's Nationals and several local meets. The doctor involved would not administer CPR as he was licensed as a chiropractor and not a medical doctor. Sue feels that she responded to all correspondence about the matter promptly and goes along fine with Drs. Hyde and Shybut at the competition. She did not receive the list of U.S.P.F. requirements for the Chiropractors until shortly before the meet, and there was not time for the Chiropractors to had arranged for the meet to meet the requirements. Also, regarding Sue's listing in the Women's TOP 20 105 lb. class, she should have been credited with 194 rather than 148 in the bench.

Army Powerlifters... The Army Powerlifting team took 2nd place at the Armed Forces Powerlifting Championships in 1985. The training camp for the 1986 team will be in mid November, to be held possibly at Fort Bliss, Texas. We need to have as many lifters as possible submit applications to attend. The camp will last 7-10 days with a lift off at the end of camp. Lifters selected to attend camp must come prepared to compete for a spot on the team. For more information contact your local Sports Director. If he is unable to help you, contact SP4 James C. Hart at AUTOVON 464-3641.

Bids Needed for the 1986 Pennsylvania Teenage Powerlifting Championships. Those interested should contact Jake Boyer at 1-215-377-2158.

Corrections. Mike Farnley's deadlift of 749 pounds should have been ranked on the last 275 lb. class TOP 100 list, and the actual lifts of Danny Akers at the Mountainbair Open were 308 192 424 925 at 132, Class II & Below.

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Hypertension...a Powerlifter's Dilemma

by William N. Taylor, MD
(author of ANABOLIC STEROIDS AND THE ATHLETE)

Hypertension, or high blood pressure, is a common health problem as defined by our current standards. The news media bombards our society with the proposed outcomes of untreated hypertension including elevated risks for heart attack, stroke, kidney and eye diseases. Significant long-standing eye diseases. Significant health problem, which can be treated in an attempt to reduce the risks of the diseases it causes. However, whether or not slightly elevated blood pressure presents any true health hazard is highly questionable.

The costs of health care insurance are a major expense to most people. Group major medical insurance may cost at least \$200/month for a family plan. Health insurance representatives are in close contact with the medical field and they are aware of the proposed health problems with hypertension. Most health insurance companies will accept a blood pressure of 130 mmHg/90 mmHg as the upper limits of normal. For an abnormally high blood pressure, a person may not be accepted for health insurance, or he may be forced to pay higher premiums.

Blood pressure is usually measured by placing a standard cuff around the left or right upper arm. It may be taken while you are standing, sitting, or lying, and the results will vary to some degree as to the position selected. Initially, the pressure in the cuff is raised well above the expected blood pressure reading of about the major arteries in the arm to completely close. Then, the pressure in the cuff is slowly reduced until the major arteries begin to reopen and allow the blood to rush into the lower arm. This rushing of blood can be heard or felt over a manometer. This gives the high number when the blood pressure is recorded, the systolic pressure. As the blood continues to fill the arm the "rushing" will cease and usually no more sounds are heard and this is the basis for the second number in the recorded blood pressure, the diastolic blood pressure. The accepted "normal" blood pressure is 120/80, with each measurement recorded in millimeters of mercury (mmHg). Blood pressure recorded in this manner is strictly not a pressure reading.

Factors which can alter the reading on the blood pressure manometer in an incorrect manner are: (1) inaccurate blood pressure manometer calibration, (2) improper technique of the person measuring the blood pressure, (3) improper cuff size for the person. Larger arms, whether fat or muscular may give from 5-30 mmHg readings than when the standard cuff is used.

Factors which will cause an elevated blood pressure at the time of blood pressure recording in an individual with usually normal blood pressure are: (1) nervousness at the time of the blood pressure recording, (2) person on stimulants, amphetamines, caffeine, diet pills, (3) person who is overtired, (4) persons in highly stressful environments at work or home, (5) person on steroids, including anabolic/androgenic, estrogen and other female sex hormones, thyroid hormone, growth hormone, cortisone and its derivatives, (6) some

medical examination. It is important for the athlete to know that the recorded blood pressure may indicate that he or she is hypertensive when they may not be. Some athletes may even be prescribed blood pressure medication designed to be taken for life-long control of a problem which does not even exist.

To prevent mistakes and avoid confusion and expense: (1) the athlete should understand the basics of blood pressure, (2) the athlete should always ask about the reading of his or her blood pressure, (3) the athlete should not allow the recording of a blood pressure over 130/90 mmHg on his/her chart or physical exam form without some notation by the recorder or physician as to the conditions of the blood pressure measurement, (4) the athlete should refrain from salty foods, stimulants and steroids prior to the exam, (5) ultimately, the athlete during the exam, (6) ultimately, the athlete should be involved in significant aerobic exercise such as running, swimming, or cycling.

In conclusion, it may be stated that true hypertension may be a marker of a significant health problem, but the strength athlete may be improperly informed about his or her condition. Blood pressures consistently over 150/105 mmHg probably require long term medication. However, for strength athletes, blood pressures lower than 150/105 mmHg may truly be normal, and it may be beneficial for the athlete to request a true arterial reading prior to the onset of anti-hypertensive medication, which is an expense not without unwanted side effects. If there is a question regarding your blood pressure, then educate yourself and find a sports medicine physician in whom you place your trust. Don't be labeled a hypertensive if you are truly not. Remember, your blood pressure is yours, now and in two or more decades from now.

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NUTRITION CORNER

by Jack Diganji

Nutrition Corner: I get more letters asking about protein than any other subject. One of the most asked questions is just how much protein should a powerlifter get? Do you feel that lifters need more protein than do other athletes?

Diane Frantz: Oh, definitely yes! And here's why I think so. First of all, muscle is protein and what better element to put into your body after a heavy workout than what your muscles and tissues are made of? Another reason is that protein helps me maintain my bodyweight. In my job, I am constantly moving around and protein helps to keep the bodyweight I want as well as where I want it! Finally, protein seems to give me that extra boost in energy that I have to have in my work and in my workouts.

N.C.: You have trained on a high protein diet. That is, in addition to high protein foods, you have supplemented your protein intake with powders, liquids, etc. Did you see any difference in your liftings?

D.F.: I sure did! I found that my lifting was much better. The protein, as I said before, gives me the extra energy I need to lift. It also helps to rebuild those muscles and tissues I have just torn down.

N.C.: Okay Diane, would you tell me some of your favorite high protein foods?

D.F.: Well, let's see: steak, milk, eggs, etc. By the way, Jack, here's a plug for our protein. I think it's the best in the world as well as tasting

D.F.: Well, the whole family helps in the kitchen, but my mother-in-law does most of the cooking. With her being Italian, she prepares a lot of spaghetti and other Italian foods. We do eat out quite a bit, but as far as myself in the kitchen, I don't do a lot of cooking.

N.C.: Eating out a lot can sometimes be a problem in ordering exactly what you want. How do you handle it when ordering?

D.F.: Well, I eat a variety of different foods, and because we do eat out a lot, I usually order something different all the time. However, I prefer not to eat too many fried foods, even though I really like fried foods.

N.C.: Do you think you eat a balanced diet?

D.F.: Yes, I think that I try to eat well balanced meals most of the time.

N.C.: The problem with most foods today is that there are so many additives in each food. Some people are convinced that preservatives can be harmful. What do you think, Diane?

D.F.: Jack, I have heard that there are some, not all, preservatives that are harmful. I'll be honest though, I don't know that much about the subject. What I try to do is select foods that are natural: breads, cereals, juices, etc. and avoid the added preservatives altogether.

N.C.: About how much milk do you drink?

D.F.: I will drink about a gallon or so of milk in a week. That's a lot more than I ever used to drink before

This month's Nutrition Corner will be a little different. We'll look at the nutritional program of one of the world's best lifters, Diane Frantz, hoping that one will match your needs. Over the past few months, I've been collecting good info on eating and nutrition from many lifters, and plan to run these interviews at regular intervals. So sit back, take a few minutes and see just how these lifters fuel and recuperate their bodies.

D.F.: I like both the animal protein and the vegetable proteins. I get the same effect from both sources and really haven't found much difference between the two.

N.C.: One of the main concerns in red meat in the diet is the possibility of raising the cholesterol level. Have you ever been concerned about your cholesterol level?

D.F.: To be honest, my cholesterol level is a little high, and, yes, I do worry about it. I wish I could lower it somehow. I know that if I would cut down on sweets that I like so well, it would help lower my cholesterol.

N.C.: Do you feel that cholesterol can cause heart disease?

D.F.: Yes, I do. Cholesterol is a major factor in heart disease and really, I should watch my level a lot closer than I do.

N.C.: Who does most of the cooking at the Frantz home?

I started lifting.

N.C.: Is there any food or drink that you know is not a part of your training diet, yet you eat because you simply enjoy it?

D.F.: Of course there is! I'm sure that that helpful in my lifting, but I simply try to stay away from these as much as possible.

N.C.: Is there any important aspect about your nutrition program that you believe to be absolutely essential to you as a powerlifter?

D.F.: I really believe that if you're a good eater and eat well balanced meals, you'll then have the energy and strength to be a good lifter.

N.C.: Okay Diane, during the training season, how many meals do you eat?

D.F.: Since I train all year round, I always eat the same types of foods. I always eat a good breakfast and a good dinner in the evening. I usually eat a good breakfast and a good dinner in the afternoon.

N.C.: Could you give us a few examples of exactly what foods and drinks you eat for breakfast, lunch and dinner?

D.F.: For breakfast, I usually have my glass of protein drink, a piece of toast with butter, and a cup of coffee for lunch, usually never sit down a meal, but rather snack a little in the late afternoon. Then for dinner, which is usually around 8:00 PM, I have usually meat, fish, poultry, spaghetti, potatoes, rice, vegetables, dessert and a drink, usually a soft drink or lemonade.

N.C.: Know you pursue a bodybuilding career as well. Can you tell us some of the major differences in your bodybuilding diet as compared to your powerlifting diet?

D.F.: When I'm going in to a bodybuilding meet, I usually have to lose about 20 pounds, so I have to stop all starches and sweets. Usually, I'll drink coffee or tea rather than a soft drink.

N.C.: In the beginning of your training cycle, what foods would you cut out or cut down? Any foods that you don't increase?

D.F.: I guess I am one of the lucky ones as I normally do not have to cut down on any foods because my weight is usually low enough that it doesn't make any difference. I like to increase my protein to mornings to evenings, because that will help to build muscle faster and make me stronger.

N.C.: On the other hand, Diane, if you're trying to gain weight, what foods would you try to increase?

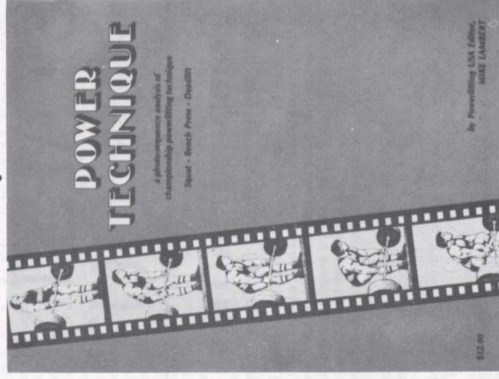
D.F.: I would increase my protein drink to 3 times a day while still eating my regular three meals. I would definitely keep the sweets as I like them so well.

N.C.: Do you find that eating or drinking anything before a workout helps?

D.F.: Since I lift in the mornings, I'll have my usual breakfast of the protein drink, toast, and coffee. By the time I begin lifting, the protein really starts working.

N.C.: Do you ever eat or drink

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New Natural Lifting Sensation.—Roger McWhorter of Cold's Gym in Charlotte, North Carolina sent in this photo and information about Gene Howell. He has set National ADFPA records in the past with a squat of 749 and total of 1878 at 220. He lives in a small town named Lenoir and Roger had heard rumors about Gene that were hard to believe. In preparation for an upcoming ADFPA meet Gene came to Charlotte on March 15 to hit a training session on the squat. In this workout he squatted 135x10, 250x6, 450x8, 675x4 without a lifting belt, tight wraps or suit. In this workout he squatted 135x10, 250x6, 450x8 with suit, wraps and another set of 800x3. He weighed 216 with his warmup suit on. Roger weighs 240 and Gene actually one his lifting suit for this session, so it was not as tight as it could have been. He handled the weight easily and hardly broke a sweat, according to Roger. Ken Farrar took the photos of this historic training session.

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STARTIN' OUT

A special section
dedicated to the
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Competition Tips

by **Graham Miller, Scottish National coach**

1. Take, and check in, two lifting suits at least and keep the backup handoff in case of a blowout on the platform. You won't have a lot of time to effect a change and you can't use a suit that the referees haven't checked in.

2. Keep, and check in, at least 2 pairs of knee wraps. Having a second, rolled, pair ready will help you if you get rushed on the clock.

3. Get light warmups out of the way early. Don't worry about starting too soon. At least you can't get completely cold in this way.

4. Check on everyone's first attempts at the beginning and get yourself a marker for warmups, i.e., the lifter due up just before you. You can pace yourself off him. He may get caught on time, but you won't.

5. Don't be hypersensitive on warmup timing. It doesn't matter if your last warm up is ten minutes, or 4 1/2 minutes, before your 1st attempt. Being ready in good time, even a bit early, is much better than being rushed, late, arriving in haste on the platform, bushed and just off a last heavy warmup.

6. Know how long it takes you to wrap your knees and gauge time from the lifter before you.

7. Don't be fussy. Take the bar however it is in the racks. You may not have time for fine tuning the position of the bar in racks, for example, with the clock running. Doing so will break your concentration anyway.

8. Only take 2 steps back to clear yourself from the squat racks. It saves energy. Economy of movement has a payoff.

9. In the squat, keep your head down until you're set up right and your feet are solid. This helps avoid a premature referee's signal to start.

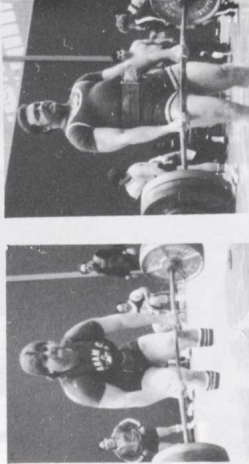
10. Keep your belt on, loosely around the waist, and your wristwraps on between attempts. This will save time and the anxiety of looking for misplaced equipment while the clock is running.

11. Keep your suit straps up, if you can, to save additional preparation time. Just ease them off the traps if they are constructive when all the way up.

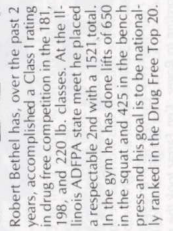
12. Take your own tape measure to the meet to be sure of your bench grip in relation to marks on the bar. Warmup bars are not always properly gripped.

13. If the meet is long or hard, don't forget to cut back your deadlift warm-up to just a few essential singles. It will save very precious energy. A 600 pound opener doesn't need warmups of 165x5, 165x5, 275x5, 385x3, 450x2, 520x1, 560x1 in the back third of a meet. You can get by with 275x2, 385x1, 475x1, 550x1 if you have to. Let your mind lead your body.

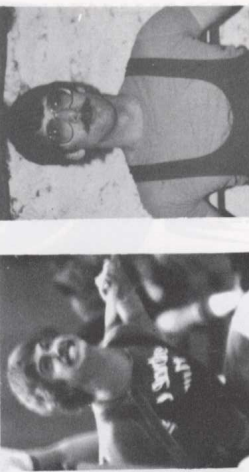
★ WHO'S WHO IN POWERLIFTING ★



Robert Bethel has, over the past 2 years, accomplished a Class I rating in drug free competition in the 181, 198, and 220 lb. classes. At the Illinois ADFFA state meet he placed a respectable 2nd with a 1521 total. In the gym he has done lifts of 650 in the squat and 425 in the bench press and his goal is to be the national lifter ranked in the Drug Free Top 20.



Butch Charst, after lifting only 7 months, has won a 1st, 2nd, and 3rd place in drug free powerlifting competition. His second place was at SHW in the Illinois State ADFFA meet, and he thanks his training partners Bob Bethel and Tumery Matthews for their support. Photos of Butch and Bob Bethel and information supplied by Butch Charst.



Steve Ferris, 29, of Blacksburg, Virginia is an assistant professor at Virginia Tech as well as being an avid powerlifter. The "Power Prof" has contributed articles to POWERLIFTING USA and IRON MAN, and is looking for his Class III ranking in the 220 pound and is training intensively 5 days a week to increase his total to 250 for next year's National Collegiate. Photo and info by Dave Arsenault.



Steve Bruno, a 148 pound, drug free powerlifter recently completed in his first powerlifting contest and made lifts of 415 245 440 for a total of 1100. Steve is a student in Massachusetts at Springfield College and is training intensively 5 days a week to increase his total to 250 for next year's National Collegiate. Photo and info by Dave Arsenault.

Message From The President

Watergate popularized the verb phrase, to stonewall. The practice of an official faced with an apparent impropriety or dereliction drawing about him a cloak of absolute silence is not at all new, but the inscription is changing. In each time it is employed never admittances. Dr. Dan Cahill, president of the I.O.C. approved drug testing laboratory in Los Angeles, once refused to comment or deny to the press the "B" sample of one of our lifters whose urine was collected from the 1984 Women's Nationals in Austin, Texas.

I hope that when drug testing is discussed informally around the campfires we will never forget to mention Dan Austin. Dan is a drug free lifter who has never taken the forbidden stimulants or anabolic steroids. In 1984 he won the A.D.F.A. Nationals, the Senior Nationals and the Worlds. At Dallas a sample of his urine was collected, divided between two sterile bottles and carried to the I.O.C. approved clinic in Cologne for testing. It was decided that his "A" sample tested positive for "metabolite", or Primobolan, as it is known in this country.

Dan was, of course, helplessly emmeshed in a system of scientific drug detection, which is at once poorly understood and devoid of human compassion, he saw his job, his educational future and his good name slipping away from him. No one would ever have believed him, for as everyone knows, people lie, but science does not. The more generous would perhaps concede that although he may not knowingly have taken Primobolan, his "friends" may have tried to help him by surreptitiously taking a little Primobolan with his vitamins. His indiscriminate choice of friends would then "justify" the sanctions.

In this paroxysmal despair we had trouble finding a straw to grasp. First of all, Dan lacked the funds to have the "B" sample tested. Neither the I.P.F. nor the U.S.P.F. was willing to pick up the tab. Second, as Arnold Brostrom, the I.P.F. Secretary, had pointed out to me over a year ago, having the second sample tested is a pointless undertaking, because the "B" sample is identical to the positive "A" sample. Third, although we knew the cost of testing at Chelsea, \$275, we did not know the cost of testing at Cologne, because we did not know whether the new rates negotiated by Heinz Viethaler, the I.P.F. President, would be in effect for this sample.

We decided to ask that the "B" sample be tested in Chelsea, since preparation was not required and Dan would have a good prospect of finding the money during the spring. Instead, the "B" sample was tested in Cologne without our permission.

A few days ago Dr. Mauro Di Pasquale, chairman of the I.P.F. Sports Medicine Committee, phoned to inform me that Heinz Viethaler had just announced the "B" sample had tested negative. Since no other lifters at the 1984 World Powerlifting Championships had had any positive results, I believe I hear to others only sporadically regarding how two identical samples may test positive and negative, respectively. Dr. Di Pasquale intends to inquire.

Meanwhile, at this late date, Dr. Di Pasquale has not yet received from Cologne the results of the testing of the "A" sample of another of our lifters at Dallas who was found positive for testosterone. Dr. Di Pasquale needs these results in order to advise the lifter whether to have the "B" sample tested. They have been promised.

I have received several requests for relief from the zealous enforcement of two rules involving costume and personal equipment. Rule 8.3 states, "Sneakers and hems must not exceed 3 cms. in width for the hems in tightness." In nearly all cases during the bench press, if the excess is snipped, supportive and in place during the bench press. If the excess is snipped at the placement check-in table the tension of the hem is lost and the lifter is inadvertently exposed.

Rule 11(b) states, "Tongue loop maximum width of 3 cm." Our tongue loops are slightly in excess of this amount. Again, if the excess is snipped away at the check-in table, the loop may well be ruined, at least in appearance. Because a good belt is expensive and because the extra 1/4 inch of loop width gives no extra support, the strict enforcement of this rule smacks of a bureaucracy run wild.

I phoned Bob Packer, chairman of the I.P.F. Technical Committee, for his recommendations. First of all, the rules were not his. As committee chairman he apparently was a compiler, rather than a law giver. Second, Bob assures me that a careful seamstress can alter the hem without destroying it. Third, a leatherworker can remove the excess from the belt loop rather in expensively. Bob Morns of Bob's Custom Lifting Belts has offered to replace the tongue loop of his belts without charge. If the owner pays the shipping. Fourth, although I am not clear as to why the hem on a non-supportive lifting must be strictly limited to three centimeters, Bob did mention that the other nations all have narrower belt loops. Apparently, once again the Americans were all out of step here. For how many years have the foreigners gnashed their teeth as the American lifters swaggered about with their obscenely wide belt loops?

Fifth, Bob urges referees to USE COMMON SENSE in enforcing these two rules. If this admonition seems Delphic, let me suggest that we cut a little slack in enforcing these rules, especially at what we call novice meets. At other meets one might consider stamping the offending garment or loop with a "W" to signify that the lifter has been warned. Let us not drive people from the sport as we set about enforcing these two rules, neither of which is designed to remove an unfair advantage.

On April 2, Dan became head strength coach at Austin State Univ., Clarksville, TN. Advance notice to Bob Morns of the belt's color will yield a one day luncheon time.

Dr. Conrad Cotter, Box 18485, Pensacola, FL 32523

1985 USPF Club Registrations

Alabama: 468-Huntsville Gym, Huntsville. **Akanasas:** 468A-Body Works Power Club, Camden. 64-El Dorado Barbell Club, El Dorado. 466-Fitness Ctr., Crossett. 357-La Spa Power Club, El Dorado. 454-Riders, Magnolia. **California:** 339-Bernie's Power House, Carson. 302-Ellie Pl. Club, San Jose. 415-Estrada's Gym, San Luis Obispo. 34-International Pl. Club, Sacramento. 105-Iron Horse Pl. Team, Marysville. 308-Magnum Power Club, Glendora. 77-Mission Power Team, Mission San Jose. 368-Muscle Mart, San Diego. 61-Olympic Power Team, Norridge. 228-60-Muscle Wrecks, Okaley. 174-Pleasanton Health Fitness, Pleasanton. 1117-Primobolan Power Team, Westminister. 509-Spokane Barbell Club, Spokane. 56-Valley 56 Fitness Ctr., San Francisco. 4444-4444 Fitness Ctr., Inc., Littleton. **Florida:** 191-Al Francisco Gym, Lakeland. 476-Body World Pl. Team, St. Augustine. 452-Garcia's Godillas, Princeton. 462-Papa Lombardi Pl. Club, Miami Gardens. 433-Suncoast Gym, Tampa. **Georgia:** 158-Coffee's Gym, Marietta. 453-Cricket's Dumbbells, Newnan. 398-Elite Power Inc., Augusta. **Illinois:** 283-Franz Power Team, Aurora. 254-H&B Health & Fitness Ctr., Breese. 12-Power Force, Highland Park. **Indiana:** 332-Everett's Gym, Daleville. 451-Lynch's Gym, South Bend. 469-Rawling's Gym, Sheridan. 4-The Pit Barbell Club, Evansville. **Iowa:** 311-Low State Pl. Team, Ames. **Kentucky:** 436-Fort Knox Pl. Team, Fort Knox. **Louisiana:** 67-Bayou State Power Team, Monroe. 162-Fosy's Health Club, Baton Rouge. 170-Goudreau's Power Team, Monroe. 29-Louisiana Tech Pl. Team, Bossier. 385-West Monroe High School Pl. Team, West Monroe. **Louisiana:** 239-Bikler's Power Producers, Manchester. 475-Dundalk Barbell Club, Baltimore. 49-Dynamo Barbell Club, College Park. 207-Health System Power Team, California. 203-Metro Fitness Health Club, Littleton. 69-Palomar Barbell Club, Inland. 152-Tennis Health Club, Tempe. **Maryland:** 182-Fit YMCA Wt Club, Flint 456-Outpost Pl. Club, Belton. **Michigan:** 179-Power Pit, Flint. 325-Swartz Creek High School Club, Swartz Creek. **Mississippi:** 355-Mississippi Iron Men, Pascagoula. **Montana:** 468-Montana State Pl. Bozeman. **Nebraska:** 473-Las Vegas Pl. Team, Las Vegas. **New Jersey:** 448-Gates Gym, Wayside. 477-Gold's Gym, Fair Lawn. 275-Oaklandside Gym, Pleasantville. 472-Pal's Gym, Roseland. 478-The Jaguar Den, Jackson. **New York:** 55-Barbican Power Team, Bellvale. 135-Innomasters Pl. Club, Rochester. 467-Metro Fit Barbell Club, Pelham Manor. 461-University Heights Iron Masters, Lancaster. 307-West Point Black Knights, West Point. **Oklahoma:** 24-Crain Power Plus, Shawnee. **Ohio:** 16-Black's Health, Cleveland. 369-Body Builders Inc., Akron. 276-Kent State Weight Club, Kent. 380-Lima Power, Lima. 249-Power Elite, Dayton. 395-Uni-Body Fitness Ctr. Columbus. **Pennsylvania:** 33-Billard Gym, Myerstown. 84-Downtown Wt Club of Clearfield, Clearfield. 334-Fitness Hit Power Team, Butler. 272-Fox Hill Barbell Club, Greensburg. 196-Innomasters, Windler. 247-Jake's Power Team, Leighton. 447-Lock Haven University Pl. Club, Lock Haven. 374-Dixon 272-Coke Gym, Rowlesville. 42-em Steel City Gym, McKees Rocks. 1972-Coke Gym, Rowlesville. 240-Temple University High School, Imperial. 393-Twin Valley Power Team, 240-Temple University High School, Imperial. **South Dakota:** 265-Muscles Unlimited, Consista. 260-SDSU Weightlifting Club, Brookings. 459-Bodybombs Gym, Denton. 460-Fit Pl. Wt. Club, 445-U.S. Amateur Athletes Association, Beaumont. 389-UT Powerlifting Team, Austin. **Texas:** 211-Rocky Mountain, Roy. **Virginia:** 72-Builders Pl. Club, Newport News. 470-Cannon's Gym, Virginia Beach. 417-Gold's Gym of Newport News, Newport News. 479-Nation's Capital Power Gym, Norfolk. 464-Petersburg Power Express, Petersburg. 429-Power House Gym, Norfolk. 53-Virginia Tech Wt. Club, Blacksburg. 417-Houston Boys Club Pl. Team, Norfolk. **West Virginia:** 420-Factory Powermen, Weirton. 111-Holley Strength Systems, Charleston. 44-Mountaineer Barbell Club, Huntington. 410-Parkersburg Barbell Club, Parkersburg. **Wisconsin:** 375-IMSLS Powerlifting Club, Racine.

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Records People Update. Joe Pynn is now the New Jersey Masters Records Chairman for the U.S.P.F. Anyone running a USPF Meet in NJ may send Masters Records to Joe at 16-C-Rt. 206, Mantleport, NJ 07874. Anyone appointed records chairman for the men and women lifters in the USA Air Force is Jack DeShields, 12-21 The Motor Drive, Mount Airy, ND 58701. ADFFA Records Chairperson Tim McCellan has a new address: 2439 S. Evergreen Rd., Tempe, Arizona 85282.

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Norm Flom
Washington State
Masters Champion

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Palmetto State Championships 14, 15 Dec 84 - Greenville SC

MASTERS	SQ	BP	DL	Total
WOMEN (by weight)				
M. Shely	248	170	292	661
M. O'Reilly	248	110	246	604
M. O'Brien	248	117	248	613
K. O'Han	248	137	248	633
M. Fort	225	121	292	639
J. Lane	214	115	264	595
J. Baker	214	116	266	600
L. Hallman	192	91	225	512
K. Bentley	184	104	303	655
E. Drake	176	88	253	529
Novice Division				
L. Stewart	292	132	303	727
L. Williams	265	115	303	683
D. Deligatti	195	127	326	648
L. Williams	125	137	341	603
L. Baker	286	165	319	771
M. Gambrell				
K. Landreth				
L. Thomas				
P. O'Neil				
P. Thomas				
D. Drake				
T. Simpson				
T. Simpson				
B. Frazer				
L. Azara				
J. Hoff				
S. Jenkin				
165				
L. O'Shea				
D. Youngblood				
R. Walton				
M. McNamey				
C. Burns				
H. Terriak				
G. Torford				
G. Purvis				
J. McClure				
R. Bradley				
G. Pridmore				
T. Rogers				
T. Rogers				
G. Acosta-Rua				
L. 181				
M. 139				
T. Shelton				
A. Moore				
M. Williams				
T. Craig				
J. McCoo				
M. Charneau				
R. Scario				
C. O'Connell				
M. Berryberry				
D. Williams				
180				
R. Bramos				
W. Hagan				
T. Smith				
C. Heins				
J. McCallan				
T. Collins				
D. Brown				
A. Barbee				
M. Justus				
M. Gibson				
C. Wrenn				
J. Burnett				
C. Kuck				
B. Wilson				
B. Webster				
B. Simpson				
S. Brewer				
M. Wood				
J. Fleming				
D. Watson				
L. Mather				
R. Patterson				
C. Pedler				
B. Robinson				
B. Robinson				
D. Jackson				
C. Hammond				
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the USA team sweatshirt next year. The Seniors are already heading up, in early December.

Team Championships: The Hero: One lifter in the meet went 9 for 9, incidentally, Russell required for the meet. He should be a definite threat to each attempt. Flash back to his previous performance, he should be a definite threat to each attempt. Flash back to his previous performance, he should be a definite threat to each attempt. Flash back to his previous performance, he should be a definite threat to each attempt.

Barry Glump's 50 1/2 lb. bench puts him right up there with the best in the world within a few weeks. In the 180 lb. class, he is the only lifter to have a 225 lb. bench press. In the 220 lb. class, he is the only lifter to have a 275 lb. bench press.

Bob Eason, who finished 5th in the 220 lb. class. In the 220 lb. class, he finished 5th in the 220 lb. class. In the 220 lb. class, he finished 5th in the 220 lb. class.

Free Nationals: In the 148 lb. class, he is the only lifter to have a 275 lb. bench press. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press.

Carolina the two best 148 lb. lifters in the world. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press.

Carolina, won both - the Novice and Open Team Championships.

The Hero: One lifter in the meet went 9 for 9, incidentally, Russell required for the meet. He should be a definite threat to each attempt. Flash back to his previous performance, he should be a definite threat to each attempt. Flash back to his previous performance, he should be a definite threat to each attempt.

Barry Glump's 50 1/2 lb. bench puts him right up there with the best in the world within a few weeks. In the 180 lb. class, he is the only lifter to have a 225 lb. bench press. In the 220 lb. class, he is the only lifter to have a 275 lb. bench press.

Bob Eason, who finished 5th in the 220 lb. class. In the 220 lb. class, he finished 5th in the 220 lb. class. In the 220 lb. class, he finished 5th in the 220 lb. class.

Free Nationals: In the 148 lb. class, he is the only lifter to have a 275 lb. bench press. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press.

Carolina the two best 148 lb. lifters in the world. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press. In the 148 lb. class, he is the only lifter to have a 275 lb. bench press.

through the whole meet. Donnie's 15 year old son Russell also gave Roy a hand when needed. (Incidentally, Russell is a former National champion in the 150 lb. class.)

Novice Division: In the 150 lb. class, he is the only lifter to have a 275 lb. bench press. In the 150 lb. class, he is the only lifter to have a 275 lb. bench press.

Open Division: In the 150 lb. class, he is the only lifter to have a 275 lb. bench press. In the 150 lb. class, he is the only lifter to have a 275 lb. bench press.

Novice Division: In the 150 lb. class, he is the only lifter to have a 275 lb. bench press. In the 150 lb. class, he is the only lifter to have a 275 lb. bench press.

Open Division: In the 150 lb. class, he is the only lifter to have a 275 lb. bench press. In the 150 lb. class, he is the only lifter to have a 275 lb. bench press.

Jr. Wisco 84, Racine, WI 15 Dec 84

LI	SQ	BP	DL	Total
Alice Waterman	110	80	165	355
L. Lawrence	290	130	350	950
John Krueger	415	245	415	1075
Kevin Merrill	380	225	375	980
Fred Vaxalan	550	350	550	1450*
Hugh Perone	485	250	455	1190
N. Heimmennan	415	275	470	1160
H. Kelly	380	245	415	1040
Todd Kasilke	380	370	555	1305
Mary Becker	350	335	550	1235
Roger Ludka	550	335	550	1435
Roger Lacoza	500	300	510	1310
D. Constantine	415	275	425	1115
L. Spittiger	380	375	585	1340
Mike Hoc	500	315	550	1415
Ray Vanney	540	325	550	1415
Phil Laville	540	340	550	1430
Timmy Ray	470	330	500	1300
Mike Bert	470	300	500	1270
G. Villaral	425	315	470	1210
Tom Condit	645	400	600	1645
Tom Condit	655	363	400	1418
D. Verbraken	625	430	540	1595
Jim Hyne	610	365	595	1570
Eric Mendenhall	590	375	595	1560
Brandon Garrity	459	355	470	1275
Chuck Leslie				
242				
James	700	475	645	1820
John Brown	640	460	620	1720
Steve Lowrey	640	460	620	1720
Mike McIntyre	620	420	640	1680
D. Spittiger	700	435	655	1790
David Neuber	710	450	625	1785
Gus McKinney	600	410	550	1560
SHW	600	430	710*	1820
Steve Hall	600	455	585	1640
Joe Starola	445	265	500	1210
Junior State Records, Champion of Champaign, Applegate; 2nd-Edu. Clair; 3rd-South Shore Power; 4th-MSL. Thanks to Walk Velley for results.				

**Dangerfield Classic Bench Contest
13 Jan 85 (kilo) Elgin, IL**

Novice Division
75kg
Bob Giffin 147.5
82.5kg
Wayne Caudel 137.5
Kevin Longsin 112.5
R. Maddaleno 180
Joe Diaz 147.5
Flint Jackson 172.5
John Graski 165
Geo. Williams 150
Riga Vickers 240
100kg
Ed Zachary 182.5
125kg
Opus Davidson 200

Open Division
80kg
Wayne Caudel 137.5
Kevin Longsin 112.5
R. Maddaleno 180
Joe Diaz 147.5
Flint Jackson 172.5
John Graski 165
Geo. Williams 150
Riga Vickers 240
100kg
Ed Zachary 182.5
125kg
Opus Davidson 200
150kg
Fred Beckato 117.5
Jeff Huber 145

Thanks to Terry Dangerfield for results.

Fishkill Correctional Meet

27 Jan 85 - Beacon, NY

	SQ	BP	DL	Total
Reeves	290	195	380	865
Ardis	250	225	350	825
148	340	230	445	1015
Whiten	305	245	420	970
Flores	210	185	355	750
Quevas	210	185	315	710
138	375	360	380	1015
Ohio	395	245	400	950
Thomas	295	245	385	925
Combs	280	270	375	925
131	400	315	570	1285
Cobb	465	290	500	1255
Nafio	450	300	510	1260
Walker	430	275	450	1155
Powell	375	295	450	1120
136	350	290	450	1090
Cedeno	330	240	400	970
Wilson	300	245	400	945
Nelson	550	360	600	1510
242	500	345	550	1395
Santoro	480	335	520	1335

Among the participants were members of the Fishkill Correctional Facility, Ironmen and Olympic Gym's power team. The Olympic men were the most valuable lifter, Chas Nelson (220) also cleaned up in the best Schwartz squat, Schwartz BP and best Schwartz DL to represent Olympic gym with the FCJ from the team competition 35-20. FCJ has yet to be beaten in head to head competition in the last three years. Many thanks should be given to Chas Swisher, lifter and coach, for his coaching and support. Line judging: Also thanks to the spotters and loaders Mr. Klopfer, MR Shaw, Mr. Clarke, Mr. Brown and special thanks to the rec aides and staff. The next time! - C. T. Chatham.


Texas State Championships

2 Feb 85 - Arlington, TX (kilos)


	SQ	BP	DL	Total
WOMEN				
H. Mullick	82.5	37.5	90	210
P. Box	127.0	62.5	145	335
132	120	67.5	137.5	325
P. Dyer	92.5	42.5	110	245
144	130	57.5	140	327.5
L. Finnigan	127.5	62.5	145	335
110	120	67.5	137.5	325
MEN-OPEN				
H. Ashton	137.5	97.5	152.5	387.5
148	125	100	142.5	367.5
K. Toller	160	103.5	190	453.5
R. Barnett	232.5	160	292.5	705
165	220	155	232.5	607.5
J. Tyree	220	155	232.5	607.5
T. Hill	192.5	112.5	210	515
181	300	200	300	800
E. Mooney	300	200	300	800
H. Olson	292.5	192.5	327.5	812.5
183	292.5	192.5	327.5	812.5
K. Toller	205	135	197.5	537.5
J. Billman	205	135	197.5	537.5
184	170	135	195	500
D. Reynolds	170	135	195	500
R. Dyer	310	210	307.5	827.5
C. Garcia	300	177.5	282.5	760
C. Garcia	287.5	192.5	267.5	747.5
F. Meyer	287.5	192.5	267.5	747.5
R. Roy	250	182.5	262.5	695
S. Kelley	237.5	165	280	682.5
W. Moore	280	150	222.5	652.5
185	345	227.5	312.5	885
J. Roberts	292.5	182.5	315	790
R. Osburn	292.5	182.5	315	790
M. Northcutt	292.5	182.5	315	790
242	267.5	182.5	290	760
G. Fields	345	185	310	840
G. Fields	327.5	170	275	772.5
B. Allen	292.5	182.5	262.5	737.5
R. Wright	292.5	182.5	262.5	737.5
R. Roy	262.5	157.5	272.5	692.5
186	235	137.5	272.5	645
J. Snow	350	220	310	880
275	350	220	310	880
H. Hudson	282.5	177.5	285	745
A. Maxey	275	195	275	745
E. Saller	260	152.5	265	677.5
R. Blackmon	245	127.5	285	657.5

Power Products Inc.

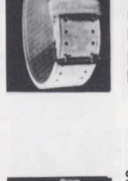
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Style A - 4 inch leather, 1.3mm thick, suede lining \$51.00



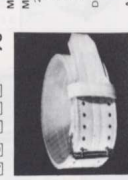
Style B - Single thickness, 2 1/2" tapered \$21.00



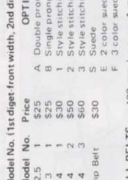
Style C - Two-tone suede, any colors \$60.00




Style D - 2 1/2" tapered suede \$44.00




Style E - 3-tone suede, any color combination \$65.00



Style F - Economy, 1.3mm thick, suede both sides \$51.00




Style G - Suede King, any color \$60.00

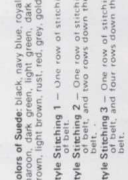


Style H - Single thickness leather, 4 inches Chain Dipping Belt \$26.00


Belts: Featuring hand-crafted belts with solid stainless steel buckles, and only the finest leathers and suedes available. 20 colors to choose from. Single or double prong buckle available, please specify.




Style I - Double prong buckle, NC \$25



Style J - 1 Style stitching 1 \$3



Style K - 2 Style stitching 2 \$6



Style L - 3 Style stitching 3 \$10

Options: A Double prong buckle - NC \$25; 2.5 1" x 2 1/2" \$3; 4 1" x 3" \$3; 1 Style stitching 1 \$3; 2 Style stitching 2 \$6; 3 Style stitching 3 \$10; 4 1" x 3" \$3; 5 Suede \$5; 6 2 color suede \$5; 7 3 color suede \$10


ALL BELTS are 100 mm (approx.) 4 in wide and 1 1/4" (approx.) 1 1/4" deep. Colors of Suede: black, navy blue, royal blue, light blue, medium, dark green, light green, dark brown, medium brown, light brown, rust, red, grey, gold, sand.

Style Stitching 1 - One row of stitching around edge of belt, and two rows down the middle of the buckle.


Style Stitching 2 - One row of stitching around edge of belt, and four rows down the middle of the buckle.

Style Stitching 3 - One row of stitching around edge of belt, and four rows down the middle of the buckle.


5% Discount for money order or certified check in advance. 5% Discount on purchase of any 2 or more belts. Shipping (\$3.00 per Belt).




Style M - 4-3-1-1-1-5 \$78



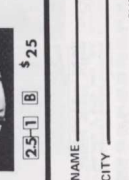
Style N - 4-2-1-1-5 \$68



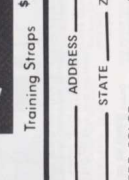
Style O - 4-2-1-3 \$59



Style P - 4-1-1-A \$30



Style Q - 2-5-1-B \$25



Style R - Training Straps \$5

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Form: Description, Quantity, Color(s), Weight Size or Weight Class, Price, Total

Central Missouri High School Meet
2/16/85 - Steelville, MO

114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
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Illinois ADFFA State Meet
10 Feb 85 - Chicago, Ill (kilo)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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Greater Scranton YMCA Bench
6/84 - Scranton, Pa

114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
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Northwest Regional ADFFA Meet
1/19/85 - Burlington, WA

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Southwest Fire and Police Meet
2 Mar 85 - Houston, TX (kilo)

148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
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Powerlifting

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Books

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J. Dabrowski 400
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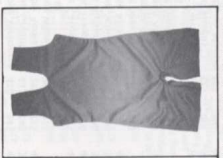
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Super Spectrim: Tri-Min 90 tabs. Should
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lingual (under tongue) for quick tremen-
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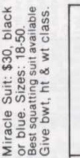
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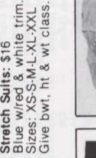
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Give bwt., ht. & wt class.



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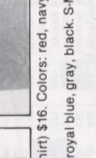
Leather Training Straps
One size fits all.
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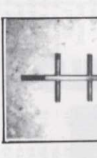
Chalk: \$8/1 lb. \$15/2 lbs. \$65/10 lbs.
D.M.S.O.: 99% pure, 8 oz/\$11.00.



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2 pr-\$24
5 pr-\$24
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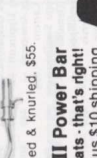
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Give size, design and 1st & 2nd color choice.



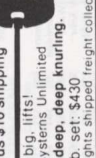
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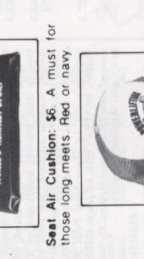
Glenn Stevens, The miracle suits
have held up through very tough
workouts. They are easy to put on
and have the support
and the padding you need
wouldn't use any other suit. Thanks
for the 837 lb. squat!



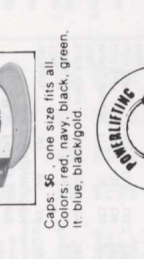
**Powerlifter's
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Apron:** \$8.
Stop search-
ing for a bib & chalk
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everything in
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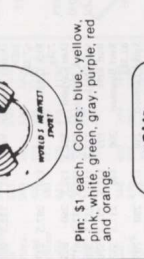
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for those long meals. Red or navy



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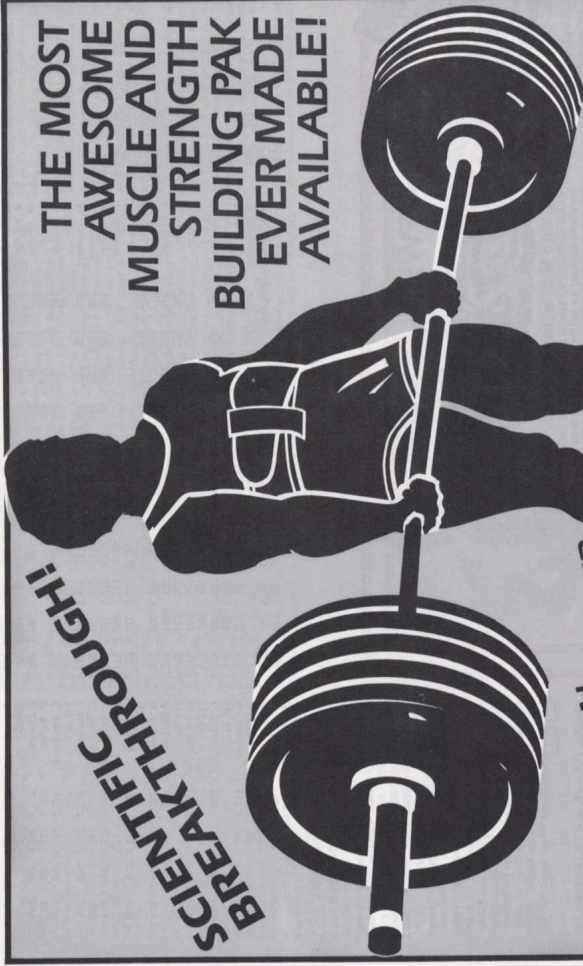
Pin: \$1 each. Colors: blue, yellow,
pink, white, green, gray, purple, red
and orange.



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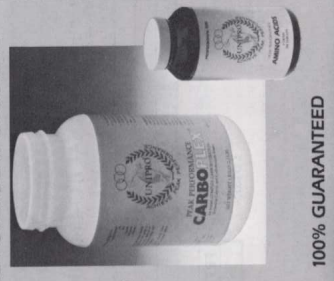
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Ontario Intermediate Contest
2/17/85 - Ontario Canada (kilos)

Wt.	Wt.	DL	Total
R. Tajman	315	260	455
R. Lewis	305	280	485
E. Sclay	300	305	465
E. Sclay	181		
E. Harmon	525	325	610
J. Burke	412	285	475
E. Morphy	500	250	430
L. Blockston	430	250	450
B. Lee	300	200	425
B. Taylor	198		
M. Triett	525	350	560
M. Rider	515	325	515
A. Decker	515	325	515
C. Nemith	485	305	485
J. Plummer	375	340	480
B. Puckham	425	325	400
C. Adams	335	275	405
T. Ayers	355	250	370
	575		
G. Stratton	630	380	610
C. Straton	500	355	510
F. Bala	450	310	535
M. Martinz	550	340	660
J. Coburn	540	325	635
R. Morgan	565	365	570
SHW	540	350	525
	475	350	500
D. Hastings	625	410	660
WOMEN			
L. Turpin	150	110	215
D. Redgate	220	145	300
V. Short	180	105	215
G. Bolden	240	130	345
G. Bolden	240	130	345

Diamond State Championship
1/26/85 - Seaford, De

Wt.	Wt.	DL	Total
A. Jones	310	225	380
C. Byerly	275	185	300
J. Fabur	190	215	300
S. Harris	200	175	300
M. Corviale	225	165	300
R. Wagner	300	300	565
R. Hughes	375	300	480
M. Estrada	425	245	400

Best lifter: Raimo Paananen, byv: Anthony Zanni, results from Raimo Paananen.

Becoming a winter classic in So. Delaware, Mike Hall's Diamond State Powerlifting Club was well-tended by both lifters and spectators despite very poor weather. Of particular note was a spectacular performance by two women athletes on the women's side. These organizers are indebted to referees Jimmy Stewart and John Mogavero who provided excellent officiating in this first USPF sanctioned event. Thank you to Mike McGraw for results.

315	260	455
305	280	485
300	305	465
181		
525	325	610
412	285	475
500	250	430
430	250	450
300	200	425
198		
525	350	560
515	325	515
515	325	515
485	305	485
375	340	480
425	325	400
335	275	405
355	250	370
575		
630	380	610
500	355	510
450	310	535
550	340	660
540	325	635
565	365	570
540	350	525
475	350	500
625	410	660
150	110	215
220	145	300
180	105	215
240	130	345
240	130	345

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An Open Letter to Brother Bennet, President of the American Drug Free Powerlifting Association... Dear Brother Bennet: In the January 15th, 1985, edition of **POWER HOTLINE**, I read that next year you want to have a Drug Free World Championships in Powerlifting. Also mentioned in **POWER HOTLINE** was that England, Canada, and Norway are interested in forming organizations similar to the ADFPA. Brother Bennet, I doubt that your plan will be successful, because in the very IPF member nations named above, drug testing in accordance with IPT and IOC regulations has been in effect for a number of years. The IPF has opposed drug misuse in our sport since 1981 with light drug testing in the various World Championships. In any case the IOC Medical Committee has certified that the IPF has a high standard in the struggle against drug misuse. Also note that a member of the ADFPA was tested at the 1984 World Championships in Dallas. As I understand it the ADFPA does not carry out a drug testing procedure which meets internationally recognized rules, but requires only a statement and makes random lie detector tests. Brother Bennet, do you really believe that you can fight drug misuse in our sport with a word of honor and a lie detector test? I do not believe so. In my opinion the only way is through numerous urine analyses and continuing education as to the harmful effects of drugs on athletes. For these reasons, in behalf of the IPF and the USPF headed by Dr. Conrad Cotter, I ask you to support drug testing in Powerlifting. Please give up your plans to split off and return to the IPF family. Let your drug free championships be sanctioned by the USPF, and carry out drug testing in accordance with the IPT and IOC rules. I guarantee you my full support! To Powerlifting, Sincerely Yours, **Heinz Viertoller**, President of the International Powerlifting Federation.

Judging and Remarks from the Crowd... Ralph Pardue (Category II International Referee) has had some trouble with lifters and spectators at meets and has had to do some things he wishes he hadn't in that regard, but realizes that lifters are the best people in the world, and most of the time they know what is going on and understand what has to be done. In the area where he judges there are some great meet directors, Mike Hawkins, Mike Apps, Tom King, and Johnny Howie, who make his job much easier.

Errors... the lifts for Dr. Daryl Johnson at the Greater Texas Classic should have been listed as 257.5, 147.5, 260.665, with the squat, deadlift and total being American records. On the Women's TOP 20 list Lori Zmiratovich should have been credited with lifts of 230, 125, 315-670 on April 14, 1984 rather than the 185-325-780 list. Kaym Tarner's (220) lifts of 465, 195, 450, 1110 should have been listed as well. Mary Yawney (123) pulled a 365 deadlift and totaled 775 at the West Coast Open, both of which would make the list.

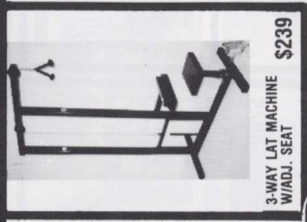
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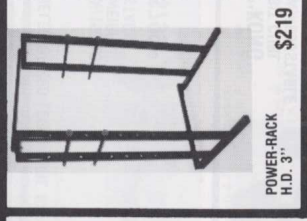
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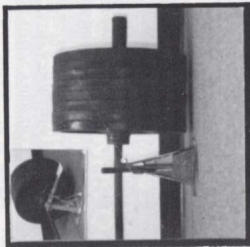
Northeast Power-Fitness Qualifier
 24 Feb 85 - Brockton, Ma
 132 Dave Lewis 590 275 460 1225 Total
 Tom McCarty 365 280 440 1085
 105 Shockett 550 300 600 1450
 181 John Anastasi 550 360 565 1475
 242 Angelo 790* 400 670 1900
 *exceeds Natl ADFPA record from GYM
 Brockton, Ma. USPF sanction 1089-85, ADFPA
 sanction 85-13. Judges: Cat Chase, ADFPA
 Mass, champions, and successful meet director
 mother, Neil card holder; Scott Norton, Natl
 class bodybuilder. Leaders and helpers: Barry
 Eisenman, Carol DeGruy, Steve Brown, the
 McCuller. This drug tested meet served most
 and 2nd attempts; just enough in most cases to
 so there are some noteworthy lifts here. Thanks
 to Saul Shockett for results.

Mountain State Classic Bench
 12/9/84 - Parkersburg, WV
 123 Bryan Vales 209 380 560 940
 132 David Cotter 341
 130 Jeff Chambers 308
 148 Jerry Murphy 187
 149 Mike Byrd 429
 144 Blaker 286
 140 B. Baberford 270 352
 140 Joe Bailey 253 352
 140 Keith Booth 242 325
 140 Tony Leroy 198
 140 K. Alexander 429
 165 G. Underwood 347
 165 Mark Mason 356
 165 Mike Byrd 332 275
 165 D. DeCoursey 319
 165 Jerry Recht 297 407
 165 F. Leichter 292 407
 165 P. Mastropole 347
 165 Tony Gerdes 248 413
 165 Mike Brown 402
 165 JENKINS DIV 479
 165 Ron Arthur 336
 165 Tom Morton 303
 165 Bill Keefover 291
 165 Rocky Roach 270
 165 MASTERS DIV 203
 165 Jim Mitchell 424
 165 Gary Marks 347
 165 Harry Cochran 330
 165 Ray Hinkle 365
 165 Mike Brown, Wyo. Louis Sim-
 mons, meet directors; Mike Lehar and Dana
 Bee; PS: Byrd weighed 206 and benched 479%
 and is just 18 years old. Forget his inner shirt,
 and is in a "fair" shirt. Thanks to Mike Lehar for
 results.

Piedmont Open
 2/9/85 - Henderson, NC
 148 DL Total 960
 BP 325 360 565
 Jim Sharp 300 360 550
 Lin Mabry --- 200 350 550
 165 Hawkins-H --- 310 460 790
 165 Bob Jones --- 305 465 750
 165 Anthony Abel --- 310 440 750
 165 Dennis Rynn --- 310 535 845
 165 David Abbott --- 315 500 815
 165 Chas Franks --- 315 475 790
 198 Jim Terry --- 360 500 860
 220 Zelino Perry --- 370 590 960
 220 Bob Powell --- 355 510 865
 220 Tom Johnson --- 360 510 870
 220 Gary Chase --- 210 360 570
 SHW --- 425 625 1050
 Jas Pat 100 100 200 300 500 955
 Jerome Durham --- 395 560 955

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Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
1985 Teen Nationals 14-15	625	720	785	875	925	975	1005	1075	1100	1125	
1985 Teen Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
1985 Teen Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
1985 Senior Nationals	930	1055	1220	1410	1605	1715	1820	1910	1985	2060	2070
Junior Nationals	870	1020	1150	1370	1555	1650	1750	1870	1945	1940	1960
ADFFA Nationals	840	950	1060	1230	1365	1475	1550	1605	1635	1670	1750
ADFFA Collegiate	725	840	970	1110	1225	1365	1415	1450	1470	1490	1490
1985 YWCA Nationals	900	1064	1146	1279	1505	1565	1650	1700	1755	1800	1870
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
1986 Women's Nationals	518	562	601	639	672	744	805	865	920	970	
1985 YWCA Nationals	579	623	667	711	749	827	893	959	1025	1080	
Women's ADFFA	97	104	111	116	122	129	139	154	176	176+	
1985 ADFFA Women's	463	496	518	540	562	584	623	678	750	838	
1985 ADFFA Teenage	402	430	457	468	491	513	546	595	656	733	

A.D.F.F.A. TOP 20 82.5 kg. 181 lb.

	SQUAT	BENCH	DEADLIFT	TOTAL
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2	634 R. Kobetz 2/18/84	408 L. Danaher 3/17/84	655 W. Schmidt 7/21/84	1731 R. Kobetz 2/18/84
3	634 R. Kobetz 2/18/84	395 J. Burke 11/18/84	650 M. Lira 11/16/84	1642 W. Schmidt 7/21/84
4	628 D. Lane 5/6/84	380 R. Wenner 4/7/84	633 G. Herrington 7/21/84	1571 R. Wenner 6/9/84
5	623 T. Matichak 5/6/84	380 M. Benvenuto 11/18/84	612 J. Adams 6/9/84	1554 T. Matichak 7/21/84
6	623 T. Matichak 5/6/84	375 R. Kobetz 2/18/84	612 J. Adams 6/9/84	1532 J. Adams 6/9/84
7	606 M. Lira 11/16/84	369 J. Bettinacher 4/1/84	606 R. Wenner 6/9/84	1525 J. Szigethy 3/17/84
8	601 J. Smoker 4/7/84	364 K. Isbell 2/18/84	606 R. Wenner 6/9/84	1494 J. Bettinacher 11/16/84
9	590 R. Wenner 4/7/84	364 R. Ferraro 11/18/84	600 B. Thompson 11/18/84	1482 A. Villars 12/1/84
10	590 R. Wenner 4/7/84	360 M. Makolsky 3/17/84	600 B. Thompson 11/18/84	1482 A. Villars 12/1/84
11	590 R. Wenner 4/7/84	358 T. Matichak 5/6/84	584 C. Wright 3/31/84	1472 M. Lira 11/16/84
12	590 R. Wenner 4/7/84	358 T. Matichak 5/6/84	584 C. Wright 3/31/84	1466 J. Rose 5/5/84
13	576 D. Henry 12/6/84	358 W. Schmidt 7/21/84	584 C. Wright 3/31/84	1465 A. Roberts 3/17/84
14	576 D. Henry 12/6/84	352 M. Wilson 10/27/84	584 A. Villars 12/1/84	1460 M. Makolsky 3/17/84
15	565 K. McDonough 4/28/84	352 M. Wilson 10/27/84	584 A. Villars 12/1/84	1460 M. Makolsky 3/17/84
16	565 K. McDonough 4/28/84	345 P. Page 3/17/84	578 T. Matichak 7/21/84	1450 M. Massone 4/7/84
17	562 J. Rose 5/5/84			
18	562 J. Rose 5/5/84			
19	562 J. Rose 5/5/84			
20	562 D. Halperin 11/16/84			

This Top 20 list by Jim Callagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1984 to December 31, 1984. Please send a copy of all ADFFA meet results to Jim Callagher, 10000 Highway 10, P.O. Box 100, Willingboro, NJ 08094. These who appear on the A.D.F.F.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.



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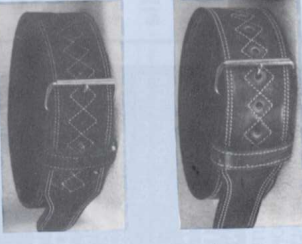
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1/26/85 - Waterloo, IA

OPEN DIV	Gene Laht	425
Tom Kemna	370	
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Bill Stuart	340	
Craig Hill	310	
Adrie Lynch	275	
Ralph O'Reilly	275	
T. Henderson*	295	
Deane Johnson	410	
Lane LeVing	400	
Jim Clos	310	
Jeff Berry	300	
Tom Fisher	400	
Ben McInroy	275	
John McQuinnell	270	
John Decker	270	
John Woyner	380	
Jack Michael	380	
Jim Moore	350	
Randy Cook	500	
Jim Backus	500	
Sumno	405	
Pat Higgins	405	
Ken Kolboff	400	
Lance Stewart	400	
Scott Matthews	330	
Bill Sharp	300	
Tim Deason	300	
Ted Schuster	300	
Larry Hanson	275	
Pat Hingegen	250	
Larry Bolts	180	
D. Gilbertson	375	
David Taylor	285	
Kent Dieks	325	
Michael Miller	265	
Chris Hill	260	
198	180	
Mike Foggia	420	
Chris O'Connell	400	
Rick Herman	370	
Jim Theobald	330	
Brian Malloy	360	
Brian Jordan	280	
I. W. Esterlitz	220	
420	315	
Dave Koepf	315	
Jay Gayford	300	
David Linder	300	
David Tyler	340	
Mike Kaufman	310	
Ray Hamill	320	
Bill Fleurette	280	
242 lb.	280	
Terry Nowak	310	
Shangdecker	280	
Tom MacKenzie	280	
242 lb.	265	
Matt Knox	265	
Pat Conner	445	
445	285	
Todd Conner	285	

*Trophies awarded to the top five lifters in each class.

Francis Wilson, hv: Tom Henderson, team trophy; Waterloo Total Fitness Centre. Thanks to Tom Johnson for results.

Idaho State Championships

26 Jan 85 Boise, ID

Women	SQ	BP	DL	Total
B. May	290	135	310	735
D. Duman	320	155	340	815
P. Vail	235	125	290	650
K. O'Donoghue	190	135*	205	530
D. Lindsey	150	100	225	495
D. Odle	250	130	275	655

Barbara May, Idaho's only Elite female-lifter, returned to the State Meet after a year layoff and placed first in the 155 lb. class. May's first sanctioned meet, placed a close second and set new records in her weight class for the bench and deadlift. Judice could be the one to take the gold in the 155 lb. class.

Third went to Leigh Duman of Twin Falls and fourth to Pam Vail of Boise. The 275 lb. class was again dominated by Ray Woodley of Twin Falls. An upset by old rival Jim Henderson placed Dean Trammner traveling from Pocatello placed second followed by Dan Bain of Nampa. Eric Anderson, Idaho's All-American Collegiate lifter, placed fourth and set a new record in the 315 lb. total category. John Walthers, a teacher from Middleton took second followed by Lyle Jones.

For the first time a roving team trophy was awarded to the winning team. Valley Gym of Boise took first place honors and was followed by the 220 lb. class, Bill Rogan of Boise, still early in his powerlifting career, lifted smartly and easily outdistanced others in the field. Vince Anderson and Dan Bain of Boise followed by Clay Peterson of Boise and Matt Middleton also of Boise. The 275 lb. class was again dominated by Ray Woodley of Twin Falls. An upset by old rival Jim Henderson placed Dean Trammner traveling from Pocatello placed second followed by Dan Bain of Nampa. Eric Anderson, Idaho's All-American Collegiate lifter, placed fourth and set a new record in the 315 lb. total category. John Walthers, a teacher from Middleton took second followed by Lyle Jones.

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- 1983 Womens Teenage Nationals
- 1983 North Americans
- 1983 Hawaii Invitational

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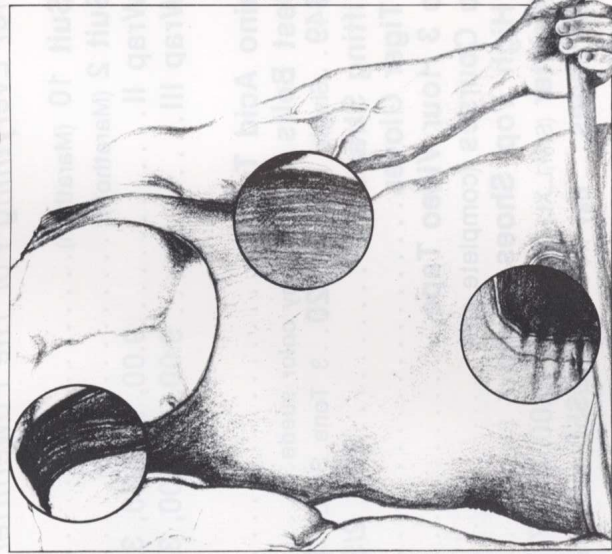
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