



# **STRONG LIFE**

**THE FUSION OF FAITH & FITNESS**

**The Official Magazine of R.A.W United**

**INSIDE:**

**North American  
Championships**

**Armed Forces**

**Championships**

**Pennsylvania**

**States**

**MORE!**

**Volume 2, Issue 10**

**October 2014**

**Shannon Luce  
destroys the  
record books  
at the 2014  
North American  
Championships!**

**2015**  
**MIKE WITMER MEMORIAL OPEN &  
FLORIDA STATE CHAMPIONSHIPS**

**Saturday & Sunday, January 24-25, 2015**  
**Sanctioned by R.A.W. United**



**Hosted by Strong Life Tampa Bay \* Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:**  
**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, January 3, 2015**  
**Meet Director: Spero Tshontikidis**  
**More Information: 321-505-1194 or**  
**[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United  
Volume 2, Issue 10  
October 2014**

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STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through the R.A.W. United Powerlifting Federation ([www.StrongLife610.net](http://www.StrongLife610.net)) and STRONG LIFE Training Facility. From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.





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# STRONG LIFE

## THE FUSION OF FAITH & FITNESS

**The Official Magazine of R.A.W. United  
Volume 2, Issue 10  
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***Many thanks to our military heroes that participated at the 2014 Armed Forces Championships!  
Next year's contest will include police officers and firefighters:***

**2015 Gary Gordon Memorial Police, Firefighter, & Armed Forces Championships  
Saturday, February 21  
STRONG LIFE Training Facility \* Melbourne, Florida  
FREE CONTEST!**

# **LAST CHANCE TO GET A TOTAL IN 2014**

**Saturday, December, 13 2014  
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility  
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, November 22, 2014  
Meet Director: Spero Tshontikidis  
More Information: 321-505-1194 or  
[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

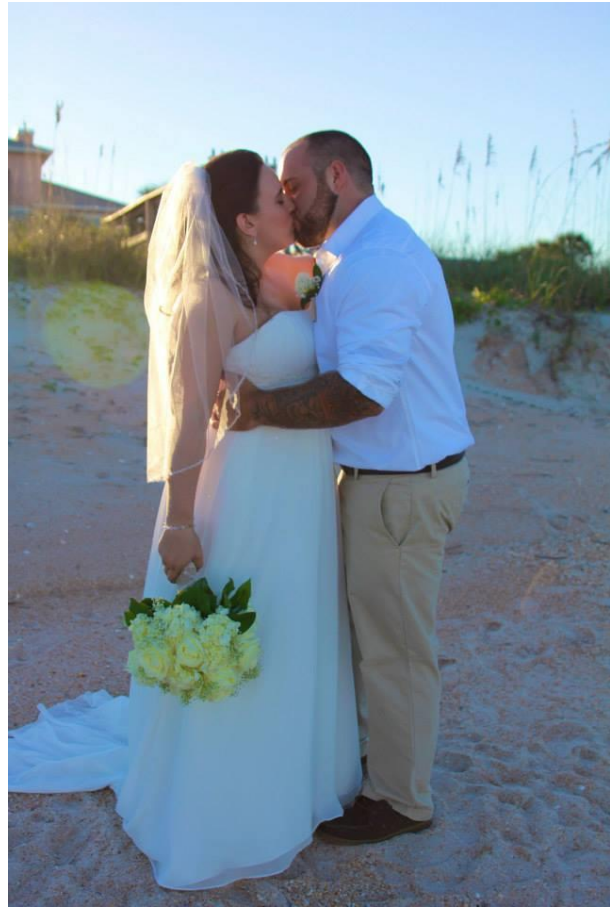
## **ON THE COVER: EDITOR'S REVIEW**

**"Commit your plans to the Lord and they will succeed."  
Proverbs 16:3**

### **WHAT'S INSIDE**

Incredible lifting took place in the past three months, with Pennsylvania joining the R.A.W. United family and record shattering performances at both the Armed Forces Championships and North Championships!

More important, we were honored to host Dave and Shannon Luce (our cover couple) at the North Americans prior to their wedding on October 18. We wish Dave and Shannon all of God's blessings in their marriage!



*Dave and Shannon Luce  
October 18, 2014*

The October issue of STRONG LIFE will focus on the federation's expansion plans and what our family of lifters can look forward to in 2015 and beyond! Also included in this issue of STRONG LIFE are

articles by R.A.W. United Treasurer and Chief Referee Bob Gaynor, Massachusetts State Chapter Leader Paul DeSimone, and Federation Chaplain Paul Simmons.





*Many thanks to RAW Unity Meet Director Eric Talmant for his continued support of the R.A.W. United mission!*

*Eric is pictured with Spero, Mariya Topchy, and Jacqueline Mojica at the 2014 Gary Gordon Memorial Armed Forces Championships.*

Looking ahead to November and December, the Federation is STOKED to return to Tampa on November 8 for the Tony Conyers Extravaganza. Tony will be joined on the platform by James Jacobs, Jenn Rotsinger, Jordan Wong, and seventy others in what is likely to be an awesome day of lifting! Bill Beekley, who serves as the Federation's Secretary, will be directing the meet.

Maryland State Chapter Leader Kevin Prosser will be hosting the Central Pennsylvania Single Lift Championships at Crossfit Duration in Hanover, Pennsylvania on November 8, and the STRONG LIFE Invitational has over 50 lifters registered for the November 15-16. We also have three meets scheduled in December to finish out the year!

On January 24-25, the Federation will mark the beginning of the 2015 season with the return of the Mike Witmer Memorial Open &

Florida State Championships. State meets are being moved to the months of January through April in an effort to set the stage for our Championship events to follow. Take a look at the confirmed dates for 2015 in this issue of STRONG LIFE and continue to see our contests increase on the CONTEST SCHEDULE link on our website at [www.StrongLife610.net](http://www.StrongLife610.net).

Thank you very much for supporting STRONG LIFE magazine and R.A.W. United's mission to serve God both on and off the platform! We are so excited for the 2015 powerlifting season, and encourage interested lifters that would like to join us as State Chapter Leaders, Meet Directors, and members of the R.A.W. United family to contact us at 321-505-1194 or via email at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com).

*Enjoy the Reading, Spero*

# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Anna Feldbush for sending us the October 2014 photo for *The Strong Shot*!



**SOMETIMES YOU JUST  
GOTTA' SCREAM!**

**ANNA FELDBUSH  
AT THE NORTH AMERICANS**

## **JESUS ZONE: FEARLESS CONFIDENCE**

**“Now, Lord, look on their threats and grant to Your servants that with all boldness they may speak Your word,  
By stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus.”**

**And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.**

### **Acts 4:29-31**

In the August issue of STRONG LIFE we discussed “Sun Stand Still Faith” and how as a Federation we must move forward boldly with our plans for expanding R.A.W. United beyond the Florida border. As our sport’s fastest growing Christian federation, there will not only be growing pains within our ranks, there will also be “push back” from the outside. With that reality in mind, we must have more than purpose and perseverance to move forward – we must have divine intervention.

In the Book of Acts, Peter and John were imprisoned for healing a man who had been blind since birth. The Jewish leaders, feeling their power threatened by the Apostles, commanded them “not to speak at all nor teach in the name of Jesus.” And although Peter and John knew that death could be the result of continuing to speak about Jesus, they went to their companions, prayed, and boldly proclaimed the risen Christ all the more!

Here’s why:

**FEARLESS CONFIDENCE  
COMES FROM CHOOSING WHO YOU WILL  
BELIEVE  
(ACTS 4:23-24):**

We always have the option of listening to one of two voices when we are wrestling with big decisions in our lives, God or the leaders of the time. In John and Peter’s case, they chose to pray and obey God – a wise choice since the Apostles literally turned the world upside down as they shared the Gospel.

Within the powerlifting community, there is always pushback when new federations emerge, especially one that professes to be Christian-based. After being a Florida-based organization for seven years, we made the decision to expand, and have hosted meets in six states this year.

As part of our expansion, we had to decide whether or not to host “National” and/or “World” level meets as well as their accompanying “National” and/or “World” records. Our Board, working in conjunction with our State Chapter Leaders, decided to avoid utilizing these terms simply because it is not an accurate reflection of R.A.W. United’s current status as a federation. In other words, it is blatantly “dishonest” to hold a “National” meet in which the vast majority of contestants hail from the state hosting the event. Instead, we chose to trust that God would guide our growth in His time frame, and opted for the terms “Federation” and “Championship” events/records instead.



*Justin Prince created the “Reps for Remission” program for toddler Gavin Leiba after spending time in prayer, and has raised over \$6000 for Gavin’s family*

**FEARLESS CONFIDENCE  
COMES FROM REMEMBERING THAT GOD IS  
NEVER SURPRISED  
(ACTS 4:25-28):**

There is a popular saying that “war makes strange bedfellows.” Herod, Pontius Pilate, and Caiaphas all hated each other, but came together as allies to destroy Jesus. This reality may have surprised the people of the day, but not to God. King David lived nearly 1000 years before Jesus and prophesized these events in Psalm 2:1-2, so God already knew.

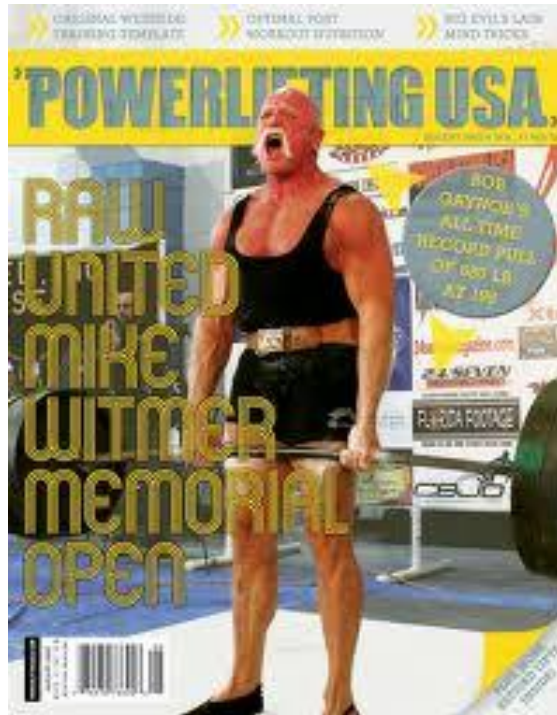
When we have fearless confidence, we know that God is in control. God knows the direction that R.A.W. United is taking, and He knows where we will be in the future. We simply have to stay within His will and press forward.

**FEARLESS CONFIDENCE**

**COMES FROM BELIEVING IN  
SUPERNATURAL FAVORS  
(ACTS 4:29-30):**

When Peter and John first encountered the beggar, Peter told him that he did not have money but believed that God would make him walk again. Peter believed in supernatural favor and he acted upon it; once the man began to walk, others that witnessed the miracle came to faith in Jesus Christ.

Likewise, we need to believe that God will show up and show off when we call upon Him. When Bob Gaynor’s picture made its way to the cover of Powerlifting USA, I remember feeling like the singer in the song “Cover of the Rolling Stone.” It was an AWESOME moment when the magazine arrived in my mailbox, and I was so thankful to God and to Mike Lambert to see R.A.W. United on the cover of our sport’s most prestigious magazine!



And now we need that back – we need to say: “look at us and what we stand for!” And we need to boldly approach lifters, potential State Chapter Leaders, and potential meet directors with confidence knowing that what we have to offer is special!

**FEARLESS CONFIDENCE**

**COMES FROM BEING FILLED WITH THE HOLY SPIRIT (ACTS 4:31):**

Acts 4:31 reads: “And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.”



*Tony Conyers at the R.A.W. United Masters Championships*

There are few lifters in our sport that profess the Gospel more boldly than Tony Conyers. I have had the distinct privilege to know Tony and call him my friend for over thirty years. In that time, I have witnessed his growth not only as one of the world's strongest lifters, but more importantly, as a humble follower of Jesus Christ. He is never ashamed to share his beliefs, encourage others, and support our efforts as both a ministry and federation within the sport. Thanks brother!

\*

So where do we go from here?

Simple – follow the lead of the Apostles and gather together in prayer and watch God move in awesome ways within our sport! We are so excited for the 2015 powerlifting season, and encourage interested lifters that would like to join us as State Chapter Leaders, Meet Directors, and members of the R.A.W. United family to contact us at 321-505-1194 or via email at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com).

*Thanks, and God Bless, Spero*



*Tony and I always remind ourselves:  
"It's not about powerlifting, it's about people."*

*Long-time friends and R.A.W. United Leaders  
Jack Stevens, Larry Bucchioni, and Bob Gaynor at the 2014 North American Championships*



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# **2014 THUNDERBIRD WINTER CLASSIC**

**Saturday, December 20, 2014  
Sanctioned by R.A.W. United**



**Hosted by Thunderbird Gym  
Monessen, Pennsylvania**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, November 29, 2014  
Meet Director: Dave Lhota  
More Information: 814-521-9182**



## **CONTEST REVIEW: GROWTH CONTINUES IN PENNSYLVANIA & FLORIDA!**

**"Be strong in the Lord and the power of His might."  
Ephesians 6:10**

R.A.W. United hosted the Gary Gordon Memorial Armed Forces Championships in September and the North American Championships in October, while Thunderbird Gym owner Dave Lhota hosted the Pennsylvania State Championships in

August. Dave's mom went to be with the Lord shortly after his meet, so the results were delayed until this issue of STRONG LIFE. Our thoughts and prayers continue to go out for Dave and his family.



***Dave (left), pictured with Best Lifters Richelle Tharp and John Leonard, at the 2014 Pennsylvania State Championships***

# 2014 PENNSYLVANIA STATE CHAMPIONSHIPS & THUNDERBIRD OPEN

Saturday, August 16  
Thunderbird Gym \* Monessen, Pennsylvania

Outstanding performances by Richelle Tharp, Marcus Bell, Jeff Bugajski, and John Leonard set the stage for a great day of lifting! Several lifters contacted the

Federation to express both their gratitude and condolences for Dave, and we look forward to hosting more contests in the Keystone State!



*Master lifter Domenick Amoroso had a record setting day, going 320, 170, 380 in the 70-74, 198s!*

## Women

### IRONMAN, No Belt

97	8-9	Alexia Workman	-	45	-	-
148	20-24	Richelle Tharp	160	145	305	610

### IRONMAN, Belt

97	8-9	Alexia Workman	-	45	-	-
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132	14-15	Alexis Reedy	-	100	215	315
148	20-24	Richelle Tharp	160	145	305	610

### RAW

132	14-15	Alexis Reedy	-	100	215	315
148	20-24	Richelle Tharp	160	145	305	610

### Men

#### IRONMAN, No Belt

97	12-13	Leo Iacovangelo	135	75	170	380
	8-9	James Standish	-	-	95	-
114	10-11	Sam Iacovangelo	105	60	140	305
181	12-13	Nathan Lynch	135	95	200	520
198	35-39	Uriah Jones	-	315	-	-
220	25-29	Darryl Jarvis	-	365	-	-
		Travis Buffy	-	340	-	-
308	65-69	Ron Jeffery	430	265	530	1125
	40-44	John Jackson	-	445	500	945
308+	35-39	Gino Frezzell	-	360	-	-

#### IRONMAN, Belt

97	12-13	Leo Iacovangelo	135	75	170	380
	8-9	James Standish	-	-	95	-
114	10-11	Sam Iacovangelo	105	60	140	305
132	14-15	Mike Standish	175	120	275	575
165	18-19	Marcus Bell	395	245	425	1065
181	40-44	Joe Standish	245	185	400	830
	12-13	Nathan Lynch	135	95	200	520
	20-24	Donald Fakner	350	-	-	-
198	70-74	Domenick Amoroso	320	170	380	870
	35-39	Uriah Jones	-	315	-	-
220	25-29	Jeff Bugajski	425	285	565	1275
	60-64	David Lhota	450	285	450	1185
	25-29	Darryl Jarvis	-	365	-	-
	25-29	Travis Buffy	-	340	-	-
	25-29	Dustin Leonard	-	-	530	-

308	65-69	Ron Jeffery	430	265	530	1125
	40-44	John Jackson	-	445	500	945
308+	35-39	Gino Frezzell	-	360	-	-



*Richelle Tharp takes 160 pounds into the hole with Maryland State Chapter Leader Kevin Prosser spotting!*

**RAW**

132	14-15	Mike Standish	175	120	275	575
165	18-19	Marcus Bell	395	245	425	1065
	40-44	John Stringa	-	300	-	-
	40-44	Bob Gregory	-	-	500	-
181	40-44	Joe Standish	245	185	400	830
	20-24	Donald Fakner	350	-	-	-
198	70-74	Domenick Amoroso	320	170	380	870
	35-39	Uriah Jones	-	315	-	-
220	25-29	Jeff Bugajski	425	285	565	1275
	60-64	David Lhota	450	285	450	1185
	25-29	Darryl Jarvis	-	365	-	-
	25-29	Travis Buffy	-	340	-	-
	25-29	Dustin Leonard	-	-	530	-

308	25-29	John Leonard	575	460	650	1685
	65-69	Ron Jeffery	430	265	530	1125
	40-44	John Jackson	-	445	500	945
308+	35-39	Gino Frezzell	-	360	-	-



***Youth lifter Cheyne Johnson of STRONG LIFE Training Facility at the 2014 North Americans***

# 2014 GARY GORDON MEMORIAL ARMED FORCES CHAMPIONSHIPS

Saturday, September 20  
STRONG LIFE Training Facility \* Melbourne, Florida



*Operation Iraqi Freedom veteran Donnie Kiernan pulling strong at the Armed Forces Championships!*

R.A.W. United's annual Armed Forces Championships, a FREE contest for our military heroes, proved to be another awesome day of comradery and lifting, with veterans and active service members encouraging and supporting each other throughout the day! Dedicated in honor of Medal of Honor recipient Gary Gordon, the contest is a tribute to Gary and all our brothers and sisters that sacrificed their lives in defense of our great nation!

Many thanks to those that competed for their selfless sacrifice to our country, and more thanks to their families for supporting their

unwavering love of America! May God richly bless each and every one of you!

And thanks to those non-military lifters that joined us on the platform to support our heroes! Next year's event will be two days in length, with police officers and firefighters joining our armed forces lifters on Saturday, and a "Support Our Troops" event on Sunday for non-military personnel to help offset the cost of this FREE event for those that dare to serve! The 2015 contest will take place on February 21-22 at STRONG LIFE Training Facility in Melbourne, Florida.



*Thanks again to all our military heroes!*

**Women**

**IRONMAN, Belt**

148	18-19	Mariya Topchy	170	105	220	495
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**RAW**

132	40-44	Jacqueline Mojica	190	125	280	595
148	18-19	Mariya Topchy	170	105	220	495

**Men**

**IRONMAN, No Belt**

114	12-13	Andrew Kearney	135	82	180	397
198	50-54	Spero Tshontikidis	375	240	515	1130





*Best Lifter Rich Nichols pulling strong!*

**IRONMAN, Belt**

97	8-9	Logan Acevedo	-	45	-	-
114	12-13	Andrew Kearney	135	82	180	397
148	30-34	Rich Nichols	315	180	405	900
198	50-54	Spero Tshontikidis	375	240	515	1130
220	40-44	Jorge Acevedo	-	415	365	780
	45-49	Chris Cash	-	255	-	-







*Chris Musillo setting up for a 340 pound bench in the 181s*

**RAW**

148	30-34	Rich Nichols	315	180	405	900
181	35-39	Chris Musillo	-	340	-	-
198	50-54	Spero Tshontikidis	375	240	515	1130
	60-64	John Harp	-	300	405	705
220	40-44	Jorge Acevedo	-	415	365	780
	30-34	Richard Hodges	-	350	-	-
	45-49	Chris Cash	-	255	-	-
308	35-39	Rob Doll	600	450	600	1650
308+	30-34	Donnie Kiernan	525	425	650	1600



*Rich Hodges finished at 350 pounds in the bench!*



***Rob Doll moved HUGE weight at the Armed Forces Championships,  
and  
USMC & Vietnam veteran John Harp traveled from Salem, Oregon for his record breaking day!***





*Jorge Acevedo, currently serving in the US Army at Camp Blanding,  
and son, Logan,  
have competed annually at the Armed Forces Championships!*



# 2014 NORTH AMERICAN CHAMPIONSHIPS

Saturday & Sunday, October 11-12

Saturday & Sunday, October 18-19

STRONG LIFE Training Facility \* Melbourne, Florida



*Jay Grayauskie moved BIG weight in his R.A.W. United debut, capturing Best Lifters honors on Day Three of the North American Championships!*

GOOD TIMES and AWESOME LIFTING took place at this year's North American Championships! The record books were shattered throughout the four day event, and the meet served as the transition into our fall line-up.

USF Lifter Veronika Buran captured top honors in the 105s, and rising teenage star Savannah Green had a record setting day to take the 114s. Youth lifter Valery Linkenhoker took the 123s, and is looking forward to a record setting day at the STRONG LIFE Invitational next month. Teenage sensation Faryn Antenucci went 242, 105, 277 to win the 148s, and Dulcy Olson posted records in the squat and total to take the 181s. Brettany Murdock nailed records across the boards in the 198s, and cover girl Shannon Luce was spectacular, going 425, 200, 405 before getting married – congrats again to Dave and Shannon!

On the men's side, a teenage contingent from STRONG LIFE Training Facility including Ben Johnson (114), Andrew Kearney (123), and Juan Torres (132) swept

the lighter classes. Juan's lifts of 245, 125, and 277 were all good for new teenage records. The 165s had a solid battle with Rick Geary finishing on top with a 965 total. Joe Lazarin, lifting with us for the first time, was extremely impressive, finishing at 395, 315, 500 for a solid 1210 total in the 181s! Jay Grayauskie, also lifting in his first contest with R.A.W. United, was flawless going 460, 355, 600 in the 198s. Justin Prince, who raised over \$6000.00 toward medical expenses for Team Gavin, finished at 1250, followed by Chris Lilly and Jesse Shelton. Training partners John Hallman and Dave Luce captured the 220s and 242s respectively, with John finishing at 1580 and Dave at 1455. Cranford Roberts hit big lifts in the 220s as well, and Masters Champion Larry Bucchioni – he's like the Energizer Bunny, just keeps going – broke more records with his 965 total. Finally, teenage newcomer Anthony Martinez literally squatted and deadlifted for the first time, finishing at 1015 in the 275s – we're real excited to get Anthony back in the gym once his football season ends!



*Youth lifter Anya Johnson gets stronger every time she's on the platform!*

Many thanks to everyone that competed for supporting R.A.W. United and our mission! We truly appreciate everyone's support and friendship, and look forward to seeing many back at the Tony Conyers Extravaganza next month!

More thanks to Loma Amore, Faryn Antenucci, Larry Bucchioni, Pete Classon, Marty Demerich, Larry Dromerhauser, Bob Gaynor, Rick Geary, Andrew Hung, Jessi Irons, Andrew Kearney, Jack Stevens, Eric Talmant, Caryn Tshontikidis, Dave Whitehead, and everyone that helped out!



*Masters Champions Loma Amore and Larry Bucchioni*



**TEAM GAVIN**

*Many thanks to Justin Prince, and all of God's blessings to Gavin and his family!*

**WOMEN**

**IRONMAN, No Belt**

88	12-13	Anya Johnson	125	52	142	319
97	12-13	Emma Remonsellez-Conde	40	30	100	170
105	20-24	Veronika Buran	150	75	170	395
	40-44	Liz Johnson	107	65	165	337
	12-13	Abby Mechachonis	122	62	137	321
	14-15	Anna Feldbush	125	47	140	312
114	14-15	Savannah Green	175	77	185	305
	14-15	Jessi Irons	70	60	125	255
123	12-13	Valery Linkenhoker	160	82	212	454
	16-17	Cheney Hess	147	90	185	422
148	16-17	Faryn Antenucci	242	105	277	624
165	12-13	Piper Jenkins	135	80	175	390

181	14-15	Dulcy Olson	210	85	250	545
198	14-15	Brettany Murdock	210	105	260	575
	12-13	Karly Hudson	177	72	205	454
198+	14-15	Taeghan O'Neill	72	72	165	309

### IRONMAN, Belt

88	12-13	Anya Johnson	125	52	142	319
97	12-13	Emma Remonsellez-Conde	40	30	100	170
105	20-24	Veronika Buran	150	75	170	395
	40-44	Liz Johnson	107	65	165	337
	12-13	Abby Mechachonis	122	62	137	321
	14-15	Anna Feldbush	125	47	140	312
114	14-15	Savannah Green	175	77	185	305
	14-15	Jessi Irons	70	60	125	255
123	12-13	Valery Linkenhoker	160	82	212	454
	16-17	Cheney Hess	147	90	185	422



*Mariya Topchy continues to up her total at every meet!*

148	16-17	Faryn Antenucci	242	105	277	624
	18-19	Mariya Topchy	185	115	230	530
165	12-13	Piper Jenkins	135	80	175	390
181	14-15	Dulcy Olson	210	85	250	545
198	14-15	Brettany Murdock	210	105	260	575
	12-13	Karly Hudson	177	72	205	454
198+	14-15	Taeghan O'Neill	72	72	165	309



*Karen Iseman pulling strong in her R.A.W. United debut!*

**RAW**

105	20-24	Veronika Buran	150	75	170	395
	40-44	Liz Johnson	107	65	165	337
	14-15	Anna Feldbush	125	47	140	312
114	14-15	Savannah Green	175	77	185	305
	14-15	Jessi Irons	70	60	125	255
123	16-17	Cheney Hess	147	90	185	422
148	16-17	Faryn Antenucci	242	105	277	624
	18-19	Mariya Topchy	185	115	230	530
181	14-15	Dulcy Olson	210	85	250	545
198	20-24	Shannon Thompson	425	200	405	1030
	14-15	Brettany Murdock	210	105	260	575
198+	14-15	Taeghan O'Neill	72	72	165	309





*Cover Girl:  
Shannon Luce nailing a 425 pound record squat!*

## **MEN**

### **IRONMAN, No Belt**

66	8-9	Nathan Johnson	32	27	75	134
77	12-13	Ryan Feldbush	102	55	125	282



***Cranford Roberts pushing HUGE weight!***

105	12-13	Trystan Hornby	87	60	135	282
114	14-15	Ben Johnson	112	67	165	344
123	12-13	Andrew Kearney	155	90	185	430
	12-13	Cheyne Johnson	117	70	137	324
	14-15	Eric Ritter	85	65	160	310
	14-15	Daniel Bornemann	90	70	150	310
132	16-17	Juan Torres	245	125	277	647
	12-13	Trey Plyler	150	135	230	515
	12-13	Derek Huss	105	67	135	307
165	25-29	Rick Geary	300	235	430	965
	16-17	Jeremiah Fontaine	305	215	355	875
181	30-34	Martin Demerich	225	265	340	830
	14-15	Kyle Fitzgerald	180	140	300	620
198	14-15	Andrew Hung	245	170	300	715
220	16-17	Sean Casey	265	150	325	740



*Chris Lilly pulling strong!*

242	65-69	Larry Bucchioni	355	235	505	1095
275	16-17	Anthony Martinez	335	255	425	1015
<b>IRONMAN, Belt</b>						
66	8-9	Nathan Johnson	32	27	75	134
77	12-13	Ryan Feldbush	102	55	125	282
105	12-13	Trystan Hornby	87	60	135	282
114	14-15	Ben Johnson	112	67	165	344
123	12-13	Andrew Kearney	155	90	185	430
	12-13	Cheyne Johnson	117	70	137	324
	14-15	Eric Ritter	85	65	160	310
	14-15	Daniel Bornemann	90	70	150	310



**Day 3 Best Lifters:**

**Valery Linkenhoker, Jeremy Hoffower (Meet Director), Jay Grayauskie, Brandon Hagerott**

132	16-17	Juan Torres	245	125	277	647
	12-13	Trey Plyler	150	135	230	515
	12-13	Derek Huss	105	67	135	307
	20-24	Matt Miller	-	260	-	-
165	25-29	Rick Geary	300	235	430	965
	16-17	Evan Fines	270	225	405	900
	16-17	Jeremiah Fontaine	305	215	355	875
	80-84	Bill Tinkler	-	200	315	515
181	30-34	Blaine Prince	365	290	410	1065
	30-34	Martin Demerich	225	265	340	830
	14-15	Kyle Fitzgerald	180	140	300	620
	20-24	Lucas Porto	-	295	-	-
198	14-15	Andrew Hung	245	170	300	715
220	20-24	Brandon Hagerott	500	320	630	1450
	16-17	Sean Casey	265	150	325	740
242	65-69	Larry Bucchioni	355	235	505	1095
275	16-17	Anthony Martinez	335	255	425	1015



*Dave Luce taking it to the hole!*

**RAW**

114	14-15	Ben Johnson	112	67	165	344
123	14-15	Eric Ritter	85	65	160	310
	14-15	Daniel Bornemann	90	70	150	310
132	16-17	Juan Torres	245	125	277	647
	20-24	Matt Miller	-	260	-	-
165	25-29	Rick Geary	300	235	430	965
	16-17	Evan Fines	270	225	405	900
	16-17	Jeremiah Fontaine	305	215	355	875
	80-84	Bill Tinkler	-	200	315	515
181	25-29	Joe Lazarin	395	315	500	1210
	25-29	Gus Quartararo	375	265	440	1080
	30-34	Blaine Prince	365	290	410	1065
	14-15	Kyle Fitzgerald	180	140	300	620
	20-24	Lucas Porto	-	295	-	-

198	30-34	Jay Grayauskie	460	355	600	1415
	30-34	Justin Prince	450	300	500	1250
	35-39	Chris Lilly	380	315	500	1195
	25-29	Jesse Shelton	400	315	445	1160
	16-17	Vince Buzzo	285	275	405	965
	30-34	Martin Demerich	225	265	340	830
	14-15	Andrew Hung	245	170	300	715
220	30-34	John Hallman	600	375	605	1580
	30-34	Cranford Roberts	555	450	500	1505
	20-24	Brandon Hagerott	500	320	630	1450
	35-39	Chris Rousch	445	337	515	1297
	16-17	Sean Casey	265	150	325	740
	40-44	Greg Agcaoili	-	365	-	-
	50-54	Dave Whitehead	-	300	-	-
242	25-29	Dave Luce	485	385	585	1455
	65-69	Larry Bucchioni	355	235	505	1095
	25-29	TJ Pomerleau	260	350	375	985
275	16-17	Anthony Martinez	335	255	425	1015



*The Timeless Bill Tinkler!*

# **GOT BLUES ???**



**[www.samanthafish.com](http://www.samanthafish.com)**

# **RULEBOOK: R.A.W. UNITED PUBLISHES 2015 RULEBOOK**

**Written by R.A.W. United Treasurer & Chief Referee Bob Gaynor**

*Bob Gaynor's column will be back in December so we can focus this issue on R.A.W. United's expansion efforts, the revised 2015 contest schedule, and update rules and records policies. With our expansion efforts underway, Bob constructed the Federation's new Rulebook (you can access it on the RULES link on our website at [www.StrongLife610.net](http://www.StrongLife610.net)) and Referee's Exam. From Bob:*

Several new policies and procedures will go into effect on January 1, 2015, and we want to take this time to inform lifters of the direction the Federation will be taking next year with regard to divisions and age groups, records and referees, and the annual contest schedule.

## **DIVISIONS & AGE GROUPS**

Beginning in January, our "Divisions" will move to IRONMAN and RAW. IRONMAN competitors must wear a one-piece, non-supportive singlet; RAW lifters must wear a one-piece, non-supportive singlet and can utilize a belt, wrist wraps, and non-fastening knee sleeves. For those that have been competing with us, we have simply eliminated the "IRONMAN, Belt" division because there was not significant participation in this category to warrant its continuance.

Youth lifters must compete in the IRONMAN Division, and are permitted to utilize a belt in competition.

Beginning in January, our age groups will be restructured as follows:

Youth  
7-Under, 8-9, 10-11, 12-13

Teenage  
14-15, 16-17, 18-19

Senior  
14-Above

Masters  
40-49, 50-59, 60-69, 70-79, 80-89, 90-99, 100-Above

Lifters can compete in both their specific age group and as an "open" lifter in the senior division. IRONMAN competitors will automatically crossover to the RAW Division for both placing and record purposes. Youth lifters are restricted to compete in the IRONMAN Division.

## **RECORDS & REFEREES**

Records will be revised prior to January 1, 2015 in accordance with the new age group sequence and division structuring.

Three types of records will be maintained – State, Federation, and Championship. State Records and Federation Records can be set/broken at all contests sanctioned by R.A.W. United. Championship Records can only be set/broken at our six Championship events: (1) Police, Firefighter, & Armed Forces Championships, (2) Youth & Teenage Championships, (3) Masters Championships, (4) Women's Senior Championships, (5) Men's Senior Championships, and (6) All-Time RAW Record Breakers Meet.



State Records will be maintained by State Chapter Leaders; Federation and Championship Records will be maintained at the National Office. Federation and Championship Records will be maintained in a "Top Twenty" format. For example, in the IRONMAN Division, Senior, Men's 198 pound class, the "Top Twenty" lifts will be maintained for all lifters ages 14 and above. The same will hold true in the Youth, Teenage, and Masters age groups. "Full Power" records will be maintained for both IRONMAN and RAW competitors; all "Push/Pull" and "Single Lift" records will be maintained exclusively in the RAW Division.

With regard to referees, only sanctioned referees will be permitted to officiate at R.A.W. United events after January 1, 2015. We are testing our current staff to ensure everyone is certified prior to the New Year. Anyone interested in joining our contest staff

should send a resume to the National Office; the address is: R.A.W. United, Inc. \* 1085 Highway A1A, Unit 1302 \* Satellite Beach, FL 32937.

#### **ANNUAL CONTEST SCHEDULE**

As a result of our expansion, the contest schedule is being revised to afford lifters the opportunity to qualify for our Championships events. State contests will be held the first four months of each year, followed by age-specific Championship events between April and August, culminating with the All-Time RAW Record Breakers Meet in November. Championship events, with the exception of the Police, Firefighters, & Armed Forces Championships in February, will require qualifying totals that will be revised annually. Entry forms and qualification standards can be accessed in the CONTEST SCHEDULE link on our website at [www.StrongLife610.net](http://www.StrongLife610.net).

**WE WILL CONTINUE WITH THE 80'S IN THE DECEMBER ISSUE OF STRONG LIFE!**



**Bob Gaynor, pictured with Larry Bucchoni, serves as Treasurer and Chief Referee for R.A.W. UNITED.**

**Bob is the All-Time Masters Record Holder in the Deadlift  
680 pounds @ 198**

**See the lift by clicking the link below!**

**[http://www.youtube.com/watch?v=tK6\\_DD8vAoE](http://www.youtube.com/watch?v=tK6_DD8vAoE)**



# **2015 POLICE, FIREFIGHTER, & ARMED FORCES CHAMPIONSHIPS**

**Saturday, February 21, 2015  
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility  
Melbourne, Florida**

**DOWNLOAD YOUR FREE ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, January 31, 2015  
Meet Director: Spero Tshontikidis  
More Information: 321-505-1194 or  
[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

# **2015 SUPPORT THE TROOPS OPEN**

**Sunday, February 22, 2015  
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility  
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:**

**[www.StrongLife610.net](http://www.StrongLife610.net)**

**Entry Deadline: Saturday, January 31, 2015**

**Meet Director: Spero Tshontikidis**

**More Information: 321-505-1194 or**

**[rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

The

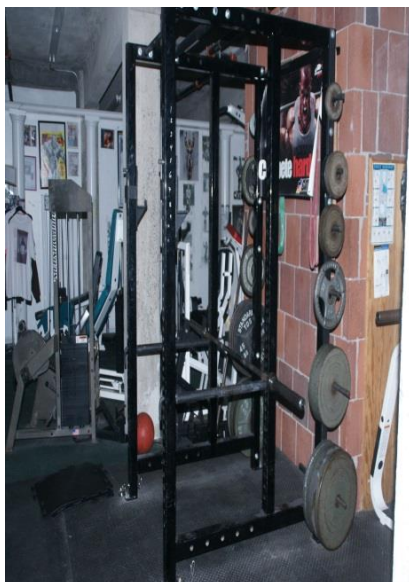


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Don't hesitate - become a Gym Warrior today!



# **POWER SPOTLIGHT: JOZI CHAPMAN**

**By Paul DeSimone**

**“He who walks with wise men shall be wise, but the companion of fools will be destroyed.”**

**Proverbs 13:20**

This month I decided to interview a lifter that has been training and competing for less than one year.

Why, you ask?

Eric Lillibridge and I spoke about interviewing for STRONG LIFE, however, we were unable to connect. I also contacted Fred Hatfield – Dr. Squat – but he wanted to

conduct the interview via email and I prefer in person, phone, or skype so we can interact and the interviewee can share his/her story. As a result, I decided to interview your “every day powerlifter.”

There it is, and it’s the right choice! Jozlin “Jozi” Chapman joined my gym in an effort to be strong and look good. Sound familiar?



***Jozi pulling strong at Gym Warriors in Peabody, Massachusetts***

**Jozi, how old are you?**

Thirty-four and a half, and I've been working out on and off since middle school.

**What sports did you participate in in high school?**

I played basketball, softball, indoor and outdoor track throwing shot put and discus, and field hockey. I was the goalie; I was so huge, no one could get by me (she laughs).

That's what I played. I also tried out for cheering, but that didn't go so well. I am about 5' 10", and weighed about 220 pounds in high school, so I was a very round 220 pounds!

**When did you start losing weight?**

I started losing weight in 2012 when we had a "Biggest Loser" contest at work.

**What kind of work?**

Telemarketing - 400 calls a day sitting on my butt. I lost about 35 pounds at that time.

**When did you want to start doing Strongman events and powerlifting contests?**

Well, that's when I met you, Paul, about a year ago.

**Tell us about your upbringing.**

I am the youngest of four girls. We were raised on a family farm in Amesbury, Massachusetts, and did a lot of playing outside. We used to have rotten tomato fights, "pumbling" each other into the dirt. We used to shovel a ton of poop - cows, pigs, chickens, turkeys. And rake a lot of leaves.

**What was your favorite part of growing up on a farm?**

I think walking and running around in the woods and getting lost for hours. And the starting of the wood stove - that smell. And not knowing that we were poor. Those are my most favorite memories.

**What do your sisters think about your working out?**

I think they are happy that I have found a healthy outlet for all of my pent up energy. I hope they are proud of my progress.

**What has been the hardest transition?**

Diet; it's difficult to find a healthy balance between eating healthy and being a glutton.

**What do you like most about the weights?**

I think just putting up more weight. I also like being pushed and seeing my body transform, and seeing muscle definition that I have never seen my whole life.

**What is your favorite powerlifting movement?**

The deadlift is my favorite movement because that's what I am the best at now. And because it gives you scars (laughs). Dragging the bar up those legs is a great way to know you're doing it correctly. Just make sure you wear socks to protect everyone else from the blood that might come out!

**Do you remember the first comp you did?**

It was the end of October, and I competed raw.

**What do you do for work now?**

I am a server/bartender/manager at Shea's Restaurant in Essax, Massachusetts.



*Goofing around town!*



**Anything you would want people to know about you that we didn't hit yet?**

I'm single (she laughs), and I'm not as intimidating as I seem. I love powerlifting and strongman; I love training and picking up heavy weights. It's what I like, and I would still lift if it didn't improve my body.

**Jozi, thanks so much for your time. Now get on the treadmill so we can train!**

*Jozi's competition history includes the EFP, 100% RAW, and R.A.W. United. Her top lifts are 225 in the squat, 136 in the bench, and 300 in the deadlift. Jozi has also competed in Strongman, breaking Massachusetts State Records in the Cheat Curl, One-Arm Thompson Press (9 reps), and the Farmer's Walk. She started out in the SHW division, but has worked her way down to the 198s and is planning to compete in the 181s in her next meet (while getting stronger!).*



***Author Paul DeSimone accepting his award at the 100% RAW World Championships***

If you would like to be interviewed for STRONG LIFE or any other magazine that I write for, please contact me at: [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com). In addition, if you want training, nutrition, or supplement plans you can also contact me. Check out my youtube channel and my facebook page beefcake. Next month I will be interviewing who ever contacts me first - the race is on!

**INTERVIEW CONDUCTED BY PAUL DESIMONE  
TO CONTACT ME EMAIL [PAULDESIMONE01@AOL.COM](mailto:PAULDESIMONE01@AOL.COM)  
CALL FOR COMPETITION, DIET, OR TRAINING INFO (978) 766-6280**

**2015  
YOUTH & TEENAGE  
CHAMPIONSHIPS**

**Saturday & Sunday, April 18-19, 2015  
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility  
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:  
[www.StrongLife610.net](http://www.StrongLife610.net)**

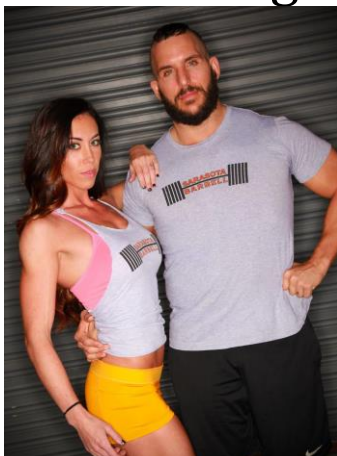
**Entry Deadline: Saturday, March 14, 2015  
Meet Director: Spero Tshontikidis**

**More Information: 321-505-1194 or [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**

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# THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to John Hallman for sending us the October 2014 photo for *The Strong Shot*!



**JOHN HALLMAN**  
**TAKES 600 INTO THE HOLE AT THE**  
**NORTH AMERICANS!**

**GOTTA LOVE THOSE BEARDS!**

# **CONTEST SCHEDULE: 2014 - 2015**

**"If anyone competes as an athlete, he does not receive the victor's crown  
unless he competes according to the rules."**

**2 Timothy 2:5**

## **NOVEMBER 2014**

November 15

**STRONG LIFE Invitational \* R.A.W. UNITED**

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, October 25**

**Meet Director: Spero Tshontikidis**

**Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194**

## **DECEMBER 2014**

December 6

**Christmas Classic & Virginia State Single Lift (Bench, Deadlift, Strict Curl) \* 100% RAW**

**Best Western, Zion Crossroads, VA**

**Meet Director: John Shifflett**

**Contact info: [valifting@aol.com](mailto:valifting@aol.com)**

December 13

**Last Chance to get a Total in 2014 \* R.A.W. UNITED**

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, November 22**

**Meet Director: Spero Tshontikidis**

**Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194**

December 20

**Thunderbird Winter Classic \* R.A.W. UNITED**

**Thunderbird Gym \* Monessen, PA**

**Entry deadline: Saturday, November 29**

**Meet Director: Dave Lhota**

**Contact info: 814-521-9182**

## **JANUARY 2015**

January 24-25

**Mike Witmer Memorial Open & Florida State Championships \* R.A.W. United**

**Strong Life Tampa Bay \* Tampa, FL**

**Entry deadline: Saturday, January 3**

**Meet Director: Spero Tshontikidis**

**Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194**

## **FEBRUARY 2015**

February 21

Gary Gordon Memorial Police, Firefighter, & Armed Forces Championships

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, January 31**

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194

February 22

Support the Troops Open

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, January 31**

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194

## **APRIL 2015**

April 18-19

Youth & Teenage Championships

**STRONG LIFE Training Facility \* Melbourne, FL**

**Entry deadline: Saturday, March 14**

Meet Director: Spero Tshontikidis

Contact info: [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) \* 321-505-1194

# **MORE TO COME !!!**

**GIRLS GONE**  
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# **R.A.W. UNITED FEDERATION UPDATE**

**“The way of the Lord is strength for the upright.”  
Proverbs 10:24**

## **THANKS**

Needless to say, we are both **STOKED** and **HUMBLED** by the Federation’s growth this year, and look forward to all God has planned for us in the 2015 powerlifting season!

Many, many thanks to our Board members - Bob Gaynor and Bill Beekley – for their selfless service to both R.A.W. United and the world’s strongest sport! More thanks to our State Chapter Leaders – Kevin Prosser (Maryland), Paul DeSimone (Massachusetts), Dave Lhota (Pennsylvania), and Jon Drummond (Texas) – for fueling the growth of our Federation! And more thanks to our Federation Chaplain – Paul Simmons – for keeping our eyes fixed on the Lord! And even more thanks to all the lifters that have helped out at our meets, serving as judges,

loaders, scorers, etc.! Your support and friendship is so greatly appreciated!

After we close out the year with four Florida meets and two in Pennsylvania, 2015 will begin with the resurgence of the Mike Witmer Memorial Open & Florida State Championships at Strong Life Tampa Bay. Look forward to seeing you on the platform!

## **WEBSITE, FACEBOOK, EMAIL**

If you are reading this update, you already know that our new website address is [www.StrongLife610.net](http://www.StrongLife610.net). In addition, you can like us on Facebook page at Spero Tshontikidis for federation updates and events at STRONG LIFE TRAINING FACILITY. Finally, you can contact us via email at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com) or by phone at 321-505-1194.



*Who knew loading could be so much fun!*





**MANY THANKS TO**

**DAVE BATES & JOHNNY  
YASQUEZ**

**OF**

**[www.powerliftingwatch.com](http://www.powerliftingwatch.com)**

**FOR THEIR SUPPORT OF**

**STRONG LIFE!**

# **PAUL'S PROSE, PRAYER, & PRAISE: THE POWER OF TEAM**

**By Chaplain Paul Simmons**

**“So I say to you, ask, and it will be given to you; seek, and you will find;  
knock, and it will be opened to you.”**

**Luke 11:9**

R.A.W. United is growing, and with that comes growing pains. Some of you in the R.A.W. United family may not be aware of the rapid expansion the Federation has undergone this year, pushing beyond Florida's borders and into the states of Maryland, Massachusetts, North Dakota, Pennsylvania, and Texas. With this growth, Spero has been expanding the leadership base by delegating state responsibilities to State Chapter Leaders. These folks have built up their contests staff personnel and are planning, scheduling, and hosting events without the “physical” support from the National Office. This reality can be somewhat scary after functioning as a Florida-based organization for nearly seven years. That said, there is a “Power Principle” found in the Scriptures to support this type of growth.

Once Moses had safely led the people of Israel out of Egypt and the slavery they had lived under for so long, the burden of judging all of the people's disagreements became too much for him to handle. When Jethro, Moses' father-in-law, observed his son-in-law's frustration and exhaustion, he told Moses in Exodus 18:17: “The thing that you are doing is not good. You will surely wear out, both yourself and these people who are with you, for the task is too heavy for you; you cannot do it alone.” Jethro then directed Moses to keep his connection to God strong and to make that his focus, and then convey those truths that God reveals to a group of devoted followers who would be entrusted to judge the people's issues. Moreover, Jethro gave Moses a detailed

system that would break down the nation into manageable increments. Jethro's final words of wisdom, found in Exodus 18:23, were: “If you do this thing and God so commands you, then you will be able to endure, and all these people will go to their place in peace.”

This system of “Powerful Teamwork” was successful for many years, and will be successful for R.A.W. United. There is power in teamwork, and it builds a stronger and healthier community. During this time, we need to bond together and pray for the R.A.W. United leadership team and our State Chapter Leaders. Here is a guide to help you:

*Powerful God and Creator,  
we praise Your Holy Name.*

*Thank You for blessing R.A.W. United with  
such amazing growth,  
and as we continue to grow,  
please guide Spero and the leadership team  
to make wise decisions.*

*Lead them so that You are glorified,  
and R.A.W. United becomes the most  
impactful federation for You in our sport.*

*We give You all the praise and honor for  
what You are going to do,  
and ask that You use the R.A.W. United  
family to make Your light shine brightly as a  
witness to the entire powerlifting community.*

*In Jesus' Name we pray, Amen.*

## **PRAYER REQUESTS**

Please continue to pray for R.A.W. United lifter Kris Clark. Kris is battling esophageal cancer and we appreciate your thoughts and prayers!



Please pray for Gavin Leiba; Gavin is battling leukemia and we greatly appreciate your thoughts and prayers.



**PRAYER REQUESTS:**



**Please pray for Pennsylvania State Chapter Leader Dave Lhota; Dave recently lost his mom.**

**Please pray for STRONG LIFE Secretary Bill Beekley. Bill is recovering from recent shoulder surgery.**

**Please pray for Edith “The E-Train” Traina of the Bill Beekley Academy of Powerlifting. Edith had a recent fall, broke her wrist, and is recovering from surgery.**

**Please pray for Denise Kalvan; Denise is the mom of GIRLS GONE STRONG lifter Emma Kalvan, and is recovering from heart surgery.**

**Please pray for Bob Dahlhamer who is recovering from vertigo; Bob thanks everyone for their prayers and support!**

**Please pray for R.A.W. United lifter Chuck Miller who recently accepted a new position in the state of Hawaii. We wish Chuck Godspeed, and look forward to seeing him in the fall!**

**Please pray for the brave men and women serving on the front lines defending the freedoms we cherish as Americans.**

**Please send your Prayer Requests to STRONG LIFE at [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)**



## **PUT ON THE FULL ARMOR OF GOD!**

**“Finally, my brothers, be strong in the Lord and the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”**

**Ephesians 6:10-13**

**THE REAL**



**YRIAMCITULOVES**