

Women's Physique Publication

January/February 1989



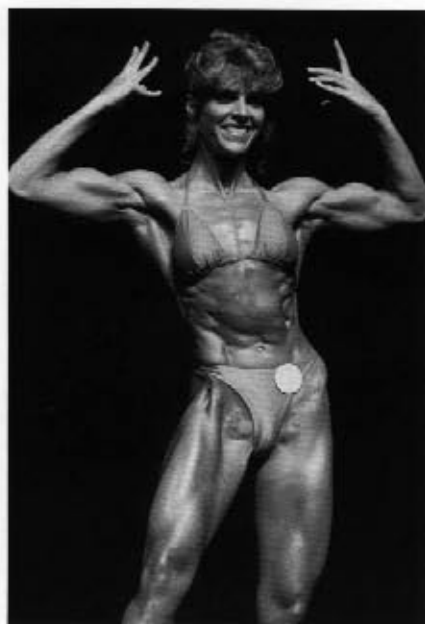
Julia Kover

Anja Langer
1988 IFBB Ms. Olympia
Runnerup



Women's Physique Publication

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In Memory
of
Candace Marie Csencsits
1955-1989

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IFBB Ms. Olympia '81	6th
IFBB Pro/Am Invitational '81	4th
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We regret to note the passing of Candy Csencsits on Friday, January 13th, 1989. Csencsits died at Oral Roberts City of Faith Hospital in Tulsa, Oklahoma, after a battle with breast cancer. Csencsits had been attending Rhema Bible College.

As a bodybuilder, Csencsits was best remembered as the runnerup to Carla Dunlap at the 1983 Ms. Olympia, and later as the president of the now defunct American Federation of Women Bodybuilders.

As a final remembrance, we are dedicating this issue to Candy Csencsits in her memory.

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Front and rear cover photos by Bill Jentz.

You are reading issue #156-157 (January-February 1989) of 'Women's Physique Publication' published every two months or so at P.O. Box 443, HoHoKus, New Jersey 07423. Bill Jentz is the publisher, Steve Wennerstrom is the west coast editor, and John Nafpliotis and Mike Bogen are the east coast editors. Staff photo-journalists include Barry Brooks, Gayle Hall, Greg Aiken, Charles Czett, Al Murch, Mike Bailey, Lori Grannis, Reg Bradford, and Ralph DeHaan.

The Kay Baxter Memorial

Women's Extravaganza II

by Steve Wennerstrom



They said it couldn't be done, but in its second year the Women's Extravaganza has established itself as one of the east coast's most exciting events of the year. Held in New Jersey, the 1988 edition of the strength and bodybuilding show drew an outstanding and impressive array of today's female physique stars.

Before the 1987 Women's Extravaganza had ended, promoter Ken Kassel was already making plans for the 1988 contest. Said Kassel, "I'd like to see this contest become one of the best on the east coast within the next few years. And from what I see here tonight, it looks like we have enough competitors to make for a high-level contest, and I'm very pleased with the crowd and its enthusiasm."

Enthusiasm indeed. Once again held in Clifton, New Jersey, the 1988 Women's Extravaganza welcomed just over 1,000 fans of female physique



photos by John Nafliotis, Bill Jentz & Steve Wennerstrom

to the second annual event on November 12th. For this second contest, the event's name had been changed to the 'Kay Baxter Memorial Women's Extravaganza' in order to honor the passing of one of bodybuilding's most popular stars earlier in the year.

For those in attendance, the appeal of this event continues to be the two-stage nature of the bodybuilding and strength show activities.

Beginning in the morning with the prejudging of the bodybuilding contest, the first three events of the strength show took place. This year, nine women invitees checked in to compete in the same events that were contested last year. At the evening show, the remainder of the strength events were held along with the finals of the bodybuilding show.

So, the stage was set for the Extravaganza, the contest that is becoming known as "the other November event" on the east coast.

Extravaganza Strong Girls!

Plenty of muscle and a wagon-load of strength helped gear the audience for a spirited 'Strength Show' competition, as nine women from across the country filed on stage for introductions in the first event. With representation from eight states among the women and a weight range from 123 pounds to 167, the field of competitors looked impressive considering the wide variety of competition costumes and physique differences.

As in the competition last year, the contestants were required to take part in the six prescribed events which included leg extensions (50% bodyweight), chins (bodyweight), dips (bodyweight), leg press (triple body-



Strength show contestants await their turn for a destiny with muscular pain.

"Plenty of muscle and a wagon-load of strength helped gear the audience for a spirited 'Strength Show' competition..."

Comradship among the competitors grew throughout the day.

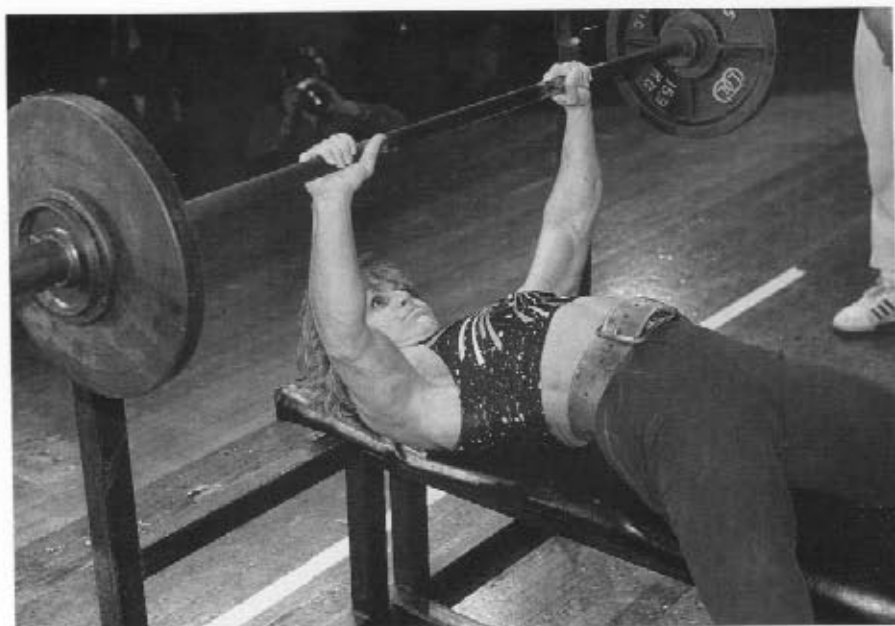


weight), curls (50% bodyweight), and bench press with bodyweight. The first three events listed above were held in the morning, and the latter three were contested during the evening show.

With the leg extension event beginning the competition, Louisiana's Tazzie Colomb - the field's heaviest competitor - jumped out to the early lead as she accumulated a total of 58 reps with 83½ pounds. Few were very surprised with the outcome of Colomb's total due to her sizeable thigh development and excellent quads. Staying close to Colomb in this event was Florida's tenacious Rhonda Lundstedt (55), and Texan Denise Rutkowski (53). Following this group, no other competitor topped the fifty mark in leg extension repetitions.

The Strength Show's most interesting story, however, was also underway in this event, as West Virginian Mary Jeffrey was busy finishing *last* with a total of 33 reps. For Jeffrey, the leg extension event seemed to light a fire under the feisty powerlifter/bodybuilder as she made her presence felt in a much more decisive fashion as the chinning event was next up on the agenda.

With national NPC bodybuilding judge John Parrillo acting as the strength emcee, the flavor of the competition was brought out of the contestants in a sometimes humorous way. For example, during the leg extension event, Parrillo asked blonde



Super-bencher Mary Jeffrey wowed contestants and audience alike as she knocked off an incredible 33 benches at her bodyweight of 123.

Georgian Cyndi Meintzer how many reps she thought she could do. Without batting an eye, Meintzer's reply came with her patented southern drawl, "Till I turn blue in the face!"

Throughout the day, more than one blue face was seen as virtually all nine women gave it their best shot in an effort to accumulate the maximum reps in each event.

In the chinning event, four women totaled over the 20 mark, but it was tiny Mary Jeffrey who topped the group with 28. After her last-place finish in the leg extensions, the victory in this event put Jeffrey right in the thick of the action.

Jeffrey muscles up half her bodyweight 49 times.



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Close behind Jeffrey came last year's runnerup in this strength event - Karen Pica. With 27 chins, Pica earned second-place points, as California's Raye Hollitt (the '87 Strength Show winner) totaled 23, followed by Tazzie Colomb with 20.

With a point system of rewarding nine for first, eight for second, seven for third, and so on, Jeffrey's two-event total of ten points didn't give her the lead at this juncture, but she was on her way to surprising more than one onlooker.

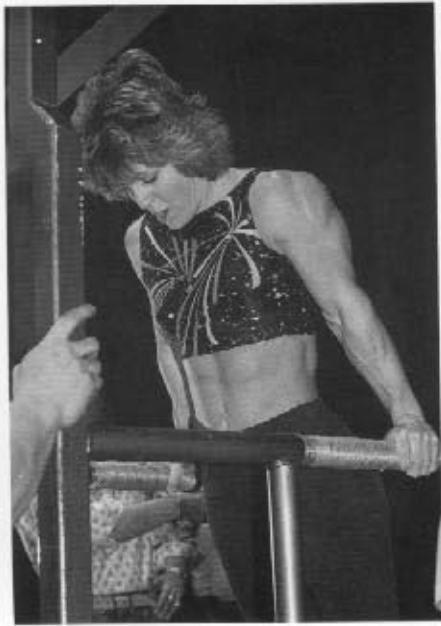
As the smallest competitor in the field, Mary Jeffrey never let her diminutive size effect her desire to perform at peak levels.

The final event of the morning session was the dips. To perform a dip that would earn credit as being 'good', the elbow had to reach at least a 90-degree angle in the down position, with a return to a fully upright position.

Once again, Mary Jeffrey muscled her way to the top of the heap grinding out 45 dips. But, the never-say-die tenacity of Raye Hollitt was beginning to show as she equalled Jeffrey's total.

Close on the heels of these two was Karen Pica who earned a third in this event with 42 dips.

So, after three events it was Raye Hollitt, who, with a fourth in the leg extensions, a third in the chins, and a first in the dips, was sitting atop the



Jeffrey tied Raye Hollitt for the dip title totaling 45.

field in an effort to defend her title from '87. Her sub-total of 22 points wasn't exactly a comfortable cushion, however, as she found herself being chased closely by Mary Jeffrey, Tazzie Colomb, and Karen Pica, all with 19 points. Within easy striking distance just one point down from the above trio was Rhonda Lundstedt (18), followed by Denise Rutkowski at 17. Talk about parity in a competition!

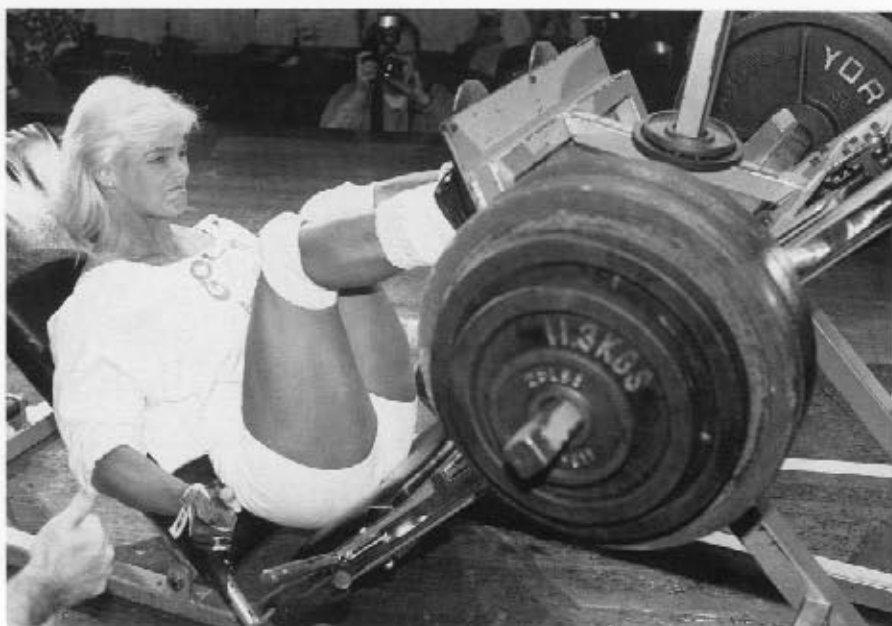
With the evening's activities ready to commence, the leg press machine was rolled out to place the heaviest stress of the contest on the women. In many cases, it would be this event that would cause each individual woman

Jeffrey gets the thumbs up as she grinds out a total of 28 chins.





Raye Hollitt concentrates on her chinning effort...it brought a total of 23.



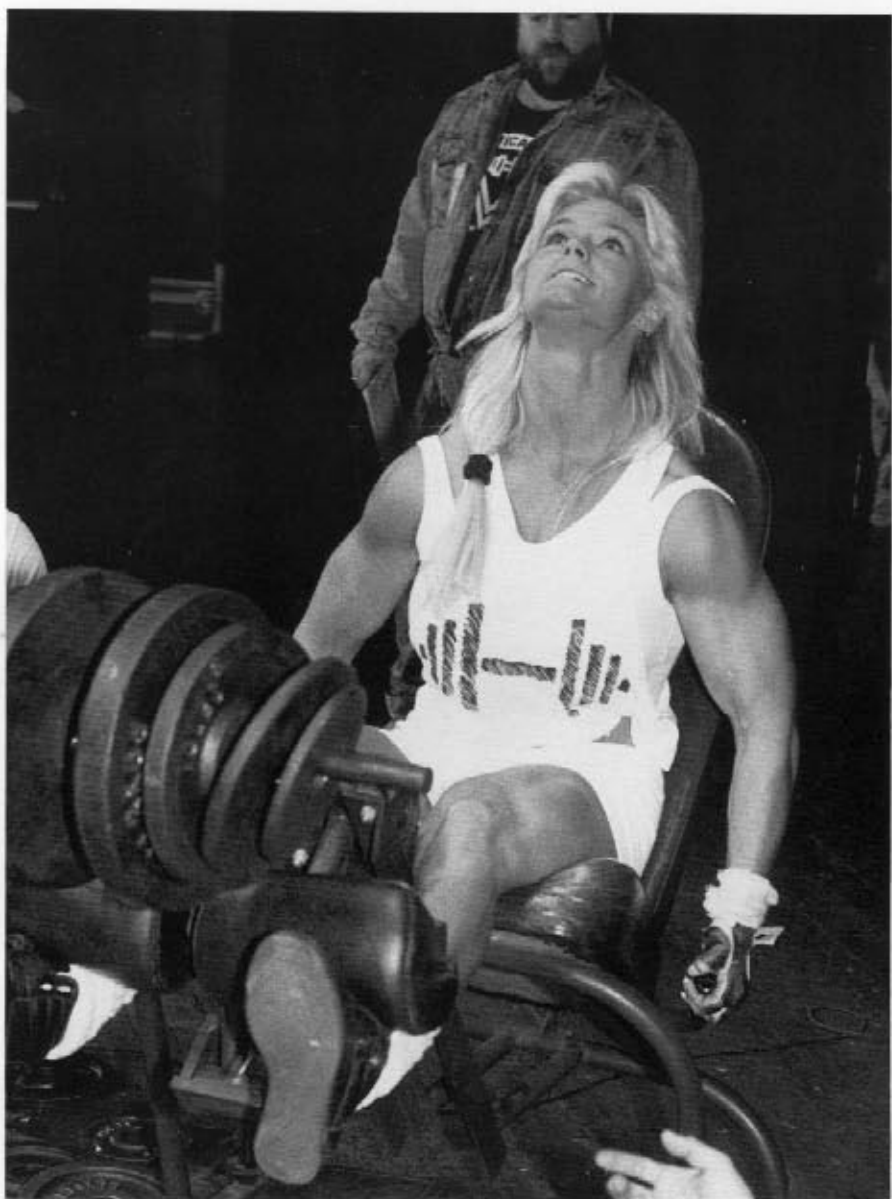
Hollitt's grimace speaks for itself as she powers out 52 reps with 438 pounds.

to muster much of what energy they had left to continue into the remaining events.

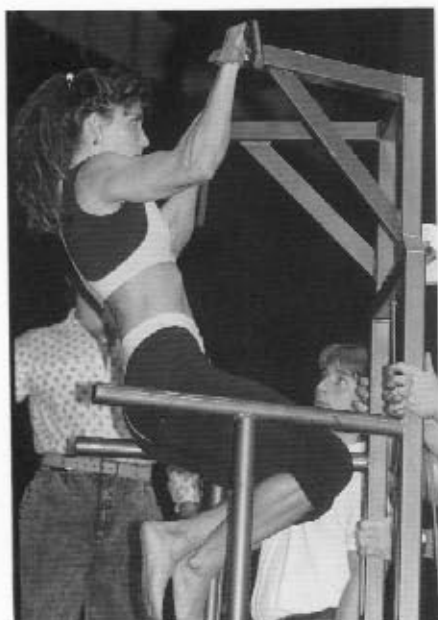
Working with a monumental triple bodyweight, Karen Pica wasted little time in chalking up a very impressive 71 reps with 398 pounds. That mark would go unchallenged until the final competitor of the round positioned herself in the machine. That competitor was Mary Jeffrey, and with a vociferous crowd urging her on, she knocked off 72 reps (with 329) to top Pica by one. For Jeffrey, it was the adrenaline surge she needed to continue. For Pica it was a heart breaker. Could Pica bounce back in the next event to remain close in the scoring?



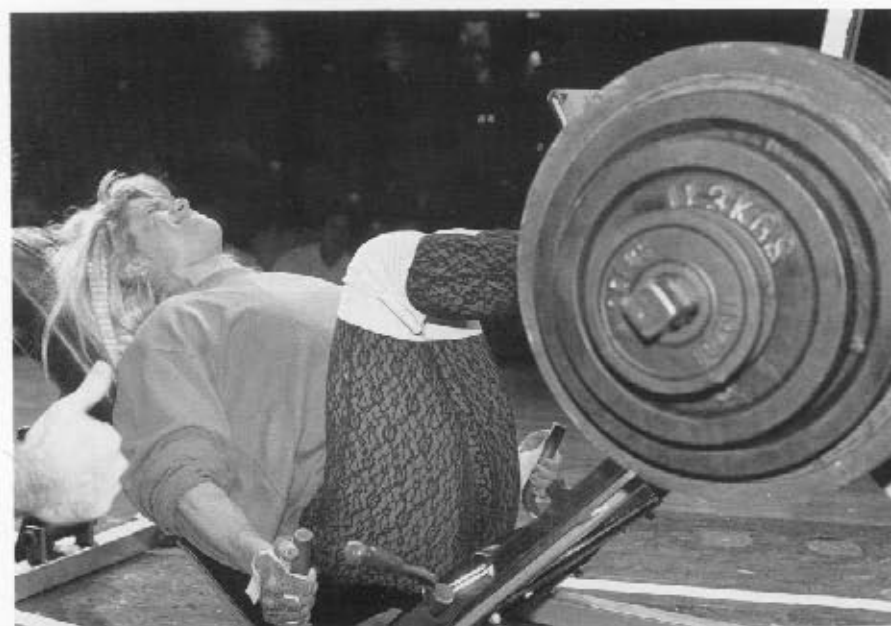
Hollitt's 50 curls won this event.



Looking to the heavens for help, Hollitt polishes off 48 reps to keep her in close contention for the overall title.

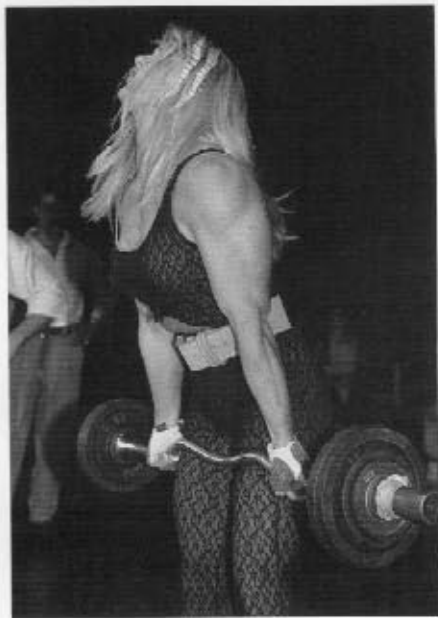


Karen Pica scored consistently well in every event to help her to third place prize money.



To give an indication of just how impressive these two women fared in the leg pressing event, the next closest competitors (Denise Rutkowski, Tazzie Colomb, and Raye Hollitt) tallied 55, 53, and 52 respectively! Quite literally, it was almost two separate competitions in this event. Overall, the leg press did little to make things any easier to determine a winner. Jeffrey managed to move one point in front of Hollitt, but Pica's fine performance pulled her even with Hollitt. The scores for the three were 28, 27 and 27. Phew! Beyond these

Rhonda Lundstedt is always a colorful addition to any strength event as she gives 100% effort in every muscular challenge. She showed excellent arm strength as she curled for 48 reps and benched her bodyweight 19 times.

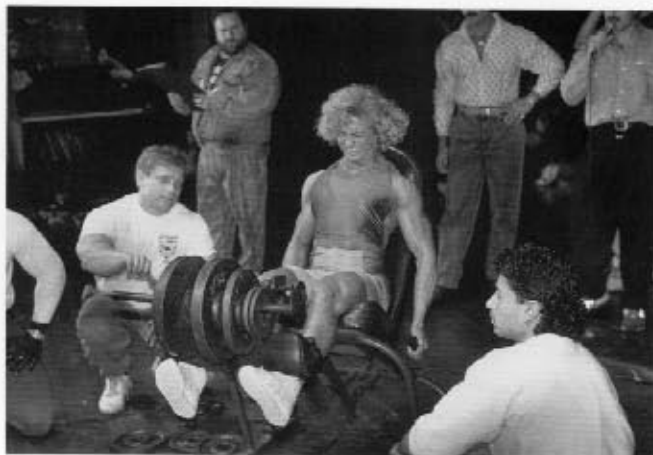


three, Tazzie Colomb and Denise Rutkowski were waging a battle of their own as they stood at 25 and 24 respectively. And all the while, the always competitive Rhonda Lundstedt was creeping ever closer with a total of 22.

Next up was the curling event which has traditionally been a strong lift for Raye Hollitt and Rhonda Lundstedt. True to form, Hollitt won the event with 50 curls. A game Mary Jeffrey stayed close with 49, followed by Lundstedt with 48. By virtue of these



Texan Denise Rutkowski's powerful legs propel her to 55 reps in the leg press with 444 pounds.



Pain shows on the face of eventual fifth-placer Denise Rutkowski as she finishes her 53rd leg extension.



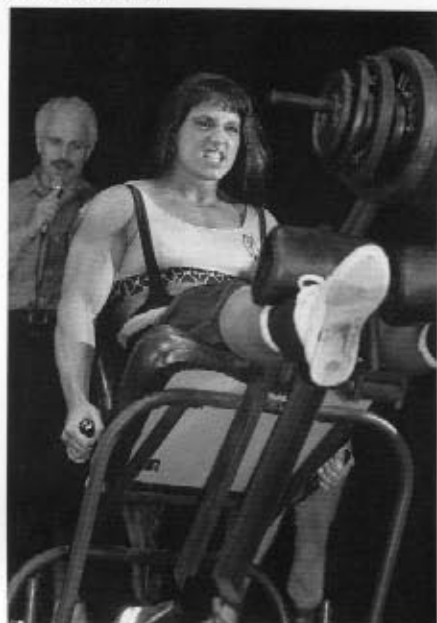
Denise Dips . . .

Rutkowski and Lundstedt who were now just one point apart.

After five events the totals for the nine contestants were as follows: Hollitt and Jeffrey 36, Karen Pica 33, Rutkowski and Lundstedt 30 and 29, Tazzie Colomb 26, Tara Dodane 14, and Cyndi Meintzer and Joyce McDevitt 12 each.

For the crowd, at least, the best was saved for last, as the bench press event is always a popular draw. In this group, however, there was an ace in the hand of Mary Jeffrey. . . she too was saving the best for last. You see, Mary Jeffrey is perhaps the world's finest bench presser anywhere on the planet for her weight. A former world champion powerlifter, Jeffrey has benched 225 pounds at a bodyweight of 114. Needless to say, the reality of this didn't sit well with Raye Hollitt or anyone else who hoped to take a shot at the winner's prize money.

With Denise Rutkowski and Tara Dodane totaling eight reps each as the first two benchers in the nine-woman order, Mary Jeffrey was the number three performer. As she began to crank out the reps, it was clear she was going for the gold as she whizzed past



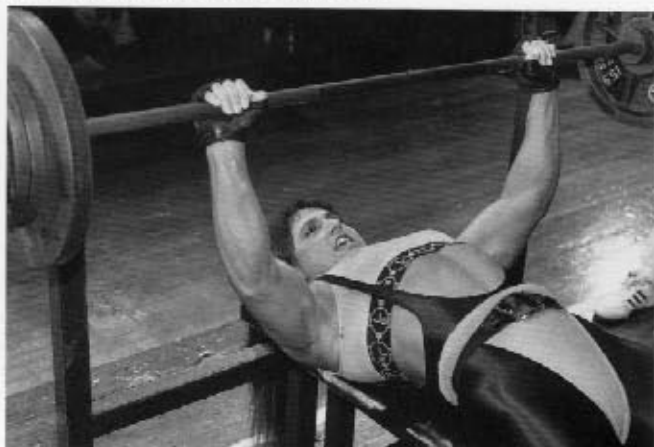
. . . Tazzie shows tenacity.

results, Hollitt managed to pull herself even with Jeffrey at 36 points a piece, and Lundstedt moved past Tazzie Colomb, who faltered in this event. Now, with just the bench press event remaining, individual battles were on tap for Hollitt and Jeffrey, as well as

the ten mark . . . then the 20 mark. Twenty-five went by, then she began to slow at 30. Jeffrey managed to squeeze out three more reps before settling for a monumental total of 33 repetitions with her bodyweight of 123 pounds! Off stage, in the wings, Raye

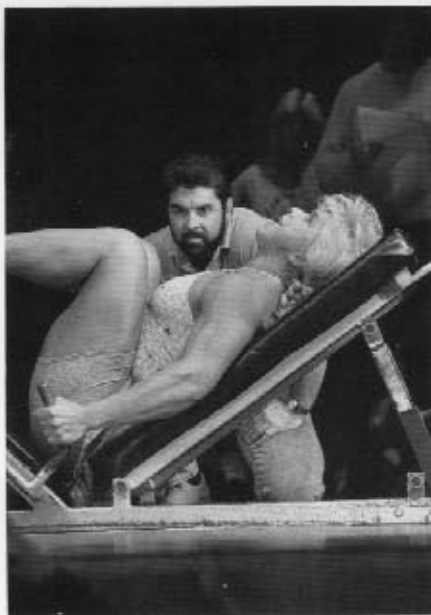
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Tazzie does 53 reps with 501! . . . and 10 reps in the bench with 167.



Who says "Curling Hurts So Good"?

Pictured to the right, Denise Rutkowski and Tazzie Colomb show the strains of maximum curl repetitions. The two women finished fifth and sixth respectively in the overall standings.



Georgia's Cyndi ('Til I turn blue in the face) Meintzer added much color to the strength show as the best example we can think of for a muscular Daisy Mae!



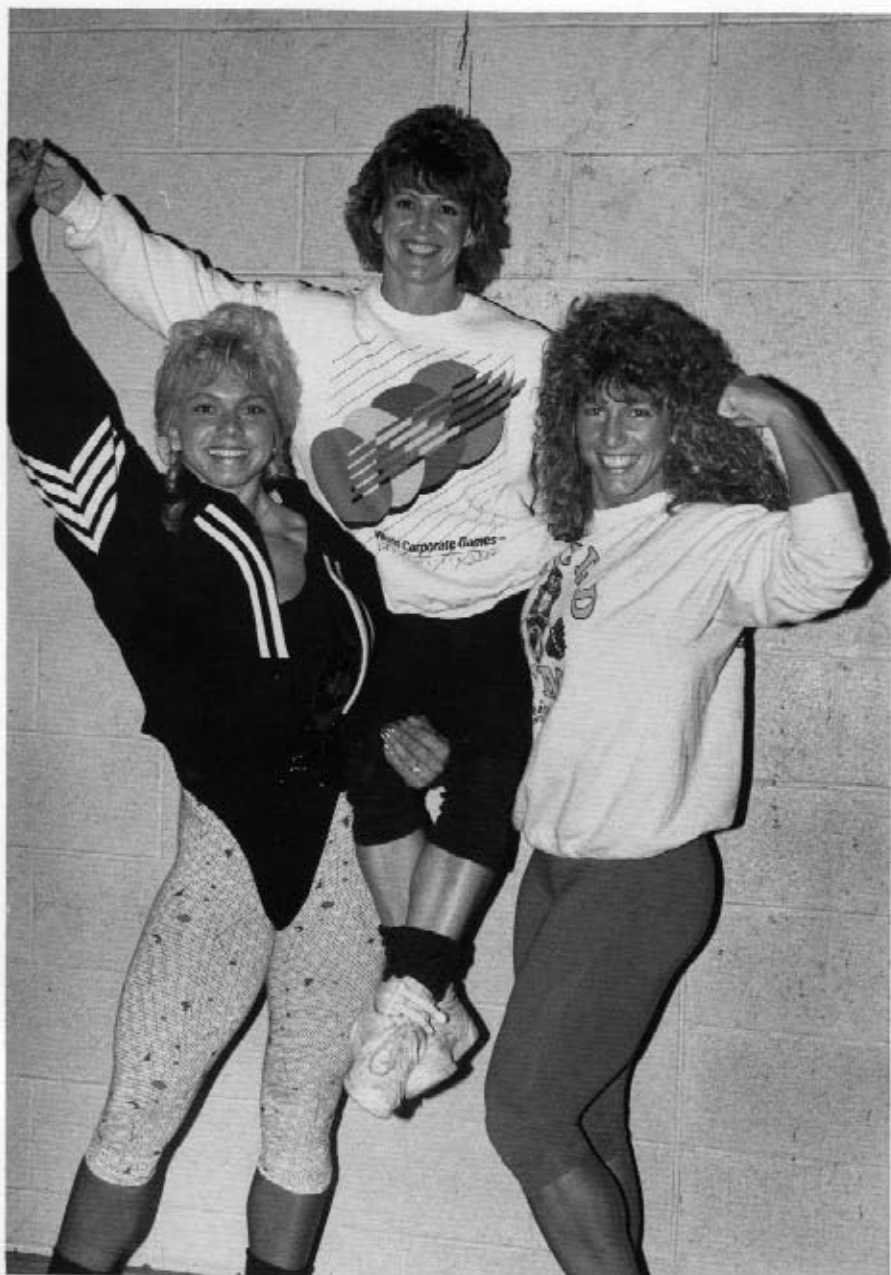
Pennsylvania bench press champion Joyce McDevitt does what she does best.



Tara Dodane bites her lower lip in an effort to grind out one more curl.



Above, emcee Rick Adams talks over the evening agenda with promoter Ken Kassel. To the right, Cyndi Meintzer and Tara Dodane hoist strength show winner Mary Jeffrey in a victory salute. Below, Doreen Judge performs the strength feat of tearing a New Jersey phone book in half.



(Continued from page 9)

Hollitt gazed blankly at some of her fellow competitors and shrugged her shoulders. The look was one of futility. Soon it would be reality.

Following Jeffrey, six more women benched with their best effort as Rhonda Lundstedt placed a distant second with 19 reps. Relegated to second in the overall standings after Jeffrey's tremendous effort, Hollitt totaled 17 reps with a bodyweight of 146 pounds. It was certainly an admirable effort under the circumstances.

Next year's strength show promises to be a bigger challenge with a surprise event that will enable competitors, who volunteer to take part, the prospect of adding an additional \$250 dollars to their winnings.

So, with all the points tallied, it was Mary Jeffrey accepting her hard-earned check for \$2,000 and topping runnerup Raye Hollitt - a winner of \$1,000 by a score of 45 to 43.

Finishing third was Karen Pica, followed by Rhonda Lundstedt, who was successful in her bid to out-bench Denise Rutkowski, the fifth-place finisher. Tazzie Colomb placed sixth, with Tara Dodane seventh, Cyndi Meintzer eighth, and Joyce McDevitt ninth.

Below, the contestants from the strength show accept their checks while Joyce McDevitt holds up Mary Jeffrey's hand in victory.

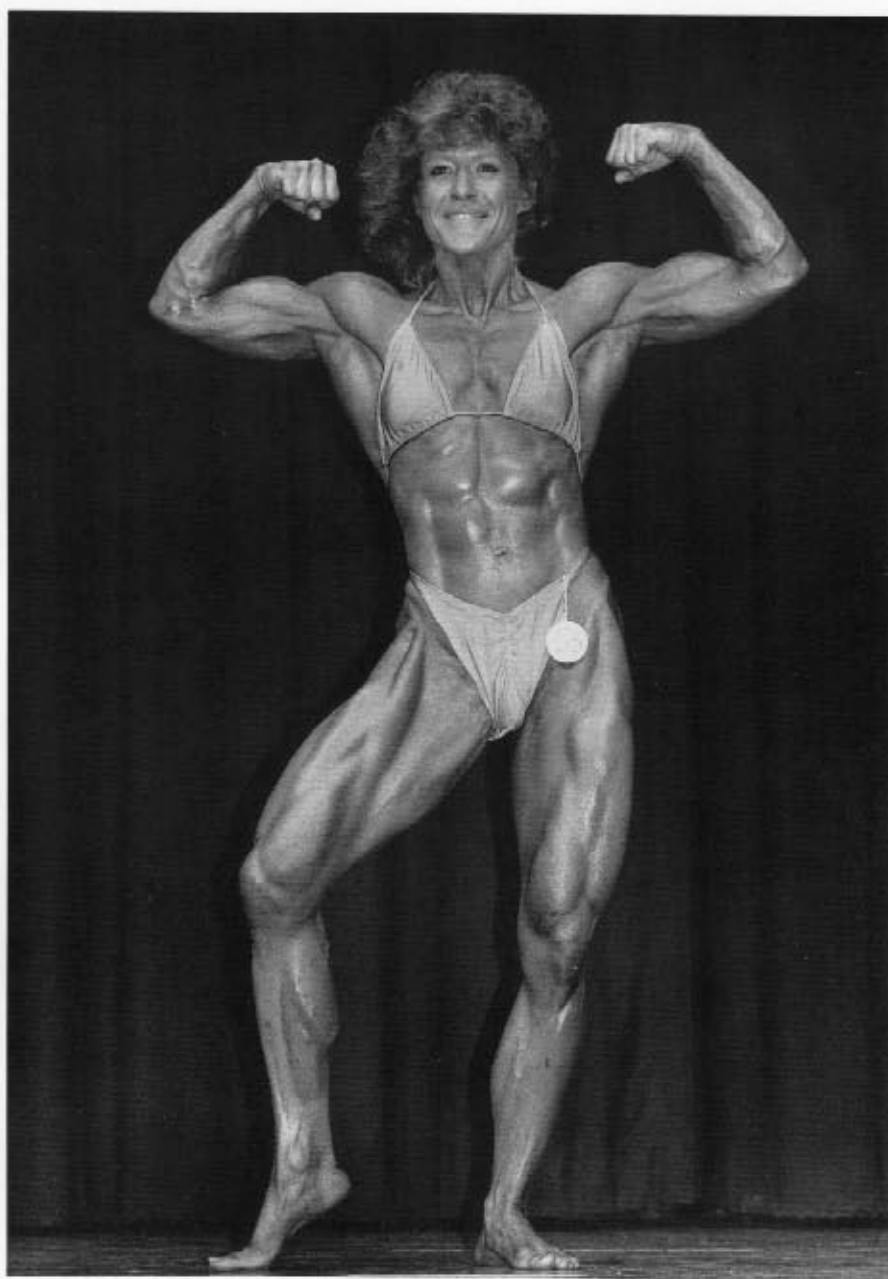
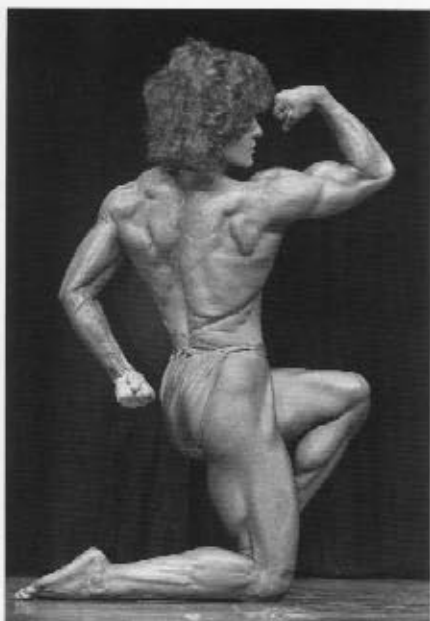


Strength Show Money Winners

1 — Mary Jeffrey	\$2,000
2 — Raye Hollitt	\$1,000
3 — Karen Pica	\$500
4 — Rhonda Lundstedt	\$400
5 — Denise Rutkowski	\$325
6 — Tazzie Colomb	\$300
7 — Tara Dodane	\$275
8 — Cyndi Meintzer	\$225
9 — Joyce McDevitt	\$200

1988 Women's Extravaganza Strength Show Official Results

Competitor	State	Bodyweight	Leg				Leg Press	Curls	Benches	Points	Place
			Extensions	Chins	Dips						
Mary Jeffrey	W. Virginia	123	33	28	45	72	49	33	45	1st	
Raye Hollitt	California	146	48	23	45	52	50	17	43	2nd	
Karen Pica	New Jersey	146	43	27	42	71	31	14	39	3rd	
Rhonda Lundstedt	Florida	147	55	14	34	46	48	19	37	4th	
Denise Rutkowski	Texas	148	53	17	30	55	31	8	34	5th	
Tazzie Colomb	Louisiana	167	58	20	29	53	19	10	31	6th	
Tara Dodane	Florida	165	39	9	29	45	25	8	17	7th	
Cyndi Meintzer	Georgia	166	35	9	24	37	28	6	14	8th	
Joyce McDevitt	Pennsylvania	142	44	11	13	21	22	3	13	9th	



Karin Mitchell - Overall Extravaganza Winner

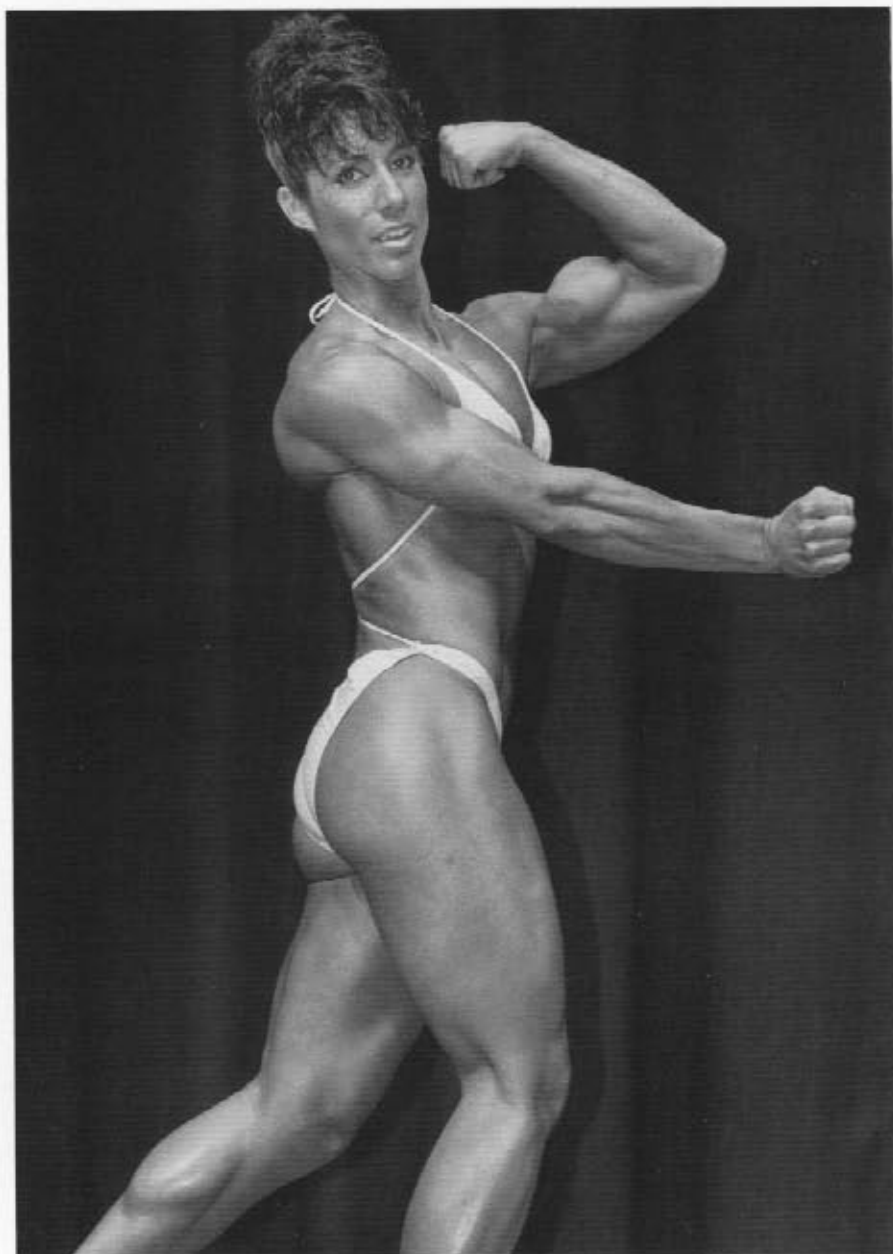
And Then They Flexed

Between the strength events, the bodybuilders worked to gain their share of the crowd's attention for the day, and for their efforts the Clifton High School crowd responded loudly in offering their support of the well-prepared group.

With the prior year's inaugural event featuring the likes of Marissa Brown, Raye Hollitt, Lindy Champion, and Phyllis Padur, it would be a tough act to follow at this year's show. But a game group of competitors from across the country did their best to measure up to that quartet, and if anything can be said about the 1988 Extravaganza, it is that it was more competitive overall than in '87.

Karin Mitchell's Competitive Career

Challenge Cup '85	1st
Midwest Open '85	1st
Gold's Classic '85	1st
Jr. Ohio Championships '85	1st
Mid-Continental '85 HW	2nd
Ohio Championship Pairs '85	2nd
NPC Nationals '85 HW	10th
IFBB Ms. International '86	7th
Buckeye Championships '86	1st
Mid-States America '86	1st
NPC Ohio Championships '86 HW	1st
NPC Ohio Mixed Pairs '86	2nd
NPC-USA '86 HW	DNP
NPC USA Mixed Pairs '86	DNP
Cincinnati Metropolitan '86	1st
South District (Ohio) '86	1st
South District Mixed Pairs '86	1st
NPC Ohio Mixed Pairs '87	4th
NPC Jr. Nationals Mixed Pairs '87	5th
NPC Jr. Nationals '87 HW	DNP
North Coast (Ohio) '87 HW	3rd
World Gym Classic '87	1st
AAU Ms. America '87 Med/Tall	2nd



Annle Riviuccio - 2nd HW

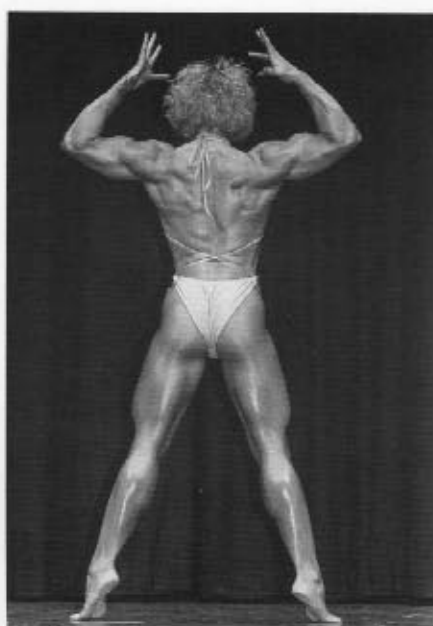


Of the stories that often develop from within a bodybuilding competition it is always satisfying to find one in which age plays an important role. In the case of this year's Extravaganza, age played more than just one.

The open division of the Extravaganza saw 14 women enter the three weight classes with half of those entrants weighing in over the heavy-weight cutoff.

Topping the heavyweight class was 40-year-old veteran competitor Karin Mitchell from Columbus, Ohio. A longtime competitor at every level of physique contest, Mitchell has competed in everything from the Ms. Cincinnati to the IFBB Ms. International. For the Extravaganza event, Mitchell was in very muscular shape with rock-hard muscularity and





Deana Bodine - 3rd HW

The Heavyweight Top Five



definition to burn. For the judging panel, she was a unanimous choice. Mitchell doubled up on her trophy-winning exploits as she also copped the Masters division title prior to entering the open competition.

Annie Riviuccio accepted the second-place trophy in the heavyweight class with a strikingly muscular 5-5, 133-pound structure. Training for two years, the 26-year-old Riviuccio works out at Gold's Gym in Marietta, Georgia, and also at Body Mechanics. A former javelin thrower, Riviuccio is originally from New Jersey and spent two years studying Biology at C.W. Post College in New York. Prior to the Extravaganza, Riviuccio's only other contest was the Atlanta Championships in 1988 where she was the heavy-

Kristin Rodder - 4th HW

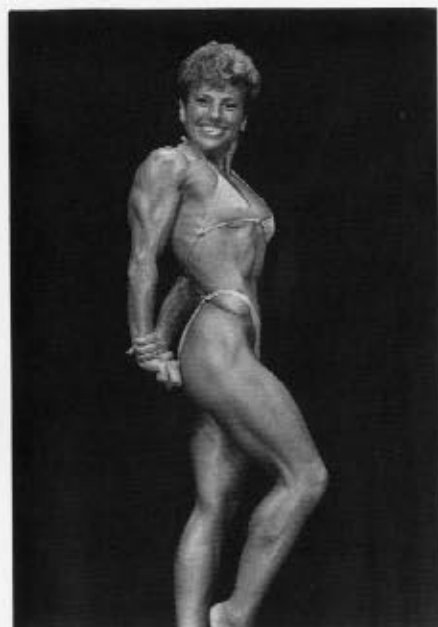
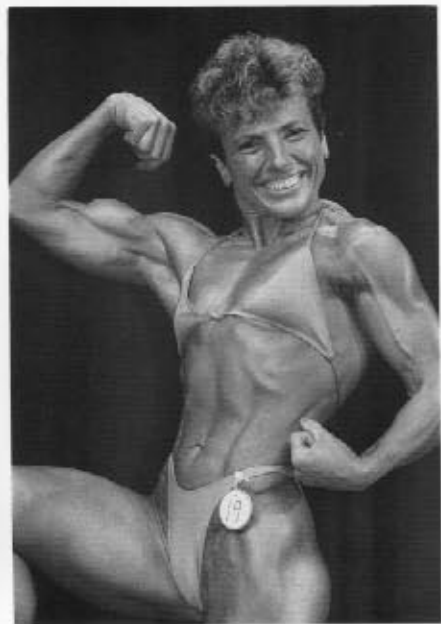


Lina - 5th HW





Middleweight winners Ursula Olsen and Tracy Nelson



Ursula Olsen - 1st MW

weight and overall champion. Currently, she works as a horse trainer.

Sporting outstanding calves and biceps, Annie Rivieccio isn't far from moving into the national-level shows very soon.

Placing third was California transplant Deana Bodine. Now living in Toms River, New Jersey, Bodine showed nice muscle shapes with a well-rounded appearance. An entertaining poser, Bodine has competed in the Southern California area prior to moving to New Jersey, and she should make a nice addition to the east coast competitive scene in 1989. More definition throughout her well-balanced physique will draw much notice for her in the future.



Tracy Nelson - 2nd MW



Julia Kover - 1st LW



The Lightweight Top Four



Valerie Maugeri - 2nd LW



Joanne Dougherty - LW

Pennsylvania's Kristin Rodder finished fourth, followed by Lina (that's the only name she goes by) in fifth.

Oregon competitor and *Women's Physique World* contributor Lori Grannis checked in at 137 pounds for a sixth-place finish, with New York's Madge Thompson notching seventh.

It Only Takes Two To Tangle in the Middleweights

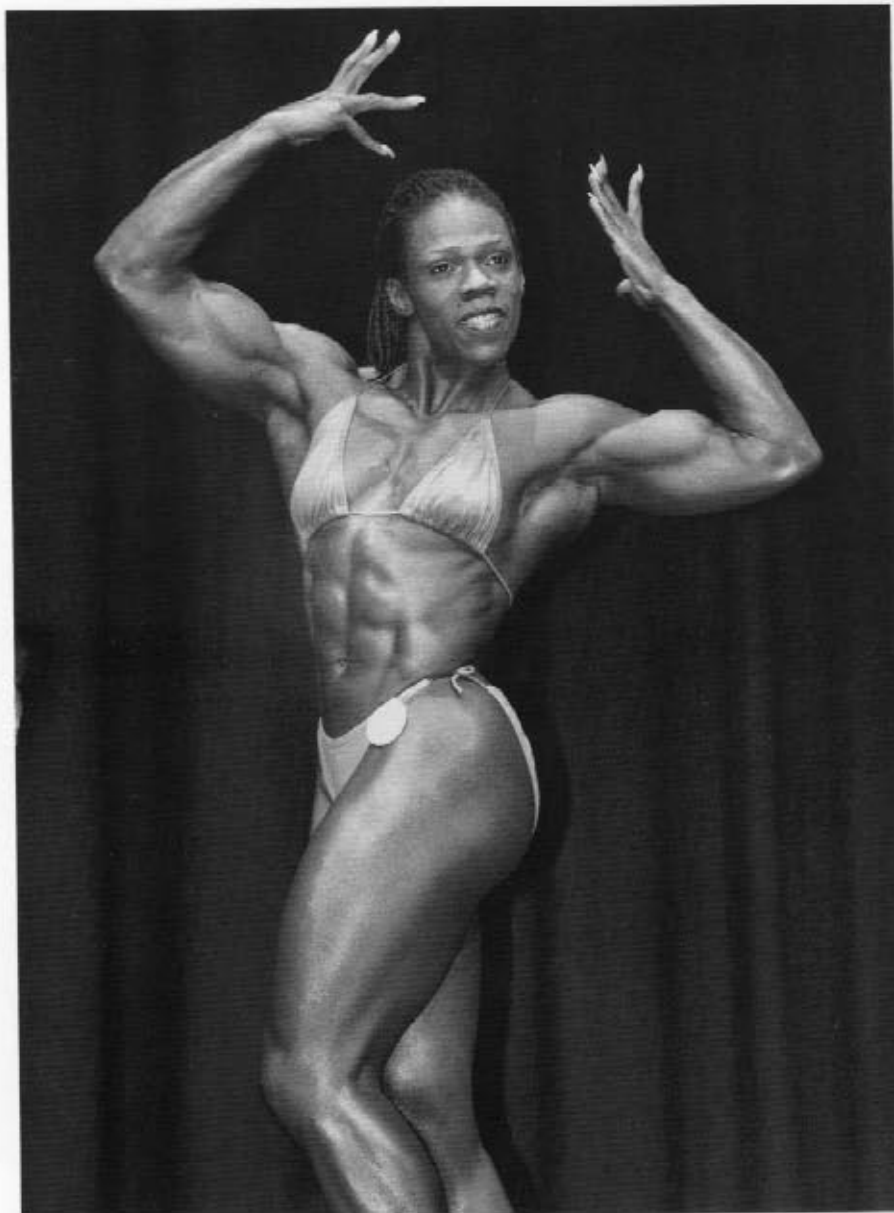
For the second straight year the middleweight class of the Extravaganza entertained only two entrants. (Editor's Note): We keep saying, if you want to heighten your possibilities of moving on to the national level and you're close to the weight class break-off for the middleweight class... get in

it by all means. Virtually every contest around the country is light on competitors in the 114½ to 125½ class.

Michigan's Ursula Olsen outpointed veteran Tracy Nelson to win the middleweight dual. Both women also

With her Russian/Hungarian extraction, lightweight winner Julia Kover was a captivating champion with a look that could move her into the top finishing positions of a national level contest by 1990.

competed in the Masters class (Over-35) with Olsen placing third and Nelson taking fifth. From Ohio, Nelson has competed at the national level in the past, but had been away from the competitive scene for several years. For Nelson, the Extravaganza was a comeback, but she quickly added, "I don't know if I'll ever compete again, I entered this contest just to see what kind of shape I could get myself into after being off for so long. The fact is, the contest just convinced me to keep training and to stay in shape. It's something I'll always enjoy doing. The competitive aspect of bodybuilding isn't that important to me anymore, but I'll always lift... that's in my blood for good!"



Jeanette McGrier - Novice Winner



Pam Reno - 1st Novice LW

“As a novice, McGrier opened the eyes of many with dynamic muscular thickness and size.”

Last year the Extravaganza light-weight class introduced the striking biceps and physique of Phyllis Padur. This year, New Yorker Julia Kover left her indelible mark of quality, which will most assuredly set the stage for future contest successes. At a beautifully balanced 110 pounds on her 5-foot frame, Kover possesses a rare appeal that seems to transcend the circle of bodybuilding. She makes a most exotic and very eye-catching package. For more on this fine new national lightweight, see our profile immediately following this report.

Runnerup to Kover was New Jersey's long and lean Valerie Maugeri. Structurally, Maugeri will be better suited to the middleweight class in the future as she fills out her frame, but the visible muscle she displayed (and visible it was) was nicely shaped with legs that were reminiscent of Candis Caldwell in her earlier competitive days.

The remaining placers in this class were Cassandra Peterson of New York in third; Joanne Dougherty from New Jersey fourth, and Nina Schoenbaum - the manager of the Women's Mid-City Gym in Manhattan - fifth.

The Novice Extravaganza

With a healthy group of 11 entrants, the novice Extravaganza was domi-



The Novice Heavyweight Winners



The Masters Top Three - Mitchell (C), McGrier (R), Olsen (L).

nated by heavyweight Jeanette McGrier from Prospect Park, Pennsylvania. As a novice, McGrier opened the eyes of many with dynamic muscular thickness and size. Supporting a level of mature muscularity seldom seen in a competitor at this level, McGrier looks to have the capability to gain the same level of muscle detail as Linda Wood-Hoyte... with whom she was compared with by more than one observer. Also entered in the Masters contest, McGrier finished second only to Karin Mitchell who had also won the overall open Extravaganza title.

Other novice placers included Susan Resavy, second in the heavyweight; Debra Erney third; Janie

Philpott fourth; Michele Sierp fifth, and Jackie Williams sixth.

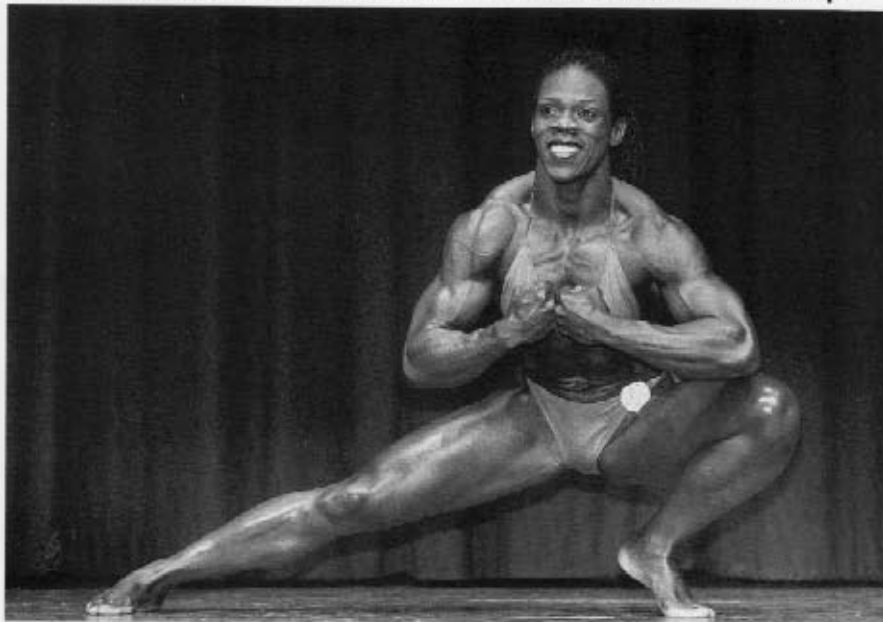
In the lightweight class, New Jersey's Pam Reno outshined a quartet of New Yorkers which included Lucie Vargas in second, Tracy Kritchman third; Sylvia Stavella fourth, and Grace Cinquemani fifth.

Masters... An Apropos Name for This Class

They may have been over 35 years of age, but someone forgot to tell this group they couldn't be competitive with much younger contestants!

With seven women competing in this class, the placings read like a 'Who's Who' from the other classes of the show.

Jeanette McGrier - Overall Novice Winner & Masters Runnerup



Overall winner Karin Mitchell claimed first place honors, and she was closely followed by Novice overall winner Jeanette McGrier. Middleweight open winner Ursula Olsen placed third, followed by New York rocker Helen Wheels. Tracy Nelson placed fifth, with 53-year-old Jean DiBernardo sixth.

Seventh went to the sentimental crowd favorite Georgia Thwett. At 43 years of age, Thwett is the mother of six (6), and the grandmother of six (yes 6!). If that wasn't enough, she had also lost a total of 110 pounds prior to entering the Extravaganza... a feat which well deserves a trophy in itself!

Next year's 'Kay Baxter Memorial Women's Extravaganza' contest will once again take place in New Jersey on November 11th, 1989 and for further information or entry forms contact Ken Kassel by writing him at 291 Herbert Ave., Closter, N.J. 07624. Or by calling (201) 894-5445.

The 1988 NPC Kay Baxter Memorial Women's Extravaganza Official Results

Lightweight Class

- 1 — Julia Kover, New York
- 2 — Valerie Maugeri, New Jersey
- 3 — Cassandra Peterson, New York
- 4 — Joanne Dougherty, New Jersey
- 5 — Nina Schoenbaum, New York

Middleweight Class

- 1 — Ursula Olsen, Michigan
- 2 — Tracy Nelson, Ohio

Heavyweight Class

- 1 — Karin Mitchell, Ohio
- 2 — Annie Rivieccio, Georgia
- 3 — Deana Bodine, New Jersey
- 4 — Kristin Rodder, Pennsylvania
- 5 — Lina, New York
- 6 — Lori Grannis, Oregon
- 7 — Madge Thompson, New York

Novice Extravaganza

Lightweight Class

- 1 — Pam Reno, New Jersey
- 2 — Lucie Vargas, New York
- 3 — Tracy Kritchman, New York
- 4 — Sylvia Stavella, New York
- 5 — Grace Cinquemani, New York

Heavyweight Class

- 1 — Jeanette McGrier, Pennsylvania
- 2 — Susan Resavy, Pennsylvania
- 3 — Debra Erney, Pennsylvania
- 4 — Janie Philpott, Washington, D.C.
- 5 — Michele Sierp, New York
- 6 — Jackie Williams, Maryland

Master's Extravaganza

- 1 — Karin Mitchell, Ohio
- 2 — Jeanette McGrier, Pennsylvania
- 3 — Ursula Olsen, Michigan
- 4 — Helen Wheels, New York
- 5 — Tracy Nelson, Ohio
- 6 — Joan DiBernardo, New York
- 7 — Georgia Thwett, Virginia

Julia Kover

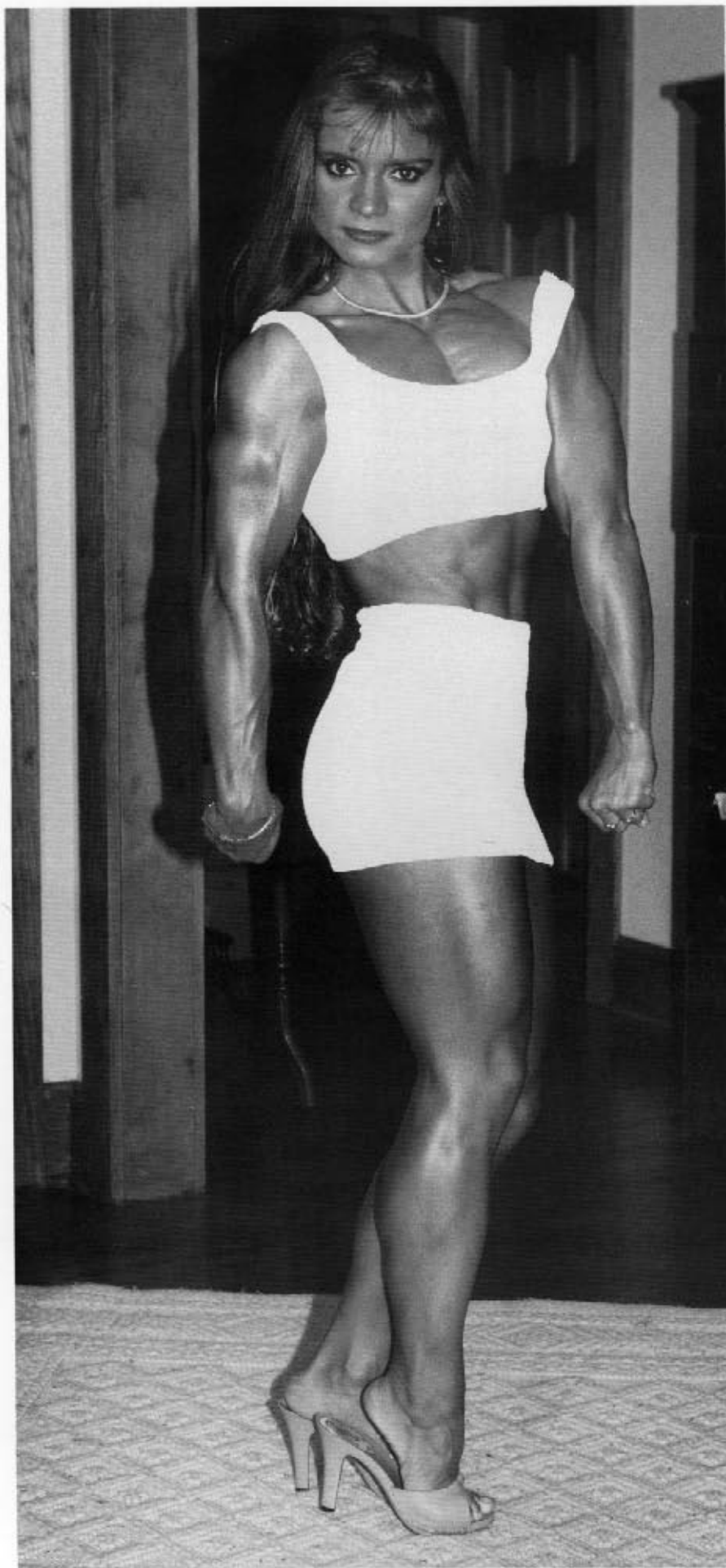


by Cheryl Tiffany
photos by John Nafpliotis

In her relatively brief life, Julia Kover has lived in Hungary, Russia, Cuba and currently that rather unusual slice of the American pie — Brooklyn.

Kover, 27, is hoping that this latest place she hangs her hat, more specifically Brighton Beach, is going to signal some special times, as she embarks on a new career — bodybuilding — and a new life in her adoptive country — the United States.

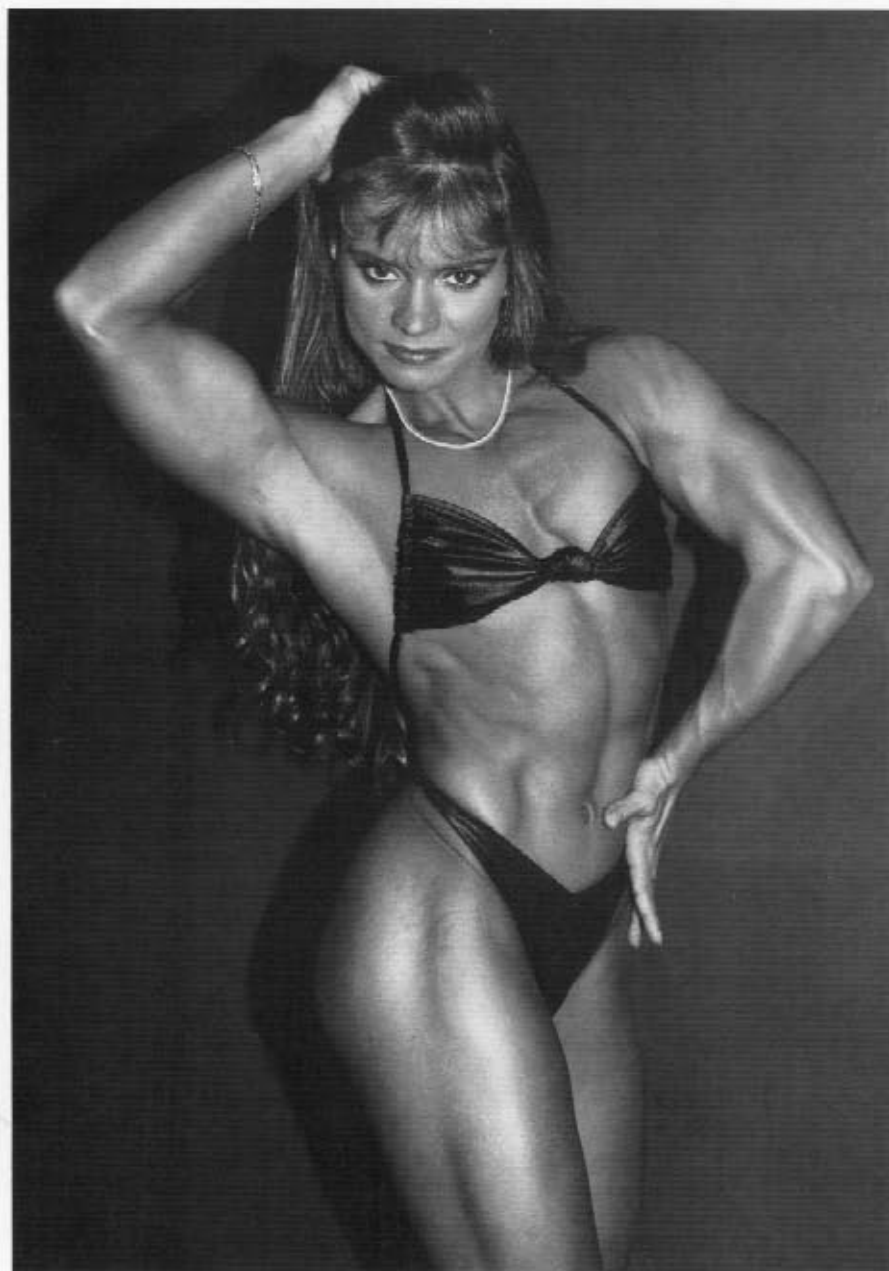
Kover, a 5-0 dynamo whose strength performances in the gym have become a hot topic among East Coast bodybuilding observers, was born in Budapest, Hungary, of a Russian mother and Hungarian father. Her family moved to Cuba when she was six years old, as her father took a university teaching position there.





Julia Kover

BILL JENTZ



strange for me. I had always been an athletic child, competing in track and gymnastics and practicing ballet. In college, I swam and lifted only a little, but I was into biking and doing push-ups and dips, so I was in really good shape."

Kover feels that the need to get back into shape — to put back some of the natural muscle she'd lost while in the camp — was the actual impetus for her bodybuilding career.

By the time Kover joined a local YMCA in Brooklyn, the penniless situation had abated, the meals were more plentiful and her physique was back to "that of a gymnast" by the time she left the YMCA to join a bodybuilding gym.

"Actually, before I joined the second gym, I wanted to be a jockey," she recalls. "I worked at Belmont, walking horses and sometimes riding, and I felt that because I was both small and so strong that I'd make a good jockey. But, I decided before long that bodybuilding would be my top priority."

Everyone who has seen Kover feels she made the right decision. Even though she was, at this writing, still away from her first competitive experience, she'd already been noticed by several East Coast bodybuilding experts.

One week before the Women's Extravaganza, Kover was set for the bodybuilding portion of that contest, but was undecided about the strength portion, feeling she might be cheating herself by trying to compete in that after dieting for the physique event.

"I feel very comfortable about going on stage for the first time," she said. "I've always liked theatre before and I don't think it'll be a problem. I'm also

After a little more than two years in Cuba, Kover's family moved to Moscow for six months and then went back to Hungary until she was 15, when her father became an economist at the United Nations and the family moved to the United States.

Kover went to high school in New York City and three years of college at Marymount College and New York University before the family was drawn back to Hungary once again. After two years in medical school and one in veterinary school there, Kover, her boyfriend Dobi and three dogs left Hungary in 1984. The destination was Italy, but shortly after arriving, it was back to Hungary one more time. This time, though, they wound up in a refugee camp. But because Kover's mother was Russian, and thus she was officially a Soviet citizen, the couple

was granted political asylum in the United States."

Strangely enough, it was, Kover feels, the experience in the refugee camp that ultimately led her into bodybuilding.

"I worked at Belmont, walking horses and sometimes riding, and I felt that because I was both small and so strong that I'd make a good jockey."

"In the camp, my weight dropped down to about 90 pounds," she recalls. "We were almost starving. That was



not intimidated by the competition. I've seen a lot of the women in magazines and then seen women in shows, but they always seem to look better in the magazines than what I see when I go to a show, so I think I'll be competitive."

"As far as the strength show goes, I keep my weight fairly close to contest weight all the time, but even those few pounds worth of dieting is going to mean a difference in strength and I consider myself a bodybuilder first and I'm committed to the physique show."

Those who have seen Kover in the gym, however, see her as a top-notch strength competitor. Indeed, she makes extensive use of pullups and dips (both traditional parts of strength shows) in her workouts and does the former in sets of eight reps with 45-pound plates hanging from her waist. She's also wowed observers with leg presses (done in 4-5 sets of 12 reps) in the 850-870 pound range. She also does dumbbell flies with 60 pounds.

Work like that has given Kover a statistically perfect 35 1/2-20-35 1/2 shape, which she says tends to grow evenly as she grows. She also possesses 13-inch arms, 14 1/2-inch calves and 21-inch thighs.

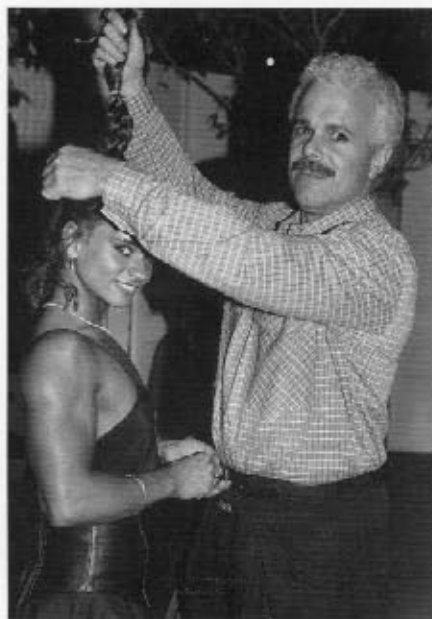
It is indeed a package that is wrapped as attractively as it is strong.

And, with that package, Julia Kover embarks on the newest stage of her already-varied life. She's hoping that someday when she looks back at 1989, it'll be with memories of becoming a United States citizen and a successful bodybuilder.

In other words, for Julia Kover, she'll be anxious to begin writing her own set of Brighton Beach Memoirs.



Tara Dodane gives Julia Kover a victory lift at the post-contest banquet.





Cory Everson
1988 IFBB
Ms. Olympia

The 1988 IFBB Ms. Olympia . . .
...Cory Wins Again!

Five O's and Counting

by Linda Wood-Hoyte

photos by John Nafpliotis

As streaks go, it is becoming one of the best known in women's bodybuilding. Yes, Cory Everson once again conquered all in New York to gain her fifth successive Ms. Olympia title building on a string of victories that may well, indeed, stand the test of time.

They held the annual IFBB Ms. Olympia in New York City at the Felt Forum again. And the same thing that's been happening for the last four years happened again.

The more things change, the more things stay the same.

What happened you ask? Well, let's assume you've been off the bodybuilding planet for the last four years so I can take you back to Montreal in 1984.

Among a collection of the hottest names in pro bodybuilding, Corinna Everson stepped onstage to her first pro show having won the NPC National title a few months earlier. Facing the reigning Ms. Olympia, Carla Dunlap, and the former 1980 &

'82 Ms. Olympia Rachel McI.ish, Everson had suddenly emerged from the distance of an amateur contender with great athletic ability and the propensity to come into a contest weighing a very lean 129 pounds, to a voluminous juggernaut, who, in 1984, tipped the scales at a sterling 147 pounds. Gone were her ultra-lithe thighs. Replacing them were curvy, meaty quads of exquisite shape and quality. Gone were her once broad but bony shoulders. Welcome to her deluxe delts with round mounds of development. Vanished were her spindly arms which which now taped in at 14-and-one-half-inches. Her new guns welded new authority with her

double bicep shots...it was the new Cory.

On that November 24th evening at the Place Des Arts, Salle Willfrid Pelletier Center in the heart of downtown Montreal, the new Corinna Everson established the beginning of a legend over the likes of Canada's femme fatale Carla Temple, a muscular Lousianan named Clare Furr, the super-massive Mary Roberts and of course bodybuilding's glamour queen, the immovable Rachel McI.ish.

Everson bested them all that night and in the four years since that evening no other women has claimed the title of Ms. Olympia.

Many have given it their best



efforts. In 1985 at the first of three shows at the Felt Forum in New York, Everson dashed the best hopes of a persistent Mary Roberts who finished second to her.

Queen Cory fought back the mighty challenge of a robust Clare Furr in 1986 displaying what many felt was Everson's finest competitive condition up to that point in time.

Even the tremendous physique of runnerup Ellen Van Maris in 1987 could not deter the judges from awarding the Great Cory her fourth Ms. O title.

Everson feigned retirement after that night alluding to stepping away from competition. She acquired the responsibilities of a television show called *Bodyshaping*, and some thought we wouldn't see the 5-8 skyscraper of a champion again.

Others of us knew better. There were and are many reasons for Everson to return to the battlefield, least of which is having a friend named Haney, who was duplicating her success in the men's version of this



Cory's condition was ship-shape, and that meant the rest was history!

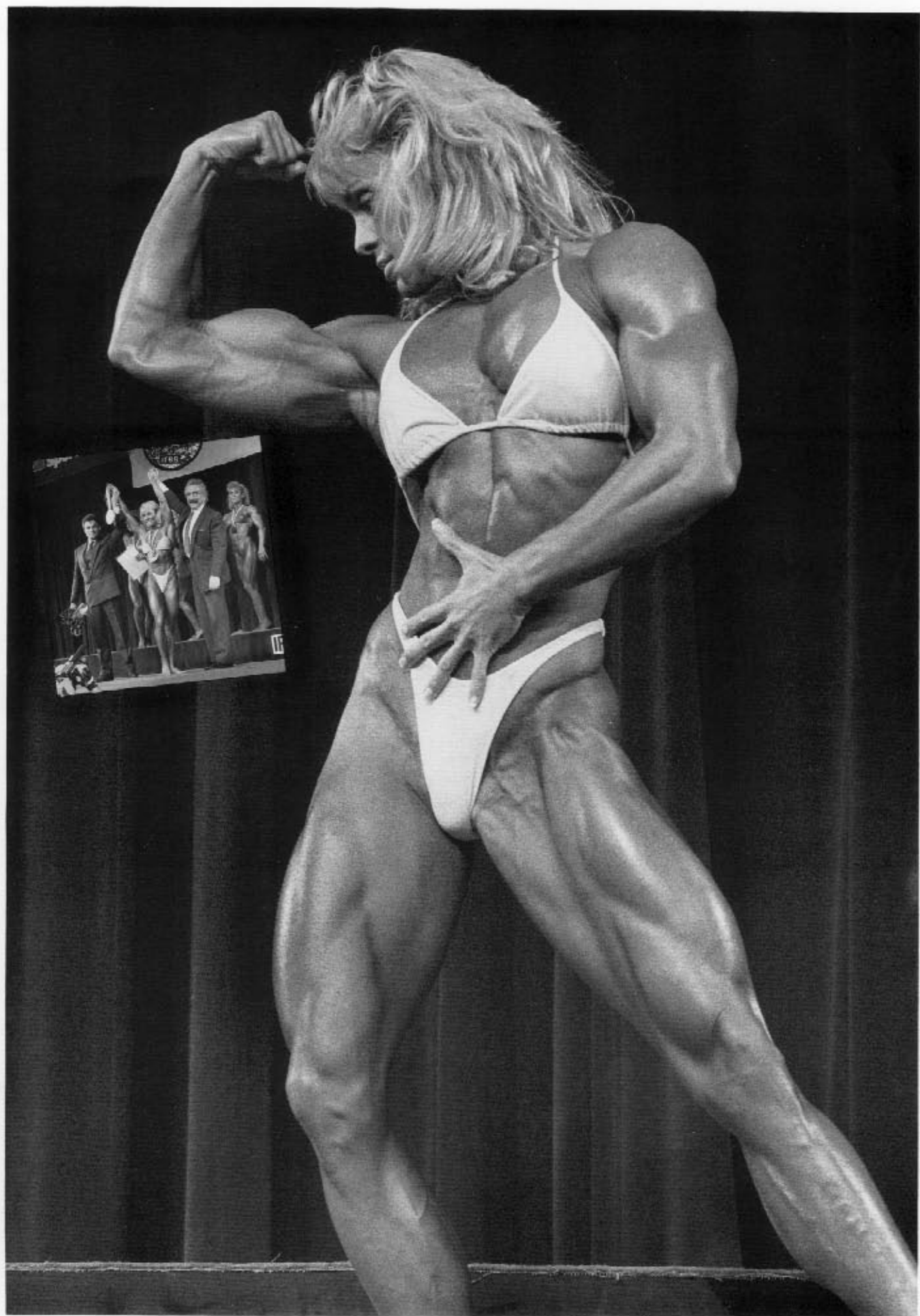
repeat performance ritual called the Olympia.

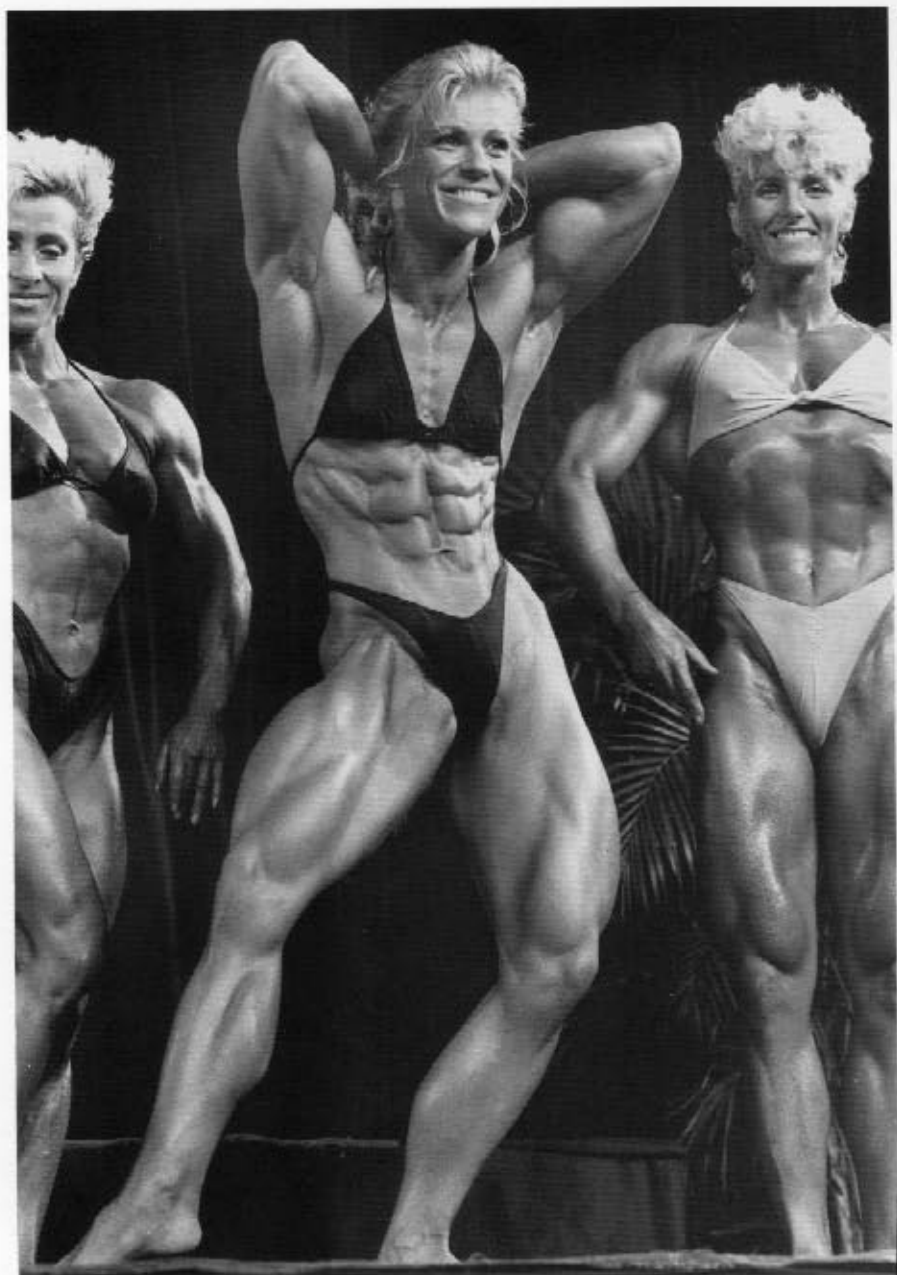
If Haney could run up the string toward that coveted echelon of Arnold's lucky seven, so could Queen Cory. Or at least she was certainly going to try. And there seemed little that could stop her from adding yearly asterisks behind her name.

Everything seemed in order on a balmy November night for Everson to win again. In fact, it would have been difficult to bet against her losing... the odds probably would have overwhelmed Las Vegas odds makers. This would again be her night and she didn't disappoint. I wish I could say that about everything at the 1988 Ms. Olympia.

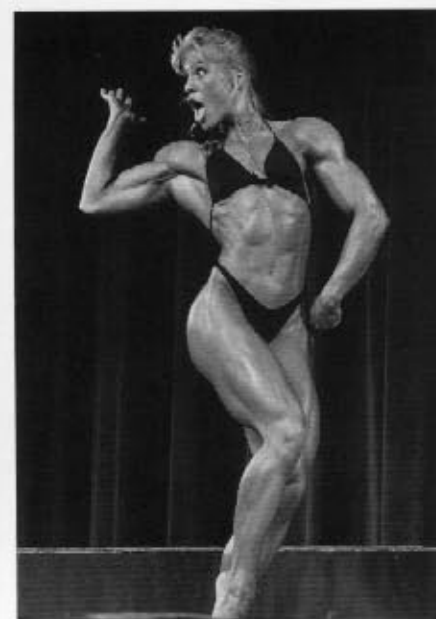
At the evening finals Sweden's Veronica Dahlin displayed her curvaceous, balanced body to onlookers. Had she been more defined she might have finished higher than last, 17th place. Although she is a new face and a small-framed lady, it would seem that this is the type of competitor the promoters of this contest want to







Anja Langer - 2nd



spotlight. I'm a little surprised at her placing this low when you consider the condition of some of the contestants above her.

Cathy Palyo brought a physique to the Ms. Olympia that lacked any snap, crackle, or pop in comparison to her fine 1988 Ms. International-winning physique last year. She gave the judges a reason to not even call her out during the muscularity round since her body looked rather listless. The result was a 16th place.

Canada's Joy Nichols flexed her 5-10, 160-pound body for all to see. Nichols looked vastly improved from the last time she entered the Olympia in 1985. Good abs, striking frontal thighs and big biceps all highlighted her body. Too bad the judges didn't

notice. Relegating her to 15th place, despite her terrific performance to Paul McCartney's *Live and Let Die* seemed to be a serious oversight.

Californian Janice Ragain showed little of the physical pizzazz that gained her a second place at the 1988 Pro Worlds or seventh place at the Olympia the year before. Performing a long routine without the muscle to match was a strain on one's attention. Hopefully, this fine athlete will rebound from this poor 14th-place finish.

Holland's reigning enigma, Juliette Bergmann, the 1986 Pro World Champion always elicits the same question from fans: What type of shape will she show up in? At the '88 Pro World's many felt she was in the



Fun and Games with Cory and Anja

best shape of her career but failed the drug test. Although rumors circulated that she would be in great condition, that was not the case when she stepped onstage. Maligned with the same problem of getting sufficiently defined to highlight her superbly shaped body, she repeated her 13th-place finish of two years ago at her first Ms. Olympia.

Renee Casella entered her first Ms. Olympia after placing seventh at the last Pro Worlds in Nice, France. Casella lacked her usual separated, high-powered muscularity and seemed to be forgotten in the shuffle of placements. She finished 12th.

Former Canadian, now Southern Californian, Laura Creavalle showed why she won the '88 IFBB World Amateur heavyweight championship in Puerto Rico. Creavalle's stunning upper body and terrific midsection were her keys to doing well. I honestly thought she would break into the top ten... So much for thinking.



Superbodies!

Creavalle's 11th-place finish illustrates a general confusion with many of the decisions of this contest.

Carla Dunlap is one of two ladies in this contest who have participated in every Ms. Olympia since 1982. She has had her contest ups and downs since winning the title in 1983. It is nice to report to her loyal fans that her 1988 edition was her finest condition in years. Looking solid and larger, she placed 10th in a contest of great physiques.

Muscular Renate Holland from Germany bristled with sharp-looking development. The 1986 IFBB World Amateur lightweight champ possessed huge, well-defined thighs and a wide, dense back. She seemed to have some difficulty hitting certain mandatory poses which would have showed the rigidity of her muscles, particularly her abs. However, I thought she was better than the ninth-place indicated, her final finish indicated.

Readers' choice... Fill in your own captions.





Bev Francis - 3rd



Full of spunk and fully equipped, Janet Tech continued to ride a season of excellence with a strong maiden debut at the Ms. Olympia. The NPC

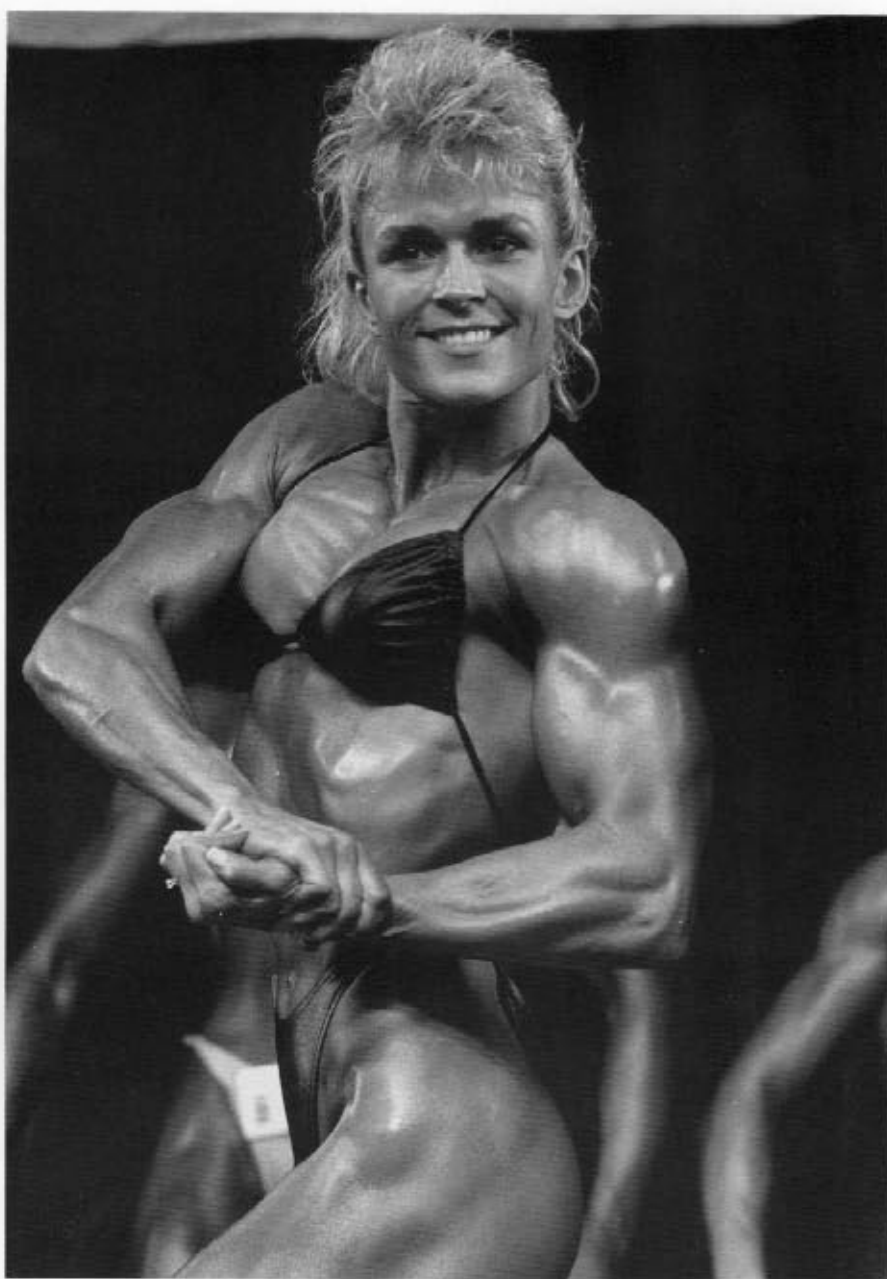
Nationals and World Amateur light-weight champ exuded one of the hardest, yet curvy and feminine physiques onstage. Her superb sym-

metry, terrific back, fine shoulders and tiny waist combined to impress judges and onlookers. When Tech gains more size she will undoubtedly

Bev shows a hamstring...

...and stands in for a symmetry comparison.





Tonya Knight - 4th

take her place among the top pro women and finish higher than this eighth place finale.

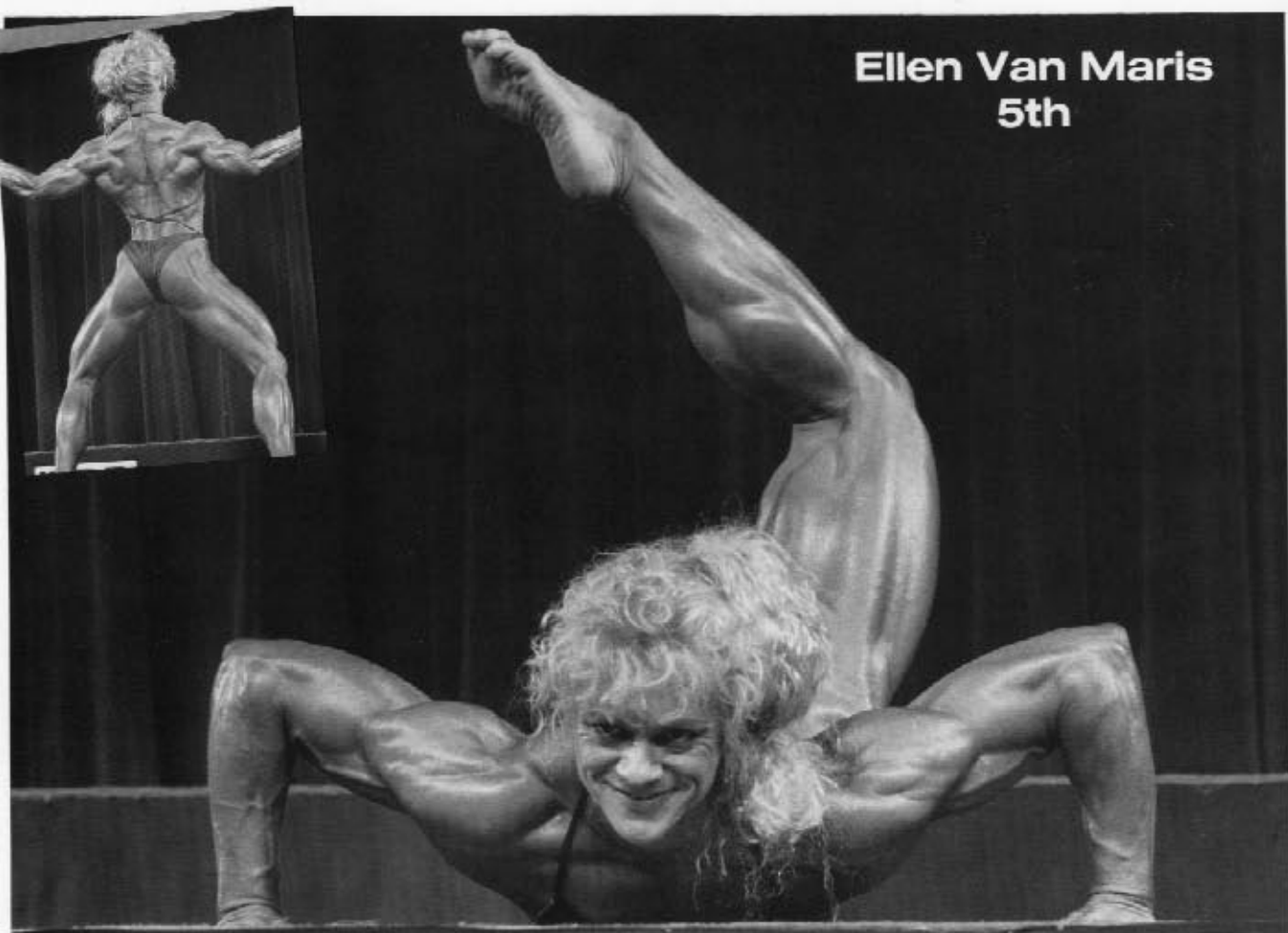
The 1988 World Pro Champ, Dona Oliveira, brought her well-shaped body to the Ms. Olympia and flexed her way into the top ten with a seventh-place finish. Although Oliveira looked harder in Nice, France, this Ms. Olympia version was much better than her first showing a few years ago. Oliveira's fine delts, thighs and arms must have persuaded the judges to reward her this high placing, in spite of her rather smooth overall condition.

Marjo Selin's tall elegance and supple posing have been a mainstay at the Ms. Olympia since her first Ms. O.

in 1982. The Finnish veteran seemed a tad leaner than her excellent Pro World third-place showing last April, but she managed to fit into the top echelons at sixth place.

Holland's best bodybuilder Ellen Van Maris, finished in second place at the 1987 Ms. Olympia weighing a regal 142 pounds of quality muscle. She returned this year looking even sharper at 5-4, 140 pounds. From any angle this Dutch Wonder exploded with muscle. On every comparison pose she had no peer. Bodypart for bodypart Van Maris could have collected a trophy for each one. No bodybuilder was denser or harder than this bonafided phenom.

**Ellen Van Maris
5th**

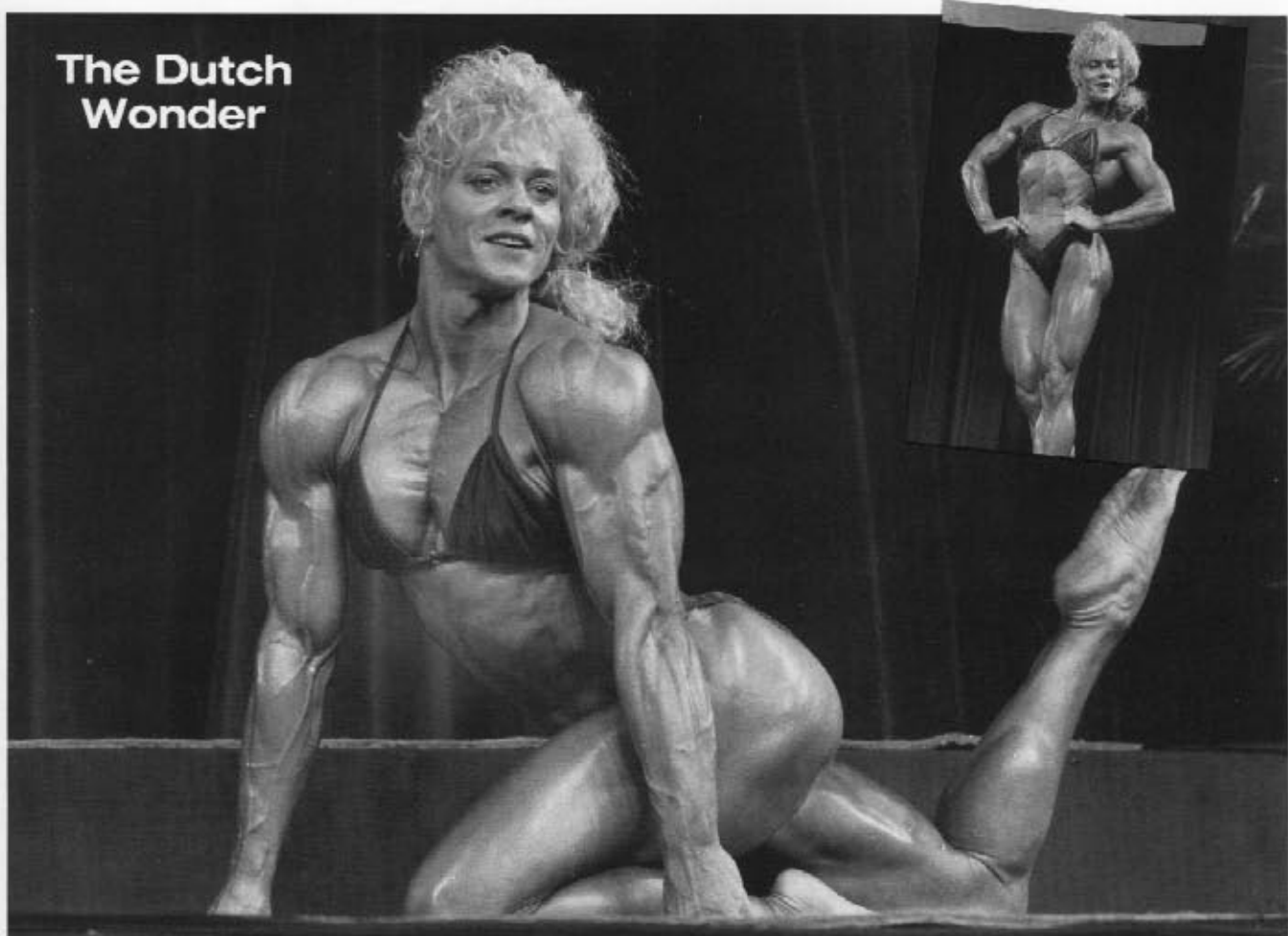


When Van Maris was announced in fifth place, not only did a cacophony of boos disrupt the contest from continuing, but a chorus of 'ELLEN, ELLEN, ELLEN' followed the remaining placements. Her finish illustrated the truly wide range of scoring among the judging tallies and suggests some confusion as to where she should have placed.

"Her finish illustrated the truly wide range of scoring among the judging tallies and suggests some confusion as to where she should have placed."

If the conclusion is that Van Maris has overdeveloped her physique and is now considered blocky, then what was she in 1987 when similar judges placed her second? Could she have become that "blocky" in one year? Or did the judges mistakenly place her second in '87? Is there any rationale to drop her three places from the previous year? It would seem that the judging criteria,

The Dutch Wonder



in Van Maris' case, has drastically changed in one year. Apparently, well-muscled physiques are not presently in vogue.

The physique of Tonya Knight would indeed seem to be in vogue. This blond beauty from Missouri has a good upper body with an especially fine back. With more muscle maturity and lots of squats she could improve

"When Van Maris was announced in fifth place, not only did a cacophony of boos disrupt the contest from continuing, but a chorus of ELLEN, ELLEN, ELLEN, followed the remaining placements."

upon her fourth-place debut showing. It would be, however, a difficult task to improve upon her near genius posing routine that combined about seven different music changes brilliantly synthesized together and allowing Knight to display a staccato arsenal of quirky poses...excellent!

Bev Francis decided to produce a

(Continued on page 37)

WOMEN'S PHYSIQUE PUBLICATION/33



Above, Cory lifts Van Maris's arm as the crowd boos her placement. To the left, Van Maris and Langer compare side chest poses, while Cory does the same in the background. Below, in closer proximity, the trio again compare chests.



To the left, Van Maris goes nose to nose and muscle to muscle with Cory, all the while showing impressive calf, hamstring and forearm development. Pictured above, Van Maris (on the left) takes the measure of Everson and Langer in this telling back comparison.





Dona Oliviera - 7th



Marjo Selln - 6th

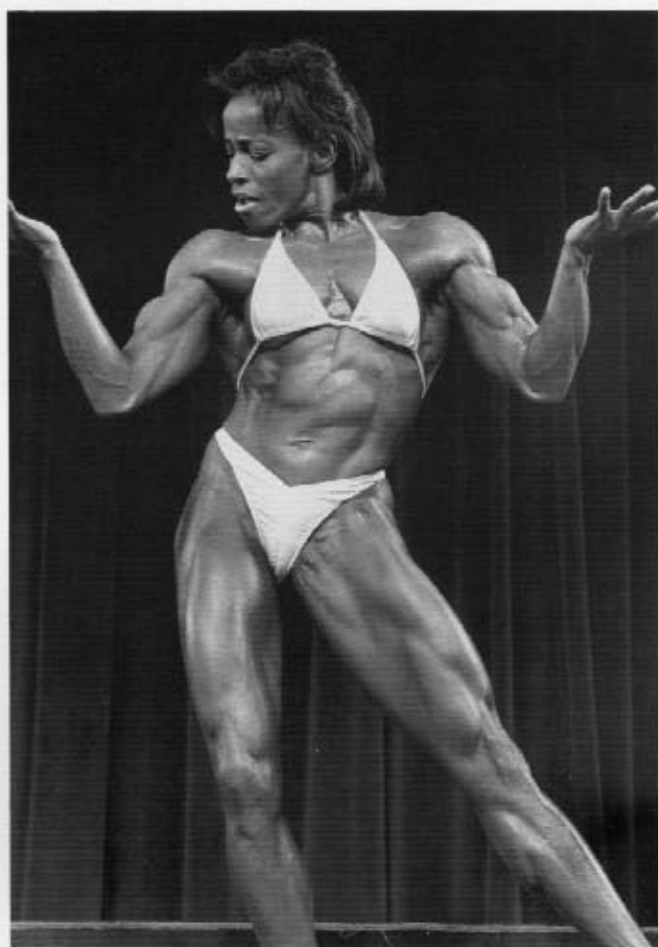
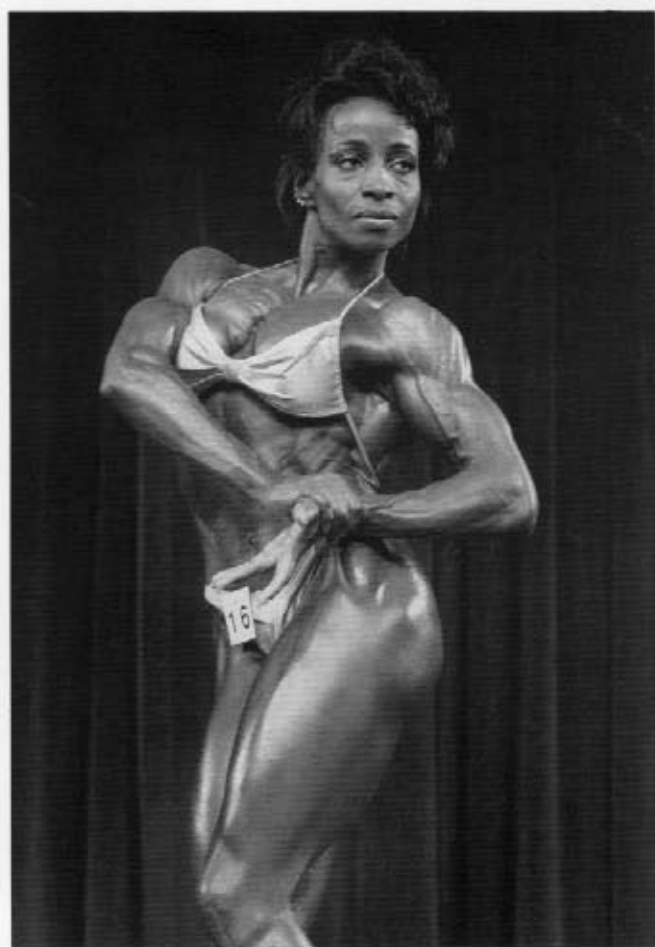


Janet Tech - 8th

Renate Holland - 9th



In this interesting photo, we see virtually every competitor standing with exactly the same leg positioning.



Carla Dunlap - 10th



Laura Creavalle - 11th



Renee Casella - 12th



Juliette Bergmann - 13th



(Continued from page 33)

softer looking physique this year as opposed to her ultra-lean, ultra-ripped body of 1987. Her efforts resulted in her finishing third. Francis still conveyed a gamey, exuberant competitor's attitude during the comparison poses with Everson, Langer and Van Maris. She still hits her customary 'most muscular' pose to each side of the stage with more gusto than any beer could offer. No one can say Bev Francis doesn't give 100% when she decides to compete.

The rise of Germany's Anja Langer could have been predicted due to her fine Teutonic beauty, curvaceous body, outstanding abs, delts, thighs and calves. Performing a routine full

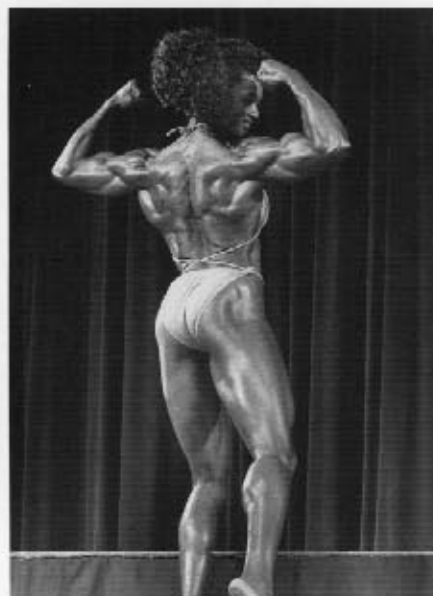
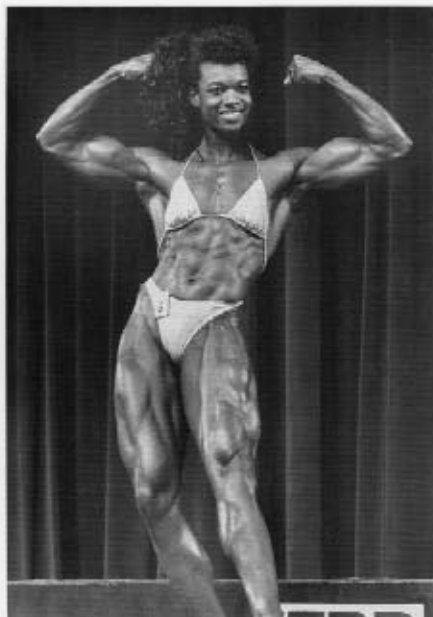
Past Ms. O's

1980 - Rachel McLish, USA
1981 - Kike Elomaa, Finland
1982 - Rachel McLish, USA
1983 - Carla Dunlap, USA
1984 - Cory Everson, USA
1985 - Cory Everson, USA
1986 - Cory Everson, USA
1987 - Cory Everson, USA
1988 - Cory Everson, USA

of a ballerina's grace and bringing the muscle to match, Langer totally charmed the audience. Finishing in second now puts Langer only a breath away from the top of the pro ladder.

By any standard, this ninth edition of the Ms. O. should have been Cory Everson's night to howl. Looking tall, tan and ready to run for office, this version of the Everson machine might, indeed, be the best to date, but the funny thing is, Everson hasn't really reached her peak. Yes, she can be better. And perhaps over the next two or three years we will see what she can ultimately become.

Is she uncatchable? Using the current judges and their present criteria, probably yes.



Janice Ragain - 14th

Joy Nichols - 15th



Langer does her own thing as Cory and Bev compare backs.



Cathey Palvo - 16th



Veronica Dahlin - 17th

(Continued from page 37)

Is she the greatest female bodybuilder to come down the track?

So far, I have not seen anyone come close to taking that title away from her since that day in Montreal five years ago. She is Ms. Olympia and if that is the standard of greatness, then the answer is unequivocally, yes. Cory Everson took home first prize money of \$25,000 and this year there was no mention of retirement.

Hummm... ●

During the posedown, Bev and Cory put on an armwrestling display that would have to be a fantasy come true for any fan of that sport. It looked to us like Bev won out.





Above, the top six finishers pose with their medals. To the right, Cory, Bev and Anja wait for the announcement of the top three placings.



In The Money

1 — Cory Everson	\$25,000
2 — Anja Langer	\$12,500
3 — Bev Francis	\$7,500
4 — Tonya Knight	\$4,000
5 — Ellen Van Maris	\$3,500
6 — Marjo Selin	\$2,000
7 — Dona Oliveira	\$1,750
8 — Janet Tech	\$1,500
9 — Renate Holland	\$1,250
10 — Carla Dunlap	\$1,000

The 1988 IFBB Ms. Olympia Official Results

Place	Competitor	Country	Round 1	Round 2	Round 3	Subtotal	Posedown	Final Total
1	Cory Everson	USA	5	5	5	15	5	20
2	Anja Langer	West Germany	10	12	10	32	10	42
3	Bev Francis	Australia	18	16	18	52	17	69
4	Tonya Knight	USA	18	21	19	58	21	79
5	Ellen Van Maris	Holland	34	23	25	82	23	105
6	Marjo Selin	Finland	27	30	30	87	30	117
7	Dona Oliveira	USA	33	43	43	119		
8	Janet Tech	USA	39	42	41	122		
9	Renate Holland	West Germany	48	44	44	136		
10	Carla Dunlap	USA	59	59	51	169		
11	Laura Creavalle	Guyana	68	51	53	172		
12	Renee Casella	USA	64	49	59	172		
13	Juliette Bergmann	Holland	48	66	67	181		
14	Janice Ragain	USA	58	67	69	194		
15	Joy Nichols	Canada	74	75	70	219		
16	Cathy Palyo	USA	80	81	80	241		
17	Veronica Dahlin	Sweden	84	84	85	253		



Ellen Van Maris
1988 IFBB Ms. Olympia
5th Place

RALPH DEWANE

Deja View

Lisser Frost Larsen The Greatest Dane!

by Steve Wennerstrom

Not all bodybuilders drift into anonymity when they finish their competitive careers, and there is perhaps no better example of one such bodybuilder who dedicated herself to contributing to the sport she loved so much. Denmark's Lisser Frost Larsen shows no sign of drifting off, and the sport of bodybuilding will benefit greatly because of it.

It was her smile.

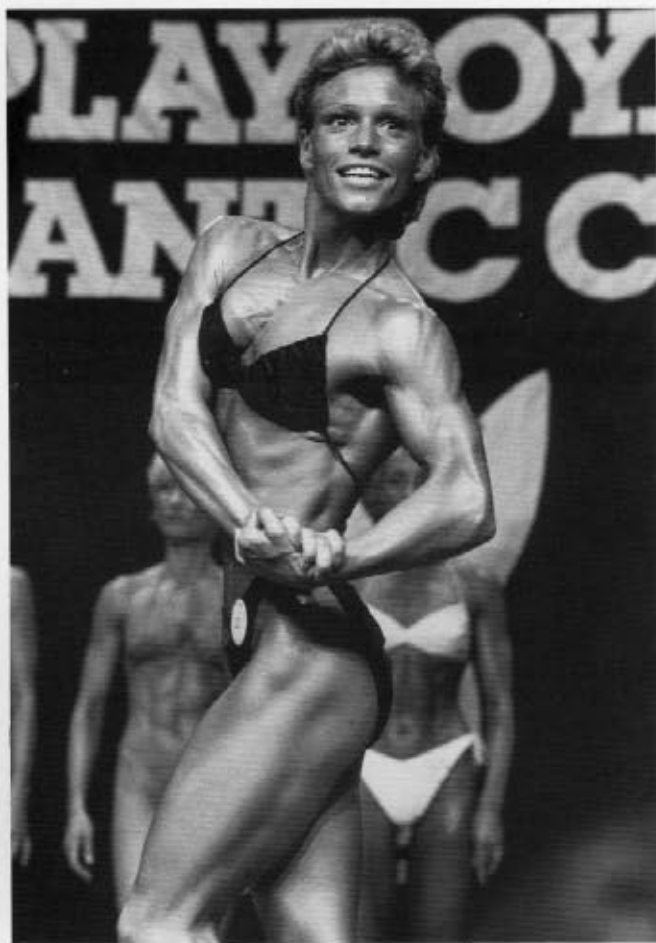
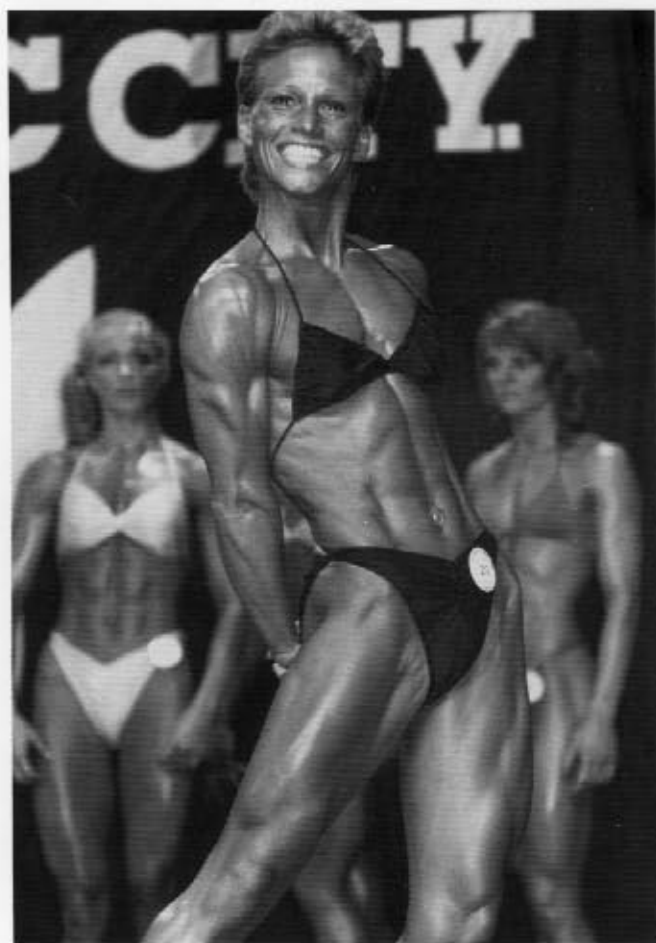
Long before the contestants had taken the stage to compete for the 1982 Ms. Olympia title, Denmark's Lisser Frost Larsen had already gained the direct attention of the attending press and photo corps on hand for the event.

With a smile that beamed a day-break-like radiance, Larsen brought

to this contest a freshness of personality, and appearance never before seen in bodybuilding circles. Her striking facial features were riveting...and that smile...what a smile.

In the inaugural issue of *Women's Physique World* from Fall 1984, an article on Larsen related the following on her Nordic appeal: "Toothpaste

manufacturers should roll out the red carpet for her. Cosmetic companies should name a face cream after her. History's 'Helen of Troy' and her cause for the launching of a thousand ships had nothing on 'Lisser of Copenhagen'. It seems that Larsen leaves a trail of slack-jawed admirers wherever she goes these days."



Lisser Frost Larsen at the 1982 Ms. O.

JOHN NAFPLIOTIS PHOTOS

True it was in those early days of the big professional contests. Lisser Frost Larsen was, indeed, something special, and at a contest that would also feature the likes of Rachel McLish, Carla Dunlap, Deborah Diana, and Kike Elomaa, Lisser Frost Larsen looked ready to fit right in.

From the standpoint of appearance, Larsen did fit right in. The only trouble was, the judges didn't find her physique that intriguing...and she finished ninth. Ninth, on the other hand, was a placing most would be proud of upon entering a first Ms. Olympia contest. And Larsen had no complaints. She simply stated after the contest, "Just watch how I look next year!"

For Lisser Frost Larsen, her sporting competitive nature had been with her long before she ever reached the bodybuilding stage. As a teenager she was a top notch athlete as a member of the Danish National Team in Rhythmic Gymnastics, as well as winning the individual Danish Slalom Water-skiing championship in 1971.

It was these early sports activities and the success she experienced in them that made Larsen's entrance into the world of bodybuilding one which would adhere closely to the highest ideals of athleticism and sport.

Prior to her entrance in the 1982 Ms. Olympia, Larsen had accomplished everything there was to accomplish in the way of contest titles. She had won the Danish Championship, the Nordic Championship and was the runnerup in her class of the IFBB Europeans in 1982, but it wasn't until the Ms. Olympia of 1983 that Larsen really stepped to the forefront of worldwide recognition.

Oddly enough, Larsen's fame came in the way of one of those "strange placings" that has been a part of women's bodybuilding since its earliest days. In the parlance of the game... she was robbed!

At that fateful Ms. O in 1983, only one other competitor was really on par with Larsen's high state of contest condition...and that was the eventual winner Carla Dunlap. The problem was, however, Larsen finished sixth.

Naturally, the crowd roared its disapproval for several minutes. The booing continued throughout the remainder of the awards ceremony. Larsen took the placing graciously. Outwardly she showed the class of a true sportswoman. Inwardly, however, she was devastated. The raucous crowd warmed to her long after the

contest had ended and the attention she received from the unjust Olympia placement may well have been a deciding factor in her invitation to compete in the Caesars World Cup contest which was being filmed for the Pumping Iron II movie in Las Vegas that December.

"As a teenager she was a top notch athlete as a member of the Danish National Team in Rhythmic Gymnastics, as well as winning the individual Danish Slalom Waterskiing Championship in 1971."



Larsen at the '88 Europeans with two Danish proteges.

"Still in all, no matter what the language, it's Lisser Frost Larsen's disarming smile that communicates as well as all her spoken languages put together."

As things turned out, Lisser Frost Larsen never really bounced back from that 1983 Olympia experience, and as a non-placer at the World Cup contest, Larsen called it a career for the competitive stage.

For many women who have quenched their thirst for competition in body-

building, retirement usually means a drifting away from the sport entirely. Some may continue to train, but many simply disappear into other endeavors unrelated to what was once a daily obsession.

This is where Lisser Frost Larsen differs from the norm. It was at this point that Larsen set forth to help a sport that she had put so much time and effort into. And she jumped in with both feet.

So what has become of Lisser Frost Larsen?

That's easy. Just ask any Danish bodybuilder and you'll find that she's still in the thick of things...working to improve the conditions of the sport in her home country as well as elsewhere.

To give an idea of just how involved she is, the following note was sent to our publication in January last year: "I returned to Denmark on October 10th, and on the 17th we held the Danish Championships where I served as chief judge. On the 24th, I was judge at the men's Universe in Madrid, Spain, and on the 1st of November I was judge at the IFBB Pro Grand Prix in Essen, West Germany, so you can see it's been a busy month to come home to."

In addition to her selection as an international judge in the IFBB, she was also elected as the secretary of the women's international committee.

Also last year, Larsen travelled to Greenland to help open the first gym in that part of the world. Said Larsen of the trip, "It's freezing cold up there, but I love a challenge. And it pays very well."

Clearly, Lisser Frost Larsen holds a strong love for bodybuilding and she intends to remain an integral part of the sport for years to come.

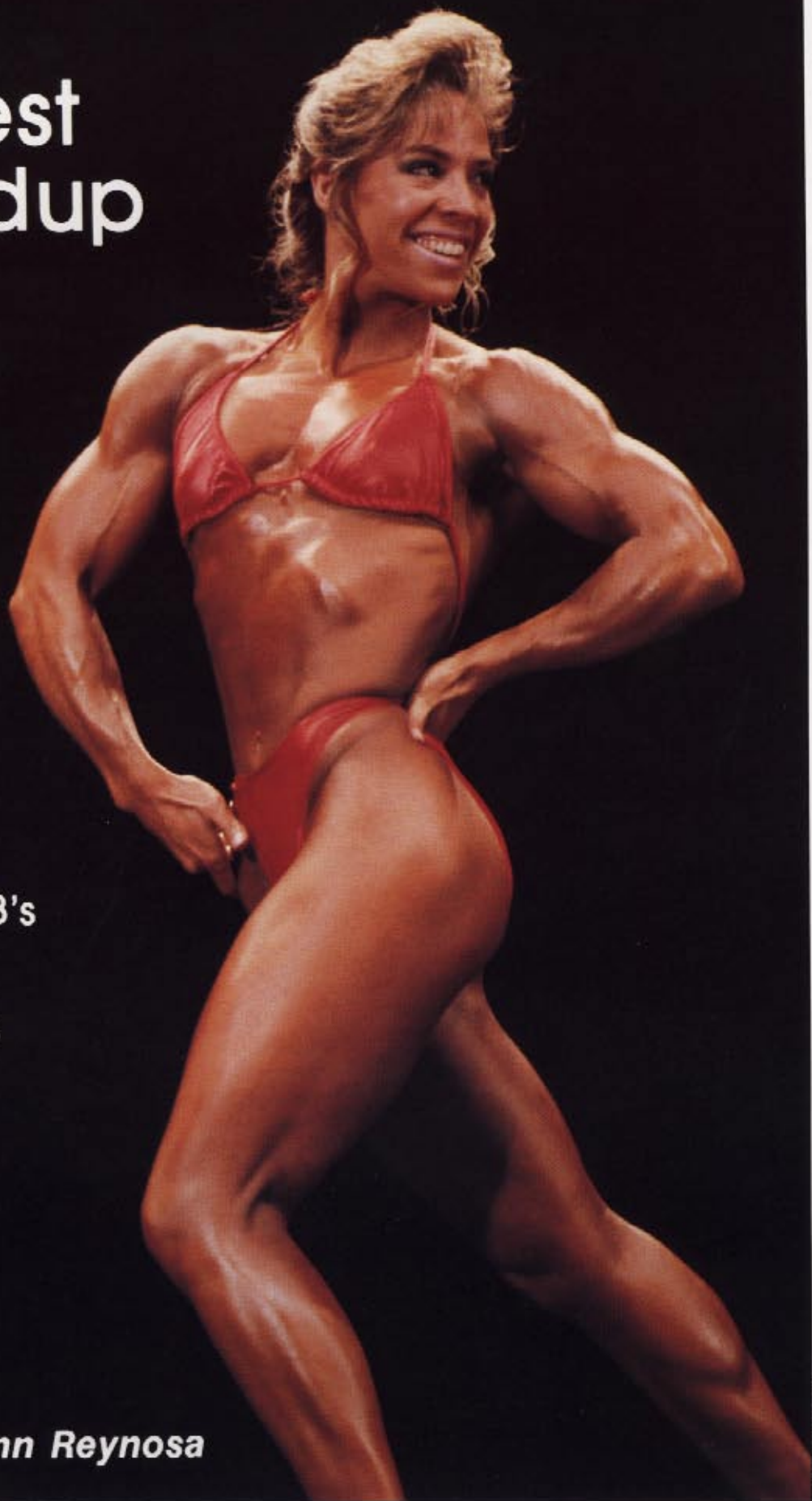
Perhaps as time goes by, the IFBB powers-that-be will recognize her full potential to work for the sport and see to it that she has the opportunity to contribute to her fullest capacity.

As an active judge in the Nordic countries, Larsen often travels to Sweden, Norway, Iceland, and Finland. In addition, she speaks five languages fluently, including Spanish, German, Swedish, English, and of course Danish.

Still in all, no matter what the language, it's Lisser Frost Larsen's disarming smile that communicates as well as all her spoken languages put together.

And after all these years, she's still the greatest Dane. ●

Contest Roundup



More of 1988's
Events,
Personalities
&
Paparazzi

Ann Reynosa

RALPH DeHAAN



Juliette Bergmann

She may not have placed in the top ten of the Ms. Olympia contest in 1988, but there is still no denying that Holland's dark-skinned beauty possesses one of the world's most beautifully structured physiques.



Diane Carideo

We caught former Arizona state champion and top national lightweight competitor Diane Carideo at Tucson's World Gym following a photo session following her NPC Nationals competition last September. After nine years of competing, Carideo tells us she'll take one last shot at a national title in '89 before calling it a career.

Extravaganza Extras... It Was More Than Just a Contest!



Radiant Diana Dennis guest posed at the Extravaganza along with her duties as co-emcee. Always entertaining, Dennis performed a riveting muscle dance with a sheet and a ball of light which she held in her mouth. Most unusual.



Maryland competitor Jodie Osborne was on hand at the Extravaganza as an awards presenter. A steady improver, Osborne is continuing to add weight to her 5-6, 150-pound frame. She seems to be doing just fine!

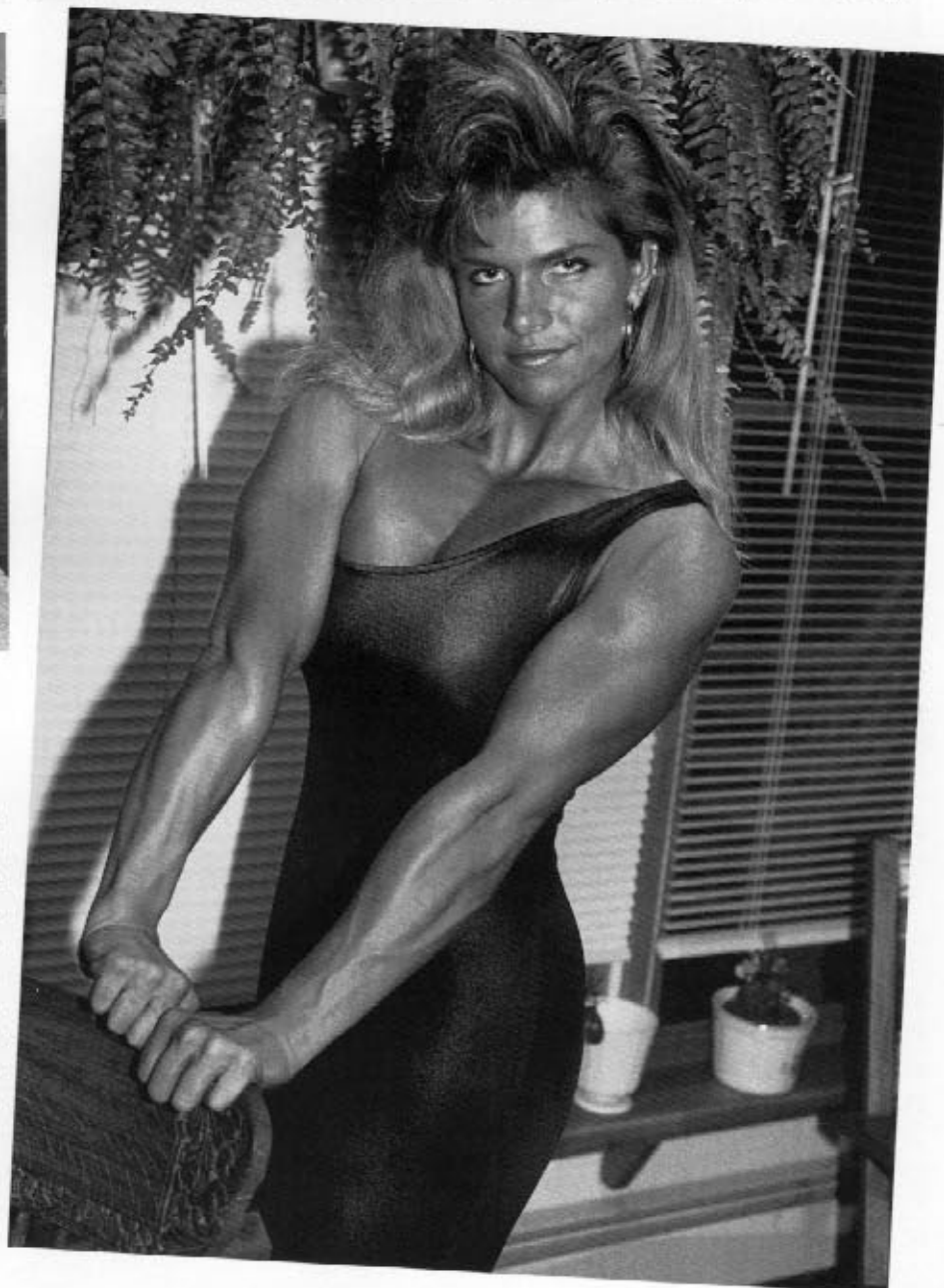
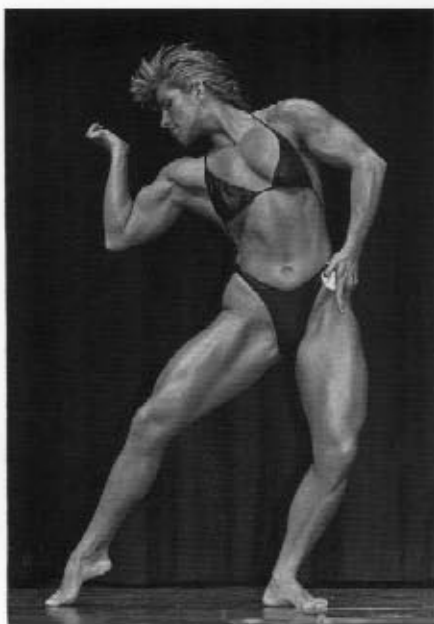


Diana Dennis and Rick Adams take a moment backstage to chat with the masters division lineup.

Below, promoter Ken Kassel poses with the class winners of the open bodybuilding division.

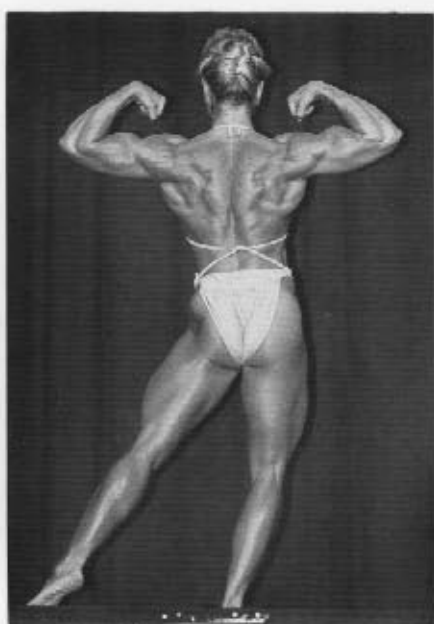


A pair of old women's bodybuilding writers talk over the ones that got away.



Lori Grannis...

put aside her typewriter and position as a contributing writer to *Women's Physique World*, and took a shot at some stage time at the *Women's Extravaganza*. Placing sixth in the heavyweight class of the open division, Grannis brought attention to the fact that she can flex her muscles as well as write about them! Not a bad combination... wouldn't you agree?



Franki Jacobs - 1st Overall



Rhondi Dow - 2nd Overall

As contest titles go, who wouldn't want to lay claim to the Southern California Championship. It is, after all, the mecca of bodybuilding.

Over the years, since 1981, several of this contest's winners have distinguished themselves in different ways. '82 winner Debbie Basile went on to win the National lightweight title that year in Atlantic City. '83 winner Cheryl Howard went on to marry Tom Platz, and '86 winner Laura Creavalle became a USA and World Amateur champion. Not bad for a local show!



Lisa Michel - 1st LW & Overall



Cathy Iles - 1st HW

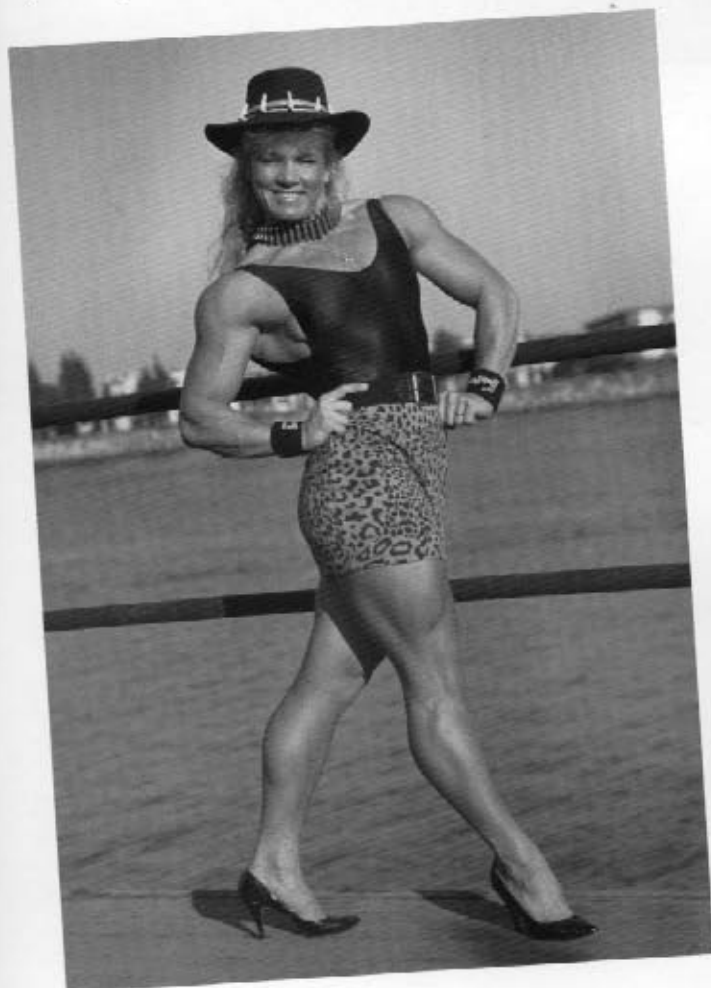
1988 NPC Novice California

photos by Charlie Czetti

Riverside's Lisa Michel won this year's Novice Cal event which turned out to be a prelude to bigger contest titles for her later in the year. We will be featuring a profile on Michel in our next issue along with some very impressive photos of the improvement she made by the end of the year. Note her well-peaked biceps and remember to watch for her in our next issue.

Leisa Campbell Wins the NABBA Amateur World and Universe Titles!

photos by Charlie Czetti



You may remember Leisa Campbell when we featured her on our March/April 1987 issue of this magazine. Back then, she had just finished fourth at the 1986 NABBA World contest in Las Vegas.

Most recently, she traveled to London (for the Universe) and Tyrol, Austria (for the Worlds) to win both contests with a greatly improved physique. Pictured here, Campbell was on her way home to Australia and not in contest shape. In shape or not, these photos show that she may well be able to give 'ol Crocodile Dundee a run for his money in any contest of strength!

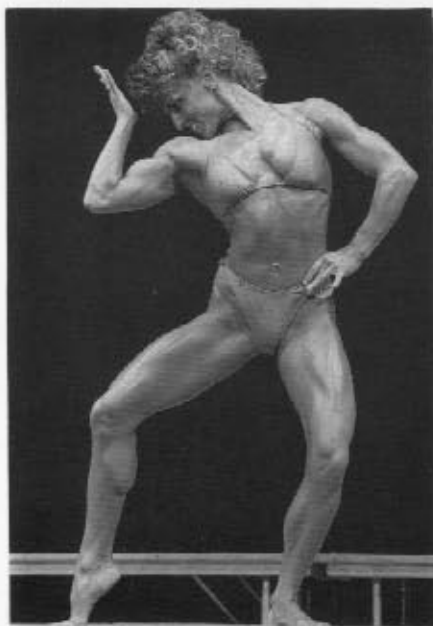
Later this year, we will be covering the NABBA Europeans which will be held in Scotland. Check for that in a future issue.



1988 NPC West Coast Championships & Novice West Coast _____



Gigi Ambandos - Novice winner



Kari Maxenberger - 1st Open

Kari Maxenberger won this year's NPC West Coast title after moving from her native Ft. Smith, Arkansas, to Seal Beach, California. We expect to see more of her in 1989.

Novice winner Gigi Ambandos comes to bodybuilding from a sparkling gymnastics career which included elite national status, a member of the UCLA team, and a member of the Parkettes club in her native Pennsylvania. We hope to see more of her in contests throughout 1989.

photos by Ralph DeHaan

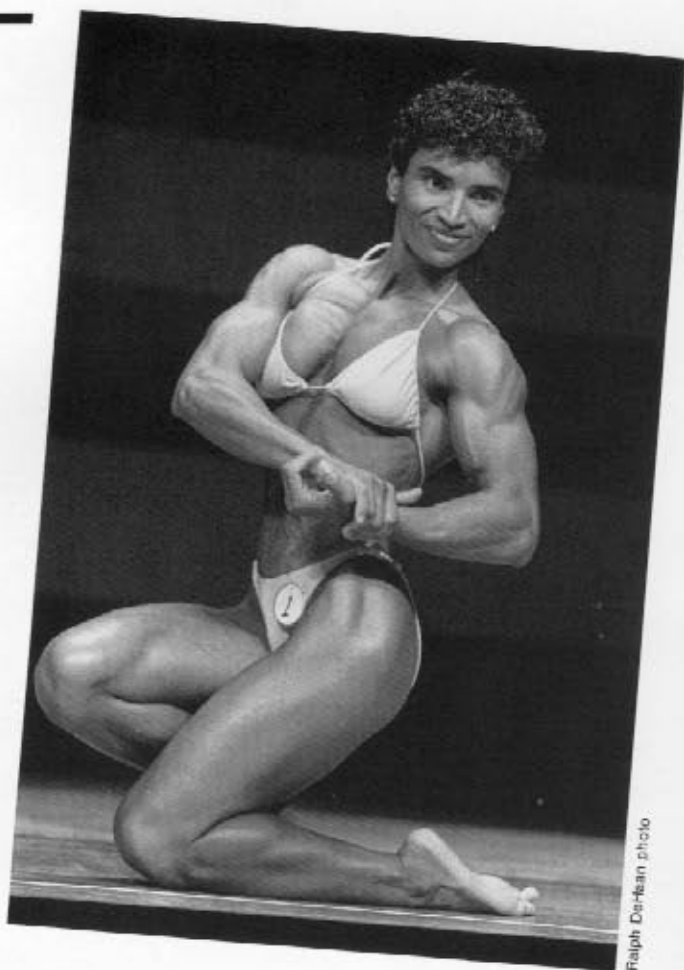
1989 NPC Armed Forces Championship _____

Dolores Morales of the US Navy became the 1989 NPC Armed Forces champion in a contest held in El Cajon, California, on February 11th.

Traditionally, this event draws very few women, and this year's contest claimed only nine entries in one class.

The Armed Forces Championship A Progressive History

- 1983 - Julie Boozer
- 1984 - Kathy Warden
- 1985 - Laura Laureano
- 1986 - Laura Laureano
- 1987 - Andrea Grasso
- 1988 - Pam Markiewicz
- 1989 - Dolores Morales



Ralph DeHaan photo



photos by Mike Bailey



Washington's — Terri Poch —

Pictured on this page is the impressive physique of bodybuilder and former pro wrestler Terri Poch. At 5-7, 150 pounds, Poch competed in and won the 1987 Olympic Peninsula and Emerald Empire contests before placing a respectable 7th in a very strong heavyweight class of the IFBB North American Championships the same year.

Currently the owner and operator of the Redmond Athletic Club in Washington, Poch has no current plans for future competitions. Then again, at 23 years of age, there really isn't a need to rush things. Who knows, with a bodyweight that has been as high as 180 pounds, perhaps she'll get back into wrestling.

An Overview of Something New

The Professional Bodybuilding Association...

- It's First Year -

It was Saturday, December 10th, 1988, at the Disneyland Hotel Convention Center and Wally Boyko was ready to witness the culmination of his first year's work in organizing his new 'Professional Bodybuilding Association (PBA).

Eight women were on hand representing the individuals who had qualified for the finals of year-long series of six contests.

Sponsored by Coors Extra Gold, the event offered \$25,000 in prize money which included bonuses for the top competitor of the year.

With the Bodybuilding Expo IX in Anaheim as the season's first show, the series included stops in Indianapolis, Los Angeles, Chicago, Oakland and Boston, with the finals coming back to Anaheim for the Superbowl of Bodybuilding.

Along with Coors Extra Gold, other sponsors included Ultimate Strength Systems, Ironman Magazine, and Myotek. The finals in Anaheim were televised for cable by Prime Ticket, with Kevin Lawrence and Diana Dennis handling the commentary.

Included within the capsulation of this new organization's first year results is the complete placings and prize money earnings from the contest series.

More information can be obtained by writing Wally Boyko at P.O. Box 2378, Corona, CA 91720, or by calling (714) 371-0606. ●



Mishay Santos was the big money winner snapping up a total of \$17,250 for the series.



Cathy Butler
Western Superbowl Winner



Donna Thornton
Superbowl Finals 3rd placer



Sally Peak
Bodybuilding Expo winner



Santos and Thornton posedown.

The PBA's First Year

Bodybuilding Expo IX Anahelm, Ca.

- 1 - Sally Peak \$2,500
- 2 - Denise Richardson, Amateur
- 3 - Mary Butler, Amateur
- 4 - Gwendolyn Phillips, \$500

Western Superbowl Oakland, Ca.

- 1 - Cathy Butler, \$2,500
- 2 - Mishay Santos, \$1,250
- 3 - Sally Peak, \$750

Eastern Superbowl Boston, Massachusetts

- 1 - Mishay Santos, \$2,500
- 2 - Cathy Butler, \$1,250
- 3 - Donna Thornton, \$750
- 4 - Raye Hollitt, \$500

Midwestern Superbowl Indianapolis, Indiana

- 1 - Mishay Santos, \$2,500
- 2 - Sally Peak, \$1,250
- 3 - Donna Thornton, \$750
- 4 - Laura Vukov, \$500

California Superbowl Los Angeles, Ca.

- 1 - Mishay Santos, \$2,500
- 2 - Sally Peak, \$1,250
- 3 - Lisa Winfield, \$750
- 4 - Mary Butler, Amateur

Superbowl of Bodybuilding (FINALS)

- Anahelm, Ca.
- 1 - Mishay Santos, \$6,000
 - 2 - Sally Peak, \$4,000
 - 3 - Donna Thornton, \$3,000
 - 4 - Cathy Butler, \$2,000
 - 5 - Lisa Winfield, \$1,000
 - 6 - Gwendolyn Phillips, \$900
 - 7 - Mary Butler, Amateur
 - 8 - Laura Vukov, \$700



"Anything goes" is the rule for wearing apparel during the posing round.



A side event at the Superbowl PBA Finals was a beer keg lift for maximum repetitions over head. Two competitors took the challenge - Raye Hollitt and Cathy Butler.

Starting things off, Butler totaled a gritty 30 repetitions. Immediately following Butler, Hollitt riveted herself on that total as an ultimate goal and finally ended her effort with 31 repetitions.

A \$250 dollar cash prize was awarded to Hollitt for the win.

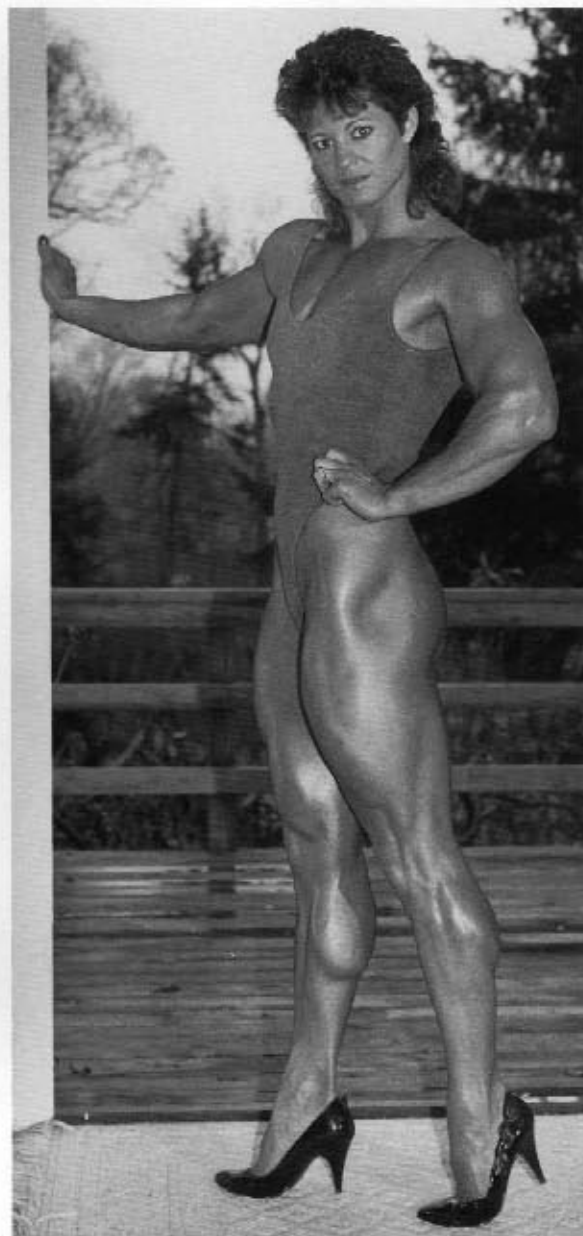
Now and Then...



Joanne McCartney - 1979



Joanne. Ready for her first contest in 1985.



Joanne McCartney Now!

IFBB pro and 1987 North American champion Joanne McCartney has made striking improvements in her physique over the past ten years since she began her weight training activities. Best known for her remarkable calf development, McCartney has begun a regular powerlifting style of training in the off-season and has already experienced some local success in Florida, winning the state title in her weight class last year. McCartney's next competition will be the 1989 Ms. International on March 11th, and we will be covering that contest in a future issue.

...Then and Now

Nikki Garner Before Bodybuilding



A rising star in Oregon, Nikki Garner may not yet be a household name in bodybuilding circles, but all that could change in 1989.

Pictured to the left is a rather slightly built Garner when she was doing modeling work for Ujena Swimwear several years ago. Below, we see Nikki four months before her entry in the upcoming Emerald Cup Championships in Seattle. A profile on Garner is forthcoming and we think you'll find it very interesting.



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Natipolis photos

Maryellen Campo American Muscle in Europe

by Lori Grannis

Although Maryellen Campo isn't a well-known competitor in the United States, she has, over the past two years built herself a notable reputation as an outstanding bodybuilder on the European continent. In 1987, Campo earned the distinction of becoming the first American woman to compete against bodybuilders from the Eastern Bloc countries when she took part in the Sandow Championship in Czechoslovakia.

photos by Steve Wennerstrom & John Nafpliotis

Ahh, the whirlwind life of the military wife...charity functions, volunteer work, coffee and tea socials, please and thank you. Crisp tafetta and traditional chiffon envelop feminine curves and womanly contours of...rounded delts and billowing quads. What's wrong with this picture? It seemed the beginning of a perfect treatment for a military pilot and a Neilson blockbuster series!

According to Maryellen Campo, who leads the life of a loyal military wife, a dedicated health care professional, and an accomplished physique competitor, there's absolutely nothing wrong with this scenario, it is an account of her life on a daily basis. For most of us however, these particular vocations mentioned may conjure images of three very separate, very busy individuals.

Though Campo is definitely not like most of us, she is the proverbial Superwoman with whom we've all been acquainted at one point in our lives. You know the type: rising before the sun to do housework, pack lunches, cook breakfast and perfunctorily prepare herself for her daily nine-to-five seat on the board of directors. She'll make monumental decisions just in time to make lunch with "the girls" at the club, rush home to cook dinner, fly off to the gym and be home just in time to catch the buzzer on her range and a whiff of the freshly baked bread she'd let rise all day. Maybe she'll address all fifty of the invitations to the gala dinner party she's planned to perfection for weeks, or perhaps she'll make out monthly bills early this month. In whichever case, she'll still squeeze in a couple of chapters of

reading out of the newest best-seller she's digesting. After all, it is Thursday, this is only her second book this week; she's usually on her fourth by now—where has she gone wrong?—guess she'll have to improve her time management skills with that upcoming seminar.

Coming from a large family of four brothers and one sister, it was necessary and matter-of-fact for Campo to develop both activities and talents of her own. Her father, a physical education teacher and high school wrestling coach, encouraged any and all athletic pursuits in his brood of youngsters, and worked closely with his sons to ensure their eventual collegiate wrestling careers. Meanwhile, Campo involved herself in the traditional female roles of cheerleader and gymnast.



While she enjoyed cheering her school onto victory, the self-consciousness that pervades adolescence reared its ugly head each time Campo surveyed her co-captain's nice, thin legs; embarrassed by the fact that her own lower limbs were too muscular in comparison. Admitting that her mind often worked overtime in matters of measuring-up to others, Campo only cheered in her short flouncy skirt on Saturdays at scheduled events. A burden that she would just have to bear.

Even more painfully, she once had ventured into the training room that housed a Universal Gym set for men's athletics, and proceeded to press the entire stack. Of course, just as she completed her feat of strength, half of the basketball team acknowledged their presence, and congratulated her.



husband. Her brother had brought a friend home on leave from West Point where the two were both classmates and fellow wrestling team members. Jack and Maryellen made a match and continued a long distance relationship for a few years until their eventual marriage in 1984. Soon after, they moved to Germany where Jack had been stationed.

For Campo, life as a military wife had begun. Wanting to pursue a career of her own, she drew from her experience as assistant to the athletic trainer at Clarion State University and her degree in Health Education specializing in physical therapy, to eventually become certified in Frankfurt and take over as the base's Physical Therapy Specialist, serving fifty thousand military men and women. Even with her busy schedule, she was



changed her life. Across the room, she saw a woman with a body...no, a physique...the likes of which she had never seen. It was incredible! Who was this woman and how in the world had she been able to fashion this awe-inspiring muscular presence? The woman, was Vera Bendel, and this was her gym. Immediately she joined and began to emulate the effort and the intensity that Bendel exuded in her daily routines. After two months Bendel finally approached her (via translator) and told Campo that she was impressed with how hard she trained, and asked if she had aspirations of competing someday. Though she was flattered by the approach and attention, she, once again, felt embarrassed with her own self-perception and was afraid to admit that secretly, she wanted to compete very much, but



Though she received positive reinforcement of sorts, she remembers thinking: "This is not what I want to be best known for during my high school career. I perceived that as just one more thing to be embarrassed over. It wasn't something that I felt men would find attractive."

Secretly though, she was pleased at her accomplishment because she had been raised to be competitive. From junior high all the way through high school, she had competed in gymnastics on the AAU and regional competition levels, as well as maintaining her schoolwork and a part-time job. A "rough-draft" composite for a fully-grown Superwoman!

It was during her collegiate years coaching gymnastics that Maryellen met the man who would become her

still expected to put in her volunteer time at the base thrift shop, at bake sales, at charity events and at coffee and tea socials held for the wives of generals.

Campo saw little of her husband during this time, and remembers becoming angry at night waiting for him to come home to her. One day, about two weeks before her 29th birthday, it dawned on Campo that it wasn't Jack that was at fault, it was her own fault for not properly filling her own time card. With that, she joined a gym and started training.

The gym that she'd chosen initially, was somewhat unfriendly and the people there were not eager to help her develop training routines. She ventured to another gym with a friend for a change of pace and it literally

felt that she should look the part before publicly acknowledging her desire to do so.

Campo was more than happy to discard her own self-conceived Muscle and Fitness routines in favor of Bendel's personalized routines, diets and posing tips. Through bodybuilding, Campo began to achieve a strong sense of self and accomplishment. Feeling better about her activities and herself, this fulfillment allowed her the strength of character, and the attitude to discard the previous expectations she had of others to entertain her and provide her with happiness.

Meanwhile her husband knew that she went to the gym and worked out, yet he had no real concept of what she was becoming. He was supportive of her efforts and encouraged them by

buying her bodybuilding books and generally giving her positive reinforcement to continue progressing. But it wasn't until her first competition that he really had to sit up and notice how his wife had blossomed out of her cocoon.

It was just after a year of training that Campo entered the 1986 International Grosspreis Von Hessen contest in Berlin. She won the lightweight class and overall title, and a trip to California to boot!

It was really 1987 though, that Campo came into her "competitive own." She entered the 1987 Miss Berlin contest (with only one class of women) and won. One week later, the All-Services European Championships, saw her securing the lightweight and overall slots. Yet another week



after that, it was the International Sandow Cup in Bendel's native Czechoslovakia that saw Campo receive her first runnerup placing (which, she states, was probably the best thing to have happened for purposes of humility) and the People's Choice award.

But her whirlwind '87 competitive span wasn't over yet! Three weeks after the Sandow Cup, Campo entered the Grossepreis once again and won the overall title for the second straight year. Seven weeks later (the weekend after Thanksgiving) she clinched the lightweight and overall titles in the International German Championships. Phew!!

The final show in which Campo competed was the 1988 Gold's Classic in New Jersey, U.S.A., jumping up one weight class to win the middle-weights and overall, thus qualifying

Campo for the Nationals in her home country.

Her contest history reads like any other sport's Hall of Famer, and it's amazing that Campo could be successful with the kind of sweet tooth she claims to possess. But when embarking on the strict and rigorous contest-diet trail, she starts well ahead of time so that she is able to cut out edible "no-no's" slowly. She maintains an off-season weight of approximately 132 pounds standing 5 feet 2 inches, so she stays fairly close to her class weight, which will probably be leaning more toward middleweight in future shows. But because of her love of baking, she knows that when it's time to prepare for a contest, she must rid all her cupboards of baking supplies beforehand... "If I have brown sugar around,



I know that I can bake something, so I bake up a storm for about 2 weeks and get it all out of my system!"

But bake sales, charity functions, hectic work and training schedules aside, this woman is certainly no hausfrau, so how is she perceived by other officer's wives—women with whom she must deal on a regular basis? Sadly, but not surprisingly, she is accepted by a minority of the women on base. She concedes that it is basically due in part to a lack of understanding, an overall challenge to gender identity and traditional sex roles, traditionalism inherent in the military environs, as well as generational gaps, pure and simple. Campo relayed a story about her presence at a military coffee clatch being held for a general's wife. Condenscendingly, one woman inquired about her training. Campo joked: "Well, now that I train, my husband

makes me move all the furniture!" The woman retorted, "Well, I wouldn't want to be like that... women aren't supposed to do that! I'm glad I'm not muscular!" "Well," finalized Campo "my husband likes it, so I guess that's all that matters."

Along with her husband, she admits that she receives more positives from the men on base, than from the women. One very positive incident that she will always remember was at a base Christmas Ball where the Commander of her husband's brigade got up and introduced her, listed her titles and proceeded to say, "Maryellen has done wonders for the image of military wives; and we're very proud of her and her accomplishments."

At other times, it must be hard for a champion to hear that what she has



become is objectionable and abhorrent to those around her, that all her time and devotion is defined as meaningless by her peers, for then, she sees herself as only a champion in her own mind, and soon... no champion at all. Though, as with competitive losses, so too must she cut away her critics as losses and surround herself with only those who provide her with the kind of definition for herself that no diet in the world could possibly provide. Campo's good friend and brother does just that.

As a teacher in San Diego, CA, he starts off his class each fall with a series of questions: "What are your goals in life?" "Likes and dislikes?" "What are you most proud of?" Akin to fair play, he has always maintained that he will never ask a question that he is not willing to answer himself. When it comes around to him, how does he answer? "What am I most proud of?... my sister Maryellen!" ●

Next Issue . . .



Joan Bovino
Ironmaiden & Los Angeles
Champion



Joanne McCartney
IFBB Pro

Put simply, you don't want to miss our next issue of Women's Physique Publication. Two examples are shown on this page, and in addition, we will be covering the LA Championships, The Ironmaiden, and some other west coast contests along with eye-catching new competitor profiles.

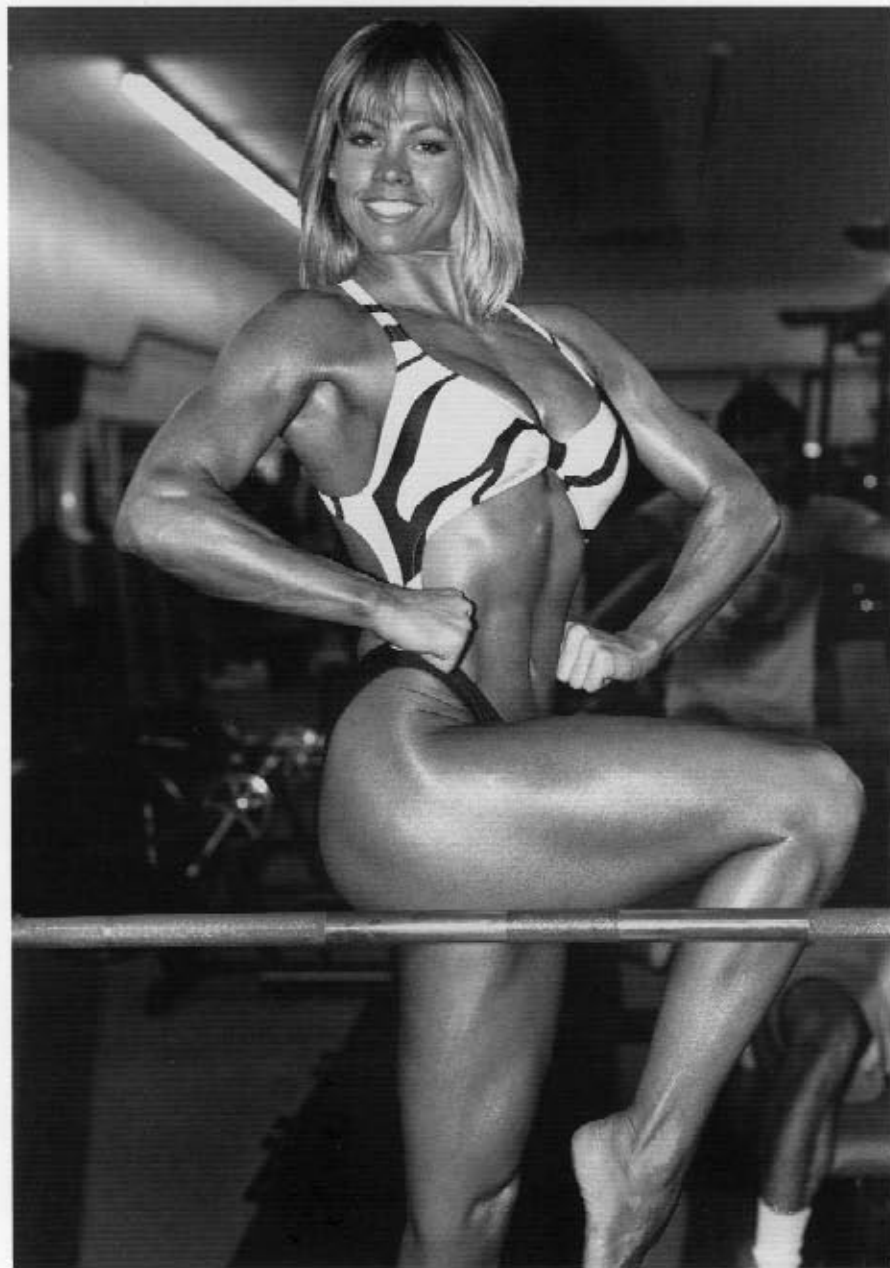


Rebecca Barrington is... *Something Special*

In a city where beauty is seemingly at every turn, Rebecca Barrington adds a little extra something special to the magical aura of Las Vegas. Something special, you ask? We'll let you decide!

by Cheryl Tiffany

photos by Ralph DeHaan
&
Steve Wennerstrom



We all have hobbies. After a long day on the job, we like to relax with our stamp collections, or maybe do a little needlepoint. Rebecca Barrington has a couple of hobbies herself, both of which most people would consider full-time vocations — bodybuilding and acting.

Barrington, a successful Las Vegas real estate agent, who has done well enough to turn from sales to being a principle in investing groups, knows that her bread will likely always be buttered by real estate. She has no plans to abandon that for the ambitions of personal training, gym owning or “becoming the female Arnold” that seem to permeate the heads of so many women competitors. And, while her acting career is indeed going well, she also doesn’t realistically envision any Oscars of Emmys adorning her mantle.

“Realistically, I’d like to compete on a national level,” says the 32-year-old Barrington, who at this point has been in only two true bodybuilding contests. “I think 1989 is too soon for me, because I need to put on more mass. And after that, I don’t realistically see myself competing for a Ms. Olympia title.

“No, for me bodybuilding is a high-level hobby. I love competing and performing.”

Bodybuilding’s being “a high-level hobby” does not mean Barrington takes it lightly, or is not dedicated. She trains six days a week in her efforts to add to her 5-5, 116-pound frame naturally.



**Rebecca
Barrington**

RALPH DeHAAN PHOTOS

Barrington is a real newcomer to the sport. The Anchorage, Alaska native grew up in San Pedro, Calif., where her family ran a commercial fishing business. After high school, she went to Tahoe, Nevada, mostly to ski, and has been in that state since. "I was a ski bum for a year, skiing with the Squaw Valley Racing Team, before I got married. After the marriage ended, I moved to Reno, got my start in real estate and decided it was just too cold there for me, so I moved into one of my rental properties in Las Vegas and have been here ever since," she says.

Barrington had always been athletically active through school, but did not compete in interscholastic sports. Her only real experience with a team sport came during her only year of junior college when she tried out for the men's water polo team at Los

always been a decent figure, just because of genetics, into a physique."

Barrington's first goal became the National Fitness Contest. A veteran of many beauty contests, she got a sponsor, Elliot Cuvin of Fitness World in Maui, Hawaii, and found herself onstage in heels. She made the top 10 in that show, won once again by Cameo Kneuer, but her real goal still lay ahead.

"The fitness show was really a side trip, before I was ready for a true bodybuilding contest. I enjoyed being in it and it did give me the benefit of meeting, because of Elliot's sponsorship and friendship, several people who have been very helpful to me."

Among those people are professional competitor Cathey Palyo, Elise and Gary Strydom and Hannu Selin, husband of professional Marjo Selin.

Angeles."

The casting agent had Barrington, who had never acted before, read for him and so liked what he saw and heard that he sent her for a part in a film, *The Newly Dead*, made for home video release only. She got that part and then got the female lead in another "B" movie, *Dance or Die*, in which she played a drug enforcement agent and did her own stunts. A third home video release, *No Trespassing*, has not yet been released. Barrington earned her Screen Actor's Guild card with a one-line role in the made-for-TV movie, *Elvis and Me*, "in which I played one of his one-night-stands and got to say 'it's the telephone'".

Barrington's most promising project, though, is a television pilot, currently called *Vegas Heat*. She plays one of three sisters who run a detective agency



Angeles Harbor College. "There wasn't enough interest to start a women's team, so they had to let me try out for the men's team. But, really, they outswam me and I didn't last."

So, it was with that kind of athletic background (or lack of it) that Barrington first walked into a gym.

"I was 28 years old and I had always admired muscularity in dogs, horses and people," she says. "I liked muscles on women before it became fashionable. I only trained sporadically for a long time, but last May I went to a bodybuilding contest and really liked it. I took a look at the backs on the girls on stage and told my boyfriend, 'gosh, mine isn't that far away from that.'"

So, Barrington began to train seriously. With her boyfriend, Greg Nelson, the first Mr. Nevada in 1977, giving her some tips, she went about the business of "turning what had



"All along, I've subscribed to an instinctive training program, but I have gotten considerable advice from top people in this field and I've been fortunate enough to be able to pick and choose from that advice what works for me."

Barrington's first true bodybuilding contest was a resounding success, as she took the middleweight and overall titles in the Hard Times Muscle Classic in Laughlin, Nevada, last October. Only six days after that, she took a big jump in class and finished second in the Reno Gold's Classic middleweight division.

While all this was going on, Barrington had quietly been building the foundation for that acting "hobby." It began with some modeling in Las Vegas, "which didn't turn out to be what I expected, but which did get me noticed by a casting agent in Los

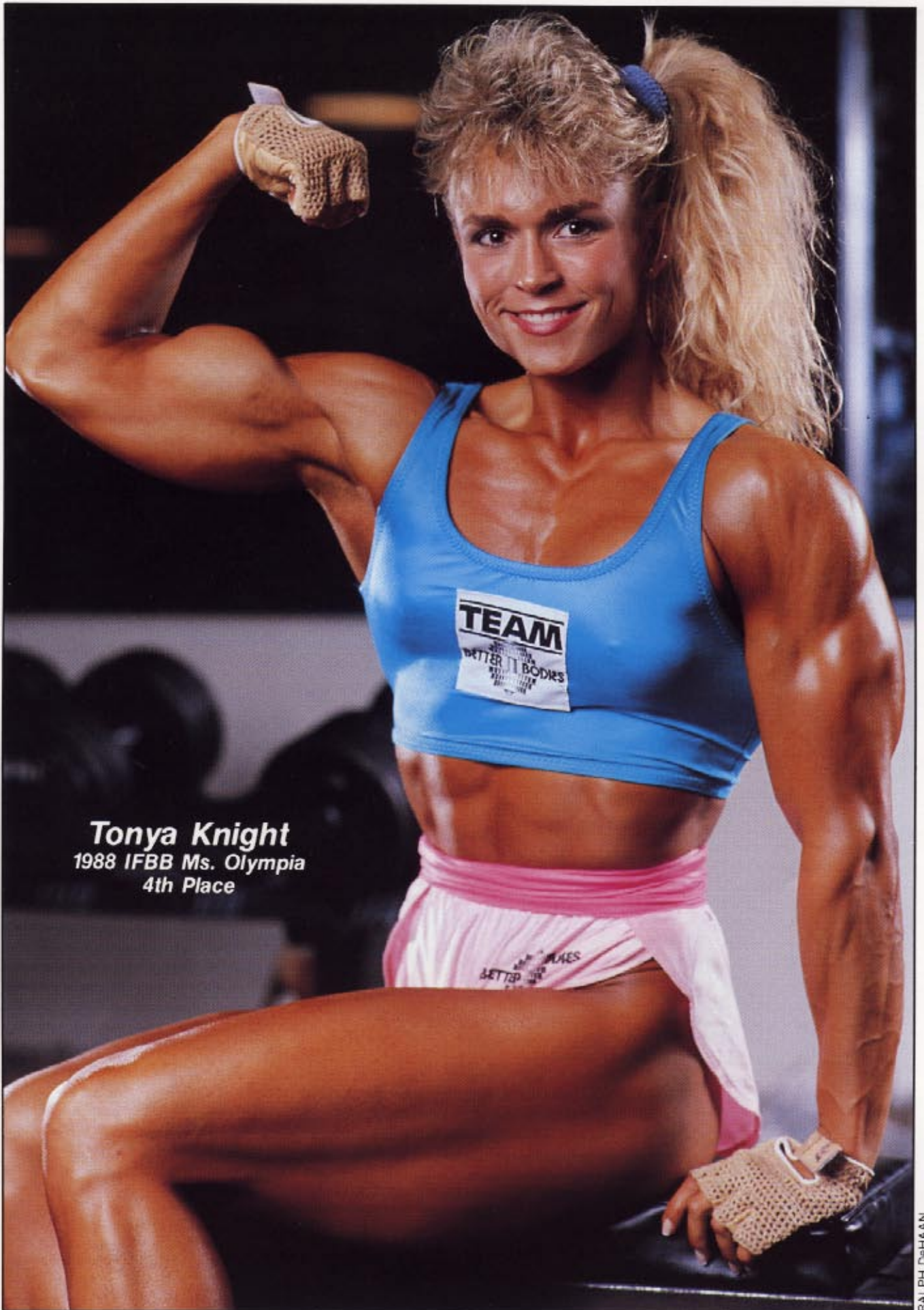


in the show, which she says "is a combination of *Simon and Simon* and *Charley's Angels*. We're supposed to start shooting in February." Barrington feels she got that particular part, which calls for her to be the catch-the-crook-and-put-him-up-against-the-wall sister, because of both her acting ability and her athletic look.

In other words, not that far away from being "the female Arnold." But, that's still not Barrington's vision of the future. Bodybuilding and acting are still hobbies, just hobbies at which she's turning out to be extremely well-suited.

"I'm just glad to be able to bring a good image to women's bodybuilding," she says. "People still often have the wrong idea about the sport, mostly because of the drug use. I like being a woman and I like being muscular."

And, Rebecca, we like it too. ●



Tonya Knight
1988 IFBB Ms. Olympia
4th Place

RALPH DeHAAN

Julia Kover

