

WOMEN'S PHYSIQUE WORLD PRESENTS

# STRONG & Shapely™

Summer 1993

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**Alphie Newman**





**This beautiful twosome includes Laurie Donnelly (L) the 1992 Fitness America champion, and Alphie Newman (R) recent winner of the 1993 Ms. Galaxy Fitness held in Florida.**

**The southern California duo are training partners in Orange County. Profiles on each appear in this issue.**



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**On the Cover:** Newly crowned 1993 Galaxy Fitness champion Alphonie Newman. Photo by Bill Dobbins, courtesy of Muscle and Fitness.

**The Back Page:** One of Spain's most beautiful physique stars, Pastory Munoz. Photo by Jim Amentler.



Strong & Shapely editor Steve Wennerstrom stands in for a quick photo with the strikingly beautiful Denise Paglia. More on Denise can be found on page 54. Photo by Barry Brooks.

# STRONG <sup>AND</sup> Shapely

The Magazine For Today's  
 Fitness-Minded Women

Summer 1993

## TABLE OF CONTENTS

**The 1992 Fitness America Pageant . . . 6**

by Steve Wennerstrom

**Laurie Ann Donnelly . . . . . 14**

by Mike Lee

**The 1992 Venus Swimwear Contest . . 19**

by Rick Semple

**Kathy Sherron . . . . . 26**

by Mike Bogen

**Alphonie Newman . . . . . 30**

by Mike Lee

**The 1992 Ms. National Fitness . . . . . 38**

by Steve Wennerstrom

**Carol Lynn Semple . . . . . 42**

by Mike Lee

**Krysty Parker . . . . . 50**

by T.C. Luoma

**Denise Paglia . . . . . 54**

by Mike Bogen

**Jacque Wang . . . . . 58**

by T.C. Luoma

## DEPARTMENTS

**Editorial . . . . . 5    Letters . . . . . 62**

**Fitness File . . . 46**

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## Without Being Selfish PLEASE NUMBER ONE!

by Steve Wennerstrom

Having been in the business of covering women's fitness and its accompanying muscle for the last decade-and-a-half, we have long since learned that it is virtually impossible to please everyone.

By the very nature of dealing with the human variable, and in this case the female version, literally each and every individual has their very own separate and distinct idea of what the physical ideal is, and how the human body should be presented in general.

With *Strong & Shapely* being a relatively new publication having only published four issues counting this one, we have received isolated letters that are curious, to say the least.

In particular, a pocket of letters have asked us why we feature women who most other women will never be able to look like. Their reasoning is that they are *too beautiful*, and *too well "put together."*

Obviously, these readers are serious or they wouldn't have written the letters in the first place. But can you imagine our reaction? What must these individuals be thinking?

I wonder if these same readers are writing to *Vogue* and *Cosmopolitan* to let the editors know that they shouldn't run covers of Cindy Crawford and Christie Brinkley. Surely, there can't be many women who realistically expect to look like either of them any time soon.

On the contrary, it is the business of magazines to cover subjects that are special, out of the ordinary, thought provoking, and visually appealing in one way or another.

For our female readers, hopefully, *Strong & Shapely* will serve as a motivator to help these women aspire to a higher physical level than they are currently. Unless we miss our guess, everyone is looking to improve their everyday life in some respect. For readers of *Strong*

& *Shapely*, it is related to becoming more fit, and to aspire to any level of fitness and beauty they choose to take it. What's that old phrase about the world being your oyster?

For some, the status quo can be comforting. For others, nothing less than "flat

women are capable of in an area that is still largely unexplored.

Maybe we are all wet on this subject, but I am still waiting patiently for the first issue of *Average American Monthly*.

Put simply, we are not about average. We are about inspiration and motivation



### Fitness Competitors Busy Pleasing Themselves

out' will do. We are all different. And that's part of the reason why *Strong & Shapely* is different. We have always felt that the truly fittest of the fit females on this planet have gotten the short end of the exercise stick. And all we are doing is showing what's out there and what

in an area that women have been woefully suppressed over the years. And if we inspire and motivate just one woman to be better than she has ever been before, then at least we have pleased just one.

Our hope is that the legions of believers will continue to grow!

# Knott's Berry Farm Plays Host As Laurie Donnelly

Wins

## Fitness America Title

by Steve Wennerstrom



**GOOD TIME THEATRE**

**WELCOME TO THE 3RD  
FITNESS AMERICA PAGEANT  
NATIONAL CHAMPIONSHIPS**

**NOW SHOWING**

**PLEASE... NO FOOD OR DRINK INSIDE**

Now in its third year, the Fitness America Pageant hosted by American Muscle Magazine and Lou Zwick is beginning to make some headway in the rapidly growing fitness contest scene of the 90's.

Held this year at the Good Time Theatre at Knott's Berry Farm amusement park in Buena Park, California, the show experienced unparalleled growth as 48 women traveled to southern California for the final event.

After a national qualifying tour schedule that included stops in such locales as Galveston, Texas; Cincinnati, Ohio; Long

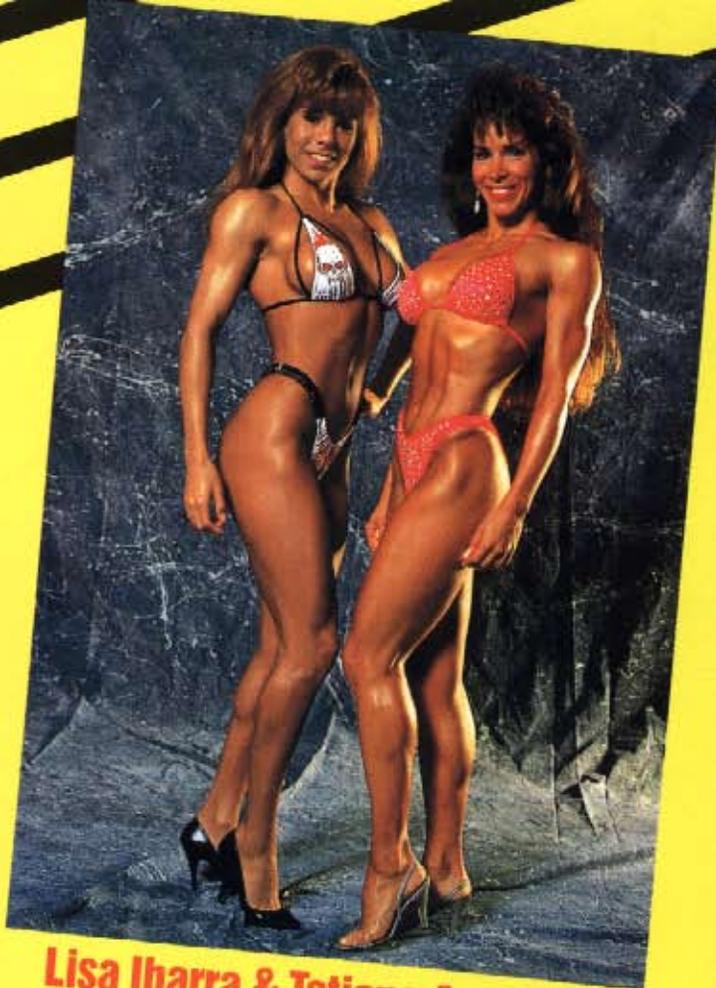
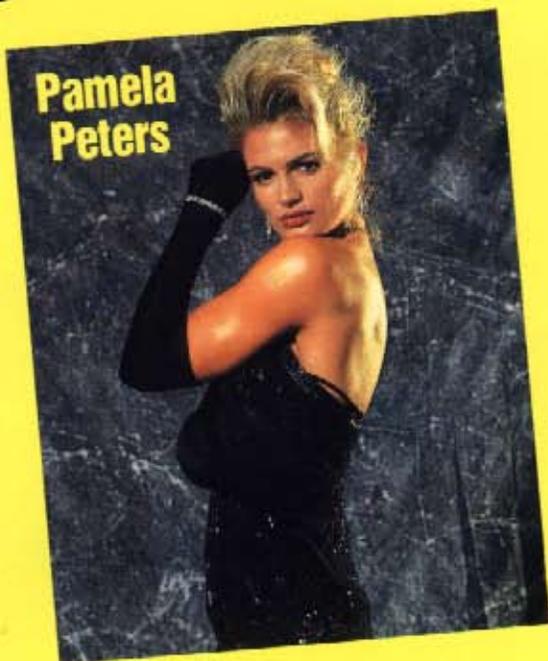
Beach, California; Boston, Mass; Chicago, Illinois; New Jersey's Meadowlands; Miami, Florida, and Dearborn, Michigan, the final show at Knott's Berry Farm was looked to with great anticipation.

Said Zwick after scanning the final list of entries, "We're thrilled with the response we've gotten from the contestants. At each of the qualifiers we recognized the top five from the field to move on to the final. Never did we figure we would get such a strong response. Last year we had a group of 24

*(Continued on page 19)*



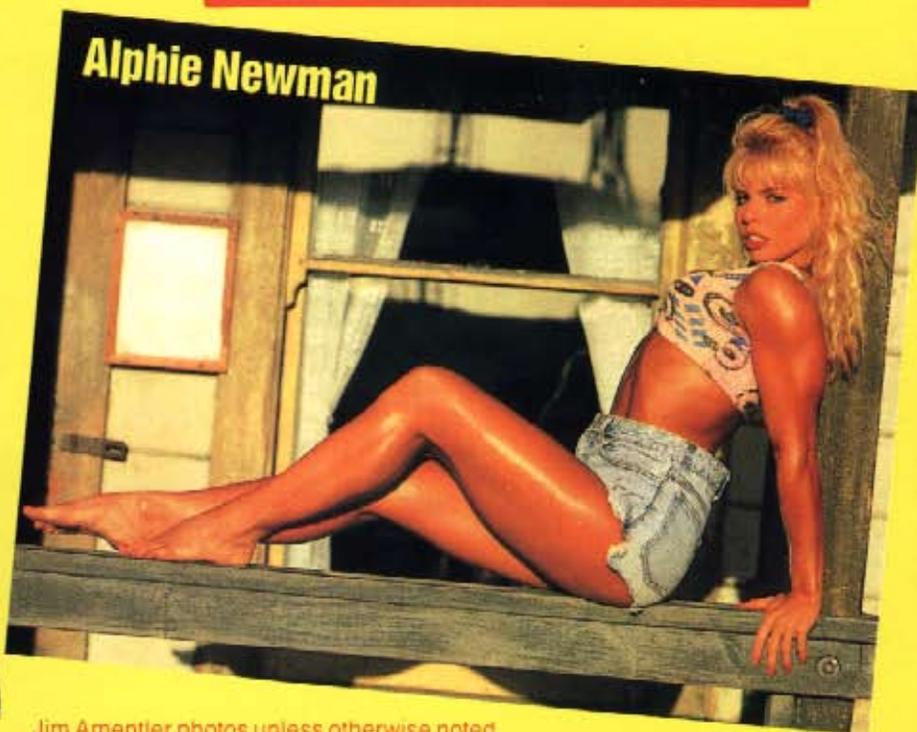
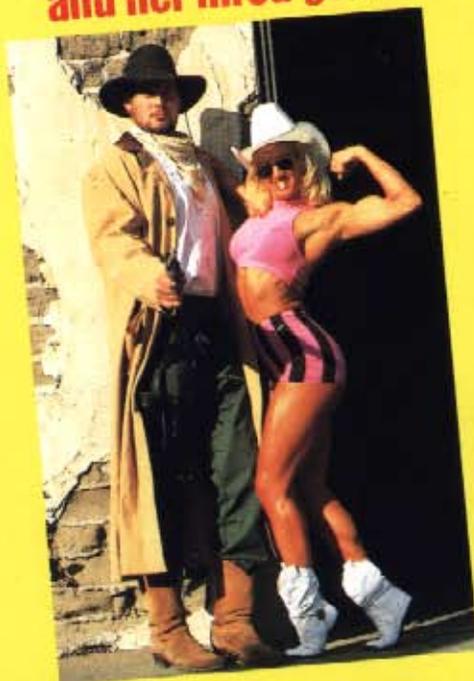
# Fitness America Pageant



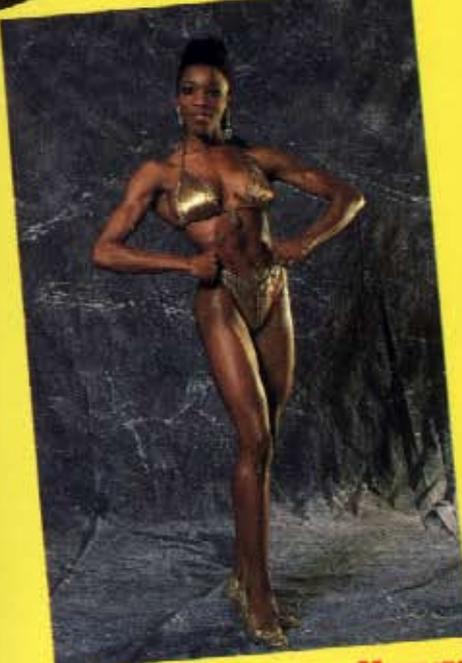
**Lisa Ibarra & Tatiana Anderson**

With a very competitive field that doubled its size from the previous year, the 1992 Fitness America Pageant was a showcase for many of America's fittest and most beautiful competitors as the contestants on these pages illustrate.

**Debbie Kruck  
and her hired gun!**

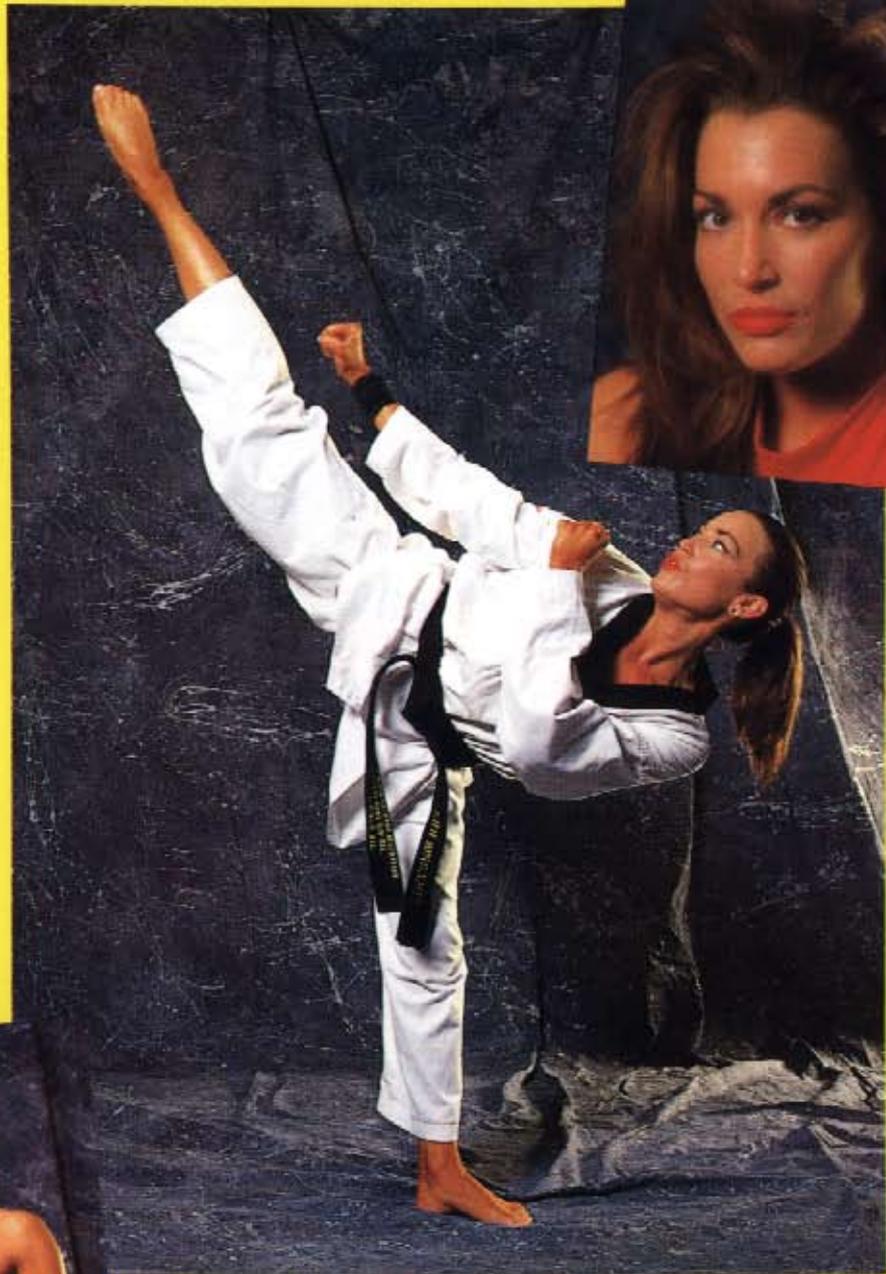


Jim Amentier photos unless otherwise noted.



**Ursula Bukanes Henry**

With evening gown, swimsuit, and fitness routine rounds, the Fitness America entrants looked their dazzling best, making the selection of final placements a nightmare for the judges.



**Ann Bingamen**



**Kim Peterson**



**A Color  
Closeup**



**Kim Peterson**



**Jacque Wang**



**Denise Paglia**

women . . . this year that number was doubled, so you can see we'll have to make some changes next year as we expand the number of qualifiers."

Logistically, the contest presented another problem. Related Zwick, "After seeing the entire field of women for the first time at the competitors meeting I knew we were going to experience a nightmare in trying to narrow down the large group to something we could work with in an hour show for television.

Indeed, the judges were pushed into the unenviable position of not having a prejudging to assess all the contestants before the main competition. As might be expected in situations such as these, several outstanding competitors either went unnoticed or were completely overlooked.

Overall however, the contest presented a memorable field of contestants and pointed to the fact that shows of this nature are solid in line for continued rapid growth.

### Classy Californian is Fittest

With a three-round judging system consisting of swimsuit, fitness and evening gown rounds, judges used a fourth round (interview) to further sharpen their decisions on the top five finishers.

Leading the way and first out of the gate by winning the first round was 22-year-old Laurie Donnelly. At a perfectly proportioned 5-3, 108 pounds, Donnelly possessed a squeaky clean, all-American look that would act as a strong suit item throughout the remainder of the competition.

Winning the swimsuit round with relative ease, Donnelly took a seven point lead into the second round over second-placer Sherilyn Godreau of St. Petersburg, Florida.

Close on the heels of Godreau was Virginian Kim Peterson, and shapely Texan Jacque Wang. Another Texan, Leisa Bolf-



ing, was the fifth-place point getter in this round forming a quintet that would battle each other to the finish.

Moving into the fitness round, the places of the top five bounced around dramatically as two competitors outside the top five claimed the top two spots with stellar routines.

From Pensacola, Florida, 28-year-old Darby Hart used her lean 5-7, 123-pound frame to earn a one-point victory in the second round over New Jersey's classy Maria Gonzales. From Mt. Laurel, Gonzales matched Hart's gymnastic moves and flexibility levels to pull herself into a solid top-ten position.

Close behind the leaders were Leisa Bolfing and swimsuit winner Laurie Donnelly.

So, after two rounds, it was Newport Beach's Donnelly holding a 12-point lead over Leisa Bolfing with Kim Peterson and Jacque Wang in the third and fourth spots respectively.

In the evening gown round Leisa Bolfing put on her strongest move for the top position by winning the event over Laurie Donnelly by six points. A personal trainer and model, the 5-6, 115-pound Bolfing looked to be at the top of her game in this round with elegance to burn and a toothpaste commercial smile.

Although Donnelly was just six points back, she was chased ever so closely by Kim Peterson and Jacque Wang with 23 points.

Prior to the awarding of the final placings, the judges used an interview round, asking each of the top five competitors a question pertinent to the health and fitness industry and how it relates to that particular competitor, to arrive at a final score.

With Laurie Donnelly also winning this round, the final scores and placings of the top five didn't change, although fourth-placer Jacque Wang made a strong showing in this round by notching the second-place spot.

# Knott's Berry



Precious Pulvirenti is our choice for the contest's 'Best Name.'



Shutterbugging contestants turn tables on contest photogs



Debbie Kruck gets western

# Paparazzi

STRONG & SHAPELY / 11

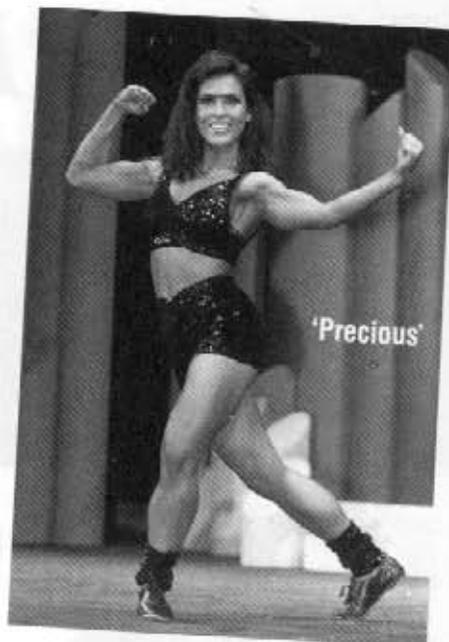
Jacque Wang



Kim Peterson



'Precious'

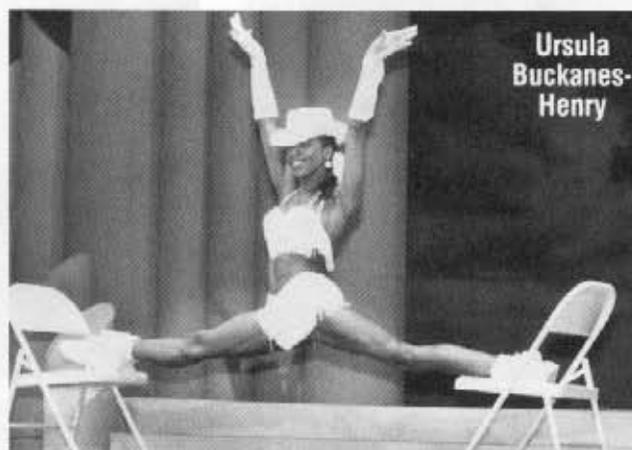


# The Fitness Round

Laurie Donnelly



Ursula Buckanes-Henry



Nancy Benson



Martha Lombardo



Ann Bingamen



And so with the final tallies in place, blonde Californian Laurie Donnelly became the third winner of the Fitness America Pageant using her overall physical and facial beauty to outpoint the field.

For Donnelly, it was her first try at the national level in a fitness contest. The former track & field competitor had traveled to Hawaii earlier in the year to win that state's qualifier for the Fitness America final.

As the overall champion Donnelly was scheduled to win a trip for two to Hawaii, various pieces of weight equipment and a food and vitamin supplement line.

Earning the runnerup position was Dallas' Leisa Bolfig. Her final score of 88 points fell short of Donnelly's winning pace of 65, but the 1989 winner of Bally's 'Most Perfect Body' was one of the show's best prepared competitors as well as possessing notable stage presence.

Placing third was feisty Virginian Kim Peterson. A 25-year-old owner/designer of Provo Fitness Apparel and a highly regarded aerobics instructor, the 5-5, 115-pound Peterson displayed one of the best conditioned physiques in the event and wasn't afraid to flex it proudly. This energy dynamo has been training for nine years and is well versed in Karate as well as aerobics and weight training.

Kim Peterson's total of 99 points edged Texan Jacque Wang by two points. From Amarillo, the 5-6, 130-pound pharmaceutical technician and personal trainer totaled 101 and was one of the contest's most consistent placers throughout the four rounds of judging. With a structural strong suit that included beautifully-shaped legs and diamond-shaped calves, Wang's physical presence was such that it helped carry her through each round due to its undeniable symmetrical excellence. Only 24, Wang's best years of fitness contest competitions are ahead of her. Her capacity to win goes without saying as she continues to



Donnelly and Bolfig Wait it out.



improve her fitness routine and stage presence.

Rounding out the top five was former bodybuilder Sherilyn Godreau. At 5-7, 128 pounds, the statuesque Godreau also used her physical presence to keep her competitive in this field. Training seven years, the 28-year-old personal trainer from Florida was the overall winner of the Fitness America Florida qualifier to go with a pair of fourth-place finishes at the Miss Global Physique and Strong & Shapely Fitness Extravaganza events in 1992. Having competed in eight previous bodybuilding contests, Godreau was the overall winner at the 1987 North Florida and 1991 Tampa Bay.

As was the case with Wang, Godreau will also need to upgrade her fitness routine to remain in contention at future events. Physically however, she's tough to beat with nice balance, sound structure, and well-distributed muscular firmness from head to toe.

Outside the top five was sixth-placer Tatiana Anderson of Houston, Texas. Her total of 108 points led a striking trio of challengers to the top placings including Floridian Darby Hart (109) in seventh, New Jersey's Maria Gonzales (109) eighth, and Texas Lisa Ibarra (111) in ninth.

Tenth place went to Detroit's energetic Ursula Buckanes-Henry who, at 32, was the elder stateswoman of the top ten and claims an interesting array of former titles which include 1992 Mrs. USA Physical Fitness, Ms. Elite Physique 1990, Detroit's Most Physical Female 1988, as well as an American Gladiator contestant in 1989.

So, with Laurie Donnelly putting a firm lock on the 1992 Fitness America title following prior winners Nancy Benson (1990), and Sherry Goggins-Giardina (1991), the stage is set for the upcoming 1993 qualifiers that will undoubtedly result in the further popularity of one of America's fastest growing competitions for women.

#### Fitness America Pageant Official Results

1 — Laurie Donnelly	65
<i>Newport Beach, California</i>	
2 — Leisa Bolfig	88
<i>Dallas, Texas</i>	
3 — Kim Peterson	99
<i>Richmond, Virginia</i>	
4 — Jacqueline Wang	101
<i>Amarillo, Texas</i>	
5 — Sherilyn Godreau	119
<i>St. Petersburg, Florida</i>	
6 — Tatiana Anderson	108*
<i>Houston, Texas</i>	
7 — Darby Hart	109
<i>Pensacola, Florida</i>	
8 — Maria Gonzales	109
<i>Mt. Laurel, New Jersey</i>	
9 — Lisa Ibarra	111
<i>Houston, Texas</i>	
10 — Ursula Buckanes-Henry	113
<i>Detroit, Michigan</i>	
11 — Debbie Kruck	92**
<i>Daytona Beach, Florida</i>	

12 — Denise Paglia	95
<i>Orange, New Jersey</i>	
13 — Renita Harris	115
<i>Chicago, Illinois</i>	
14 — Roseanne May	120
<i>Dallas, Texas</i>	
15 — Heather Cherry	132
<i>San Francisco, California</i>	
16 — Donna Pianfetti	152
<i>St. Louis, Missouri</i>	
17 — Suzanne Molsinger	158
<i>Harrisburg, Illinois</i>	

#### Also Competing:

Jacqueline Bakeria	<i>Chicago, Illinois</i>
Stephanie Bailey	<i>Livmore, California</i>
Nancy Benson	<i>Oak Brook, Illinois</i>
Ann Bingamen	<i>Milford, Michigan</i>
Pamela Busch	<i>Marietta, Georgia</i>
Nan Butler	<i>Madison, Wisconsin</i>
Bonita Carpenter	<i>Martelle, Iowa</i>
Cari Davis	<i>E. Canton, Ohio</i>
Christina Galang	<i>Tampa, Florida</i>

Kelly Giynn	<i>Malden, Massachusetts</i>
June Gotkin	<i>Coventry, Connecticut</i>
Michelle Haug	<i>Kansas City, Missouri</i>
Kathryn Hinton	<i>Schererville, Indiana</i>
Susan Kelley	<i>Atlanta, Georgia</i>
Carmen Klepper	<i>Miami Beach, Florida</i>
Laura Laureano	<i>Tempe, Arizona</i>
Martha Lombardo	<i>Windsor, Ontario</i>
Pamela Martin	<i>Irving, Texas</i>
Joyce Miles	<i>Tampa, Florida</i>
Lois Miller	<i>Milwaukee, Wisconsin</i>
Dena Orr-Jones	<i>Atlanta, Georgia</i>
Pamela Peters	<i>St. Joseph, Illinois</i>
Precious Pulvirenti	<i>Staten Island, New York</i>
Trella Rothman-Costa	<i>Honolulu, Hawaii</i>
Patty Sanchez	<i>Van Nuys, California</i>
Karin Schubach	<i>Dana Point, California</i>
Kathy Sherron	<i>Raleigh, North Carolina</i>
Stephanie Suthers	<i>Los Angeles, California</i>
Denise Swartz	<i>Tallahassee, Florida</i>
Terri Williams	<i>Norco, California</i>
Amy Zych	<i>St. Charles, Missouri</i>

# Laurie Ann Donnelly

## A SHARPER FITNESS IMAGE



In ancient times they ran for the challenge of running. The steep hills and seemingly endless trails tested a competitor's will and determination. You didn't run for big athletic shoe contracts or a chance to be in the movies. It was the challenge. Glory was the coveted prize for those who could run the swiftest.

As a girl growing up in Florida, Laurie Donnelly was searching for a challenge. She'd grown tired of competing in gymnastics. One day she wandered outside

the gym where she found a running track. There her search ended. "I ran around and around," she says. "I loved it."

While her elementary school friends played house and dress-up, Donnelly was running. She started training for 10-K races before she was 10 years old. From that point on she was tough to beat. "I won a lot of races and people were pretty amazed because I was so young," she says. From her first day on a track through high school she says it was the

challenge of every race that attracted her to running. "You're constantly challenging yourself," she says. "I was pushing myself, competing against myself. You could measure what you had done. That really appeals to me."

Donnelly's kind of like the little kid who needs a lot of toys. She gets bored pretty easy. After moving to Irvine, California, she was running track and playing soccer in high school but wanted to do something else after practice. That's when she

— by Mike Lee —



**1992 Fitness  
America  
Winner**

Jim Aminger photo

STRONG & SHAPELY / 15



decided to join a gym. "I did aerobics and loved it. By the time I was 17, I was certified and teaching. Again, it was something I was challenging myself with." She says it was through aerobics that she found something else that gave her a lot of self-satisfaction. "People in my class were asking me how to train and stay in shape. I liked helping them. There's nothing like the feeling of helping people achieve their goals."

The foundation for a career in fitness had already been built and it was fortified in college. At Chico State University, Donnelly took a human physiology class and was fascinated by it. "I fell in love with the exercise sciences," she says. She received a degree in Exercise Physiology with a minor in business. After graduation she decided to combine her business and fitness knowledge to form a company. "I always wanted to be an entrepreneur, so I

started my own fitness company." It's called *Integrated Fitness* and Donnelly designs a fitness program ranging from nutrition to exercise to meet a person's individual needs. You can't beat the service. She even makes house calls!

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**"A lot of people are their own worst enemy. They have that negative voice going on inside their head all the time. You have to learn how to shut that off."**

---

"My favorite thing to do is to go into someone's home and change their life by getting them into fitness," she says. There's this child-like enthusiasm and energy when she speaks about helping

people get into shape. "It's so exciting," she bubbles. "These people become more self-confident with themselves because they feel better and look better. I realize I'm making a difference in a person's life."

The 22-year-old, 5-3, 110-pound Donnelly is also a corporate fitness consultant. Taking on the responsibility of starting a fitness program for a corporation can be quite a challenge as well. You don't find many Cory Everson's among the participants. Some have never seen a dumbbell. "A lot of these women have never done aerobics, but I see some of the most uncoordinated people learn to do aerobics and for the first time, get in shape. It's just really fulfilling training people."

Fitness trainers have their own style and approach to getting their clients fit. But one thing's for sure... You've got to be a motivator. And with some clients it's probably like trying to get a tortoise to pick up the pace. So what's Donnelly's secret? "Positive reinforcement," she says. "It's all in the mind. I tell them you need a path and the best one is a path that's positive. A lot of people are their own worst enemy. They have that negative voice going on inside their head all the time. You have to learn how to shut that off." Laurie adds, "Your body and how you're feeling are really interrelated. Your body isn't as happy as it can be without fitness. I believe that the secret to it all is in your head."

When she's not training others, she's training hard herself. For cardio action, Donnelly's not running like she used to but does some form of aerobics every day using the stairmaster or taking an aerobics class. She says the best part of training is pumping iron. Donnelly and workout partner Alphie Newman, the Teenage National Bodybuilding Champion, train with weights every day. "Weightlifting is my favorite thing to do. It's another way to challenge myself," she says.

And again, it was *the challenge* that led her to competing in fitness contests recently. Last year, in her first contest, she caught the competition with their grass skirts down and won the 1991 Fitness Hawaii contest. She says one of her goals is to win more fitness contests. "With fitness shows there's always a big challenge," she says.

While she enjoys getting others into shape, she's also drawn to Hollywood. Winning fitness contests has brought some winners into the eye of the entertainment industry. Donnelly's a performer and she likes the idea of entertaining an audience like the ones at fitness shows. "There's nothing like the feeling of being on stage," she says. "I would love to get into commercials and film. I know it's a lot of work, but it sounds fun."

Look for her at a theatre near you.

"My favorite thing to do is to go into someone's home and change their life by getting them into fitness."

Bill Wicks photo



Michael Huckenbruch photo



Jim Ampeller photo

**Lisa Morris**  
4th Runnerup



**Beathe Smith**  
1st Runnerup



**Leeann Tweeden**  
WINNER



**Polly Adams**  
2nd Runnerup



**Nikki Jackson**  
3rd Runnerup



# The 1992 Venus International Model Search

**If you were lucky enough to be vacationing at the Holiday Inn Surfside in Clearwater Beach, Florida, last September, you may well have suffered from 'beauty overload' as 76 of the country's most beautiful swimsuit models converged on the Sunshine state to compete in the giant Venus International Model Search. With talent scouts from across the continent and over a quarter-of-a-million dollars as a prize incentive for the winners, you can imagine that the competition was hot and heavy!**

One didn't have to search far to find a stunning bikini model at the 1992 Venus International Model Search. They were everywhere. Seventy-six utterly gorgeous regional winners from across the United States and Canada took part in the competition in Clearwater Beach, Florida, in pursuit of the coveted title of Ms. Venus International 1993 and over \$250,000 in cash, prizes, and modeling contracts. Although judging was not based on "athletic" appeal (criteria included bikini and evening wear modeling, stage presence and interviews), don't be fooled by the lack of bulging muscles.

As you will note in our four mini-profiles below, fitness played a strong role in most contestants' backgrounds. Dancers, gymnasts, runners, aerobics instructors, personal trainers... you name

it... these women had most all of the fitness bases covered.

The job of picking 12 finalists from such a truly outstanding field was not cake-walk, even for a panel of experienced judges. Our unofficial survey of VIPs in attendance indeed revealed little consensus, as everyone could be heard cheering for their individual favorites.

The eventual winner, Colorado's Leeann Tweeden, certainly was a deserving recipient (as were all of the finalists, for that matter). Win or lose though, all present voiced unanimous praise for the quality of the competition and the people who ran it.

Promoters everywhere might be well advised to take a few lessons from Msrs.

Jay Mann, Rich Atlas, and their staff. These fellows know how to put on a show that is simply... out of this world!

At first, as we gazed around the hotel lobby, there was considerable doubt whether we had made a wise decision to attend this event. What did we really have here: 76 beautiful fashion-type models whose fitness routine consisted mainly of a starvation diet, or were there, indeed, some in-shape athletes in the group?

Upon posing our concerns to 24-year-old bikini-clad contestant, Laura Helton, of Huntsville, Alabama, she smiled and launched into a series of effortless back flips in front of some very startled hotel guests. In an instant, this 5'8", 123-pound former state gymnastics and diving

champion erased all of our doubts. It was impressive, so we unpacked our bags.

In addition to running her own gym — "Unique Physique" — in Huntsville, Helton teaches a full schedule of aerobics and gymnastics classes each week. One of this year's 12 finalists, she appeared in the 1991 Venus swimwear catalog and was featured as one of the winners of the Bikini Open, a pay-per-view telecast where viewers call in to determine the champions. "They're supposed to be coming out with a line of Bikini Open trading cards, similar to the baseball cards," Helton told me. Anyone interested in swapping a Mickey Mantle for a Laura Helton?

In Clearwater, she was chosen

**by Rick Semple — photos by Barry Brooks & David Mecey**



## Laura Helton



amongst all contestants as the recipient of a contract to appear in an internationally distributed fitness video. "My eventual goal in modeling," she says, "is to become sort of a modern day pin-up girl . . . to have that cute, innocent, yet

sexy appeal . . . the type of model whom artists like to paint." Aside from doing pretty well at the show, Laura can't say enough about the Venus experience. "I was very impressed. They're so professional. It's enough to make any girl

want to go back." But next year we'd like to request that the hotel provide gymnastics mats in the lobby!

Next question: What do classical ballet and "crabbing" have in common? Answer: They can both be done, and



## Rhonda Schaffer



done proficiently, by 23-year-old Rhonda Schaffer. Thirteen years of stringent ballet training, to be exact, have served to mold the beautiful, disciplined shape of this 5'6", 115-pound Baltimore resident, who now works as a proprietor of a clothing store. "I went to Baltimore School for the Arts, and we all had to constantly vie for parts in the ballets, so I'm used to intense competition. The thing I enjoyed most about the Venus

Pageant was the chance to meet so many new people from all over." Schaffer arrived in Florida with solid credentials, having taken first runnerup in the Miss Maryland Pageant (for Miss USA). We were struck not only by her tight dancer physique, but also by her beautiful, tanned-to-perfection skin tone. "I'd like to go back to school to pursue a degree in elementary education, but I'd sure like to try Venus again if I'm lucky enough to

qualify."

If they look for super-voluptuous types, she may be out of luck. But under our definition of a great bikini body, this woman can compete with the best of them.

Track women compete in bikinis, too. Well... at least this one does. "I've been working out ever since high school," 24-year-old Kelly Nugent told us. Born in



## Kelly Nugent

South Korea and currently living in Madison, Wisconsin, Kelly (5'4", 110-pound) was a top state long jumper in school. Having years ago adopted fitness as "part of my life," she has aspirations of someday owning her own gym and returning to college for a degree in the health field, as well. "The competition in Florida was a really good experience for me," she admits. "I had a great time. After seeing your magazine, I'd also like to compete in fitness contests at some point." Welcome to the club, Kelly. We hope our readers will see you on these pages again, very soon.

It may be an overstatement to say that Toledo, Ohio, is a hotbed of modeling talent, but according to Deanna Alkire,

"there are a lot of beautiful women here." As education director of a modeling school, she ought to know. As one of the most curvaceous contestants, she was also among the most talented athletically. A physical dynamo all her life (she's 21), 5'9", 124-pound Deanna cheered, played basketball and softball, taught aerobics since her freshman year in high school, and has trained as a dancer from age three. She is still active in each of these disciplines (except cheerleading). Her secret athletic ambition? "To play ice hockey." Look at the accompanying photos, then imagine this woman landing a ferocious check on some opponent. That's competitive desire. Alkire qualified for the Venus

finals by winning the State regional crown. Additionally, she holds the title of Miss World Cup, held in conjunction with the World Cup of Freestyle Wrestling. No, she didn't have to wrestle to earn the crown.

Future goals include a career in television broadcasting, and, as a longshot, "the *Sports Illustrated* swimsuit issue would be nice!" Already working out hard for another try next year, she vows that next year's physique will come in "smaller in the hips and more muscular. I'm proud that someone from Toledo was able to participate in a national competition. Nobody does it like Venus, and I definitely want to be back."

So will we in '93!

## Deanna Alkire



**NOW AVAILABLE . . .**

# The 1992 "Strong and Shapely" Fitness and Strength Championships

If you were unable to witness this unique new contest in person, you can capture all the action on this 2½ hour home video which features nine of today's very top fitness women (From left to right, in group photo are Holly Hart, Patti Regan, Esther Serrano, April Roseberry, Kathy Sherron, Debbie Kruck, Patty Sanchez, Sherilyn Godreau and Denise Paglia). Video features line ups and comparisons in bikinis, routines in bikinis, introductions and comparisons in evening gowns/mini-skirts and all women performed curls for the strength event. Also available 80 color 4 x 6" photos taken during all the action!

**ALSO AVAILABLE:** All-new 1992 footage of mega fitness star, Debbie Kruck as she poses in a variety of eye-catching dresses, swimwear, tights, etc., works out in the gym and is interviewed. Color photos also available.



**Denise Paglia**



**Sherilyn Godreau**



**Debbie Kruck**

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 257E, East Rutherford, NJ 07073.

**COLOR VIDEOS:**

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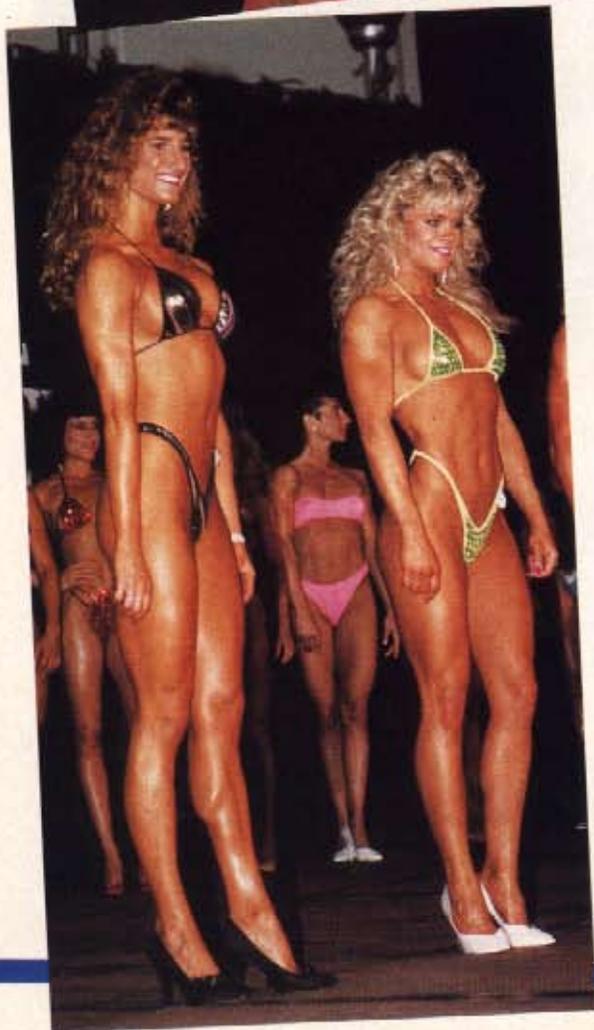
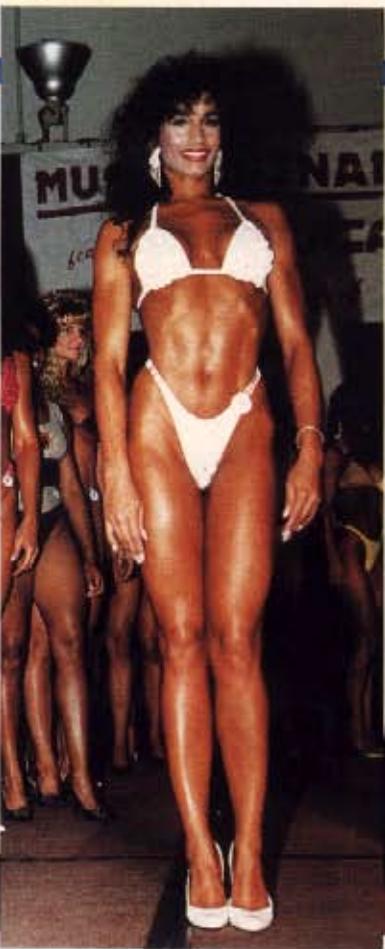
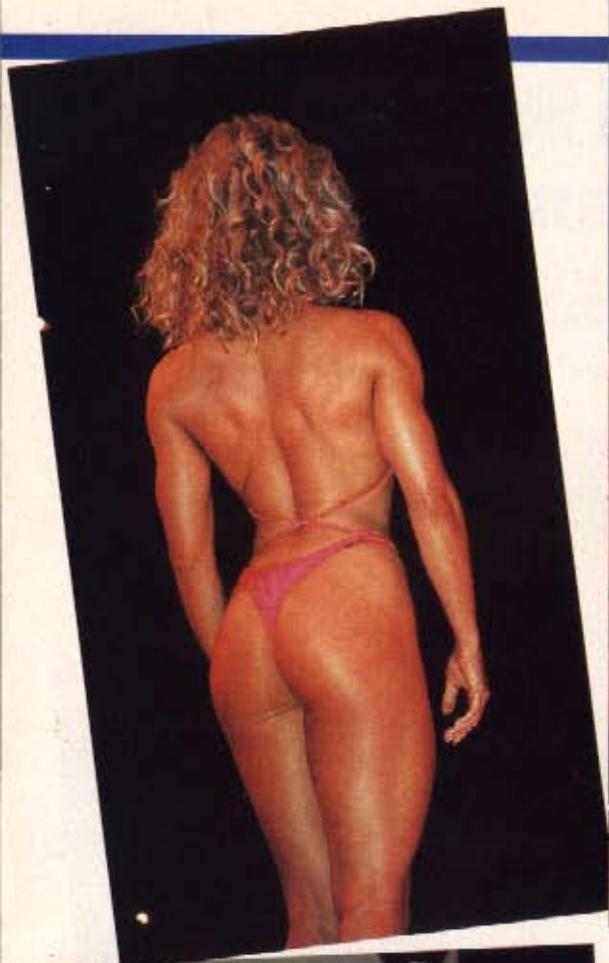
EUROPEAN PAL: VHS (add \$10 for PAL conversion)

- Video 9 - Debbie Kruck 1992 (2 hours) . . . . . \$59
- Video 11 - Strong and Shapely Contest (2½ hours) . . . . . \$59

**COLOR 4 x 6" PHOTOS**

- Photo set 6 - Debbie Kruck (50 photos, swimsuits) . . . . . \$25
- Photo set 7 - Debbie Kruck (70 photos, dresses) . . . . . \$35
- Photo set 9 - Strong and Shapely Contest (80 photos) . . . . . \$39

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_



**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 257E, 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**

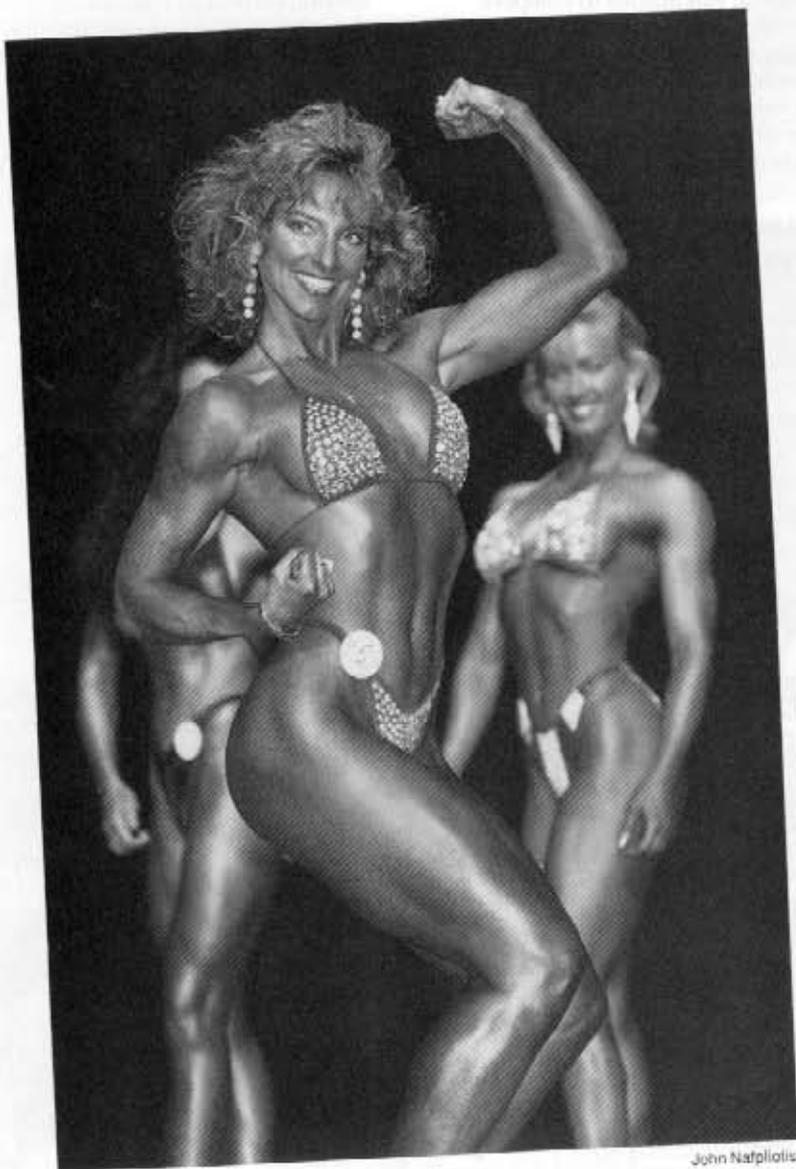
- Set 1 — Duncan, Kruck, etc. (80 photos) ..... \$40

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_



# Kathy Sherron

## Fittest of the High Flyers



John Nafpliotis



by Mike Bogen

Life's a balancing act for Kathy Sherron and despite the odds, the former professional football cheerleader is maintaining her equilibrium quite well, thank you.

Sherron's particular tightrope stretches not only between her hometown of Raleigh, North Carolina, and St. Louis, the home base for the 32-year-old flight attendant, but also between her work and her efforts to make a name for herself in the world of fitness competitions.

"I try to make training a priority," says Sherron, who was a member of The Big Red Line as a cheerleader for the St. Louis Cardinals of the National Football League during the 1988-89 NFL season, the Cards' final one in St. Louis before moving to Phoenix. "But I'm handicapped by my work (which has her in the air, in different cities or suffering from chronic jet lag), which does make my training schedule very inconsistent. I just do the best I can when I can."



In addition to the actual travel-related difficulty, Sherron also suffers because she still maintains her Raleigh home and commutes to St. Louis. That, too, makes for inconsistent training. Still, the 5-8, 131-pounder has been able to achieve considerable success.

Sherron, who also competed in gymnastics and track in high school (she ran the 440 relay along with hurdles and long

jump in her senior year) began cheering as a junior high school student and continued it through four years at North Carolina State University. That's where she first encountered weights. "We (the cheerleaders) worked with the basketball team's strength coach and he had us down in the weight room," says the 1982 graduate, who majored in Recreational Resource Administration. "It was really hardcore lifting and that's what got me interested in fitness in the first place. I had good legs from cheering so long and people kept telling me I should work on my upper body and compete in bodybuilding."

Sherron did just that, entering her first, and only, bodybuilding competition, a local show in Greensboro, North Carolina, in 1983. "I don't know exactly how I did, but I know I didn't make the night show," she recalls. "I also know that I learned right away that it wasn't for me. I just didn't feel comfortable. I wasn't very muscular — less than now, for that matter — and I didn't know the logistics of the day. That also made me uncomfortable. Also, I didn't really want all the muscle you needed to compete."

So, Sherron checked out of bodybuilding and checked into flight school. Once she was airborne, she had to give up teaching aerobics, which she'd been doing since college, because her flight schedule was too erratic. But, she con-



tinued to work out and started on the course that would lead her to fitness competitions, which she started in 1989.

Sherron entered aerobics competitions and fared well. She also won the title of "Most Physical Female" in North Carolina in 1985. In that one, "it was just a matter of executing moves and having stamina. Basically, it boiled down to the person that was left standing at the end was the

At second from the right, Sherron poses with Michigan winners of the Fitness America qualifier.





Sherron sparkles in Ms. National Fitness lineup pictured third from right.

Steve Wennerstrom photo

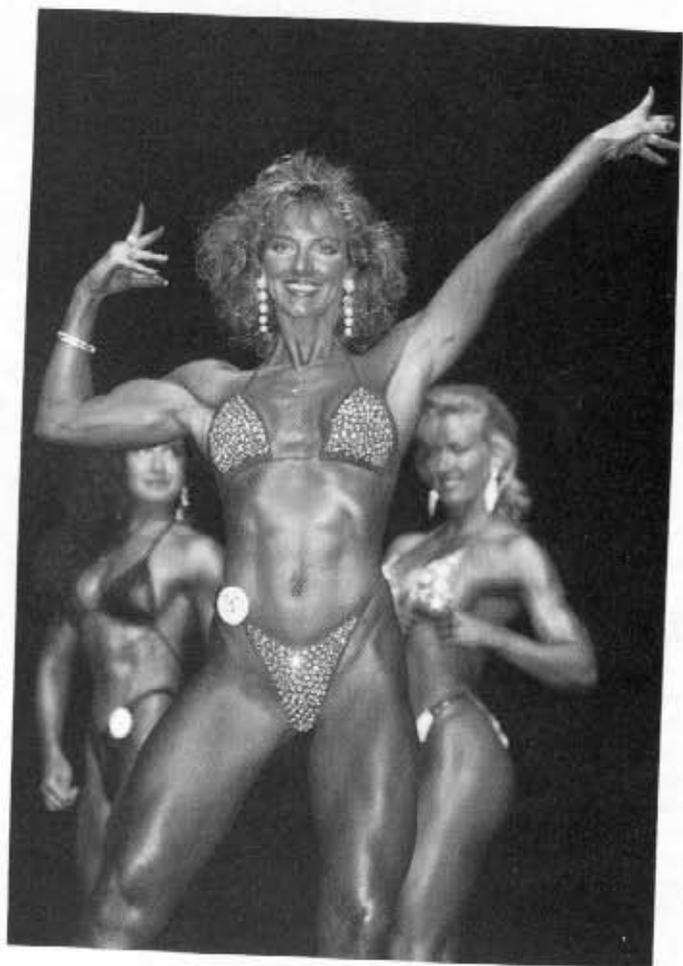
winner!" She also put a stranglehold on St. Louis' "Perfect Aerobics Contest" championship, taking that crown three years running, from 1986-1988.

Sherron's first fitness show was a biggie — the '89 Ms. Fitness USA. There were no qualifying contests for that first year, and although Sherron didn't finish in the top three, she found the experience motivation enough to continue at it. In 1990, Sherron entered several contests including the Ms. Fitness USA again. This time, she finished second. "I did several shows to gain experience, but I don't think I was in top shape for any of them," she says.

The following year, 1991, Sherron placed third in the Fitness America Pageant, but failed to make the top 10 of the Ms. Fitness USA.

With her efforts in fitness, Sherron hit for the women's physique and figure cycle, having competed in bodybuilding, fitness and in previous years, swimsuit and beauty contests. "I was too muscular for the swimsuit competitions and not muscular enough for the bodybuilding shows," she says. "Now, I'd say I'm on the muscular side of fitness — in the Debbie Kruck/Marla Duncan neighborhood.

You know, for someone who doesn't know what city her next workout will be in, that's not too bad a neighborhood.



# The 1993 Galaxy Fitness Champion

# Alphie Newman

by Mike Lee

There you are standing at the newsstand thumbing through the most recent fitness magazines. You come across a photo of Alphie Newman. Beautiful, you're thinking. But just another pretty blonde with a sculptured physique gracing the spread. A dream girl, the kind all the guys wish they could get next to, but you wouldn't want to talk politics with her. Keep it simple.

Well, think again. Her body may leave a guy's knees wobbling, but her mind delivers the knockout punch. Newman, only 19, is a very bright young woman. While a lot of other individuals her age are trying to get their lives in focus, her vision is clear. Newman's a strong believer in mind power and is studying to be a writer. But you get the idea she's already got a degree. Talk to her and it might be you reaching for the dictionary.

There's more. She doesn't need any help carrying in the groceries. Newman is a world powerlifting champion. While her accomplishments and intelligence should stand on their own, she says they're sometimes overshadowed by people who judge her by her looks. "People stereotype me because I'm young and blonde, but it doesn't bother me," she says.

Newman, who now resides in Costa Mesa, California, pretty much grew up in



Jim Armentler photo

# Alphie

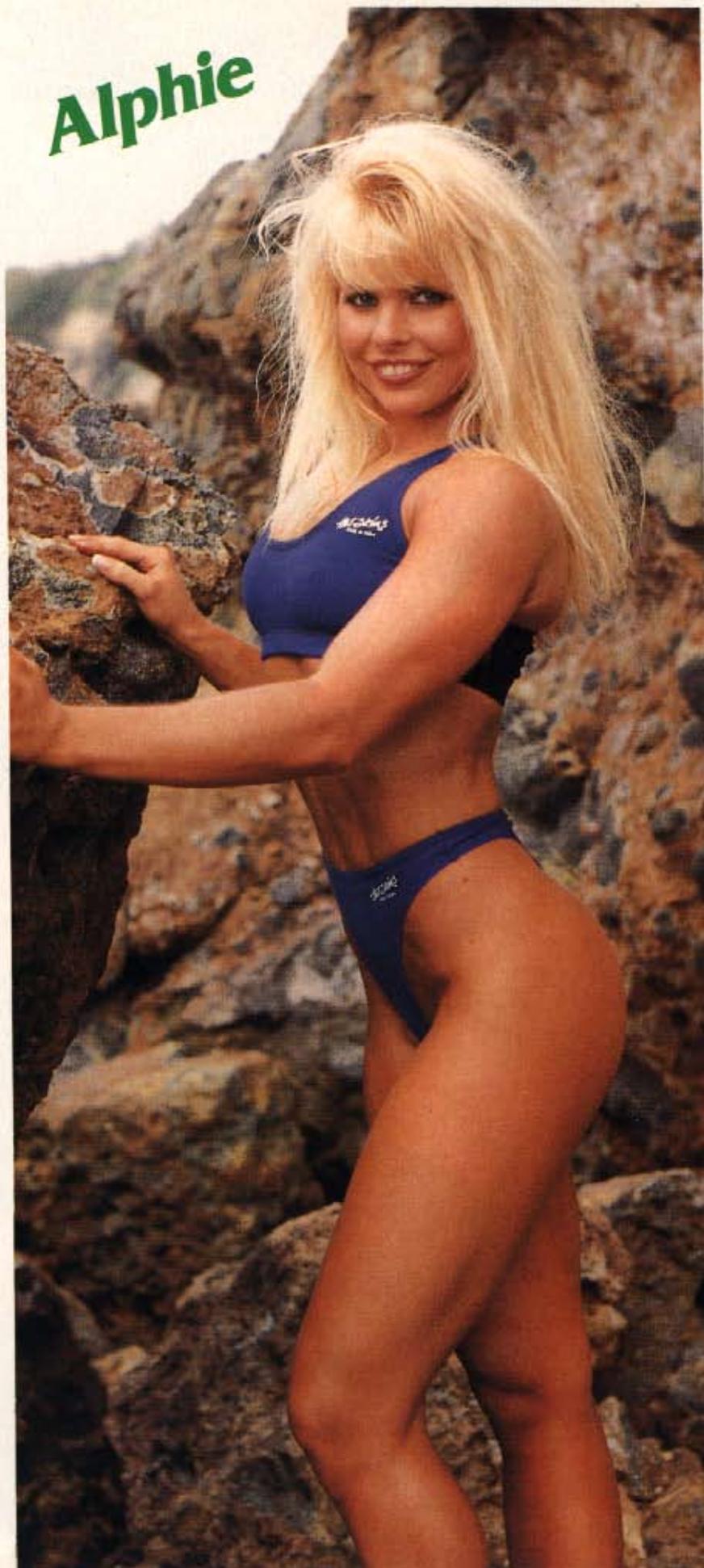
a gym on the Big Island of Hawaii. While she danced and tumbled as a young gymnast, she was immersed in a world of iron. Her potential for success in the bodybuilding arena is in her genes. Her father owned a gym and was a title-holding bodybuilding champion. The gym brought the father and his daughter together as a team. Trained under his watchful eye and guidance, she learned the techniques of powerlifting. Picture a father coaching and encouraging his daughter. Hours of pushing, of pain, then triumph. At the tender age of 14 she entered a powerlifting contest and broke four world records in the 97-pound teenage/women's division.

The next year was very emotional for Newman. Her father became ill and passed away. A promoter decided to dedicate a powerlifting contest to him and asked Newman if she would compete. During that period her concentration had been elsewhere. "I hadn't been training but I decided to do it for my father," she says.

Someone special was with her the day of the contest. She had the strength of two. Newman broke four more world records, this time in the 105-pound class. "That was the best meet of my life," she says smiling. "It was like he (her father) was there with me the whole time."

At 16, after battling some injuries, Newman decided to go into bodybuilding. "I wanted to do something that I could incorporate my dance ability with and my love for lifting weights," she says. She had tasted victory as a powerlifter and believed she had the competitive edge to win a bodybuilding title. In her first contest at the Teen Nationals in 1990 she placed third. She knew the title was within her reach. "They said I needed about 10 more pounds of muscle. I trained really heavy and I got stronger than I had ever been in my life."

The rigorous training and sweat paid off. Newman went to Florida on a mission and captured the 1991 Teenage National Championship. She says a lot of her success is due to power of the mind. Talking to her reminds you of when the master would talk to Cain in those old "Kung Fu" episodes. She talks of concentration, of precision to focus in on a goal. Winning the mental battle through visualization. "In powerlifting I did a lot of visualization. You imagine how the bar feels on your back, what the chalk smells like and how your feet feel when you grind them into the mat pushing the weight. I see myself lifting the weight, doing the lift correctly with good form. If you get it perfect in your head, your body will think you've done it so many times that when you go out to do it in a contest you will." Newman says the same visualization helped her win the teenage championship. "For bodybuilding I always saw my body the way I wanted it



(Continued on page 34)

Jim Armentier photo

# STRONG <sup>A</sup>ND <sup>B</sup>Shapely

COVERGIRL

Alphie Newman



www.strongandshapely.com



Bill Wick photo

to look. I could visualize how I would present myself on stage," she says.

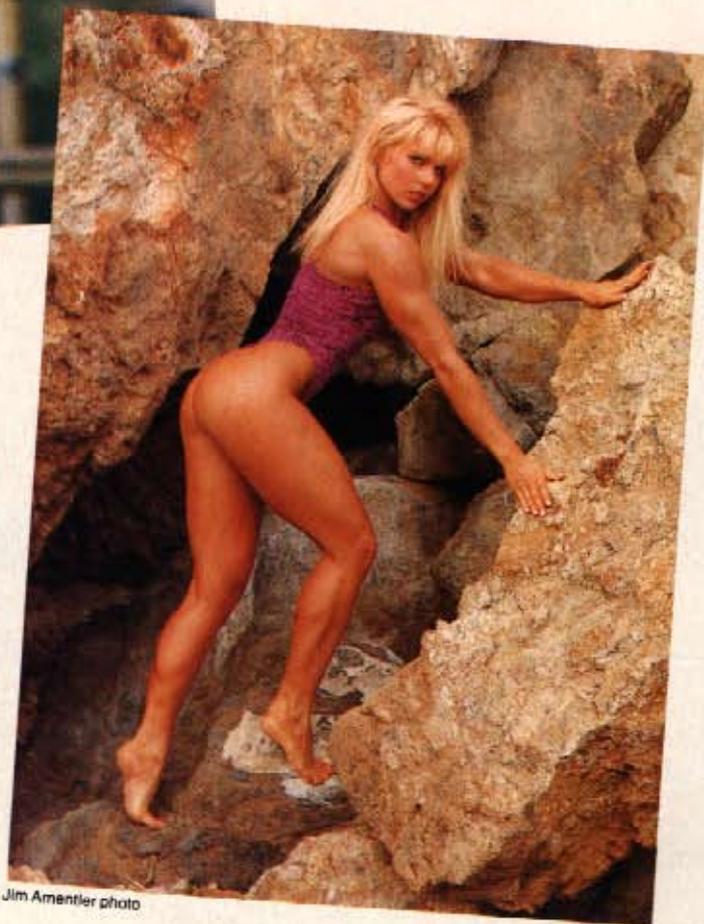
Since winning the teenage championship the 5-4, 112-pound Newman has been competing in fitness contests. She has decided to bow out gracefully from the world of competitive bodybuilding. "Winning the teenage division was one thing," she says. "But it's another story competing with the women. I never want to take it that far." The fitness contests appeal to her because she can use her dancing and gymnastic abilities. "I feel it's more me. I can express myself more artistically." She's hoping to win a contest and appears to be on her way. Newman placed in the top five at the Ms. National Fitness contest held in Las Vegas in October.

But there is a bottom line to all this. She's not just going through the motions to get on the cover of a magazine. She's got a genuine, caring way about her and

she really wants to help kids. "The biggest thing for me now is to be a positive role model for young people," she says. Newman says she'd like to travel around the country to talk to kids about staying away from drugs and get them interested in fitness. She says winning a fitness contest could help her achieve that goal. "I'd like to help educate the kids about health and exercise. I'd tell them exercise is a much better high than doing drugs."

While fitness is a big part of her life, Newman has a very creative side to her as well. Stephen King may soon have some competition on the best seller list. Outside the gym Newman's hitting the books, studying writing and journalism at Orange Coast College. "I love writing creative things," she says. "It's something I've always been able to do. If I got depressed, I could express the feelings on paper. It was always an outlet for me like the gym was for my physical expression."

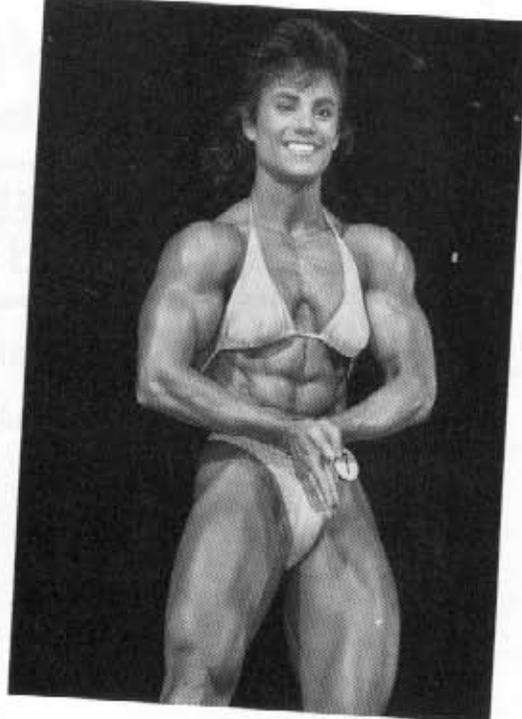
The truth is Newman's very sharp and she's a young woman who has the focus and discipline to achieve whatever she wants. She says having focus, discipline and the inner belief that you can accomplish anything has a lot to do with your achieving your goals in fitness and everything else. "Your mind has so much power over the body," she says. "Results come through positive thinking. I believe that anyone can change themselves for the better."



Jim Amentler photo



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# 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**

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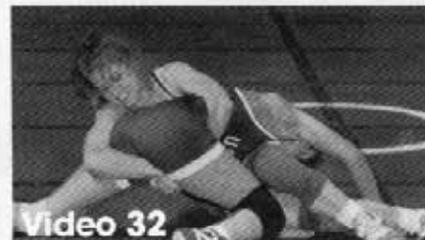
**VIDEO 32 — 1991 AMATEUR WOMEN'S WRESTLING TOURNAMENT** features a field of 19 women in over 20 matches. Brief interviews with the two best women. Total running time is 2 hours. COST IS \$60.

**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**

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.

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

### 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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THE MS. NATIONAL FITNESS FINALS

# SEMPLY SUPER!

AN ANGLIC PERFECT SHAPE



Siena Viorre/staff photo

Held in Las Vegas last October, the Ms. National Fitness is the nation's oldest running fitness contest for women, having been inaugurated in 1985 when Gia Johnson claimed the first title. This year, with 35 women from across the country taking part, promoter Wally Boyko once again held the event in conjunction with his annual National Fitness Trade Show at the Tropicana Hotel.

With just over \$23,000 offered to the top ten placers, Colorado's Carol Semple and Californian Nancy Georges waged a nip and tuck battle for the title with Semple nudging Georges by just 1½ points.

For her efforts, Carol Semple collected \$6,500 in cash and prizes, while Georges earned \$3,000. Flight attendant Kathy Sherron, a longtime entrant of fitness events, from Raleigh, North Carolina, won the 'Spirit of Fitness' award worth \$1,000. This honor was voted upon by the competitors themselves.

Next year's Ms. National Fitness will once again be held in Las Vegas and information regarding the event can be secured by calling Wally Boyko Productions at (714) 371-0606.



# 1992 Ms. National Fitness

**Carol Semple**



**Deborah Toole**



**Hope Lane**



**Sherry Giardina**



### **Past Ms. National Fitness Champions**

- 1985 - Gia Johnson,  
*Arizona*
- 1986 - Lynn Carpenter,  
*Ohio*
- 1987 - Cameo Kneuer,  
*California*
- 1988 - Cameo Kneuer,  
*California*
- 1989 - Jodie Hale Fonfa,  
*Nevada*
- 1990 - Roz Roemer,  
*Ohio*
- 1991 - Nancy Georges,  
*California*
- 1992 - Carol Semple,  
*Colorado*

In the above photo, Renee Redden (L) and Stacy Rae Roberts (R) stand in for a comparison in the swimsuit round of judging. Both contestants are prime examples of the tough competition, as neither made it into the top ten placings overall.

At right, Carol Semple (L), Debbie Dobbins (C), and Nancy Georges (R) give a thumbs up to their chances of placing at the event during the check-in. All three women have become nationally recognized stars in this relatively new competition.



line

# RUNNERUP NANCY GEORGES

CA  
PE



### Ms. National Fitness Championship Official Results

1—	Carol Lynne Semple	238.5
	<i>Lakewood, Colorado</i>	
2—	Nancy Georges	237.0
	<i>Cortez, Colorado</i>	
3—	Debbie Lee	233.5
	<i>Sunland, California</i>	
4—	Marisa Espinosa	227.5
	<i>Scottsdale, Arizona</i>	
5—	Alphie Newman	223.5
	<i>Costa Mesa, California</i>	
6—	Sherry Giardina	220.5
	<i>Sylmar, California</i>	
7—	Debbie Dobbins	218.5
	<i>Costa Mesa, California</i>	
8—	Hope Lane	212.0
	<i>Arvada, Colorado</i>	
9—	Jennifer Savino	207.0
	<i>Las Vegas, Nevada</i>	
10—	Teresa Fahl	203.0
	<i>La Mirada, California</i>	
11—	Avian-Marie Trammell	202.5
	<i>Colorado Springs, Colorado</i>	
11—	Renae Redden	202.5
	<i>Sugarland, Texas</i>	
13—	Darby Hart	201.5
	<i>Pensacola, Florida</i>	
14—	Teresa Davis	201.0
	<i>Laguna Beach, California</i>	

15—	Celia DeCandia	195.5
	<i>Scottsdale, Arizona</i>	
16—	Stacey Rae Roberts	188.0
	<i>Costa Mesa, California</i>	
17—	Deborah Toole	187.5
	<i>Orlando, Florida</i>	
18—	Leisha Dillard	186.5
	<i>Jupiter, Florida</i>	
19—	Carla Gore	186.0
	<i>Panama City, Florida</i>	
20—	Lori Domhoff	182.5
	<i>Oceanside, California</i>	
21—	Martha Castro	181.5
	<i>Winter Park, Florida</i>	
22—	Desiree Grisham	179.5
	<i>Calabasas, California</i>	
23—	Lisa Schulz	176.0
	<i>Warren, Michigan</i>	

Also Competing  
 Diana Berlfein, *Walnut Creek, California*  
 Wendy Besler, *Neptune Beach, Florida*  
 Kristine Fiene, *Listo, Illinois*  
 Kelly Marcelin, *Miami, Florida*  
 Tiffany Margolin, *Newport Beach, California*  
 Nazila Pace, *Dana Point, California*  
 Amber Penman, *Peoria, Arizona*  
 Kathy Sherron, *Raleigh, North Carolina*  
 Deborah Silvero, *Bryn Mawr, Pennsylvania*  
 Annie Shackelford, *La Jolla, California*  
 Tem Williams, *Norco, California*  
 Peggy Willms, *Grand Junction, Colorado*



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Michael Mackeney Uchi

# CAROL LYNNE SEMPLE

Went Gunning For The  
Ms. National Fitness Title . . .

## SHE HIT THE BULLSEYE!



— by Mike Lee —

**With fiery determination and riveting stage presence, Colorado's Carol Semple came up a winner at the 1992 Ms. National Fitness contest in Las Vegas.**

**Now, with the '93 season underway, the fitness world watches to see what the Denver dazzler will do for an encore.**

Her entrance was reminiscent of one of those classic black and white movies where a beautiful woman enters the room and steals the scene. Dressed like she just flew in from some black-tie affair at the Waldorf, Carol Lynne Semple glided elegantly across the stage and nobody blinked. A guy on the piano might have played, "She Walks Like A Lady." Wearing a curvaceous black velvet dress and glittering diamond ear rings, she was armed with a smile and blue eyes that would have made Bogart forget Bacall. You kept waiting for the flash bulbs to start popping and the guys with press hats to swarm in. She could have starred opposite Cary Grant. The thing is this wasn't some Hollywood premier. It was the evening gown competition of the 1992 Ms. National Fitness contest in Las Vegas. And after that appearance she needed no further introduction to the judges.

When it came time to do her fitness routine the 26-year-old Georgia native, who now resides in Denver, captured the audience with a display of aerial acrobatics and magical gymnastic feats. It was a classic show of agility, flexibility and explosive energy. It was like being at one of those circuses under the big tent where acrobatic performers leave you wide-eyed and amazed. As a competitor, you don't want to follow her act. Semple won Ms. National Fitness with a routine that might have brought a packed house at the Royal Ballet to its feet.

Winning the Ms. National Fitness is a symbol of her work ethic. She shares the title fondly with her parents. The long hours in the gym and endless practice sessions to perfect her routine are a result of her upbringing. For months she focused on the contest and was determined to win it. "My dad always taught me if you want something you go out and work for it. Don't ever expect things handed to you and if they are you're not going to appreciate them as much."

But the routine that won her the title almost never was. The story behind Semple is one of not only dedication, but also near tragedy.

As a child she watched the graceful moves of Olympian gymnast Olga Korbet on television. In her own small world she imagined performing those majestic moves on the beam and floor to an amazed audience. She was inspired by the magic the Russian gymnast per-



formed. Six-year-old Carol Lynne Semple tried to convince her parents that she was ready to be just like Olga. Her parents told her she was too young. So, for years she fearlessly climbed trees and made nature her gymnasium. Finally at the age of ten after moving to Colorado she was allowed to enroll in her first gymnastic class. She's been tumbling ever since. "It's still my first love," she says. Reflecting back Semple relates, "My whole life revolved around gymnastics. I ate and slept it. I use to pretend like I was sick so I wouldn't go to school and then I would miraculously be better to go to gymnastics."

Her love and dedication to the sport led her to the mats even when she was nursing a broken foot. "I was consumed by the sport," she remembers. "There was no way anything was going to keep me out of the gym."

She overcame numerous injuries and a bone ailment which caused severe pain in her knees. But she never quit. She's a battler. "You can never let fear interfere with your progress. Fear will only prevent your success," states Semple matter-of-factly.

Over the years through high school she competed with clubs and taught gymnastics. "My goal was to go to the Olympics," she says. But ultimately injuries kept that dream from coming true.

Life can be a lot like a novel. You're not sure what's going to happen when you

**Perfect form and execution makes Semple tough to beat in any fitness routine round.**



turn the page.

It was a day in 1983 that changed Semple forever. Under a clear Colorado sky Semple and her sister found themselves caught in a traffic jam on a mountainous road. A beer truck came barreling down the road toward them. There was no place to go. It was just going to happen. The truck had lost its brakes and crashed into their car. "It all happened so fast," she states reflectively. Amazingly, everyone survived. "It was too much of a miracle that we didn't get killed."

Semple, then 17, underwent nine months of physical therapy for chronic neck, knee and back pain. She calls that time "an awakening." "Physical therapy showed me how important conditioning is to prevent an injury."

Fitness took on a new meaning. Exercising and conditioning became vital ingredients in her life. She got a job in a health club and it was there where she started weightlifting and doing aerobics.

Since then she's worked for a physical therapy clinic and teaches gymnastics and acrobatics to kids in the Denver area. While she aspires to get a degree in nutrition and attend school next year, Semple's main goal is focused on winning more fitness contests. "They're a perfect way for me to combine my love for gymnastics and weight-training and work toward a goal," she says about the contests. "I want to do very well in these fitness shows. They mean a lot to me. I've become such a fitness-oriented person and I want to get other people interested." Talking to her about fitness is like asking a kid what he wants for Christmas. "When I start talking about nutrition and exercise I come alive," she says with a beaming smile. "I really get excited when I talk about it."

You're looking at an all-around athlete whose daring feats aren't limited to gymnastics. She's bold, ready to go where,



Steve Wennerstrom photos

well, no man has gone before. "Every year I want to try something new."

Beware Gibraltar. Rock climbing is next on the agenda. "I really like to be adventurous," she says.

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## CAROL SEMPLE

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Semple will zip by you like lightning on roller blades, maybe do a killer loop on a jet-ski and she might even blow a few tennis balls by you. If you've got a couple of tickets to the game she's probably not interested. She's not much of a spectator. The cross-training keeps her in top condition. "I'm a firm believer in a variety of

exercises and good nutrition," she says. She's even come up with some of her own low-fat, low-calorie recipes that she hopes to put together for a book someday.

She's got that free-spirited Colorado way about her. She's comfortable doing just about anything. "I'm pretty versatile," she says. "I'm the type of girl you can take up to the mountains to go fishing and camping and the next day I'll get all dressed up for an elegant dinner."

For now the 1992 Ms. National Fitness winner is working towards another victory. She's hoping to capture the Ms. Fitness USA title in Los Angeles on January 16th. In conclusion, Semple states, "Competing in the fitness contests, and working out, makes life so much more fulfilling. It's fun to have a goal and go out there and do it."

You might not want to bet against her!



# Fitness File



## Another Model Agency With Muscle

Ken Kassel's *Beauti-Fit* modeling agency has developed a stable of striking physique models available for a wide variety of modeling and acting projects.

The above brochure pictures 24 models currently on call. For a copy of the brochure, or if you are interested in any of the models listed, contact Kassel at PO Box 559, Closter, N.J. 07624. Or call (201) 894-5445.

## A Beauty Among Beauties in the Fitness Video Realm

If it's unparalleled beauty you want to go with your fitness video, then instructor Jayne Potteet in Volume 6 of 'The Firm' video line is for you. There may not be a more attractive fitness instructor on the planet! Don't miss her.

To order 'The Firm' videos phone 1-800-The-Firm, Ext. 74.

## Bodybuilding Snuggles Up to Fitness

The May/June 1992 issue of *Muscle Mag* ran a memorable four-page layout of fitness queens Marla Duncan and Debbie Kruck pointing out their dedication to the pumping of iron to maintain their exquisite bodies. The photos were taken by Jim Amentler.



# Fitness File



## Lancaster Local in Hawaiian Tropic Ad

As a Miss Hawaiian Tropic International United States finalist in 1991, Lancaster, Pennsylvania's Jennifer Gareis was selected for a major print ad for Hawaiian Tropic products. It is a classic example of the small town girl 'making good'. For more of Jennifer and other top Hawaiian Tropic models order their swimwear catalogue by calling 1-800-626-3600.



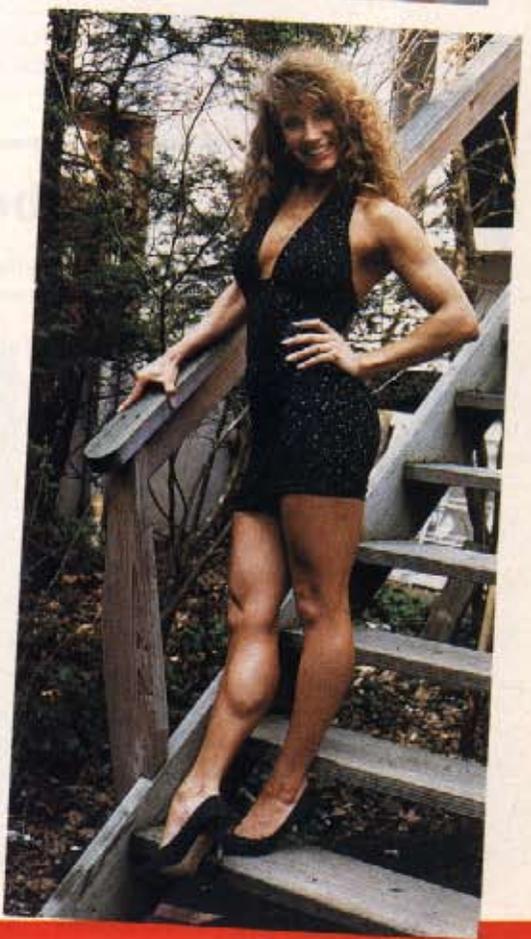
## Georges on German Cover

The November 1992 issue of Germany's *Sport Revue* magazine featured 1991 Ms. National Fitness winner Nancy Georges on its cover with IFBB pro star Milos Sarcev. Edited by Albert Busek, the publication is one of the finest in Europe. The cover was photographed by Jim Amentler.

## Cardboard Bikini Coverage

Bikini Open News has produced a striking set of *Bikini Open* trading cards unveiling many of the women who have competed in their nationally known bikini contests. The 1992 set contains over 50 cards and is manufactured by T&M Enterprises in San Francisco.





**Fitness Video #6:  
All-New  
Marla Duncan,  
with  
Alyssa Ferrari:**

We were lucky enough to have a new, recent taping with Marla (above 3 photos), featuring a totally new look comprising of increased muscle tone and different hairstyle, and posing in a new variety of great outfits. And, for the first time, we would like to introduce a major new fitness star—Alyssa Ferrari (below 2 photos)—who also shows off her toned body (and great calves), and works out tandem with Marla for the 20 minute gym sequence. This two hour video contains the gymwork, 40 minutes of Marla posing, 25 minutes of Alyssa posing, and so you can get to know something about the women, an interview with each. Also available are 70 new photos of Marla and 40 of Alyssa. If you purchase one or both of these great new tapes, we will send illustrated brochures on our upcoming releases.

# Individual Fitness Videos

featuring

## MARLA DUNCAN DEBBIE KRUCK NANCY GEORGES DEBBIE DOBBINS JESSICA JOHNSON and ALYSSA FERRARI

If you have been fortunate enough to view one of our Fitness Video Contest tapes, or if you have had the pleasure of seeing one of these shows in person, we know you share the same complaint we have—not enough stage time with your favorite fitness competitor! We have the way to alleviate that problem by way of our new series of individual video shootings with the very best fitness stars—Marla Duncan, Debbie Kruck, Nancy Georges, Jessica Johnson, Debbie Dobbins and Alyssa Ferrari. All our individual video offerings feature the women posing in non-stage backdrops, in a variety of alluring outfits such as bikinis, leotards and miniskirts, all posed on crystal clear video quality. So, if you are like us, and are frustrated over 3 minute posing routines, check out one of our full length individual fitness videos today!

### Fitness Video #3: Private Individual Shoots with Duncan, Kruck, Georges, Dobbins and Johnson:

Our first individual video offering (Video #1 and #2 are contests—see ad elsewhere in this issue) features all five women posing in a variety of great outfits—bikinis, leotards and great looking dresses, and all five women were in top contest shape, with all tapings done right after the Fitness USA Finals held in 1991. The tape runs a full 2-3/4 hours, with emphasis on Duncan and Kruck, and the price is \$59. Also available is a set of 80 color 4 x 6" photos of all five women for \$40. For info on Video #6, look to the opposite page.



Please send me the following Fitness videos/photos set circles 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 257E, East Rutherford, NJ 07073.

**COLOR VIDEOS:** Be sure to circle correct format.

**AMERICAN NTSC:** VHS

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

Video 3—Duncan, Kruck, Georges, etc (2 3/4 hours) ..... \$59

Video 6—ALL NEW Duncan with Ferrari (2 hours) ..... \$59

#### COLOR 4 x 6" PHOTOS

Set 1—Duncan, Kruck, Georges, etc. from Video 3  
(80 photos) ..... \$40

Set 3—ALL-NEW Marla Duncan from Video 6  
(70 photos) ..... \$35

Set 4—Alyssa Ferrari from Video 6  
(40 photos) ..... \$20

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

# Krysty Parker

## Three Cheers For Her Beauty

by T.C. Luoma

When Krysty-An Parker graduated from high school, she was five-foot six inches tall, stocky, and she wore her short, brown hair in a razor-cut that would have looked perfectly natural on any one who happened to like Johnny Rotten, Sid Vicious, or any of those other now-passe' punk rockers.



Barry Brooks photos



During the next five years, Krysty's appearance changed. Like some patient hot-house plant that doesn't bloom until late in the year, Krysty's body took its time to reach full-flower. After high school, she shot up to a statuesque five-foot nine-inches, and her hair grew ten-inches. Her body changed too, adapting to its new proportions the way a *Hoosier* adapts to basketball.

When Krysty returned to that small high school in McCordsville, Indiana, for her class reunion five years later, her appearance caused a small commotion. Krysty remembers that night very well: "I walked into the reunion, and everybody had already sat down to eat. I walked in wearing this *cat-suit* and with all this long, blond hair, and I could just hear the silverware drop. Right then, they passed out a ballot to vote who had changed the most, and I won."

Although her body developed very quickly during her late teens and early twenties, another part of her *didn't grow at all*. Krysty's *ego* remained small, almost non-existent, and it's probably that aspect of Krysty Parker that is the most remarkable of all, despite the drop-dead looks, her equally admirable brain,

and her artistic inclinations. We'll elaborate on those talents later, though, after we examine her upbringing.

Krysty was born August 27th, 1968 in Indianapolis, and she grew up in the small town of McCordsville, about 30 minutes east of her birthplace. She grew up with two brothers, one younger and one older, and it was partially their influence that got her interested in "tom-boy" activities like cross-country skiing, gymnastics, volleyball, and track, which was her favorite.

Throughout her high school years, Krysty was pretty enough to be a cheerleader and a member of the homecoming queen court, but it was more her personality and popularity that earned her those positions rather than her looks.

After she graduated from high school, Krysty began attending the University of Indianapolis with the hopes of being a doctor. Soon after, her body already having changed dramatically, she made the Indianapolis Colts cheerleading squad. "My sister-in-law had been a cheerleader for the Colts and she told me how much fun it was," said Krysty. Unfortunately for the football fans of Indiana, Krysty had taken a pretty ambitious load of classes that semester, and she had to quit the team after only a few games.

"I was taking 17 and a half hours, and it was overwhelming. Usually, if you quit, they don't let you try out again, but I was on really good terms with them. The following year I went out for the team again, and I made it. I had intended on staying this time, but then I won the Ms. Hawaiian Tropic swimsuit competition in Indianapolis, and I got to go to Florida for the finals. It conflicted with some of the games so I had to make a choice. I decided to go to the contest in Florida. I didn't win, but I had a good time. In fact, I just won the same contest this year and I just got back from Daytona in August. I didn't win this time either; there were 143 girls in the contest and they picked four. I looked at it as a free vacation."

Krysty currently attends Purdue University at Indianapolis and she expects to graduate at the end of '93 with a degree in biology and a minor in chemistry, and she hopes to get admitted into dental school now instead of medical school. She's also working on a minor in Russian. Why Russian, you ask? Well, business-minded Krysty has a *plan-B* prepared in case *plan A*, dental school, doesn't pan out. "I have a Russian professor who translates Russian medical transcripts for about \$700 an hour. I figure if dental school doesn't work out I can apply to some place like the Lily Corporation (a major drug manufacturing company) as a translator."



school. This last fact conjures up visions of Van Halen's MTV video, *I'm Hot for Teacher*, and it must cause the hearts of hormonally-active high school boys to beat a little faster when she walks into their classrooms.

"I really get a kick out of it, but I hear some pretty vulgar things from the boys in high school. I'm pretty much a softy until they really get out of hand. Then I have to start showing my mean side (chuckling)."

Aside from her intellectual pursuits, Krysty also has an appreciation of the arts, as she admits to being "real good" at playing the violin. Given her lack of an ego in everything else, I concluded that her admission of skill at playing the violin must mean she's great. "I've been playing for 13 years now, and I'd like to play for the orchestra in Indianapolis once I get out of college."

What would Krysty choose to play for you if you asked? How about *Eine Kleine Nacht Music*, or something from Beethoven, or perhaps a little Paganini. "I'd love to be able to play some blue grass," she added, "but I'm just not good at it."

Even though she has a full schedule (she has to get up very early or stay up very late to study to avoid having her daughter crawl up in her lap and color her textbooks), she still manages to work out. "I'm able to get to the gym a couple of times a week, providing Alex (her daughter) is in a good mood, but mostly I rely on the *Buns of Steel* video." And, like every Hoosier in the entire state, she enjoys watching college basketball. Once in a while, if she has a little bit of extra time, she confessed to enjoying "some good smut, like something by Danielle Steele." She's even thinking about entering some fitness contests, having only recently been made aware that they even exist.

Regardless of any fame she garners from this article or any pageants or contest she wins, the lure of the big city and fame and fortune probably won't affect her. Krysty insists that she'll probably "live her whole life in Indiana," and that she's "basically a small-town person."

"Besides," she added, "the city's close enough so that on weekends I can drive downtown and see the big lights."

Actually, after these pictures are seen by enough *big-city* people, they might foster a whole new appreciation for small town living and find themselves strangely compelled to pack a picnic lunch and head out to the country, say around McCordsville, to appreciate the sights — especially those afforded by a certain 5'9" blond carrying a textbook and a violin case.



# Color Photos and Videos

## of your favorite IFBB/NPC women bodybuilders

PLEASE READ BEFORE ORDERING: For the benefit of our new 'Strong and Shapely' readers, we have revised our photo set/video ad to introduce you to some very special offerings. For the first time off an ad, new readers may choose between our regular 'full version videos' and our new 'compilation/sampler' videos. We are offering 26 'full version' videos, which usually feature one woman posing in swimsuits (bikinis/leotards), dresses, other outfits, interviews, and sometimes gymwork. Some full version videos contain both contest condition posing as well as the off-season condition. The seven 'compilation' videos offered can act as an introduction to these beautiful women, as multiple women appear posing in swimsuits only, and we have formed these videos to suit all tastes. Compilation Video 1 features women most likely to appeal to our 'Strong and Shapely' readers, featuring women combining traditional beauty with bodybuilding appeal. Video moves on to some of the most advanced women in the sport and Video 5 features women who are very defined. Video 8 features 'voluptuous' muscularity — dense development but not ripped. Video 10 features four of our most popular women, with multiple year shooting for all women, posing in swimsuits only. Video 11 features the same women posing in great dresses and other outfits only, over several years, a two-volume set. And, Video 13 introduces you to the fuller, off-season look, featuring women in the 5'4", 160 pound training weight range.



**Skye Ryland**



**Lenda Murray**



**Janice Ragain**



**Lisa Lorio**



**Janet Tech**



**Tara Dodane**



**Athena**



**Diane Talik**



**Shelley Beattie**



**Hannie Van Aken**



**Tazzie Colomb**



**Kris Luebke**



**Susan Myers**



**Joan Bovino**



**Rhonda Lundstedt**



**Charla Sedacca**



**Janice Graser**

All video taken with our 3/4" professional equipment, reduced to 1/2" format to play on your home video system. All videos run 2 to 2 1/4 hours, except where noted. If foreign PAL system is needed, add \$17 per tape for PAL conversion and AIR postage. All color photos are in 3 1/2" x 5" format. These are NOT contest stage photos, but women are in top contest shape. For Arrildt, Athena and Ryland, please specify contest shape, or off-season. Posing suit sets contain bikini and/or leotard photos. Expanded sets contain the posing suit set, plus photos taken in dresses, etc. for greater photo variety. Foreign please add \$3 per photo set order for AIR postage. So, look over this impressive array of women bodybuilding stars and let us know who you would like to have photos or videos of. Full catalogues sent with photo or video order only.



**Kim King**



**Marissa Brown**



**Bernie Price**



**Raye Hollitt**



**Diana Dennis**



**Joanne McCartney**



**Juliette Bergmann**



**Sharon Arrildt**



**Doughdee Marie**



**Vickie Sims**

I enclose \$\_\_\_\_\_ Please send me the items circled below. Video buyers make sure to circle correct format. New Jersey residents add 6% tax. All foreign and Canadian MUST send international or postal money orders in U.S. funds, or send cash registered mail. Make checks/money orders out to WSP and send to Box 443E, Ho Ho Kusal, NJ 07423. If you send money order or cash (certified only), you will receive order in 1-2 weeks. If you send a check, please allow 4-5 weeks to clear.

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# Denise Paglia

# Fitness Exotica

— by Mike Bogen —



**Dazzling Denise Paglia may go a long way in putting New Jersey on the fitness map, but she started simply. Remembers Denise, "My first goal was more on the tone-and-trim line. I wanted to get my tummy down and I wanted to add a little muscle so I'd look a little different . . . so I'd stand out in a crowd." Boy, does she stand out in a crowd now!**

Denise Paglia is off and running. The 26-year-old Orange, New Jersey, born-and-bred woman is one of the newest entries into the fitness competition race, and if her first two outings are any indication, it would appear that she's a true thoroughbred.

Paglia, 5-2, 115 pounds and exotic-looking, went to the gate for the first time in October and finished second in the Strong and Shapely Women's Extravaganza Fitness Show to a proven winner, Debbie Kruck.

"I really didn't expect to do that well," says Paglia, who attributes some of her success to those looks, which derive from her half-Italian, half-Japanese ancestry. "It's a different look, and I think it helped me stand out in the show," she says.

Denise  
Paglia



Whatever the reason, the 26-year-old Paglia proved it was no fluke only a day later, when she won the Northeast Regional Fitness America competition, a qualifier for ESPN's Fitness America Pageant contest. That victory fully justified a well-conceived game plan for her entry into the sport.

"I did the Extravaganza because I wanted to feel relaxed in front of an audience when I did the Fitness America Regional," she says. "Getting on a stage the day before facilitated that."

Actually, it wasn't the first time on stage for Paglia, who tried her hand momentarily at bodybuilding two years ago. She entered the 1990 Gold's Classic in her home state and won the lightweight and overall championships. But, it was only a three-woman field for the entire show, making the victory somewhat less than monumental.

"I wasn't a muscular bodybuilder by

any means," she says. "Actually, I felt I had just enough muscle for my frame to enter and appeal to people as a bodybuilder. But, I would have had to put on more muscle to go any farther. I feel I could have accomplished that, but I didn't want too much muscle. I didn't want to change my body completely. I wanted to keep what I felt was an ascetically pleasing look for me.

"So, I decided to switch to fitness competition. It was pretty much the same reason I had decided to compete in bodybuilding. I needed a goal."

Indeed, Paglia took her turn on the bodybuilding stage for just that reason. She had grown up following an older brother from sport to sport and doing well enough in baseball to become one of only two girls in a 10-team Little League in Orange. She also played softball, basketball and football recreationally before becoming a varsity softball player



for two of her high school years and taking a brief dabble at track and field.

Paglia did not, however, play any sports while attending Montclair State University for a year, which led to her becoming what she felt was out of shape.

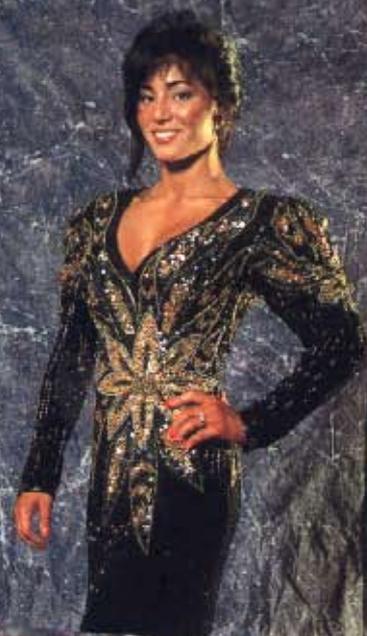
"I was 19 and I had a tummy I felt needed to be dealt with when I saw a muscle magazine with Hugh Hefner's girlfriend on the cover. I remember, I thought 'Wow, if I could look like that from working out . . .' My first goal was more on the tone-and-trim line. I wanted to get my tummy down and I wanted to add a little muscle so I'd look a little different . . . so I'd stand out from the crowd."

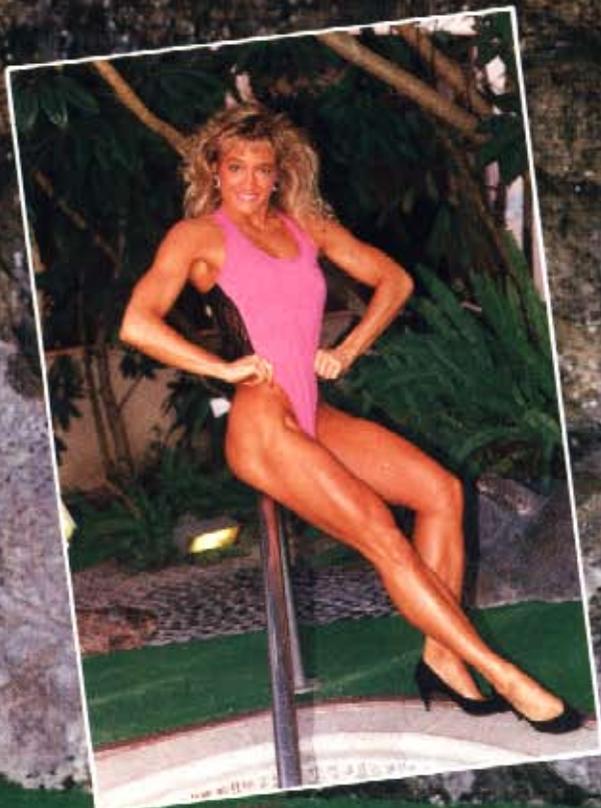
So Paglia started at a Nautilus gym, but she was soon disappointed with the results and went to a free-weight gym where she was the only female. "I didn't know what I was doing, so I read the magazines, watched the guys and asked questions. In only four weeks, there was a considerable change and people began to notice it, so I realized I had some potential in this area. I just didn't know how much."

Paglia's training was inconsistent through 1988, when she decided to get more serious about it. Then, with six months of consistent training behind her, she decided she needed a goal. So, she decided to see what she'd look like dieted down and to see how that physique would fare in a bodybuilding show.

Now, Paglia is looking at fitness competition as a way to open some doors in the fitness field. She has no particular goal in mind, mostly "because fitness has become such a vast area," but whatever direction her career takes, she would like to continue training people.

"That's my main concern right now, to train people and teach them that they have control over how they look and feel."





# JACQUELINE WANG

## ANOTHER TEXAS MEGA BEAUTY!

Jacqueline Wang to fitness competitions might someday be what Rachel McLish was to the Ms. Olympia, or what Lori Bowen was to the Pro World Championships.

Both Texans, these Lone Star beauties were great champions, and statemate Jacque Wang is a fitness potential of their magnitude just waiting to happen.

by T.C. Luoma

Whenever Jacqueline Wang feels her appetite kick in, whenever she feels the *first stirring* of a craving, she knows exactly what to do. Quickly, like a junky in need of a fix, she staggers towards a copy of *Strong and Shapely*. Feverishly, she flips through the pages, while the urge for food seeks to overcome her. Finally, her trembling fingers find what they've been looking for: a picture of fitness competitor Debbie Kruck. Jacque's appetite, defeated, at least for the time being, retreats to its lair like a whipped hound.

"Whenever I want to pig out on something, I look at a picture of Debbie Kruck to give me inspiration," explained Jacque. Much like some aspiring little league baseball player that has posters of his favorite major leaguer on his bedroom wall, Jacque too has her heroes, Debbie Kruck being one of them. There's one difference between Jacque and some aspiring wannabe, though — *Jacque's already placed higher than her hero in a competition.*

"Yeah, I *have* placed higher than her," admitted the 24-year-old Amarillo, Texas, resident. "That's what really throws me. It's really mind-boggling. I idolize her, though. It makes me feel really un-





there, however, was short-lived. Just before her first birthday, her father was relocated to Liberal, Kansas, and the family pulled up their stakes. She grew up there doing the things that most mid-western girls do — playing volleyball, basketball, and running track. Activities which built her perfectly-shaped calves. She also did something else that was to play a big part in her current interest in fitness contests — she began studying dance at the barely-able-to-walk age of four. She was successful in all of her activities, and academics were no different, as she described herself as “pretty much an all-A student.”

Like some sort of academic lemming, Jacque returned to Minnesota after high school to attend Mankato State College, located appropriately in Mankato. After two years of basic studies, she began aiming at a degree in corporate fitness. But, by the end of her third year, she was starting to feel a little bit burnt out. During a spring break spent back home in Kansas, an opportunity presented itself.

“I started seeing the owner of a health club where I had been working out, and he asked me if I wanted to manage the club. I said ‘sure,’ so I moved back home. I managed the club for a year and a half, and then I moved to Amarillo (where her boyfriend lived and owned *another*



comfortable to be around her and other people (fitness competitors) I admire. It's really weird. I don't know how to handle it. I totally clam up when they come around because I don't know how to talk to them.”

For want of a better word, that kind of attitude is just plain refreshing in an activity where ego might easily get the better of someone. Of course, her oriental upbringing had a lot to do with that. *What?* She's not oriental? But the name, *Wang*...

“Actually, it's Norwegian,” explained Jacque, chuckling. “It's pronounced *Vang* in Norway. The funny thing is, my sister-in-law is half-oriental, and she had an American-sounding name before she married into our family. Now, the name fits her.”

As proof of her heritage, Jacque was born in Crookston, Minnesota, a place where Norwegians abound. Her stay

health club). I've been here for about a year and a half, now."

In the meantime, Jacque had been noticing the *National Fitness Trade Journal* that was sent to the gym that she had managed. Although the prospect of competing in a fitness show intrigued her, she initially had her doubts. "I thought that there's no way I could do that. People kept on telling me that I *should* do it, though, because of my dance background, especially my mom."

Her first show was a *Ms. Fitness USA* qualifier held in San Francisco in 1991. She placed fourth, and that qualified her for the *Ms. Fitness USA* finals in Las Vegas the following month. She failed to qualify for the top fifteen, but she was non-plused. She knew she had found something she liked doing. In 1992, she entered a *Fitness America* qualifier in Chicago. She placed third, and one month later she placed fourth in the *Fitness America* finals.

Jacquie now wants to do as many shows as she can, and hopefully achieve her dream of being a fitness model. She's managed to place very well in the contests that she's done, but by no means does she feel that she's reached her peak. "Well, I'd like to get some sort of speech coach so I can learn to speak better on stage, and no one's ever really shown me how to walk or stand properly. Those are little things, but they add up. Also, my dance routine has probably been my weakest part. It's not that I can't dance, it's that I didn't have time to practice it enough."

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**Said one observer at the '92 Fitness America Pageant, "Jacque Wang has the most beautifully shaped legs I've ever seen on a fitness competitor. In fact, from a physical standpoint, it would be difficult to rate her anything but a '10' from head to toe."**

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Jacquie didn't neglect her dance routine because she was lazy, but because she puts in a pretty long work day, but it's no longer as a gym manager. "Between training and managing the gym, I was spending too much time there. One day a pharmacist came into the gym and asked me if I knew somebody who wanted a job as a pharmacy tech. I thought about it for awhile, and decided that somebody was me."

She now works about 50 hours a week helping that pharmacist dispense prescriptions, but she also devotes a few hours to doing some personal training, and she's a sales representative for *Omnitrition*, a supplement distributor. In order for her to train, Jacquie has to be at

the gym early, *real early*, as she has to report to the pharmacy at 8:30 a.m. She gets off work at 6:00 p.m., but instead of going home, she goes *back* to the gym for some aerobics. By the time her day's over, she has little urge to do anything but sleep. There's been one thing that's kept her going, though.

"I was treated kind of badly (once she started competing) by friends and parents of friends in Liberal, Kansas, and I've never really been able to figure it out. It's like, if you're good at something, they can't handle it. There was a lot of jealousy there. That's why I write that I'm from Amarillo on my contest entry forms instead of Liberal — I don't want to do anything to promote them. I should be grateful, though. Whenever I didn't want to go the gym, I thought about the bad treatment I got, and that's what kept me motivated. They pushed me to where I am, whether they wanted to or not.

Maybe I sound tacky saying all this, but I still feel pretty bad about the whole thing."

Well, what's Liberal's loss is Amarillo's gain, although, by the sounds of it, she doesn't get out enough for Amarillo to realize its good fortune. Occasionally, when fatigue isn't a factor, Jacquie does manage to go to a dance bar so she can practice her steps. "I hate country music, so the only place I can hear some good music is at the clubs." The rest of her free time, what little there is of it, is spent reading fitness magazines, baskets of which lie about her apartment.

"All I want out of these fitness shows is to maybe be like the girls in the magazines so I can inspire others the way they've inspired me." Who knows? Maybe Jacques Wang will soon be a living, breathing version of *Weight Watchers* to some other aspiring fitness competitor, just like Debbie Kruck is to her.



# STRONG <sup>A</sup>ND <sup>B</sup>Shapely™

## Readers Speak Out

*Dear Strong & Shapely,*

I have noted that some fitness contests are beginning to adopt swimsuit regulations for the competitors, while others have absolutely no restrictions whatsoever. Personally, I believe there should be no restrictions as long as the suit is in good taste. Hopefully, the onset of rules and regulations won't burden this activity like it has in women's bodybuilding.

**Brynn Ellis**

*Ft. Lauderdale, Florida*

**Editor's Note:** Brynn, if you are from Ft. Lauderdale it is easy to understand why you are against any swimsuit restrictions. You probably see more flesh on the beaches nearby than on any stage of a fitness contest. Seriously however, fitness shows are undergoing the age-old problem of just how good and bad taste are to be interpreted. As has been said, "One man's feast is another man's famine." And so it is with the current fitness contests. For the most part, our magazine policy is to show any suit that is permitted in the contest. As for thong suits, we have always felt that the gluteals are a large muscle group on the physique, and therefore should be recognized as part of the judging process. If a woman is not in tip-top shape, that particular bodypart will not look proper in that style of suit. And lastly, we have yet to get our first letter of complaint from male or female readers as to the usage of photos showing thong suits.



**The Thong Show,  
'If it fits ... it's legit!'**

*Dear Strong & Shapely,*

Your new magazine started off on the right foot when you pictured Marla Duncan on the cover. But I haven't seen much of her lately. Why isn't she competing? I hope she hasn't decided to "go Hollywood" or something. It would be a shame if she left the pages of the fitness magazines. Personally, I think she has the most perfectly shaped gluteals I have ever seen. Do you agree?

**Ron Wurlander**

*Keane, New Hampshire*

**Editor's Note:** Never fear Ron, Marla will be back soon. Recently, she was involved in an automobile accident, and thankfully, she was not injured seriously. But the mishap did interrupt her preparation for a contest she was going to enter in late January. She assures us she will be back in the early summer.

As for your estimation regarding Marla's gluteals, we'll have a difficult time disagreeing, indeed.



**Marla's Gluteal Magic**

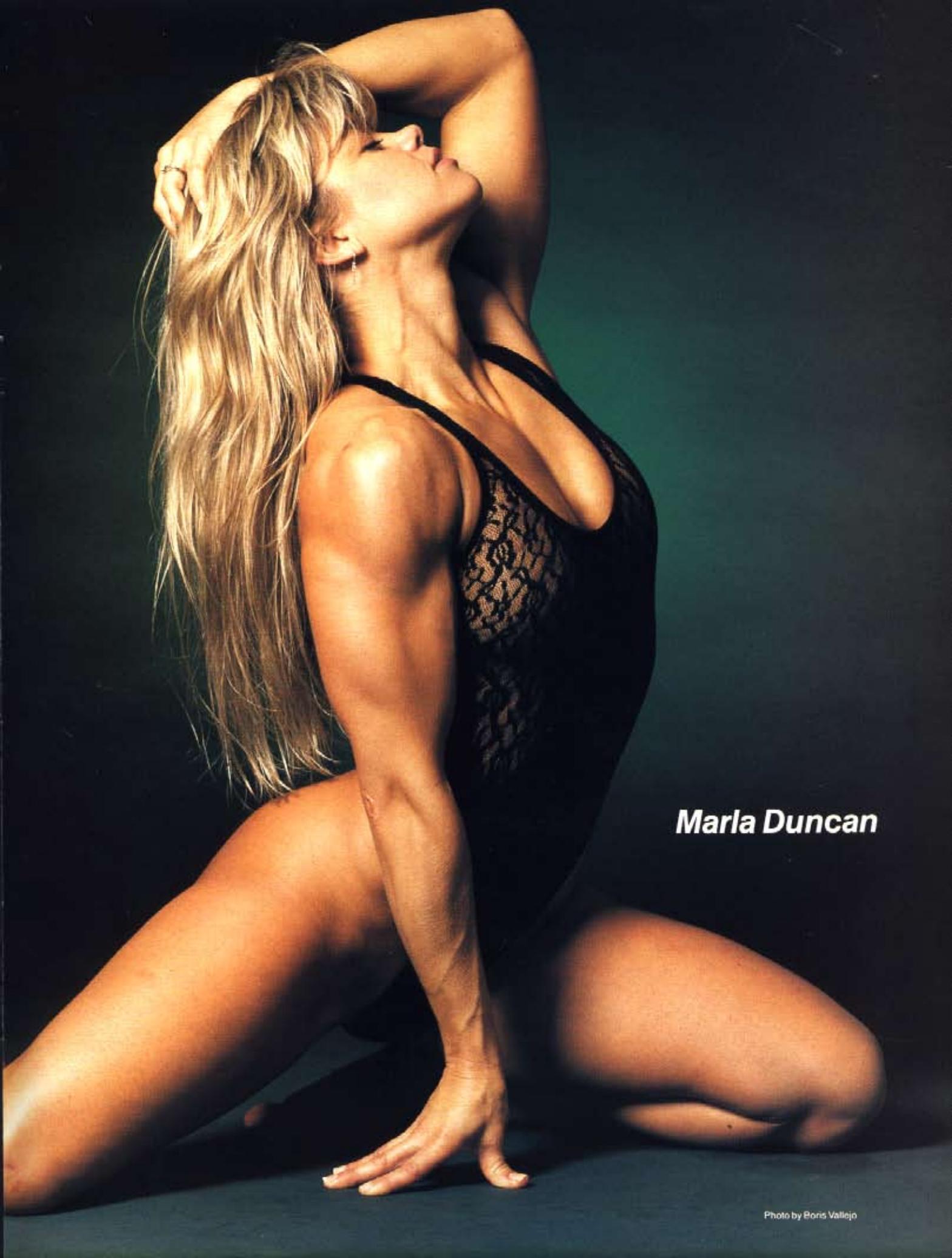
*Dear Strong & Shapely,*

I thoroughly enjoyed your last issue covering the Extravaganza Fitness contest. What a breath-taking group of beautiful women. Your thorough coverage of this event is to be commended and I for one hope that it will become an annual contest, even though it is difficult to image how it could possibly improve.

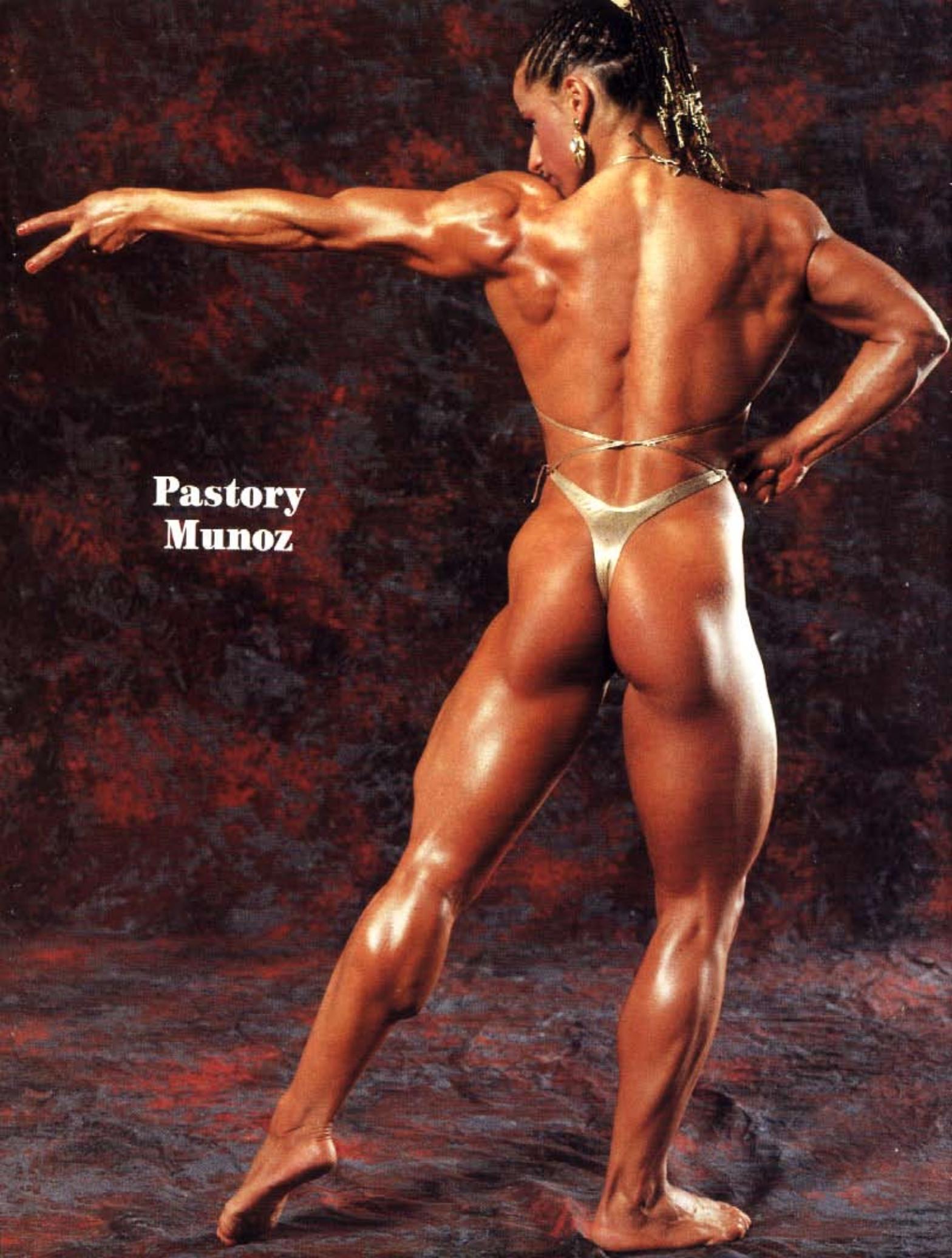
Kudos on your efforts.

**Samuel Whitehouse**

*Warner Robbins, Georgia*



**Marla Duncan**

A bodybuilding photograph of Pastory Munoz. She is shown from the back, in a classic bodybuilding pose. Her right arm is extended horizontally to the left, with her index and middle fingers pointing. Her left hand is on her hip. Her body is highly muscular and glistening with oil. She is wearing a silver bikini. The background is dark and textured.

**Pastory  
Munoz**