

STRONG LIFE

THE FUSION OF **POWERLIFTING** & FITNESS

The Official Online Magazine for **AW Powerlifters**

SHUT UP & SQUAT!

Nate McCoolle of the University of Central Florida goes big at the 2013 Tony Conyers Extravaganza

Inside:

- * 2013 Tony Conyers Extravaganza
- * Gaynor's History of Powerlifting, Part 4
- * Joint Health, Part 3
- * The 4, 3, 2 Training Cycle
- * 2014 Power Preview

MORE!

Volume 1, Issue 5
December 2013

2014 RAW RECORD BREAKERS MEET

Saturday & Sunday, January 25-26, 2014

Sanctioned by R.A.W. United



Hosted by The Florida RAW Dogs, The Deadlifting Grannies, &
STRONG LIFE GYM
Westchase Recreation Center
Tampa, Florida

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united

Entry Deadline: Saturday, January 4, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org

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THE FUSION OF FAITH & FITNESS

The Official On-Line Magazine for RAW Powerlifters
Volume 1, Issue 5
December 2013

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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 STRONG LIFE CHRISTIAN MINISTRIES, INC. (www.StrongLife610.org). 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.

Advertising proceeds from STRONG LIFE are utilized to support the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors.



SERIOUS GEAR FOR SERIOUS POWER

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KNEE SLEEVES
WRIST/KNEE WRAPS
LEVER, BUCKLE, BENCH BELTS

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The advertisement features a dark background with a repeating pattern of the words 'STRONG LIFE' in a stylized font. On the left, a barbell is shown with a large 'STRONG LIFE' logo on its handle. Below the barbell are several pieces of gear: a blue and red sock, a black knee sleeve with a logo, a black wrist/knee wrap, and two leather belts (one blue, one green with 'GARAGE INK' written on it). On the right, a black and white sock and a black bench belt are shown. The text 'SERIOUS GEAR FOR SERIOUS POWER' is written in a large, red, distressed font at the top right. Below it, a list of gear items is provided in a white, distressed font. At the bottom, the website address 'WWW.EOSPORTSGEAR.COM' is written in a red, distressed font.

Thanks to Mark Martin of EO Sports Gear for his support of STRONG LIFE!

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ON THE COVER: EDITOR'S REVIEW

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

WHAT'S INSIDE

First and foremost, we would like to wish the entire powerlifting community a very Merry Christmas and Happy New Year! May all of God's blessings find you both on and off the platform!

On the cover is Nate McCool of the University of Central Florida. Nate is arguably one of the strongest teenage lifters in the nation, and he erased all doubt at the 2013 Tony Conyers Extravaganza at Lifepoint

Church in Palm Bay, Florida. Full coverage and photos from the biggest TCE ever is inside!

The December issue of STRONG LIFE also features Bob Gaynor's fourth installment of the History of Powerlifting, part three of Alexander M. Poptodorov's series on Joint Health, a look at the 4, 3, 2 training cycle, a preview of the newly established STRONG LIFE Training Facility, and much more!



On a more somber note, we are saddened to inform you that Sarah Crane, the young girl from Elkhart, Indiana that we introduced you to in the October issue of STRONG LIFE, lost her battle with stage four colon cancer. We wish Sarah's family and the Elkhart community that loved and supported her God's peace and strength, and ask that you

keep them in your thoughts and prayers. The December issue of STRONG LIFE is dedicated in Sarah's honor for the courage and strength she displayed throughout her short life, and the legacy she leaves behind in the Elkhart community.

Enjoy the Reading! *Spero*

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Nicole Hastings, Ashley Koenreich, and Sammy Cohen for sending us the December 2013 photo for *The Strong Shot*!



Singlet, \$39.00

Power Belt, \$75.00

Shoulder Tattoo, \$325.00

Strong Girls at the Chalk Bin ...

PRICELESS!

2014 GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS

**Saturday, March 29, 2014
Sanctioned by R.A.W. United**



**Hosted by Gold's Gym
Enterprise, Alabama**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, March 8, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

JESUS ZONE: WILDERNESS TRAINING

“Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness.”

Luke 4:1

After enduring an eight to twelve week training cycle and competing in a powerlifting meet, many lifters take a few days off from the gym before resuming their training. The purpose of this “downtime” is to recover mentally, emotionally, and physically before beginning a new cycle.

Some lifters train with a specific “off season” in which they utilize lighter weights to allow their bodies and minds to recover and prepare for their “competitive season.” In both cases, time away from the gym is designed to help us prepare for our next attack in the weight room.



All-Time record holder Kris Clark understands the importance of taking time

Similarly, the role of “wilderness training” in the preparation of a leader cannot be overemphasized. Throughout Scripture we read how God utilized wilderness experiences to train leaders like Moses, David, John the Baptist, and our Lord Jesus Christ, and how it prepared them to be “fishers of men.”

Moses spent 40 years living in the desert of Midian before being called by God to the burning bush. The time spent in the desert

served to prepare him to stand up to Pharaoh and lead the Hebrew nation out of slavery. David spent years tending his father’s sheep in the fields. In fact, when David volunteered to battle Goliath, King Saul questioned his ability. David responded confidently, stating, “Your servant used to keep his father’s sheep, and when a lion or a bear came and took a lamb out of the flock, I went out after it and struck it, and delivered the lamb from its mouth; and when it arose against me, I caught it by its beard, and

struck and killed it. Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God.” John the Baptist lived in the wilderness and spent much time with God. Once his ministry began, John gathered many followers. His mission of being God’s messenger, however, was so engrained in him that when he saw Jesus he stated: “He must increase, but I must decrease.” Jesus was led by the Spirit into the wilderness for forty days before His ministry began. For the next three years, He transformed the world with God’s Word. In short, God chooses to refine a leader’s character in obscurity where He can instill His vision in the mind and heart of the leader while teaching the leader the value of hard work and the importance of trusting in God.

In today’s world, leaders rarely get the opportunity to experience wilderness training. Businesses host retreats for their leaders and “all hands” gatherings for employees, however, true wilderness training to prepare leaders is not considered

necessary. Those that have experienced wilderness training, however, are considered by many Americans to be the standard in values-based leadership. Mother Teresa left home at the age of eighteen to join the Sisters of Loreto; her life was devoted to God and helping the poor. In his autobiography, Rev. Billy Graham wrote that he often paddled a small canoe on the Hillsborough River to a small island where he would preach to “the birds, alligators, and cypress stumps.”

As Christian lifters, it is imperative that we take time off to spend with God and solidify our mission both on and off the competitive platform. I was very fortunate to have survived my time in Afghanistan, and am thankful that God used the time I spent in the desert to refine my dependence on Him and to understand how He could use me in our great sport. R.A.W. United was originally conceived in Afghanistan, and it has now grown into Strong Life Christian Ministries as a result of the wilderness training experienced in the desert.



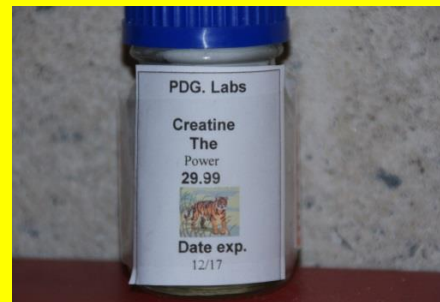
Teenage sensation Nate McCoolle and rising youth star Sadie Forman

Of course, we certainly don’t need to leave home or go to war to experience God’s presence in our lives and to discover His mission for us. We simply need to take time without the distraction of cell phones, I-Pads,

computers, etc. and spend quality time with our Creator. As Jesus said, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Supplement company that is changing the way we take supplements!

PDG labs is an American based company that only wants to supply supplements to those who are competing in powerlifting and bodybuilding. This is not one of those sell out companies trying to market towards little kids and Seniors. We are not going to B.S you. Our products have zero fancy lables. But what we do have are the best supplements available for the price. We don't have a huge selection, because you don't need to be taking a million different supplements. What we do have is products that work! Our creatine is the best and we are proud to say it. What makes it different.



PDG Creatine is not powder, not liquid, not a pill. Instead it is in pure state that you can eat. But I need a carrier. That's just it since PDG Creatine has no corn, no gluten, non soy, non gmo, organic plant based sugar. The product gets absorbed as real creatine so you can use it in the muscle. Best of all its only 35.00 with shipping included. The only down fall to the product is we are running very low on supplies. Don't hesitate email today xxtralargemuscle@aol.com and buy a bottle for you and a friend. We also do wholesale orders for small businesses and we also offer other products. **Kim Clark world Record raw deadlift holder uses PDG labs Creatine for power. 2012, and 2013 world champion powerlifting and strict curl 100% raw.**



"I use super power Creatine when I lift. I had used other creatine's in the past that worked. But nothing worked as well as the PDG Labs creatine. My Deadlift went up 20 pounds just after 2 weeks, I went from 381 to pulling 401. I can't even believe how fast it worked. And it almost tastes like nothing with a little sugar taste".

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CALL FOR UNITY:

**FREE ADVERTISING
FOR 2014!**

**"How good and pleasant it is when brothers live together in unity!"
Psalm 133:1**

Our vision for STRONG LIFE magazine is to create a free, online publication for the entire raw community. While Bob Gaynor, Bill Beekley, and I also run R.A.W. United, we truly want federation leaders and contest directors that host raw meets to contribute to the magazine.

**In an effort to encourage those outside of R.A.W.
United to become involved,
we are offering**

**ALL FEDERATIONS,
ALL CONTEST DIRECTORS, and
ALL BUSINESSES**

a

**FREE,
FULL PAGE,
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IN ALL SIX ISSUES of STRONG LIFE IN 2014!

To take advantage of this offer, please email me at spero@stronglife610.org or call me at 321-505-1194 before February 15, 2014. Please join us in making STRONG LIFE a magazine for the entire raw community!



**THANKS TO BUD LYTE & BMF SPORTS
FO THEIR SUPPORT OF STRONG LIFE!**

CONTEST REVIEW: 2013 TONY CONYERS EXTRAVAGANZA

**"I can do all things through Christ who strengthens me."
Philippians 4:13**

Many thanks to Pastor Troy Robertson, Nina Paul, and Joel and Denyse Olson of Lifepoint Church in Palm Bay, Florida for affording us the opportunity to utilize God's house for our fourth annual Tony Conyers Extravaganza! Please keep Tony and his mom, Ruth McRae, in your prayers. Ruth was recently

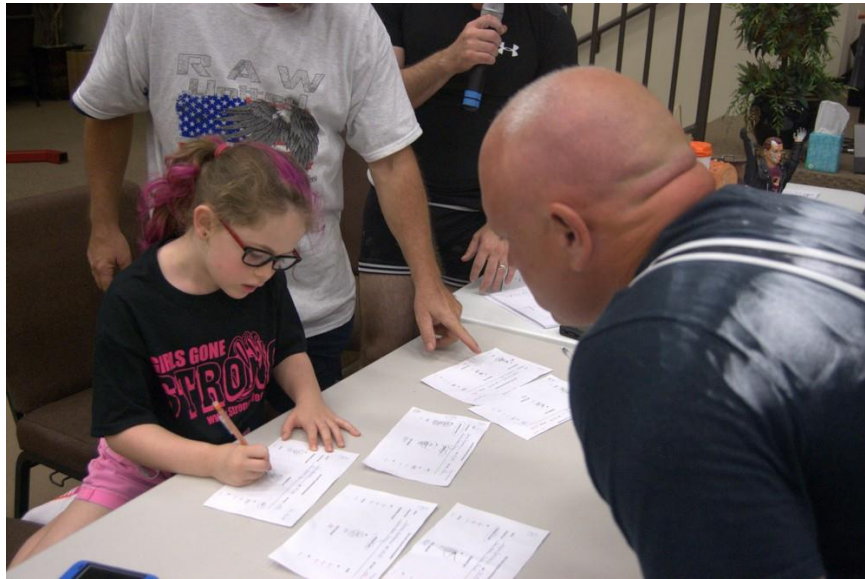
hospitalized leaving Tony unable to attend this year's event. Thankfully, Ruth is doing much better, and Tony is on the roster for the 2014 RAW Record Breakers Meet on January 25-26 at Westchase Recreation Center in Tampa, Florida!



Kelsea "Wonder Woman" Koenreich lifted flawlessly and coached the team from Sarasota Barbell with her husband, Eric

Many more thanks to Pete Classon, Justin Cruz, Larry Dromerhauser, Dave Forman, and Jeremy Hoffower for spotting and loading throughout the entire event; Carmen and Danny Aguirre, Loma Amore, Faryn Antenucci, Pete Classon, Justin Cruz, Larry Dromerhauser, Dave Forman, Jeremy Hoffower, Tom O'Donnell, Jack Stevens, and Andrew Yerrakadu for officiating; Loma Amore, Dave Forman, Sadie Forman, and Bob Gaynor for announcing and scoring; Lou and Faryn Antenucci, Pete Classon, Larry Dromerhauser, Gary Held, Carl,

Kathleen, and Megan Lee, Pam Mechachonis, Katy Morgan, and Rana Karycki for equipment transport to and from our gym; to Sir Charles Venturella for the AWESOME eagle sculptures, Best Lifter awards, and team cups; to Brigid and the folks at Sandpiper Sportswear for the AWESOME R.A.W. United shirts; and the Mike Roebuck at Good Impressions Printing for the AWESOME contest certificates; and all the families from Girls Gone Strong for helping set the sanctuary up for Sunday services after the meet!



Sadie Forman did an AWESOME job scoring at the 2013 Tony Conyers Extravaganza!

And most important, thanks to the brave men and women of the United States military for risking their lives for our freedom, and to our Lord and Savior Jesus Christ for His selfless sacrifice on the Cross at Calvary to forgive our sins and grant us eternal life!

To the lifting:

Youth lifters Sadie Forman from Roswell, Georgia and Girls Gone Strong lifters Savannah Henderson, Megan Lee, and Olivia Webb posted record breaking lifts to start things off. Megan, who has consistently improved from meet to meet, finished with an easy 182 pound deadlift, placing her at the top of the youth division's 88 pound class. Teammates Savannah Green and Allie Henderson also captured their respective classes in the 105s and 114s. Desiree Colozzo of Palm Beach Gardens, Florida lost control of the bar on her opening squat, but came back strong to finish with a 575 total and top honors in the 123s. Erica Hyaduck of Sarasota Barbell and Mayumi Silva of Saint Petersburg, Florida battled it out in the 132s, with Erica's final pull of 330 pounds putting her on top. Sammy Cohen of the

University of Central Florida (UCF), also competing in the 132s, posted the biggest IRONMAN total at 700 pounds, shattering the record books and capturing Best Lifter honors. Kelsea Koenreich of Sarasota Barbell, adorned as Wonder Woman, posted huge numbers to take the 148s. Faryn Antenucci of Girls Gone Strong finished with record lifts across the board in the IRONMAN division, and Loma Amore of World Gym in Port Saint Lucie, Florida set All-Time records of 190 and 342 in the push/pull. UCF lifter Omaris Cooper was flawless on the platform, nailing record lifts of 315, 145, and 390 to take the 165s. Kris Clark of Land o Lakes, Florida continues to improve with each meet, setting All-Time records of 370, 262, and 430 – awesome! Finally, Peggy Busacca of Melbourne, Florida joined Loma in the "record setting push/pull category" with lifts of 172 and 282 to close out the women's lifting.

In response to the consistently big turnout of girls at our meets, R.A.W. United will host the inaugural "Maria Bucchioni Memorial Women's Championships" on Saturday, July 19 at Lifepoint Church in Palm Bay, Florida.

Women's IRONMAN, NO BELT

66	8-9	Sadie Forman	55	42	87	184
77	10-11	Savannah Henderson	80	42	112	234

88	12-13	Megan Lee	115	70	182	367
97	12-13	Olivia Webb	107	67	142	316
105	14-15	Savannah Green	115	65	147	327
	12-13	Abby Mechachonis	92	55	125	272
114	12-13	Allie Henderson	140	80	192	412
	16-17	Anna Held	107	80	142	329
	12-13	Breanna Gallagher	110	52	135	297
	12-13	Cassie Kirby	57	37	85	179
123	16-17	Katrina Thompson	135	80	200	415
	12-13	Valery Linkenhoker	72	60	115	247
132	20-24	Sammy Cohen	245	180	275	700
	16-17	Rana Karycki	135	87	200	422
	16-17	Katy Morgan	147	67	187	401
	16-17	Brittany Riordan	135	80	182	397



Faryn Antenucci of GIRLS GONE STRONG breaking the 200 pound barrier at the 2013 Tony Conyers Extravaganza!

148	16-17	Faryn Antenucci	202	92	245	539
165	18-19	Genna Owen	152	85	215	452
181	12-13	Brettany Murdock	160	90	232	482
	14-15	Dulcy Olson	172	85	225	482
	16-17	Kimmaya Chisolm	135	90	200	425
	18-19	Bree Lewis	110	97	205	412
198	12-13	Karly Hudson	110	65	200	375



Sammy Cohen of the University of Central Florida posted record setting numbers to capture Best Lifter honors in the IRONMAN Division

Women's IRONMAN, BELT

66	8-9	Sadie Forman	55	42	87	184
77	10-11	Savannah Henderson	80	42	112	234
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105	14-15	Savannah Green	115	65	147	327
	12-13	Abby Mechachonis	92	55	125	272
114	12-13	Allie Henderson	140	80	192	412
	16-17	Anna Held	107	80	142	329
	12-13	Breanna Gallagher	110	52	135	297
	12-13	Cassie Kirby	57	37	85	179
	35-39	Marcela Hernandez	-	75	-	-
123	16-17	Katrina Thompson	135	80	200	415
	12-13	Valery Linkenhoker	72	60	115	247
	20-24	Marianna Tijerino	-	92	-	-
132	20-24	Sammy Cohen	245	180	275	700
	16-17	Rana Karycki	135	87	200	422
	16-17	Katy Morgan	147	67	187	401
	16-17	Brittany Riordan	135	80	182	397



GOTTA LOVE IT!

Adorned with her Princess sash, Masters Champion and Record Holder Peggy Busacca with her royal subjects

148	16-17	Faryn Antenucci	202	92	245	539
165	18-19	Genna Owen	152	85	215	452
181	12-13	Brettany Murdock	160	90	232	482
	14-15	Dulcy Olson	172	85	225	482
	16-17	Kimmaya Chisolm	135	90	200	425
	18-19	Bree Lewis	110	97	205	412
198	12-13	Karly Hudson	110	65	200	375
198+	60-64	Peggy Busacca	-	172	282	454



GIRLS GONE STRONG captured their second consecutive TCE team title in the IRONMAN Division

Women's RAW

66	8-9	Sadie Forman	55	42	87	184
77	10-11	Savannah Henderson	80	42	112	234
88	12-13	Megan Lee	115	70	182	367
97	12-13	Olivia Webb	107	67	142	316
105	14-15	Savannah Green	115	65	147	327
	12-13	Abby Mechachonis	92	55	125	272
114	12-13	Allie Henderson	140	80	192	412
	16-17	Anna Held	107	80	142	329
	12-13	Breanna Gallagher	110	52	135	297
	12-13	Cassie Kirby	57	37	85	179
	35-39	Marcela Hernandez	-	75	-	-
123	25-29	Desiree Colozzo	205	110	260	575
	16-17	Katrina Thompson	135	80	200	415
	12-13	Valery Linkenhoker	72	60	115	247
	20-24	Marianna Tijerino	-	92	-	-
132	25-29	Erica Hyaduck	285	160	330	775
	25-29	Mayumi Silva	285	165	285	735
	20-24	Sammy Cohen	245	180	275	700
	25-29	Sara Flanagan	230	110	340	680
	25-29	Ashley Koenreich	220	115	250	585
	16-17	Rana Karycki	135	87	200	422
	16-17	Katy Morgan	147	67	187	401
	16-17	Brittany Riordan	135	80	182	397



Loma Amore of World Gym in Port Saint Lucie, Florida shattered the ALL TIME RAW Records in the Push/Pull with lifts of 190 and 342!

148	25-29	Kelsea Koenreich	245	130	325	700
	25-29	Nicole Hastings	200	125	275	600
	16-17	Faryn Antenucci	202	92	245	539
	60-64	Loma Amore	-	190	342	532
165	20-24	Omaris Cooper	315	145	390	850
	18-19	Genna Owen	152	85	215	452
181	50-54	Kris Clark	370	262	430	1062
	12-13	Brettany Murdock	160	90	232	482
	14-15	Dulcy Olson	172	85	225	482
	16-17	Kimmaya Chisolm	135	90	200	425
	18-19	Bree Lewis	110	97	205	412
198	12-13	Karly Hudson	110	65	200	375
198+	60-64	Peggy Busacca	-	172	282	454



University of Central Florida lifter Omaris Cooper had good reason to smile, taking home Best Lifter honors in the RAW Division with her record setting lifts!

On the men's side, Nate McCoolle of UCF dominated the platform with record lifts of 635, 470, and 730 to finish with an awesome 1835 pound total. More important, Nate helped coach the team from UCF,

encouraged all the lifters competing in the event, helped out on the platform, and took the time to pose with youth lifter Sadie Forman. Thanks brother!



Nate and Sadie, one more time!

Luke Nevins and Juan Torres of STRONG LIFE Gym lifted extremely well to capture top honors in their first meet. Jon Wisenbaker of the Florida RAW Dogs and Ian Brown of the United States Navy battled it out in the 181s. Both finished with 1225 pounds totals, leaving Jon on top on bodyweight. The “Brothers Palombo” finished third and fourth, with Bryon edging out Devon by ten pounds. Teenage lifter Nick Karouzos of Toccoa, Georgia, nailed record lifts enroute to his 1150 total to round out the top five. Jonathan Henriquez of Orlando, Florida went 440, 285, and 550 to take the 198s, and Greg Prince of Orlando, Florida took the 220s with

his 1375 total. John Peck of Tampa, Florida and Tyson Swenson of Sarasota Barbell battled it for second, with John finishing 20 pounds ahead at 1300. STRONG LIFE Secretary Bill Beekley of the Florida RAW Dogs, coming off a serious shoulder injury, was able to put a full meet together with The Deadlifting Grannies cheering him on! Dominic Beswick of UCF posted strong numbers in the 242s, going 545, 385, and 560 for his first place finish. Paul Scott, Renato Ortega, and Rick Hoover all finished within 50 pounds of each other for the next three places.



STRONG LIFE Secretary Bill Beekley (left) and The Deadlifting Grannies (right)

Congratulations to all the lifters that competed at this year’s Tony Conyers Extravaganza; it was our biggest turnout

ever for the event, and we look forward to next year’s TCE at Westchase Recreation Center in Tampa, Florida!

Men’s IRONMAN, NO BELT

105	12-13	Luke Nevins	95	65	115	275
148	14-15	Juan Torres	170	110	215	495
	14-15	Jeremiah Fontaine	135	155	115	405
165	14-15	Kyle Fitzgerald	135	95	225	455
181	20-24	Bryon Palombo	380	330	480	1190
	40-44	David Forman	385	237	422	1044
	16-17	Jeremy Hoffower	200	155	225	580
198	14-15	Andrew Hung	200	135	215	550
242	16-17	Justin Cruz	315	210	410	935

Men’s IRONMAN, BELT

77	7-U	Logan Acevedo	-	45	-	-
105	12-13	Luke Nevins	95	65	115	275

123	80-84	Ron Crawford	-	140	-	-
148	14-15	Juan Torres	170	110	215	495
	14-15	Jeremiah Fontaine	135	155	115	405
	14-15	Sergio Tijerino, Jr.	-	117	225	342
	25-29	Thomas Gerhauser	-	217	-	-
165	14-15	Kyle Fitzgerald	135	95	225	455
	30-34	Macy van Alstyne	-	255	405	660
181	20-24	Bryon Palombo	380	330	480	1190
	40-44	David Forman	385	237	422	1044
	16-17	Jeremy Hoffower	200	155	225	580
198	14-15	Andrew Hung	200	135	215	550
220	40-44	Jorge Acevedo	-	420	320	740
	60-64	Charlie Nelson	-	-	340	-
	80-84	Vito Lombardo	-	185	-	-
242	55-59	Ed Hencinski	315	205	415	935
	16-17	Justin Cruz	315	210	410	935
	45-49	Sergio Tijerino, Sr.	-	175	315	490

Men's RAW

77	7-U	Logan Acevedo	-	45	-	-
105	12-13	Luke Nevins	95	65	115	275
123	80-84	Ron Crawford	-	140	-	-



Nick Karouzos of Toccoa, Georgia posted big numbers in his R.A.W. United debut. Nick is currently training for the R.A.W. United Teenage Championships on April 12-13 in Tampa, Florida

148	14-15	Juan Torres	170	110	215	495
	14-15	Jeremiah Fontaine	135	155	115	405
	14-15	Sergio Tijerino, Jr.	-	117	225	342
	25-29	Thomas Gerhauser	-	217	-	-
165	14-15	Kyle Fitzgerald	135	95	225	455
	30-34	Macy van Alstyne	-	255	405	660
181	40-44	Jon Wisenbaker	400	280	545	1225
	35-39	Ian Brown	405	325	495	1225
	20-24	Bryon Palombo	380	330	480	1190
	20-24	Devon Palombo	395	295	490	1180
	18-19	Nick Karouzos	405	270	475	1150
	25-29	Scott Grant	340	275	490	1105
	40-44	David Forman	385	237	422	1044
	20-24	Cody Christian	290	205	415	910
	65-69	Jack Stevens	305	170	405	880
	16-17	Jeremy Hoffower	200	155	225	580
198	20-24	Jonathan Henriquez	440	285	550	1275
	20-24	Milad Awadallah	350	265	535	1150
	14-15	Andrew Hung	200	135	215	550
220	40-44	Greg Prince	525	285	565	1375
	20-24	John Peck	430	345	525	1300
	25-29	Tyson Swenson	420	330	530	1280
	50-54	Bill Beekley	400	200	570	1170
	40-44	Jorge Acevedo	-	420	320	740
	60-64	Charlie Nelson	-	-	340	-
	80-84	Vito Lombardo	-	185	-	-



Dominic Beswick of the University of Central Florida moved HUGE weight in the 242s!

242	20-24	Dominic Beswick	545	385	560	1490
	18-19	Paul Scott	380	315	565	1260
	20-24	Renato Ortega	405	315	500	1220
	50-54	Rick Hoover	440	270	500	1210
	45-49	William Henshaw	360	315	445	1120
	20-24	Mitch Weiss	340	250	500	1090
	55-59	Ed Hencinski	315	205	415	935
	16-17	Justin Cruz	315	210	410	935
	45-49	Sergio Tijerino, Sr.	-	175	315	490
308	40-44	Tim Burns	500	340	500	1340
	40-44	Barry Gershman	-	485	-	-
308+	18-19	Nate McCoole	635	470	730	1835



Many thanks to Jorge Acevedo of the United States Army for presenting this Appreciation Award to R.A.W. UNITED for the federation's support of our nation's military heroes. The award is proudly displayed at the newly established STRONG LIFE gym in Melbourne, Florida.



More thanks to our staff: Larry Dromerhauser, Dave Forman, and Pete Classon



Congratulations to Nate McCool of the University of Central Florida for his AWESOME day on the platform and this cover shot for the December issue of STRONG LIFE – well done, brother!

And many thanks to Eric and Kelsea Koenreich of Sarasota Barbell, Barry Gershman and Nate McCool of the University of Central Florida, and Sergio Tijerino and his beautiful family from San Jose, Costa Rica for supporting the 2013

Tony Conyers Extravaganza! It was both an honor and a pleasure to host your teams/family at the event, and we look forward to sharing the platform again in 2014!



Sarasota Barbell



University of Central Florida



Sergio Tijerino and Family

2014 DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS

Saturday, April 5, 2014

Sanctioned by R.A.W. United



**Hosted by JD Wennermark's Olympic Gym
San Antonio, Texas**

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united

Entry Deadline: Saturday, March 15, 2014
Meet Director: Jon Drummond
210-367-2302 or jonathan.drummond.3.ctr@us.af.mil

TRAINING FACILITY FEATURE: STRONG LIFE GYM & THE 4, 3, 2 TRAINING CYCLE

**"I will bless the Lord who has given me counsel."
Proverbs 16:7**

STRONG LIFE TRAINING FACILITY

Coaching elementary, middle, and high school athletes in the world's strongest sport has the potential for problems large and small. As coaches, we work tirelessly to

ensure that our kids utilize proper technique, do everything in our power to avoid overtraining and/or injury, and do our best to help them realize the importance and value of a fitness lifestyle.



Genna Owen en route to her record setting day at the 2013 Tony Conyers Extravaganza

At West Shore Jr./Sr. High School, the explosive growth of our program has resulted in a problem that we did not foresee occurring so soon – the fact that we have literally “out grown” the school’s weight room. West Shore is a school for choice for academically talented students; as such, its athletic programs are limited, and the attention paid to athletic facilities is similarly low on the priority list. The weight room at West Shore is approximately 1000 square feet, however, the equipment that occupies

the outside perimeter of the space includes machines that we do not need or utilize in our training. This area, which we affectionately refer to as “the land of misfit toys,” leaves us with about 600 square feet of training space that houses three squat racks, a power rack, three benches, and two deadlift platforms. Needless to say, safety has become the overriding factor in our team’s decision to move to a facility outside of the school to conduct our training.



Rana Karycki coming out of the hole with 135 pounds in her first contest

On December 2, 2013, we officially signed the lease on the STRONG LIFE training facility, a simply designed powerlifting gym. The gym offers three squat stations, three bench stations, and three deadlift stations with a leg press/hack squat, lat pulldown/seated row, dumbbell rack, treadmill, and elliptical in the back. ALL the equipment is competition grade, and our

bars are all custom-made, Texas Power Bars by Buddy Capps and Bill Ennis. The gym will initially offer lifters four time slots (0430-0600, 0600-0730, 1530-1700, 1700-1830), and additional 90 minute slots will be added if the demand presents itself. Each time slot is limited to twenty lifters in an effort to ensure that there is never a wait time for equipment.



Savannah Green at the 2013 Tony Conyers Extravaganza

Although our team is currently training at the new facility, our “official grand opening” is scheduled for Saturday, February 15. We still have one power rack, three new bars, and three weight trees on order, and our sign

will be installed later this month. Updated pictures and our 2014 contests (small meets to help pay the rent!) will be offered in the February issue of STRONG LIFE magazine.

THE 4, 3, 2 TRAINING CYCLE

In the June 2013 issue of STRONG LIFE we discussed our utilization of one of the many versions of the Sheiko routine created by Russian coach Boris Sheiko that Dave Bates of Powerlifting Watch (www.powerliftingwatch.com) had afforded us. The girls had tremendous success with

the routine, and we intend to utilize again in the near future.

With that said, we wanted to change things up a bit, and the addition of boys to our roster seemed like a good time to make the transition. After speaking with powerlifting legend Bob Gaynor, we decided to go with a variation of his progressive system utilizing three-week training modules.



Katy Morgan nailing a 185 pound deadlift at the Tony Conyers Extravaganza

The routine runs in three week modules, with week one at 4 reps for the competitive lifts, week two at 3 reps, and week three at 2 reps. After warming up, the kids perform 4 sets of the movement followed by a heavier set to prepare them mentally (and physically) for the next week. On each day, we finish the

workout with 2-3 assistance movements; our high school lifters perform 3 sets and our elementary and middle school lifters do 2 sets. A sample of Faryn Antenucci's final three week progression for the RAW Record Breakers Meet is as follows:

WEEK 1

Squat Warm-Ups

45 x 5
80 x 3
100 x 1

Squat Work Sets

115 x 4
130 x 4
145 x 4
160 x 4
175 x 2

Pauses

130 x 3 sets x 4 reps

Olympics

95 x 3 sets x 6 reps

WEEK 2

Squat Warm-Ups

45 x 5
85 x 3
115 x 1

Squat Work Sets

130 x 3
145 x 3
160 x 3
175 x 3
190 x 1

Pauses

145 x 3 sets x 3 reps

Olympics

105 x 3 sets x 6 reps

WEEK 3

Squat Warm-Ups

45 x 5
80 x 3
115 x 2
130 x 1

Squat Work Sets

145 x 2
160 x 2
175 x 2
190 x 2
205 x 1

Pauses

160 x 3 sets x 2 reps

Olympics

115 x 3 sets x 6 reps

On bench day, the accessory movements include Bent Over Rows, Front Press, and Close Grips. And on deadlift day, the team does Power Cleans and Straight Bar Curls.

The 4, 3, 2 training cycle affords lifters the opportunity to train heavy but in a progressive manner that eases back every three weeks. It took us a few three week modules to get everyone's numbers right;

once that was accomplished, the program's potential became evident from week to week. Although I work very hard to focus on the contest at hand and not look ahead, I am excited for our next training cycle as we prepare for the Youth & Teenage Championships in April. Our numbers will be as close to "on target" as possible, and we will have a full twelve weeks to train under the 4, 3, 2 system.



Savannah, Genna, Katy, and Rana at the new STRONG LIFE training facility

Our lifters are enjoying the change, especially the addition of accessory movements. Our intent is to utilize the 4, 3, 2 training cycle through the Women's Championships in July before considering a change. With three training weeks left before

the RAW Record Breakers Meet, our numbers look very strong across the board. Similar to our June article, we will inform our readers of the program's success as we did with the Sheiko routine.



Spero Tshontikidis is an Afghan war veteran and Head Coach of Girls Gone Strong

2014 Teenage Championships (14-19)

Saturday & Sunday, April 12-13, 2014

Sanctioned by R.A.W. United



**Hosted by The Florida RAW Dogs & STRONG LIFE GYM
Westchase Recreation Center
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, March 22, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

2014 Youth Championships (13-U)

Saturday & Sunday, April 12-13, 2014

Sanctioned by R.A.W. United



**Hosted by The Florida RAW Dogs & STRONG LIFE GYM
Westchase Recreation Center
Tampa, Florida**

**DOWNLOAD YOUR ENTRY AT:
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**Entry Deadline: Saturday, March 22, 2014
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POWER LEADERS: KEVIN PROSSER

**“As iron sharpens iron, so one man sharpens another.”
Proverbs 27:17**

Kevin Prosser is no stranger to the competitive platform, both as a lifter and a contest director. Kevin began competing in 2003 with “Big Al” Siegel’s ADAU in which he finished with a 425 pound squat, a 300

pound bench, and a 470 pound deadlift in the 220s. He was hooked, and the last ten years have consisted of training, competing, and serving in the world’s strongest sport.



Kevin Prosser competing at the 2013 Mid-Atlantic Open

Kevin began running meets with Al and the ADAU, and became the federation’s Maryland State Chairman in 2005. After hosting the ADAU National Championships in 2007, Kevin became involved with Paul Bossi’s 100% RAW federation and ran several meets with his longtime friend and training partner Dan Corridean. In 2008, Kevin and Dan hosted the 100% RAW World Championships in Hagerstown, Maryland.

Kevin crossed paths with R.A.W. United shortly thereafter, and has been competing with the federation ever since. “I have been to quite a few meets within the past ten years and one of the things I have noticed about a lot of these other federations is that they are always trying to find ways to disqualify you instead of trying to find ways to assist you in the proper execution of the lift. R.A.W.

United is a federation that wants to see you succeed. It’s like lifting with a big group of your friends.”

With R.A.W. United’s plans for expansion in 2014, Kevin and Dan agreed to lead the Maryland State Chapter. “Dan and I are excited about leading the state. We will be hosting the Ruby Miller Open & Maryland State Championships on Saturday, April 26 at Westminster Strength & Conditioning in Westminster, Maryland, and are planning more meets for 2014. Our first contest is a memorial for Ruby Miller; Ruby’s dad, Chuck, is a good friend, awesome lifter, and strong supporter of R.A.W. United and what it stands for. Ruby was just five years old when she passed away earlier this year, and we wanted to honor her short life in our first meet.”



Chuck Miller (left) and Dan Corridean at the Mid-Atlantic Open

Kevin and Dan will also be instrumental in R.A.W. United's expansion in the Mid-Atlantic region. "We're looking forward to working with Dave (Lhota, in Pennsylvania) and Paul (Simmons, in Virginia) to get the

federation on the map up here. Spero has set a great foundation over the last few years, and we're ready to take things to the next level!"



*From left to right:
Sam "The Man" Contakes (Pennsylvania), Chaplain Paul Simmons (Virginia), Dave Lhota (Pennsylvania), Spero Tshontikidis (Florida), and Kevin Prosser (Maryland)*

"R.A.W. United is a federation for the lifter. Spero, also a lifter himself, has put together a federation that works hard to assist the lifter in completing the lift within the rules. The judging is consistent, tough, and fair.

And with all the additional things Spero does for the sport, like this magazine, all he does for the military, and the scholarship for the kids, Dan and I want to help him and be a part of R.A.W. United's growth."



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

STRONG LIFE!

2014 Ruby Miller Open & Maryland State Championships

**Saturday, April 26, 2014
Sanctioned by R.A.W. United**



**Hosted by Westminster Strength & Conditioning
Westminster, Maryland**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

Entry Deadline: Saturday, April 5, 2014

Meet Directors:

**Dan Corridean * 240-417-2229 * bdan1745@aol.com
Kevin Prosser * 240-329-8187 * jkprosser@yahoo.com**

OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 4

Written by STRONG LIFE Treasurer Bob Gaynor

Out on the West Coast Harold Love squatted 605 at a bodyweight of 195 pounds. Pat Casey benched 530 pounds and curled 200 pounds. Lee Phillips attempted a 705 pound squat. Seventy-one year old Carl Norberg

benched 400 pounds. In Texas, Terry Todd won the Texas State Meet with a 1600 pound total. In the Midwest Ernie Frantz and Bill Seno won the 181 pound and 198 pound weight classes, respectively in an AAU Meet.



Terry Todd

Bill Clark continued to hold his annual meet in Columbia, Missouri. At the 1963 meet, Wilbur Miller deadlifted 675 pounds, which the AAU accepted as a World Record. This was strange, since Herman Goerner had done 793 pounds many years before.

In December of 1963 at the AAU Convention there was much discussion concerning powerlifting. The four lifts stayed, along with

the seven weight classes.

In 1963, future World Wrestling Champion Bruno Sammartino held Allegheny Mountain Association Records in the Bench Press and Curl at 470 pounds and 170 pounds, respectively. Also holding records was Bill Remley, still a very active Masters Competitor.



The Godfather: Bill Remley

The hand spacing in the Bench Press changed to not more than thirty two inches between index fingers. The bars were to be marked with tape at that distance. There were no power bars at that time.

The two second pause became “until the bar stopped.” This rule flip flopped back and forth and was enforced differently in various parts of the country.

There was no wrapping of knees and the deadlift competitor had to be erect and shoulders back; both were strictly enforced.

The year ended with many meets, but not a true National Championships or 100% acceptance by the AAU.

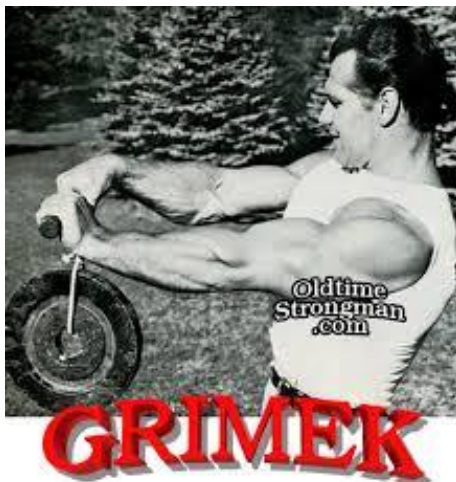
1964 proved to be the year the AAU accepted powerlifting. This happened at the National Meeting in June of that year. At that meeting

the Curl was to be eliminated, but records could not be set until January 1, 1965. At that time they scheduled a National Meet for September, but without records and real acceptance.

The lifts had to be Bench Press, Squat, Deadlift, and in that order. There was discussion of dropping the 123 pound class and adding a 242 pound class.

The AAU agreed that Powerlifting would have its own chairman. Don Haley, John Terpak, Peary Rader, and Rudy Sablo were appointed to formalize powerlifting rules.

1964 was also the year Muscular Development came into existence. John Grimek and John Terlazzo did a great job covering powerlifting, giving readers an alternative to Peary Rader of the AAU.



There were many meets - just to show you how popular the sport was, the Los Angeles/San Diego area had five meets in four months. An open meet in Pittsburgh in March had sixty lifters, the largest turnout to date.

Different types of meets were still being held. Minneapolis had a meet which featured the Press Behind the Neck/Squat/Bench Press; Mel Hennessey went 290, 480, and 455.

Attire was not controlled. Tee Shirts, gym shorts, cutoff sweat pants, sweat shirts and even long sleeve shirts were allowed.

Pat Casey continued his march toward a 600 pound bench with a 545 and a close miss at 560 pounds. York held a power tournament that had forty lifters including Dave Moyer, who squatted 425 pounds in the 123s. They had entries from 12 different states.



Pat Casey

In the squat you could wrap the bar (12 inches) and use a two inch wedge under the heels. You could have the bar placed on your shoulders if you chose to do so.

Bill Clark ran his official/unofficial National Meet which, in his words, turned out to be a Regional Competition.

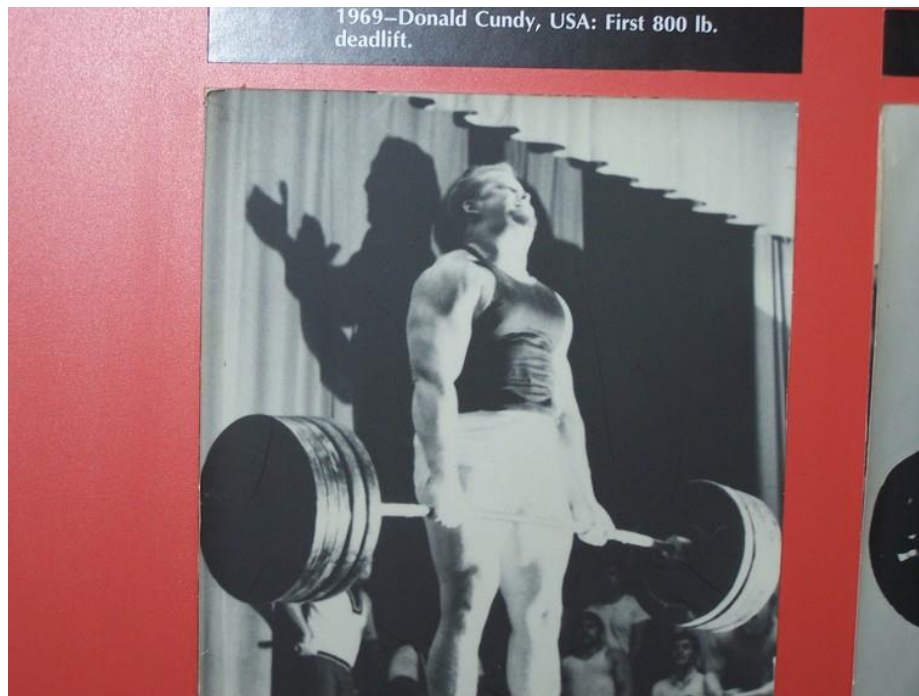
1965 was a very big year for powerlifting. There would be an official Junior and Senior National Championship. Also, all of the old records were erased from the books. To qualify for a record it must have been done in a three lift meet and the order of the lifts had to be BP/SQ/DL. Record certificates had to be sent in within thirty days. The rules at that time said the scales had to be certified the day of the meet. Since most meets were on Saturdays and government offices were closed, I am not sure how this was accomplished.

Another strange requirement was weighing the bar and weights after the lift. The meet had to be stopped and the bar stripped and

everything had to be weighed. Imagine being the next lifter! This process could take ten minutes. This went on for a number of years. I remember a meet in 1970 when Jim Williams set a bench record on two consecutive attempts. The only difference in attempts was that a ten pound plate was added to each side. I suggested we just weigh the two ten pound plates - that would not do.

Some of the early record setters in 1965 were Dave Moyer with all of the 123 and 132 pound classes except the deadlift in the 132s.

The magazines even started to run articles that dealt with training for the powerlifts. In Minneapolis a new star named Don Cundy began to rise; weighing 265 pounds, Cundy deadlifted 735 pounds for an American Record. We would hear more from Cundy over the next seven years. A lifter from Cincinnati by the name of Felix Nicholson deadlifted 655 pounds in the 198s, but little was heard from him after that.



Don Cundy

In August of 1965, preparing for the Nationals, Pat Casey did training lifts of 548, 699, and 666 pounds (1913 pound total). Unfortunately, he never showed for that or any other National Meet.

An interesting contest took place in Easton, PA in 1965. It was the first two platform meet. The rules were in a continual state of change and interpretation. Some of this was due to the sport being so new and some because the powers to be tried to apply weightlifting rules and partly because the lifters were innovative.

You had to be seventeen years of age to lift at that time. The handoff in the bench had to be by the two spotters, not a single handoff. Grease on the thighs was outlawed and the lifters were supposed to wear a singlet. During this period the officials were not allowed to tell a lifter why the lift was turned down.

Different parts of the country had their own interpretation of the rules and how they should be applied. Things have not changed much.

The Junior Nationals that year were held in West Paterson, NJ. Winners were as follows:

123 lb. D. Moyer
 132 lb. J. Bojazi
 148 lb. P. French
 165 lb. N. Harris
 181 lb. B. Andrews
 198 lb. S. Blinder
 SHW T. Todd

Long time Powerlifting USA statistician Herb Glossbrenner was third at 123s, beating Fred Glass, who is still competing.

The Seniors were held on September 4 in York. This is ironic in that Bob Hoffman had blocked powerlifting for years. There were forty seven competitors from seventeen states. Many of us sat through the whole sixteen hours. Winners were as follows:

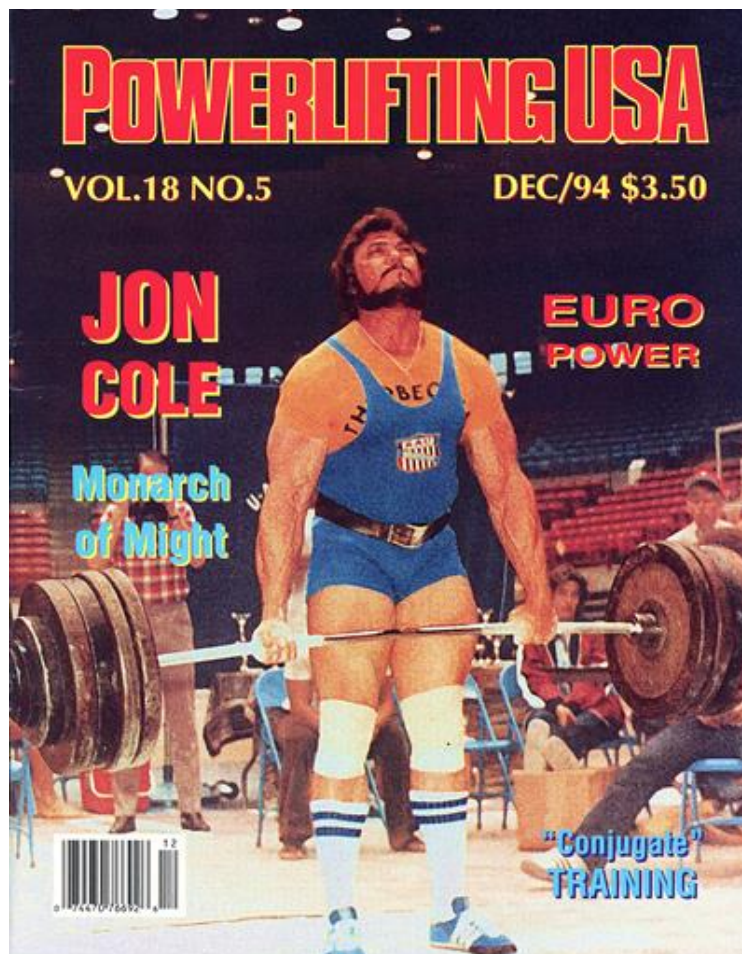
123 lb. Ruben Melendez
 132 lb. Dave Moyer (Jr. Winner at 123 lb.)
 148 lb. Homer Brannum
 165 lb. Gene Devers
 181 lb. Ronnie Ray
 198 lb. Bill Seno
 SHW Terry Todd

The big lifts were Moyer's 475 pound squat at 132, Devers' 600 pound deadlift at 165, Ronnie Ray's 420 pound bench at 181, Gene Roberson's 705 pound squat, and Terry Todd's 740 pound deadlift at SHW.

1966 was to be Jim Witt's year to host the second annual National Championships. This is the man who had worked so long for so many years to get powerlifting accepted. There were still only seven weight classes in 1966, although talk continued about a 242 pound class. Early in 1966, Gene Roberson, the second place finisher at the 1965

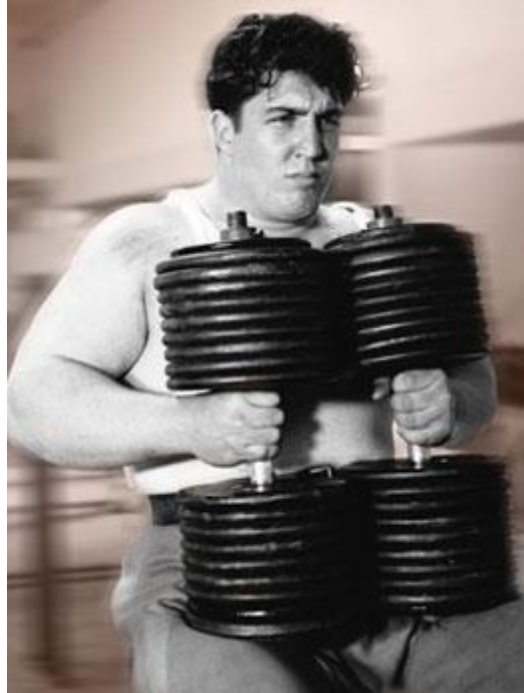
Nationals, totaled 1945 pounds for a new American Record.

The April issue of Muscular Development listed the American Records. Dave Moyer dominated the 123 and 132 pound classes. Nate Harris, with the 165 and 181 pound deadlift records, appeared in two weight classes, the only lifter besides Moyer to do so. Other familiar names were Peanuts West, Bill Seno, Ronnie Ray, and Pat Casey. West seemed to set a record every time he lifted. Casey's bench was now 547 pounds.



Out in Arizona, Jon Cole, John Kanter, and Jack Barnes were winning everything in sight. Leo Stern decided to promote an invitational power meet. The meet was held May 23 and the centerpiece of this meet would be Terry Todd going West to challenge Pat Casey. The match received good pre-

contest hype, but did not turn out to be much of a contest. Todd did 480, 680, and 740 for a 1900 pound total. Casey did 1965 with lifts of 590, 775, and 600. That was the closest Casey came to lifting in a "big" meet. The late George Friend lifted in that same meet with a cast on his leg and squatted 605.



Leo Stern

MORE TO COME IN THE FEBRUARY ISSUE OF STRONG LIFE!



http://www.youtube.com/watch?v=tK6_DD8vAoE

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

See the lift by clicking the link above!

Bob currently serves as the Treasurer for STRONG LIFE and Chief Referee for R.A.W. UNITED

2014 Pat O'Brien Memorial Masters Championships

**Friday & Saturday, April 25-26, 2014
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE GYM
Lifepoint Church
Palm Bay, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, April 5, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

2014 Lifting Without Limits Championships

Friday & Saturday, April 25-26, 2014

Sanctioned by R.A.W. United

OPEN TO DISABLED ATHLETES OF ALL AGES



**Hosted by STRONG LIFE GYM
Lifepoint Church * Palm Bay, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

Entry Deadline: Saturday, April 5, 2014

Meet Director: Spero Tshontikidis

More Information: 321-505-1194 or spero@stronglife610.org

THE TRAINING TABLE: JOINT HEALTH USING NATURAL METHODS, PART 3

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

Hebrews 12:11

Nutrition is an integral part of our well-being. Be it in our professional, home or training lives, it is an extremely important part of our well-being. When it comes to my health, I always like to reflect on this scripture that sums it all up:

1 Corinthians 10:31

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”

With this being said, part 3 of this series will focus strictly on the foods that we consume or the lack thereof on daily basis. There is a lot of information out there on what we should and what we should not eat. However, it is really very simple; eat what God intended for us to eat, period. As

Genesis 9:3 says: Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. Basically any unadulterated, unprocessed, non-chemical, clean, non-GMO, truly natural food fits the bill. That’s it. Pay attention to how certain foods make you feel and if something does not agree with you, do not consume it, regardless how healthy it is. This however, does not include “not” liking the taste of something. For instance, with clients who are used to consuming only highly processed fast junk food, they usually have a hard time transitioning to vegetables regardless of the type and the same goes for fruit as well. The key is to be fair and give things a fair try. God knows in the sport of powerlifting athletes are notorious of eating like crap!



Mangia!

By committing to a natural and clean diet you will have the benefit of fat loss plus the added benefit of less “non-functional” weight to carry around on your joints on daily basis.

Last but not least, eating quality food means feeling better and having more energy throughout the day. This will immediately result in more energy for your workout, which in turn will give you a *better* workout. It really is a win-win situation on every level.

Before getting into the actual suggestions I want to address some very common and growing issues happening today in terms of food allergies. I’ve found that many people benefit from eliminating common allergens in their diet. Most people don’t wish to pay hundreds of dollars on a test to figure their food allergies out, but you can begin by eliminating the most common food allergens. I provided a list of both suggested food items and those to avoid.



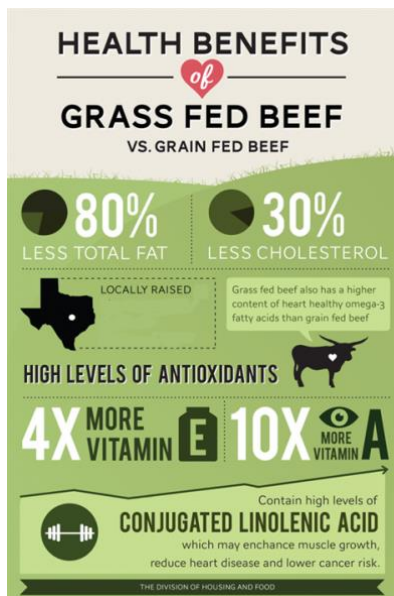
STRENGTH vs. ASTHETICS

• **Suggested foods:**

Meat: 100% Organic, and/or 100% Pastured & Grass-Fed (not Grass Finished) meats, such as Pastured Pork, Grass Fed beef, Pastured Chickens and Turkey, Bison/Bufalo, Any Wild Game

Sea Food: Certified Wild-Caught fish, Shrimp, Scallops, Lobster, Mussels, Clams.

Dairy: Live Culture Organic Greek yogurt, Grass Fed Cream & Butter, Raw Cheeses, and Organic Cottage Cheese & Kefir.



Healthy Oils & Fats First Cold-Pressed 100% Extra Virgin Olive oil, Raw Pumpkin Seed oil (great for the prostate), Flax Seed Oil, Hemp Oil, Unrefined Extra Virgin Coconut Oil, avocados, Raw nuts & Seeds such as Almonds, Walnuts, Pecans, Brazil Nuts, Pumpkin and Sunflower Seeds, Macadamia Nuts, Pistachios, Hazel Nuts, Cashews, Chia & Hemp Seeds. Note: Avoid Peanuts, as they are NOT a Nut, they are a Legume and do have the tendencies to contain Afla Toxin, which can further increase inflammation. This is one of the reasons why a lot of people are allergic to peanuts!

Vegetables: Free choice here. Eat as much as you want, period. If you want to be more specific, stick with dark green and darker colored vegetables mostly. Any

unpasteurized fermented vegetables such as Kim Chi & Sauerkraut which are very rich in Probiotics (a healthy gut lends itself to lower inflammation).

Starch (Carbs): Any Wheat/Gluten Free starch such as Sweet potatoes, Yams, Red Potatoes, Quinoa, Natural Rice, Wild Rice & etc. (There is over 50 different varieties to choose from), Oatmeal, Oat Bran, Cream of Rice, Certified Organic Yellow Grits (not the white processed grits from your grocery store).

Fruit: Keep it to minimum as the varieties now a day's grown are bred for sweetness and sugar content. Eat mostly Berries, Kiwis, and Granny Smith Apples. Keep fruit to no more than a 1 cup/day.



All-Time Record Holder Loma Amore pays close attention to her diet

- **Foods to avoid:**

Grains: Anything made from Wheat, Rye, & Barley – regardless if it's organic, whole, natural or processed. They all contain Gluten and its damaging protein Gliadin. If you

would like to know the details and the absolute devastating effects it has on our genes read the two books by Dr. David Perlmutter titled Grain Brain, and by Dr. David Williams titled Wheat Belly. Basically, there is an overwhelming amount of clinical research linking directly diabetes,

neurodegenerative conditions such as Parkinson's & Alzheimer's, heart disease, oxidized cholesterols, blood pressure to the consumption of sugar and grain!

Anything processed (especially snack foods and meats), wheat, soy, and for some, dairy.

Sugar: Any forms of sugar are bad. The more processed the worst off you are. The biggest offender is Corn Syrup & and especially High Fructose Corn syrup, which to add insult to injury are made from GMO corn (Genetically Modified Organism). GMOs wreck havoc on your body and cause severe amount of global inflammation which can propagate itself in different places throughout your body.

Artificial Sweetener: These are bad news all the way! They include Aspartame, Ace K, Sucralose, Splenda, NutriSweet, Saccharin, Sweet & Low. Aspartame has been found to cause numerous cancers

and also has demonstrated that aspartame worsens insulin sensitivity to a greater degree than sugar!

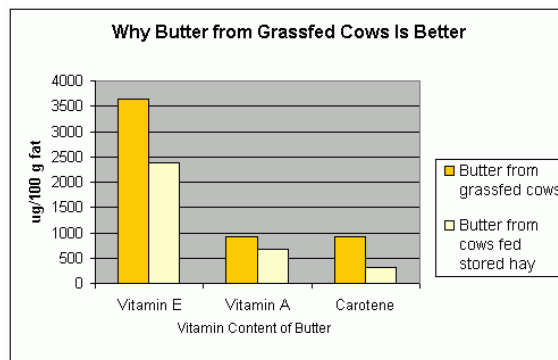
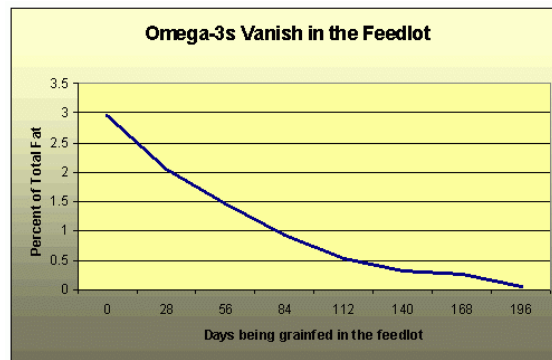
Dairy: Homogenized and Pasteurized milk, cheese, creams, yogurts. It is best to avoid any Non-Organic dairy period.

Trans Fats: these include anything such as Margarin or anything that is labeled as "shortening" partially hydrogenated or hydrogenated oils.

MSG (Monosodium Glutamate): This is present in a lot of protein powders, bars and overall bodybuilding supplements.

Artificial Colors and preservatives: Anything that says BHT/BHA, nitrates or nitrites, potassium sorbate, sodium benzoate, sulfites, TBHQ.

Based on personal and particularly professional experience, the aforementioned information has aided greatly to my and my client's joint health.



So stop being the guy who is always injured or always on the verge of it. Start training and practicing EVERY aspect of your sport smarter like an athlete should. You can train without trashing your CNS and keep maintaining flexibility. We all know that growth, strength gain and recovery take place outside of the gym. So what you do outside of the gym is a massive part of the success equation. These things will lead to consistent gains as long as you train. Becoming strong is not a short race; this is about the long haul. I am not looking for 5 great years then being busted and disgusted. I want to train hard and lift for life. When I am done I know I have used this body the best way I could have. Setting 5lbs PR's every cycle and knowing what gains

you make in 12 months or 3 years or a decade is what it is about. It is my suggestion to give ALL of the above items a FAIR try so that you can push the iron far into, and perhaps way past, your golden years.

Note: if you did not read Part 1, & 2 of the series, go back and read them as they all tie in together.

I would like to leave you with the verse,
3 John 1:2

"Beloved I pray that in all respects you may prosper and be in good health, just as your soul prospers."



In Health,
Alexander M. Poptodorov, NSCA-CPT, NASM-CPTI, USAW Coach Level 2

www.AandAWellness.com

AandAWellness@gmail.com

Alex is a fitness professional and nutrition expert



The

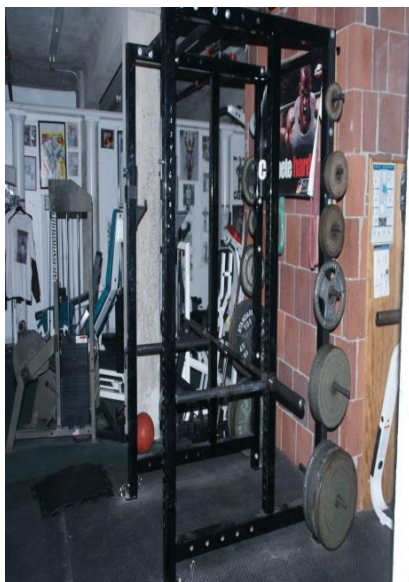


119 Foster Street * Building 2, 4th Floor * Peabody Massachusetts 01960

Gym Warriors is a gym that supports bodybuilding, powerlifting, and strong man, and is home to some of the best deadlifters in the world. We have all the equipment for your needs. We also hold powerlifting competitions and bodybuilding competitions each year. We run several different sanctions for all types of lifters. Support the sport of powerlifting and join Gym Warriors today. We also offer a clothing line and diet and supplement programs. People from all genres fly in to train with Paul DeSimone, owner and founding father of Gym Warriors. Week end training sessions with this add are just \$150.00 for 3 sessions. You must print out this add and call 978-766-6280 or email pauldesimone01@aol.com and mention this offer (discmag).

WE only have top of the line equipment. Anyone who is a competitive powerlifter knows an elite rack, legend rack, king rack, and elite equipment is what it takes. We have elieko, pendelay, ivanko, and troy competition plates. Get a 4 day pass for only \$15.00 by mentioning the coupon code "powermag."

Don't hesitate - become a Gym Warrior today!



BRAINS & BRAWN: DULCY OLSON

“Even youths grow tired and weary, and young men stumble and fall; but those that hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint”

Isaiah 40:30-31

Dulcy Olson is the spiritual force of Girls Gone Strong. A sophomore at West Shore Jr./Sr. High School, Dulcy started powerlifting because it was something new and she thought it might be fun to try. “Eventually it turned into something I really loved, and I was hooked after our first competition.”

Dulcy currently holds teenage records in the squat at 165 pounds, the bench at 85 pounds, and the deadlift at 230 pounds. She will be competing at the 2014 RAW Record Breakers Meet in January and hopes to go 175, 90, and 240. And while the numbers are a critical part of powerlifting, Dulcy’s connection to the sport comes from a Higher Power. “Something that I hold close to my

heart about Girls Gone Strong is that I can lift in an environment that I can be open and comfortable about my faith. Not only can Spero speak into my life about lifting, but also about my walk with Christ. Personally, that is the best thing about being a member of the Girls Gone Strong family.”

Powerlifting has also taught Dulcy a great deal about perseverance and discipline. “The best feeling is persevering through a hard workout even though it kicked your butt. I think those lessons apply not only to lifting but to life and one’s walk with God as well. The Bible constantly tells us about the difficulties we will face if we follow Christ but the hope comes through the fact that we can make it through by the power of the Lord.”



Pulling strong at the 2013 North American Championships

Dulcy is also an Honors student and West Shore and is actively involved in the school’s theater program. “My interest in theatre

began when I was little. I always loved performing and it was a great outlet for energy when I was younger. Now that I’m

older I've built lasting relationships with some incredible people that help and support me in all activities I'm involved in. Theatre provides me with a great sense of balance in my life; it's always seemed to ground me."

After high school, Dulcy plans to take at least one gap year before college so she can serve on a long term mission trip. "The

summer before freshman year I went on a short term mission trip to Costa Rica and it radically changed my outlook on life. God reshaped my heart to be geared towards people in need; in need in physical aspects and spiritually as well. I'm not positive where God's leading me to go after graduation but I'm open to anything. As long as I'm where God wants me, I will be content."



Dulcy (third from right) and some of her Girls Gone Strong teammates

For the next two years, however, the gym and the competitive platform is her mission field. "One of the easiest ways to share the gospel through lifting is simply inviting people to our meets. I know that the Lord will

be present through the people, the lifters, and prayer. It's a great way to surround people with the love of Christ but not force them into anything or make them uncomfortable."



Dulcy's dad, Joel, a former Navy SEAL, Dulcy, her brother Calvin, and mom, Denyse



APPAREL GIFTS ACCESSORIES



HOUSE



KEYCHAINS



TRUCK



WWW.EOSPORTSGEAR.COM

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Dan Corridean for sending us the December 2013 photo for *The Strong Shot*!



82nd Airborne Banner,

700 pounds of mismatched weights,

Pulling in the pit at a real gym ...

**MAN,
IT JUST DOESN'T GET ANY
BETTER THAN THIS!**

CONTEST RESULTS: ALL FEDS

“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

**Contest Results,
2013 Rev. Milton Simmons Memorial Open
Sanctioned by R.A.W. United**

**Saturday, November 2
Westminster Strength & Conditioning * Westminster, Maryland**

Many thanks to Beau & Angie Bryant for hosting the contest at their gym; to Mike Davis and Kevin Prosser for spotting and loading; to Beau Bryant, Dan Corridean, Marty Gallagher, Dave Lhota, Paul Simmons, and Matt Thompson for judging; and to Muoki Musau for all the pictures!



***Samantha Loritsch rocked the platform at the 2013 Rev. Milton Simmons Memorial Open!
Samantha’s record breaking day gave her a lot to smile about!***

Women’s IRONMAN, NO BELT

148	14-15	Samantha Loritsch	190	115	240	545
			4 th 200		4 th 255	

Women’s IRONMAN, BELT

148	30-34	Amber Cordelli	210	135	302	647
	50-54	Ruth Douglas	185	150	310	645
	14-15	Samantha Loritsch	190	115	240	545
			4 th 200		4 th 255	



Amber Cordelli nailing a 302 pound record deadlift

Women's RAW

148	30-34	Amber Cordelli	210	135	302	647
	50-54	Ruth Douglas	185	150	310	645
	14-15	Samantha Loritsch	190	115	240	545
			4 th 200		4 th 255	



Former World Champion Marty Gallagher (second from right) and his team



Sam "The Man" Contakes pulling strong in his 80s! YASOU, brother!

Men's IRONMAN, NO BELT

165	80-84	Sam Contakes	165	90	260	515
181	25-29	Zachary Duffy	400	270	465	1135
198	25-29	Zachary Jensen	365	310	470	1145
220	45-49	Bill Huling	490	380	607	1477
242	40-44	Jason Henderson	405 4 th 430	265	520 4 th 535	1190
275	45-49	David Price	400	360	450	1210
308	40-44	Berin Loritsch	400	275	505	1180



Bill Huling had a record setting day at the 2013 Rev. Milton Simmons Memorial Open

Men's IRONMAN, BELT

165	80-84	Sam Contakes	165	90	260	515
181	20-24	Riley Burkhart	460	265	500	1225
	25-29	Zachary Duffy	400	270	465	1135
198	35-39	Brigham Henderson	405	305	485	1195
	25-29	Zachary Jensen	365	310	470	1145
220	45-49	Bill Huling	490	380	607	1477
	45-49	Hil O'Herlihy	400	310	465	1175
	25-29	Greg Noble	355	295	475	1125
	45-49	Matt Grizzard	335	225	395	955
242	35-39	Jason Alley	545	315	600	1460
	40-44	Jason Henderson	405	265	520	1190
			4 th 430		4 th 535	
	50-54	Don Berry	410	285	450	1125
	35-39	Sherm Pensyl	-	450	-	-
275	45-49	David Price	400	360	450	1210
	55-59	Dave Hardic	-	310	-	-
308	35-39	Kris Becker	385	385	420	1190
	40-44	Berin Loritsch	400	275	505	1180



Sean Leach posted big numbers in the 165s!

Men's RAW

165	20-24	Sean Leach	430	235	455	1120
	80-84	Sam Contakes	165	90	260	515
181	20-24	Riley Burkhart	460	265	500	1225
	25-29	Zachary Duffy	400	270	465	1135



Samantha and her dad, Berin Loritsch

198	35-39	Brigham Henderson	405	305	485	1195
	25-29	Zachary Jensen	365	310	470	1145
220	45-49	Bill Huling	490	380	607	1477
	45-49	Hil O'Herlihy	400	310	465	1175
	25-29	Greg Noble	355	295	475	1125
	35-39	Chris Oliver	305	300	475	1080
	45-49	Matt Grizzard	335	225	395	955
	40-44	Chuck Miller	-	375	630	1005
242	35-39	Jason Alley	545	315	600	1460
	40-44	Jason Henderson	405	265	520	1190
			4 th 430		4 th 535	
	50-54	Don Berry	410	285	450	1125
	35-39	Sherm Pensyl	-	450	-	-
275	35-39	Dan Corridean	645	410	700	1755
	45-49	David Price	400	360	450	1210
	55-59	Eric Ostling	-	290	405	695
	55-59	Dave Hardic	-	310	-	-
308	35-39	Kris Becker	385	385	420	1190
	40-44	Berin Loritsch	400	275	505	1180



Best wishes in 2014 to Muoki Musau; Mouki is a seminary student at Gordon-Conwell Seminary in South Hamilton, Massachusetts

**Contest Results,
2013 World Gym Push/Pull
Sanctioned by R.A.W. United**

**Saturday, November 30
World Gym * Port Saint Lucie, Florida**

Many thanks to Bob Benedix of World Gym for hosting the event; to members of World Gym in Port Saint Lucie for spotting and loading; to Bob Gaynor, Loma Amore, and Fred Goldberg for officiating; to Bob Benedix for announcing and scoring; and to Edith "The E-Train" Traina for just being so AWESOME!



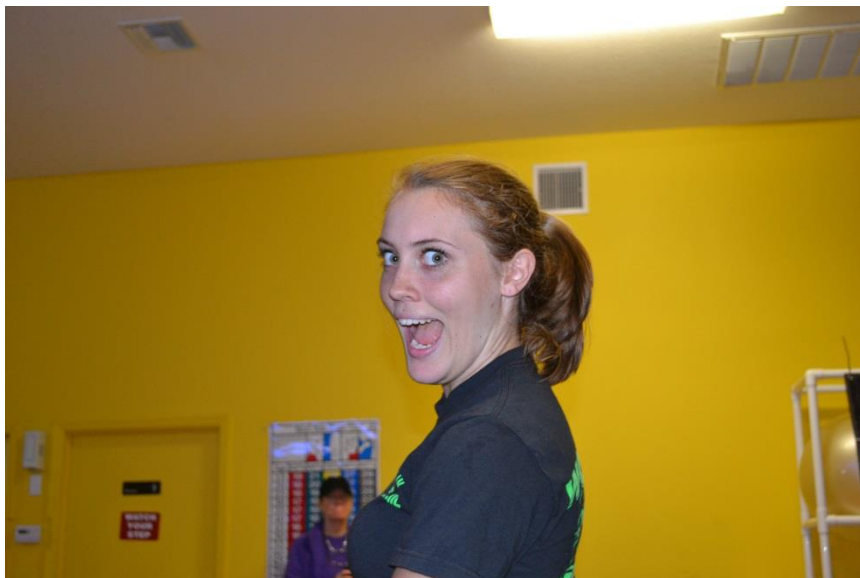
Host and Meet Director, Bob Benedix

Women's IRONMAN, BELT

165	90-94	Edith Traina	60	135	195
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Women's RAW

132	20-24	Caitlin Smith	120	300	420
148	60-64	Loma Amore	200	315	515
165	90-94	Edith Traina	60	135	195
181	20-24	Tiffany Bellino	125	285	410



Caitlin Smith, goofing at the World Gym Push/Pull, is one of the nation's top junior lifters

Men's IRONMAN, BELT

242	60-64	Larry Bucchioni	255	480	735
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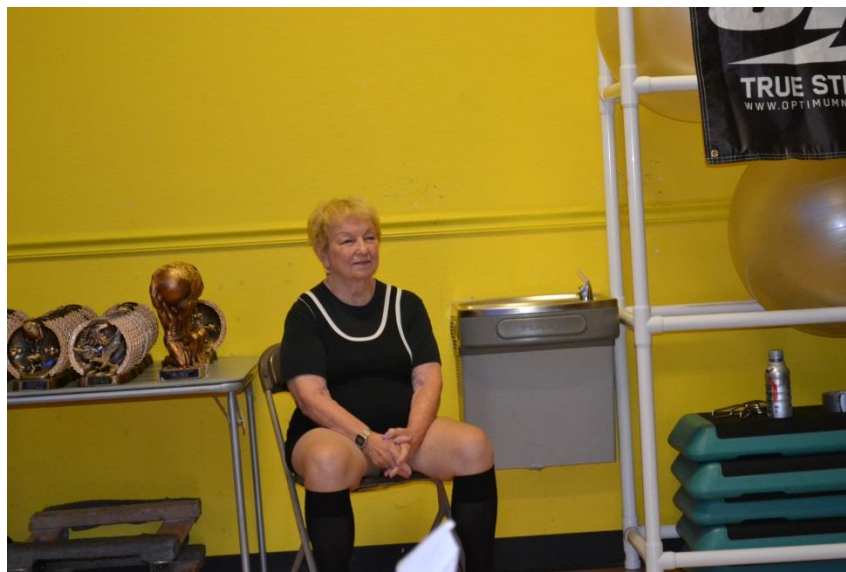


The timeless Larry Bucchioni of West Palm Beach, Florida

Men's RAW

132	20-24	Matt Jacobson	155	340	495
148	20-24	Jake Benedix	245	405	650
165	18-19	Brett Benedix	235	500	735
	20-24	Johnny Nocito	265	430	695
	20-24	Carlos Sandigo	225	-	-

181	20-24	Charles McLean	275	465	740
	20-24	William Megby	210	415	625
	20-24	Joey Kurtz	200	365	565
198	30-34	Brian Kirchner	305	435	740
	16-17	Edgar Medina	185	-	-
	50-54	Dave Whitehead	300	-	-
242	20-24	Matt Delgado	315	615	930
	60-64	Larry Bucchioni	255	480	735
275	20-24	Julian Zamaro	355	635	990
	20-24	Chris Lynn	305	605	910
	20-24	Dave Gabler	325	495	820
	40-44	Oscar Alicea	245	385	630



Check out this 135 pound record deadlift by 91 year old Edith Traina of The Deadlifting Grannies!

<http://www.powerliftingwatch.com/node/26656>

CONTEST SCHEDULE: ALL FEDS

**"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

2014

JANUARY 2014

January 25-26

RAW RECORD BREAKERS MEET * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: January 04

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

January 25

Potomac Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Powerhouse Gym * Woodbridge, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

FEBRUARY 2014

February 8-9

RAW UNITY MEET * Non-Sanctioned

Port Saint Lucie Civic Center * Port Saint Lucie, FL

Meet Director: Eric Talmant

Contact info: www.rawunitymeet.com

MARCH 2014

March 15

United States Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

March 29

GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS * R.A.W. UNITED

Gold's Gym * Enterprise, AL

Entry deadline: March 8

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

APRIL 2014

April 5

DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS * R.A.W. UNITED

Olympic Gym * San Antonio, TX

Entry deadline: March 15

Meet Director: Jon Drummond

Contact Info: jonathan.drummond.3.ctr@us.af.mil * 210-367-2302

April 12-13

Men's & Women's Teenage Championships, Ages 14-19 * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: March 22

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 12-13

Boy's & Girl's Youth Championships, Ages 13-Under * R.A.W. UNITED

Westchase Recreation Center * Tampa, FL

Entry deadline: March 22

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Pat O'Brien Memorial Men's & Women's Master's Championships * R.A.W. UNITED

Ages 40-Above

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Lifting Without Limits Championships * R.A.W. UNITED

Open to disabled athletes of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 26

Ruby Miller Memorial Open & Maryland State Championships * R.A.W. UNITED

Westminster Strength & Conditioning * Westminster, MD

Entry deadline: Saturday, April 5

Meet Director: Kevin Prosser & Dan Corridean

Contact info: jkprosser@yahoo.com * 240-329-8187

bdan1745@aol.com * 240-417-2229

April 26

National Masters Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

MAY 2014

May 24-25

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

Westchase Recreation Center * Tampa, FL

Entry deadline: May 03

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

JUNE 2014

June 14

American Challenge Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

JULY 2014

July 19

Maria Bucchioni Memorial Women's Championships * R.A.W. UNITED

Open to women of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, June 28

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

July 19

Eastern USA Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Powerhouse Gym * Woodbridge, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

SEPTEMBER 2014

September 19-20

Gary Gordon Memorial Armed Forces Championships * R.A.W. UNITED

FREE Contest for active duty personnel, reservists, guardsmen, and veterans

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, August 30

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

September 20

Mid-Atlantic Open Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

OCTOBER 2014

October 18-19
North American Championships * R.A.W. UNITED
Westchase Recreation Center * Tampa, FL
Entry deadline: Saturday, September 27
Meet Director: Spero Tshontikidis
Contact info: spero@stronglife610.org * 321-505-1194

NOVEMBER 2014

November 14-15
STRONG LIFE Invitational * R.A.W. UNITED
Lifepoint Church * Palm Bay, FL
Entry deadline: Saturday, October 25
Meet Director: Spero Tshontikidis
Contact info: spero@stronglife610.org * 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



CHAIRMEN'S CORNER: ALL FEDS

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

R.A.W. UNITED

NEW MEETS:

Several meets have been added to our 2014 schedule, and additional contests are being solidified in Florida, Georgia, Pennsylvania, and Virginia. More to come!

Date	Contest	Location	Deadline
JAN 25-26	RAW RECORD BREAKERS MEET	Tampa, FL	JAN 04
MAR 29	GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS	Enterprise, AL	MAR 08
APR 5	DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS	San Antonio, TX	MAR 15
APR 12-13	2014 R.A.W. UNITED TEENAGE & YOUTH CHAMPIONSHIPS	Tampa, FL	MAR 22
APR 25-26	2014 PAT O'BRIEN MEMORIAL MASTER'S CHAMPIONSHIPS	Palm Bay, FL	APR 05
APR 25-26	LIFTING WITHOUT LIMITS (Disabled Athletes of all ages)	Palm Bay, FL	APR 05
APR 26	RUBY MILLER OPEN & MARYLAND STATE CHAMPIONSHIPS	Westminster, MD	APR 05
MAY 24-25	MIKE WITMER MEMORIAL FLORIDA STATE CHAMPIONSHIPS	Tampa, FL	MAY 03
JUL 18-19	MARIA BUCCHIONI MEMORIAL WOMEN'S CHAMPIONSHIPS	Palm Bay, FL	JUN 28
SEP 19-20	GARY GORDON MEMORIAL ARMED FORCES CHAMPIONSHIPS	Palm Bay, FL	AUG 30
OCT 18-19	NORTH AMERICAN CHAMPIONSHIPS	Tampa, FL	SEP 27
NOV 14-15	STRONG LIFE INVITATIONAL	Palm Bay, FL	OCT 25

NEW VENUE:

Westchase Recreation Center in Tampa, Florida will serve as our new meet site in Tampa, and will be the venue for the 2014 RAW Record Breakers Meet on January 25-26. The contest roster will be submitted to Powerlifting Watch on Monday, January 6.

We will also be hosting the Teenage Championships (14-19) and Youth Championships (13-U) on April 12-13, the Mike Witmer Memorial Open & Florida State Championships on May 24-25, and the North American Championships on October 18-19 at Westchase.

NEW STATES:

Our 2014 expansion is underway with State Championships scheduled in Alabama (March 29), Texas (April 5), Maryland (April 26), and Florida (May 24-25). Additional contests are being scheduled in Georgia, Pennsylvania, and Virginia; finalized dates and venues will be solidified in the February issue of STRONG LIFE magazine.

NEW GYM:

STRONG LIFE CHRISTIAN MINISTRIES is proud to announce its newly established training facility in Melbourne, Florida! STRONG LIFE gym will serve as the company's base of operations, and home to Girls Gone Strong and our newly formed boy's program (team name pending). Information on small, local meets for 2014 at the gym to help pay the rent will be available in the February issue of STRONG LIFE magazine.

CONTACT:

For more information on STRONG LIFE and/or R.A.W. United powerlifting, contact Spero at: spero@stronglife610.org.



Arnold Schwarzenegger and Franco Columbo goofing at Muscle Beach on left

Spero goofing/paying homage on a recent trip to Muscle Beach on right

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YOUR MEET / BUSINESS
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**FULL PAGE AD
FOR ALL SIX ISSUES OF
STRONG LIFE IN 2014!**



Contact Us before February 15!
spero@stronglife610.org

**PRAYER & PRAISE:
PRAISE REPORTS
&
PRAYER REQUESTS
FROM THE RAW COMMUNITY**

“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

In the October issue of STRONG LIFE we asked for prayer for my mom’s sister, Cleo Collins. Cleo recently had a pacemaker installed after taking a fall, and we are happy to report that she is back home and doing well!

In the October issue of STRONG LIFE we also asked for prayer for Laura “Bean” Simmons. Laura is R.A.W. United Chaplain Paul Simmons’ wife, and she is underwent surgery in November. Laura is back home and recovering well!

In the October issue of STRONG LIFE we also asked for prayer for our brother Jon Drummond. Jon’s heart was out of rhythm again, and was under doctor’s care beginning his recovery. Jon is doing well, and will be hosting the 2014 Determined Warrior Classic & Texas State Championships at Olympic Gym in San Antonio on April 5!

In the October issue of STRONG LIFE we also asked for prayer for Chuck Miller and his family. Chuck’s five year old daughter, Ruby, passed away due to complications from pneumonia last year. While Chuck and his family are still saddened by Ruby’s passing, Chuck is working with Maryland Chapter Leaders Kevin Prosser and Dan Corridean in hosting the 2014 Ruby Miller Open & Maryland State Championships at Westminster Strength & Conditioning in Westminster on April 26!

PRAYER REQUESTS:



Please pray for R.A.W. United lifter Eric Ostling’s dad who is in the hospital with mobility issues; his legs are not functioning properly and doctors are trying to figure out what is going on.

Please pray for Sarah Crane's family and the Elkhart, Indiana community. Sarah went to be with our Lord after a valiant battle with Stage 4 Colon Cancer. Learn more about this courageous young woman at www.sarahstrong.org.

Please pray for Lucy Gallo. Lucy is a second grader at the West Melbourne School for Science; Lucy lost her dad, Air Force veteran Scott Gallo, and she's struggling.

Please pray for Ruth McRae. Ruth is Tony Conyers' mom; Ruth has been hospitalized, and Tony greatly appreciates your thoughts and prayers.

Please pray for Jason Wright. Jason is a Maryland State Trooper that is recovering from knee surgery.

Please pray for Patricia O'Brien and her family. Patricia's husband, Pat, a World Champion lifter, passed away on July 26.

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
spero@stronglife610.org



PUT ON THE FULL ARMOR OF GOD!

THE REAL



YRIAMCITULOVES