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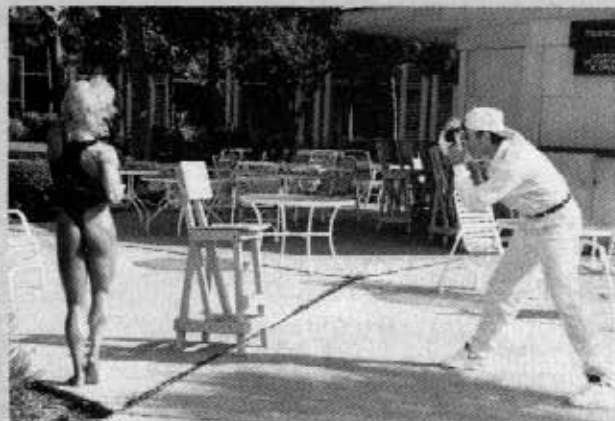
Women's Physique World

May 1993

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WPW editor Steve Wennerstrom turns his hat backwards to better concentrate on his work in photographing Sue Price for the March '93 issue. Barry Brooks photo.

On The Cover: 1991 Extravaganza Strength Show champion D'Lynne Miller. Barry Brooks photo.

The Back Page: Three-time Ms. Olympia competitor Sharon Marvel. Jim Amentler photo.

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Owner/Publisher

Bill Jentz

Editor-in-Chief

Steve Wennerstrom
IFBB Women's Historian

Managing Editor

John Nafpliotis

Contributors

Lisa Moretti
Reg Bradford
Al Murch
Mike Bogen
Terry Luoma
Mike Lee

Graphics

Jody Lister

Personnel

Canada
Mike Bailey

Europe

Jim Lensveld — *Holland*
Ove Rytter — *Sweden*
Peter Scarborough — *Germany*

Contributing Photographers

Charles Czeti
Jerry Fredrick
Ralph DeHaan
Barry Brooks
Jim Amentler
Mike Hackenbruch
Irvin Gelb

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SO YOU WANNA TURN PRO?

by Steve Wennerstrom

Ask almost any amateur female bodybuilder what their ultimate goal in the sport is and they will inevitably tell you it is to turn a pro and compete in the Ms. Olympia.

You see, just about everyone pursues a goal of achieving at the highest levels . . . it's human nature to attempt to be the best at what you do. That's it, plain and simple.

Fact is however, it's not that simple. Far from it.

History is showing us that becoming a pro and competing in the Ms. Olympia is not always the glitzy, glamorous pedestal of bodybuilding it is cracked up to be.

The first question you must ask yourself is why you are competing in the first place. Is it for fun? Is it out of genuine curiosity to explore the boundaries of your own genetic potential to build a muscular physique? Or, horror of horrors, is it for profit?

If it is the latter, you're probably in for a sobering experience once the magic pro card has been awarded. The reason for this is because any kind of decent earnings at this level is saved for a precious few, and even for them it is, at best, a temporary venture.

Perhaps one of the best examples of just how things stand in the pro ranks can be illustrated by what is happening with contests concerning female pro bodybuilders.

From 1981 to 1989 the sport held an annual IFBB Pro World Championship. Now, here was a contest with potential clout. Then suddenly, after Diana Dennis won the '89 event, it seized to exist. Exact reasons have never been clear.

But think about it. The Pro World Championship . . . a contest that selected the world's best pro bodybuilder. Talk about mainstream recognition. Any average guy on the street understands what a world champion is. They don't necessarily know what Ms. Olympia is however. Even television recognized the Pro Worlds. Back in the early 80's when ABC ran their annual Women's Superstar competitions, it was the pro world champion of bodybuilding they wanted, not Ms. Olympia. Why? Because

John Q. Citizen could relate to a 'world champion'. As for Ms. Olympia, it could have been Ms. Pluto for all they cared. The title met nothing to the average television sports junkie. And television understood that fact.

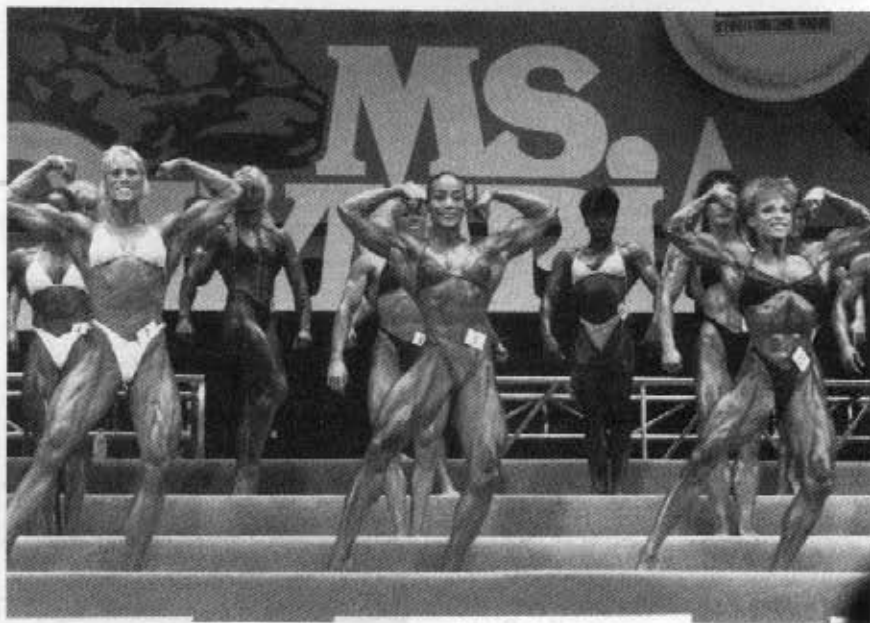
So these days the ranks of pro bodybuilding for women have three contests . . . Ms. Olympia, Ms. International, and the Jan Tana Classic. But no Pro World Championships. Does this make *any* sense?

Is women's bodybuilding really being promoted? Does anyone care?

eliminating of a women's bodybuilding show, my blood runs cold.

I have been on hand since day one of women's bodybuilding earliest beginnings, and it saddens me to see what is happening almost 15 years later. The sport deserves better, that's for sure.

As for rushing to "turn pro" . . . an exciting career with travel and opportunities to make some money may await if you are one of the fortunate chosen few. If not, you may be buying yourself a one way ticket to



I see on the men's IFBB pro schedule a contest slated for San Jose in March. Held in conjunction with this event is a Fitness America Pageant. But no pro women's bodybuilding event. How much more of a slap in the face to women's bodybuilding is needed?

Personally, I have nothing against fitness shows for women. Indeed, we even developed a new magazine to chart the progress of this fast-growing activity. But when these events are staged at the expense of

the end of the competitive line.

A final piece of advice is this: Compete because you love the sport. Don't put all your bodybuilding eggs in one basket, and always, always, have a profession to fall back on when the competitive urge wears off. In other words . . . don't quit your day job!

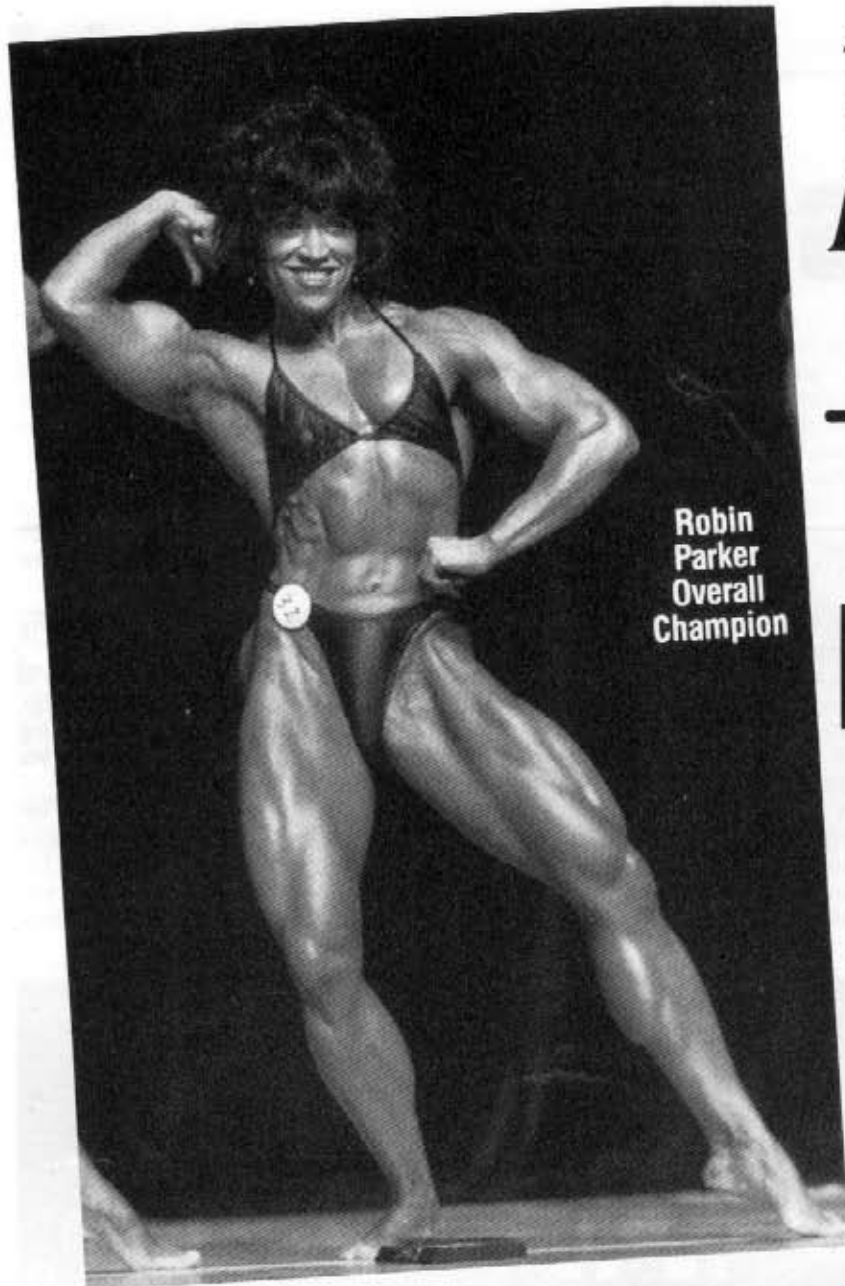
The 1992 NPC KAY BAXTER MEMORIAL

Women's Extravaganza

Muscle is always the name of the game when it comes to the exciting Women's Extravaganza in New Jersey. Now in its sixth year, the power-packed event once again offered up a double dose of muscular impressiveness for the east coast followers of women's bodybuilding.

by Steve Wennerstrom

photos by John Nafpliotis & Barry Brooks



Robin
Parker
Overall
Champion

As sure as the sun sets in the west, the Women's Extravaganza is a bodybuilder's bodybuilding event. You wanna see a load of female muscle at its finest? You gotta see the Women's Extravaganza. What better way to end the competitive year on the east coast, after all?

Yes, in six short years, the Kay Baxter Memorial Women's Extravaganza has not only become one of the country's most exciting regional qualifiers, but its ability to survive as a 'women's only' event says something for the loving care the show has been given by its promoters — Ken Kassel and Bob Bonham.

Inaugurated in 1987, the Extravaganza built itself on the assurance that if you were a bodybuilding purist, you could expect the Extravaganza to deliver the goods when it came to female muscle. And for six years it has done just that.



Lightweight Winners



Since that first-ever event held in Clifton, New Jersey, when class winners Phyllis Padur, Lindy Champion, and overall champion heavyweight Marissa Brown, led 30 women to the stage, the grand style of the Extravaganza has been rock steady as an entertaining bodybuilding affair.

This year with the usual complement of divisions and weight classes to accommodate open, novice, and masters competitors, the entire event drew 28 women from across the country.

The Lightweights

Eight women took the stage for the lightweight competition led by 29-year-old Monica Auguadri of West Orange, New Jersey. Paying special attention to detail, Auguadri outpointed runnerup Jeannie Riggles-Donahue with a higher level of definition and muscle separation.



**Monica Auguadri
1st LW**

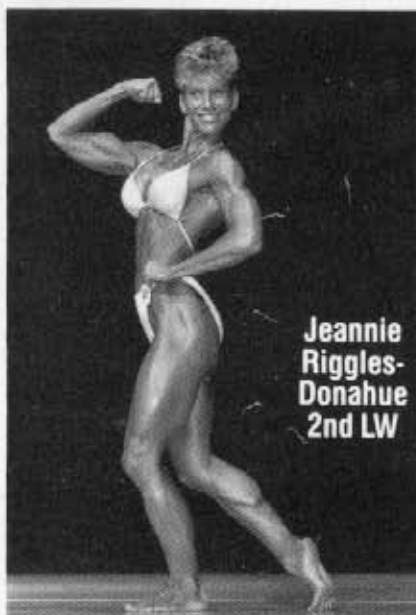
Training at Strong & Shapely Gym, Auguadri only needs to continue to fill out her lean frame to remain competitive at a higher level of competition.

As for Riggles-Donahue, the 30-year-old Virginian showed excellent muscle quality overall and a national class pair of calves. Previously, Riggles-Donahue has placed fourth at the '91 Jr. USA and appears ready to take the next step to national level contest participation.

From North Babylon, New York, 23-year-old Tina Marzullo checked in at the third-place position, and had previously won the lightweight class of the NPC Eastern USA earlier in the year.

The Middleweights

The controversy of physical preference reared its head in this division as a dramatically different array of physiques vied for the top spot.



**Jeannie Riggles-Donahue
2nd LW**

Tina Marzullo – 3rd LW



Lisa Boscarino – 5th LW



Doreen Bumbrey – 4th LW





Getting the nod this time was 27-year-old Catherine Klaschka of Elmwood Park, New Jersey. Highly defined, Klaschka appeared well-muscled, but lacked enough muscular development in the lower body to be competitive at a higher level of contest. Displaying excellent arm development, Klaschka trains at the Gold's Gym in Elmwood Park, and was the middleweight champion at the 1989 New York Gold Cup.



Catherine Klaschka - 1st MW

Runnerup to Klaschka was Georgia's outstanding Jacqueline Ludy. Competing in both the Strength Show as well as the bodybuilding contest, Ludy was fresh from a very strong seventh-place finish at the NPC Nationals just weeks earlier. With a terrific balance of densely developed muscle as well as fine definition, Ludy is a

strong candidate for a top five national placing in the near future. Her second-place finish was soundly booed by the audience.

Ohio's Cotty Acosta notched the third-place spot. The 28-year-old Acosta trains at World Gym and has previously won the Ohio State, and World Gym Classic middleweight titles in her home state.

If there was a crowd favorite in this class, it had to be Kelly Kight of Sacramento, California. A dynamite keg of densely-packed muscle, Kight showed remarkable muscle size considering her 4-11 frame. Although not as defined as her counterparts in this class, Kight's muscular thickness and overall impressiveness should have accounted for better than a fourth-place finish in a field of four. The vocally distraught audience certainly felt the same way as Kight continued to show her striking calf, biceps, and back poses after her placing was announced.

The Heavyweights

With the audience's booing barely subsided from the middleweight class decision, the heavyweight class of six contestants made their way to the stage led by Robin Parker. Parker, it turned out, was the evening's best selection to carry on the tradition of the high quality Extravaganza overall champion.

Showing a finely-tuned contest condition to go with her outstanding muscular and structural balance, the 145-pound Parker took the measure of everyone in this class. From Brooklyn and training at the World Gym in New York City, Parker was a classic example of how the well-balanced physique can override other competitors who might possess a better bodypart, but find it difficult to sell a less than overall packaged appearance. On this night

Cotty Acosta - 3rd MW

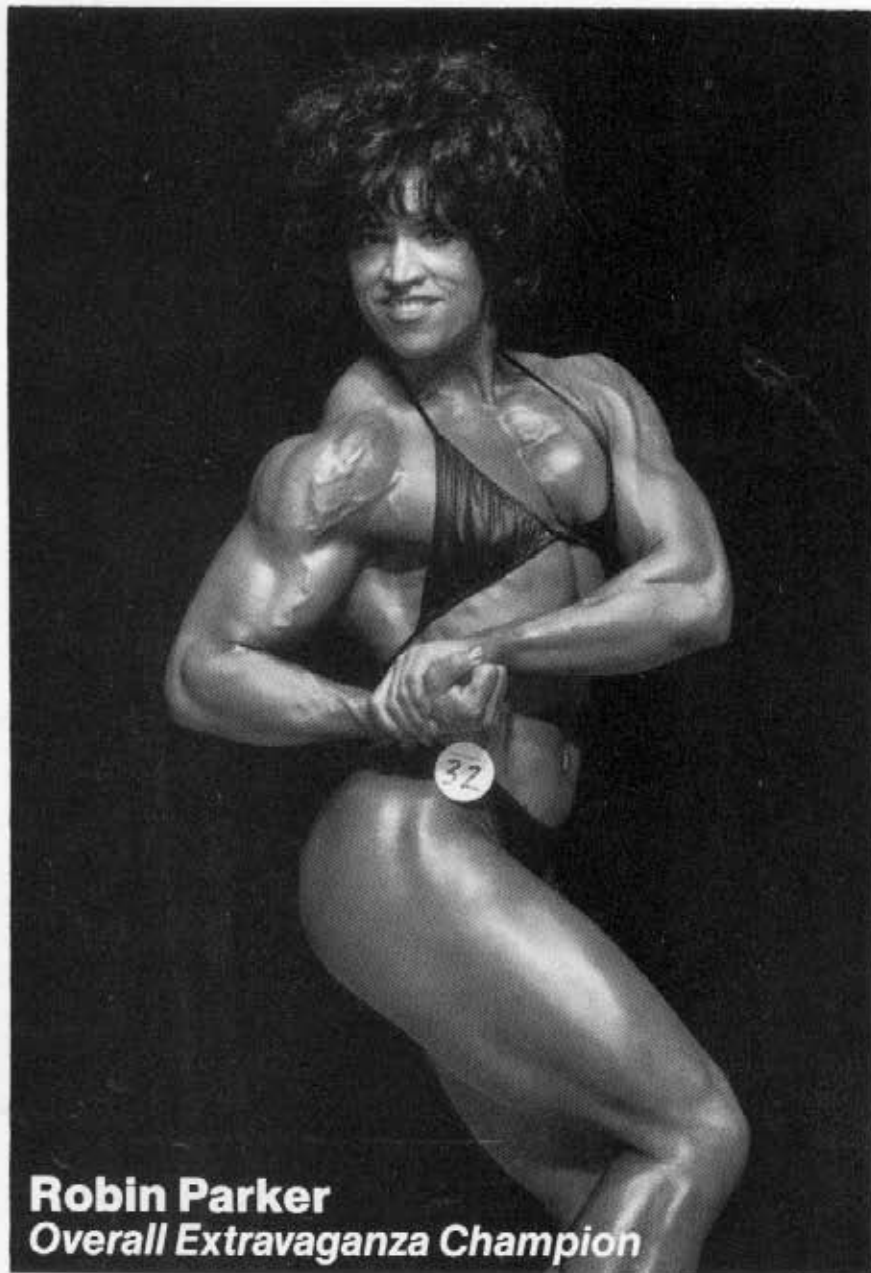


Kelly Kight - 4th MW



Jackie Ludy - 2nd MW





Robin Parker
Overall Extravaganza Champion

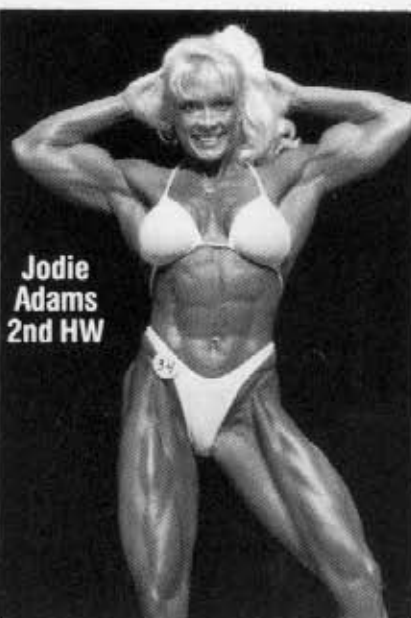


Robin Parker - 1st HW

Parker got the point across in spades. She was an easy winner.

As good as Robin Parker was as the heavyweight winner, Maryland's Jodie Adams brought her own brand of excellence by way of a world class set of arms and very thick pectoral development. As the tallest competitor in this class, runnerup Adams would have needed a bit more thickness in the thighs and calves to better balance her outstanding upper body. For the 31-year-old Adams, it was the second successive year she has finished in the runnerup position at the Extravaganza. Adams trains at the Modern Woman Fitness Center in Cockeysville, Maryland.

Finishing in the third spot was 30-year-old Virginia Peralta of New York City, followed by Pennsylvania's well-armed Margie Murphy in fourth.



Jodie Adams
2nd HW



THE HEAVYWEIGHT WINNERS



The Novices

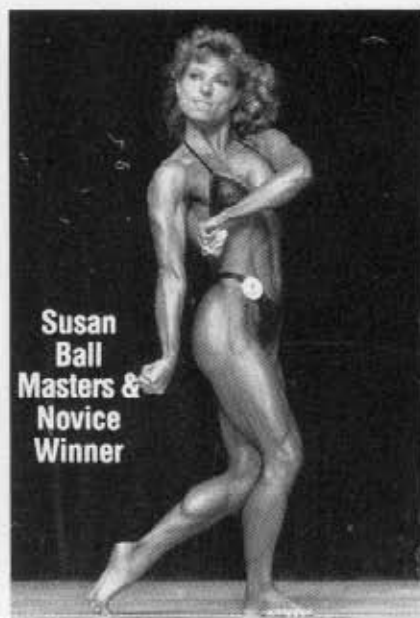
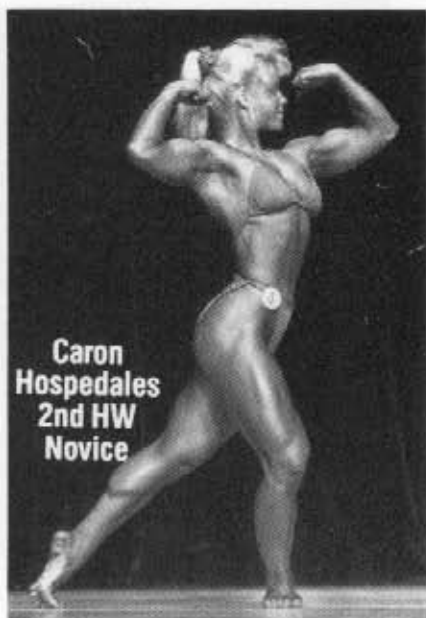
This year's Extravaganza turned out to be a dandy for Susan Ball of Baltimore, Maryland. The 36-year-old Ball was competing for the first time ever and not only won her class and overall novice titles, but also walked off with the Masters division title as well. Ball also trains at the Modern Woman Fitness Center.

Winning the heavyweight class was 29-year-old Santa Monica Souza of Kearney, New Jersey. By way of Brazil, Souza showed outstanding potential as she too was competing for the first time ever. Possessing excellent muscle shapes and density on her well-balanced frame, it might not be too long before she finds her



way to the top national shows as she more closely monitors her diet and contest preparation. As a raw newcomer, she can be very good in the future.

Although the scores didn't necessarily reflect it, runnerup Caron Hospedales of New York chased Souza every step of the way before surrendering the title. Also blessed with terrific overall shapes and a serious set of calves, Hospedales displays her physique with the grace of a seasoned veteran. Using several Anja Langer-like poses in her well-choreographed routine, she is another fine newcomer that will bear watching in '93 and beyond.



One of the Extravaganza's most pleasant surprises this year was the return to competition of veteran Lindy Champion. As the Extravaganza's inaugural open middleweight class winner in 1987, Champion returned this year as a Master having turned 35. Placing second to Susan Ball in the Masters class, needless to say, she certainly didn't look her age. Currently, Champion now works for the Beaumont, Texas, fire department.

For further information and entry forms for the 1993 edition of the Kay Baxter Memorial Women's Extravaganza, write or call Ken Kassel at 291 Herbert Ave., Closter, New Jersey 07624. Phone (201) 894-5445. Or Bob Bonham, % Strong & Shapely Gym, 22 Union Avenue, East Rutherford, New Jersey. Phone (201) 896-1360.

NPC Extravaganza Bodybuilding Championship — Past Winners

- 1987 — Marissa Brown
- 1988 — Karin Mitchell
- 1989 — Kris Luebke
- 1990 — Nina Melidosian
- 1991 — Valerie Maugeri
- 1992 — Robin Parker

The 1992 Women's Extravaganza Official Results

Lightweight

- 1 — Monica Auquadi, *New Jersey*
- 2 — Jeannie Riggles-Donahue, *Virginia*
- 3 — Tina Marzullo, *New York*
- 4 — Doreen Bumbrey, *New Jersey*
- 5 — Lisa Boscarino, *New York*
- 6 — Susan Haley, *Georgia*
- 7 — Gina Parasson, *Ohio*
- 8 — Rhonda O'Connor,

Middleweight

- 1 — Catherine Klaschka, *New Jersey*
- 2 — Jacqueline Ludy, *Georgia*
- 3 — Cotty Acosta, *Ohio*
- 4 — Kelly Kight, *California*

Heavyweight

- 1 — Robin Parker, *New York*
- 2 — Jodie Adams, *Maryland*
- 3 — Virginia Peralta, *New York*
- 4 — Margie Murphy, *Pennsylvania*
- 5 — Victoria Walker, *Connecticut*
- 6 — Lynn Sosnowski, *New Jersey*

Overall — Robin Parker

Novice Division

Lightweight

- 1 — Susan Ball, *Maryland*
- 2 — Teresa Gordineer, *New York*

Heavyweight

- 1 — Santa Monica Souza, *New Jersey*
- 2 — Caron Hospedales, *New York*
- 3 — Marlene Prieto, *New Jersey*
- 4 — Mary Pritchard, *Georgia*
- 5 — Christine Gillott, *New York*
- 6 — Jennifer Gossett, *New Jersey*
- 7 — Aziza Neal, *Pennsylvania*

Masters Division

- 1 — Susan Ball, *Maryland*
- 2 — Lindy Champion, *Texas*
- 3 — Christine Gillott, *New York*

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Hannie Van Aken



Raye Hollitt



Tazzie Colomb



Diana Dennis



Paula Bircumshaw



Skye Ryland



Annie Riviecco

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Kim Chizevsky



Gina Mezzaroba



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Video 187- Nikki Fuller 1989, 1991	\$60
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Video 107- Lisa Lorio 1987, 1988, 1990	\$60
Video 191- Juliette Bergmann, Athena 1991	\$60
Video 85- Hannie Van Aken 1988-1988	\$60
Video 150- Raye Hollitt 1986-1988	\$60
Video 183- Tazzie Colomb 1988, 1990	\$60
Video 116- Diana Dennis 1988	\$60
Video 212- Paula Bircumshaw, Jan Ennis 1992	\$60
Video 198- Skye Ryland, Annie Rivieccio 1991	\$60
Video 219- Kim Chizevsky, Gina Mezzaroba 1992	\$60
Video 220- Judy Moshkosky 1992	\$60
Video 221- Sue Price, Robbie Bryant 1992	\$60
Video 222- Etta Timmerman, 2 others 1992	\$60
Video 178- Joanne McCartney 1990	\$60
Video 203- Kim King 1989, 1991	\$60
Video 211- Janet Tech 1987, 1988, 1991	\$60
Video 204- Jan Harrell, 2 others 1991	\$60

Name _____ Address _____
 City/State/Zip _____

The 1992
Extravaganza Champion

Robin Parker



by T.C. Luoma

It seemed innocent enough. The producers of *The Richard Bey Show* wanted Robin Parker to appear on their television program. She was to appear on a segment that was based on the old *Dating Game* show. Robin showed up, along with two other female bodybuilders, but the producers hadn't been entirely up front with her. The theme of that particular show was *big body parts* and they had brought together groups of people worthy of a

Fellini movie. In addition to Robin and the two other bodybuilders, there were three girls with big, no, *giant* breasts. There were three girls with huge bottoms. They had brought together three virgins and three male strippers. Each group of three was interviewed by an appropriately outrageous "dream" date. Then, when Robin and her fellow bodybuilders got their turn before the cameras, they found that the dream date that got to ask them

questions was Al Goldstein, the controversial editor of *Screw* magazine!

"It was a freak show," explained Robin. "The three of us bodybuilders were the only dignified part of the show. We were basically well-spoken, we had good answers, and we handled ourselves well. It turned out okay, though. A lot of people ended up seeing that show."

Luckily for Robin, the *Screw* editor didn't pick her, and she escaped further



PHOTOGRAPH BY [unreadable]



Her not-so-illustrious college athletics career took place at the University of New Mexico in Albuquerque. Luckily, she had interests in other areas, and Robin was graduated with degrees in art (sculpture), Philosophy, and English Literature.

"I ended up dating my sculpture professor who was a prominent artist," confessed Robin. "He and I moved to New York City in 1980 and found this old loft there. We put up the walls, the electricity, the plumbing, the whole bit. I'm still there, although he's [the professor] long gone."

Robin began carving out a career for herself in the art world, working mostly in bronze and wood. "I was able to go around to galleries and get involved in group shows. I finally found my way into a gallery, but about three years later, with the fall of the stock market, a lot of the galleries found themselves out of business. Many of them specialized in up-and-coming artists and had a Wall Street clientele that they depended on. So, when the bottom went out of the stock market . . . What it left was a huge void."

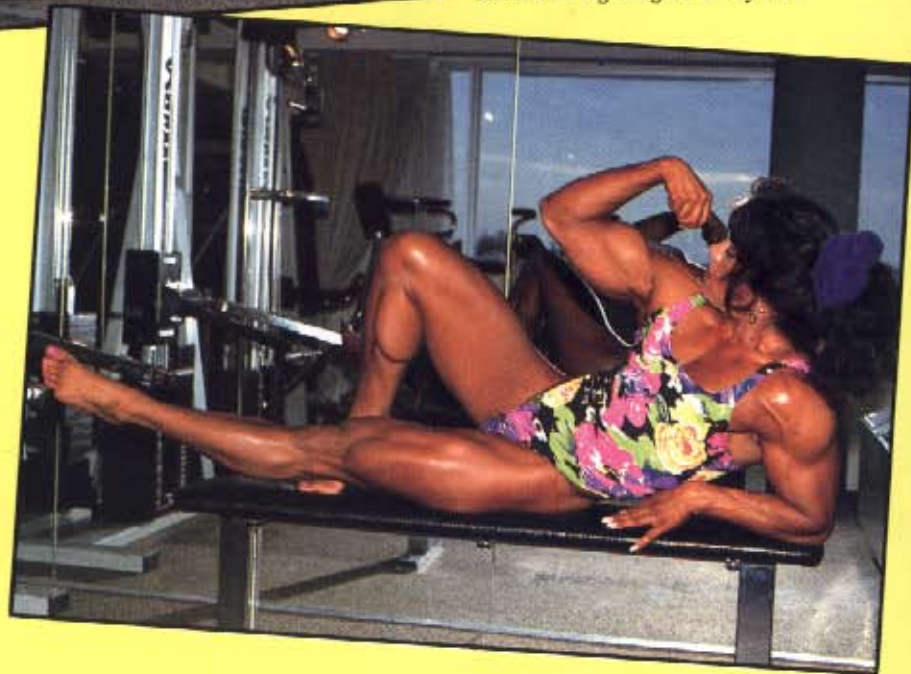
Luckily, in the meantime, Robin had discovered bodybuilding. "I found that my creative energy could be sustained and fulfilled by bodybuilding," Robin, however, had an unlikely introduction to the sport.

"There was this artist I worked for who was a fairly prominent painter who had two magazines in his bathroom; one was *Jugs* and the other was *Women's Physique World*. One day I asked him, 'How do you reconcile the dichotomy between these two magazines? It doesn't quite make sense.' He told me that it was all about exaggeration; volume. He liked mass, volume, and shape and that sort of exaggerated sensibility. So, I became intrigued and interested in the idea of it. I picked up a copy of Arnold Schwarzenegger's *Bodybuilding for Women* and started lifting weights in my loft.

indignity. We at *Women's Physique World* decided to play a sort of *Dating Game* with Robin too, only we asked her questions about her life, her bodybuilding career, and her ambitions.

The 38-year-old New York City resident was born in Denver, Colorado. She didn't stay there long, however. Robin, an orphan, was adopted as an infant by a couple from Santa Fe, New Mexico, and it was there that she grew up. She wasn't the typical self-described tomboy that often graces these pages. Oh, she was involved in some gymnastics and a little bit of track and field, but she described herself as "klutzy," and not very-well coordinated.

"I wasn't very motivated as far as sports anyway," explained Robin. "When I went to college, I took Tai-Chi and archery [to fulfill her Phys Ed requirements]."



"In the summer of '86, I came out to Tucson [where her parents maintained a second home] because I needed to get out of the city. I found Casey Viator and started training with him. He laid the foundation that I still use today: heavy, high intensity sort of work. I found that my body responded very quickly and very well, and it was like that magical moment when you finally find something that you're good at. When I find something I'm interested in, I pursue it wholeheartedly, so I did all the reading I could on the subject."

Robin weighed about a self-described "soft" 110 pounds when she began bodybuilding. By 1988, she was a hard 121 pounds, and she entered her first competition, the 1988 NPC Suburban in New Jersey, and she placed third in the middleweight class. Soon afterwards, she entered the 1988 NPC Northeastern Championships in Connecticut and she won the middleweight class and the overall. A few weeks later, she won the '88 NPC Masters Nationals. She continued to compete in 1990 and 1991 with mixed success, at one point taking third in the 1990 Junior USA, and then failing to make the cut at the '91 Junior Nationals.

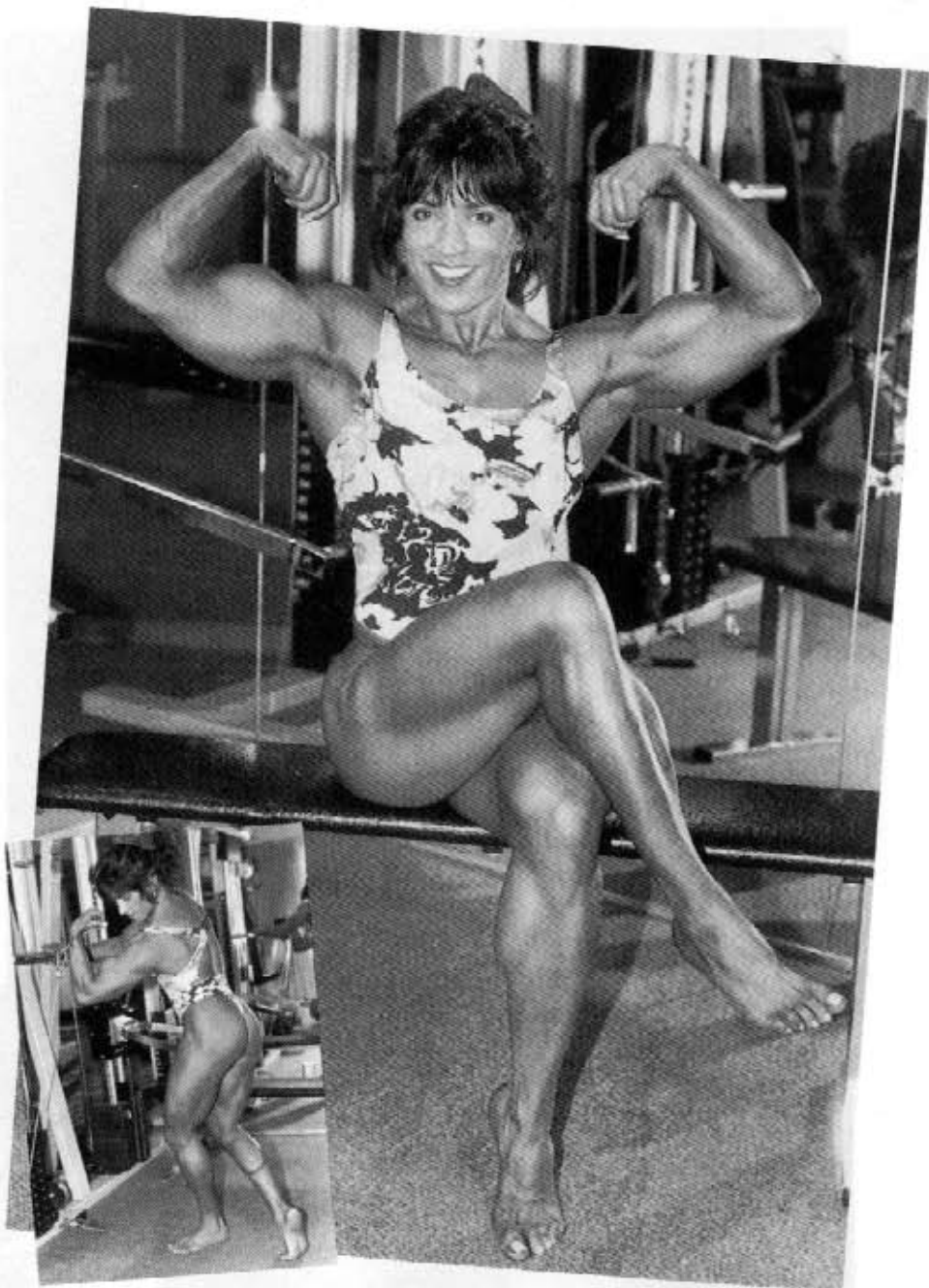
"I don't have any particular desire to be a pro. My ambition is to take my body to the point where I'm my best. I haven't gotten there yet."

1992, however, was Robin Parker's year. She won the heavyweight and overall titles at the Women's Extravaganza, and a couple of months later took second at the Iron Maiden in California. She's thinking about entering the 1993 NPC—USA, but she hasn't decided yet.

"I don't have any particular desire to be a pro. My ambition is to take my body to the point where I'm my best. I haven't gotten there yet."

It's easy to understand why Robin won't be heartbroken if she doesn't make the pro ranks. She's got so much going on that she probably wouldn't have time to be a pro. For one thing, she's got her art work, which she describes as *historically derivative*.

"I make figures, human, that are sort of androgynous and look somewhat like mannequins — no hair, no genitalia. They could be female, male, young, old, naive, or very wise — they're very universal. I've taken the figures and put them in different historical contexts. Most of the stuff has to do with death or dying; it's very funereal."



Even though her work sounds, well, kind of morbid, Robin doesn't ordinarily give into bouts of self-examination. "I try not to be too conscious of why I'm doing what I'm doing. Recently though, I had a chance to go back and analyze some of my work. One thing is that a lot of them don't have arms or legs. I think that a lot of that had to do with a sense of helplessness in my life at that point. I was feeling a little lost."

Apparently, Robin doesn't have those feelings anymore. Part of it may be that she found a way to make a living doing what she loves, which happens to be bodybuilding.

"The challenge was to make bodybuilding pay. We've all done the personalized training thing for \$35 an hour, and that gets old fast — getting up early to count reps for someone. So what I did about three years ago, was to start an agency. What I do is like any modeling

agency, only I specialize in female bodybuilders and athletes who are available for video work, endorsements, modeling, commercials, etc. I specialize in high-quality bodybuilders like Thea Bennington, Chris Luebke, Karla Nelson, and myself. And, by the way, I'm always looking for new talent."

Robin appears to be quite busy with her business endeavors, but she still finds time to appreciate New York's galleries, exhibits, and operas, in addition to the shopping it offers. "I really find New York exciting. It's kind of a love/hate relationship, but most of the time, I love being there."

It's probably a safe bet that *most of the time* means whenever she's not on *The Richard Bey Show*.

(If you're interested in contacting Robin Parker about her agency, call *Physical Culture* at 718-875-3797.)

Santa Monica Souza

Muscular Beauty Brazilian Style



— by Mike Bogen —

The day Santa Monica Souza first stepped onto American soil, the native of Porto Alegre, Brazil, had a dream. Souza wanted to work hard in the land where, to many, the streets may indeed be paved in gold and one day return to her native country.

That dream lasted only as long as it took the 29-year-old to learn to love America. Now, she still has her dream, but it is quite different than that of 1985.

"I came here with my father, who saw the opportunity for a better life," says Souza. "He wanted to live his life out in the United States, but I planned on work-

ing here for a few years and earning enough money to go back to Brazil, buy a building and open my own gym."

Now, in her eighth year in the USA, Souza's dream no longer involves a return trip to Brazil. Instead, the winner of the heavyweight class of the novice division of the 1992 Women's Extravaganza dreams of building her young bodybuilding career and eventually competing for the Ms. Olympia crown.

With a novice physique that is well advanced in the area of densely developed muscle, Santa Monica Souza may well create her own Brazilian bodybuilding mecca.

Brazil because you have to get things like vitamins, supplements and diet foods shipped from the United States and it was very expensive."

Coming to America didn't make a difference at first, because Souza found that she had to work 10-12 hours a day to make ends meet and that left little or no time for training. But, when she left Miami and moved to New Jersey three years ago, things changed. She started going to



Souza arrived in Miami when she was 21 years old and stayed there for five years. Although she already possessed a good, mostly track-and-genetically-built physique, neither Brazil nor Miami were the right starting places for a bodybuilding career.

"I think I was born a bodybuilder, but it's hard to train in Brazil," says Souza, who ran track in high school, started lifting at 17 and co-owned a small gym in her native country. "I started lifting in high school, but people in Brazil don't think muscles are for girls. Here, people watch me on the street. In Brazil, they thought the way I looked was very strange. When I was teaching aerobics and I wanted to learn more about lifting to build muscles, I couldn't find people to help me, because the men in the gym didn't think it was right. It was also hard in



a gym and a year-and-a-half ago met up with Casey Kucharyk and got the help she couldn't get in Brazil.

"Casey changed my life, he changed my destiny," says Souza. Under Kucharyk's tutelage, Souza began to develop her upper torso to become proportionate to her outstanding lower body. She also prepared for her contest debut, the Extravaganza.

"I really loved the contest," she says. "I was very nervous, but I liked it very much."

Souza, who got her unusual first name because "my mother once was in Santa Monica and she thought it was a very beautiful place," has yet to gain American citizenship. That's in the works and she expects it to be finalized sometime in 1994. Until then, she revels in her new home and builds her new dream — muscle by muscle.



**New
1992
Contests
Now Available**

YOU ARE THERE

Videos — Women's Extravaganza Strength Contests

If you've never been to one of these unique women's strength shows, here is your chance to view five different years' contests on your home video systems. The 1987 and 1988 shows both run 4 hours, and include the physique show held the same day. The 1989, 1990, 1991 and recent 1992 videos contain the strength show only. Each strength contest features top-name women bodybuilders competing against each other in lifts such as chinning, bench pressing, curls, squats, leg presses, leg curls and dips, with the goal being who can do the most repetitions with a percentage of her bodyweight. There are no other contests like it!

The newly-released **1992 EXTRAVAGANZA** was our biggest show yet, featuring 19 top-level NPC bodybuilders competing against each other in a grueling 3½-hour contest. Contestants included Sue Price, Mary Ryan Jeffrey, Lori Adams, Paula Piwarunas, Lindy Champion, Jackie Ludy, Robbie Bryant, Michelle Ralabate, Judy Moshkosky, Rachel Mathias, Sally McNeil, Denise Rutkowski, Karin Mitchell, Tiziana Molinari, Vicki Walker, Dawn Whitlam, D'Lynne Miller, Tori Masonis and Tazzie Colomb! Events included chinning (2 women did nearly 50 chins each!), dips (many did over 50), barbell curls with half bodyweight (would you believe 115 reps?), squats and bench pressing (1 woman did 37 reps with her bodyweight!). We used a full length video camera to capture most of the action, but also utilized a stage camera for dramatic close-ups as the women ground their way to new lifting records for these events. Was D'Lynne able to defend her 1991 title, or was she dethroned by a new lifting dynamo? Get the answer on this action-packed 1992 version of The Women's Extravaganza Strength Contest! **Video runs 3½ hours on two tapes. Price is \$75 (foreign must add \$12 for AIR MAIL, and a one-tape fee of \$10 for PAL conversion, if needed).**

The **1991 EXTRAVAGANZA** featured 14 top strength/physique women including Drorit Kernes, Raye Hollitt (and her sister, Tess), Sally McNeil, Karin Mitchell, Vicki Walker, Leisa Campbell and Tarus Burns. Also featured were powerlifting crossovers Claudia Wagner, Rachel Mathias, D'Lynne Miller, Cheryl Silich and Tori Masonis. And, our largest strength competitor ever, Karla Nelson, ripped at 194 pounds, also took part. Was Raye able to defend her past titles against her sister and the other top women? **Video runs 2 hours. Price is \$60 (foreign add \$7 for AIR MAIL postage, and \$10 PAL conversion fee, if needed).**

The **1990 EXTRAVAGANZA** strength show featured top women bodybuilders such as Cathy Compton Smith, Kim Robinson, Cheryl Rivers, Christina Petrarca, Karin Mitchell, Tori Masonis, Kris Luebke, Joan Lauth, Julia Kover, Mimi Hitzman, Lori Grannis, Tazzie Colomb, Maro Bchakjian and others. The entire strength show is on **one 2¼-hour tape. Price is \$60 (foreign add \$7 for postage and \$10 for PAL, if needed).**

The **1989 EXTRAVAGANZA** featured 17 women in the strength show, including Sharon Arrildt, Karenanne Stanley, Laura Binetti, Joan Lauth, D'Lynne Kritsky, Virginia Brady, Raye Hollitt, Cheryl Rivers, Karin Mitchell, Tara Dodane and seven others. **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL, if needed).**

The **1988 EXTRAVAGANZA** featured 30 women in the physique show, and the following women in the strength show: Karen Pica, Rhonda Lundstedt, Raye Hollitt, Mary Ryan-Jeffrey, Cyndie Meintzer, Tazzie Colomb, Tara Dodane and Denise Rutkowski. **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL conversion, if needed).**

The **1987 EXTRAVAGANZA** featured Marissa Brown, Raye Hollitt, Lindy Champion, Phyllis Padur, Veima Buckels and many others in the physique contest, and the following women in the strength show: Hollitt, Padur, Champion, Pica, Arrildt, Sherry Thompson and Tara Dodane, with Georga Fudge as guest poser! **Video runs 4 hours. Price is \$60 (foreign add \$12 for postage and \$10 for PAL conversion, if needed).**



Please send the following videos as circled below. I enclose \$ _____. New Jersey residents add 6% sales tax. All foreign and Canadians MUST send International Money Orders in U.S. funds, or send U.S. cash or your country's cash by registered mail. Good money orders include Barclays of Midland Bank (England), Deutsche Bundespost (Germany) and ANY International Postal Money Order. We CANNOT cash foreign checks anymore. Please allow 2-3 weeks for delivery. Make checks or money orders payable to WPW and send to *Women's Physique World*, Box 429J, Midland Park, NJ 07432.

IMPORTANT! PLEASE CIRCLE CORRECT TAPE FORMAT

American NTSC System: VHS • European PAL System: VHS (add \$10 per tape for PAL conversion and \$7 for air mail)

Video 223 1992 Extravaganza Strength Contest (3½ hours) **\$75**

PREVIOUS STRENGTH CONTESTS:

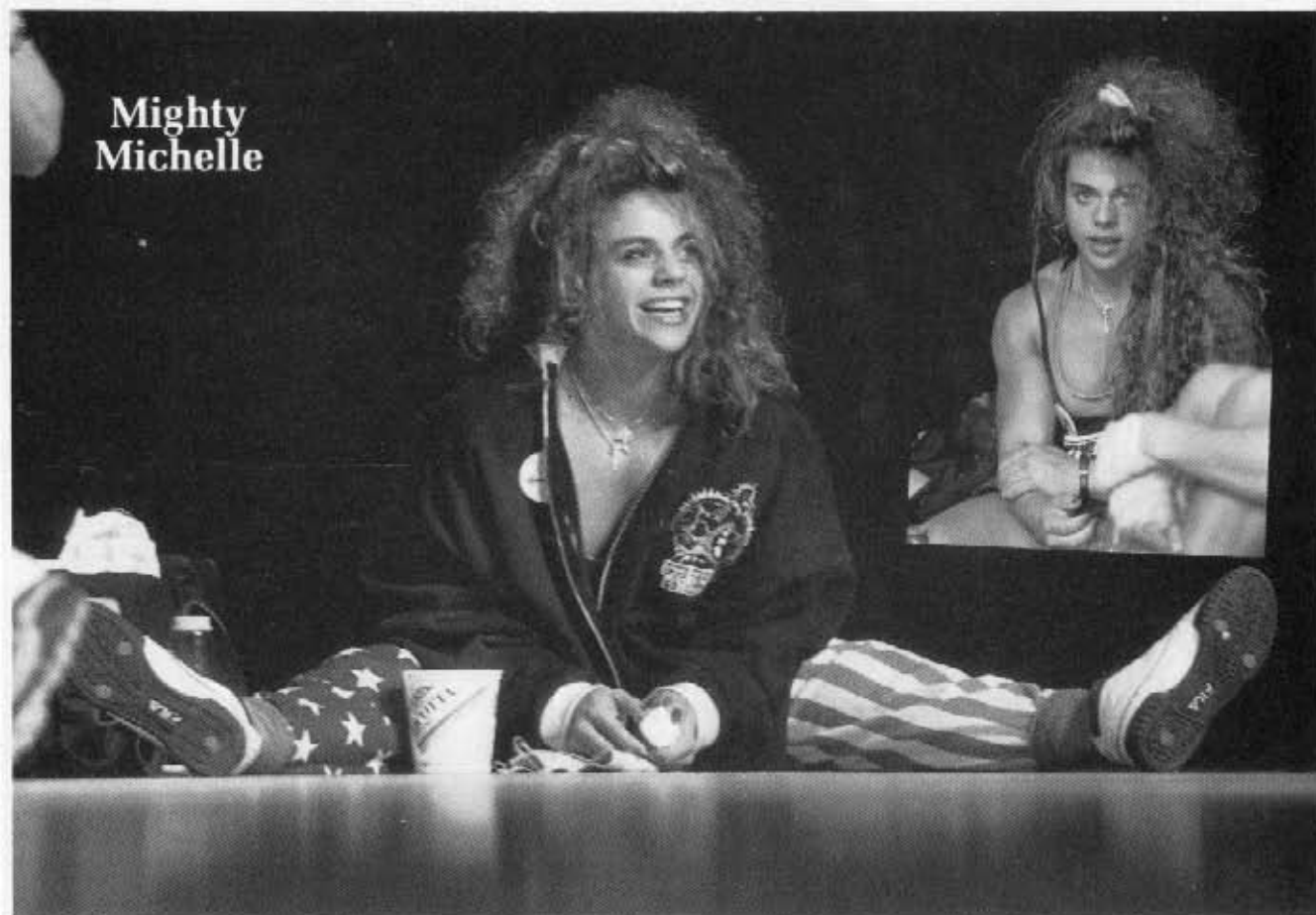
Video 202	1991 Extravaganza Strength Contest (2 Hours)	\$60	Video 110	1988 Extravaganza Strength and Physique Contest (4 Hours)	\$60
Video 178	1990 Extravaganza Strength Contest (2¼ Hours)	\$60	Video 86	1987 Extravaganza Strength and Physique Contest (4 Hours)	\$60
Video 154	1989 Extravaganza Strength Contest (4 Hours)	\$60			

Name _____ Address _____

City/State/Zip _____

Bodybuilding's 'Toy Cannon' Blasts Her Way to

Extravaganza Strength Victory!



**Mighty
Michelle**

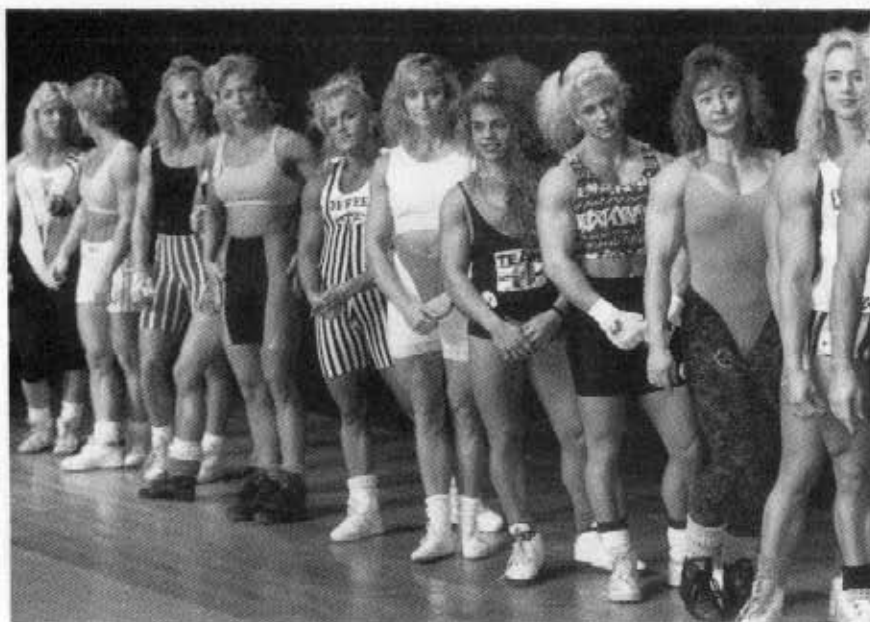
by Steve Wennerstrom
photos by John Nafpliotis & Barry Brooks

Since the inaugural 1987 Extravaganza Strength Show, promoters Ken Kassel and Bob Bonham have brought together several of America's finest female strength competitors to do battle in a group of lifts that never fail to stretch the boundaries of the competitor's individual athletic thresholds.

It is a contest that always manages to capture the imagination of all who witness it. Pound for pound, rep for rep, it is an agonizing adventure into the realm of forcing the body's various muscle groups to failure, and for the women who enter it, they rightfully earn everyone's admiration for the effort they put forth.

Although each of the successive Strength Show contests have been memorable in their own way over the years, the 1992 edition had all the makings for a blockbuster competition that might leave the rest in the proverbial dust.

For starters, all the past champions



A portion of the big strength field awaits introductions

were in attendance and ready to compete with the exception of Raye Hollitt who was lending her services and expertise as one of the co-emcees.

So, with Mary Jeffrey, Tazzie Colomb, and D'Lynne Miller in a lineup that included a total of 19 entrants, this year's muscle bash was the biggest ever staged.

Performing in a five-event format that included chins, dips, curls (with 50% of bodyweight), squats (with double bodyweight), and bench press (with bodyweight), all 19 women lined up for the chinning event during the morning session.

As has been the case in the past, the chinup competition goes a long way in setting a trend for those who will be competitive throughout the competition. This year was no different as Californian Sally McNeil jumped out to an early lead by setting an all-time Strength Show record in grinding out 47 chins. McNeil,



who was the previous record-holder with 36, needed every one of those reps as she was chased to her early lead by Pennsylvania's power-packed Michelle Ralabate. With McNeil competing at a weight of 145 pounds, Ralabate tallied 45 chins as she pulled her 133 muscular pounds to the upper most chinning position.

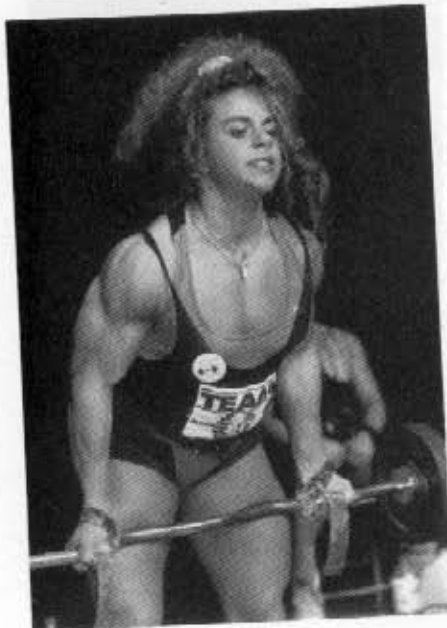
Further proving the competitive aspect of this '92 event, was defending champion D'Lynne Miller who also exceeded the old record with an outstanding total of 39, but good only for third place points.

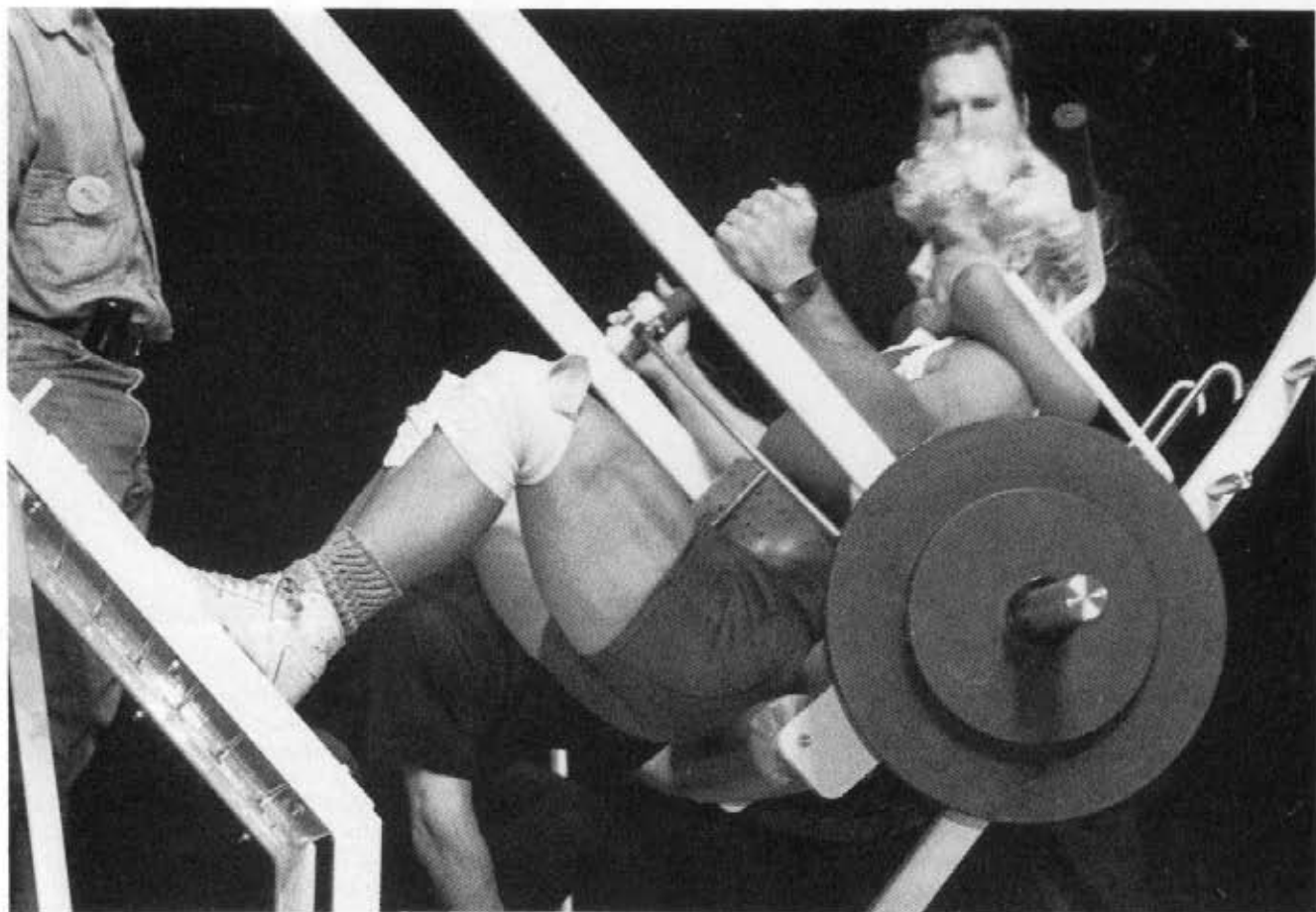
Checking in at the fourth position was 1989 champion Mary Jeffrey who responded with a record-tying 36 chins.

Additionally, two other women — Karin Mitchell (31), and Judy Moshkosky (30) also made it to the magic 30 mark to open the contest with a resounding bang.

Having totally fatigued the biceps and lats in the chinning event, the women were now faced with the same regime for

**Michelle
Ralabate
Strength Show
Champion
\$2,000**





Sally McNeil grinds her way to second place overall by winning the squat event.

the triceps and shoulders. It was event number two ... dips.

Michigan's mega-muscular Judy Moshkosky moved into contention as she led a group of seven women over the 50 rep mark in the grueling dip event.

With her event-winning total of 61 dips, Moshkosky entered the leader's picture, as Indiana's powerlifting phenom Rachel

Mathias also entered the fray with a runnerup tally of 57.

Close on the heels of Mathias was Connecticut's massive Dawn Whitham as she knocked off a tidy 54 reps, followed closely by the ever-present Michelle Ralabate and D'Lynne Miller with 53.

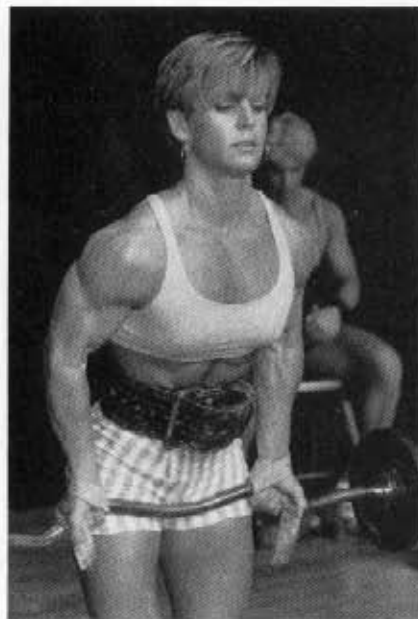
Keeping things honest and not to be counted out, Sally McNeil and Mary

Jeffrey managed to keep themselves in the hunt by notching a well-rounded 50 reps.

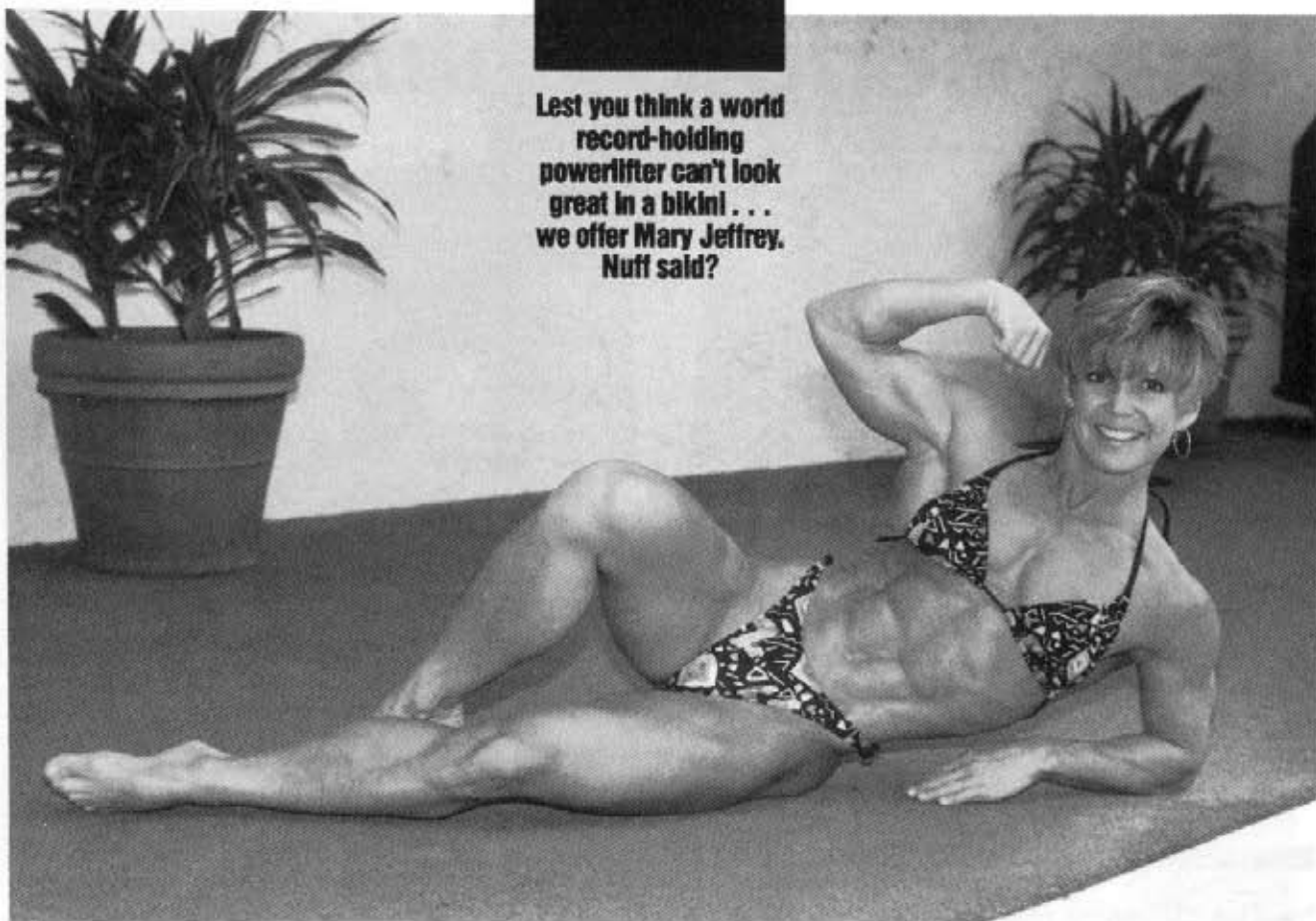
So, after two events a stellar field of six women were poised within four points of one another, and things were just heating up.

Moving into the curling event, the women would once again lay waste to

Mary Jeffrey nails down third



Lest you think a world record-holding powerlifter can't look great in a bikini . . . we offer Mary Jeffrey. Nuff said?



their biceps . . . if they had any left after the chinning event.

Theoretically, those contestants who fared well in the chinning event would be expected to return strong in this lift . . . and that's exactly what happened.

Leading the way with an eye-opening effort of 115 reps, Michelle Ralabate found herself in the driver's seat completing the morning session with a total of 52½ points. No one was more surprised

than Ralabate, who was a fourth-place finisher in the lightweight class of the NPC Bodybuilding Nationals earlier in the month.

Finishing a strong second was Mary Jeffrey as she added 110 reps to her effort, good for an overall fourth place at the break.

The fiercely competitive Sally McNeil checked in with 96 reps and a total of 49½ points to earn the runnerup spot going

into the evening events.

Holding on to the third spot was Virginia's D'Lynne Miller as she popped off 89 red-faced reps.

A side note in this event, four other competitors including Sue Price, Lori Adams, Lindy Champion, and Karin Mitchell, all topped the 80 mark . . . with arms still attached!

(Continued on page 28)

D'Lynne Miller



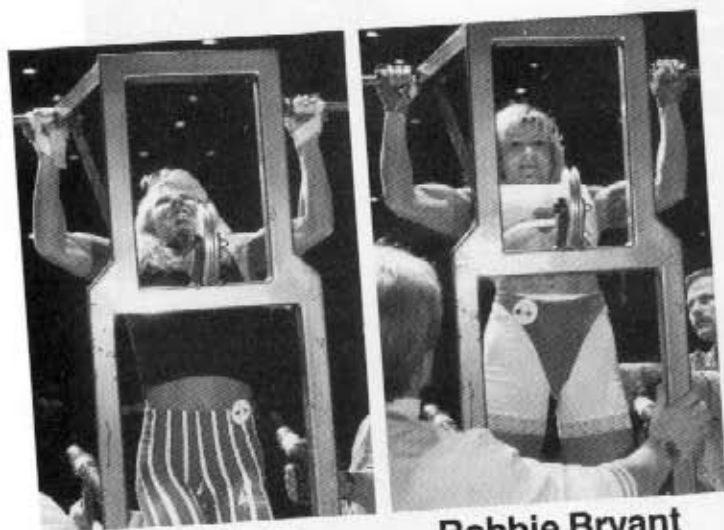
Rachel Mathias



Judy Moshkosky



Some Serious Chinning . . .

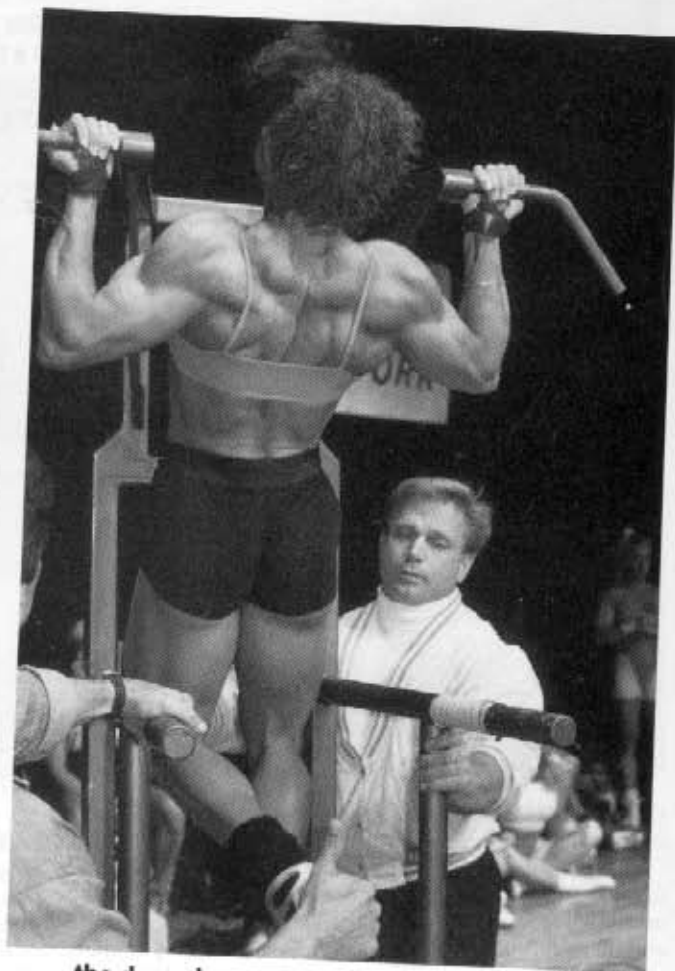


Lori Adams

Robbie Bryant

The chinning results for this year's Strength Show were nothing short of heroic as seven women topped the 30 mark and two flying past 40. In addition, another eight competitors pumped out over 20 chins.

Shown here is just some of that grueling action.



the densely muscled back of Tiz Molinari



Karin Mitchell

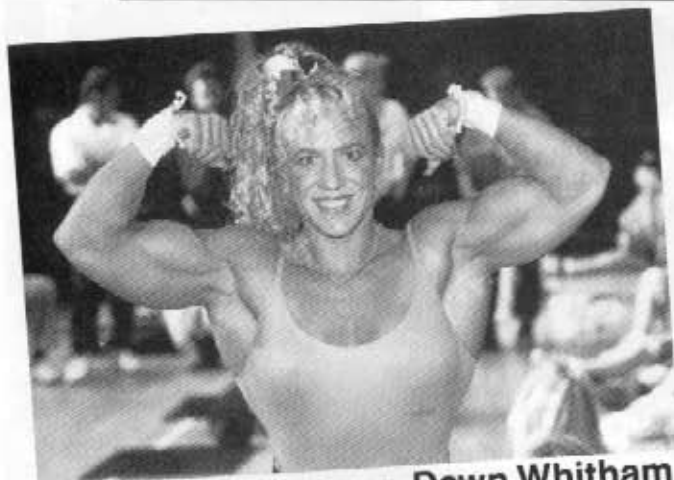


Sue Price



Vickie Walker

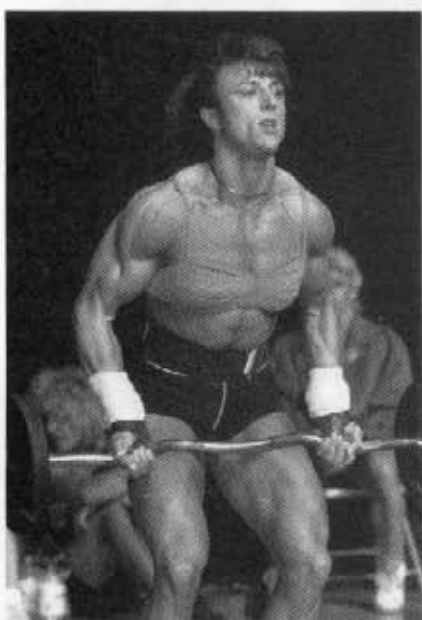
... And There Was Plenty of Mass in This Class!



Dawn Whitham

The bodyweights for the contestants ranged from 114 pounds on the light side to 176 at the top end. But betwixt and between these poundages was a very strong and impressively beefy group that helped this year's competition become the most memorable ever in terms of overall records.

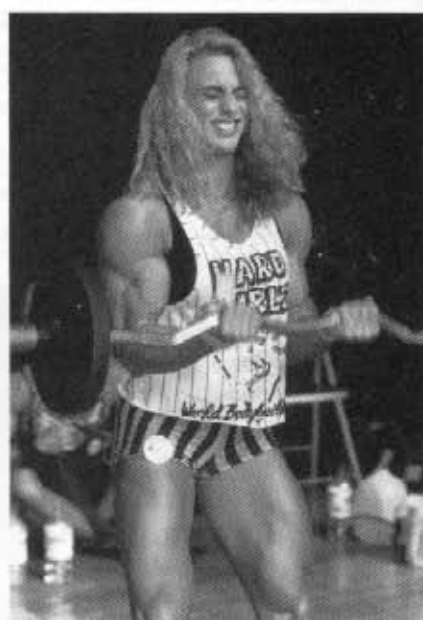
Shown on this page are a few of the reasons why.



Tiz Molinari



Tazzie Colomb



Denise Rutkowski



Dawn Whitham



More Strength Show Action . . .

With two events left in the evening session, the top eight scores from the three previous events were advanced to the final.

The top eight contestants were looking at the squat competition working with double their own bodyweight, and the bench press with bodyweight.

Entering the squatting event, all eyes were focused on the mighty mite from Pennsylvania — Michelle Ralabate.

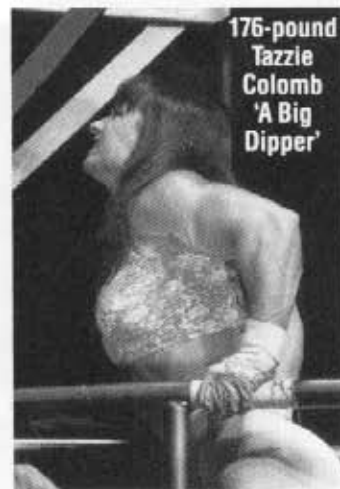
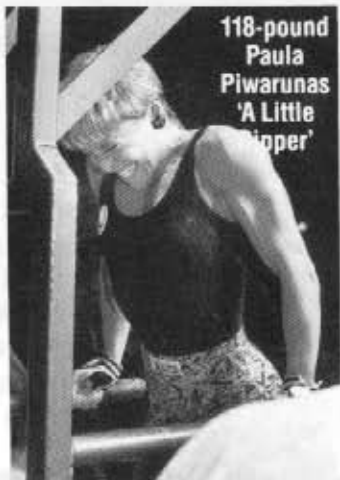
In a strictly regulated movement judged by the golden eagle of squatting, Tom Platz, Sally McNeil's ferocious tenacity led her to a five rep victory over Ralabate, 65 to 60. These two women were the only ones who topped the 60 mark, but Judy Moshkosky helped out her own cause as she checked in with a total of 55.

The only other competitor reaching the 50's was Mary Jeffrey totaling 52 repetitions.

So, with the bench press event looming large as the final test of muscular strength, Michele Ralabate was in the envious position of locking up the victory if she simply remained competitive within the top eight. Specifically, she only needed to finish in the top four to lay claim to the \$2,000 top prize money.

As expected, super-bencher Rachel Mathias led the way with a Strength Show record 37 reps with her bodyweight of 138 pounds. Her previous record of 34 was set in '91 when she weighed in at 141. It was a very impressive effort indeed.

Following Mathias was another of the



Whattya mean I'm in last place. This is only the first event!

Moshkosky and Michelle Ralabate at 30 reps. For Ralabate, it was a contest-clenching total marking one of the most impressive overall performances in the Extravaganza Strength history.

With Ralabate collecting the winner's prize of \$2,000, Sally McNeil added a strong 23-rep bench press total to nail down the runnerup spot and \$1,100.

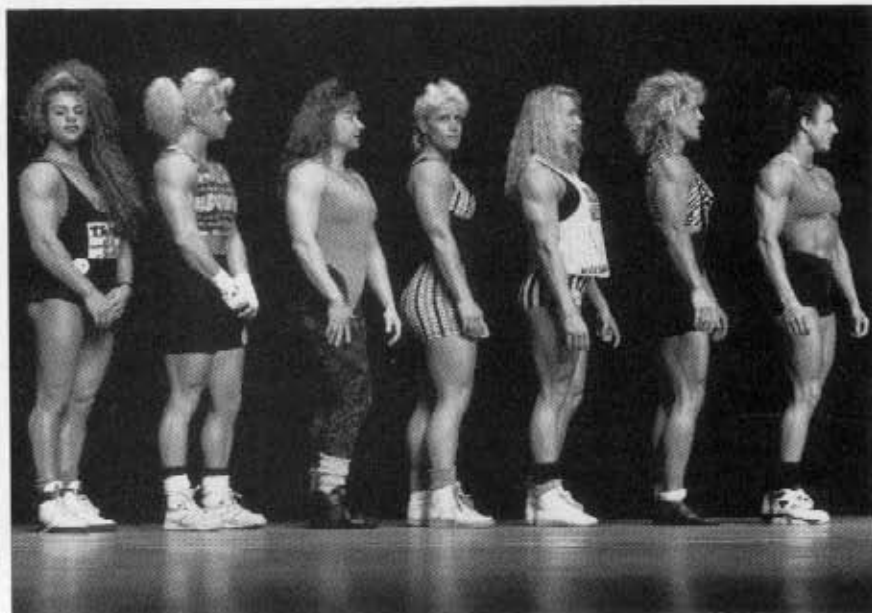
Mary Jeffrey finished third to claim \$600, followed by last year's winner D'Lynne Miller in fourth earning \$400.

world's best bench pressers Mary Jeffrey, notching 31 reps.

Close on the heels of Jeffrey was Judy



Competitors were asked what they thought about the top ten finishers winning a year's supply of Godiva chocolate.



A common problem at all-women's contests develop at the restroom door. Note winner Michelle Ralabate at the end of the line in deep meditation.

Who Came?

If you thought the field of the '92 Extravaganza Strength Show was a group of pushovers, think again.

First, there were three of the four past champions taking part. But the supporting cast was loaded with a widely varying array of top physique and strength stars.

Loan Canadian competitor, Tiziana Molinari, presented a formidable physical appearance as one of western Canada's rising bodybuilding standouts. She was also a two-time Canadian tumbling champion. Competing here at 147 very muscular pounds, she managed 24 chins, 40 dips, and 57 curls before bowing to the top eight.

For American muscle, how about '91 USA heavyweight champ Denise Rutkowski, '92 overall USA winner Tazzie Colomb, '91 North American lightweight victor Sue Price, and '90 North American LW winner Paula Piwarunas.

From powerlifting, Mary Jeffrey and Rachel Mathias own more world and national titles and records than can be mentioned here. Suffice it say, they are two of the premiere bench pressers in the world today.

Ohio's Karin Mitchell was taking part in her fourth Strength Show, and in the one she missed, she was busy winning the overall bodybuilding title that year.

Lastly, the 'glutton for punishment' awards go to Texan Lindy Champion and Georgia's Jackie Ludy for competing in *both* the strength and bodybuilding contests. If you're a lover of stress, try that gruesome double someday!

Women's Extravaganza Strength Show Past Winners

- 1987 — Raye Hollitt
- 1988 — Mary Jeffrey
- 1989 — Raye Hollitt
- 1990 — Tazzie Colomb
- 1991 — D'Lynne Miller
- 1992 — Michelle Ralabate



At right, Denise Rutkowski's shirt says it all. Hard Girlz indeed!

The 1992 Kay Baxter Memorial Women's Extravaganza Strength Show Results

Competitor	State	Body Weight	Chins	Dips	Curls	Squats	Bench Press	Total
1 — Michelle Ralabate	Pa.	133	45	53	115	60	30	65
2 — Sally McNeil	Calif.	145	47	50	96	65	23	61
3 — Mary Jeffrey	W. Va.	115	36	50	110	52	31	59½
4 — D'Lynne Miller	Va.	157	39	53	89	36	23	53
5 — Rachel Mathias	Ind.	138	25	57	71	45	37	50
6 — Judy Moshkosky	Mich.	137	30	51	54	55	30	48
7 — Tori Masonis	N.J.	163	30	44	71	46	20	41
8 — Karin Mitchell	Ohio	147	31	40	83	40	13	38½
9 — Jackie Ludy	Ga.	120	25	48	70	—	—	31
10 — Dawn Whittham	Ct.	155	20	54	65	—	—	28½
11 — Lindy Champion	Tx.	119	29	25	81	—	—	27½
12 — Sue Price	Ga.	114	20	41	80	—	—	25
13 — Lori Adams	Md.	117	18	35	84	—	—	22½
14 — Tazzie Colomb	La.	176	23	42	55	—	—	22
15 — Tiz Molinari	Can.	147	24	40	57	—	—	21
16 — Vickie Walker	Mass.	152	24	41	52	—	—	20
17 — Robbie Bryant	S.C.	129	22	31	70	—	—	18½
18 — Denise Rutkowski	Ca.	145	18	25	41	—	—	7
19 — Paula Piwarunas	Ca.	118	11	20	35	—	—	3

VIDEO VIEWS

Video Distribution Company Presents . . .

CONTEST VIDEOS AND VIDEO BIOS: Professional and Amateur Arm-Wrestlers and Wrestlers

PRO ARM-WRESTLERS GRACE SWIFT AND LAURA ROBINSON and THE 1989 AAA WOMEN'S ARM-WRESTLING CHAMPIONSHIPS

National TV may consider arm-wrestling and amateur wrestling — for males or females — 'filler' sports, but we here at Video Views sure don't. For the past few years we have been in the process of obtaining the video rights to what we consider two of the most fascinating and fastest growing women's sports, that of amateur and pro arm-wrestling, and amateur wrestling. Arm-wrestling has been a legitimate event for men and women for over 10 years, and amateur wrestling for women (as opposed to the pro demonstrations you see on TV) now has a legitimate governing body, one which now holds tournaments nationally and internationally. We currently have several arm-wrestling and wrestling tournaments, and video bios of the top stars in the contests, and plan to add more titles to our roster over the next year. If YOU know of any interesting women who would make for a great Video Views biographical video, let us know who she is!

VIDEO G — The 1989 AAA Women's Arm-Wrestling Championships run a full 3 hours on one tape, and features over 30 matches with 20 different women, including the multi-titled Grace Swift, and the arm-wrestling dancer, Laura Robinson. Action is taped with full length and great close-up views, so you can capture the intense excitement such tournaments present the viewer. COST IS \$60.

VIDEO E — Grace Swift and Laura Robinson — a 100 minute video featuring Grace and Laura training in the gym, interviews, and 'taking on' the big guys in the gym in impromptu arm-wrestling matches. Also included is a posing segment with Laura, who is also a trained ballerina with great calves! COST IS \$60.



Grace Swift

Laura Robinson



Spice Williams

**AMATEUR WRESTLING TOURNAMENTS
and
INDIVIDUAL VIDEO BIOS:**



Tina Moretti

VIDEO 25 — 1989 INTERNATIONAL WRESTLING CHAMPIONSHIPS featuring 20 skilled women from six countries in our first wrestling tournament. Non-stop action for 1½ hours. COST IS \$60.

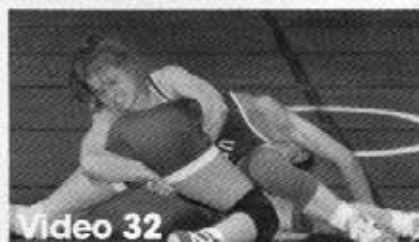
VIDEO 32 — 1991 AMATEUR WOMEN'S WRESTLING TOURNAMENT features a field of 19 women in over 20 matches. Brief interviews with the two best women. Total running time is 2 hours. COST IS \$60.

VIDEO 33 — 1991 SUNKIST KIDS WOMEN'S INTERNATIONAL OPEN — the sport grew so much in one year that it now takes 5 hours of video to capture all the action! More than 30 women wrestled in over 70 different matches! COST IS \$99.

VIDEO 34 — PRO WRESTLERS SPICE WILLIAMS and TINA MORETTI — this repackaged tape contains the very best footage from our individual releases on the two top pro wrestlers, Spice Williams and Tina Moretti. Spice portion shows her lifting heavy in the gym, posing bodybuilding style, interview, and 30 incredible minutes of mixed wrestling action (we could not find a woman strong enough to go against Spice). The Tina portion contains an hour of great girl vs. girl wrestling action against two women bodybuilders, and an interview. Total running time is 2¼ hours. COST IS \$70.



Video 25



Video 32



Video 33



Video 34

I enclose \$_____. Please send me the following Video Views videos or photo packs as circled below. Make checks/money orders out to VIDEO VIEWS and send to Box 185J, East Petersburg, PA 17520. For faster service send money order, or cash by registered mail.

CIRCLE FORMAT NEEDED: American NTSC System: VHS or BETA • European PAL System (add \$15 per tape); VHS or BETA

VIDEO E — Grace Swift and Laura Robinson \$60 (100 minutes)	VIDEO 32 — 1991 Amateur Women's Championships \$60 (2 hours)
VIDEO G — 1989 AAA Arm-Wrestling Championships \$60 (3 hours)	VIDEO 33 — 1991 Sunkist International Open \$99 (5 hours)
VIDEO 25 — 1989 International Championships \$50 (1½ hours)	VIDEO 34 — Spice Williams and Tina Moretti \$70 (2¼ hours)

COLOR PHOTOS

Set A — 105 photos of Spice Williams and Tina Moretti \$50
Set B — 50 photos of Laura Robinson Physique Poses \$25

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**Women's
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The 1992

NABBA Ms. Universe

story & photos
by
Peter Scarborough



Bernie Price

As contests of the body go, the NABBA Miss Universe — an event that was previously known as the Miss Bikini International — is one of the oldest in existence, having witnessed its inaugural show way back in 1966. This was the 27th successive edition.

Much has changed since those days, especially when considering how the female form is viewed and displayed by today's standards.

Having its base in Europe since its inception, the NABBA organization broke with its tradition of selecting a bikini beauty and adopted figure and physique classes in 1986. Since then, divisions of height have also been added to accommodate the varying degrees of structure among the women. It is the NABBA organization's answer to the



Price and Lynda Mason posedown

question of judging criteria for women's bodybuilding, allowing women to decide what type of body they want to build, and although not eliminating controversy completely, it has been very successful in making the objective of each category clear to all concerned.

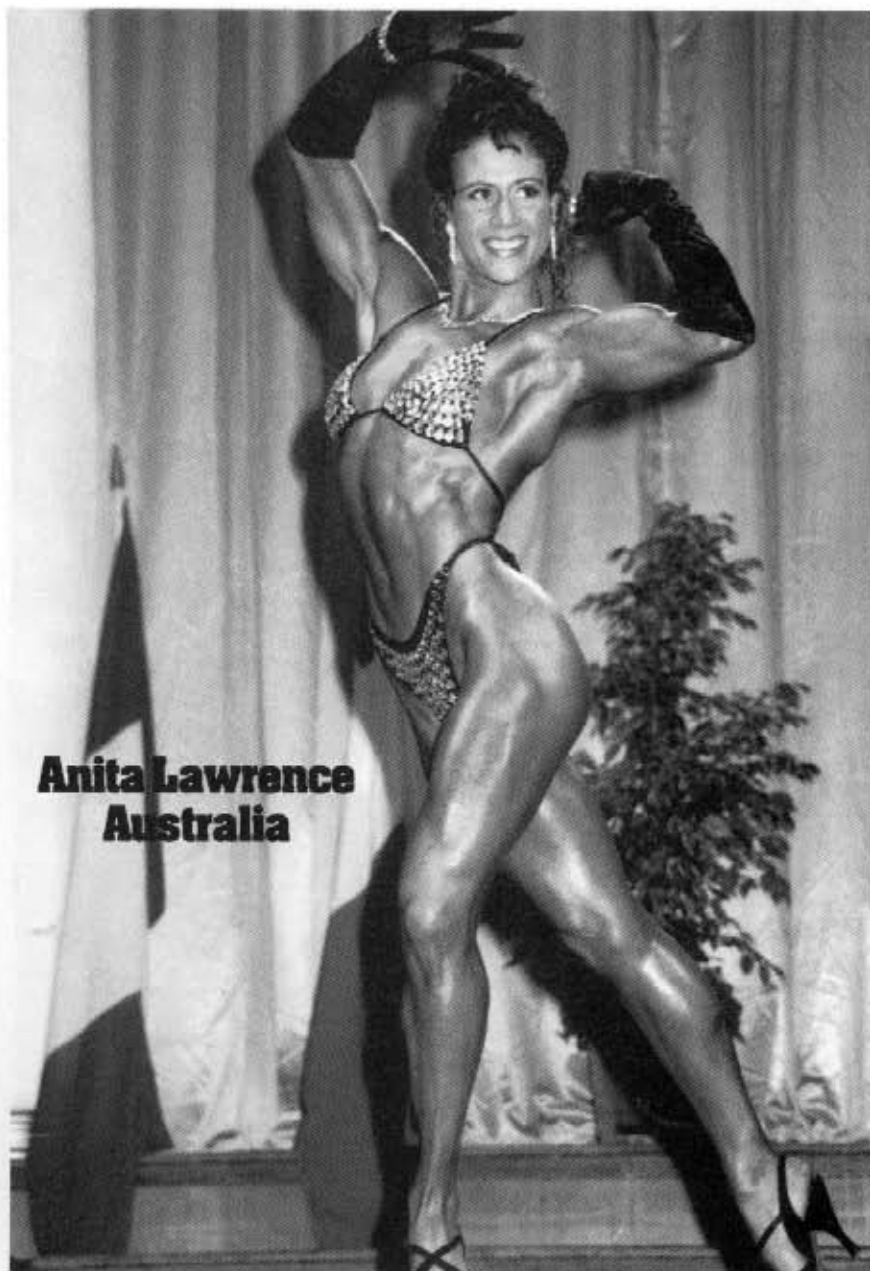
This year the figure contestants outnumbered those in the physique category by about two to one — proving that the figure contest opens up the sport to more women, but also perhaps a disturbing trend for those who like to see high degrees of muscularity on stage.

The key here, of course, is to accommodate the athletes. Time will tell on just how successful the overall idea has been.

Figure

The short (under 5'3") figure category produced one of the finest line-ups yet seen with some very exotic women getting a great response from the audience. The standard was so high that the 1991 world champion, Susana Perez of Spain, was forced to settle for third place. Currently living in Germany, and speaking fluent German, Perez possesses tremendous stage presence with superb grooming and an athletic routine. However the two women placing above her were more, shall we say, *muscular!*

In second place, Scotland's Jackie Young has improved greatly since we first saw her compete in the 1991 WABBA Europeans. Young was lean and well-prepared with particularly impressive arms and abdominals. However, despite her outstanding condition she was destined for the runnerup placing behind the star of the show, Anita Lawrence from Australia. Sporting tremendous overall shape and symmetry, as well as exquisite facial assets, Lawrence also carries a surprising amount of muscle for a figure competitor, especially in the arms and thighs. Having taken her class with ease despite the strong competition from Young and Perez, she even had the confidence to come out for the pose-down against tall-class winner Saryn



**Anita Lawrence
Australia**

Muldrow wearing a completely different hairstyle and with sequined bikini and elbow-length gloves. The stunningly attractive Muldrow looked positively be-

mused and almost dull along side Lawrence, and showed no surprise at all when Lawrence was awarded the overall title.

NABBA Ms. Universe Past Winners

Started in 1966 and was previously known as Miss Bikini International up to 1990.

1966 — Elizabeth Lamb, *England*
1967 — Kathleen Winstanley, *England*
1968 — Silvia Hibbert, *England*
1969 — Jean Galston, *England*
1970 — Christine Zane, *USA*
1971 — Linda Thomas, *England*
1972 — Christine Charles, *England*
1973 — Jean Galston, *England*
1974 — Linda Cheesman, *England*
1975 — Linda Cheesman, *England*
1976 — Cindy Breakespeare, *Jamaica*
1977 — Bridget Gibbons, *England*
1978 — Sandra Kong, *Jamaica*
1979 — Karen Griffiths, *Northern Ireland*

1980 — Erika Mes, *Holland*
1981 — Jocelyne Pigeonneau, *France*
1982 — Jocelyne Pigeonneau, *France*
1983 — Mary Scott, *Scotland*
1984 — Mary Scott, *Scotland*
1985 — Jocelyne Pigeonneau, *France*
*1986 — Heidi Thomas, *England* (Figure)
Monika Steiner, *West Germany* (Physique)
1987 — Sonia Walker, *England* (Figure)
Connie McCloskey, *USA* (Physique)
1988 — Sarah Staunton, *England* (Figure)
Leisa Campbell, *Australia* (Physique)

1989 — Tracey Citrone, *England* (Figure)
Tatjana Scholl, *West Germany* (Physique)
1990 — Bronwyn O'Brien, *Australia* (Figure)
Monika Debatin, *Germany* (Physique)
1991 — Helen Madderson, *England* (Figure)
Uta Geisel, *Germany* (Physique)
1992 — Anita Lawrence, *Australia* (Figure)
Bernie Price, *England* (Physique)

*Introduction of separate contests for Miss Figure and Miss Physique for the first time.

Muldrow, from Denmark, is the current NABBA World overall title holder and is an excellent example of those women who benefit from the two-category system. We first viewed her in the 1991 IFBB European championships in Austria, where she lacked the muscle mass to place. Since moving to the NABBA this year she has found a more comfortable place in the figure division. Muldrow also had tough competition for the tall class title in Italy's Anna-Maria Onofrio and Pauline Oliver of England. Oliver in particular was impressively muscled and could easily convert herself into a physique competitor if she gained a few more pounds.

Physique

As with the figure category, the physique short class was the strongest, with the top five all showing good size. Lynda Mason, the 1991 British champion, was nevertheless a clear winner, being the most contest-ready competitor with exceptional definition all over. At 5'3" and 130 pounds, she has been training for only four years.

NABBA

Australia's representative, Debbie Pickford, had to beat Deborah Compton to qualify for this contest by winning the NABBA Australasia title. Her excellent overall shape and aesthetic muscle shapes enabled her to take second place ahead of more heavily developed women. Known as "Pixi" to her friends, Pickford is 27 and has been training for five years, taking third and second places in the Australian National Championships before finally qualifying for international competition this time. Pickford can easily carry six or seven pounds of muscle without damaging her shape and has great potential for the future.

In third-place, American Cathy Butler was probably the most massive contestant but seemed to be holding some water, which spoiled her definition. The same could be said of another American, fourth-placed Laura Fierstein. If the pre-contest preparation had worked for these women, both could have placed higher.

The tall class was something of a disappointment in comparison, but still produced the overall winner in Britisher Bernie Price. Close to her all-time best form and capable of beating much stronger opposition on this day, she had, in fact, little trouble in winning her height class.

Spain's Nuria Sala is a classy athlete with nice shape and great potential, but had only a few weeks to train for this contest and was, not surprisingly, lacking in definition. She had to settle for second.



One to watch for in the future is France's Marie Fischer. After placing sixth in the World's in June she had already improved noticeably, and with more size she can easily improve on the third place she took this time out.

For the overall title it was an all British affair, Price vs. Mason. Although Mason had better definition, Price's superior overall development and dynamic presence on stage left no doubt in the minds of judges or spectators. She has now won all the major titles of the NABBA organization, having taken the British, European, World, and Universe titles in the past three years.

Hopefully, Price will continue to add more NABBA titles with the coming '93 season.

NABBA Miss Universe Official Results

Figure Class (Short) — Under 5'3"

- 1 — Anita Lawrence, Australia
- 2 — Jackie Young, England
- 3 — Susana Perez, Spain
- 4 — Tatjana Kovalko, Russia
- 5 — Marion Klappert, Germany
- 6 — Manuela Franz, Germany

Non-Placers:

- Nicola Davies, England
- Yannick Sachy, France
- Caroline Smith, England
- Kalren Jackson, England
- Svetlana Lomachevskaya, Russia
- Ana-Maria Burgoyne, England
- Lorretta Winiana, New Zealand

Figure Class (Tall) — Over 5'3"

- 1 — Saryn Muldrow, Denmark
- 2 — Anna Maria Onofrio, Italy
- 3 — Pauline Oliver, England
- 4 — Andra Day, Scotland
- 5 — Marta Paradiso, Italy
- 6 — Belen Quintero, Spain

Non-Placers:

- Muquett Brossault, France
- Brenda Bond, Wales
- Beatrice Cite, France
- Veronique Bossan, France
- Sandy Young, England
- Kathleen Reah, England
- Evelyn Lees, Scotland
- Lucia Schmid, Brazil
- Dione Beauchewin, USA
- Jeanette Harper, Australia

Physique Class (Short) — Under 5'3"

- 1 — Lynda Mason, England
- 2 — Debbie Pickford, Australia
- 3 — Cathy Butler-Corish, USA
- 4 — Laurie Fierstein, USA
- 5 — Coral Blair, England
- 6 — Irena Pauchenko, Ukraine

Non-Placer:

- Elena Mamutenko, Russia

Physique Class (Tall) — Over 5'3"

- 1 — Bernie Price, England
- 2 — Nuria Sala, Spain
- 3 — Marie Fisher, France
- 4 — Nicole Reading, Wales
- 5 — Reena Howard, South Africa
- 6 — Lyne Bennett, USA

Non-Placer:

- Ozga Jelulimova, Estonia

**New
1992
Contest
Now Available**

You Are There

Color Videos of the Top 1992 NPC Women's Bodybuilding Contests

What's the next best thing to being at a major NPC women's bodybuilding event? Being able to watch the ENTIRE contest in the comfort of your living room. The three new 1992 contest videos, featuring four contests, were all taped with professional video equipment, all original sound is left intact and all women are identified by captions. And, you get the ENTIRE contest, not just bits and pieces like you may see on a cable show. So read the descriptions below of our new 1992 contest videotapes, circle your choices on the order form, and start making the popcorn now. See order form for 1989, 1990 and 1991 contests, and our three "contest compilation videos" as well.

VIDEO 210—1992 NPC JUNIOR U.S. CHAMPIONSHIPS: More than 30 women competed in this show, and we have included the entire prejudging, finals and two guest posers. See newcomer Laura Bass storm her way past the veterans en route to her Jr. USA title. Video runs 2 hours. Price is \$40 (foreign customers add \$7 for AIR MAIL postage, and \$10 for European PAL format, if needed).

VIDEO 214—1992 NPC JUNIOR NATIONALS AND U.S. CHAMPIONSHIPS: One of our highest-quality contest tapes ever, as we have direct camera dubs from the ESPN crew. Video contains the middleweight and heavyweight prejudging at the U.S. Championships along with the entire finals, showing Tazzie Colomb's big win here to get her pro card. Also included is the finals only of the Junior Nationals, a show which stunned even our staff with its incredible field of awesome newcomers, such as Lori Adams, Luanne Garino, Gina Mezzaroba, Robbie Bryant, Paula Brugh and the spectacular Kim Chizevsky. Like all of our contest videos, all women are identified on screen and all the original sound and action are left intact—no bits and pieces here! Video runs 2 3/4 hours. Price is \$65 (foreign add \$7 for postage and \$10 for PAL, if needed).

VIDEO 217 and 218—1992 NPC WOMEN'S NATIONALS: The greatest women's bodybuilding contest ever held in terms of quality and quantity of the field. More than 80 women of the highest caliber competed, with Drorit Kernes the emerging victor. **Video 217** contains the entire contest—the entire prejudging which features 45 prejudging routines and lots of comparisons, and the entire finals. **Video 218** runs 2 3/4 hours. Price is \$65 (foreign add \$7 for postage and \$10 for PAL conversion).

Video 218 contains the hour-long Finals only, featuring 15 finals routines, all posedowns and the overall posedown and trophy presentations. **Video 218** runs 1 hour. Price is \$45 (foreign add \$7 for postage and \$10 for PAL conversion, if needed).

CONTEST COMPILATION VIDEOS STILL AVAILABLE:

VIDEO 16—NINETY-ONE (91) CONTEST ROUTINES FROM 1987, 1988 and 1989: Yes, 91 stage routines of more than 80 different women are featured on this new video. Routines only are shown, with all women identified and with original sound left intact. This video contains the stage routines of the very best women from the following contests: 1987 Extravaganza; the 1988 Nationals and Extravaganza; the 1989 Junior Nationals, U.S. Championships, Nationals and Extravaganza. Space won't permit listing all routines, but some include Marissa Brown, Raye Hollitt, Lisa Lorio, Cyndie Meintzer, Tara Dodane, Janet Tech, Tracey Gillespie, Landa Murray, Nikki Fuller, Betsy Hoffman, Kim King, Vicki Sims, Susan Myers, Sally Gomez, Sharon Arndt, Nicole Bass, Kris Leubke and many more. Tape runs 2 3/4 hours for \$60 (\$75 for PAL).

VIDEO 17—FINALS ONLY FOR TOP THREE SHOWS OF 1990: This video contains the full finals of the 1990 NPC Junior Nationals, U.S. Championships and Nationals, as well as the heavyweight class of the Junior USA. All women are identified and original sound left intact. "Name" routines include Maryellen Campo, Skye Ryland, Tami Stark, Tracey Gillespie, Tazzie Colomb, Debbie Muggli, Nikki Fuller, Shelley Beattie, Paula Piwarunas, Vicki Sims, Sue Price, Sue Gafner, Nicole Bass, Lori Petrick and many others—a total of more than 60 routines, awards, guest posers. Tape runs 2 3/4 hours for \$60 (\$75 for PAL).

VIDEO 18—FINALS ONLY FROM TOP THREE SHOWS OF 1991: Now you have your choice: you can either purchase the individual videos for these shows or get the finals only for the 1991 NPC U.S. Championships, Nationals and North Americans. Top-name contestants are mentioned in text for Videos 193, 199 and 200. Tape runs 2 3/4 hours for \$60 (\$75 for PAL).



LAURA BASS
Jr. USA Champ



KIM CHIZEVSKY
Jr. National Champ



TAZZIE COLOMB
US Champ



DRORIT KERNES
National Champ

I enclose \$ _____ Please send me the following NPC Women's contest tapes as circled below. Make checks/money orders out to WPW or Women's Physique World and send to Box 428J, Midland Park, NJ 07432. Allow 2-4 weeks for delivery, but money orders or cash (sent certified only) get immediate response.

Video 210 1992 Junior USA Championships (2 hours)	\$40	Video 217 1992 Nationals—entire contest (2 3/4 hours)	\$65
Video 214 1992 US Championships and Junior Nat'l's (2 3/4 hours)	\$60	Video 218 1992 Nationals—Finals only (1 hour)	\$45

CONTEST VIDEO TAPES FROM PREVIOUS YEARS ALSO AVAILABLE:

Video 135 1989 U.S. Championships (2 hours)	\$60	Video 193 1991 U.S. Championships (4 hours)	\$60
Video 143 1989 Nationals (4 hours)	\$60	Video 194 1991 Junior Nationals (2 1/2 hours)	\$60
Video 171 1990 U.S. Championships (2 3/4 hours)	\$60	Video 199 1991 Nationals (2 3/4 hours)	\$60
Video 172 1990 Nationals (2 3/4 hours)	\$60	Video 200 1991 North American (2 hours)	\$60
Video 174 1990 Teen, Collegiate, Masters, Nationals and North American (2 3/4 hours)	\$40	Video 16 1987-1989 Compilation Video (2 3/4 hours)	\$60
		Video 17 1990 Compilation Video (2 3/4 hours)	\$60
		Video 18 1991 Compilation Video (2 3/4 hours)	\$60

IMPORTANT! PLEASE CIRCLE TAPE FORMAT NEEDED:

American NTSC System: VHS • European PAL System VHS ONLY (remember to add the \$15 per tape for PAL conversion and postage.)

Name _____ Address _____

City/State/Zip _____

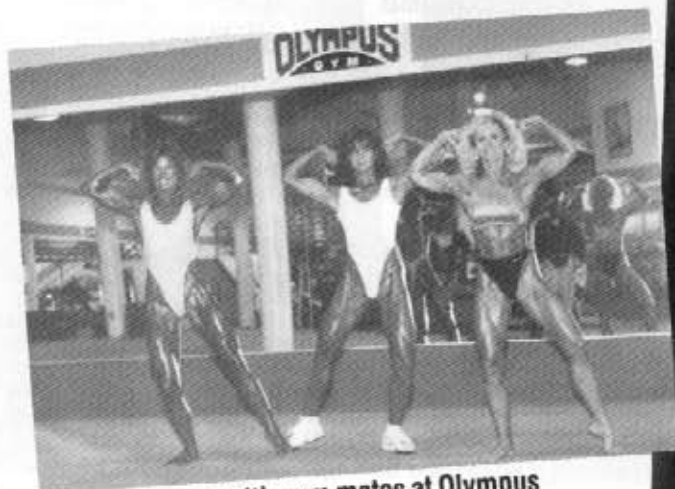
Novice on the Move

Vernette Johnston

by
Sandy Roebuck



Bill Jentz photos



Johnston poses with gym mates at Olympus



The next time, either Fairfax Hackley needs to be more persuasive or he needs to find a woman more open to suggestion than Vernetta Johnston.

Hackley, a Virginia trainer of some reknown, discovered Johnston nearly six years ago, when the latter was thinking about doing a little tone 'n trim work. Now, almost six years later, he's working with a competitive bodybuilder who obviously had championship potential, but whose career may never reach its full potential because its time is limited by her biological clock.

Johnston, 32, was a high school track (100, 440, 440 relay anchor and 880 relay anchor) and swimming (short freestyle and relays) standout. The Springfield, Virginia, native did only a small amount of weight training in high school to enhance her performance on the track and in the pool.

In 1987, however, Johnston had moved to Anapolis, Maryland, so she and her husband could pursue their love of sailing. She ran into Hackley, who told her she should consider competitive bodybuilding. But, Johnston demurred. A while later, though, she decided she wanted to try weights "to reshape my body. I just wanted to learn how to train so I could tone up and trim down."

So, Johnston called Hackley. Again, the trainer tried to interest Johnston in bodybuilding. "I was kind of muscular at that point," she recalls. "I always had pretty good arms . . . people used to ask me if I lifted weights long before I lifted weights. And, Fairfax said I had good strength and symmetry." But, again she demurred. Instead, she trained with Hackley on and off for the next five years, all the while resisting his suggestions to move onward and upward to a higher level of training.

In October, 1991, Johnston started to believe him and in January, 1991, she finally relented. "I guess I just started to believe him," she says. "I made the commitment and in January of 1992 decided to try the D.C. Grand Prix because it was local."

When Johnston made the commitment she weighed 130 pounds. The muscle was there and it was a matter of bringing it out.

"In the five years that preceded that January, we'd accomplished some growth in my legs, but mostly we had worked on strength and geared it toward upper body work," she says. "What I found out in January was that there was a lot of muscle under there which took good dieting to bring out."

Evidently, Johnston and Hackley did a great job bringing it out. Johnston took three trophies at her first (and to date only) show, winning the novice middleweight and overall titles and the open middleweight class.

"My biggest fear at first was getting on a stage," says Johnston, who will take the next step in her bodybuilding career at the 1993 Junior USA.



However, Johnston has no illusions that the next step in her bodybuilding career is one on a road to fame, fortune and the Ms. Olympia crown. Johnston is a legal secretary for a large D.C. law firm, a job she took after giving up her career as a court stenographer ("It was a lot of

"I've always had pretty good arms . . . people used to ask me if I lifted weights long before I lifted weights."

pressure and I got tired of going through a bottle of Tylenol a week.") That and her family is her future.

"I don't have any children yet and I do have an urge to do this (bodybuilding). I'll do a couple of more shows and then go back to training only a couple of days a week and have a child. Afterward, I would consider going back to bodybuilding, but I'd be close to 35 and in the Masters division, so I have no thoughts of someday being Ms. Olympia."

Yes, but with Johnston having one contest and a fist full of trophies in hand, it is interesting to consider what would have happened if five years ago either Hackley had been just a bit more persuasive or Johnston just a bit more open to suggestion.

Hmmm.

The 1992 D.C. Grand Prix

Washington, DC
June 6th



Janell Ennis - Overall Champion

The Results

Lightweight

- 1- Mary Ellen Doss
- 2- Lisa Borde
- 3- Andrea Peters

Middleweight

- 1- Vernetta Johnston
- 2- Erin Ambrosino
- 3- Luly Casares

Heavyweight

- 1- Janell Ennis
- 2- Cheryl Sutphin
- 3- Renette Dallas

Novice

Lightweight

- 1- Nicole LeFleur
- 2- Karen Cover
- 3- Janine Leonard

Middleweight

- 1- Vernetta Johnston
- 2- Erin Ambrosino
- 3- Luly Casares

Heavyweight

- 1- Renette Davis
- 2- Debbie Sexton
- 3- Christine Pickett



The Olympus Gym team hits a trio of front lat poses.



Doughdee Marie

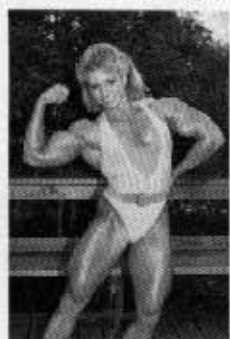


**WPW
Special
Strength Videos
Features**



Our first of the two special WPW female strength presentations features the ex-bodybuilder and current day strongwoman, Doughdee Marie, in non-stop posing and lifting action. At 5'2" and between 165-180 pounds, we feature her posing in a variety of beautiful leotards and dresses, working out in the gym (including a remarkable 270 pound overhead press) and we taped her practice session for her upcoming Vegas strength act, where she easily lifts her two male training partners (240 pounds) over her head, and also practices her martial arts routine — sparring with partners, working the swords, etc. As a special bonus, we included some video highlights of Doughdee from the mid 80's as well, for a total running time of 2½ hours. See order form for availability of color photos of this unique woman as well.

Shelley Beattie and Kris Luebke



Kris and Shelley are more commonly known as top level competitive bodybuilders, but not so well known are the staggering lifts both women are capable of doing in the gym. This tape, running 2½ hours will enlighten you to that fact as Shelley and Kris have a friendly competition against each other in the gym, attaining such lifts as 300+ pound bench presses, 200+ pound curls (not a misprint), 1400 pound leg presses among other heavy lifts. In addition to the lifting and interviews, the women, even though they are in their 'off-season' training weight (Shelley is 5'7", 162; Kris is 5'7", 180), look outstanding as they pose in a variety of different outfits. See order form for photos available.

New!! World's Strongest Women — Compilation Video # 15

We just finished editing an all-new compilation video featuring the 15 strongest women bodybuilders we have taped over the past 8 years. This two-volume set runs a full 5½ hours and contains the following: all of the strength lifts described in the Doughdee and Luebke/Beattie shown on this ad (but none of the posing or interviews); also included is footage of 12 additional women, heavy lifting in the gym only, featuring bench presses, curls, chin-ups, etc. all in the 'awesome' category. Women include Vicki Sims, Virginia Brady, Cyndie Meintzer, Calthy Smith, Joan Lauth, Sharon Arrildt, Mary Messite, Julia Kover, Kim King, Athena and Nikki Fuller. Marie Lena's footage includes 60 chins and breaking boards and cinder blocks with her bare hands. Cost for 5½ hours is \$99, overseas add \$24 for PAL conversion and air postage.

Please send me the following videos/photo sets as circled below. I enclose \$ _____. Foreign orders please add 10% for air mail; New Jersey residents add 6% sales tax. All foreign and Canadians MUST send International Money Orders in U.S. funds, or send U.S. cash or your country's cash by registered mail. Good money orders include Barclays of Midland Bank (England), Deutsche Bundespost (Germany) and ANY International Postal Money Order. We CANNOT cash foreign checks any more. Please allow 2-3 weeks for delivery. Make checks or money orders payable to WPW and send to Women's Physique World, Box 429J, Midland Park, NJ 07432

COLOR VIDEOS: (Be sure to circle correct format)

	AMERICAN NTSC: VHS	EUROPEAN PAL: VHS (add \$17 for PAL conversion and postage)	
Video 189 (Doughdee Marie — 2½ hours)	\$60	Compilation Video 15	\$99
Video 160 (Luebke and Beattie — 2½ hours)	\$60	(15 strongest women — 5½ hours)	

COLOR PHOTOS:

Doughdee Marie — 40 photos in leotards	\$24	Kris Luebke — 60 photos — all outfits	\$36
Doughdee Marie — 200 photos — all outfits	\$99	Shelley Beattie — 90 photos — all outfits	\$54
Doughdee Marie — 40 photos — 5"x7"	\$48		

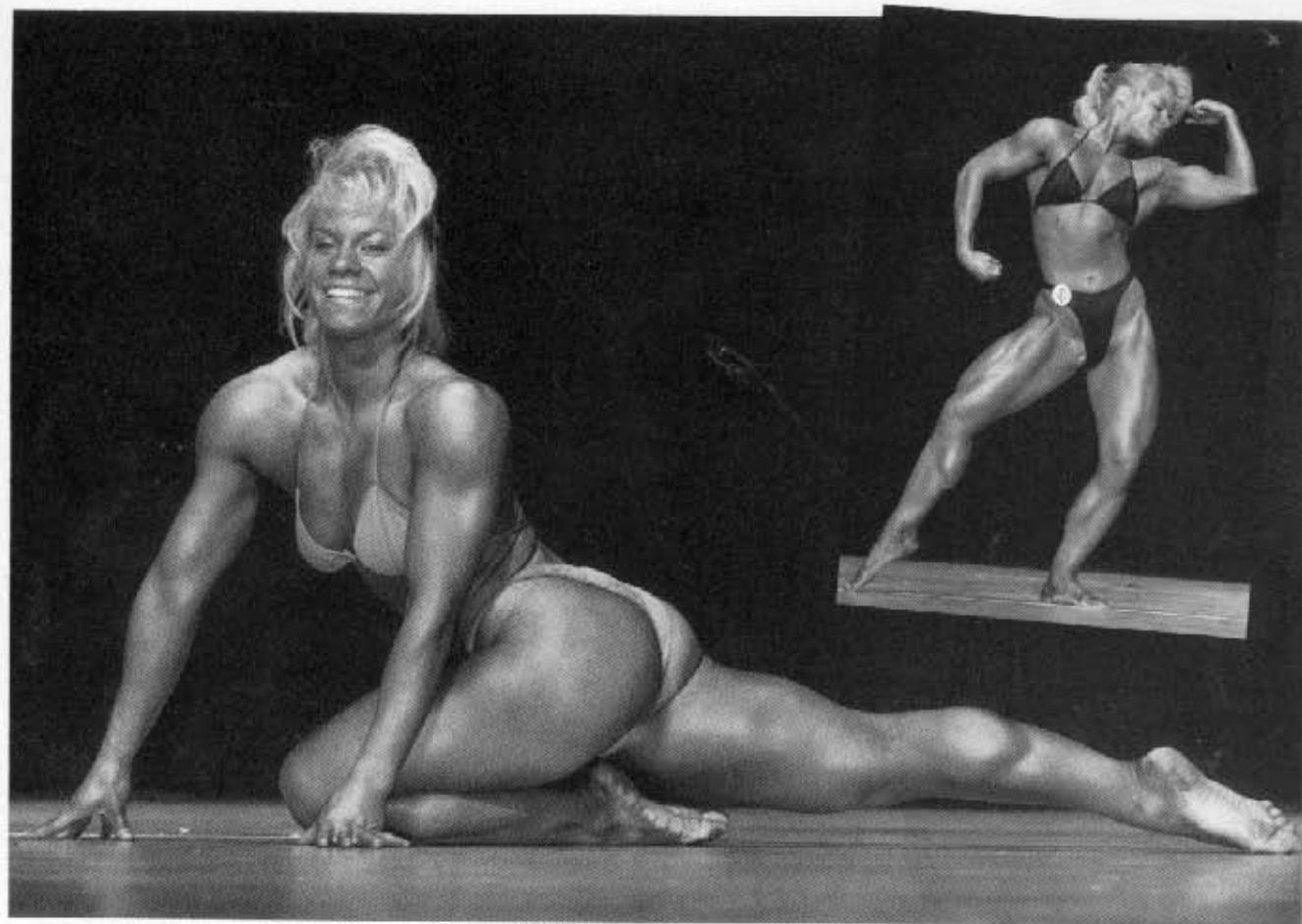
NAME _____ ADDRESS _____

CITY/STATE/ZIP _____

CARON HOSPEDALES



DESIGNER MUSCLE



by Mike Bogen

When you're a small town in Ohio, you win some and you lose some.

Take Massillon, for instance. Long about 1903, the town of Massillon was a hotbed of amateur football, the Massillon Tigers dominating a game which was played professionally only in the east. But, that year, Massillon, in an effort to win a season-ending game against Akron, hired four pros from Pittsburgh. Massillon won the game and pro football's popularity declined in Pennsylvania and the emphasis moved to Ohio.

That should have been the start of big things for Massillon, and the Tigers did indeed win the Ohio championship the next three years. But, in 1913, arch-rival Canton signed a fellow who had won a couple of gold medals in the Stockholm Olympics a year earlier named Jim Thorpe and the rest is history. Thorpe became the most recognizable football player of his day, Canton became known as the founding site of pro football, Massillon faded into the sunset, and today the Pro Football Hall of Fame is located in Canton.

Maybe Massillon will fare better in bodybuilding. Canton was one of the first places to hold women's bodybuilding contests — back in 1977 or so — but has been quiet ever since the days of people like Marybeth Pritt and Gina LaSpina.

Massillon, on the other hand, has its bodybuilding hopes in the hands — and arms, legs, chest and back — of Caron Hospedales.

Hospedales, a 26-year-old Massillon native, may not yet be the Jim Thorpe of women's bodybuilding, but she is looking like someday she'll make her hometown quite proud.

Devoted to ballet as a child, Caron lost out on the major roles because her legs were too muscular. And she remembers, "It was really the muscle that made my legs so big, and you don't lose muscle just like that."

Although Hospedales has only competed four times since first taking the stage in 1990, she's already got two class victories to her credit. Hospedales, who moved from Massillon to New York City to pursue what has become a very successful career in fashion design, won

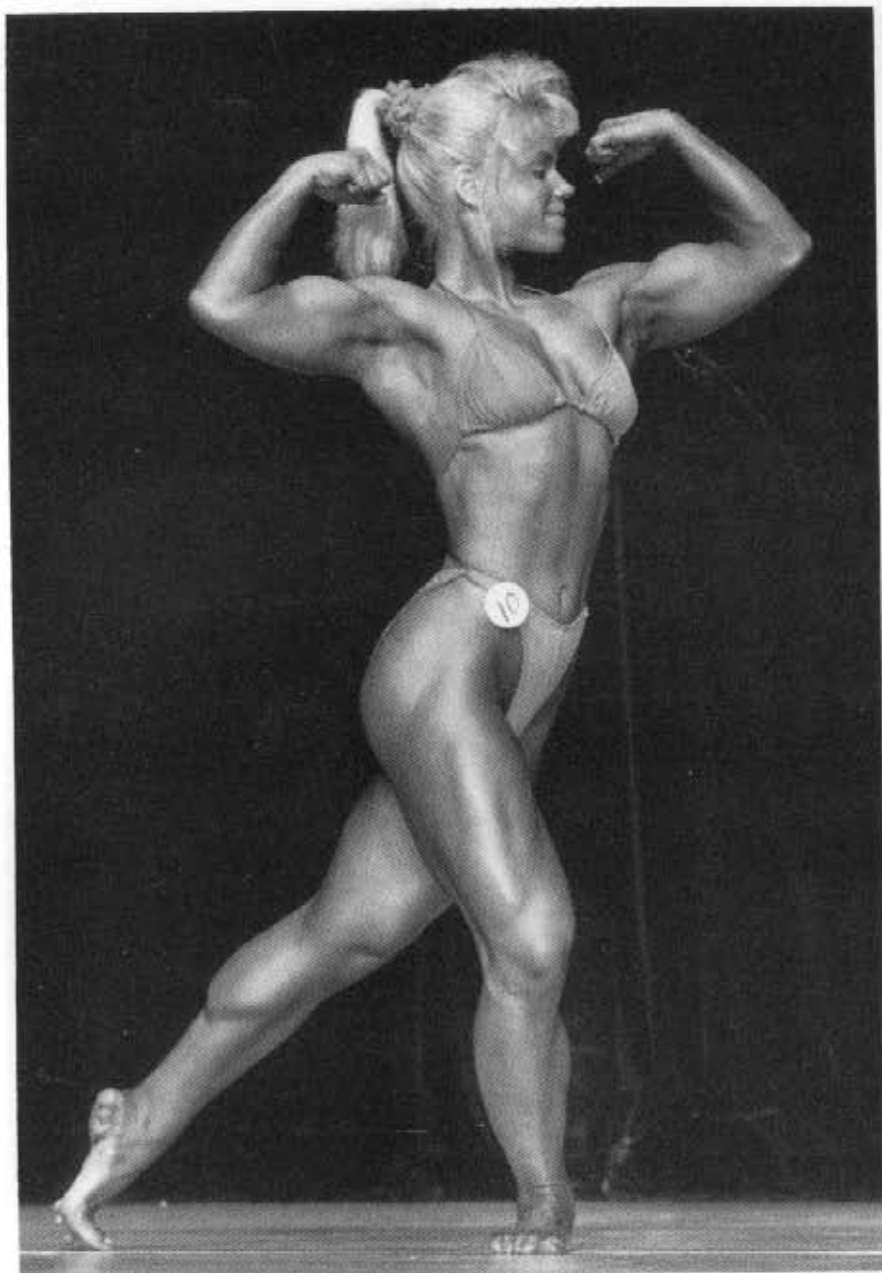
the New York City Natural heavyweight class in 1990 and the New York Metropolitan heavy class in '91. Last year, the 5-4, 135-pounder took third in the Metropolitan heavy class and second in the Women's Extravaganza novice heavyweight category.

Ironically, besides bodybuilding, all of Hospedales' energies have been spent on more artistic pursuits. Totally unathletic otherwise, Hospedales began ballet at age 5 and danced until she was 17. She worked in a small company while she was still a high school student, but that company — the Canton Ballet Company (is this ironic or what?) didn't know what it was missing.

"I never got really good roles because my legs were so big," says Hospedales. "I got explosive roles (involving a lot of jumping, etc.) because I was so strong, but the directors were always telling me to lose weight. But, it was really muscle that made my legs so big, and you don't lose muscle just like that."

Hospedales' other gift was for design. She went to Kent State University and majored in Fashion Design.

"I started sewing on a machine when I was 5," she says. "My mother taught me young. I had dreamed about going to New York since I was in grade school, and three years ago, I set about arranging it."



What Hospedales did was to call want ads in *Women's Wear Daily* from Massillon and set up interviews in New York. One place, which specialized in children's wear, not only interviewed her, but hired her on the spot. That gave her a foothold in New York and now she's moved on to head a knitwear division at Caribou.

On a more physical plane, Hospedales began her second-career journey while a sophomore at Kent State. She took a basic weight training course, which did require some dedication, because it was a 7:30 a.m. class in the dead of winter. "I liked the toned shape of women bodybuilders — the Rachel McLish type, at the time. I avoided any leg work that I thought might build even more mass."

Hospedales lifted regularly during summer breaks from Kent State and after she graduated, but didn't really improve very much. "I was doing more what you'd consider circuit training at the time," she

says. But, when she moved to New York, one of her first priorities was to find a gym.

"I had been reading the magazines and thinking about competitive bodybuilding

Hospedales would rather be Ms. Olympia than Calvin Klein. And she finalizes, "Bodybuilding requires that you do all the work. Fashion design often depends on who you know."

when I was still in Ohio," she says. "I still had that Rachel physique in mind, but I also had the idea in mind that one day I'd be on stage."

Hospedales joined a gym in Queens, where she met current husband, Marlon. "He designed a program for me and got me ready for my first contest," she says. "That's when I really made all my improvements."

Interestingly, Hospedales just might be finding herself at a Massillon/Canton crossroads herself. Like Massillon had football first, fashion design had Hospedales first. Like Canton, however, bodybuilding has come on strong. And, if someday there is a choice to be made, don't be surprised if, like Massillon, fashion design comes up a loser.

"If I had the choice, I'd rather turn out to be Ms. Olympia than Calvin Klein," says Hospedales. "Either would take tremendous work, but I'd rather go the bodybuilding route. Bodybuilding requires that you do all the work. Fashion design often depends on who you know."

Now, we can *all* say we know Caron Hospedales!

Women's Physique Publication 1976 **BACK ISSUES** 1991

If you are a fan of *Women's Physique World*, you should be interested in obtaining back issues of its sister magazine, *The Women's Physique Publication*, which was published from 1976, ending with the 1991 issues. Never available on the newsstands, the PUBLICATION was for the true fan of women's bodybuilding, as it featured more in-depth coverage of the sport than even *Women's Physique World*. The PUBLICATION contained intense contest and biographical coverage of the women, and contained absolutely no advertising, being supported entirely by its subscribers. Most magazines were totally black and white, but the 1987, 1988 and 1989 issues featured color. And, as a bonus, if you purchase any of the year-sets of back issues, we will also include that year's *Women's Physique World* as well. In addition, if you purchase any year's back issues, we will also send you FREE our 260 page BOOK, 'The Female Physique Athlete — A History through 1983'. This BOOK, available for \$10 on its own, contains over 700 photos of nearly 500 different women from the early days of the sport. Please note that if you purchase multiple years, only one BOOK will be sent. So, read the following descriptions and tell us which sets of back issues you want!

- OFFER 1:** PUBLICATION issues from 1976 through 1987; We do not have a complete set anymore, but most issues are still available. You will receive at least 25 pounds (over 3,000 pages) of magazines and the BOOK, mostly in black and white, with some from 1987 having color. The historical content of these issues is incredible as they will take you from the early 'Lisa Lyon' days and into the 'McLish/Kay Baxter/Pillow' era and onwards. Cost is \$60, and foreign please add \$25 for book rate postage.
- OFFER 2:** PUBLICATION issues from 1988; This entire year was in color, so with the six PUBLICATION issues and three *Women's Physique World* issues, and the book, you will get about 7 pounds of material (about 800 pages) of the highest quality women's bodybuilding magazines ever published. Cost is \$40, all foreign send \$8 extra for surface mailing.
- OFFER 3:** PUBLICATION issues from 1989; Four of the five PUBLICATION issues are in color, and the four *Women's Physique World* issues are in color, so together with the book, you will receive about 7 pounds (about 800 pages) of magazines. Cost is \$40 and foreign please add \$8 for surface postage.
- OFFER 4:** PUBLICATION issues from 1990; The four PUBLICATION issues are back to black and white (but with incredible high quality printing stock), the three *Women's Physique World* issues are in color, and with the book, you get 7 pounds and 800 pages of material. Cost is \$40, foreign please add \$8 for surface mailing.
- OFFER 5:** For 1991, we only had three issues of the PUBLICATION, but you will not only receive the four 1991 *Women's Physique World* magazines, but all of 1992 and 1993 as well, along with the book! You will receive the 1991 issues and the 1992 issues printed, so far, immediately along with the book, and the remaining WPW issues will be mailed as published. You will receive a total of about 20 magazines and the book (over 1,500 pages) for \$75. Foreign must add \$20 for postage.



I enclose \$ _____ for the below checked back issue offers. Due to the weight, all sets of magazines will be sent by 4th Class Book Rate, so allow 2-4 weeks delivery, and foreign all 1-2 months for surface book rate. Foreign must use International or Postal money orders in US funds. Send checks, money orders (made out to WSP) or cash (certified mail only) to WSP, Box 443J, Hu Ho Kus, NJ 07423.

- ___ OFFER 1: 1976-1987 Issues \$60 (foreign \$85)
 ___ OFFER 2: 1988 Issues \$40 (foreign \$48)
 ___ OFFER 3: 1989 Issues \$40 (foreign \$48)
 ___ OFFER 4: 1990 Issues \$40 (foreign \$48)
 ___ OFFER 5: 1991 Issues \$75 (foreign \$95)

- ___ *Women's Physique World* \$60 (foreign \$67)
 22 available back issues
 ___ Book — \$10 (foreign \$13)
 "Female Physique Athlete"

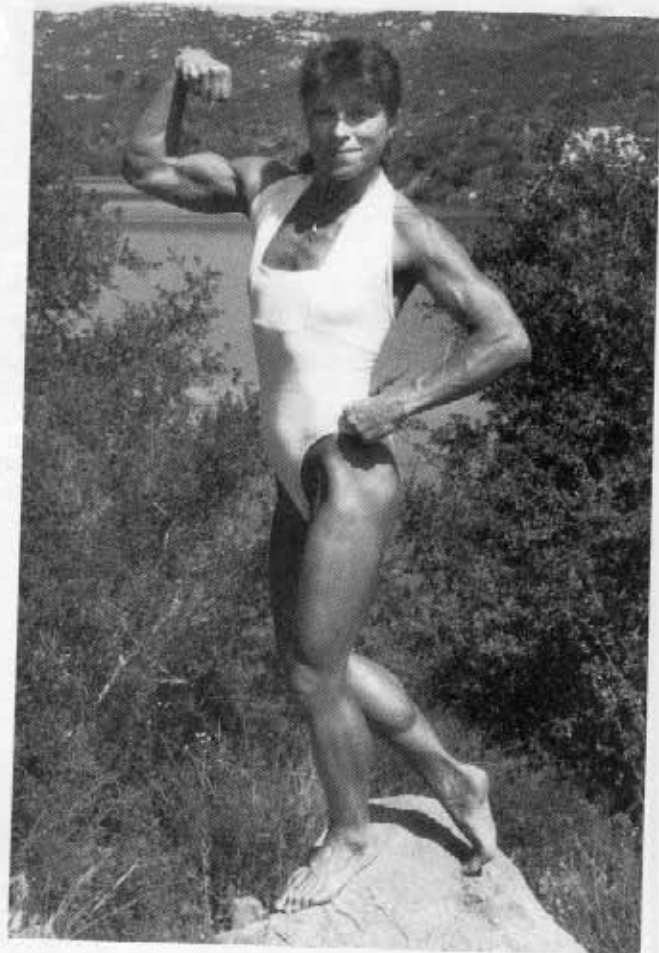
Name _____ Address _____

City/State/Zip _____

J.C. WILLIAMSON

MORE THAN JUST A PAIR OF CALVES

by T.C. Luoma



“ . . . my calves are a lifetime achievement because of the activities I’ve done. Yeah, they’re big, and they started getting that way a long time ago, but they were the bane of my existence when Twiggy was around.”



Steve Wennerstrom photos

Sometimes, in an effort to be this sport’s version of Barbara Walters, bodybuilding journalists try to delve into the *psyche* of interviewees by asking them how they’d act in hypothetical situations. Presumably, their answers tell us volumes about them. However, sometimes we get answers that we *just plain don’t expect*. Take for instance the following portion of my interview with bodybuilder J. C. Williamson:

WPW:

If you could have dinner with anybody, living or dead, who would you choose?

J.C.:

This is horrible. I can’t even think of anybody I’d like to have dinner with. I’m not really into hero worship.

WPW:

It doesn’t have to be someone you consider a hero. How about somebody just plain interesting, like Ghandi, for instance?

J.C.:

Oh gosh. Not the way *he* eats. I’d at least want somebody with a *good* appetite.

That’ll teach me not to ask so-called *probing* questions. But despite her comical answer, J.C. provided us with a *ton* of insight, like the fact that she’s witty,

and that she doesn't take a whole lot too seriously.

The 41-year-old lives in Escondido, California, with her husband and German shepherd. She was born in Chicago, but she's floated around the world with about the same direction and purpose as a wind-blown dandelion seed. After growing up in Illinois, she went to college in Wisconsin for about a year, and then got the urge to give-in to her free-spirited tendencies by traveling around Europe and the Middle East for the next year, even working in a kibbutz, and actually living in a cave in Crete for a few months. "You have to remember," explained J.C., "that was in 1969, and there were a lot of us living in caves back then."

When she returned to North America, she decided to rusticate for awhile and started a small farm in Poland, Ontario, complete with pigs, chickens, and cattle. After a couple of years down on the farm, she again got restless. She travelled around Canada for a few years, and then ended up in British Columbia for three or four years. Still restless, she moved again, but the distance was shorter this time. She moved to Oregon, met her husband, and seemingly infected him with her wanderlust. They both moved to Seattle, and then moved down to Escondido, where they've been since 1984.

J.C. changed her address frequently, and her career interests changed almost as frequently. "As a kid, I was absolutely certain that I was going to be a starving artist [she did oil paintings] in Greenwich Village. Gradually, my interests changed. I ended up being a political science major in college. I went to a number of different schools before I got my degree from Southern Oregon State University. I'd go to school, leave school, go back to school, and then I'd go to a different school.

"Anyhow, the political science degree didn't amount to anything. I was going to go to law school. So, we've gone from starving artist to lawyer, and then things changed again, and I decided not to do that, either. I eventually ended up taking another degree in advertising and went to work as a copy writer for an ad agency."

J.C. did most of her ad work in nearby San Diego. Although she's apparently grown some roots in Southern California (as shallow and tentative as they might be), her choice of careers or pastimes has continued to change almost as often as the direction of the wind. In 1989, her father died, and it made her re-evaluate her life. "I was going through some weird mid-life crisis and burning out on advertising. The recession was starting to happen, work was disappearing, and I didn't want to do it anyway.

"Weight training was always something I had wanted to try, and besides that, I was starting to notice gravity taking effect. Anyhow, I started going to the gym, and I started spending more and

J.C. WILLIAMSON'S CONTEST HISTORY

1991 NPC Ms. San Diego (novice)
overall winner

1991 NPC Ms. Southern Nevada
1st place (heavyweight class)

1991 NPC Ms. Palm Springs
2nd place (heavyweight class)

1991 NPC San Diego Gold's Classic
overall winner

1991 NPC Orange County Classic
3rd place (heavyweight class)

1991 NPC Border States
3rd place (heavyweight class)

1992 ABCC Naturals
3rd place (heavyweight class)

1992 ABA Southern California Natural
overall winner,
open class and Masters' class

more time there. One thing led to another, and the more I worked out, the less I did of anything else. Plus, I was starting to see results pretty quickly, and that was really exciting to me."

J.C. was involved in other sports prior to bodybuilding, but as you might guess, she didn't take well to organized sports. "When I was growing up, the main activity for women was like... bowling. It was not cool. But I was always, always, walking and riding my bike, hiking, going camping, roller skating, ice skating, that kind of thing, but nothing organized.

Just before she started weight training, J.C. was involved, *passionately* involved, in basketball. "Basketball was my reason for being. I tried to be in a league for awhile, but I hated every minute of it. I loved going to the park and I spent as much time as I could playing pick-up. I've never been much of a team player."

Predictably, J.C. became just as passionate about weight training. "I just took to it. I really enjoy... [pausing for emphasis] weight training, but it's not all I do. I'm basically a cross-trainer. I do a lot of weight training but I also do a lot of aerobic activity of a wide variety."



Although she began spending a considerable amount of time in the gym, J.C. never even considered competition until she attended a Weider Muscle Camp where amateur bodybuilders attend seminars and polish up their weight training techniques.

"They got me on the right track. I was exposed to the proper way to do things. From that experience, I began to understand better how to educate myself. When I got out of the camp, I knew I wanted to compete. I realized I could. It was just going to be a matter of diet. I realized I could change my body composition without this stupid, yo-yo, bulk-up, cut-down, dieting."

And compete she did. Although her first contest was in 1991, she's already done a total of eight shows. "I love competing. I'm always talking to people who are just about to die of stress because they put so much importance on doing one show a year. I could understand that if you're at a pro-level, but at my level, it should be fun. These are local shows. You get a trophy — wow.

"If I feel like going to a contest, I sign up the day before. I stay in condition. If I'm good enough, I'm good enough. If I'm not, I'm not. It's kind of like the luck of the draw."

Invariably, when J.C. does walk on stage, the judges eyes are first drawn to her impressive calves, but J.C. has mixed feelings about them. "First of all, let me say that my calves are a life-time achievement because of the activities I've done. Yeah, they're big, and they started getting that way a long time ago, but they were the bane of my existence when Twiggy was around. You couldn't have been more embarrassed to have great big calves like this when you were a kid my age. Mini-skirts were not designed for calves like mine. I rode a standard balloon-tired bike all my life, and when you do things like that, your legs and calves get big.

"Yeah, I'm basically a pair of calves with a body attached [facetiously]. It's very humiliating. There's more to me than a pair of calves. People don't understand how I covet big-wide lats and other things. But because of the way I'm built, these other things are hard to develop. We all have our advantages."

Regardless of whether or not the rest of J.C. ever catches up to her calves, she'll continue to train and compete. "Heck, if Albert Beckles can still do it, I can. I'll go as far as I can with it. Right now, I work as a personal trainer, but I'd somehow like to combine my knowledge of training and fitness with writing." [Look for upcoming articles by J.C. in upcoming issues of WPW].

Although I'm sure J.C. Williamson will be a great bodybuilding journalist, I hope she also decides to do a few travel pieces — she's certainly got a lot of personal experience to draw from.



**Debbie Kruck
(flanking Kelly
Gamble) above,
and Marla Duncan
and Nancy Georges
(below) have been
mainstays in Wally
Boyko's Fitness
contests in the
past few years.**



New Fitness Contest Videos!

What is the ideal 'middle ground' between national level women's bodybuilding contests and Miss America Beauty Pageants? Wally Boyko's Ms. National Fitness Contest and Ms. Fitness USA Contest. Each contest features dozens of women who are in incredible shape, and possess great muscle tone combined with traditionally beautiful body shapes; feminine muscularity but without the mass of prominent women bodybuilders. Facially, any of these women could be in traditional beauty pageants, but unlike the women normally found in those shows (very slender, with no muscle tone to speak of), the 'Fitness' women are very toned and tight. Well, check out fitness "all-stars," Marla Duncan and Debbie Kruck, on this spread for good examples. Aside from getting these tapes from the promoter Boyko himself, both of these great 1990 contest tapes are being released for the first time — the shows have never been available or seen in any form on TV or by video cassette:

MS. NATIONAL FITNESS 1990 runs 2 hours and features 36 super women competing for the title. The women are introduced in great dresses, are judged in their bikinis, from all angles, then do some combination of dance, aerobics and other athletic-type routines. Short interviews with the women are also featured. Debbie Kruck, Marla Duncan, Kelly Gamble and over 30 others competed!

MS. FITNESS USA 1990 runs 1½ hours and features 25 different women, including Duncan, Nancy Georges and many others, with the format similar to the National Fitness contest. Each contest tape is \$49, but if you order both tapes together, send only \$89 for almost 4 hours of great Fitness action! If European PAL needed, add \$10 per tape for conversion.

ALSO AVAILABLE!! We are now also offering a 2¼ hour video featuring private, non-stage, footage of five of the best women who were just in the 1991 contest. Debbie Kruck and Marla Duncan are featured (see photos from this video on page 63 of this magazine), as well as Nancy Georges, Debbie Dobbins and Jessica Johnson. Video features women posing in bikinis and dresses, limbering up and posing. Also available, for those of you who won't be satisfied with the few photos in this layout, is a set of 80 color 4"x6" photos (with emphasis on Kruck and Duncan).



Please send me the following Fitness videos/photo set circled below. I enclose \$_____. Foreign orders send \$7 per video and \$4 for the photos for Air Mail. New Jersey residents add 6% sales tax. All foreign customers please send international or postal money orders only, or cash mailed registered mail. Allow 3 weeks for delivery; sooner if money order or cash is sent. Make checks/money orders payable to FITNESS VIDEOS, and send to FITNESS VIDEOS, Box 257J, East Rutherford, NJ 07073.

COLOR VIDEOS: Be sure to circle correct format.

AMERICAN NTSC: VHS or BETA

EUROPEAN PAL: VHS (add \$10 for PAL conversion)

- | | |
|--|------|
| Video 1 — Ms. National Fitness 1990 (2 hours) | \$49 |
| Video 2 — Ms. Fitness USA 1990 (1½ hours) | \$49 |
| Video 1 and 2 purchased together | \$89 |
| Video 3 — Private shoots with Duncan, Kruck, etc. (2¼ hours) | \$59 |

COLOR 4"x6" PHOTOS

- | | |
|---|------|
| Set 1 — Duncan, Kruck, etc. (80 photos) | \$40 |
|---|------|

Name _____

Address _____

City/State/Zip _____

Where Th at the **MS. O**

In the 13-year history of the IFBB Ms. Olympia, 128 women have put their best physique forward in an effort to earn what is now recognized as the most prestigious bodybuilding title in the world for women.

Alexander, Kris		Dennis, Diana	
1985	22	1985	3
Anderson, Dinah		1986	4
1984	10	1987	8
1985	11	1988	7
Arrildt, Sharon		1990	7
1990	6	1991	6
1991 (Sharon Marvel)	5	1992	5
1992 (Sharon Marvel)	13	Diana, Deborah	
Ashwander, Astrid		1982	5
1981	15	1983	8
Alton, Sherry		Dunlap, Carla	
1982	9	1982	2
1983	12	1983	wins
Baumgartner, Josie		1984	4
1984	18	1985	4
Baxter, Kay		1986	9
1982	8	1987	12
1983	10	1988	10
1984	18	Elomaa, Mike	
1985	13	1981	wins
Beattie, Shelley		1982	3
1991	7	1983	5
1992	3	Ervin, Carolyn	
Beaudry, Laura		1990	18
1989	13	Everson, Cory	
1991	16	1984	wins
Bendel, Vera		1985	wins
1981	16	1986	wins
1985	12	1987	wins
Bentley, Stacey		1988	wins
1980	5	1989	wins
Bergmann, Juliette		Everts, Kelly	
1985	15	1980	20
1986	6	Fors, Anniqua	
1987	9	1980	16
1988	13	Frame, Donna	
Blackie, Sandra		1981	17
1990	18	Francis, Bev	
1991	16	1986	10
1992	17	1987	3
Bouvier, Gloria		1988	3
1990	18	1989	3
Bowen-Rice, Lori		1990	2
1985	9	1991	2
Bruneau, Sharon		Fröder, Gundi	
1992	11	1987	16
Buss, Holly		Frost-Larsen, Lissar	
1984	16	1982	9
Casella, Renee		1983	6
1988	12	1984	16
Chang, Cathy		Fudge, Georgia Miller	
1982	16	1980	10
Chapman, Patsy		1981	5
1980	7	1982	11
1982	16	1983	13
1983	17	Fuller, Nikki	
Cheng, Lydia		1992	9
1984	16	Furr, Clare	
1985	23	1984	6
Cheshire, Carolyn		1985	5
1980	13	1986	2
1981	18	Gafner, Sue	
1982	14	1991	10
1983	7	1992	12
1985	20	Gandol, Anita	
Clark, Lenore		1981	9
1980	17	1982	16
Combes, Laura		1983	11
1981	4	1985	21
1982	6	Geisen, Erica	
Conkwright, Lynn		1986	11
1980	3	Gimmier, Diana	
1981	3	1992	18
1982	4	Gieagi, Dawn Marie	
1983	4	1985	13
1984	8	Graser, Janice	
1985	16	1990	18
Connors, Sandy		Green, Sue	
1980	14	1980	6
Croavalle, Laura		Gruwell, Shelley	
1988	11	1982	12
1989	6	Harris, Audrey	
1990	4	1991	16
1991	3	1992	15
1992	2	Herndon, Dorothy	
Csericsits, Candy		1989	14
1981	6	1990	16
1982	7	Hodge, Gillian	
1983	2	1990	15
1984	12	1991	10
Dahlin, Veronica		Holland, Renate	
1988	17	1987	10
Darde, Dominique		1988	9
1985	16	1989	17
1987	13	Hughes, Yolanda	
Davies, Laura		1992	8
1982	16	Jaso, Susie	
Davis, Ellen		1986	14
1981	13		

WPW File Photos



Cory Won Six Ms. O's



Lenda Claims Three Ms. O's



Diana Dennis is a veteran of seven Ms. O's



Anja Langer was the best of the runnerups

Compiled by Joe Roark

ey Placed OLYMPIA

Listed on these pages are the complete records of each woman, the year she competed and what place she took in that specific year. The list is complete through last year's Ms. O in Chicago.



**Kike Elomaa -
Ms. O 1981**



Carla did it in 1983



**Rachel McLish was a
two-time winner
& Steve Wennerstrom**



**Marjo Selin did the Ms.
O eight times**

Jayde, Negrita	1990	18
Johansson, Carina	1984	16
Johnson, Lynnede	1980	19
Johnston, Lorie	1990	15
	1991	20
Knight, Tonya	1988	4
Koch, Susan	1982	16
Korinkova, Zuzana	1991	16
Langer, Anja	1987	4
	1988	2
Lemieux, Lynn	1989	16
	1990	18
Lemmel, Debbie	1991	19
Lewis, Nancy	1992	14
Lopulissa, Ina	1989	18
Lorio, Lisa	1989	15
	1990	11
	1991	15
Lusko, Cammie	1990	9
McKean, Sue Ann	1986	7
	1987	11
McKnight, Debbie	1990	18
McLish, Rachel	1980	wins
	1981	2
	1992	wins
	1994	2
Machado-Ching, Corrine	1980	4
	1981	7
	1982	13
	1983	15
Mahabir, Marie	1989	9
	1990	5
	1991	12
Marvel, Sharon (see Arrildt, Sharon)		
Mes, Erika	1984	12
	1985	14
Misat, Marie-France	1981	7
	1982	15
Montemaggi, Claudia	1991	9
	1992	7
Muggli, Debbie	1992	10
Murray, Lenda	1990	wins
	1991	wins
	1992	wins
Nakao, Kazuko	1982	16
Newman, Kyle	1980	8
	1981	11
	1982	16
Nichols, Joy	1984	16
	1985	18
	1988	15
Nicotra, April	1980	12
	1981	13
Oliveira, Dona	1985	17
	1986	17
	1986	7
	1989	12
	1990	16
Paisley, Jackie	1989	4
	1990	5
	1991	11
Palyo, Cathy	1987	14
	1988	16
Pautlick, Auby	1980	2
Perper, Melinda	1981	10
	1983	14
Pirie, Lynn	1985	19
Plakinger, Tina	1984	11
	1985	6
Portugues, Gladys	1984	7
	1985	5
Price, Penny	1986	15
	1990	18
Profanter, Claudia	1989	11
	1990	9
	1991	14
Ragain, Janice	1988	8
	1987	7
	1988	14
Riddell, Sandy	1989	2
	1991	4
	1992	4
Rivest, Mimi	1980	11
Roberts, Mary	1984	3
	1985	2
	1986	5
	1987	5
Roberts, Susan	1984	16
Roos, Jacqueline	1982	16
Ruth, Kathy	1983	16
Ryland, Skye	1992	19
Sanchez, Ana	1990	18
Schohl, Tatjana	1990	18
Schreiner, Anja	1990	3
	1991	8
	1992	6
Selin, Marjo	1982	16
	1983	9
	1984	14
	1985	10
	1986	12
	1987	6
	1988	6
	1989	8
Serio, Maria	1987	15
Simms, Donna	1980	18
Steurer, Susanna	1990	12
Sukupova, Eva	1992	20
Szikszy, Gabi	1992	16
Tech, Janet	1988	8
	1989	10
	1990	14
Temple, Carla	1984	5
Tippelt, Jutta	1991	16
Trulsson, Lena	1982	16
Unger, Kathy	1990	13
Urbaniski, Eleonore	1990	18
Van Aken, Hannie	1990	10
	1991	13
Van Maris, Ellen	1984	9
	1985	7
	1986	3
	1987	2
	1988	5
	1989	5
Wainwright, Karon	1981	12
Warman, Maryellen	1990	18
Wilbourn, Claudia	1982	16
Zetterqvist, Inger	1983	3
	1984	15

Muscle

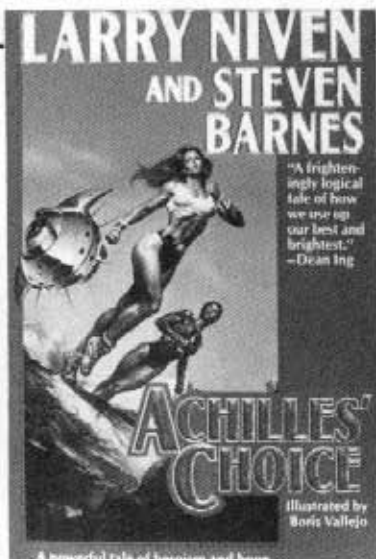
Gladiator Shakeup

If you've been watching the latest American Gladiator shows you'll note that most of the original cast members have been replaced. Gone are Lori Fetrick, Tonya Knight, Sharee Pendleton, and Marisa Pare. New members include Shelley Beattie and Shirley Eson—both competitive bodybuilders.



Leilani Sells It Like It Is!

Top amateur competitor, Leilani, has made four attractive B&W glossy 8x10's available. Believe us, they are worth having. Write Leilani for information in care of Kinsel Co., 620 N. Brand Blvd., Fifth Floor, Glendale, Ca. 91203.



More Great Art-work From Boris Vallejo

The softback edition of *Achilles' Choice* by Larry Niven and Steven Brooks features another of famed illustrator Boris Vallejo's unique works. Also of note, is the fact that the female characters of this fictional novel possess muscular physiques that are often referred to.

The book is published by Tom Doherty Assoc. in New York.



'92 Ms. Olympia Poster is One For the Wall

Artist Dean Williams has produced a beautiful 28x40 full-color poster in conjunction with the Ms. Olympia contest. It can be purchased by sending a check or money order payable to the IFBB for \$20 plus \$5 for P&H to Williams, 1817 E. Ocean Blvd., Long Beach, Ca. 90802. Allow 4-6 weeks delivery.



Nanna Bjone Becomes Bi-Continental Coverwoman

Top Norwegian bodybuilder Nanna Bjone has recently popped up on two major bodybuilding magazine covers. At left, the Swedish publication *B&K Sports Magazine* found her on the November 1992 issue, while *Muscle Mag International* (right) featured her on their '93 issue. Both covers were taken by Jim Amentler.





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The Computer World Mixes Hardware With Software

The October 13, 1992 issue of *PC Magazine* specializing in computer related materials, utilized a female bodybuilder in an ad for Net-Utils 3 data recovery and protection software.

The software is produced by Ontrack Computer Systems.

Elsewhere

THE NEW DELAWARE BODYBUILDING NEWS

COVERING THE DELAWARE BODYBUILDING SCENE
& THE SURROUNDING AREAS OF MD, NJ & PA

NOVEMBER/DECEMBER 1992/VOL. 3, #27

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National
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• PICTURES
- NPC Natural
Eastern Classic
• MUSCLE, MIDDLEWAY
DOMINATE
- Tony Hall
• TRAINING INSIGHTS
- A.B.C.'S
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BODYBUILDING
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• PICTURES
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BODY CHALLENGE
- Gina
• MAKES THE COVER!



VICKI WEIR
DELAWARE'S NATURAL WONDER!



Postal Covers Have a Sleek Look

The US Post Office has released Olympic souvenir covers with athletic likenesses. In particular, the gymnastics cover is a beautiful design. Inquire at your local post office if interested in obtaining these limited edition commemoratives.

Weir Hoping They're Successful

One of Delaware's best amateurs, Vicki Weir, graces the cover of *Delaware Bodybuilding News*, a publication covering the sport in the Delaware, Maryland, New Jersey, and Pennsylvania areas.

If interested in receiving a copy write to editor Bruce Thompson in care of the journal at 302 Madeline Ct., Newark, Delaware 19711.

No Academy Awards in Anja Schreiner's Immediate Future

The January 1993 issue of *Shape* Magazine presented their annual Fitness Video Review with a less-than-flattering synopsis of Anja Schreiner's Lower Body Workout.

In five categories of assessment by reviewers, Schreiner's video scored an 'F' in three of them. Produced by ESPN Home Video, it sells for \$9.99 and is 30 minutes in length.

A rating of 'F' means the video in the area of instruction, safety, creativity, production or overall appearance would be "Completely Unacceptable". Ouch!

fitness video review

Shape's panel of fitness experts rates the latest exercise tapes.

Shape's 1992 fitness video review is a must-read for anyone who loves to exercise. The panel of experts, including fitness experts from across the country, have reviewed the latest fitness tapes and ranked them from best to worst. The review is a must-read for anyone who loves to exercise. The panel of experts, including fitness experts from across the country, have reviewed the latest fitness tapes and ranked them from best to worst. The review is a must-read for anyone who loves to exercise.



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Clifta Coulter

Rides High
in the
Bodybuilding Saddle



by Mike Bogen

In the case of Clifta Coulter, horse racing's loss has been bodybuilding's gain.

Coulter, a 23-year-old Floridian, grew up riding horses in West Palm Beach and was headed toward a possible career in racing when she was bitten by the bodybuilding bug.

"I'd spent almost three years as a thoroughbred exercise rider at Calder (Race Track) and I was going for my apprentice jockey's license when I did my first bodybuilding show," she recalls. "At that point, all I had to do to get my license was break out of the gates a few times, but when I won that show, I became hooked."

That happened some six years ago, when Coulter was only 17 and right out of high school.

"I started right after school, when a girlfriend talked me into going to a gym to tone up," she says. "I was 97 pounds and my legs were a little bit on the big side. I'd always been kind of strong, but I had skinny arms and bony shoulders."

Coulter also remembers seeing a bodybuilding contest on television and appreciating how the women looked "from the waist down." Three months after first walking into the gym, she was on stage, weighing 89 pounds, at the Palm Coast. She won the lightweight class at that show, beginning what has become a six-year string of nothing but victories — seven of them in nine shows — and runnerup finishes.

"In that first show my legs helped me a lot," she says. "After my diet, I was really tiny with a bit of separation in my upper body. But, I was symmetrical and I was the only girl in the contest with legs."

By the time Coulter competed for the second time, there had been a couple of major changes in her body and circumstance. In fact, the change in circumstance had a direct bearing on the changes in her body.

"My upper body began to respond pretty quickly after my first show and about three weeks before my second show, the Teen Florida. I went to see John DeFendis," says Coulter. "Meeting him made a big difference. He really knows what he's talking about. Besides, I think everyone needs someone else to help. You can get a distorted view of what you're seeing. Also, you can tell yourself to do something and not do it, but if somebody else tells you, you may do it."

The 4-11 Coulter went into the Teen Florida at a lean 84 pounds and captured the lightweight and overall championships. Two months later, she finished second in the Teen USA, again at 84 pounds.

In 1987, Coulter trimmed another two pounds off her already lean body and "at the hardest I've ever been" won the lightweight title at the West Palm Beach.



Cliffa's Contest History

Palm Coast Championship	1st	1985
Teen Florida	1st & O	1986
Teen USA	2nd	1986
West Palm Beach	1st	1987
Sunshine State	1st	1988
Goldcoast Championship	1st	1989
Jr. USA	2nd	1990
Florida Championship	1st & O	1991
USA Championship	1st	1991
National Championship	6th	1991
National Championship	3rd	1992

Coulter took almost a full year off until February, 1988, and when she came back, it was at a more heavily-muscled 91 pounds and she won the Sunshine State light class. Working without DeFendis for her next two shows, Coulter was a not-quite-as-hard 100 and 101 pounds for the 1989 Gold Coast and 1990 Junior USA. She won the light class at the Gold Coast but finished second in her division in the Junior USA.

DeFendis started helping out again in 1991 and at 98 pounds, Coulter felt she was in her best, most complete shape ever. That proved out when she stepped up in class and won the lightweight and overall crowns at the Florida State and the light class at the USA.

She also took her first shot at the NPC Nationals in '91 and finished a creditable sixth. She returned for an encore in 1992 and improved that finish to third in the light class.



For Coulter, bodybuilding has provided a means to overcome some early shyness and build confidence. In fact, one of the ways in which she's accomplished that is by working heavy a couple of times a week. "I think that's just to keep my ego intact," she says. "You know, people are always asking you 'how much can you bench?' and you want to be able to tell them a decent amount."

Still, though, she feels her stage presence, including the knack of pasting on that smile, which must appear even when you're tensing every muscle to the point of quivering, needs some work.

But, besides her outstanding symmetry and some pretty impressive body parts (like her back, glutes and hamstrings), Coulter still has another thing going for her — her age. At 23, she's in the younger generation of national-level competitors and with age, experience and time in the gym, promises to get nothing but better in the future.





**"I like muscle now . . .
and I'm going to stop
playing the game and
just be huge."**

Bill Jentz photo

Kelly Kight

THICK AS A BRICK



John Nardolillo photos

by Mike Bogen

If there is indeed such a thing as "fate," and it has a sense of humor, than it must be in a constant state of amusement over its treatment of Kelly Kight.

Fate, you see, blessed Kelly Kight with the kind of muscle rarely seen among female human beings . . . then for the longest time it made her not really like all that muscle.

Fate gave Kight so much muscle that

her training needs appear to be minimal . . . then it gave her a disease which made even minimal training difficult.

And finally, fate, after giving Kight muscle she didn't like and making Kight's training a true burden, gave her a new outlook on her body and the willpower and the inner strength to train despite the burden.

The end result may have been a good

laugh for fate, but for the rest of us, it's proven to be a potentially great physique to keep an eye on.

To examine fate's bemusement, and the effect its had on the life and times of Kelly Kight, the first question that needs to be answered here is, just how muscular is she, anyway?

The answer may lie in the fact that the 32-year-old Kight, at only 4-11, packed on

130 pounds of muscle for one 1991 contest . . . that at 121 pounds with 14-inch arms, "I was the smallest I've ever been." . . . At 130 pounds and cut, Kight had 16-inch arms and calves, 26-inch thighs and was 50 inches around the chest and back.

Mostly though, the answer may lie in the fact that for health and emotional reasons, Kight says, "At this point, I've never trained to the point where I could be at my top potential."

The emotional reasons started when she was quite young. Kight, who grew up in Auburn, California, just didn't like all those muscles.

"When I was a little girl, I used to get called 'frog legs,' because I had these huge leg muscles," she says. "When I was 10, I was my present height (4-11) and I weighed 130 pounds and it was muscle."

By the time Kight was high school age, her natural tendency toward muscle made her a standout athlete, but caused her more pain than it was worth. She did a couple of years of gymnastics and track and field in high school, but quit at the beginning of her senior year.

"I've done everything, and I know it doesn't sound great to say, but I've always been pretty much superior in anything I've tried," says Kight, who evidently never heard Gramps McCoy say, "No brag, just fact," on *The Real McCoys*. The fact is, Kight was superior at sports and games because of a natural hand-eye coordination which made her good at things like pool and bowling and the physique which made her physically more able than her peers. For example, Kight recently bowled for the first time in more than 15 years and rolled a 186.

At 15, Kight was 140 pounds of muscle. "I wasn't cut or anything, but I had these huge arm and leg muscles. I used to tell my mother that when they invented it, I wanted a musclectomy. They never did, though and it was a curse for me. I wore turtle necks in June because kids made fun of my arms. Basically, I was like a boy and they all wanted to arm-wrestle me. I used to win — all the time."

Finally, what drove Kight from school sports was the realization, "that everyone wanted me on their team, but didn't want to date me. That went on the whole time I was in school. I didn't have the traditional look boys wanted girls to have, so I was good enough to play on their teams but not good enough to date. And, I just got fed up."

But, it's not like Kight doesn't also have a sense of humor about her early years. "I wound up marrying my first date, and it was a blind date, at that," she laughs.

That marriage came in 1978, still eight years before Kight would ever see the inside of a gym as an adult. She worked at a variety of jobs, including being a mother of two, being a hod-carrier for her husband, who was a mason, and working at the local Baskin-Robbins. But, she had to give up the latter, "because scooping

ice cream built muscles in my hand and lower arm which developed so much that they cut off my circulation."

It wasn't until 1986 that Kight went to a gym for the first time.

"A friend got me to go with her and while I was there, the owner saw me and offered to let my family use the facilities if I would represent the club in bodybuilding. I had never trained and was only semi-aware that competitive bodybuilding for women existed as a sport. I thought it was repulsive, so I said no at first, but he talked me into trying it for three weeks. I snuck out while my husband was at work during the three weeks. Actually, I guess I was flattered and started then to think that maybe I should go with this rather than fight it."



In those three weeks, Kight lost seven pounds, going from 139-132, but watched her arms grow from 13½ inches to 15, her calves grew from 15 to 15½ and her chest and back went from 46 to 48. "I finally decided to stop denying something somebody said was good," she says. "Mostly, I decided to stop considering myself a genetic mutant and decided to continue."

Three months to the day from the first day she trained, Kight took the heavy-weight and overall titles at the Ms. Butte County. She was also named best poser and most muscular. She repeated the class and overall titles at the Gold's Classic, in Reno, Nevada, two months later and in 1987, following a car accident, did not place in the Muscle Beach Classic.

Then she did not compete or train for four years.

"It was a combination of stuff," she says. "There was school (she had started at Butte College), raising my kids (by this time, she was a single parent), working and her health. "I always had full intentions to train, but it just wasn't the right time for me."

The right time came in May, 1991, when Kight looked in the mirror and saw that

she was fairly lean and "could see some lines." I went to the gym one time and decided to keep going.

Two months later, Kight finished second in the North Bay and a month after that was third in the Tidal Wave heavy class. In 1992 she won the middle class at the North Bay and took the middle class and overall titles at the Seaside. She also finished second in the Ms. Fresno heavyweight division and fourth in the Ms. Sacramento middle class before winding up her year with a fourth-place finish in the Women's Extravaganza.

Of all the things keeping Kight from the gym during the nearly four years she took off, her health, at the time was probably the least significant. But, in the overview of her life and her life as a bodybuilder, chances are it will be the most important. Kight has Epstein-Barr Disease, more commonly known as Chronic Fatigue Syndrome.

"It's something I've probably had since I was a kid, but it was first detected 10 years ago and even though they've thought I had Epstein-Barr all along, about five months ago, they made it official. The symptoms Kight has suffered include extreme exhaustion, lesions on her shoulders, back, chin and neck, kidney malfunction and toxicity, a slow thyroid, lack of feeling in the hands and legs and occasional paralysis of her left side, tunnel vision, hyperventilation and loss of control of speech and basic thought patterns for intervals as long as 30 seconds at a time, it is often a debilitating disease.

"There's never a day I don't have it, it's just a matter of severity," she says. "I can keep going, I'm okay, but if I stop, I drop. When I'm really fatigued is when I get sick. It doesn't usually affect how I do in the gym, it more affects whether or not I can get out of bed to go. The idea is that when you can't get out of bed, you get out of bed anyway."

That happened as recently as the very beginning of 1993. Kight had to take time off from training because she developed pneumonia. It's a condition she often has, but on this occasion it was worse than usual.

The chances are that Kight's health will not change significantly. She's not going to wake up some morning and be cured, and there are no major breakthroughs in CFS research forthcoming. But, she is not submitting to the disease and more importantly, has changed her outlook about herself.

"I've never had the right circumstance to not do this halfway," she says. "I've never done a show at my best. Part of it has been my attitude, but now I'm completely comfortable with my physique. I give my trainer, Rick Dobbins, a lot of credit for teaching me to change my outlook. I like the muscle now . . . and I'm going to stop playing the game and just be huge!"

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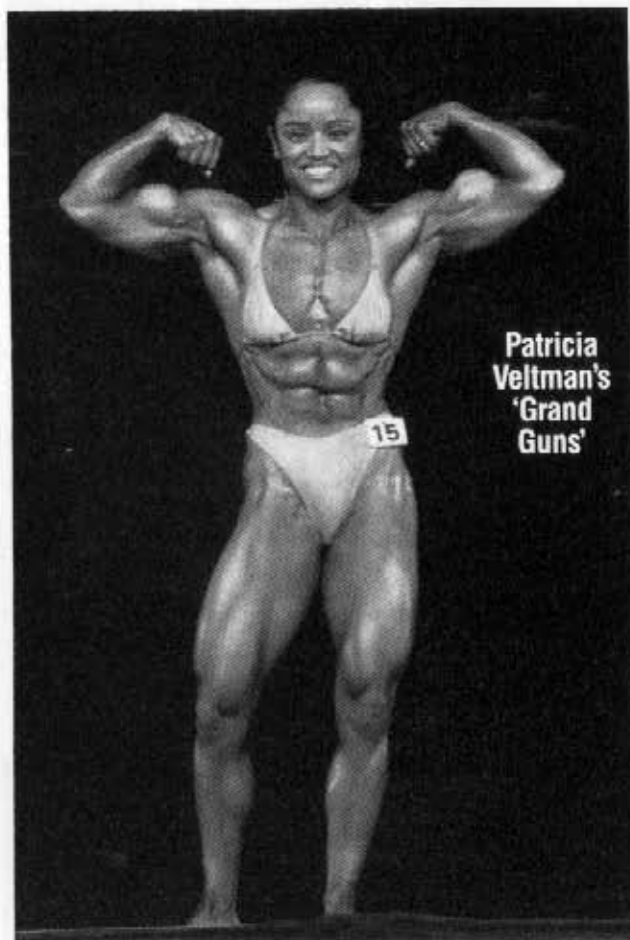
Dear WPW,

I noticed a letter in your last issue (March '93) where you offered Renee Casella as a candidate for a woman possessing the best arms in the sport. No doubt, she is a very good selection, but I would like to nominate a competitor from my home country who I think qualifies with high marks when considering size, shape, definition, etc. Her name is Patricia Veltman, and although I don't have a photo of her, I am hoping you might be able to supply a picture to show just how impressive this woman's arms are.

I love your magazine, and you have many fans here in Holland.

Chris Quaresma
Den Haag, Holland

Ed. Note: Chris, you're in luck. We just happen to have an excellent photo of Patricia Veltman from one of our many trips to cover the Dutch Championships. Thank you for reminding us of Patricia; she does have world class arms indeed.



Patricia
Veltman's
'Grand
Guns'

Dear WPW,

I have a request. As an avid reader of your magazine, I read with interest the letter in a past issue that scolded you for not identifying the beautiful bodybuilder in your editorial. I'd like to take it a step further by asking you to run more photos of her . . . and specifically a back pose. Any kind will do. C'mon guys I bet you can't run just one!

Arie Goldman
New York, New York

Ed. Note: Ahh, we love a challenge. Below find two—count 'em—two back poses of the striking Daniela Follis. Betcha can't pick a favorite!

Dear WPW,

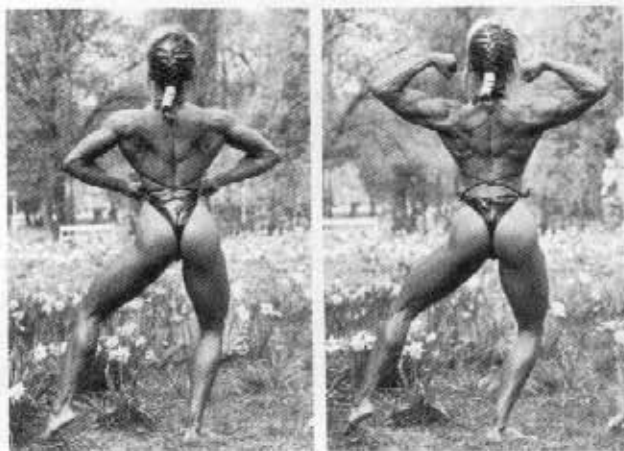
I knew there was a reason why I love WPW. Your coverage of the NPC Nationals said more about the contest with the photos that were used than all the words in the world could not express. And I just loved the center pages featuring the three lightweights who finished third, fourth and fifth. What an awesome trio. As a serious lightweight competitor, they have the types of physiques that I admire and respect. If I can achieve their level of development and never place, it won't matter, because I'll know in my heart I did the most I could with my physical potential.

L.J.
Los Angeles, California

Dear WPW,

Great cover on Sue Price for March '93. What more can you say about an extraordinary lightweight who has taken her physique the last mile to ultimate development. And on top of it all she's a real looker. She gets my vote as the uncrowned national champ for '92.

Gary Reddington
Denver, Colorado



Daniela Follis

FULLER



Nikki Fuller



CALVES



**The
Back
Page**