

WOMEN'S PHYSIQUE

WORLD

Spring 1989

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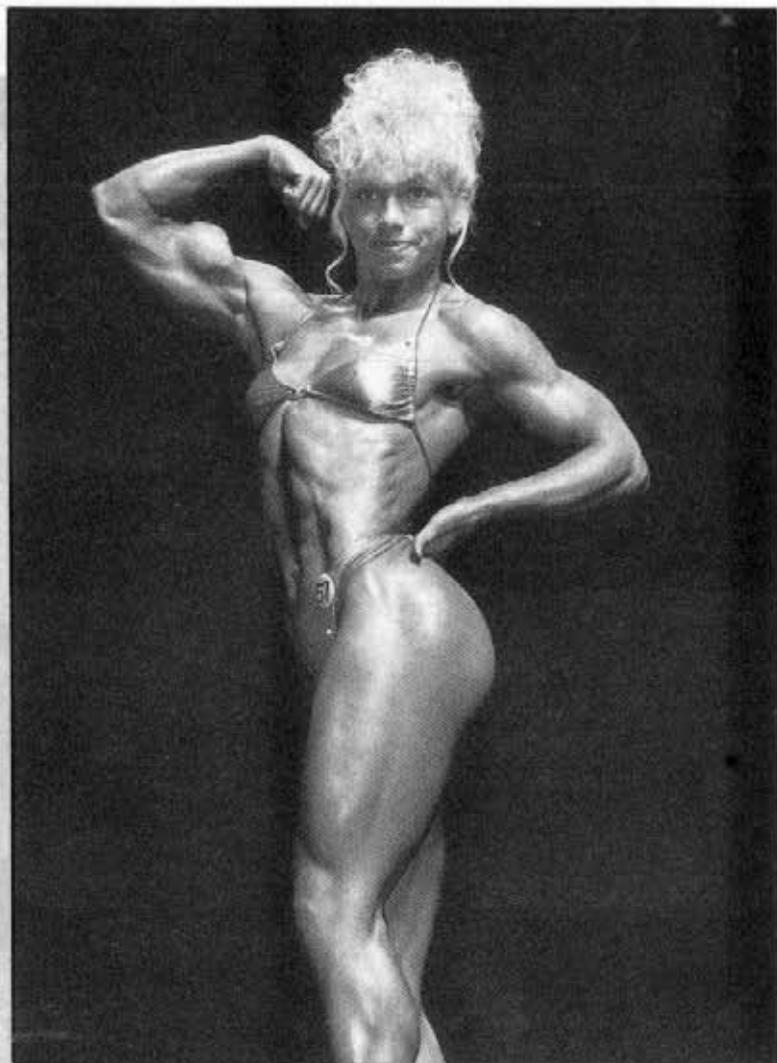
Marcie Fraser

A multi-title holder from Albany, NY, Marcie promises to be ripped for shows in 1989, when our cameras will be aimed at her again.

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Women's Physique World

Spring 1989

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On The Cover: Louisiana's Lisa Lorio (left), 1988 NPC National MW Champion and New Jersey's Janet Tech, 1988 IFBB World Amateur LW Champion. Ralph DeHaan photo.

The Back Page: 1988 NPC National Overall Champion, Laura Beaudry. Ralph DeHaan photo.



WPW Editor-in-Chief Steve Wennerstrom is surrounded by (L to R) Janet Tech, Debby McKnight and Tara Dodane at Better Bodies gym in New York City at the time of the Nationals. Ralph DeHaan photo.

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The 1990's Are Coming and Women's Bodybuilding is Still Growing!

by Steve Wennerstrom

It was in the NPC Jr. USA story from our November, 1988, issue that we pointed out the fact that women's bodybuilding had reached-literally-every nook and cranny of the country. We further sited several unlikely locales from which some of the competitors claimed as home. Indeed, for a sport that is just now beginning its second decade of existence, the growth and popularity it has enjoyed is nothing short of phenomenal.

Now, we are headed into the '90's, and the growth still seems to be moving along at break-neck speed.

The current bodybuilding growth surge isn't only limited to the confines of our own friendly borders either. On the contrary, the real growth may, in fact, be taking place in areas many of us have never even considered until now.

Specifically, Asia and the Eastern bloc countries have recently taken hold in their interest for organized competitions, and the IFBB has gone to great lengths to ensure these countries a firm place within the bodybuilding world.

Evidence of the increased worldwide interest in bodybuilding is everywhere.

At the IFBB European Championships in Lisbon last year, the Czechoslovakian delegation sent a female competitor for the first time, and Hungary obtained official recognition for its bodybuilders.

Perhaps the biggest development with regard to Eastern bloc physique activity is the fact that the USSR has now officially joined the IFBB along with the Soviet government recognizing the sport for the first time. In addition, the Soviets will be also sending a full complement of competitors to the 1989 IFBB European Championships in Oslo, Norway, this coming April.

Further, the IFBB's Sandow Championships held annually in Prague, Czechoslovakia, witnessed the entry

of East Germany's first female competitor, following the lead of eastern neighbors Yugoslavia and Poland, who have sent women to the European Championships on two prior occasions. Hopefully, countries such as Romania and Bulgaria will follow suit in short order, securing complete involvement from this part of the world.

All of this, of course, is very exciting. But the global growth of bodybuilding has also caught fire in Asia, as the Peoples Republic of China has now recognized the sport officially. This, combined with the fact that the fourth annual IFBB Asian Championships held last year saw unparalleled growth with Japan, Phillipines, Singapore, Korea, Malaysia, and host Chinese Taipei taking part, shows a startling increase in the number of countries anxious to become members of the world's bodybuilding community.

Yes, the 1990's should be a memorable decade as more and more of the world's populace takes to weight training and physique competitions. And, of course as the sheer numbers of competitors increases at contests such as the IFBB World Amateur Championships, the quality of the contestants and competitions themselves will also improve.

With all this in mind, it is critical for all of us who follow bodybuilding closely, to contribute - in a positive way - to its continued growth and refinement as a legitimate sport.

There is much work to be done. As the Jr. USA sidebar finalized, "...there's no telling where our future physique stars will come from. Indeed, she may well be your next door neighbor!"

The same can also be said now at the world level. Our future world champions might just come from any one of a number of our international neighbors.

And the sport continues to grow...

MISSION ACCOMPLISHED

U.S.S.R. JOINS THE I.F.B.B.

After 26 years of phenomenal effort by the IFBB, the Soviet Union has announced its intention to join the IFBB. This will become one of the most important steps in making the sport global.

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CHINA REVISITED "运动需要力量"

Bodybuilding is booming in the Peoples Republic of China

...and the Peoples Republic of China has now recognized the sport officially. This, combined with the fact that the fourth annual IFBB Asian Championships held last year saw unparalleled growth with Japan, Phillipines, Singapore, Korea, Malaysia, and host Chinese Taipei taking part, shows a startling increase in the number of countries anxious to become members of the world's bodybuilding community.

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Mission to BUDAPEST

BODYBUILDING obtains official recognition in HUNGARY

...and Hungary obtained official recognition for its bodybuilders.

...and Hungary obtained official recognition for its bodybuilders.

Laura Beaudry is the Belle of the Big Apple!

For the first time in the prestigious history of the NPC National Championships, the nation's biggest bodybuilding contest for women had come to the nation's biggest city. But more vividly than New York City's brand of 'Big Apple' hospitality, the 1988 edition of the Nationals will be remembered for the patience and perseverance of its winners and the great stories they told in their quest for the most coveted amateur titles in the land.

by Steve Wennerstrom

Veteran competitor Janet Tech and Louisiana's Lisa Lorio sat quietly chatting with one another while they waited for last minute instructions at the athlete's meeting prior to the evening show for this year's NPC National Championships. It was a conversation they had begun on the bus ride from the meet headquarters, the Millford Plaza Hotel and continued to the contest site Hunter College Auditorium in what New Yorkers refer to as the silk stocking district.

Seated not far from away from Tech and Lorio was Californian Laura Beaudry who was considered a veteran among veterans at this contest, having begun her competitive adventures back in 1980. Beaudry, as always, displayed that ever-present, wide-eyed look of a fresh-faced novice that was entering her first big national event.

A novice she wasn't.

Tech and Lorio, on the other hand, appeared somewhat more relaxed and subdued...outwardly at least.

All, of course, were ready in their own way. And all had long ago prepared themselves expertly for the evening's challenges that lay before them. All, you see, shared a common denominator which would have a direct impact on the outcome of this competition for each one of them.

The weighty element that would play such a significant role in the results of these three women turned out to be something which all of women's

bodybuilding might well begin to look at more closely in the future...patience and perseverance.

The steadfastness shown by each created a trilogy of success stories that wound itself neatly into a contest that has become the high point of the competitive season for the amateur female bodybuilder in the USA.

photos by John Nafpliotis, Barry Brooks & Charlie Czett

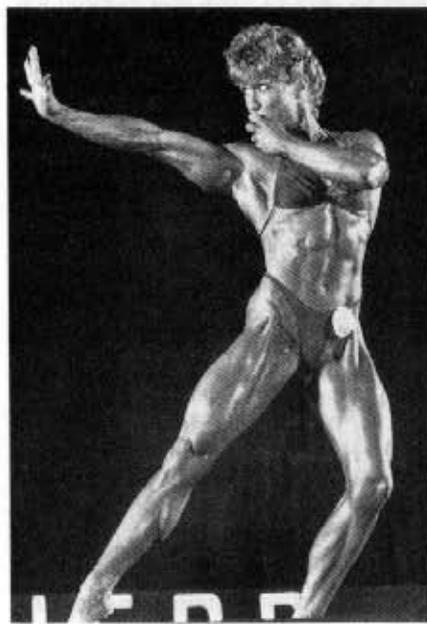
As a contest, few others compare when it comes to the importance of the NPC National Championships. Put simply, this competition, and its winners in particular, form a direct path to the professional ranks and physique stardom.

Past winners need no introduction. Laura Combes, Carla Dunlap, Lori Bowen, Cory Everson, Diana Dennis, Cathy Palyo, and Charla Sedacca have all more than left their individual mark on the face of this sport. And future winners will almost certainly do the same.

This year, promoter Steve Karel and Muscle Media Inc., staged the Nationals in New York City and together with a host of sponsors which included Powerhouse Gyms, Nature's Way Products, Lucky Star, The Oberman Group, New York's *Nightlife Magazine*, *FLEX*, *Women's Physique World*, and *Ironman*, welcomed 64 women from 27 states.

Tech Styles a Lightweight Victory

Back in 1984, Janet Tech seemed to be "on her way" in terms of bodybuilding success. She had just won the lightweight class of the USA Championships in Little Rock and there were those who likened her overall look to that of a smaller yet more muscular version of Rachel McLish. Later that year in New Orleans, Tech watched as Georgia's Marsha Radford won the lightweight National title while Janet was relegated to the runnerup spot.



No One Could Stop Beaudry!



Laura Beudry
1988 NPC National Heavyweight
& Overall Champion



Janet Tech - 1st LW

In 1985, Janet Tech entered both the USA and Nationals as a lightweight. In both cases she placed fourth and she wondered about her future and what could be done to improve her competitive situation. The rap at the time was that Tech lacked enough arm development to present a physique that was balanced enough to warrant a higher placing. So, she took off the entire 1986 season to make the necessary changes in her physique.

With the coming of the 1987 competitive year, Tech focused on the NPC Nationals in Miami. With the final results in, she found herself in a disappointing seventh place. Overall, Tech had improved at this contest, her arms were better than they had ever been, but her thighs lacked the sharpness to keep her in the running for a high placing.

It was at this point that Tech's patience and perseverance was tested most. Should she give up the rigors of competitive bodybuilding and opt for a maintenance training that would keep her in "nice" shape year round, or would she knuckle down for another try against an ever-growing legion of genetically blessed and well-trained lightweights.

Tech's entry at the '88 Nationals answered the question. She would give it another shot.

Said Janet after the prejudging, "I wasn't really that discouraged last year when I placed seventh, because I knew my shapes were as good as anyone's in my class. I knew I needed to be harder in the lower body, and if I continued to improve my arms I felt I had as good a chance as anyone to win. This year I think I accomplished both



Sharon Lewis - 2nd LW

of those goals and I feel pretty good about where I stand here." And well she should have. She was indeed, in terrific shape. The rest was up to the judges.

With the final tallies in, Janet Tech had won her first National title, and in convincing fashion. Of the nine judges, five had locked Tech into a first place position, and her winning point margin was a comfortable one. The patience and perseverance had paid off in dividends, she was on her way to the IFBB World Amateur Championships in Puerto Rico to represent the United States. Could it be that her bodybuilding career was only just now beginning?

Following Janet Tech was Ohio's outstanding lightweight Sharon Lewis. After Lewis' runnerup finish here, the 112-pounder from Cleveland must be

Kyle Campbell - 4th LW



wondering what she has to do to put the growing bridesmaid label to rest. Last year at this same contest, Lewis finished second to eventual overall winner Charla Sedacca. Then in May this year she found herself playing second fiddle to Japan's Yuri Iijima at the Women's World Amateur Invitational in Tokyo. Both Sedacca and Iijima are now professionals, and it is likely Tech will be the same after her entry in the IFBB Worlds in Puerto Rico. For Lewis, it has been "so close, yet so far... close but no cigar."

Structurally, Lewis shows splendid muscular form and nice balance. If there was a glitch in her overall look this time it could be said that she needed more hardness around the gluteal/upper thigh areas and the attending tie-ins. Other than that, she was great. The only problem was that the judges saw Tech as a tad greater.

Diane Carideo - 3rd LW



Janelle Bogan - 5th LW

Another long time competitor was third-place finisher Diane Carideo from Tucson, Arizona. The 33-year-old Carideo's third-place finish was her highest ever at the national level after notching a fifth in this class last year. Rockhard, Carideo, who is trained by the legendary Casey Viator, showed the New York audience a very tightly packed musculature that has improved steadily since the days when she won the 1981 Ms. Arizona title. Like Tech, Carideo's response to her placing after the contest was predictable. "After I had myself a short cry backstage," grinned Diane, "I just told myself I was gonna come back again next year. One of these days I'll get it right. Besides, I like the competition."

Fourth went to chiseled Floridian Kyle Campbell. At 106 pounds, Campbell was the lightest of the top-five

The Lightweight Top Five

Bogan Carideo Tech Lewis Campbell



finishers, but what she may have lacked in outright poundage, she more than made up for in her high degree of definition and muscular detail. Making her first appearance as a top-five finisher at the NPC Nationals, Campbell was the runnerup in the middleweight class of the '87 Florida Championships.

The fifth and final trophy placing in this class went to Idaho's Janelle Bogan. Another in the growing list of women who have "stuck it out" over the past few years, the 112-pound Bogan finally broke into the top five this year with a crisp muscular sharpness and an entertaining posing routine. Previously, Bogan had finished as high as fifth in the '86 NPC-USA, but her fifth here was a high point in her bodybuilding accomplishments.

As a class, the lightweight group was the largest of the contest featuring 24 women which required an elimination round to arrive at a "top fifteen" to be judged for the lightweight title.

Rounding out the top ten was New Jersey's Ruth Hoshour - sixth; Rene Musing from Alabama seventh; Californian Vickie Sims eighth; Judy Kalvin of New Jersey ninth, and Washington's Judith Jeon-Chapman tenth.

It's Louisiana's Lorio in the Middleweights

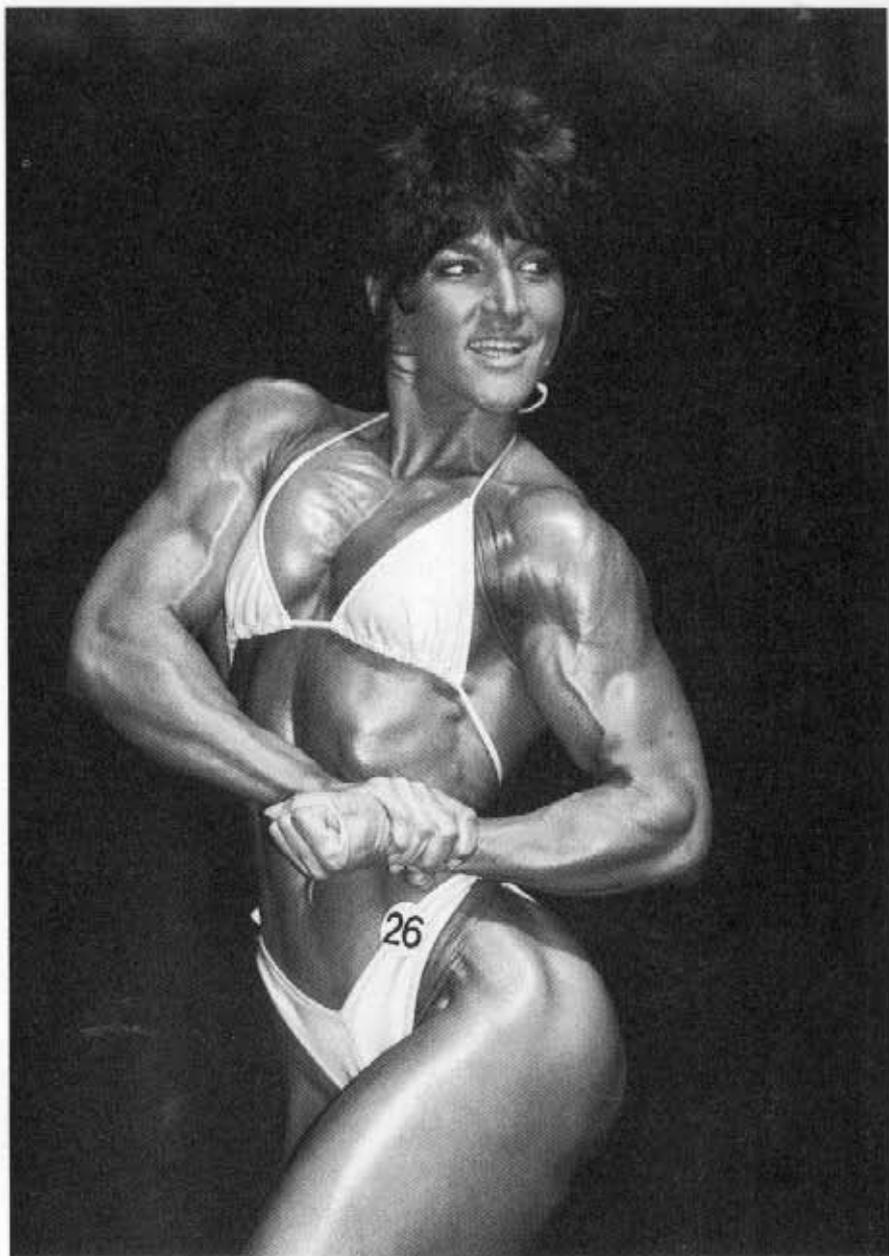
It would be every bodybuilders goal to enter a national contest each year and hope to improve... even if it's just a little. Many times, a competitor is delighted to move up a notch or two in the placings from one year to the next, assuming that sooner or later she will be fortunate enough to "hit everything right on" and capture a title.

In Lisa Lorio's case, her goals were along the lines of every other competitor in her class, but levels with which she moved up the ladder of improvement were considerably different.

Keeping in mind that Lisa Lorio was the NPC Louisiana state winner in 1985 and entered her first NPC Nationals a year later in Miami, her road to the national middleweight title hasn't been an especially long one, but it has been a dramatic journey to be sure.

In 1986, Lorio entered the NPC Nationals in Miami, unheralded and unpublicized. During the prejudging, the judges "found" Lorio late in the rounds and placed her tenth. Although the placement wasn't particularly notable, she had, nevertheless, made an impact on the panel with her exceptional structural balance and striking overall appearance.

A year later, and again in Miami, Lorio again stepped into the middleweight frying pan after a strong runnerup placing at the always tough Emerald Cup Championships earlier in the year. This time she had bumped herself up five placings to the fifth spot and was on the verge of making a



Lisa Lorio - 1st MW



serious run at the title if she continued to improve at her current rate.

Said Lorio of the year that followed, "I left Miami last year with the idea that all I had to do was work as hard as I could on my weak points and I'd be just fine. I've always felt fairly confident about the way my body looks, and I got a lot of positive feedback after the contest."

And so, as the middleweights filed on stage for the prejudging it was of little surprise to find that the 1988 edition of Lisa Lorio was, in fact, in the running for the middleweight title.

Included with Lorio, however, was a tight group of challengers who brought physical qualities of their own... which, in the end, produced the most hotly contested class of the entire contest.

Standing just two contestants away from Lorio in the initial lineups was Californian Carol Mock. From Oakland, and a runnerup in this class at the IFBB North American Championships last year, Mock packed impressive muscle on her 120-pound frame. Further, she was very hard... particularly in the upper body and thighs.

Next to Mock was '87 NPC Ohio champion Maritza Ramos. The tallest of the middleweights at 5-5½, Ramos looked long, lean and in great shape.

So, with the above mentioned three, the judges were presented with the difficult task of ranking them in an order that would satisfy one and all. The task, indeed, was a difficult one, in that it included several ingredients which always make a final selection so interesting.

Among the three, there was the exquisite muscle shapes and overall physical balance of Lorio. Mock showed a muscular hardness that was second to none. And Ramos was closely competitive with her athletic, rangy musculature. Each in their own way, presented the championship look. But the judges final observations made it clear that the most complete package would take home the national crown on this day.

As Lisa Lorio accepted her trophy for first place, it was apparent that the realization of becoming a national champion hadn't sunk in at that moment. It soon would however.

The runnerup, Carol Mock, had made a major improvement on her heavyweight showing (10th place) at the NPC-USA earlier in the year. The few pounds she had dropped from one show to the other had made the difference in pushing her out of the "also-ran" positions, smack dab into a tight battle for the middleweight title. The final point tally found Mock just two digits behind Lorio, and first in line to lay claim to this class title in 1989.

Maritza Ramos landed in the third spot to complete her highest ever showing at a national contest.



Carol Mock - 2nd MW

Another first-timer to the top-five national level was Florida's newest bodybuilding resident, Donna Barrantine. Originally from North Carolina, the thickly-muscled Barrantine was in her finest form ever. Competing at a refined 119 pounds, the talkative Southerner had enlisted the aid of trainer Ross Manning in an effort to put a more fluid line on her muscle mass. The time spent with Manning in Ft. Myers seemed to have worked well, as Barrantine notched her highest national placing ever.

Fifth-place finisher Joone Hopfenspirger rounded out an impressive top-five trophy group with her thickly developed 124-pound frame. From Minnesota, Hopfenspirger was the third-place finisher at the '87 NPC-USA last year and presented the same

basic overall physical look this time around. Said Joone after the prejudging, "I don't know what the judges will do with me this year, but regardless of where I place, I am planning on getting more involved in triathlon competitions next year. I think I could be a really good one." As a former state high school mile champion, and top notch collegiate distance runner at the University of Oregon, Hopfenspirger no doubt has the tenacity and strength to excel in the triathlon world.

Outside the top five, and lest you think there was any lack of depth in this class, consider the fact that the competitors who comprised the positions from six to ten were all of first rate physical proportions.

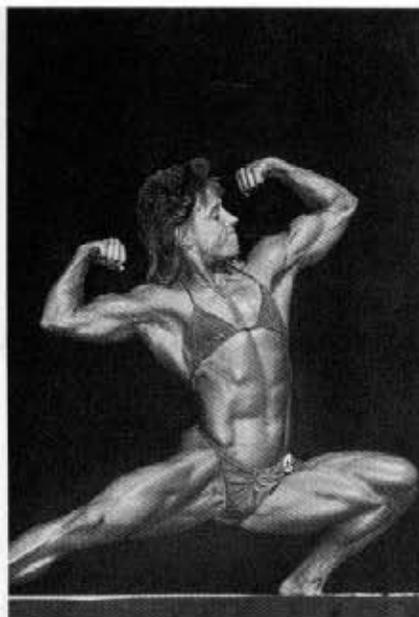
Sixth was Maryland's Debbie Sider who was the 1985 NPC National

Maritza Ramos - 3rd MW



Donna Barrantine - 4th MW





Joone Hopfenspirger - 5th MW

middleweight runnerup. Finishing in front of Sider is a feather in anyone's cap.

Seventh went to Virginia's Crystal Pember who had recently placed second in the middleweight class of the '88 NPC Jr. USA in Raleigh, North Carolina. At 125½ pounds, Pember will be pressing everyone for a top placing at this contest by next year.

New Yorker Valerie Green earned the eighth place spot and could be considered the brightest "newcomer" in the class. A striking 125½-pounder with beautifully chiseled muscle groups, Green showed off a torso that included excellent detail in muscle groups. Her progress will be well worth watching in '89.

Popular Athena, another New Yorker, placed ninth with a physique that needed to shed six to seven pounds for her best possible performance. In fact, Athena would have been far more competitive as a lightweight had she made the weight. For her, the results of this year's Nationals can only be chalked up to experience.

Tenth went to 120-pound Chicagoan Renita Harris who was competing in her first national event.

It was a talent-laden group to be sure. In fact, as a last example of just how talented this class was, '88 NPC Los Angeles champion Patty Sanchez found herself placing 11th by entering this contest in a condition that was off her well-defined shape of February 7th. In hard shape, Sanchez is a top-fiver without question. But, another time....

Laura Plays David to a Class of Goliaths

And you thought you had to weigh 160 pounds to win the heavyweight class of the NPC National Championships, eh? Well, ask Laura Beaudry

A Competitor's Perspective From One Who Watched **New York Bodybuilder Linda Wood-Hoyte Says...**

I COULD HAVE BEEN THERE...

That's what I said when I arose on the morning of September 17th the day of the NPC Nationals in New York. If I was going to compete I would have awakened at the Drake Hotel on East 56th Street instead of in my own bedroom. However, life, no matter how hard you try to plan it, always plays a few tricks on you. I had planned to do the Nationals, but a nerve injury in my hip which almost kept me out of the USA (I wish it had) and the demands of my professional life caused me to throw in the towel early this season. Before I left for the USA I told Andy Sivert, my gym owner, and a few close friends, that I hoped I'd do well in the USA because I couldn't go any further trying to balance my professional life with my supposed hobby of bodybuilding. Furthermore trying to work around an injury and the endless round of doctors visits and therapy sessions were beginning to wear on me. C'est La Vie. That's life!

I reflected on all of this as I started to prepare breakfast and finally asked myself, why am I going to see the contest... I'm not even in the mood for it. One of my friends who had stayed overnight asked me to knock it off and said "lets just hurry up and get ready to go. Once you get there you'll enjoy yourself." Well I put my developing "attitude" in check, threw down my breakfast, dressed and headed into the city for the Nationals. When I arrived at Hunter College the auditorium was partially filled. As I walked down the aisle several people stopped to wish me good luck. I was totally surprised because they thought I was competing. When I responded that I was not, they expressed their disappointment because several had come especially to see me. That deeply touched me and for a moment I felt disappointed in myself. Normally, the bodybuilding grapevine is better than Western Union, and I thought the word had passed along that I wasn't competing. I later found out that some people thought my statement about not competing at the Nationals was just a ploy and I was really going to compete anyway. That's life again, sometimes honesty is perceived as deception.

Anyway, I made my way to my seat and sat there wide-eyed, looking around at the staging, who's who in the audience, and enjoying the feeling of anticipation. Suddenly, the moment had arrived. The start of the show was announced and the lightweight class was called out. I was so excited when I saw the class walk on stage I caught myself grinning from ear to ear and marveling at the high degree of quality development displayed by the class. (Knowing full well how much work goes into looking your best for those few brief moments on stage). I started to pick out competitors that I knew such as Amy Klein, Janet Tech, and Sharon Lewis. My eyes darted back to Sharon and Janet and I said "my God", how do I cheer for both of them. I looked at the defined finished look of Sharon standing with an air of confidence. She knew she had made tremendous gains from last year and she really looked good. Then I glanced back at Janet, and noted all the improvements she had made. Her arms even showed increased size and development and Janet stood with an air of sexiness as only Janet can. I was sincerely proud of both of them. Let the judges decide the winner. I would be happy for who ever won and equally sad for whoever came in second.

By the time they had finished judging the lightweight, I was psyched. Bring on the middleweights - I want to see more. As everyone knows who saw the show, the middleweight class presented an equal display of quality development. Once again my eyes swept the line and picked out familiar competitors. Debbie Sider, Amy Gray, Maritza Ramos, Carol Mock, Yvonne Vasquez, Lisa Lorio, and Athena. This was also going to be a really tough class to judge. I'm now at the edge of my

seat surveying the line and trying to pick the top five. Since I've been judging for the local Metropolitan NPC, I have become more aware of just what it takes to present a winning package to the judges. It's not just your development but the presentation of it. I've evaluated a competitor part by part at times to measure them up against someone else while looking for the most complete package. I say all of this because looking at the middleweight class, at least the ones I had picked for the top five, who had it? Each package was different. There was hard, defined and cut Mock, full and shapely (good back) Lisa Lorio, seasoned, polished and cut Maritza Ramos, and rock hard and ripped Joone Hopfenspirger. I made my selection on my own score card that I was keeping, then sat back and watched the remaining call outs.

Finally, it was time for my class. The heavyweight class was called out. I stopped a moment to ask myself, "how does it feel Linda, your class is on stage with competitors you have competed against for years, and you're not there?" I can honestly say to my surprise I didn't care at that moment. I was really enjoying the action.

There was Laura Beaudry (smaller than in '86, but hard and cut) Karen Pica, full and cut, Adrienne Foster, very much improved with an excellent upper body, Josie Cole (good abs and legs) and Nicole Bass, and Tara Dodane. Not a bad class. A familiar class; however, a class that was missing a lot of good heavyweights. Strange I thought. I made my choice for the top five right away, then I did experience a fleeting moment of fantasy and sadness. I put myself in the line up at 138 pounds. I objectively decided my placing, and did not share my judgement with anyone.

The prejudging ended and I felt just as tired as if I had competed. Time for some carbs and a nap. I knew the evening would be long. By the time I arrived back at the auditorium for the evening show the Men's Grand Prix was on. I do wish they would separate it from Womens Nationals. I could not wait for it to be over with so what everyone came to see could go on... the womens finals.

The evening show to my surprise brought out a great deal of emotion for me. First I found out who had failed the drug test, that's always a dampener. And, believe me, I do support testing. I just wish the results of the drug test could be announced prior to the prejudging. This would eliminate the embarrassment for those who failed after being judged. It's also disconcerting to have your fellow competitors and (sometimes personal friends) called out just before you get ready to go onstage for your evening presentation. As the evening progressed and the class winners were called, my emotions ran the gamut. In the lightweight class, Janet won. I was happy she had, however I knew how hard second place would be for Sharon, I felt for her as I felt for myself in the past.

"Oh my", I thought next, "what's going to happen with the middleweights?" I braced myself, and it was Lorio over Mock. Again, mixed emotions. This is not fun anymore. Stop!!! I'm not ready for the heavyweights yet, I'm still digesting the other two class decisions. Too late, they are coming on stage. Funny with one exception, the placings fell as I predicted, (Beaudry, Pica, Unger, Cole and Foster). If that's the case, then what's wrong I asked myself? Nothing really, except as one of my friends inquired, do you regret not doing the show? I answered emphatically and honestly no. There was no way I could have pulled it off, nor would I have wanted to make the sacrifices that would have been necessary for me to do so.

However, the still unanswered question cast a brief but heavy shadow as I turned my back on the stage at the end of the show, "What would have happened, if I could have been there?"



them all. That's right, Laura Beaudry was the smallest heavyweight on stage. In fact, she was only a pound-and-a-half from being a middleweight!

David of biblical fame would have loved her. She's the little guy the fans of underdogs love to root for. And most satisfying about all of it was... that it was "about time" in Laura's case.

When we speak of time in Beaudry's case we are speaking of almost all of the time women's bodybuilding has experienced. Laura Beaudry began competing in 1980 — she was around when this sport was in its infancy. Says Laura laughingly, "I remember back in the days when I first started competing, people called me the 'smiling abs'. That's all I had was abs and a smile." She continued, "One photographer even told me to give it up... that I just couldn't compete with the muscularity the women were developing. But I thought to myself, naw, I think I'll hang



and she'll tell you it just ain't so.

You see, California's Laura Beaudry — you remember her, the '85 NPC-USA heavyweight champion — came to this year's Nationals lean and ready. Really ready! This year's edition of Laura Beaudry came to New York carting 127 pounds of finely packed muscle to knock off a field of 21 women that included some of the sport's most current heavy duty names. And Laura Beaudry did it in the same way she has always done things in the bodybuilding world... quietly.

Yep, red-haired Laura is a one-of-a-kind type when it comes to bodybuilding. She's never done much hollering about how good she is, she just competes once and a while... and wins. She's almost too workmanlike as she goes about the business of out-flexing her opponents. But this time it was even more impressive than usual because she dumped a good class of bodybuilders with the smallest body of



Laura Beaudry - 1st HW

around a while - train - and see what happens."

Thankfully, she did hang around for a while and eight years later she has become the best in the land.

What was that about patience and perseverance?

Unlike the dogfight that ensued in the middleweight class, Beaudry laid claim to eight of the nine first place votes from the judges. In other words, she took no prisoners. Physically her 127 pounds was detailed and finished in every bodypart. In dropping some size from her thighs over the past year, she had added more definition to them and it suited her overall look. That combined with her eye-catching back poses, and Laura Beaudry became an easy pick for the class title.

Clearly, the years of hard work had finally paid off.

As a pay off for the years of hard

work put in, runnerup Karen Pica of Trenton, New Jersey, was experiencing some of the same grand satisfaction that Beaudry was enjoying.

Although the power-packed Pica had never won a national title like that of Beaudry's '85 USA heavyweight win, she had been competing regularly in contests since 1981. For Pica, however, it wasn't until this year that she really started to leave her mark on the upper placing of major contests. With a second-place finish at the Jr. Nationals and a third-place finish at the USA in Las Vegas, Pica was on a heavy roll coming to New York.

To the finish, Pica continued her roll of consistency placing second. She was so consistent, in fact, the judges awarded her six seconds and three thirds. With that kind of strength in scoring, Pica's goals for 1989 should become much more narrowly defined — shoot for the title.

What was that we said about patience





Karen Pica - 2nd HW



Kathy Unger - 3rd HW



Josie Cole - 4th HW

and perseverance?

For 140-pound Kathy Unger, the rise to the top five has been a fairly rapid one. From Milford, New Jersey, Unger may not have even so much as dreamed she would make a third place appearance at this year's Nationals had you asked her what her chances would be of such a feat one year ago. In fact, until this year's IFBB North American Championships in Seattle where she placed second to Gillian Gibson-Serrette, her finishes had been, shall we say, "undistinguished". After a series of eighth-place finishes at several major contests over the past year or so, Unger rose to the occasion with a strong third place showing here in New York. Using a ripped and highly defined overall look - not to mention the best abdominals of the entire

contest - Unger needs only to fill out her long, lean frame to exact some major damage at this level in the future.

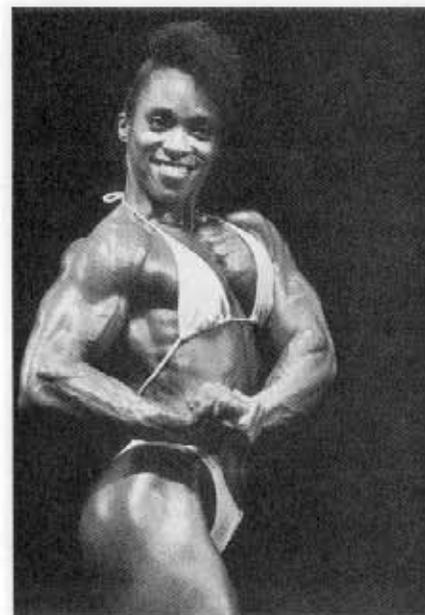
Bronx local Josie Cole gave the hometown crowd something to cheer about with her fourth-place finish. Cole was doing some cheering of her own with that placing considering the fact that she was tenth at the Nationals in '87 and 14th at the USA the same year. At 137 pounds, Cole performed a sharply choreographed posing routine and has more than done her share to strengthen New York bodybuilding in 1988.

Speaking of strengthening New York bodybuilding... Adrienne Foster has made steady improvement over her long career. Going unrecognized by the bodybuilding media for much of

her early career, the 143-pound Foster is also on the doorstep of making a solid name for herself among the amateur elite in the USA. She, like Pica and Beaudry has been on the competitive trail since the very early 80's and is now in full bloom physically.

Sixth place went to Mississippi southern belle Debby McKnight. As stories go, hers is a happy one. After winning the Jr. USA in mid-year, McKnight found herself lost in the USA crowd in Las Vegas and eliminated from the top fifteen. To her credit, she fought back, came to New York, and at 136 beautifully muscled pounds, she notched a strong sixth-place showing in a very tough field. Possessing a musculature that is marvelously round and somehow majestic in its presence, McKnight

Adrienne Foster - 5th HW



Debby McKnight - 6th HW



Tara Dodane - 7th HW



rates as a physique that could very well threaten for the overall title when she sharpens her dietary abilities over the next calendar year. Other than that, her physique holds all the positive muscular tools of shape, proportion, and size that she needs to enter the winners circle. Only a little time... and patience and perseverance will tell.

The vivacious Tara Dodane checked in for a seventh-place finish just four points behind McKnight, and still possesses all the qualities needed to turn her career into a professional one. She was even pictured on the post-contest party invitation that lured competitors to New York's trendy Palladium Niteclub after the contest.

If biceps are your cup of tea, then the peaks of Cyndi Meintzer will more than get your attention. This blonde-haired 149-pounder from Dunwoody, Georgia, made her first splash on the national circuit last year placing fourth



Cyndi Meintzer - 8th HW

at the big Women's Extravaganza in New Jersey. Now, almost a year later, she has improved to the point of wedging herself solidly into the top ten of the heavyweight Nationals with no where to go but up. At the risk of sounding cliched... "keep an eye on this one!"

Rounding out the top ten was '88 Florida champion Rhonda Lundstedt and '87 Pacific Coast and Emerald Cup winner Marissa Brown. With the physical credentials these two aforementioned competitors possess, it is easy to see why this year's NPC Nationals will go down in contest annals as one of the toughest ever.

For some, even those blessed with patience and perseverance, the rite of muscular victory will have to wait 'til next year. In their case, hopefully, that patience will help plant the seeds of virtue. ●



Shown above and below, the class winners from this year's Nationals (Laura Beaudry, Lisa Lorio, and Janet Tech) go through a series of comparisons before the posedown began.



1988's Big Three

Janet Tech

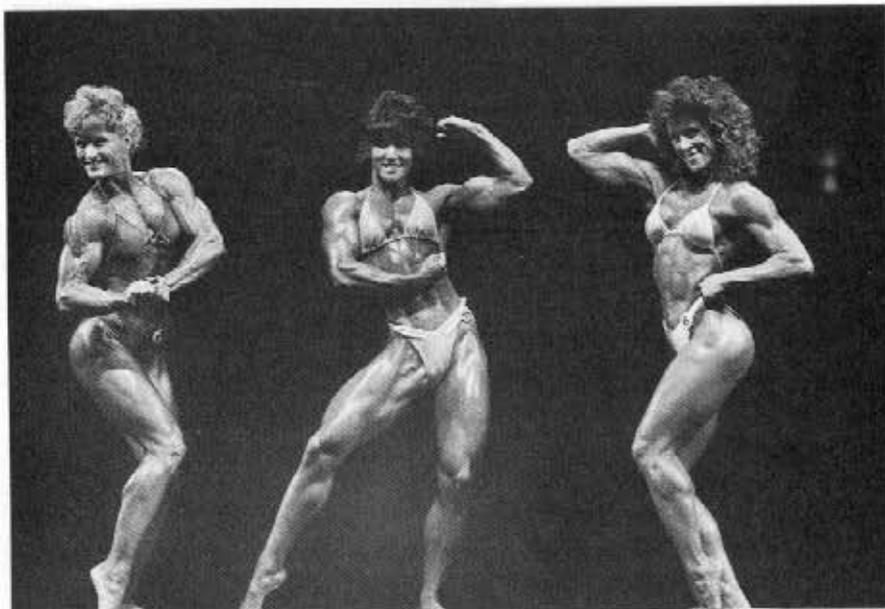


Lisa Lorio



Laura Beaudry





With Laura Beaudry being selected as the overall champion for 1988, contest promoters and NPC president Jim Manion present the winners to the audience.



1988 NPC National Championships Official Results

Lightweight Class

- 1 - Janet Tech, New Jersey 7
- 2 - Sharon Lewis, Ohio 11
- 3 - Diane Carideo, Arizona 17
- 4 - Kyle Campbell, Florida 27
- 5 - Janelle Bogan, Idaho 30
- 6 - Ruth Hoshour, New Jersey ... 33
- 7 - Rene Musing, Alabama 40
- 8 - Vickie Sims, California 45
- 9 - Judy Kalvin, New York 50
- 10 - Judith Jeon-Chapman,
Washington 59
- 11 - Amy Klein, New York 62
- 12 - Judy Miller, Hawaii 65
- 13 - Cynthia Dahl, Wisconsin 66
- 14 - Sheila Bair, Pennsylvania ... 74

Non-qualifiers: Nancy Gilmore, North Carolina; Mary Homler, Colorado; Catherine Ryczak, New York; Cindy Coppola, New York; Maureen Hornak, Indiana; Rebecca Donna, Illinois; Mirella Auchus, New York; Theresa Minor, California; Kathy Barette, New York. **Disqualified:** Mary Ellen Campo, New York.

Middleweight Class

- 1 - Lisa Lorio, Louisiana 7
- 2 - Carol Mock, California 9
- 3 - Maritza Ramos, Ohio 13
- 4 - Donna Barrantine, Florida ... 20
- 5 - Joone Hopfenspirger, Minn... 29
- 6 - Debbie Sider, Maryland 32
- 7 - Crystal Pember, Virginia 41
- 8 - Valerie Green, New York 44
- 9 - Athena Annis, New York 50
- 10 - Renita Harris, Illinois 60
- 11 - Patty Sanchez, California ... 62
- 12 - Elizabeth Van Sickle, Georgia 63
- 13 - Gollie Pedwell, Tennessee ... 69
- 14 - Amy Gray, South Carolina ... 70

Non-qualifiers: Melissa Dick, Kansas; Sherry Thompson, New Jersey; Bonnie Sprung, Florida; Tammy Palmer, Maryland; Denise Delia, Florida. **Disqualified:** Yvonne Vasquez, Florida.

Heavyweight Class

- 1 - Laura Beaudry, California 5
- 2 - Karen Pica, New Jersey 11
- 3 - Kathy Unger, New Jersey 21
- 4 - Josie Cole, New York 25
- 5 - Adrienne Foster, New York ... 31
- 6 - Debby McKnight, Mississippi. 34
- 7 - Tara Dodane, Florida 38
- 8 - Cindy Meintzer, Georgia 48
- 9 - Rhonda Lundstedt, Florida ... 54
- 10 - Marissa Brown, Washington .. 60
- 11 - Kathy Harrison, Maryland ... 65
- 12 - Catherine Miles, California ... 71
- 13 - Jennifer Lennon, Connecticut 74

Non-qualifiers: Theresa Summers, California; Elise Lopez, Illinois; Mary McCrae, New Jersey; Leila Pavelic, Delaware; Donna Herr, New Jersey. **Disqualified:** Nicole Bass, New York; Raye Hollitt, California.



RALPH DEHRAN PICTOS

Carol Mock

by Reg Bradford

photos by Ralph DeHaan & John Nafpliotis

Stretched across the bed of her room at the Midtown Plaza Hotel in Manhattan lies Carol Mock. She is attempting to relax her hyperactive body.

Mock exists between a state of restlessness and carb depletion. Its hard to cool out when you want to win as bad as she does. However, she is trying to shut her motor down while she talks.

The demanding weekend of the NPC Women's Nationals Championships has stressed her, causing her to ingest a strange orange fluid that is a blend of fructose and other inert substances from a plastic bottle that is supposed to provide her with some badly needed carbohydrates.

Her well-coiffed brown hair is permed flat, cascading the borders of her oval face. It is unlike the style she has used in past contests, when it was pulled back tight in a ponytail.

This present style accentuates the dominant features of her exotic countenance; her large, lazy brown eyes and lush nose.

When Mock glances at you from her comfortable prone position she measures you with her stop-you-dead-in-your-tracks gaze.

It freezes your first peek at this unique looking woman.

The first time she aims that Mock glare in your direction, the rays of her scanners piercing through you, challenging you to grab her full attention with your best verbal shot.

"Okay. I'm relaxed, fire away," she said with a smile. "I'm a pretty natural person. Bodybuilding has done that for me. It's helped to put aside a lot of hangups. I used to be a very uptight person. It's really changed me. I'm now more aware of myself than ever before, and since I've been training, I'm more in tune with my body and my mind."

"I feel I know myself a whole lot better. There is a lot of time in this sport to meditate on who I am and what I like to do. It's a sport where you spend time alone, isolated from other things."

She seems queenly sitting there, smaller than previously imagined. The loose black sweater and equally loose khaki pants conceal most of her thickly muscled body. It is the swell of sinew around her neck and the potent forearms that suggests this little package

is harboring live ammo under the clothing.

Yet, when she stands later, it is the rush of her presence that fills the air with a definitive energy.

Don't underestimate Carol Mock. Anyone who thinks the Oakland, California, native accepted her runner-up place in the middleweight division of the 1988 NPC Nationals with complacency just doesn't know the drive of Carol Lynn Mock.



The 5-3, 121-pound carmel-colored siren stepped onstage at Hunter College in New York boasting the finest condition of her short bodybuilding career.

Mock let the audience feast their eyes upon a svelte body, complete with delineated thighs, a royal, rippling back, tight abs and a pair of biceps and forearms that would make Popeye blush.

"When I was a saleswomen," Mock says, "I was competing for a goal... money! Now I'm a full-time bodybuilder and my desire to compete is twice what it was as a salesperson."

It would seem that fate intends for Mock to wait for her coronation with a series of teasingly close finishes to the top.

The bodybuilding career of Carol Mock has thus far resembled a Rich Gaspari B-movie.

At the 1987 IFBB North American Championships she finished second to Tami Imbriale.

A year before at the NPC California Championships she succumbed to the physique of Angela Johnson, who took the overall title.

She watched Lisa Lorio grab the 1988 NPC Middleweight class while she walked home reluctantly with, you guessed it, second place.

"The reason I think Lorio beat me was because she had been seen by the national judges last year. I'm a new face. Lorio has a traditional curvy body. The type the judges like. She's good. Next year I won't let the judges point at my calves as an excuse to deny me first place."

Welcome to the Sagittarian candor of Ms. Mock, who cracks her opinions like a whip on a crisp January day.

"From the time I left college until two years ago I was involved with selling. Selling pharmaceutical products, medical products. Now I'm selling my physique in the world of bodybuilding."

"I have to persuade judges that I am a winner. I already believe I am blessed with the genetics to be a champion. All I have to do is keep training hard to reach my potential."

When the Mocking bird speaks-her voice simmers with an ebony sensuality that suggest a combination of southern traditionalism and Northern Californian ease. This is a complex woman with a itinerary of numerous past locations.

Born in Chicago, schooled in Dallas, she has worked with stints in Kansas City, Washington D.C. and finally Oakland. She confesses she loved Washington's fast lifestyle but has found a home in Oakland.

"Having lived in California for three years has taught me how to be real laid back, ya' know, that's the style, right."

"I loved all those places I lived in before coming to California but what I love about Oakland is now I have real friends there. I'm setting down roots."

Mock is also in the process of setting down roots deep into women's bodybuilding. When she first lifted a weight seven years ago she possessed a few noteworthy bodyparts.

"Well, I started out with arms... and forearms," she coos innocently, as she pulls her sleeves back and further exposes the meatiest lower arm this side of Linda Wood-Hoyte. Her tone is a perfect blend of modesty and arrogance, pleasantly bathed behind a wickedly, husky giggle that exposes her little miss innocent act.

"I began weight training to tone up my body. Generally, I had a fairly solid frame but when my abdominals started getting real soft and a little stomach started to appear, I knew I had to do something."

"In the beginning I trained to tone up. I started seeing these unusual results real fast. It didn't take long for me to develop muscle. As soon as I saw my strength level was above the average women's I knew I had to train with the men to get better."

"By that time a lot of people suggested I get into competition because they felt I had the structure and the development to do well. And you know me... all I needed was a dare... a challenge. I entered the Alameda County Championships in 1986, my first contest, and won the middleweight and overall title."

"The San Francisco middleweight and overall crown was next that same year. I didn't lose an overall title until I entered the California in 1986. That's when the judges chose Angela Johnson as the overall winner."

"By that time I had a decent idea of how well I could do on the national level. The thought of flexing against women from all over the U.S. really got me hooked on training harder to show my stuff nationally."

Mock is very aware of her artillery. She finds it entertaining to keep most of it concealed.

"I don't like to flaunt my body. I'll show a little chest, my neck, a little forearm... the rest I like to save for the stage. I love to keep people in suspense."

Again she releases that bellowing cackle that bounces off the walls of the tiny room. The Mock laugh has to be heard to be truly appreciated. It is a laugh that seems to exceed her stature and is just as femininely powerful as her physique.

"I run my life just like a business," she continues. "I guess because I was in the business world so long. Everything is planned. Everything has its place. Nothing is taken for chance. I plan for success. I do not plan for failure. I don't wait around for things to happen. I make things happen."

"In my life, I have found that I often had to be twice as good as someone else in order to be recognized for the same reward. It's a lesson I learned in the business world. And it's a lesson I'm learning again in the bodybuilding world."

Mock learned her earliest lessons in life from her mother. She steered young Carol towards achieving success in school, work and in her personal life.

"My mother is an outstanding freelance writer, feminist and politician," she states proudly. "She taught me to shoot for the sky. She told me that whatever I put my mind to I can do. And I believed her."

Oddly, Mock did not participate in any high school sporting activities. She concentrated on academics. College followed and soon after graduation she was thrust into the work world.

"I worked for a pharmaceutical company when I graduated from college. I went right into sales because of the unlimited financial potential based on your merit. You made as much money as you are willing to work for."



With that now familiar Mock glare she adds, "As you can see I am a highly motivated person. I'm competitive. That's why I love bodybuilding. I hate anything boring. I need a challenge in everything. I need a challenge in my work. I need a challenge in this sport, and I need a challenge in my man."

She lets out a lusty laugh. "I need a challenge in my interviews too. Why? To bring out the best in me. The more demanding something is to me, the higher I reach up to get it, the more I stretch out to grab it."

After eight years in the business world Mock felt the creeping whisper of boredom setting in on her daily life.

"I was where I wanted to be in the company but I knew I couldn't be the president of that company. I wanted to be the president of my own company."

"By that time I was also burned out from the grind. I needed a change. I started planning for a change about three years ago and in February of 1988 I started my own personal fitness and training business."

"The business flows with my goals as bodybuilder. As I started to do well in contests, I felt the urge to commit more time and energy to the sport. I thought about the sport all the time. I mean it really started to consume all my thinking."

Mock consumes her time in the gym with a three-day-on, one-day-off training routine. Her pre-contest regimen includes a tougher six-day-straight, double split method.

"I train heavy in the 10-12 reps range. Low reps just don't seem to stimulate my muscles. I have gradually learned to concentrate on feeling the muscle when I train as opposed to throwing around heavier weights to appease my ego."

Mock trains without a partner feeling she has more focus on the workout minus another voice. She likes to split her workouts into hitting the large bodyparts in the morning and the smaller bodyparts in the evening.

"I will be busting my calves this winter," she says with a stern voice. "They are the only weak link in my development. I plan to double the amount of sets I do for calves in order to make them grow."

"However, I think too much attention is being paid to my one weakness. I do have other bodyparts that should be considered."

When asked which bodypart she likes to train the most, the smile travels across her face like a runaway gasoline fire.

She stands to her feet and coyly pulls her sweater over her head and slings it onto the bed.

Mock turns to the mirror in the tiny room, lifts her elbows high and flexes both arms. A hard, brown ball of muscle appears on the peaks of her thick biceps.

Angling her arms so the best angle is reflected, the majestic pair of 15-inch arms this lady carries shows up impressively. Indeed, they are enormous for a woman of her stature. Mock lowers them and then twists her right arm to her side and with her left hand grasps her right wrist pulling the tricep into a side tricep shot. The rear section of her arm bulges and jumps into a sinewy heap of caramel beef. Her arm now looks to be an inch thicker and a year denser. The hints of horseshoe striations weave through the tricep.

Mock smiles.

"I don't mind people talking about my physique as long as they talk about all of it. When the judges and the audience see my muscles next year I want them to talk about it, till they can't stop!"

Mock again faces the mirror and shoots the potent glare at her own opulent upper body, studying her fullness and definition in the reflection. She hits an eye-filling side chest shot.

She smiles and nods. ●

Color Photos and Videos

of your favorite IFBB/NPC women bodybuilders

COLOR PHOTOS/VIDEOS OF TOP IFBB/NPC STARS: All photos listed below are 3 1/2 x 5". These are NOT contest photos, but were taken at the time of contests so the women are in top shape. Larger (150-160 photos) sets of photos contain the bikini sets, as well as photos in one-piece leotards, dresses, shorts, bodysuits, etc, for photo variety. All videos were taken with our 3/4" professional equipment, then reduced to 1/2" tape to play on your home equipment. All videos contain posing in the various outfits, an interview and many have gymwork. Some tapes have occasional footage shot with camcorder at difficult locations. Cory tape has some Super 8 transfer from 1982 and 1984. Most original sound is left intact, but noisy scenes are dubbed with music. Marie Lena tape contains martial arts demonstrations (board, cinder block breaking) and strength feats (60 chins, etc). "Artwork" photo packet contains twenty 4 x 6" photos of well-developed, fictional women bodybuilders, reproduced from larger oil paintings.



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I enclose \$_____. Please send me the items circled below. Foreign add 10% for Air Mail. New Jersey residents add 6% sales tax. All foreign and Canadians MUST send International Money Orders in US funds ONLY, or send cash by registered mail. Make checks/money orders out to Women's Physique Publication and send to Box 443J, Ho-Ho-Kus, NJ 07423. Please allow 3-4 weeks for delivery or immediate delivery if you send cash (certified/registered) or money order.

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Tommie Moreau- 160 photos (various)	\$80
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Joan Bovino- 160 photos (various)	\$80
Marie Lena- 25 photos (bikini/leotard)	\$15
Marie Lena- 80 photos (various)	\$40
Athena- 30 photos (bikini/leotard)	\$18
Athena- 160 photos (various)	\$80
Marissa Brown- 35 photos (bikini)	\$20
Marissa Brown- 160 photos (various)	\$80
Tazzie Colomb- 50 photos (bikini/leotard)	\$30
Tazzie Colomb- 160 photos (various)	\$80
Susan Myers- 30 photos (bikini)	\$18
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ARTWORK- 20 photos (4 x 6")	\$15

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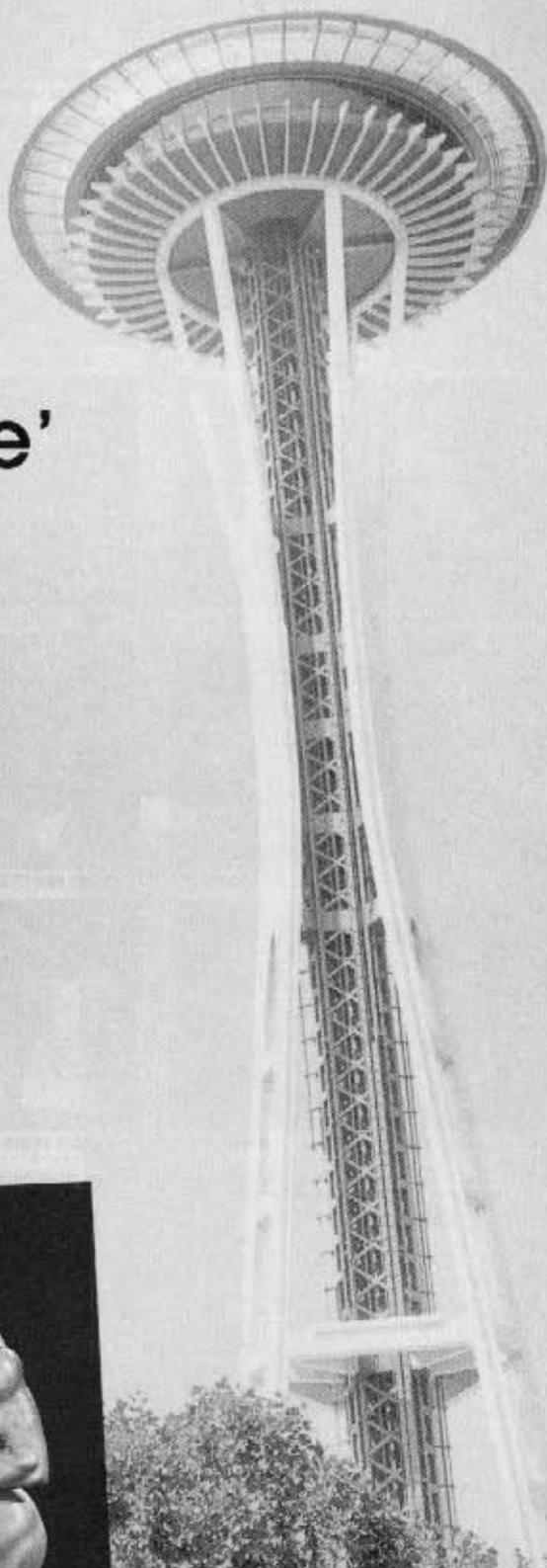
Washington's Emerald City Welcomes the 'Wizards of Awe'

by Lori Grannis

photos by Steve Wennerstrom

In 1935, The Emerald City welcomed four tired, but hopeful, travellers to the doorstep of Oz. Adversity traversed their paths at each yellow brick. Yet, wide-eyed and optimistic, they arrived undaunted and whole — armed only with purpose and determination — their presence insisting that their goals be realized... their dreams fulfilled through the artful wizardry of Oz.

In August of 1988, though four had grown to fourteen, yellow bricks had long been replaced by asphalt, and nary a gal missed Kansas, their quest for dream fulfillment had not changed with time. They too, had purpose for their trek to the Emerald City.





Gillian Gibson-Serrette - 1st HW & Overall Champion

Though stories change little over the span of time, this "Emerald City" is now known as Seattle, Washington, and our modern-day Dorothys' are without their baby fat and wizardry. Well, wizardry is, after all, nothing more than a function of the desire and level of commitment necessary to pursue personal jurnies toward excellence.

This journey follows our present-day Dorothys, the Wizards of Awe, to the doorstep of the Fifth Avenue Theatre, as the 1988 IFBB North American Bodybuilding Championships commenced. Craig Productions again hosted this annual event on Aug. 27th and it is one that has quickly gained a reputation over the past year as a high-caliber and popular pro qualifier. Conveniently placed between the NPC U.S.A. and National

Championships, it is an outstanding additional opportunity for competitors who have prepared for either one of the latter events. As a result, this show has grown and emerged as a major competitive vehicle, drawing many gifted, and already highly-visible physiques to the Northwest. A well-organized, quality production, Brad and Elaine Craig's solidly successful efforts in handling this affair have certainly enabled the Northwest region to earn status as a capable host to the bodybuilding community and its competitive co-horts.

Tie this together with a second annual performance by the incomparable Miss "O" herself, Cory Everson, an appearance by Olympia contender Lee Labrada, an array of exhibitors, and it would be difficult to imagine anything but a well-rounded

environment for a flourishing contest success.

And flourish they did, as the heavy-weight women bloomed with a vivid display of hybrid muscularity and detail. To behold even one or two of these competitors in separate contests would be a satisfaction well worth the price of any seat in the house, yet, together on one stage, each complimented the other with her own distinct brand of muscularity, symmetry and presence.

Most notable, of course, was the heavyweight winner, overall champion and deserving new pro, Gillian Gibson-Serrette.

Words cannot do justice to the "total" package that this woman presents. From her dense quads, highly pleasing muscular lines, and devastatingly emotional execution of movement, to

her charismatic presence and flawless skin tone, Serrette exuded the qualities many seasoned pros have yet to master and exhibit.

Fresh from her second-place finish in the heavyweight class of the NPC-USA, Serrette confided that she had originally intended to by-pass both the North American and '88 Nationals altogether because of the financial aspect involved. Notably, it was one of the clients whom she trains, along with workout partner Yvonne Vasquez, who encouraged her to remain on her diet and training regime while they busily organized a raffle in Serrette's honor to raise the needed travel funding. Both a membership to her gym and membership to a private Florida nightclub, cultivated the financial support for Serrette's eventual realization of pro status. Her repeat performance of the dynamic and fluidly sensual routine that brought the house down in Vegas, put the finishing touches on the complete Serrette package.

Though a standout, Serrette was not without competition by any means. New Jersey's Kathy Unger and Canada's Negrita Jayde (second and third respectively) certainly served as more than garnishments to the main course of this IFBB-staged event.

Unger, a bright and upcoming new American star and Better Bodies Model, was in the best shape of her life. She has slowly added the necessary size to be competitive in this class, and arrived this year, much more complete than last. Many acknowledge Unger as having the best and most deeply chiseled abs in the sport — no arguments here! Possessing a flowing, willowy physique, it is only a matter of time before Unger receives the recognition and affirmative response from judges, to hoist her to the pro ranks. Although this was a close decision, it was, decidedly, Serrette's show.

Negrita Jayde, also a model in Ontario, Canada, and an avid collector of "Muscle Cars," is a dual athlete: a national-level swimmer and body-builder. Jayde's third-place finish was more a function of her intention to peak for the Canadian Championships three weeks after this Seattle event. Always a class act, Jayde's presence more than made up for her lack of overall sharpness in pre-judging. A much improved competitor materialized for the evening show, however, as she appeared quite adequate indeed alongside Serrette and Unger. (Note: Jayde went on to capture the overall Canadian Championships.)

In fourth, Debbie Sider, known for her presence in past middleweight classes, appeared much larger and fuller—her densely muscled frame filled out to near-capacity proportions. Definitely possessing no apparent weaknesses, her condition was adequate, however, she may have lost a bit



Kathy Unger - 2nd HW

of sharpness that she'd exhibited in previous middleweight competitions. Dropping back down to the middle class, in this case, may have seen her emerge victorious, sacrificing little, if any, muscularity. It would be difficult to beat that Sider quad sweep!

Kim Robinson rounded out the top five, with Deborah Moore and Twanda Smith following in sixth and seventh placings.

It was rumored that teenager Twanda Smith had entered a local Powerhouse gym to train for this show only three weeks before, having no other training than an extensive track & field background. The density, thickness, and shockingly detailed and striated quadriceps this girl exhibited may well have set a visual precedent in the memories of judges and attendees



Negrita Jayde - 3rd HW

alike. Her legs rivaled many a male competitor (truly) in-house!

One is a Lonely Number

A sparse showing, at best, marked the middleweight class, with only one competitor on hand. To be fair, it is

A well-organized, quality production, Brad and Elaine Craig's solidly successful efforts have certainly enabled the Northwest region to earn status as a capable host to the bodybuilding community.



Debbie Sider - 4th HW



Kim Robinson - 5th HW



Debbie Houck - 1st MW

difficult for the winner in a class of one to feel the same level of excitement, accomplishment and conquest, that a winner in a class of five or more feels, in the throes of victory. However, in this case, no matter how many entrants were present, 31-year-old Debbie

Houck of Maryland would have been a fine representative in either scenario. Houck was extremely detailed by the obvious attention to conditioning she had given herself. It is both accurate and safe to say that she would measure up well in most any middleweight competition.

ATTENTION!! . . . Middleweight women of America: Swiftly kick yourselves in the behind and take heed of this unique 20/20 account on the virtues of hindsight!

The lightweight class, though more populated, lacked the standout personalities that were present in 1987. Density, maximal lightweight size, and muscular maturity, were not hallmarks of this class this year. Although first and second-place finishers, Judith Chapman and Mary Jane Strege suc-

The North American Championships has grown and emerged as a major competitive vehicle, drawing many gifted, and already highly-visible physiques to the Northwest.



Mary Jane Strege - 2nd LW



Judith Jeon-Chapman - 1st LW

cessfully frequent the stage more often than most women, peaking for several shows may have contributed to the general appearance of physique fatigue. Both women were NPC-USA competitors the month before and both may have needed a rest from the total number of shows entered in 1988.

Chapman, a successful Northwest, and now national-level competitor, emerged as the lightweight's best offering. Her usual high degree of detail was a bit masked and lacked its normal standout appearance. Always a gracious competitor, Chapman's attitude and performance showed no effects of pallor or fatigue.

Strege, second to Chapman, was a bit drawn and fatigued, yet was conditioned well and managed her usual contest fervor.

In third was Linda Wells, whose dense physique has much potential with more attention to detail and condition.

Charmagne Stratton followed Wells, cinching the fourth spot, placing Jeannie Heidloff in fifth position. A recent newlywed and transplant to Washington state, this was Heidloff's second bodybuilding endeavor.

To be certain, our "modern-day Dorothy's" journeyed to the Emerald City to realize their dreams. Few did—this is the unfortunate by-product of venture. Yet, when dreams are fulfilled, it is this very by-product that lends its value to venture.

Dorothy of 1988 has done much venturing to transcend the "helpless little girl" she once was in Oz, and bring her to her pinnacle of athleticism, strength, and capability:

"What do you wish me to do?" asked Oz.

"Send me back to Kansas . . . they will be dreadfully worried over my being away so long."

"Why should I do this for you?" queried the Wizard.

"Because you are strong and I am weak; because you are a Great Wizard and I am only a helpless little girl," she answered.

"But you were strong enough to kill the wicked Witch of the East," said Oz.

"That just happened," returned Dorothy, simply; "I could not help it."

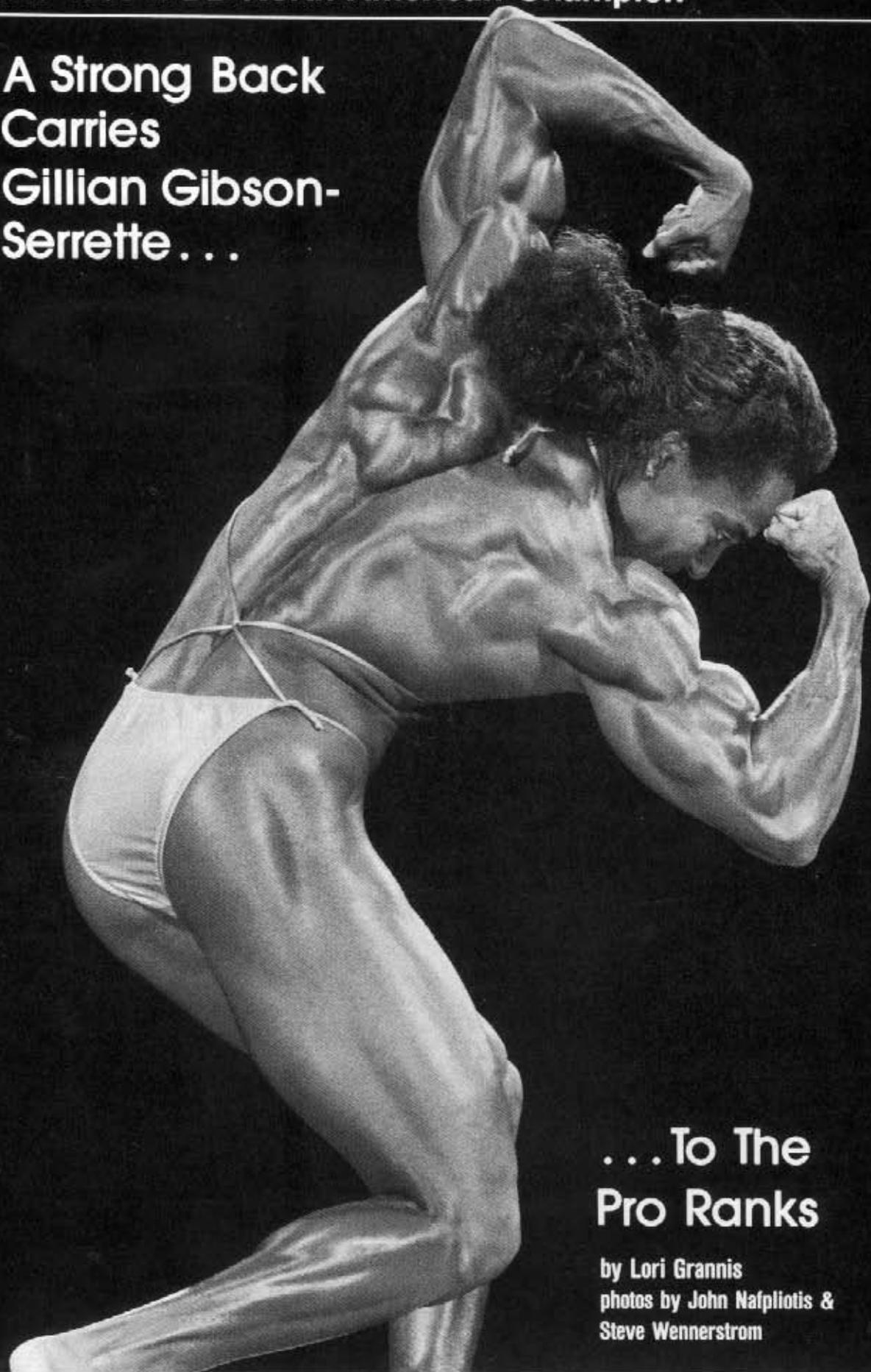
—L. Frank Baum

Yes, she's finally shed her blue gingham pinafore for a blue posing suit, and the arms that once cradled her little dog Toto probably embrace rice cakes.

Of these women, even Dorothy's Wizard would be in awe. ●

The 1988 IFBB North American Champion

**A Strong Back
Carries
Gillian Gibson-
Serrette . . .**



**. . . To The
Pro Ranks**

**by Lori Grannis
photos by John Nafpliotis &
Steve Wennerstrom**

By the time this girl finished sifting sand by the brilliant blue waters of her native Trinidad & Tobago, she was busy preparing for her first physique contest; the first for Trinidad as well.

Twenty-three year old Gillian Gibson-Serrette is still sifting sand, although these days she does her handiwork on the shores of Miami, Florida. Of course, her time is limited now with her stringent academic and training schedules. Unlike the carefree days of her youth, spent frolicking and lazing on the coastline of paradise, this island girl organizes her time around attendance of business school classes and travel between memberships at two gyms. Serrette, however, is the kind of woman that can easily handle structure and discipline, as these were components present in her life as a student in an all-girl convent school on the island.

Holy Name Convent was strict, academically, adhering to British A-level and O-level standards, but was also surprisingly encouraging of women and excellence. This was pleasing to Serrette, as she became involved in track & field events like javelin, shot, high jump and long jump. Not surprising though, were the reactions of townspeople (primarily of the male persuasion) to her initial bodybuilding endeavors. She remembers not being able to walk down the street without some verbal form of chastisement. "Men would shout, 'That's ugly!', or 'You're not a woman!' to me as I would walk down the street. But that's just the male mentality that has existed for so many years and this display of chauvinism was understandable for me. In 1982, when I entered Trinidad's, (and my first bodybuilding contest) 'Miss Physique' show, it was still a new concept for women to possess muscularity."

When Serrette turned sixteen, she finished the highest level of quality education available in Trinidad, and decided, along with her mother, sister, and step-father that she would make the move to Miami in pursuit of higher education.

Settling herself and her affairs, Serrette met up with training partner and confidante Yvonne Vasquez. Vasquez, also a top-notch national-level competitor and recent runnerup placer in the Mixed Pairs at the 1988 USA Championships, has worked alongside Serrette helping to transform her weaknesses into the strengths she most definitely possesses today.

Adhering to a consistent 3-day on, 1-day off heavy training schedule throughout the year, Serrette and her partner alter very little in preparation for a contest, other than restricting their diets. And by Serrette's overall appearance, woe to the unfortunate individual who mistakenly chooses to train legs with these two! Ouch!



Although Serrette has smoothly made the transition from Trinidad to Miami and firmly ensconced herself in American lifestyle, there remains still a unique glimmer of her own culture which she incorporates beautifully and flawlessly into her posing routines. In fact, incorporation of training and diet principles into a viable regime, is less a priority or science for Serrette, than the embodiment of ethnicity and dance into an overall performance. And she brings off this overall package beautifully.

At the 1987 U.S.A. she chose Herb Alpert as the catalyst for insighting a full-scale standing ovation from riotously excited spectators. With no formal dance experience to speak of, Serrette has incorporated quite a good deal of style and expertise in her posing innovations.

She attributes her creative success to a good ear for translation of melody to movement and many hours spent attending performances of celebrated dance troupes such as the Alvin Ailey Dancers and the Miami Ballet Company.

She began work on her 1988 U.S.A. routine in January of this year with the knowledge that she had already created a tough act to follow from her representation the previous year.

She attributes her creative success to a good ear for translation of melody to movement and many hours spent attending performances of celebrated dance troupes such as the Alvin Ailey Dancers and the Miami Ballet Company.

Undaunted by this fact, Serrette composed a flawless routine with the accompaniment of chantuese Roberta Flack's earthy musical talents.

Serrette hopes to continue her posing innovations with the aid of other ethnic ancestral scores: "Eventually, I want to choose ethnic music from different countries, one for each contest, and have it be representative of that country through the movement and dance that I create."

Eventually, Serrette would like to turn pro, but she admits that it isn't a matter of life and death, and it is not her only motivation for the continual hours spent training and honing her physique to perfection. This she does for herself.

What is her major motivation? We think this says it all:

"I want to see my body change from year to year. I have an idea of what I eventually want to look like. When I look at myself, I sense that I won't fully mature until I'm about 27 years of age. But when I do get there, that's it... that's my idea of turning pro!" •

You Are There

Video — 1988 NPC Women's Nationals

What's the next best thing to being at the 1988 NPC Women's Nationals? Being able to watch the entire contest in the comfort of your living room! This exciting show was taped with our professional-quality 3/4" video equipment and reduced to play on your home video player. This tape runs a full 4 hours and contains all of the women's prejudging (women's names are captioned), the Couple's finals, the Women's Finals and the posedown between the class winners. Among the top-name women who competed are the above pictured winners, Sharon Lewis, Diane Carideo, Carol Mock, Donna Barrentine, Athena, Nicole Bass, Kathy Unger, Tara Dodane, Rhonda Lundstedt, Marris Brown and many others. Price for 4 hour tape is \$75.



Janet Tech
Lightweight Champion



Karen Pica
Heavyweight Runnerup



Lisa Lorio
Middleweight Champion



Laura Beaudry
Overall Champion

I enclose \$75. Please send me the 1988 NPC Women's National's video. Make checks/money orders out to Women's Physique World and send to P.O. Box 429, Midland Park, NJ 07432. Allow 2-3 weeks for delivery.

Please circle format: VHS or BETA or PAL*

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

*PAL customers must add \$10.

You Are There

Video — 1988 NPC Women's Extravaganza Strength/Physique Show

Also available:

1987 NPC Women's Extravaganza Strength/Physique Show NPC Superbowl I, II, III Strength/Physique Shows

If you've never been to one of these unique women's strength and physique contests, here is your chance to view your choice of five different contests on your home video system. All tapes run a full 4 hours (except Superbowl I = 3 hours) and feature a very high caliber physique contest and the unique strength contest, which pits nationally-ranked bodybuilders against each other in tests of strength such as bench pressing, chinning, leg presses, barbell curling, dips and leg extensions. The **1988 EXTRAVAGANZA** featured more than 30 women in the physique show and the following women in the strength show: Karen Pica, Rhonda Lundstedt, Raye Hollitt, Mary Ryan-Jeffrey, Cyndi Meintzer, Tazzi Colomb, Tara Dodane and Denise Rutkowski doing the above lifts. The **1987 EXTRAVAGANZA** featured Marissa Brown, Raye Hollitt, Lindy Champion, Phyllis Padur, Velma Buckels and many more in the physique show, and the following women in the strength show: Hollitt, Padur, Champion, Karen Pica, Sharon Arrildt, Sherry Thompson and Tara Dodane doing above lifts. Georgia Fudge guest-posed. **SUPERBOWL I** featured Doughdee Marie, Chris Porter, Diane Carideo, Peg Bertelsen and many others in physique show, and the following women in the strength show: Deanna Panting, Sue Ann McKean, Joan Wood, Vicki Steenrod and others. Guest posers were Kay Baxter, Carla Dunlap, Lesley Kozlow and Diana Dennis! **SUPERBOWL II** featured the physique show and the following women in the strength show: Sue Springsteen, Raye Hollitt, Rhonda Lundstedt, Sandy Riddell, Mimi Hitzman and Teri Elliott. **SUPERBOWL III** featured Leny Tops, Rhonda Lundstedt, Tami Imbriale and others in physique show and the following women in the strength show: Jan Harrell, Sue Springsteen, Karen Pica, Reggie Bennett, Trish DeHall, Teresa Summers and Raye Hollitt. Superbowl strength lifts varied, but featured tug-of-war, beer-keg lift, dumbbell carry and many other 'odd-lifts'.



1987 Extravaganza participants include, above, from left to right: Sharon Arrildt, Lindy Champion and Marissa Brown. 1988 participants include Tara Dodane, Karen Pica and Denise Rutkowski. More from 1988 (below, left to right) are Julia Kover, Tazzie Colomb, Cyndie Meintzer, Raye Hollitt, Rhonda Lundstedt and Mary Jeffrey.



I enclose \$ _____. Please send me the following Physique/Strength Contest tapes as circled below. Make checks/money orders out to **Women's Physique World** and send to **Box 429J, Midland Park, NJ 07432**. Allow 2-3 weeks for delivery.

Please circle format: VHS or BETA or PAL (add \$20)

Video 110 - 1988 Women's Extravaganza = \$75
Video 86 - 1987 Women's Extravaganza = \$75

Video 25 - Superbowl I = \$75
Video 43 - Superbowl II = \$75
Video 61 - Superbowl III = \$75

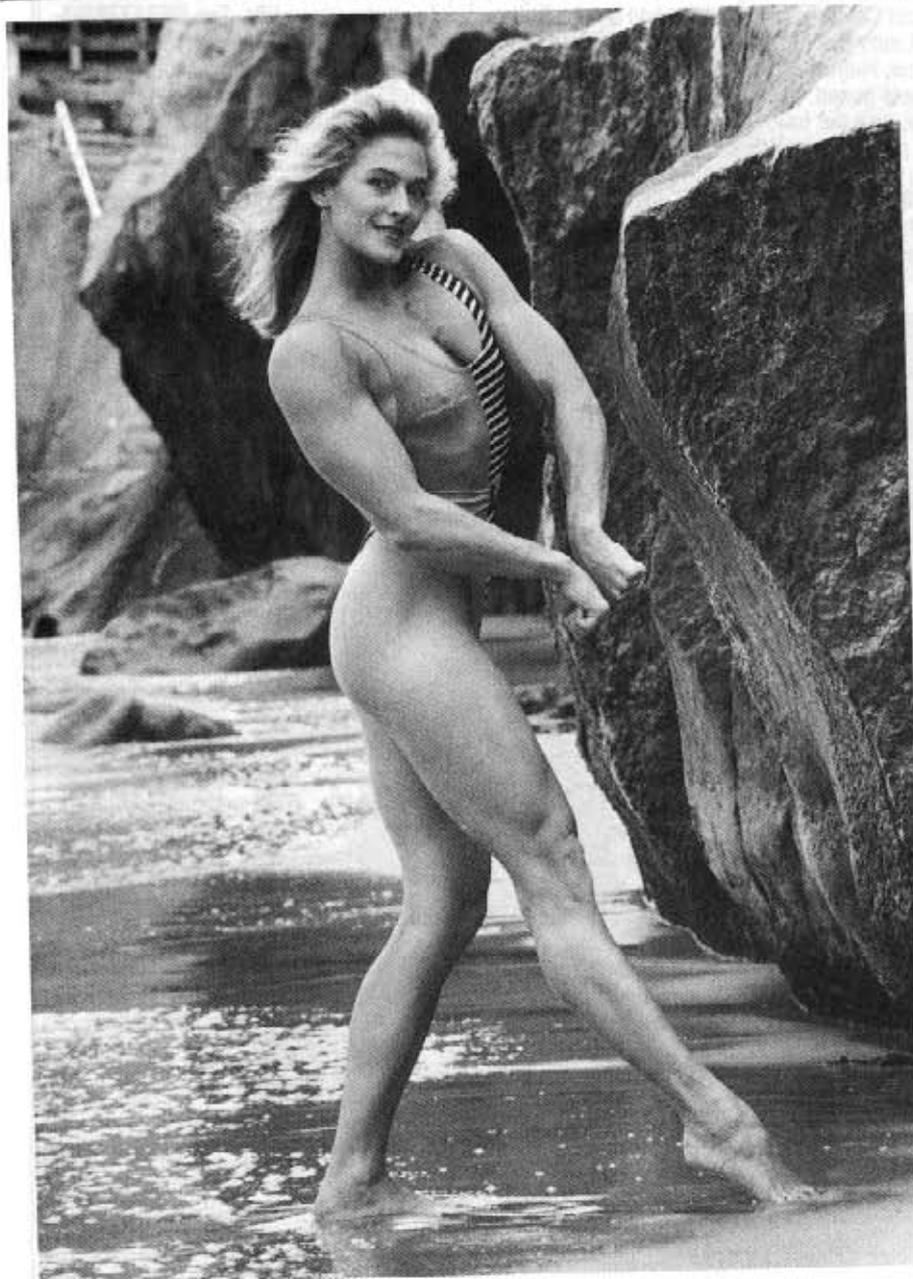
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CITY _____ STATE _____ ZIP _____

America's Erika

by Cheryl Tiffany

photos by Steve Wennerstrom & Eric Scott Bloom



Erika Andersch used to be "fit." Now, she wants more.

Andersch a 30-year-old New Englander, is in the process of changing what was a successful career in fitness contests to what she hopes will be an even more successful career in bodybuilding.

To that end, the 5-7, 135-pound native of Brookline, N.H. (west of Nashua), competed in her last fitness contest last September in Las Vegas. It was the Miss National Fitness contest and was a replay of her first effort in the same show a year earlier...she finished sixth.

In between those contests, Andersch, who moved to Revere, Ma., "just to live in the Boston area, someplace bigger than Brookline" after high school, spent the rest of 1988 beginning to build that bodybuilding career — and the physique for it.

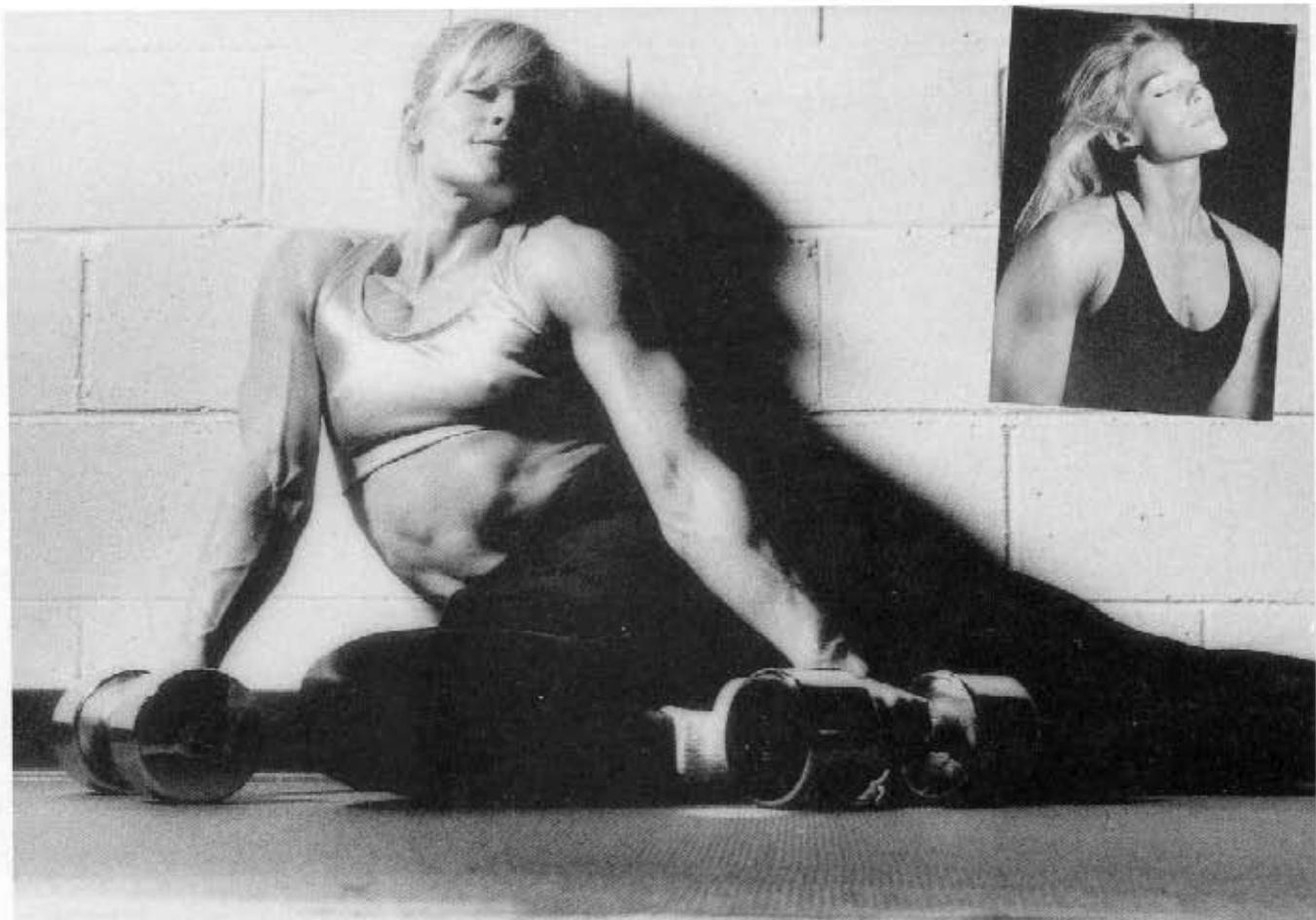
Andersch started with Ms. Tellos (a clothing chain and about as local a show as you can get) in April and won the championship. Later in the month she moved on to the NPC New England Bodybuilding Championships in Boston and won the heavyweight and overall titles in that one. In June, she finished fourth in the NPC Northeastern and then in August was second in the Gold's Classic also in Boston.

Only a few weeks later came that 1988 Miss National Fitness. Now, there is a distinct difference between fitness and bodybuilding contests.

"You don't have to work as hard for a fitness show," says Andersch. "They're looking for proportional, trim, toned and ever so slightly muscular bodies...kind of a beauty contest with biceps, small biceps."

"A person could do a fitness contest with her natural figure if she kept toned, so it's really not a sport. You wear heels on stage, kind of like those early shows for women at the men's bodybuilding contests," she says. "You've got to have all the traditional body parts men have valued in women, so in a sense it is somewhat sexist, but it is good for women in that it helps remind them that it's good to keep in shape."

So, with such a difference in type, how does one finish second in the Gold's Classic bodybuilding contest and sixth in the Miss National Fitness within a month's span?



"Between the two shows, I stopped training, ate more and smoothed my body out," says Andersch. "I was still pretty hard, but four pounds of fat made the difference in how I looked for the two contests. I couldn't have done it the other way around, going from a fitness show to a bodybuilding contest."

Andersch built a fairly muscular foundation in Brookline, where she started skiing at three years old and helped in the chopping of firewood for

The photo above, by Eric Scott Bloom, was a top Parade Magazine award winner and was featured in the November 20, 1988 issue nationwide. The photo contest centered on 'The American Woman'.

Yankee home.

"My dad is very proud and happy," says Andersch. "If I'm home, he'll tell company, 'you'd never know there are muscles under those clothes.'"

Luckily for bodybuilding followers, the muscles under those clothes will become more and more visible in the immediate future, and for the bodybuilding world, Erika Andersch's combination of beauty and muscularity will be a welcome addition. ●



the three fireplaces that were the main source of heat for the entire house during those cold New England winters. "I worked very hard as a child, always using my muscles for something, and it helped a lot in the long run."

Andersch didn't start real workouts until four years ago when she went with a friend to do some good old toning and trimming. "But, from the first time I tried weights, I wanted more and more. I knew right away that I wanted to compete."

At the same time, Andersch met current trainer and fiance Brian Regan at a gym. He'd been a competitor until a broken neck put an end to his promising career. "Brian couldn't train with the same intensity anymore, so he trained me and became my biggest supporter," says Andersch.

Another supporter is Andersch's father, which might be a bit surprising considering she's from an authentic





Negrita Jayde





WOMEN'S BODYBUILDING IS PLAYING A LARGE ROLE IN CHINA'S SPORTS BOOM



Sports Illustrated's August 15, 1988 issue devoted several pages to China's fast-growing interest in sports. Among them was a mention of women's bodybuilding and the fact that it was "daringly new". We expect to see rapid improvement in this sport over the next few years considering that China is the world's most populated country. The genetic pool possibilities are staggering.

COMIC BOOK FEMALE HERO 'KYRA' STARS IN BOOK FORM

Elsewhere Productions has produced the sixth in a series of adventures featuring **Kyra**, the female superhero. Contained this time within a thick stock cover, the comic book is created by writer/artist **Robin Ator**, and editor/publisher **Larry Heller**. A copy of the new **Kyra** can be purchased for \$6.95 through Elsewhere Productions, PO Box 3903, Lakewood, California, 90711.



MUSCLE ON WATER

The August 1988 issue of **Water Ski** magazine features world slalom record holder **Jennifer Leachman** on its cover showing well-developed arms as a result of her rigorous sport. With recent coverage of water skiing competitions being shown on ESPN, it has been no surprise to find numerous skiers with very impressive physical development. A water skiing personality profile will be forthcoming in WPW.



WALKUP IN SHARPER IMAGE

The dynamic **Lory Walkup** has once again popped up in the trendy **Sharper Image** catalogue showing off the latest **Lifestyle** model. Although Walkup is no longer active in the competitive bodybuilding scene, her modeling career seems to be moving along at a brisk pace.

Muscle Elsewhere



Wendy's Legs Ignite Jeal(ous) Envy! The premier issue of England's **Physique International** (September 1988) contains an eye-opening pictorial on British hurdle star **Wendy Jeal**. Possessing extra-ordinary leg development, Jeal's coverage in our last Muscle Elsewhere section brought many letters of interest in her training and background. Jeal is one of England's top hurdlers and represented the Brits in Seoul for the '88 Olympics.



HAWAII'S FITNESS SCENE

Hawaii has introduced its inaugural issue of 'Hawaii Fitness Scene' magazine published by **Dr. Joe Mayo**. This first issue featured the attractive bodybuilder, **Kim LeBlanc** on the cover of the 48-page mag. The innovative publication also features special sections on bodybuilding, modeling, aerobics, beauty contests, and island entertainment. More info on how to get a copy can be obtained by writing PO Box 8551, Honolulu, HI, 96830.

RIDING A RAIL TO MUSCULAR STARDOM

Oregon bodybuilder **Nikki Garner** has an interesting hobby outside the world of weight training...she races railroad hand cars, you know, those rail cars with the handle that two people pump up and down. Yep, they race them. And Garner is the national champion along with other members of Jungle Gym in Portland. At 5-8, 165 pounds, Garner is a top bodybuilding prospect from the Northwest, and she was selected as the 'Best Up and Coming Woman's Body' in Portland for the year.



NURSING STRENGTH

San Diego bodybuilder **Nina Melodosian** is a registered nurse at the University of California at San Diego Medical Center, and the Center does regular profiles of its employees as a service to the community. Says Melodosian in the profile, "I have reaped so many benefits from the lifting that it has become a pleasant obsession."

The UCSD Nursing Profile is produced in poster size for display at the Medical Center.

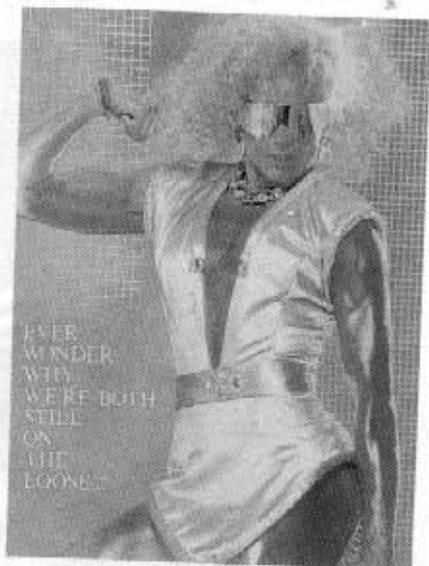
Muscle Elsewhere



GREETING CARDS WITH A MUSCULAR PUNCH

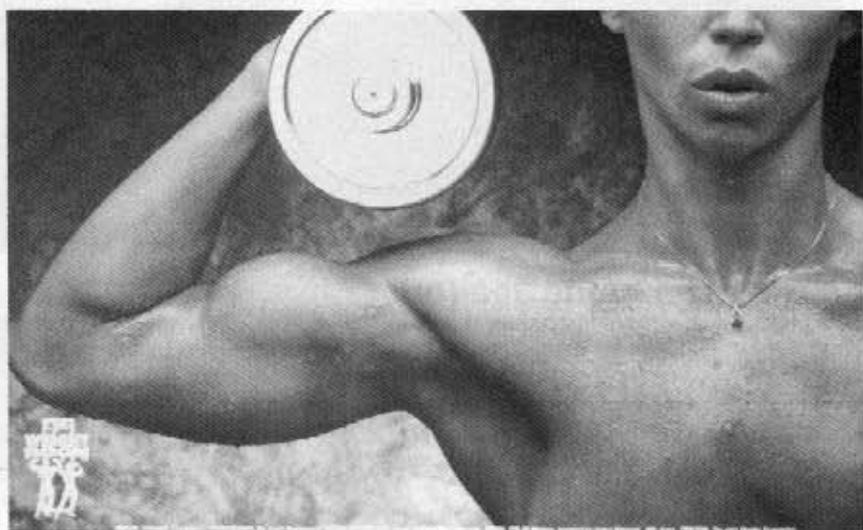
Pictured on the left is an eye-catching card by artist **Olivia De Bernardinis** for O Card Corp. in New York. Showing a well-trained body, the illustration depicts a pose made famous by **Deborah Diana** in bodybuilding's early days.

To the right, the biceps-flexing blonde asks the question, "Ever wonder why we're both still on the loose...?" The inside answer follows with, "Could it be we went to the wrong charm school." Photographer **Harold Naideau** is credited for the cards cover which was produced by Heart to Heart cards in New York.



SODERBERG EARNS SWEDISH NOTICE

Top Swedish heavyweight competitor **Gunnar Soderberg** graces the cover of her country's August 1988 issue of **Bodybuilding & Kraftsport**. At 38, Soderberg, who is a security guard, was Sweden's representative at the 1988 IFBB World Amateur Championships in Puerto Rico where she placed fifth.



POSTER MUSCLE WITH STYLE

The beautiful poster above gives us a nice cross-section of bodybuilder **Elsie Lopez**. Lopez had the poster made up to help promote the gym she runs in Prospect Heights, Illinois. Printed on thick stock art paper, the glossy color poster is a real eye-catcher.



DEHALL CATALOGUES HER MUSCLEWARE

Bodybuilding competitor **Trish DeHall** has catalogued her outstanding line of training apparel in a eight-page brochure that is now available through her company called DeHall Designs. A copy of this distinctively prepared brochure can be obtained by writing her at PO Box 40891, Cincinnati, Ohio, 45240.



MORE AMERICANS STAR IN FRENCH FITNESS MAGS

The French **Pleine Forme** and **Le Monde du Muscle** issues dated September 1988 find Californians **Val Endemano** (*Pleine Forme*) and **Julie Smith** (*Le Monde du Muscle*) gracing their covers. Both covers were photographed by **Ralph DeHaan** and mark a growing trend of Americans appearing in European fitness publications on a regular basis.



STILL FIT AFTER ALL THESE YEARS

We noted in Sweden's **Bodybuilding & Kraftsport** magazine recently that an ad for training gear had utilized one of Sweden's best known bodybuilders as its model. Pictured is former Swedish champion and IFBB pro **Lena Trulsson**. The ad states, "Tight is Right!" and in Trulsson's case it's a great example of truth in advertizing.



VIDEO MUSCLE... DOES MTV NOW MEAN 'MUSCLE TO VIEW'?

Bodybuilders are continuing to make their way into the music video world and three more examples include well-known amateur stars **Joanne McCartney**, **Rhonda Lundstedt** and **Kathy Moore**.

The first, is by the group Cameo in a number called 'You Make Me Work'. In this video, McCartney and Lundstedt are shown pounding a large anvil with sledge hammers. They are dressed in bikinis.

Moore appears in a video called Harley Street performed by a San Francisco-based rock group. Also decked out in a bikini, Moore performs a series of poses throughout the video.

HARRIS COVERS

Florida bodybuilder and new IFBB pro **Audrey Harris** has made it to the front page lately and we see her likeness presented on the



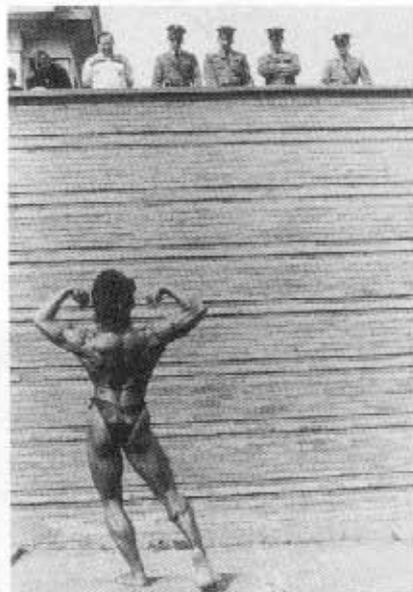
September/October '87 issue of *Women's Physique Publication*, and the December 1988 issue of *Muscular Development*. Both covers were photographed by **Ralph DeHaan**. Harris will make her pro debut at the 1989 IFBB Pro Worlds and possibly the '89 Ms. International. Both shows will be held in the spring.

Muscle Elsewhere



MISHAY SANTOS SHOWS US MODERN BODY-BUILDING

The October 24, 1988 issue of **Modern Bodybuilding** features the Professional Bodybuilding Association's newest star **Mishay Santos** on the cover. A new publication, **Modern Bodybuilding** is distributed to health clubs, gyms and health food stores in the southern California area... and you can't beat the price...it's free!



POSTAL MUSCLE

Dutch bodybuilding star **Peggy Ouwering** is shown on the above pictured post card which was stocked at a major card shop in Seattle, Washington. Produced by Art Unlimited in Amsterdam, the photo was taken by Polish photographer **Slawomir Olzacki** during the European Championships which were held in Warsaw in 1986.

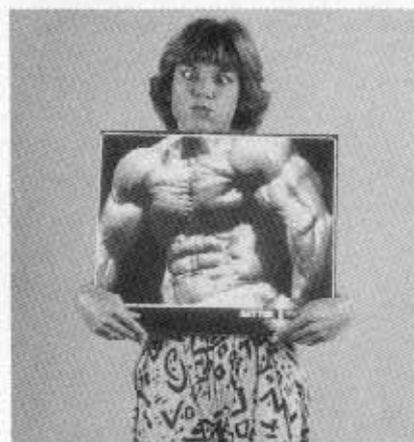
The gentlemen viewing Ouwering are members of the Polish state police.

PARMELEE POWER

Those Parmelee sisters - Sandi, Gail, Nancy and Linda - continue to pop up in various newspapers and magazines. Shown here, the quartet is included in the August 1988 issue of **Vancouver Magazine** under the heading 'Genetic Jackpot'.



In addition, they are featured on the health & fitness page of the **Vancouver Sun's** August 9th edition.



JULIETTE'S 'BETTER BODY'!

During a photo session for Better Bodies-Europe, '86 Pro World champion **Juliette Bergmann** clowns with a poster picture of a male bodybuilder's torso. Better Bodies Europe, which is based in Holland, has become the continent's leading modeling agency for athletes. (photo courtesy of Jim Lensveld)

ATTENTION WPW READERS!

With the growing number of magazines and newspapers who are beginning to utilize women bodybuilders and strength-trained females in a wide variety of areas, we quite obviously can't "be everywhere at once". We would like to invite our readers to submit to us anything they feel fits the idea of **'Muscle Elsewhere'** for future issues, and we will be happy to credit you for your submittals.

Send your **Muscle Elsewhere** contributions to the WPW Editorial Dept. 1106 Second St., Suite 116, Encinitas, Ca. 92024. Please send clippings flat and unfolded when possible.

An Exclusive Women's Physique World offering of

Nostalgia Photos of Bodybuilding's Early Superstars

featuring: Kay Baxter • Pillow • Lori Bowen • Georgia Fudge • Lisa Elliott • Deborah Diana • Lesley Kozlow • Julie McNew • Auby Paulick • Kathy Moore • Kris Alexander • Candis Caldwell • Chris Porter • Jeanne Splittgerber • Cammie Lusko

The Beatles. Miniskirts. Yes, nostalgia is in and we would like to do our part by offering color photos of many of the sport's past stars. They were the pioneers, the ones who paved the road for today's women bodybuilders. During the early 1980's we offered many, many sets on each of the below women, and we have repackaged them to give you only the very finest photos of these mega-stars of the past. All photos are color, 3 1/2 x 5" and sets labeled 'all outfits' contain photos in bikinis, leotards and dresses.



KAY BAXTER — 1983



KAY BAXTER — 1984



KAY BAXTER — 1985



PILLOW — 1981



PILLOW — 1983



LESLEY KOZLOW — 1985



LORI BOWEN — 1983



LISA ELLIOTT — 1981



LISA ELLIOTT — 1983



JULIE McNEW — 1982



JULIE McNEW — 1984



GEORGIA FUDGE — 1982



GEORGIA FUDGE — 1983



AUBY PAULICK — 1980



KRIS ALEXANDER — 1983



CANDIS CALDWELL — 1984



KATHY MOORE — 1984



CHRIS PORTER — 1985



JEANNE SPLITTGERBER — 1984



DEBORAH DIANA — 1983



CAMMIE LUSKO — 1982

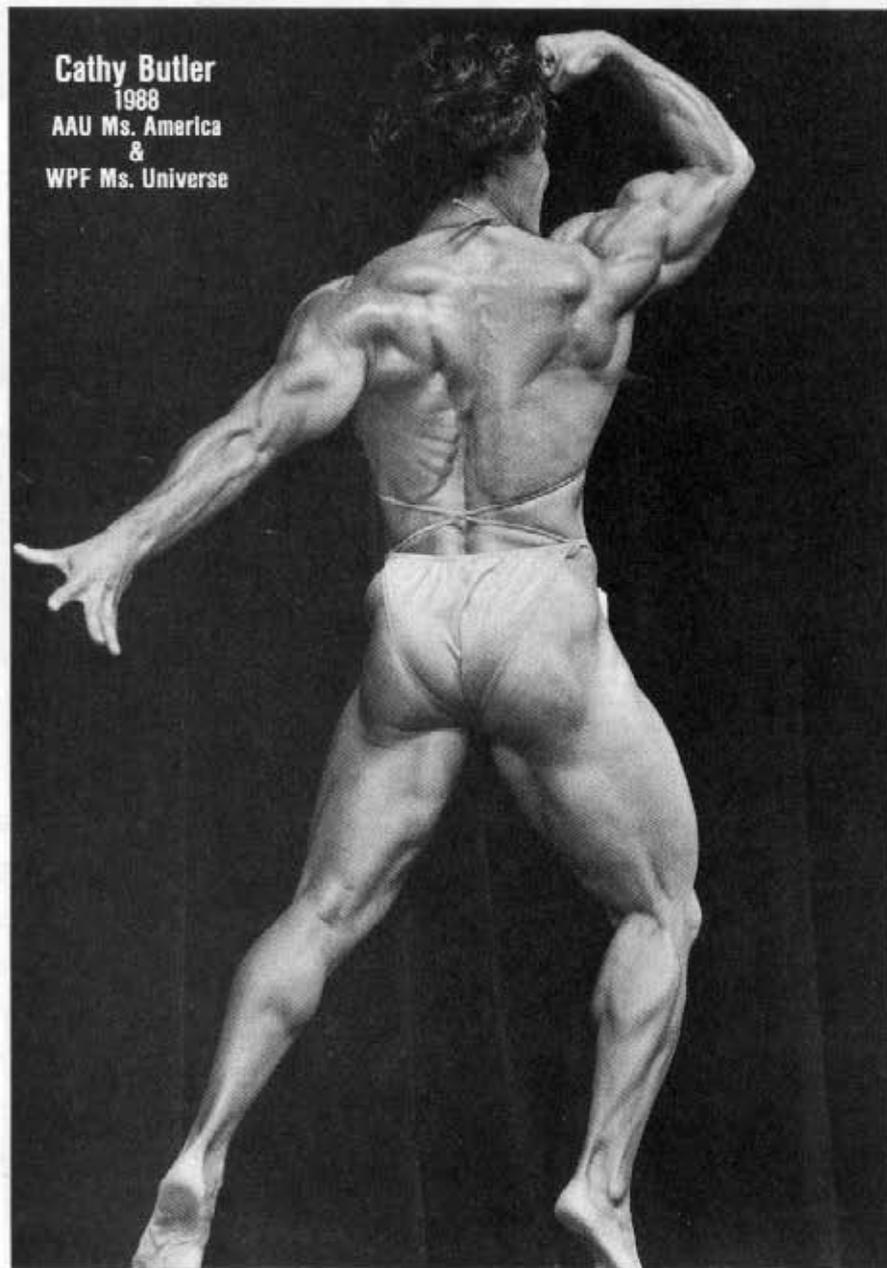
I enclose \$. Please send me the packets of photos as circled below. Foreign add 10% for Air Mail. New Jersey residents add 6% sales tax. All foreign and Canadian MUST send postal money orders in US funds, or send cash by registered mail. Make checks/money orders out to Women's Physique Publication and send to Box 443J, Ho-ho-kus, NJ 07423. Please allow 3-4 weeks for delivery, or immediate delivery if you send money order or cash.

Kay Baxter 1983- 30 photos (bikini/leotard)	\$18	Lori Bowen 1983- 40 photos (all outfits)	\$24	Kris Alexander 1983- 25 photos (all outfits)	\$15
Kay Baxter 1983- 30 photos (dresses)	\$18	Lisa Elliott 1981-30 photos (all outfits)	\$18	Candis Caldwell 1984- 25 photos (all outfits)	\$15
Kay Baxter 1984- 35 photos (bikinis)	\$20	Lisa Elliott 1983- 30 photos (all outfits)	\$18	Kathy Moore 1984- 35 photos (bikini/leotard)	\$20
Kay Baxter 1984- 40 photos (dresses)	\$24	Julie McNew 1982- 45 photos (all outfits)	\$27	Kathy Moore 1984- 30 photos (all outfits)	\$18
Kay Baxter 1985- 35 photos (bikinis/leotards)	\$20	Julie McNew 1984- 35 photos (all outfits)	\$20	Chris Porter 1985- 45 photos (all outfits)	\$27
Kay Baxter 1985- 35 photos (dresses)	\$20	Georgia Fudge 1980/82- 40 photos (all outfits)	\$42	Jeanne Splittgerber 1984- 45 photos (all outfits)	\$27
Pillow 1981- 35 photos (all outfits)	\$20	Georgia Fudge 1983- 30 photos (all outfits)	\$18	Deborah Diana 1980/84- 45 photos (all outfits)	\$27
Pillow 1983- 35 photos (bikinis/leotards)	\$20	Auby Paulick 1980- 30 photos (all outfits)	\$18	Cammie Lusko 1980/82- 40 photos (all outfits)	\$24
Pillow 1983- 30 photos (dresses)	\$18				
Lesley Kozlow 1984/85- 55 photos (all outfits)	\$30				

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____

The Butler Did it!

There was no mystery about this year's AAU Ms. America contest . . . Maine's Cathy Butler dominated the desert affair with heavy duty muscle. And with the WPF Ms. Universe event being held the next day, she once again wore a path to the top spot on the awards stand. Two contests — two victories. The Butler did it.



Cathy Butler
1988
AAU Ms. America
&
WPF Ms. Universe

Promoter Carlos Rodriguez guaranteed two things to contestants at this year's AAU Ms. America and WPF Ms. Universe aside from a well-run contest . . . beautiful weather and pleasant surroundings. On both counts, Rodriguez came through like a trooper as sunny skies blanketed the scenic Santa Catalina Mountains that border the cordial Tucson environs.

In return, the contestants - 35 of them from 16 states and three foreign countries - guaranteed Rodriguez a hefty helping of female muscle that has become the traditional calling card of the AAU Ms. America.

Held at the beautiful Tucson Convention Center, the two contests which were held on consecutive days, gave viewers an opportunity to watch a good group of competitors earn their laurels under two different judging systems.

Under the rules of the AAU, the contestants were ranked in four height classes (short - under 5-2, medium 5-2 to 5-5, med/tall - 5-5 to 5-7, and tall - over 5-7). The Universe on the other hand went with weight classes which were divided accordingly - Lightweight, under 114½ pounds. Middleweight, 114½ to 125½. Light Heavy, 125½ to 136½. And Heavyweight, over 136½ pounds.

With many of the contestants entering both events, the resultant placings made for some interesting comparisons between the two systems of judging.

So, after some spirited stunt fighting by the 'Old Tucson Cowboys' and a round of hoofing by the 'Tucson Desert Dancers' to open the show, it was time to flex for the titles. First the AAU Ms. America . . .

Butler Wins in 'Short' Order

It's tough to beat Cathy Butler under any circumstances, but when a competitor of Butler's level is judged in a height class she can be devastating. In the case of this year's short class, the 5-1½ Butler somehow packed an amazing 142 pounds on her frame to outmuscle a group of ten women. Densely developed, Butler may not have possessed the most pleasing structural lines of the class, but what she lacked in this area she more than made up for in outright muscle mass. Winning her class equaled her accomplishments of last year when she



Cathy Butler - 1st Short

petitors in terms of quality muscle and the ability to show it off. A marvelous poser, the 112-pound Lisachenko packs a liberal amount of well-structured muscle on her tiny 4-9% frame. A competitor who trains and competes "for the joy of it", Lisachenko has placed well in past shows having won her class at the Niagara Falls Amateur Grand Prix earlier this year, and a third-place finish at the NPC-USA as a light-weight last year. Sporting incredible shoulder, biceps, and triceps development, Lisachenko claims perhaps the finest upper body in the country for a bodybuilder her size.

Third in the class went to Pennsylvania's Linda Lawrynkiewicz. A 30-year-old who looks more like a woman half that age, used her years of weight training (12) to help her to the finely chiseled physique she now possesses. For her, the weight class system of the Universe contest the following day would be much more to her liking.

Fourth-placer Linda Slayton was another example of a fine competitor who had it a bit rougher in the height class contest as opposed to the weight class style. From Atlanta, Georgia, Slayton was deceptively well-developed and showed more and more quality to the judges the more opportunity she was given. At 5-1½, 121 pounds, Slayton was a bit smoother than some of the other contestants in this class, but the thickness and maturity of her musculature was undeniably impressive. As she becomes more confident with her posing routine, this southerner will continue to raise eyebrows in the bodybuilding world. In fact, she raised the eyebrows of a



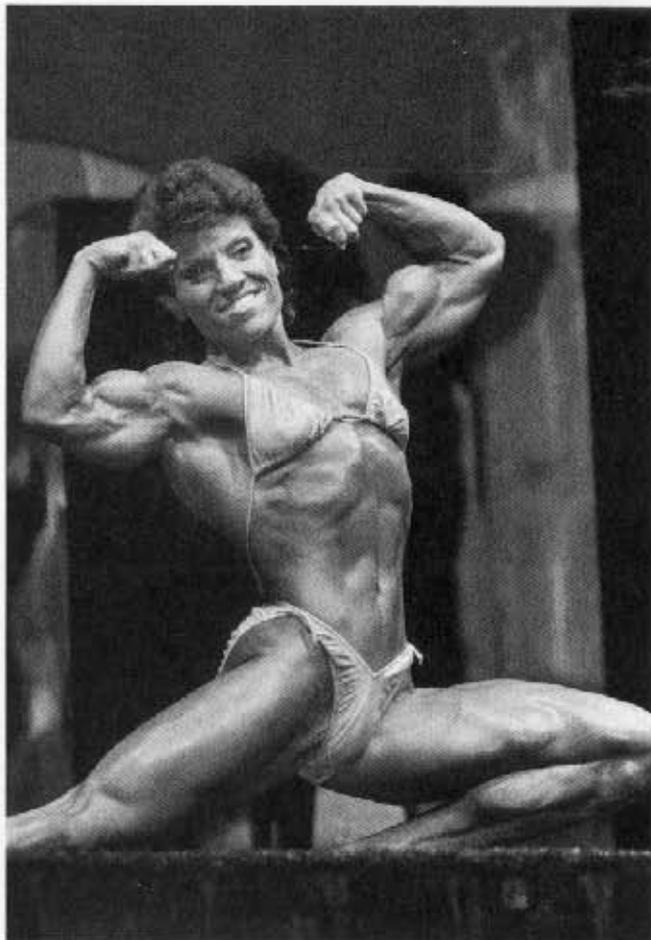
Linda Lawrynkiewicz - 3rd Short

took top honors in the medium category only to lose the overall posedown to '87 winner Teresa Nordaby. This year, however, it would become a tall order for the other class winners to outflex the monumentally muscled Butler.

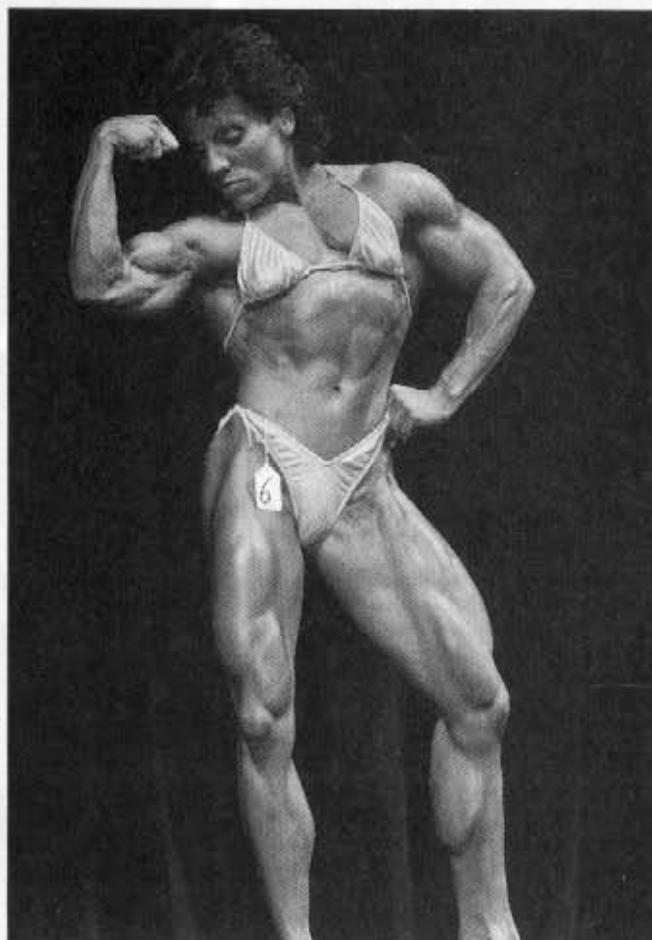
Finishing second to Butler was the outstanding Denlene Lisachenko. From Chardon, Ohio, Lisachenko is one of bodybuilding's most unheralded com-

whole table full of judges the next day at the Universe contest where she entered as a middleweight (see Universe story).

Rounding out the top five was Arizona local Laura Walls from Tucson. Also densely developed, the 4-9½ Walls squeezed 116½ pounds on her very muscular frame. With huge shoulder, delt, and arm development, Walls needs only to bring up her legs for a more balanced appearance and



Denlene Lisachenko - 2nd Short



improved future placings.

Further evidence of how tough this class was is witnessed by the sixth-place finish of Colorado's Barb Cash. Carrying plenty of muscle on her 121-pound physique, she notched a second place in the Universe contest as a middleweight.

Seventh went to Maryland's Jenny Baltimore, followed by Tedra Anderson in eighth, 48-year-old Nancy Pratt ninth, and Arizona's Lisa Green tenth.

LoCicero Lowers The Boom

Recent contest placements at women's bodybuilding events have shown a pattern of rewarding cultivated musculature, i.e. those who have stuck it out over the years are now getting their just due. Such is the case of New York's Teri LoCicero. A contestant at eastern shows since 1981, LoCicero has been a national-level physique for a long time. Until this year, however, she had mostly collected a wagon load of runnerup trophies. Now, the trend seems to have changed. Prior to this show, the solidly built 138-pound LoCicero had collected overall wins at the '87 AAU Ms. Pennsylvania, and '88 AAU Jr. Ms. America. And winning her class at this contest had to be a high point in her lengthy competitive career.

LoCicero's victory did not go unchallenged, however, as Florida's Margo Weil and Connecticut's Judi Benz put on a strong surge in pressing LoCicero every step of the way.

With LoCicero winning with a total of eight points, it was the multi-muscular Weil who scored ten points to make things very close. Weil, who at 137½ pounds and standing 5-3¼, has been on the competitive scene since 1984. This time around she was a tad softer than she normally is at a contest of this level. But nonetheless, her full muscles from head to toe still impressed everyone.

Just two pounds lighter than Weil was third-placer Judi Benz. At 5-4¼, Benz was very defined and is one of the most vascular competitors competing today. . . *anywhere*. In particular, the vascularity in Benz's delts and chest set off a high degree of chiseled musculature in those bodyparts, and most assuredly helped her to an even higher placing in the Universe the next day.

Fourth went to the vastly improved Else Lopez of Prospect Heights, Illinois. A winner of the NPC Continental USA last year, the 131¼-pound Lopez displayed a physique reminiscent of Florida legend Lisa Elliott. With beautifully developed biceps, triceps and shoulders, Lopez will press for the top placings when she hardens up her legs at future contests. As the owner/operator of her own gym (The Weight Room) in Illinois, Lopez first competed in the AAU Ms. America in 1983 when she also placed fourth in the medium class. Look for her to move up in '89.

The final trophy winner in this class was Debbie Shropshire of Burlington, North Carolina. Perhaps the most streamlined chassis in this class, the 126-pound Shropshire displayed a very athletically developed physique. With sharply defined and diamond-shaped calves, Shropshire strutted to a unanimous fifth-place finish among the judges.

Sixth went to Arizona's Diana Benson, followed by Californian Lenore Johnson in seventh, Connecticut's Dawn Whitham



Teri LoCicero - 1st Medium



Judi Benz - 1st LthW



Margo Weil - 2nd Medium



Antionette Winn - 1st Med/Tall

eighth, Colorado's '87 NPC overall champion Roni Antonio ninth, and Linda Doss tenth.

What's in a Name? . . . Winn Wins the Medium-Talls!

With only four women competing in this class, Indiana's Antionette Winn picked a fine time to enter the AAU Ms. America. A newleywed, Winn was the '88 Ms. Indianapolis and came to Tucson with little or no indication of how she might do. As things turned out, the well-muscled Winn won!

Placing second to Winn was Joy Cornett of Tucson, followed by Maryland's Jodi Osborne in third, and Californian Deanne Jones in fourth.

Briggs is Best of Three in Tall Class

Texan Anita Briggs was this year's winner of the 'biggest competitor on stage' award as she proudly displayed her 5-8¼, 149½ pound physique in a brief, but hotly contested tall class contest. A telephone operator for Southwestern Bell, Briggs rang up her victory with a well-balanced structure that profiled wide lats, sweeping thighs and good overall proportion.

Runnerup Gretta Mikalac from Feasterville, Pennsylvania, made a valiant run at Briggs with sharply defined muscles on her 145-pound super-structure. With many of the same strengths as Briggs, Mikalac, who is former AAU Ms. Pa., Ms. East Coast, and Ms. Atlantic Coast, was edged on lacking some of the muscular fullness that Briggs possessed. An outstanding prospect for the future, Mikalac's enthusiastic personality and healthy perspective towards bodybuilding should help her advance to top placings very soon. Previous to this event, Mikalac was also the '86 and '87 AAU Jr. Ms. America tall class winner.



Linda Slayton - 1st MW

Third went to 5-7, 138-pound Arizonan Connie Patty. Patty is a former Ms. Grand Canyon and AAU Arizona winner.

A Day Later... The World Physique Federation Stages the Ms. Universe

In a brief interview with WPF President Dennis Stallard, the head man (from Wales) stated that this organization was just a few years old but had gained a strong foothold in Europe. For this event, however, only Mexico, Italy, and West Germany (among the women) were represented outside of the large contingent of Americans that took part.

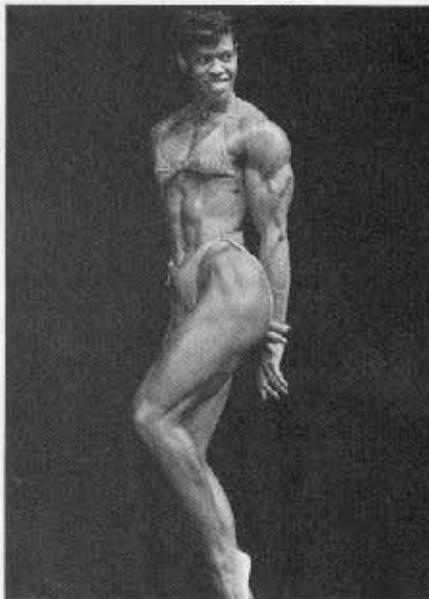
The most interesting aspect of this contest was its obvious comparison to the AAU America held the previous day. Because this event was held under the weight class system of judging, crossover competitors who had done well the day before were not guaranteed they would experience the same success on this day. Although Maine's Cathy Butler once again dominated the competition in this show, others found it a bit more difficult.

With a vast majority of the field including Americans who had competed in the AAU America, the Universe brought forth just four foreign competitors to fill out the field. A total of 31 women took part in the four contested weight classes.

Winning the lightweight class was Linda Lawrynkiewicz from Pennsylvania. Weighing in at a solid 101 pounds, the weight class system was much more to her liking after placing third in the AAU short class. The short class of the AAU Ms. America was so tough, in fact, that three of the four weight class Universe winners competed in that class!



Graziella Canelli (Italy) 2nd LW



Anita Briggs - 1st Tall



Gretta Mikalac - 2nd Tall

Second to Lawrynkiewicz was Italy's striking Graziella Canelli. A runnerup to Lawrynkiewicz at this same contest last year, the two repeated the sequence once again. Canelli was an accomplished and beautiful poser who opted for classical music to display a nicely developed physique. Although Canelli lacked the muscle size and hardness of Lawrynkiewicz, she displayed outstanding abdominal development which she used to her advantage throughout her routine.

Third went to Jenny Baltimore of Maryland, followed by New Hampshire's Tedra Anderson in fourth, and Mexico's vivacious Rosie Escudero in fifth.

In a middleweight class that consisted of seven Americans, Georgia's Linda Slayton - who had placed fourth in the AAU Ms. America the day before - probably considered that her chances of winning were slim at best. On the other hand, she may not have taken into consideration the difference in the judging systems, and the fact that it might just make a major difference. In her case it did...big time! It was a fully muscled Linda Slayton who did, in fact, win this class, and she seemed sincerely shocked to say the least.

Another who benefited from the weight class judgement was Barb Cash from Colorado. After her disappointing sixth-place AAU finish, she jacked herself up to a second-place position for the Universe finale. Like Slayton, Cash was all smiles afterward.

Arizona's Laura Walls placed third, followed by Lenore Johnson fourth, and Joy Cornett fifth.

America's Judi Benz claimed victory in the light-heavyweight class of the Ms. Universe contest defeating ten other women in the largest class of the contest.

Runnerup to Benz was Else Lopez who outpointed Italy's Christina Del Buono.

The only foreign competitor in this class, Del Buono is the current WPF European and Italian champion, and at 133½ pounds showed good muscular development.

Fourth was Arizona's Diana Benson, with North Carolina's Debbie Shropshire equaling her fifth place AAU showing with another fifth in the Universe.

It didn't seem to matter that Cathy Butler was the shortest competitor in the heavy-weight class...she won anyway. In a field of eight women who weighed over 136 pounds, Butler garnered her second victory topping two AAU class winners within this group.

Anita Briggs checked in for the runnerup spot, followed by Margo Weil third, Teri LoCicero fourth, and Gretta Mikalac fifth.

Not placing but showing good potential for the future was West German Elke Slapa. From Hanover, the 23-year-old former swimmer and track & field athlete was the WPF Ms. Germany in 1988, and finished third in the '88 WPF European Championships. At 146 pounds, the statuesque German bares a striking resemblance to IFBB countrywoman Susanne Steurer (the IFBB European Champion last year).

Other non-placers in this class included Antionette Winn, and Connie Patty.

In the posedown for the overall, Cathy Butler left little doubt that this was a year for muscle...hers. The Butler had truly done it!

A Flash Report!



Cory Wins Her Fifth Ms. Olympia

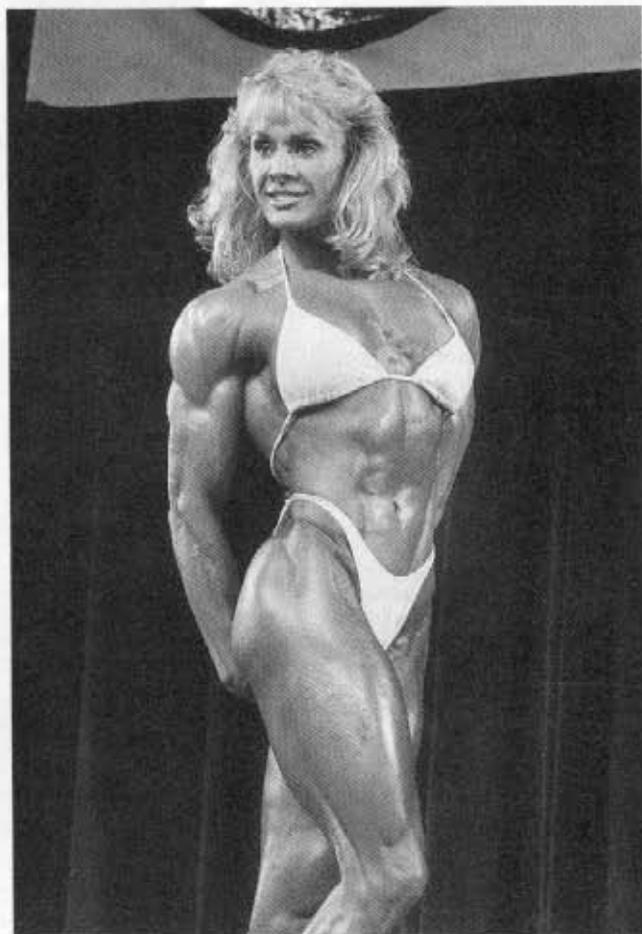
For the fifth time in succession, Cory Everson has been named Ms. Olympia. In our next issue of 'Women's Physique World' we will bring you the big story, complete with our exciting photo coverage.

Meantime, here is a sneak preview with the placings of the top ten.

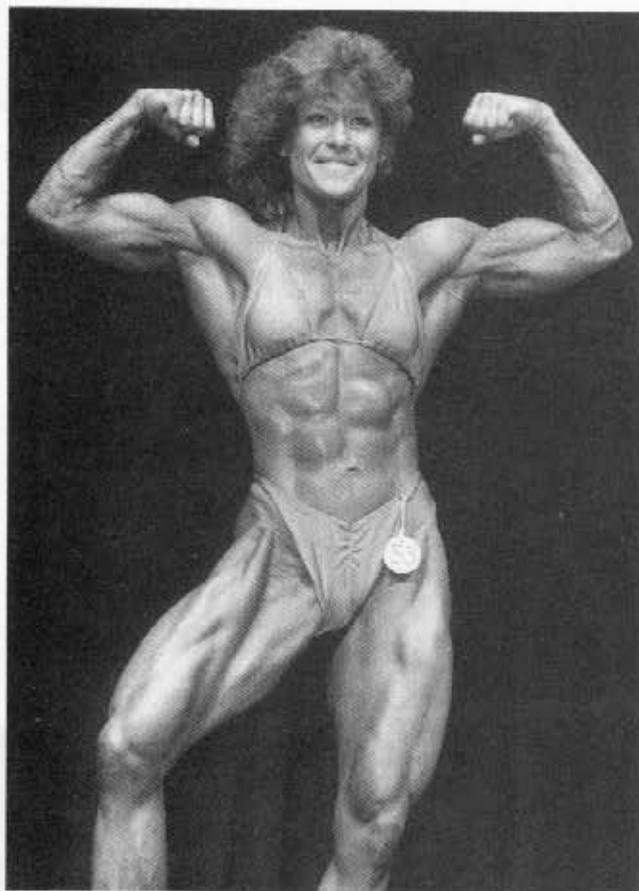
Ms. Olympia - Cory Everson

- 2 — Anja Langer, Germany
- 3 — Bev Francis, Australia
- 4 — Tonya Knight, USA
- 5 — Ellen Van Maris, Holland
- 6 — Marjo Selin, Finland
- 7 — Dona Oliveira, USA
- 8 — Janet Tech, USA
- 9 — Renate Holland, Germany
- 10 — Carla Dunlap, USA

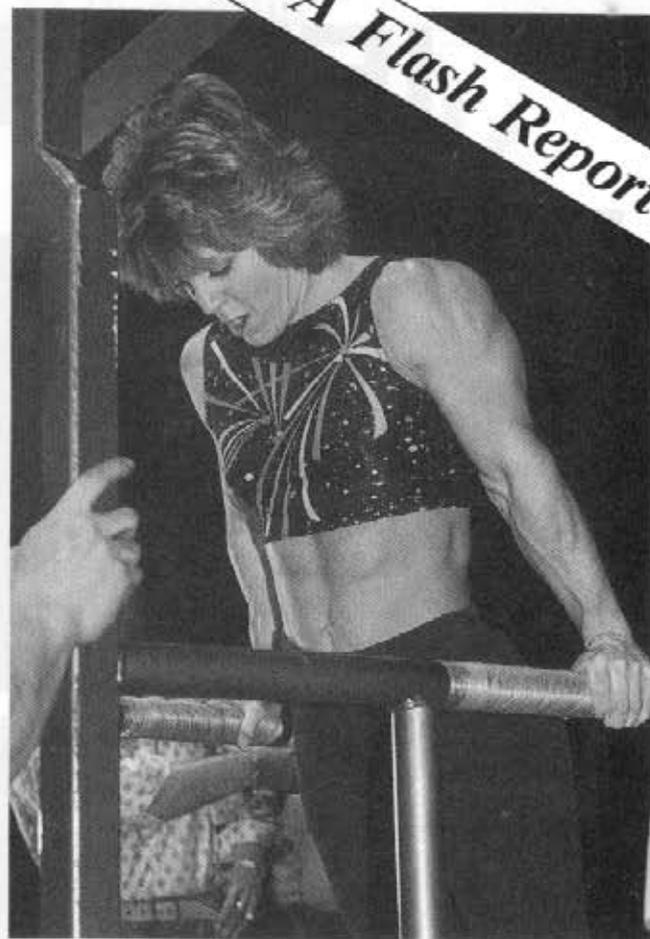
Full report next issue!



Cory Everson — 1988 Ms. Olympia



Karen Mitchell — Masters and Overall Champion



Mary Jeffrey — Strength Show Champion



Julia Kover — LIWt Open Champion

A Flash Report!

Mary Jeffrey and Karen Mitchell win at the 1988 Extravaganza

Plenty of muscle and lots of excitement drew over a thousand spectators to the 1988 NPC Kay Baxter Memorial Women's Extravaganza on November 12th in Clifton, New Jersey.

For the Strength Show competition, it was the feisty West Virginian Mary Jeffrey outpointing defending champion Raye Hollitt in a spirited battle of guts and determination.

In the Bodybuilding contests, it was the ageless Karen Mitchell from Ohio who proved that life in the physique sports can still go strong at 40. Mitchell won both the Masters and Overall competitions.

In our next muscle-packed issue of WPW we will bring you the super charged coverage of this unique two-event show.

Full report next issue!

IFBB Pros.....



**Bev
Francis
Circa
Early 80's**

KATHY TUIE PHOTOS

**Bev
In
Pumping
Iron II —
The Women
Dec. '83**



Bev at the 1988 Ms. Olympia



JOHN NAFPLIOTIS PHOTOS

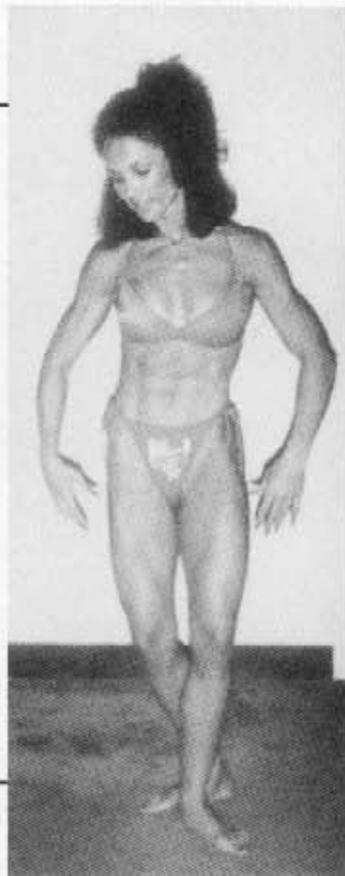
The progression of photos picturing popular IFBB pro Bev Francis on this page show the marked changes she made with her physique over the past several years. The photos taken in the early 80's were when she was still involved in competitive powerlifting.

Then and Now

There is little doubt that former Pro World Champion, Mary Roberts, ranks as one of bodybuilding's most recognizable competitors. In addition, she must also rank as one who has made a dramatic change in her overall physical appearance.

Shown to the right are two photos when Roberts was just beginning to take an interest in weight training.

Below, we see the results of a decade of strict training and discipline that made her a World Champion in 1985.



Mary Roberts in the mid-70's



'86 Ms. Olympia 5th

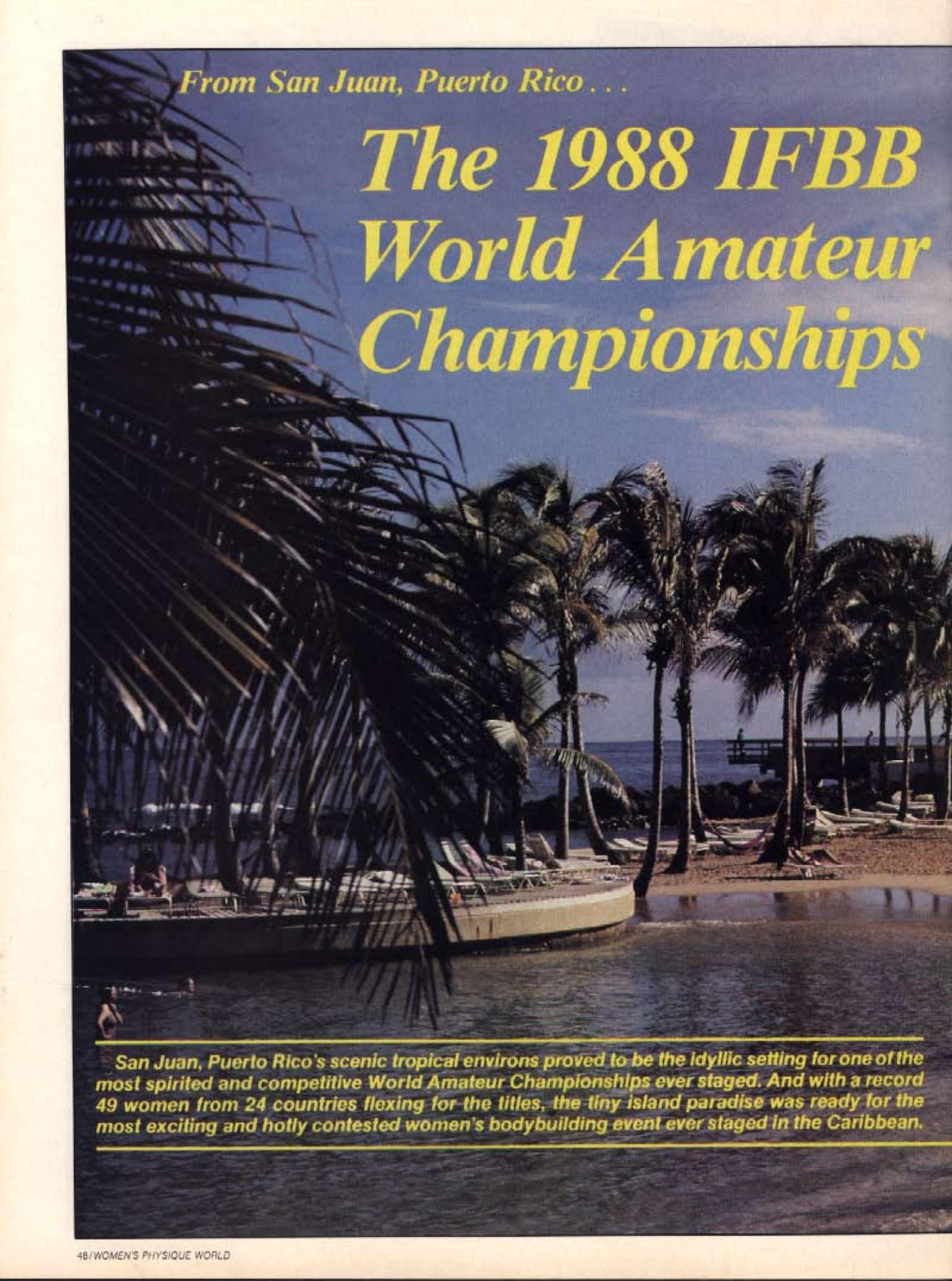


'85 Pro World Champion



'87 Ms. Olympia

JOHN NAFFLIOTIS PHOTOS

A tropical beach scene in San Juan, Puerto Rico. The foreground is dominated by the dark, silhouetted fronds of a palm tree on the left. In the middle ground, a curved concrete structure, possibly a swimming pool or a walkway, is visible. Several lounge chairs are scattered on the sandy beach. In the background, more palm trees stand against a clear blue sky. The ocean is visible in the distance, with a small pier or structure extending into the water. The overall atmosphere is idyllic and tropical.

From San Juan, Puerto Rico . . .

The 1988 IFBB World Amateur Championships

San Juan, Puerto Rico's scenic tropical environs proved to be the idyllic setting for one of the most spirited and competitive World Amateur Championships ever staged. And with a record 49 women from 24 countries flexing for the titles, the tiny island paradise was ready for the most exciting and hotly contested women's bodybuilding event ever staged in the Caribbean.



by Steve Wennerstrom
photos by Ralph DeHaan & Steve Wennerstrom

In the amateur ranks of women's bodybuilding few contests offer the opportunity for travel and the excitement of international color than the IFBB World Amateur Championships.

Since 1983, this contest has spanned the globe in search of its venues and competitors lucky enough to compete in this prestigious event have found themselves in such alluring locales as London, Singapore, Brussels, and Brisbane, Australia.

This year, however, the enticing tropics of the Caribbean played host to the sixth annual event as beautiful San Juan, Puerto Rico, welcomed the world's best amateur bodybuilders to its shores for a musclefest-by-the-sea.

Geographically speaking, a competitor couldn't have asked for a better atmosphere in which to prepare for the most important contest of their amateur career, and of course the balmy Caribbean weather was fully cooperative with endless sunny days and warm tradewinds.

Yes, for a competitor ready to compete for the highest amateur bodybuilding honor in the world, this was the time...and what a place!

In the past five years, the World Amateur Championships, by virtue of the winners it has produced, has become one of the most important stops on the road to the IFBB professional ranks and, of course, the Ms. Olympia.

Past winners have included such familiar names as Erika Mes, Juliette Bergmann, Clare Furr, Ellen Van Maris, Dominique Darde, Cathey Palyo, and Charla Sedacca to name a few. Because many of these outstanding women have gone on to compete in the Ms. Olympia, and all have subsequently entered the pro ranks after competing in the World Amateurs, it is easy to see why this contest has grown at its current rate.

Today, the World Amateur Championships has been fully recognized by the IFBB as the world's most prestigious amateur event for women, and as such, has designated its weight class winners as automatic qualifiers for the Ms. Olympia which directly follows each year.

For the San Juan affair, promoter Javier Pollock had pulled out all the stops in his efforts to present a first-rate bodybuilding weekend (capped by the contest, itself, being held at the spacious Roberto Clemente Coliseum which was capable of seating 10,000 spectators).

For a contest of this size, and representing the potential for untold logistical nightmares, the Pollock Productions staff of volunteers ran an orderly event itinerary for the 24 national delegations, experiencing minimum delays or confusion.

Again, and for the third year at this



Janet Tech (USA) World Lightweight Champion

World event, Dr. Bob Goldman administered official drug testing procedures. Among the 49 contestants, only one athlete tested positive.

With that, it was time for what was to become the most competitive World Amateur Championships yet staged...and among the many aspirants, three would rise to the occasion.

Tech Gives Americans Second World Lightweight Title in a Row

Not long after Janet Tech had called her husband to inform him of her World Amateur lightweight victory, she reflected on her cumulative bodybuilding contest fortunes of the past several weeks. Sporting a warm smile that almost always seems to accompany the satisfaction of a job well done, Tech shook her head.

"You read stories like this happening," said Tech introspectively, "but they never seem to happen to you. I mean, it was just last year that I finished seventh in the Nationals. Now, here I am...a world champion and qualified to enter the Ms. Olympia."

Indeed, Tech's story can serve well as a textbook example of just how unpredictable bodybuilding can be. But, on the other hand, it should also serve as an example to all competitors that contest success is attainable if the desire and drive remain strong.

Strengthwise, Janet Tech came to Puerto Rico with both barrels loaded as she showed a slightly harder and better finished physique than she had displayed at the NPC Nationals in September. For Tech, the balance and fluid lines of her physique have always been the strong suit in her overall look,

Writing the Book on Promotions

When Javier Pollock received his official confirmation from the IFBB office that he had been awarded the sanction for the 1988 World Amateur Championships, he wasted little time in beginning preparations for the event even though it was almost a full year away.

What Pollock prepared for the athletes competing in this year's contest was one of the finest - if not *the* finest - World Amateur events ever staged.

Virtually every detail was seen to in the gigantic undertaking, and the 'extras' went a long way in making the competitors feel very special indeed.

Backstage, a competitors station featured warmed pasta, candy bars, coffee, various fruit juices, potassium tablets, etc. In the women's dressing room, makeup artists and hair stylists were on hand to aid any competitor who wished assistance in those areas.

The after-contest banquet was a feast of several delicious specialities that included crab salad, shrimp dishes, and deserts that drove most competitors back for seconds (some even snuck in for thirds!).

In addition, souvenir photos of each competitor that had been taken during the competition, were distributed to those in attendance at the banquet.

Even after the contest itself had ended, the 'Worlds' experience was not concluded until all competitors had been invited to enjoy a full day yacht trip to a nearby island for swimming, sunning, and picture-taking.

The success of all this, of course, rested in the able hands of Javier Pollock. And from the complimentary athlete's packets that included special gifts for the contestants, to the participant medals, to the contest program, and the memorable accommodations of the spacious and airy Caribe Hilton Hotel, it was truly a contest to reflect upon as textbook perfect in nature.

There is speculation that Javier Pollock has plans to move to Southern California late in 1989. If that is true, California and the United States in general, can feel very fortunate to have gained such an energetic and caring bodybuilding promoter.

but it is only this year that she has really brought all her strengths into play.

In a lightweight field of 21 women, Tech entered the first callout of the prejudging rounds with Holland's Ina Lopulissa and Gloria Bouvier of France. This initial comparison set the stage for the main competition for the top positions, but it was readily apparent that the top spot belonged to Tech.

Competitively speaking, the lightweight class was the easiest of the three weight classes to judge, as Tech's scores reflected a unanimous choice of the judges.

Following Tech, however, the chase for the medals became a tight battle as



Janet Tech (USA) 1st LW



Gloria Bouvier (France) 2nd LW

Bouvier, Lopulissa, and another Frenchwoman, Veronique Balma, went down to the final second and finished only a point apart.

Earning the silver medal, the 28-year-old Bouvier edged Lopulissa by one point. Possessing pleasing lines, Bouvier had improved on her appearance since winning the lightweight class of the European Championships in 1987.

For Holland's Lopulissa, this year's Worlds meant a slip of one placing after having been selected second in 1987. At 5-½, Lopulissa was the most densely muscled competitor in this class, but lacked the finished stage presence she needed to project that quality to the judging panel. A top lightweight, Lopulissa has been a two-

time Dutch champion, and was the runnerup at the '86 Europeans in Warsaw.

Placing fourth and just missing a medal position by one point was 28-year-old Veronique Balma. As a French champion in 1986 and again this year, Balma showed an impressive upper body with a tremendous rib cage expansion and wide back. A slight increase in leg size through the thighs and calves would push her into higher placings at this level in the future.

Fifth went to Austria's Hermine Klinger. A veteran of European competitions since 1981, Klinger was making her IFBB debut after competing in various NABBA and WABBA contests in the past. Training at Sport



Ina Lopulissa (Holland) 3rd LW



Veronique Balma (France) 4th LW



**Hermine Klinger
(Austria) 5th LW**



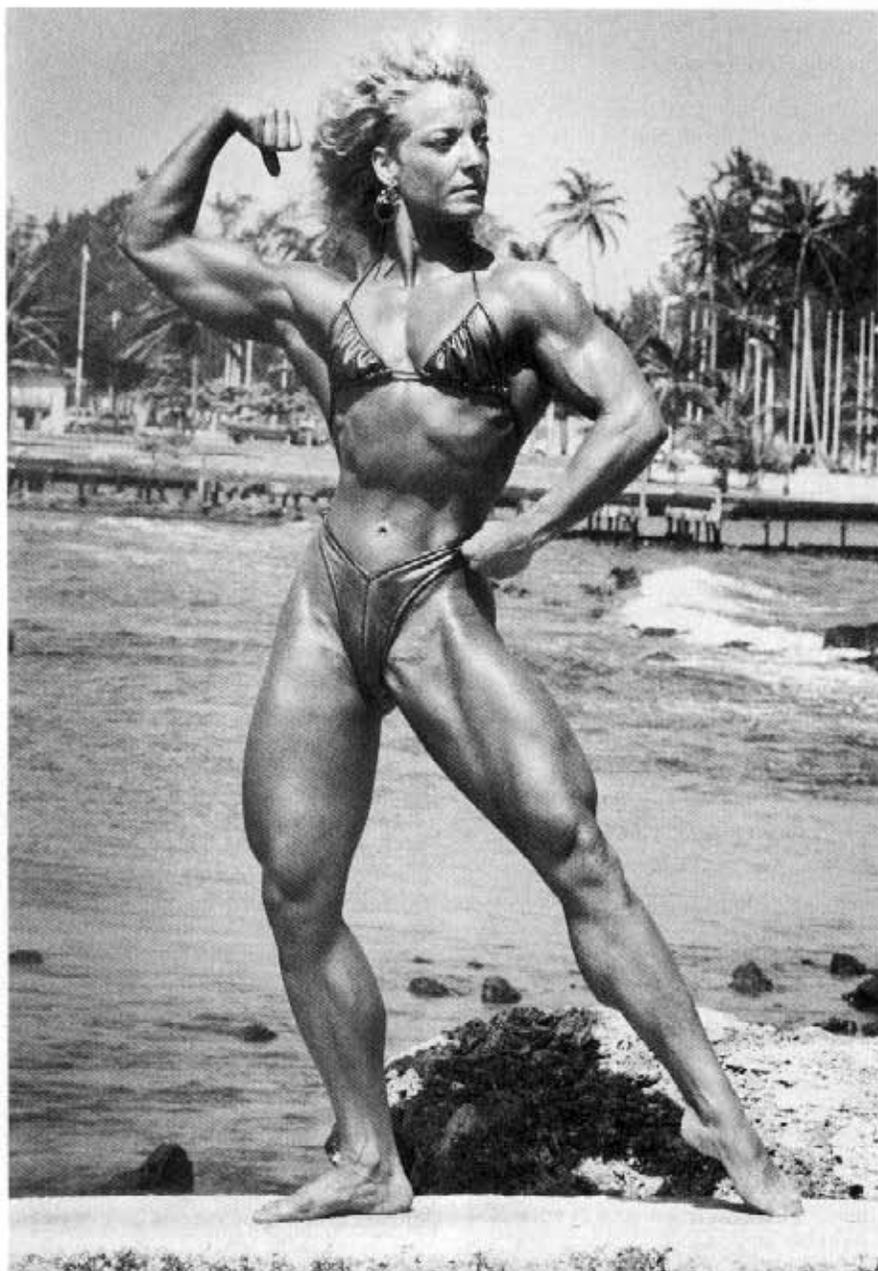
**Adriana Gioggia
(Italy) 6th LW**

& Fitness Gym in Gerhard. Klinger is married with a 12-year-old son. At 114 pounds, the 31-year-old Klinger has been an Austrian champion four times, and was the European winner in 1983.

Outside the top five, Italy's Adriana Gioggia notched sixth after winning the European lightweight title earlier in the year. Seventh went to Canadian champion Laura Benetti, followed by England's Kay Caseley in eighth.

Italy and England chipped in with two more top-ten finishers as Daniella Fallis and Andrulla Blanchette claimed the ninth and tenth positions for their countries respectively.

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Veronica Dahlin (Sweden) World Middleweight Champion

Dahlin Finds Herself as the Darling of the Middleweights

Never before in the history of the World Amateur Championships has a class competition been as heated and close as was this year's middleweight contest.

Over the course of the prejudging rounds, no less than four women were considered as strong possibilities for the title. And by count of points, only five separated the 'big four'.

Perhaps no other contestant in this show experienced a more satisfying time than Sweden's Veronica Dahlin. Carrying a beautifully structured physique into this contest, the 27-year-old security guard from Stockholm came to Puerto Rico under an interesting set of circumstances leading up to her eventual victory.

Going back to last year's World Amateur event in Reno, Dahlin missed her desired middleweight classification and placed sixth in the heavyweight group. Even then, it was realized by many that in top shape (at 125 pounds), Dahlin was a potential World champion. Then, in 1988, Dahlin entered the European Championships in Lisbon. At that contest, she was, again, not in her best shape due to the fact that she was pointing for a big IFBB Women's Grand Prix event in Sweden after the Europeans. Consequently, she placed a disappointing seventh at the Europeans, even though she made her middleweight division. The clincher came when the Grand Prix she had been peaking for was cancelled, and it left her with no other alternative but to enter the Worlds and give it her best shot.

To Dahlin's credit, she kept her diet and training regime intact and came to Puerto Rico in her best-ever condition. The results of that effort produced just enough of an edge to top a tough trio of challengers led by Canada's Lynne Lemieux.

As the winner of the Canadian middleweight class this year, Lemieux showed this weight class's most highly defined physique. At 5-3½, the 26-year-old Lemieux used chiseled musculature in the chest, abs, arms and back to move herself into contention for the title with Dahlin. Lemieux was a 'late comer' in the judging, but actually received the top score in the second round. Overall, the former winner of the Northern Ontario and Eastern Canada titles missed the top spot by just one point. Or, keeping in mind that the class winners qualify for the '88 Ms. Olympia, she missed a trip to Madison Square Garden by the narrowest of margins.

In the third and fourth positions, West Germany's Diana Gimmler and American Lisa Lorio were busy waging a nip-n-tuck battle of their own.

Of the two, Lorio possessed the better overall structure, whereas Gimmler kept things tight with a sharp upper body and Anja Langer-like moves.

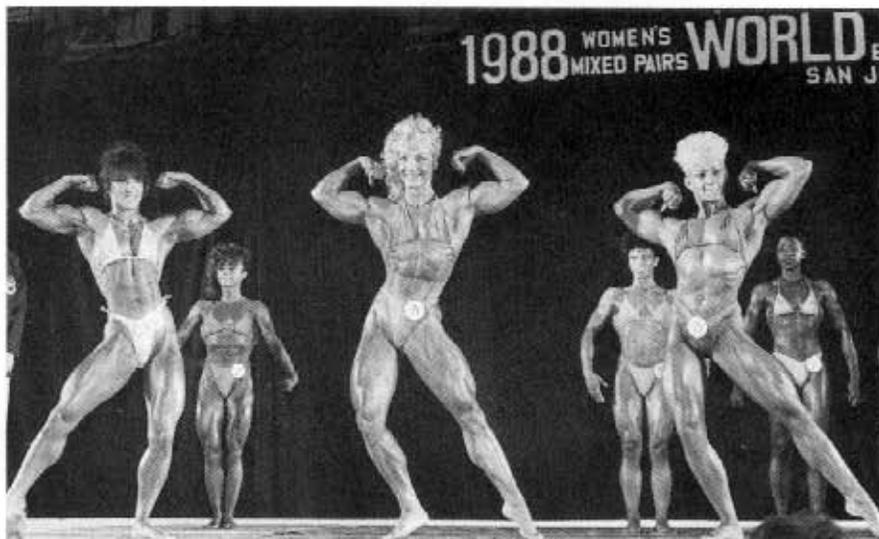
In the end, it became an impossible task to separate the two as the judges wound up with identical scores of 31 for each woman. By rounds, Gimmler took the first by one point, and Lorio edged Gimmler in round two. To break the tie, a judge by judge count went to Gimmler 4 to 3.

From Berlin, the 24-year-old Gimmler has been a three-time Ms. Berlin ('83-'84-'85) and a two-time Ms. Northern Germany in 1984 and '85. Most recently, Gimmler, who has been training for 5½ years, was the runnerup at the '88 German Championships as a middleweight, but won the German World qualifier to earn the right to compete in Puerto Rico. She currently trains at City Gym in Berlin.

Lisa Lorio, on the other hand, was coming off a victory at the American Nationals in New York, after two previous years of excellent overall improvement physically. Of the top four women placing in this class, Lorio matched up best with winner Dahlin in terms of structural resemblance, although each of the top four showed very good individual strengths. Still in all, the toughness of this class is best summed up by the fact that Lorio—a fourth-place finisher—would make an excellent professional contestant with just the minutest amount of added hardness. Currently, the 27-year-old Lorio trains at Don's Health Club in Baton Rouge, Louisiana, and was the '85 Louisiana champion and '84 Southern America winner. At 5-2,



Lynne Lemieux (Canada) 2nd MW



The First Middleweight Callout



Diana Gimmler (West Germany) 3rd MW



Lisa Lorio (USA) 4th MW

Lorio weighed 121 pounds for the contest.

Fifth place went to Linda Forbin from France. Returning to the World Amateurs after placing ninth in the heavyweight class in 1987, Forbin was in much tighter shape this year at a lower bodyweight. Training at the L'Atlantide Gym in Marseille, Forbin showed excellent calf development on her 123-pound frame, and under normal circumstances was probably in good enough condition to place higher had it not been for the unusually high standard of competitors in this class.

Spain's Paloma Ramos finished sixth, dropping one place from her World Amateur placing in this class last year.



Creavalle Wins a Sizzling Battle of the Heavies

By hook or crook, Laura Creavalle was going to make it to the Ms. Olympia. For anyone who has watched the 29-year-old Creavalle over the past few years, you just knew it had to happen sooner or later. She's been ambitious, dedicated, and steadfast in chasing her goals. And interestingly enough, the 5-4, 135-pounder reached her highest level of success at this year's World Amateur contest practically within earshot of her native Guyana. For this contest, in fact, she represented Guyana, bringing the tiny South American country its first-ever recognition in the bodybuilding world.

Born in Guyana, and having lived in

Canada and the United States, Laura Creavalle has competed in a wide range of contests. As an example, she was Ms. Ontario in 1983, and an Eastern Canadian champion the same year. Then, in 1986 she won the Ms. Southern California title before sweeping to the overall victory at the U.S.A. Championships both as a light-heavyweight and in the mixed pairs. Most recently she went to her native Guyana and took the overall Caribbean Championship title for 1988 just weeks before the Worlds in Puerto Rico.

For Creavalle, the opportunity to compete at the Worlds was exactly what she needed to prove her quality and status as a top flight bodybuilder on the international level. And prove it she did.

Going head to head with Holland's monumental Hannie Van Aken, Creavalle used a sharply detailed and



Paloma Ramos (Spain) 6th MW

crisply defined physique to overtake the mind-boggling density and thickness of Van Aken in a competition that boiled down more to the physical preference of the judging panel than anything else.

In a way, it was like watching two different contests...Creavalle with her flawless finish, paper-thin skin, and outstanding posing routine on the one hand, and Van Aken sporting her incredible size and shapes on the other.

On this day, the judges gave the nod to a deserving Creavalle leaving Van Aken just three points back with her second straight runnerup placing at the Worlds.

For Van Aken, it was her third try at this event having placed third in 1986, and second to Janice Graser last year. Interestingly, the 5-4, 153-pound Van Aken continues to gain worldwide



Linda Forbin (France) 5th MW





Laura Creavalle (Guyana) World Heavyweight Champion



Hannie Van Aken (Holland) 2nd HW

Laura Beaudry (USA) 3rd HW

recognition for her magnetism as a 'bodybuilder's bodybuilder'. Plain and simply, her uniqueness and sheer physical presence goes unmatched anywhere in the world, and for those reasons alone she will continue to enjoy tremendous popularity regardless of where she places in a contest.

Checking in for the third place medal was American Laura Beaudry. As the overall '88 NPC National champion, Beaudry found the competition hot and heavy, and ultimately, she was unable to follow up Janice Graser's victory in this class last year.

To her credit, Beaudry was as good as she could be physically with a solidly defined look from head to toe.

Placing fourth, but tying Beaudry in the final point totals was Argentina's Cristina Musumeci. From Buenos Aires, Musumeci was one of the

contests biggest and most pleasant of surprises. Weighing near the 140-pound mark, the 30-year-old Argentinian champion showed outstanding muscular fullness and actually pulled herself into a tie with Beaudry with a strong second round score. A three-time winner of the South American Championships in 1985, '86, and '87, Musumeci has been training six years and has extensive background in judo and various karate forms. She was also a swimmer for 12 years. Currently, she works as an instructor at Club de Salud, and trains at the Cesar Stretti gym in Buenos Aires.

In the lineups for prejudging Musumeci was placed between Hannie Van Aken and Laura Beaudry. Needless to say, the ensuing comparisons - even when these three were not being compared in compulsory poses - was

most interesting. Clearly, Musumeci held her own in this group, and it is exciting to see that this level of quality is now developing within the South American nations.

Said Rafael Santonja of Musumeci, "As the IFBB representative to Spanish speaking countries, I had an opportunity to see Cristina compete last year at the Ibero South American Championships, and even then I felt she could do very well at the World Amateur level. I hope she continues to improve."

Should Musumeci continue the improvement of which Santonja spoke, she may find herself knocking on the door of the IFBB professional ranks in a very short amount of time.

Veteran Swedish competitor Gunilla Soderberg captured the fifth place position with a touch of *deja vu*. In

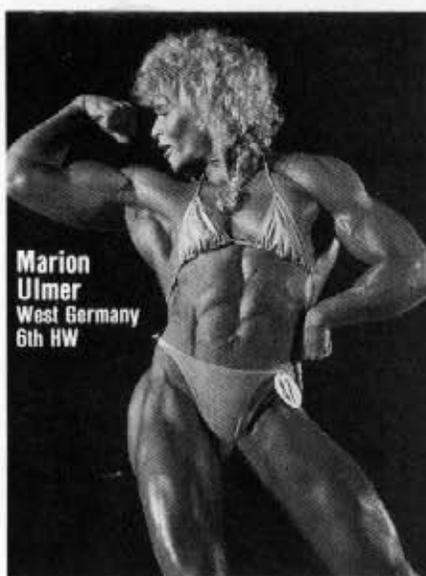
1986, the scene was Singapore and the contest was the IFBB World Amateurs. At that show Soderberg finished fifth. While not competing in Reno in '87, she returned this year and maintained her placing. At 140½ pounds, Soderberg is a two-time Swedish heavyweight champion, as well as winning the Scandinavian Championships in 1986. She has also placed as high as fourth at the European Championships on two occasions ('86 and '88). Soderberg, who works as a security guard, trains at World Class Gym in Stockholm.



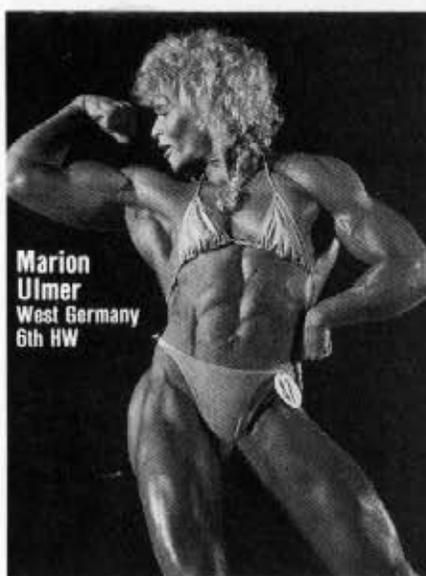
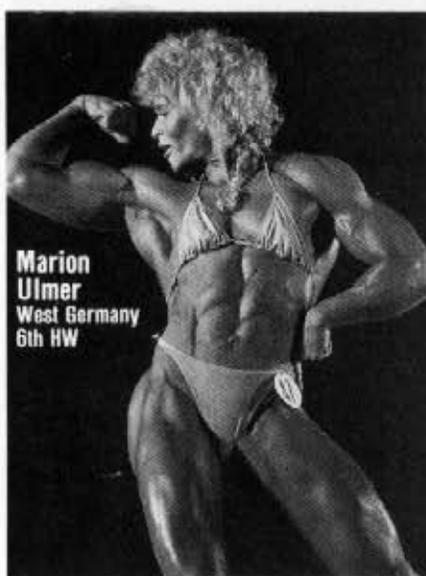
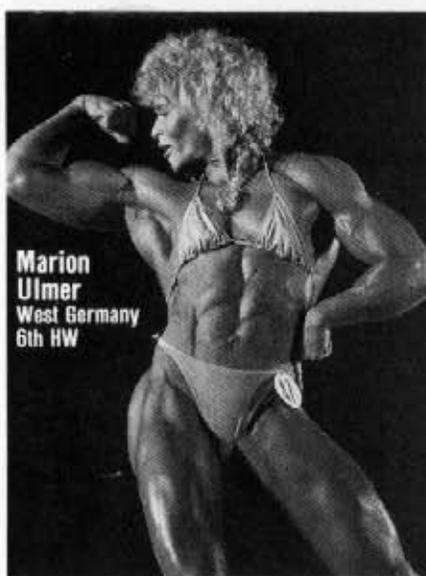
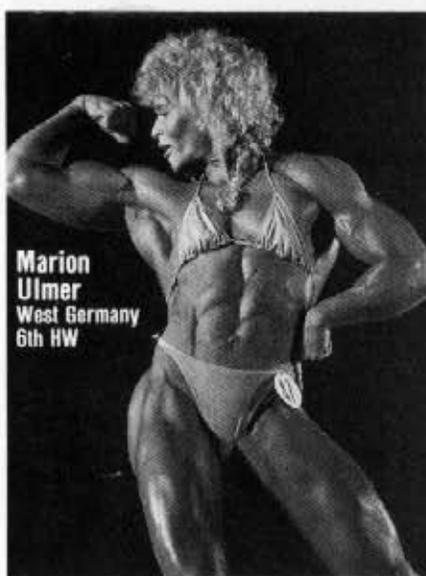
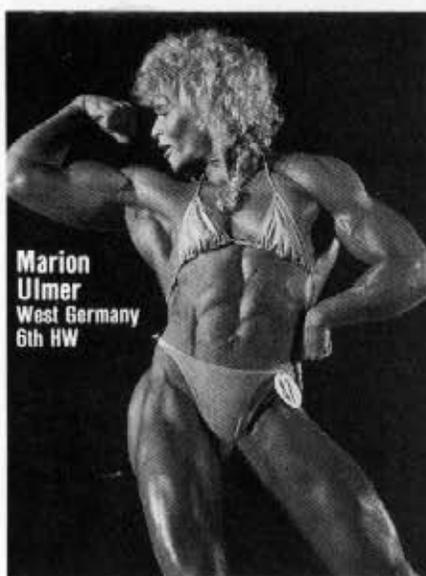
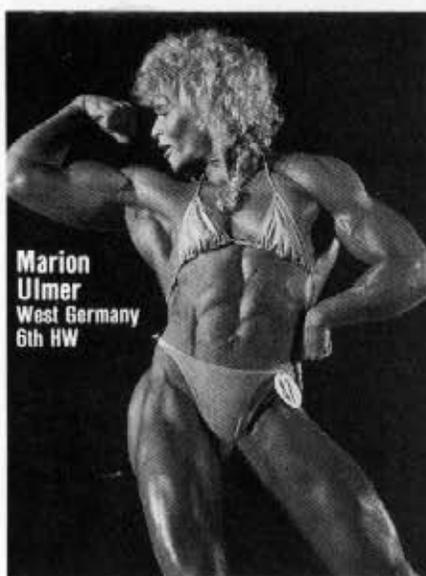
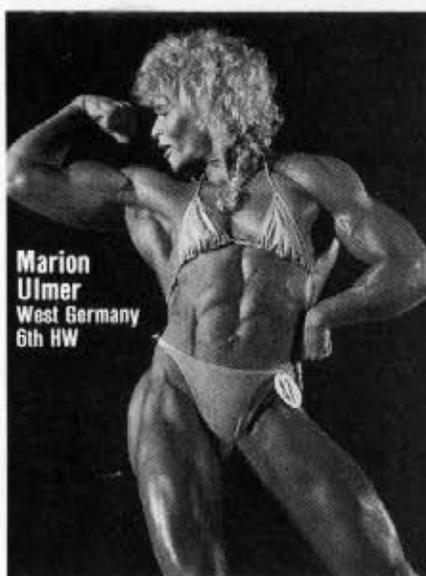
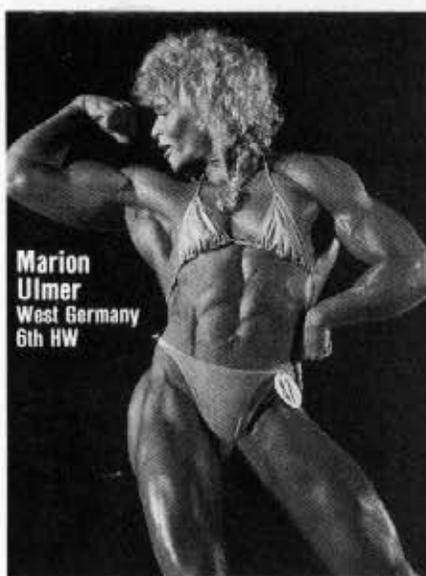
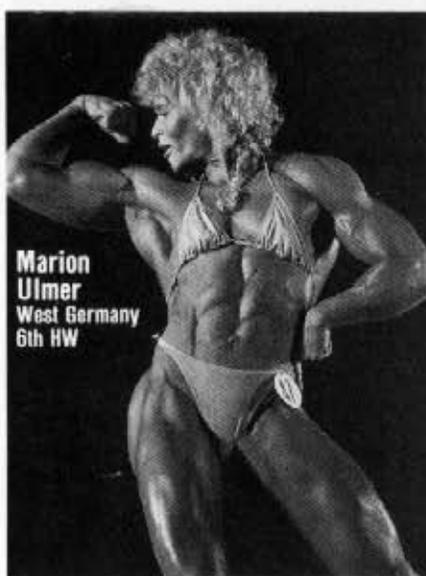
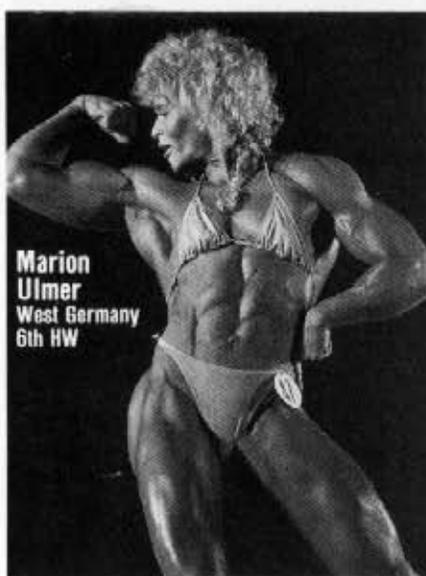
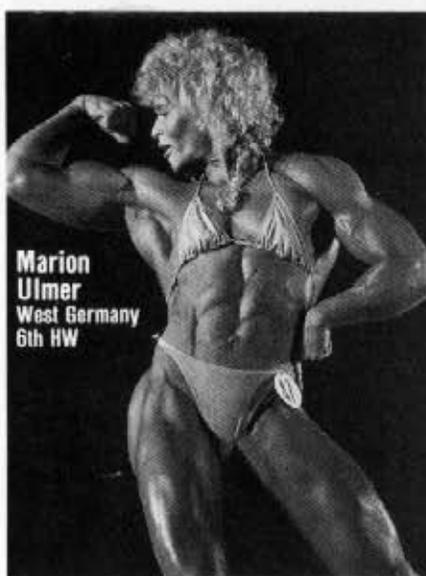
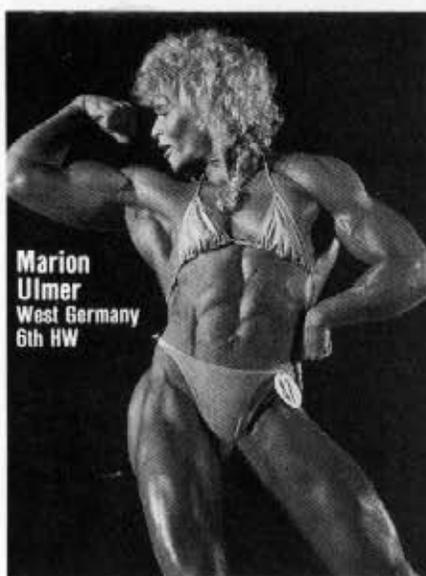
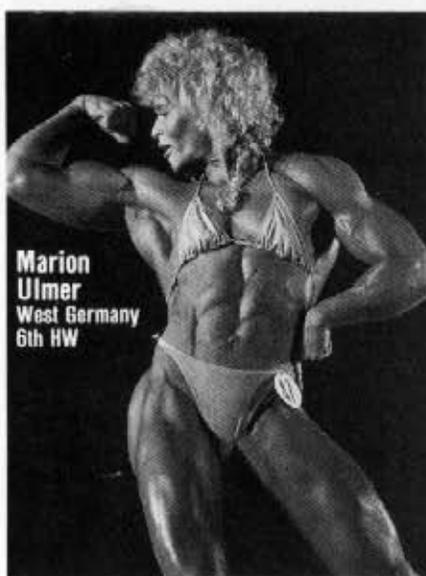
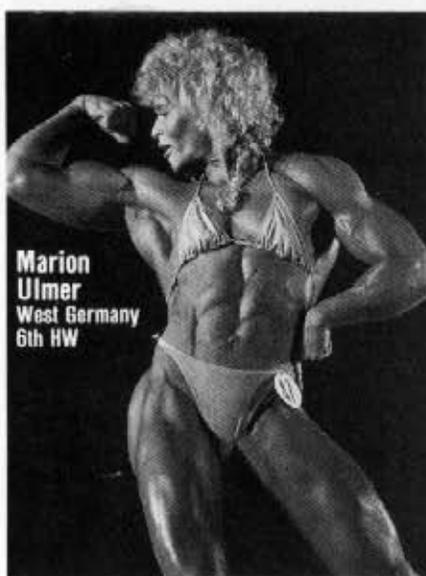
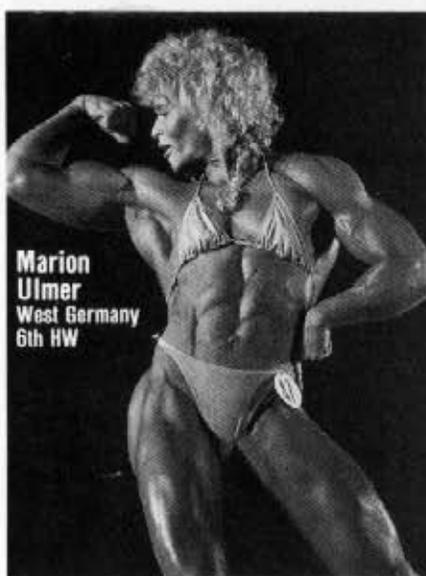
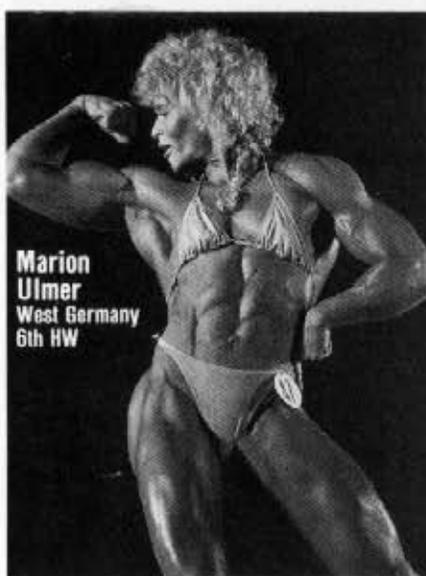
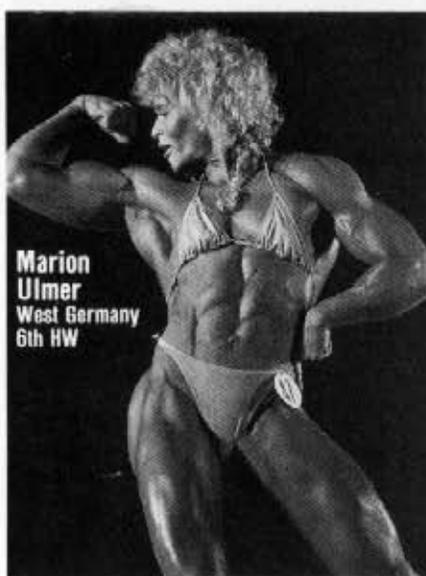
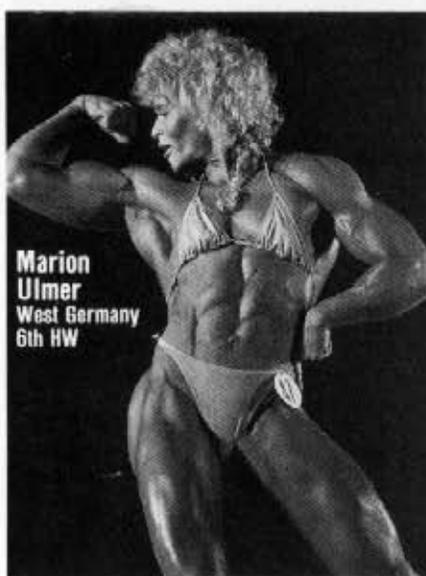
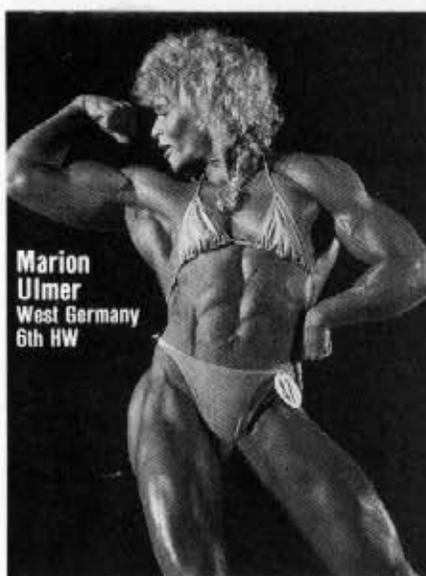
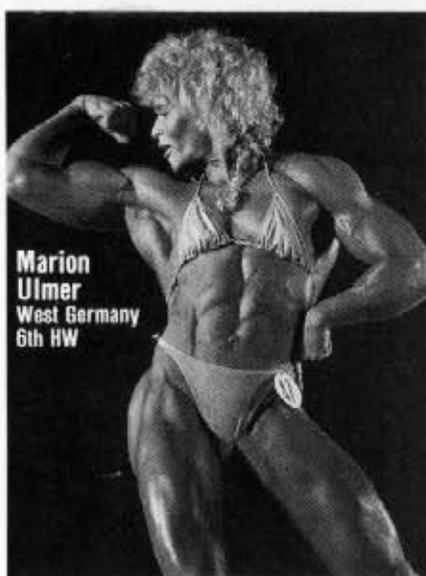
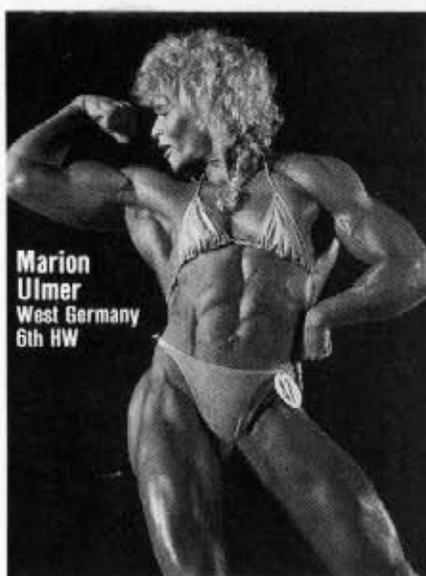
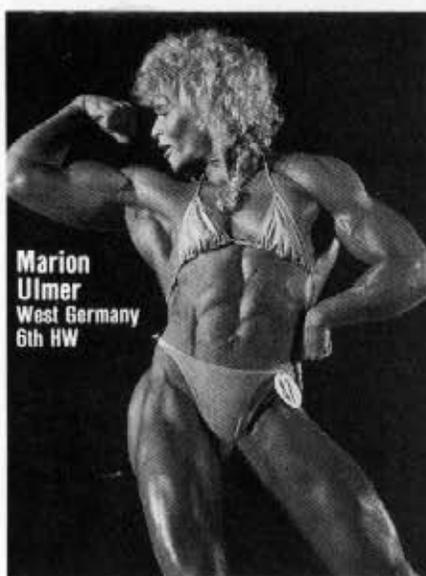
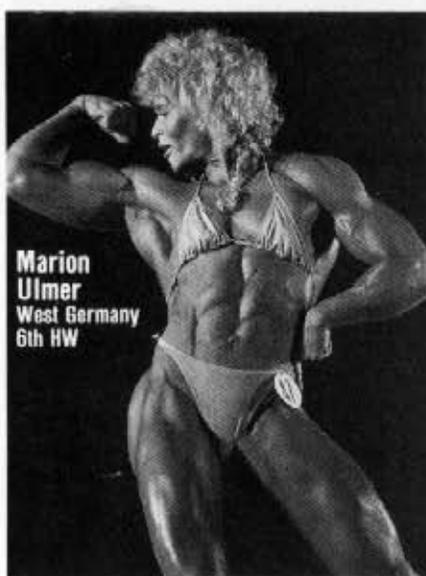
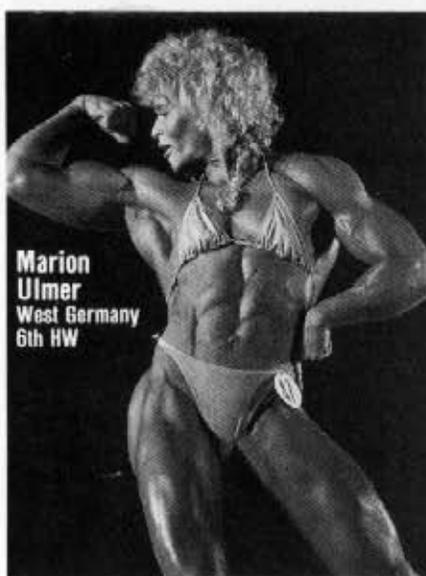
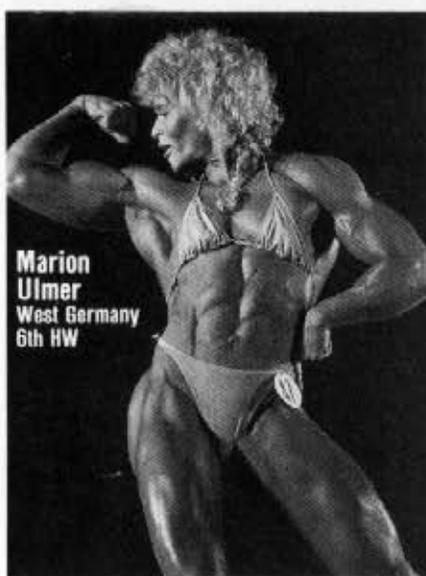
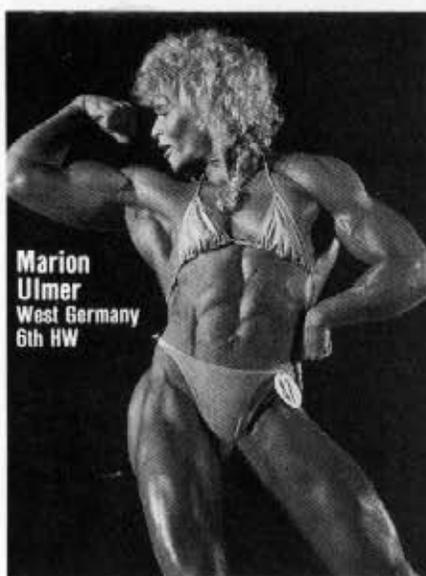
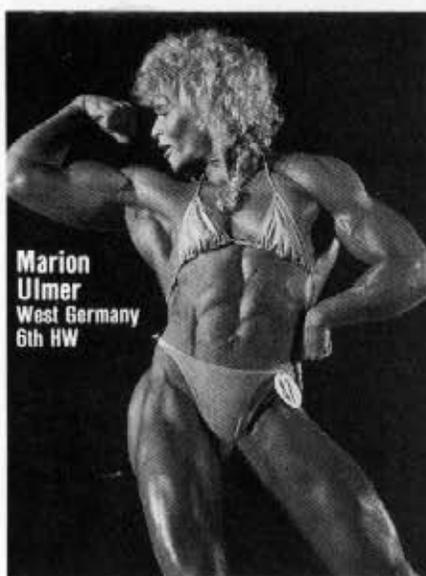
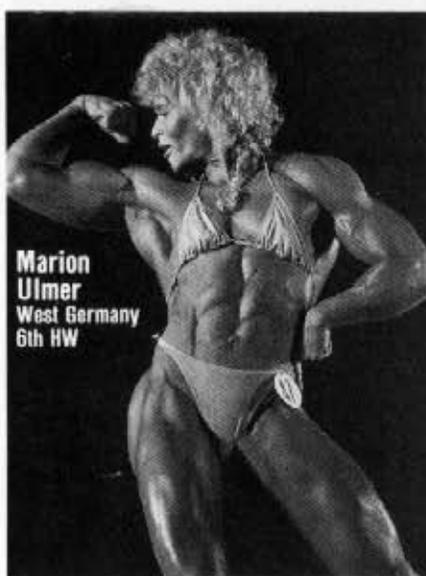
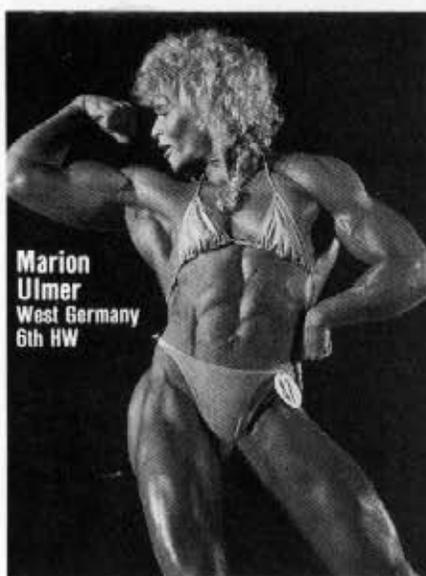
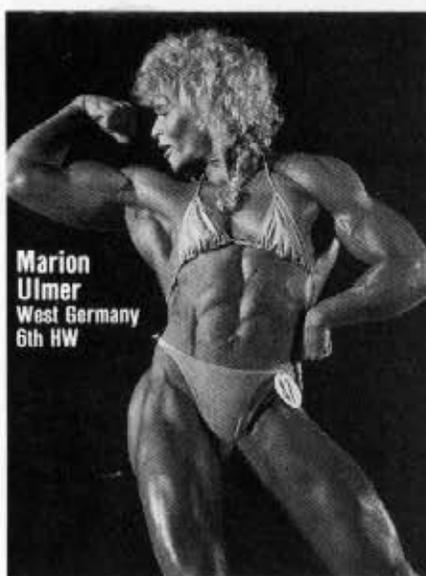
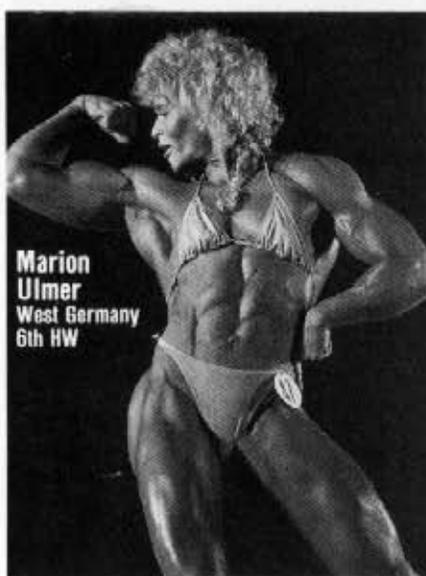
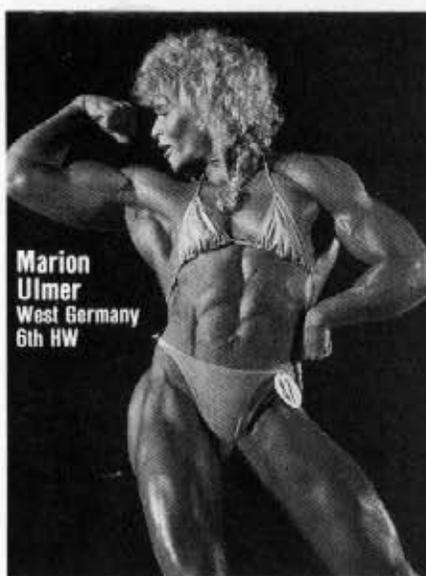
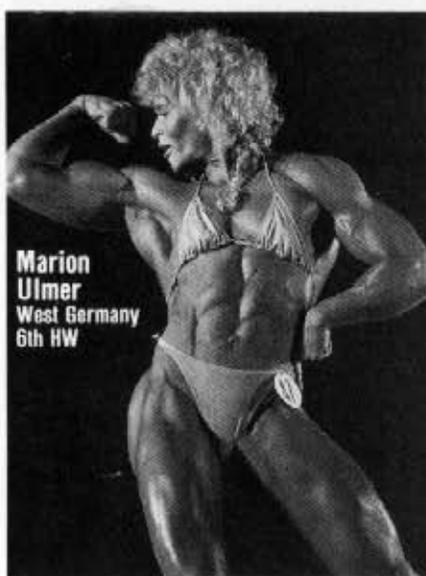
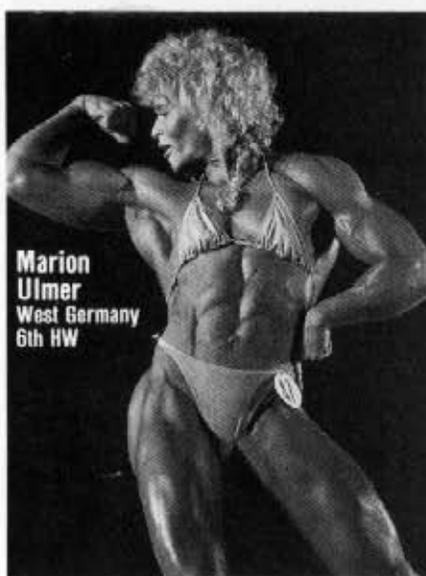
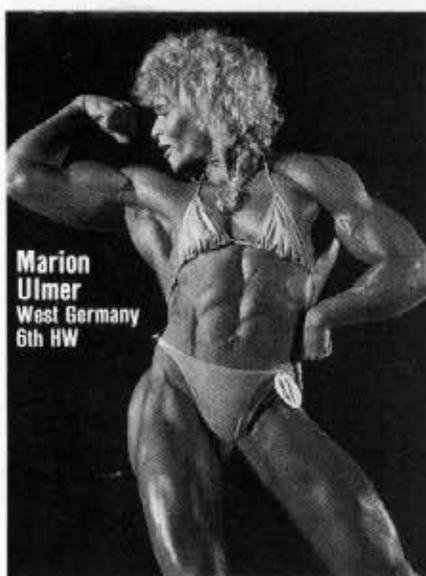
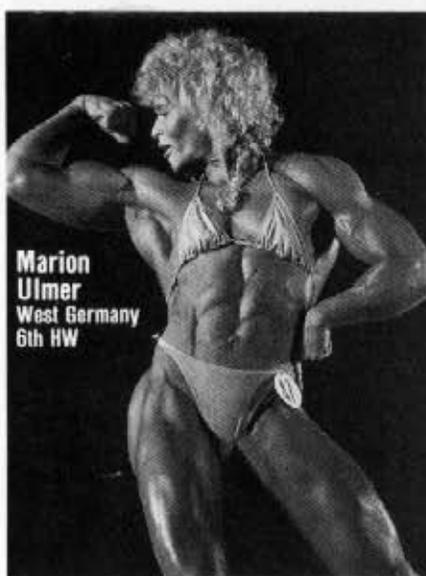
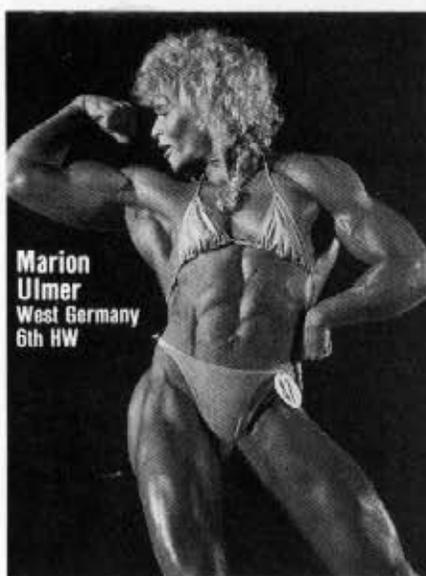
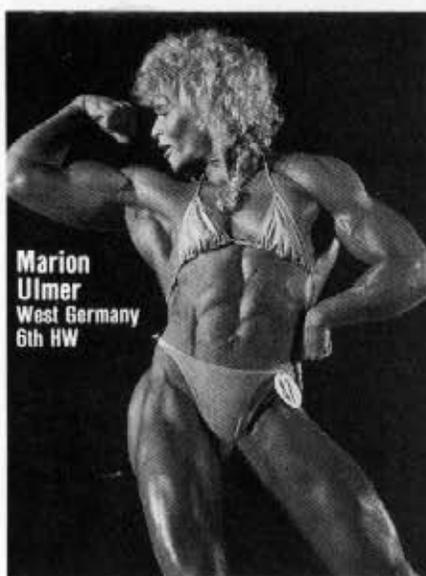
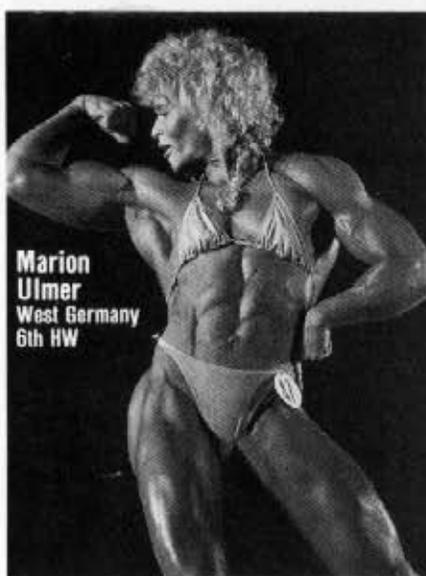
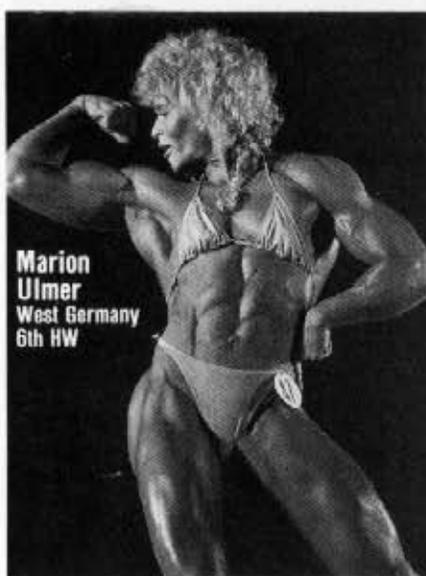
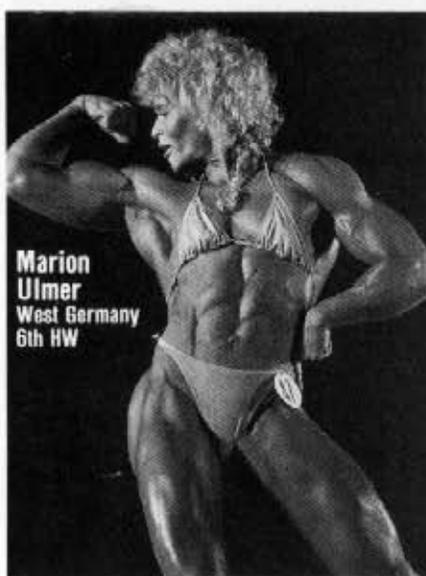
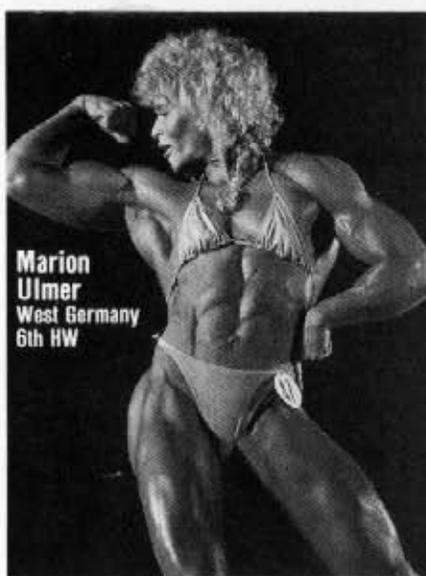
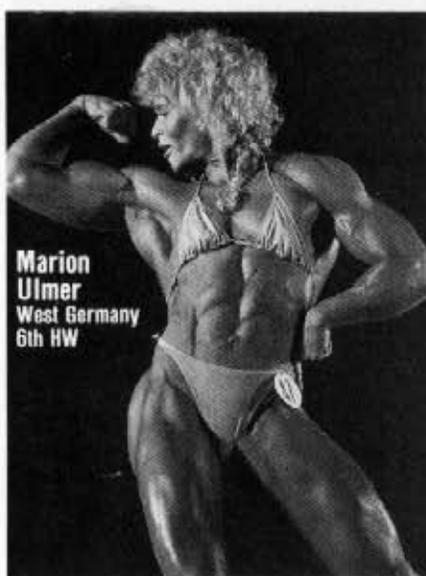
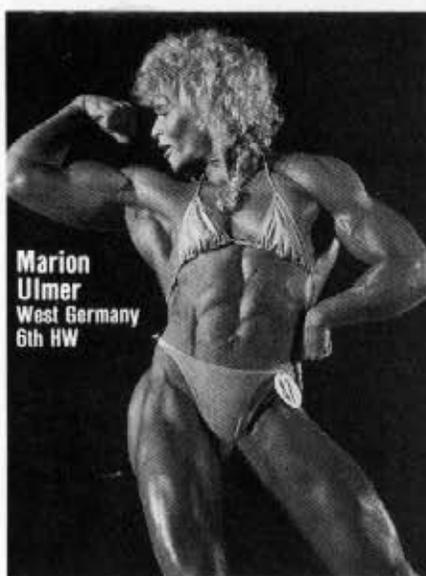
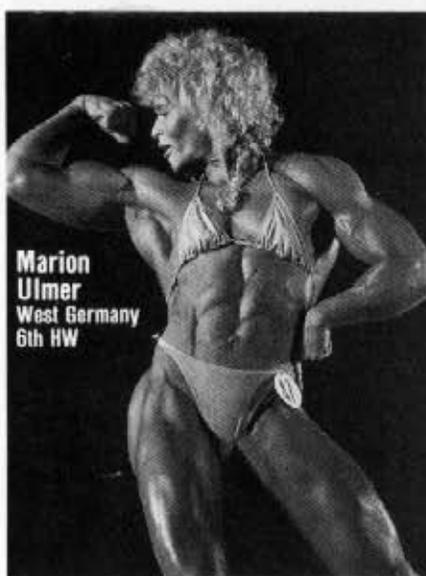
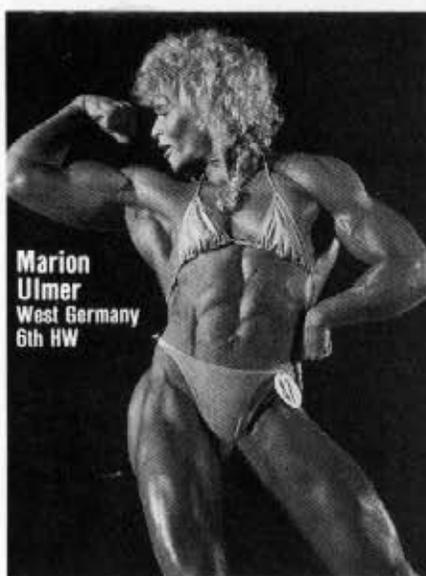
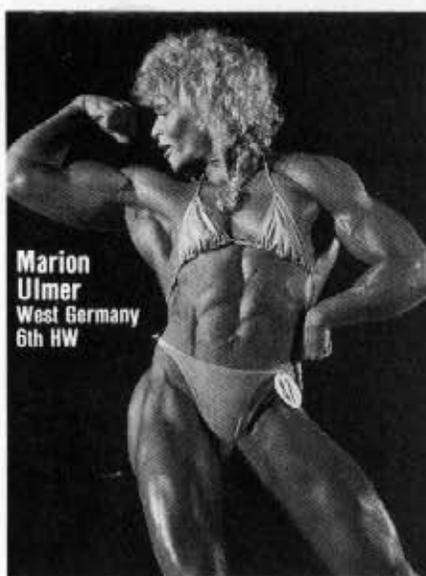
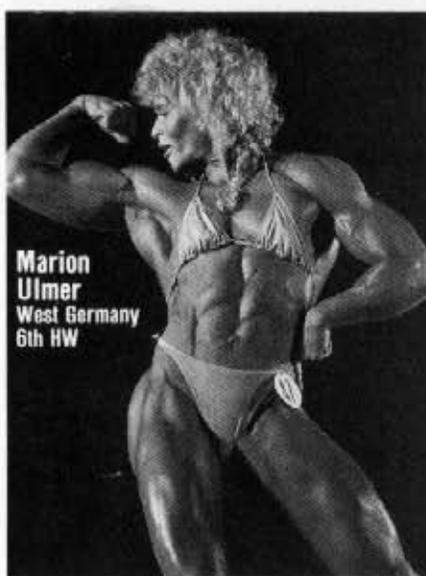
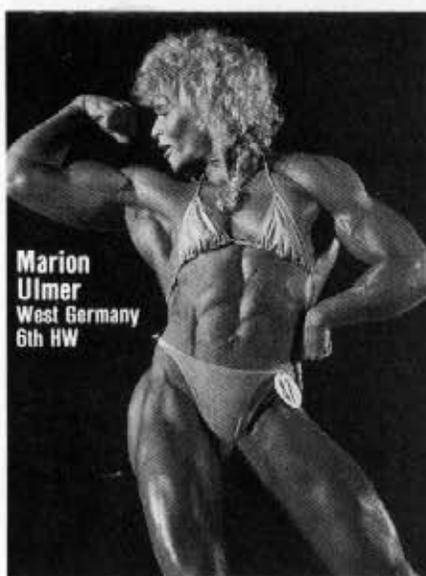
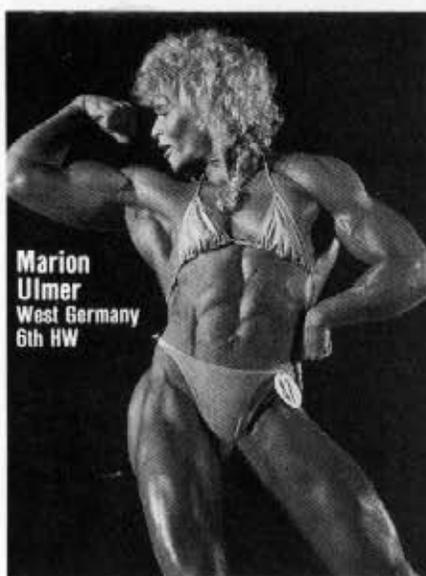
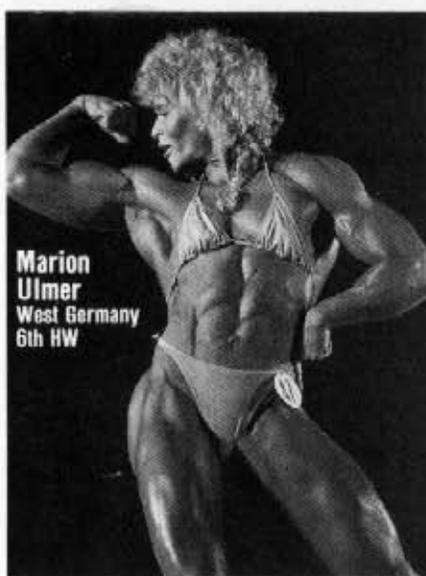
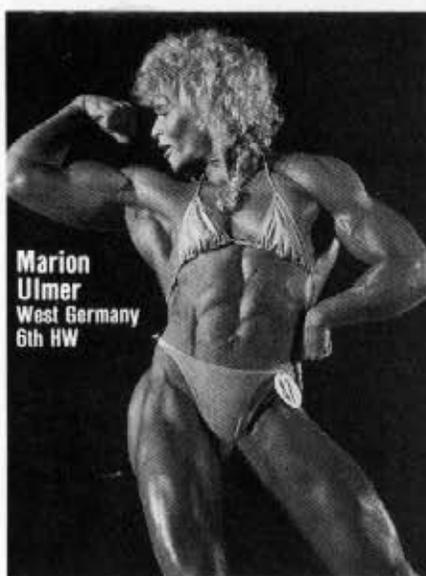
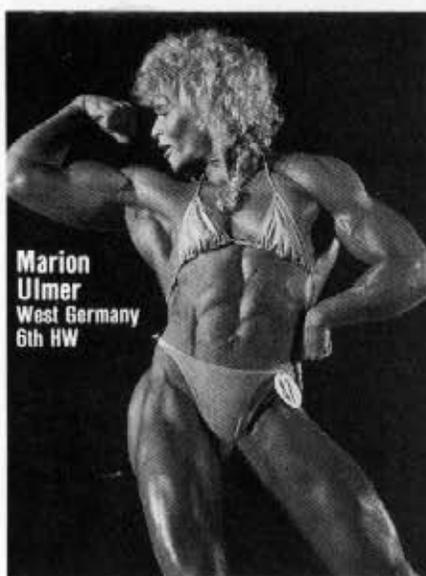
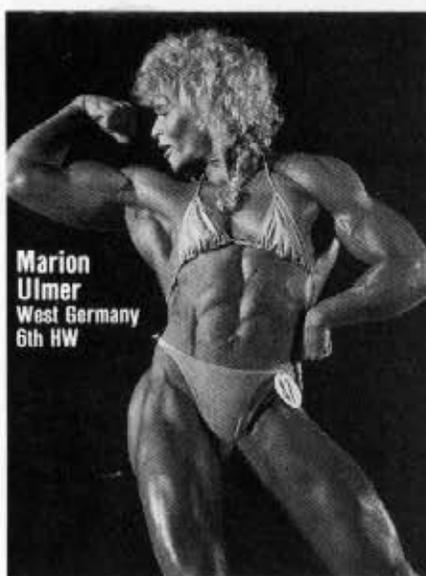
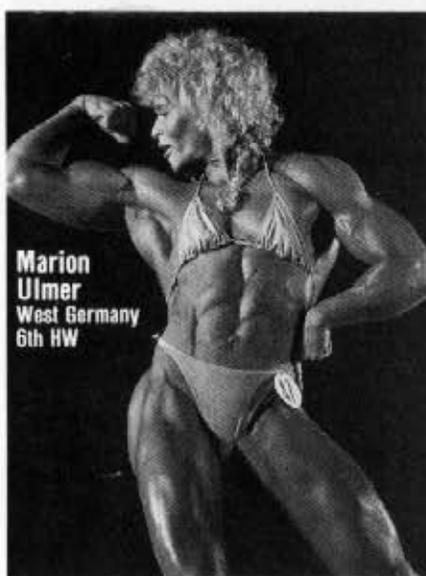
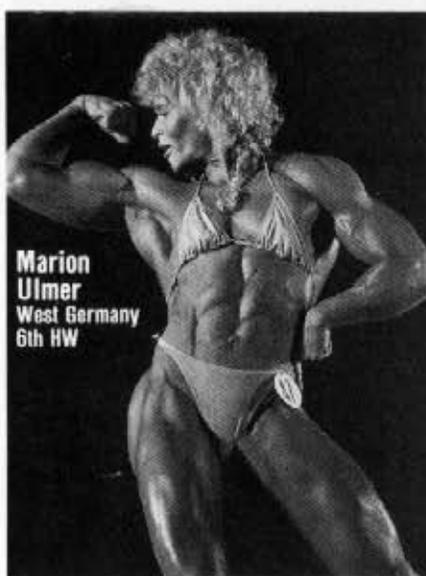
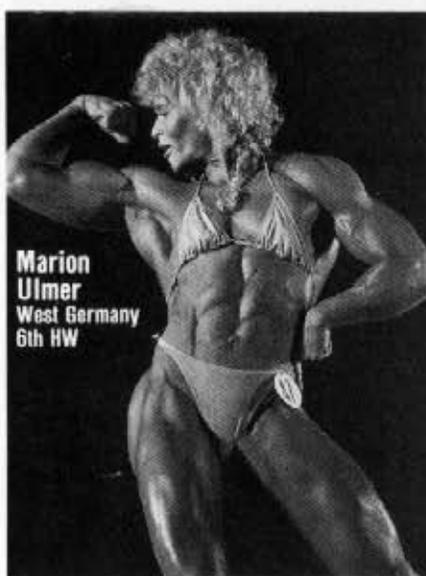
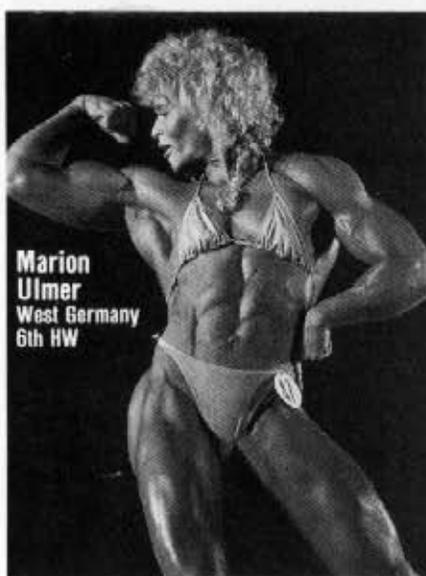
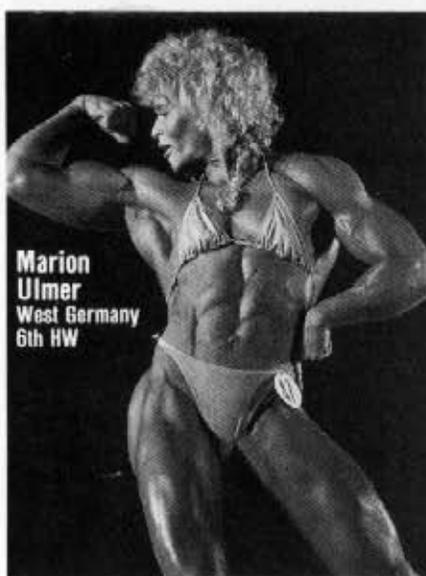
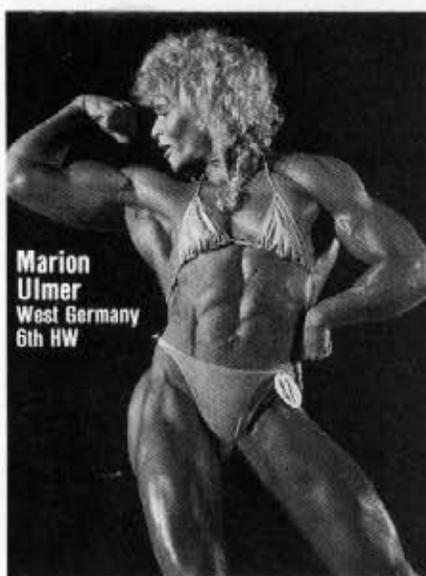
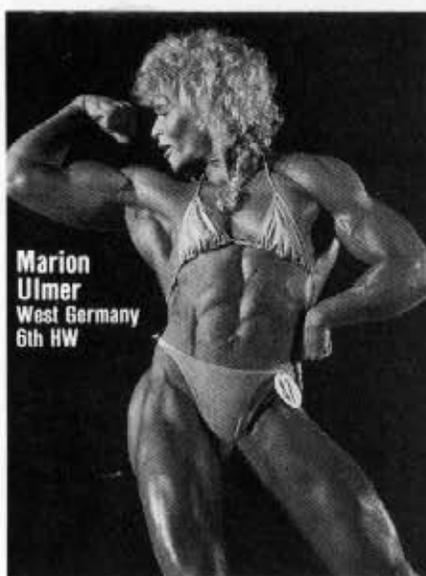
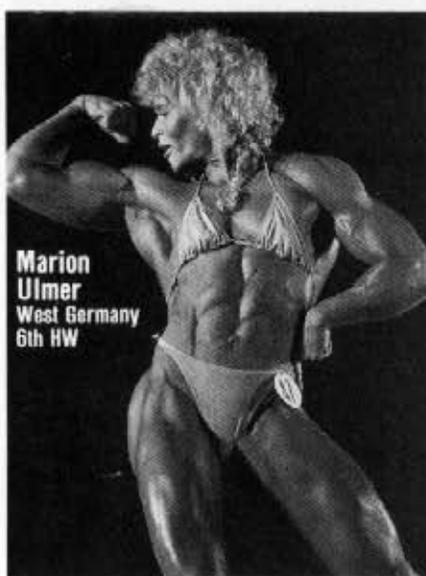
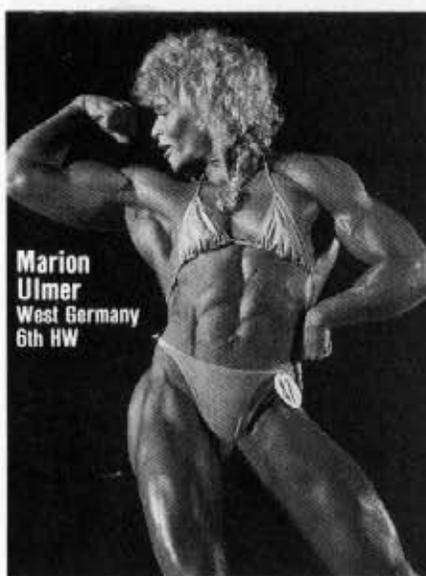
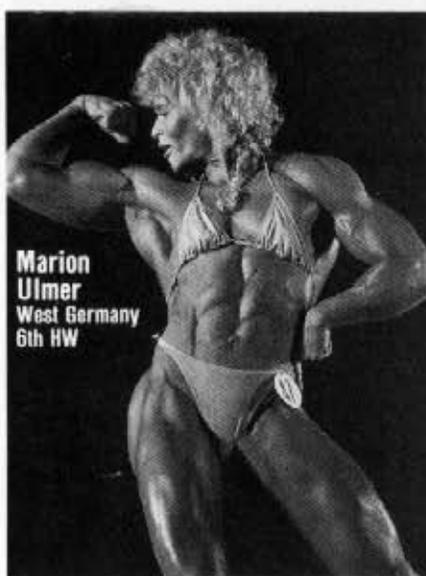
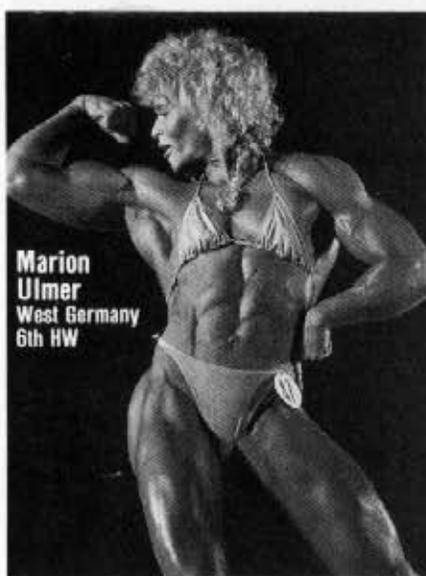
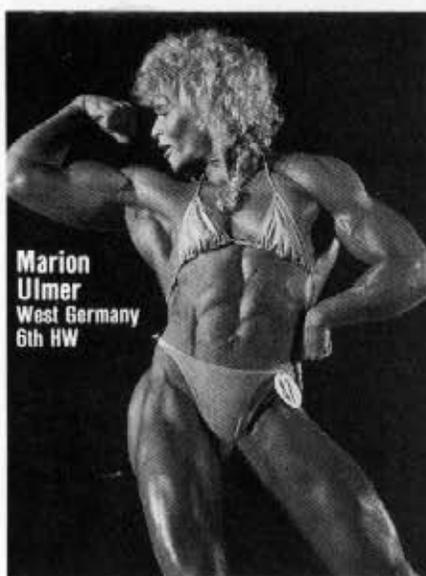
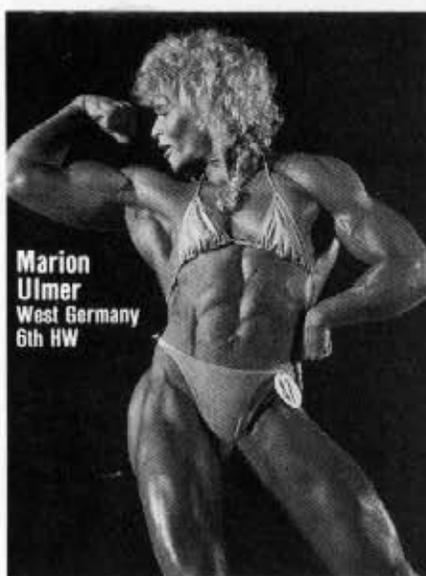
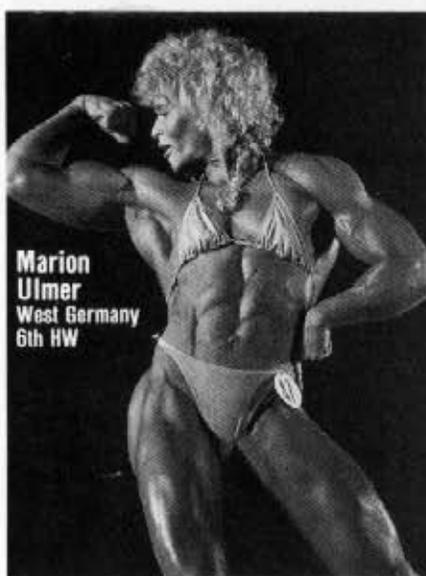
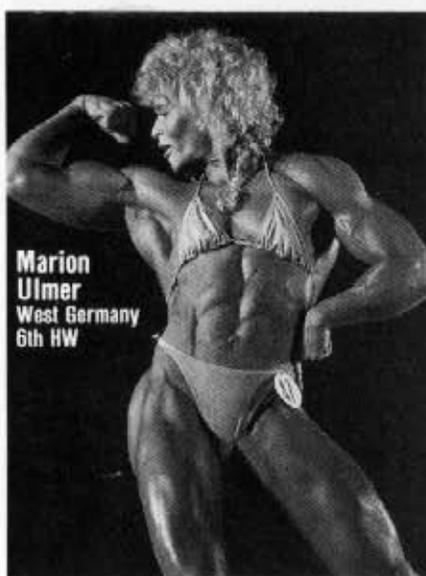
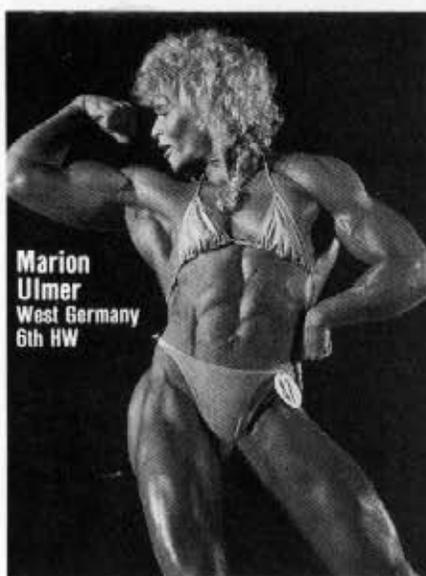
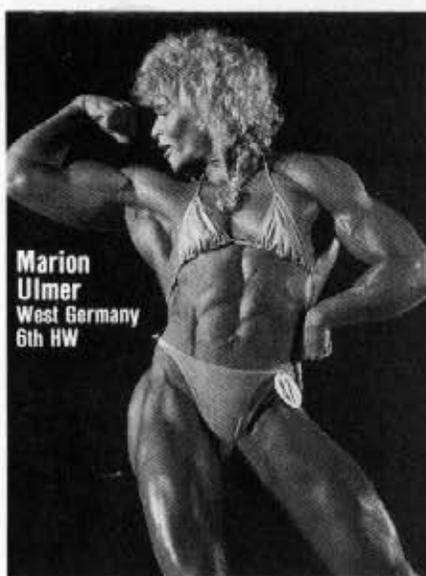
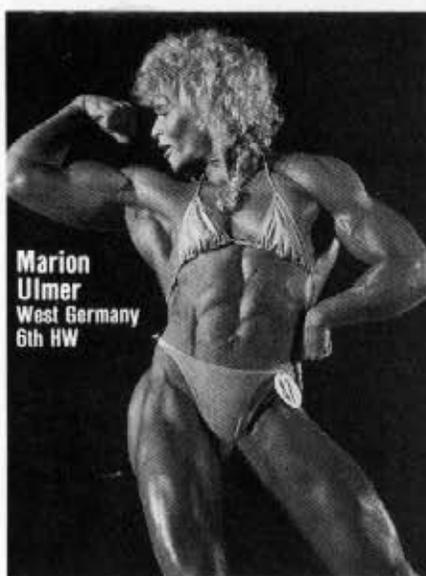
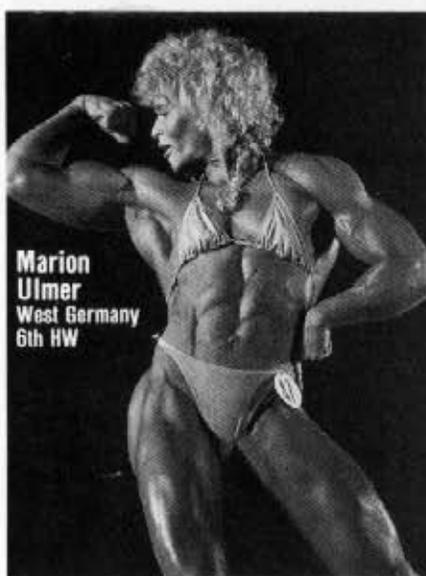
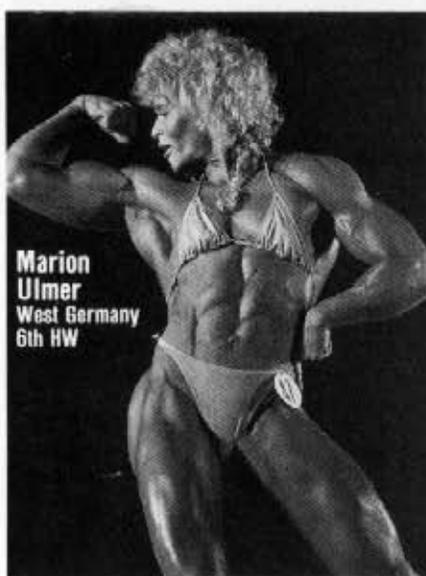
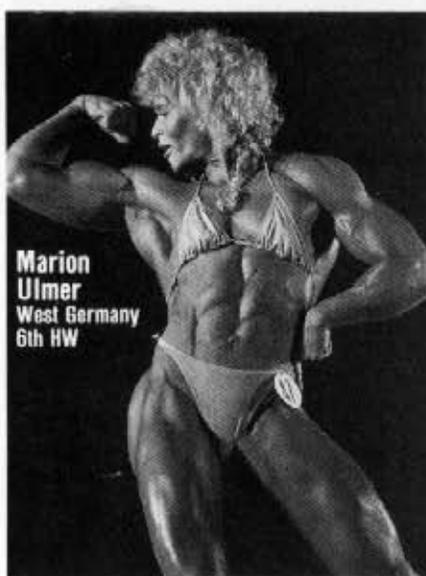
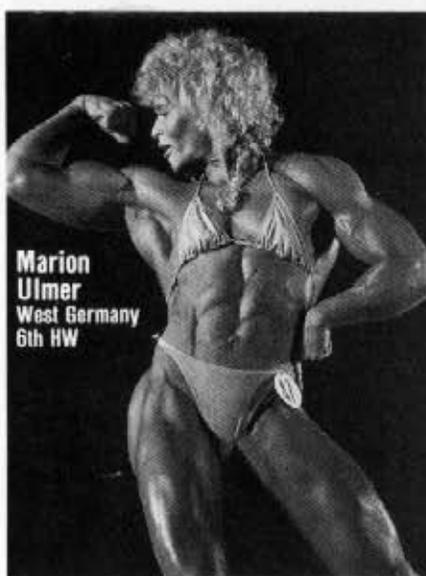
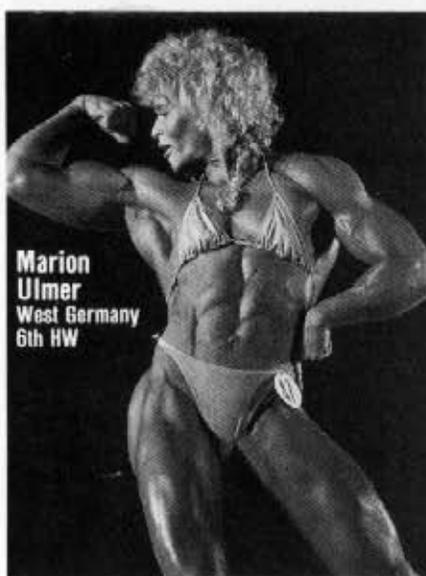
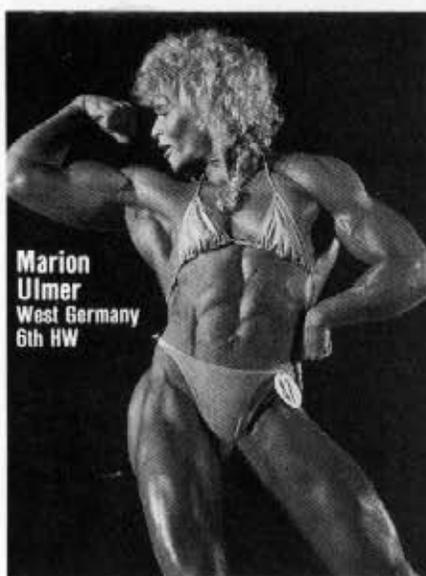
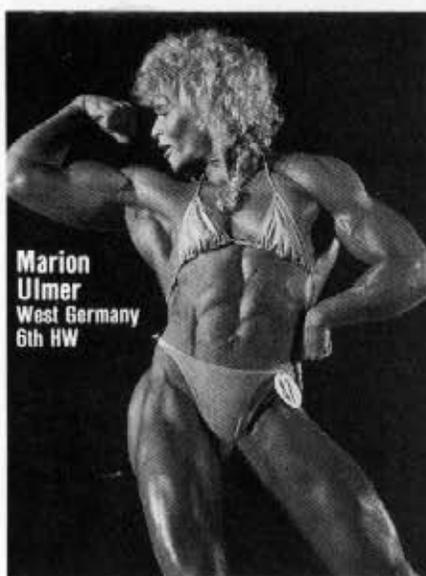
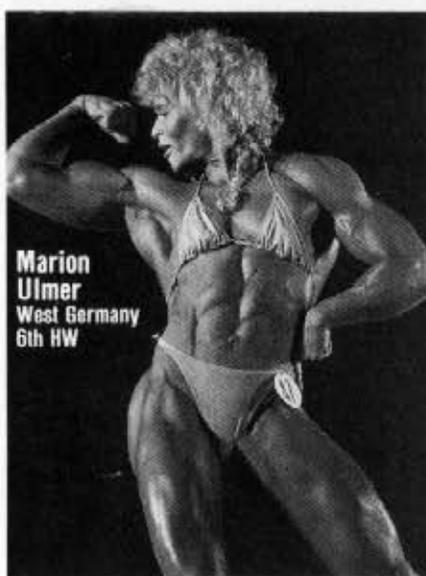
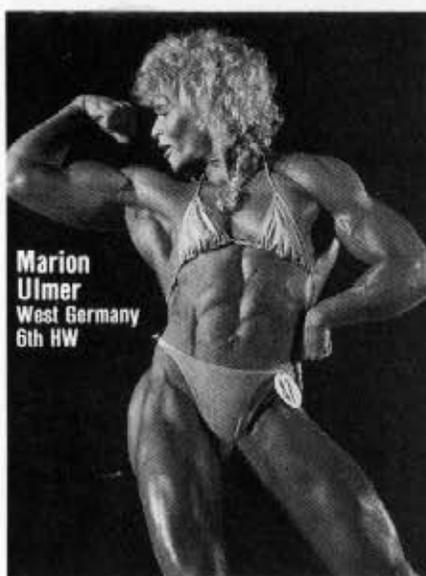
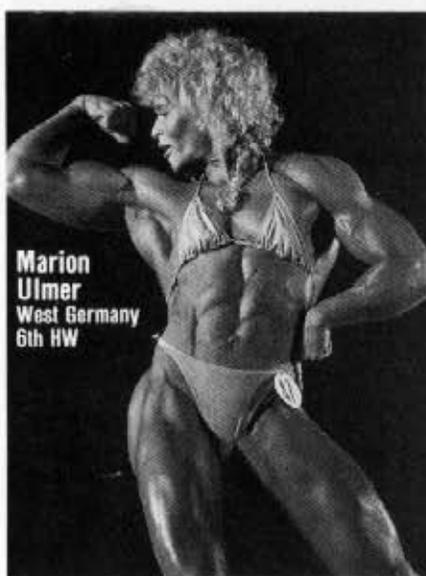
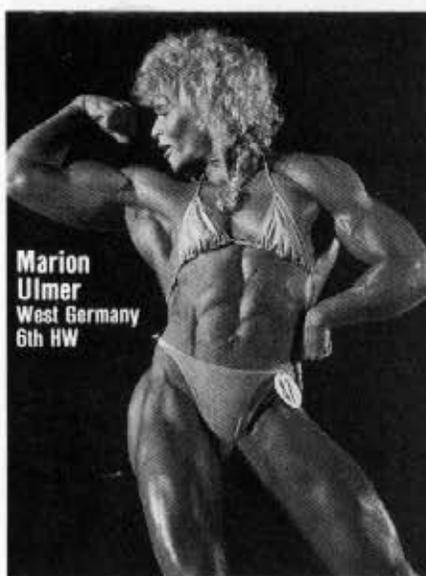
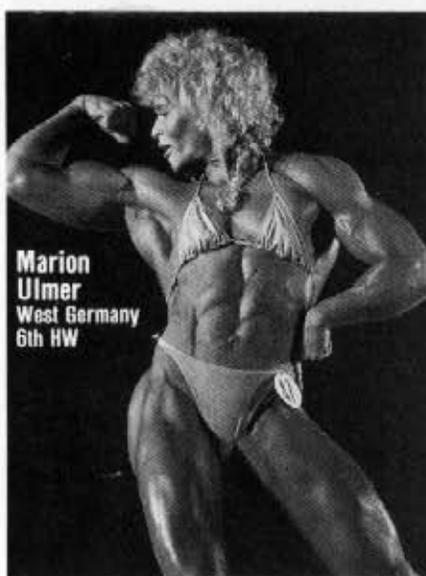
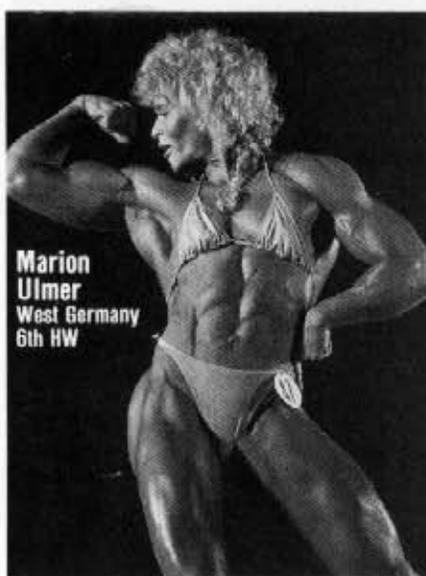
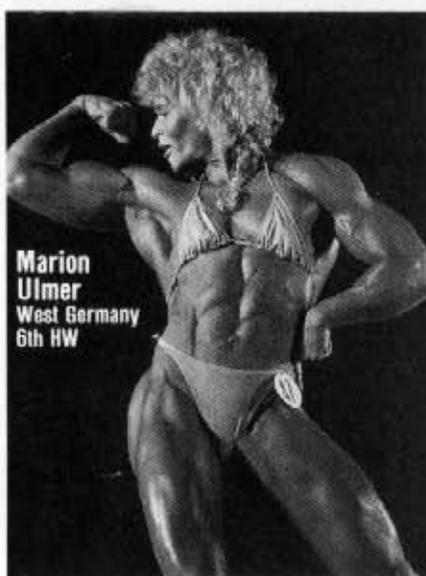
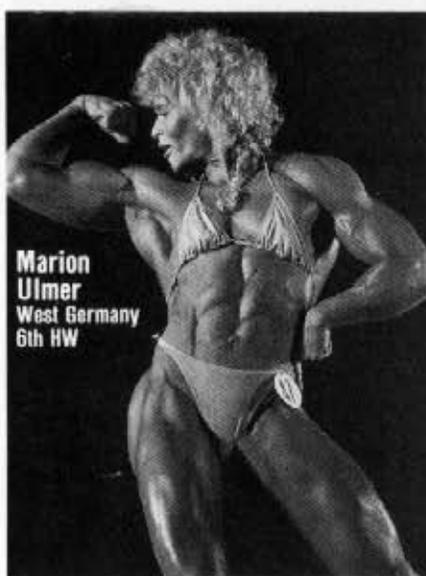
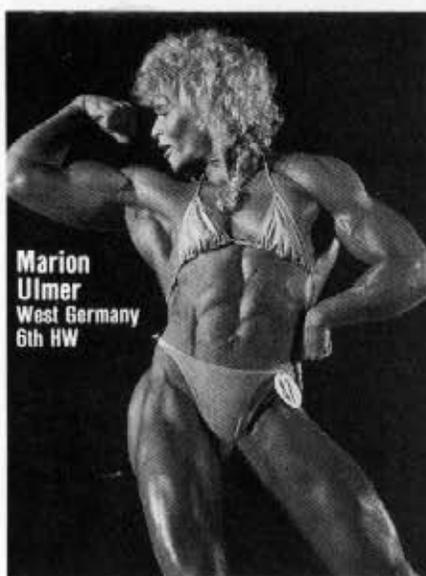
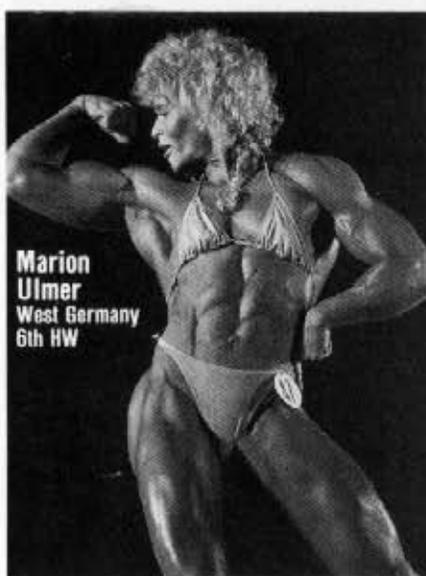
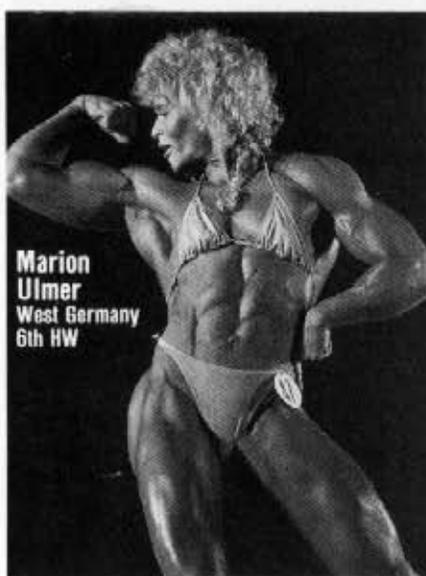
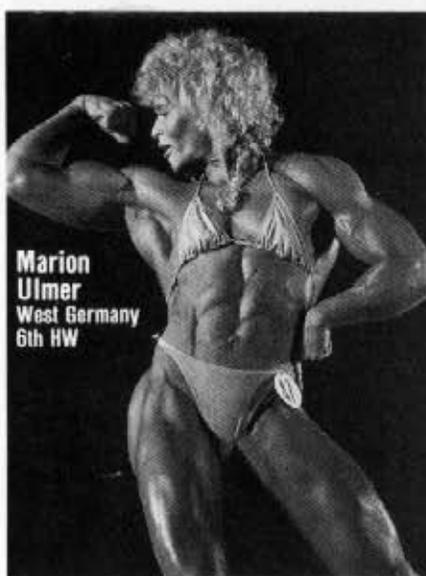
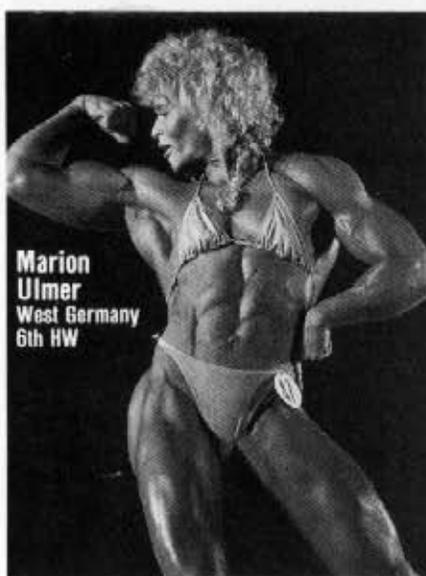
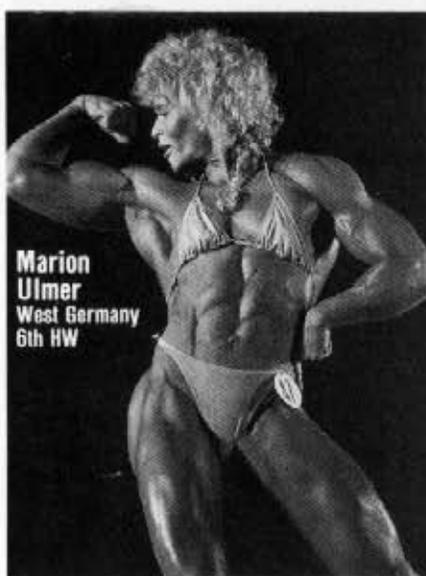
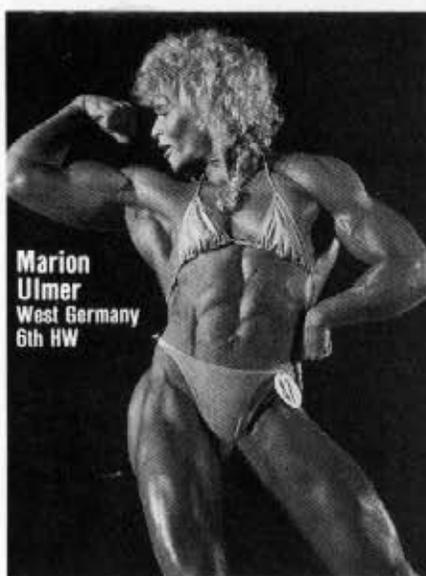
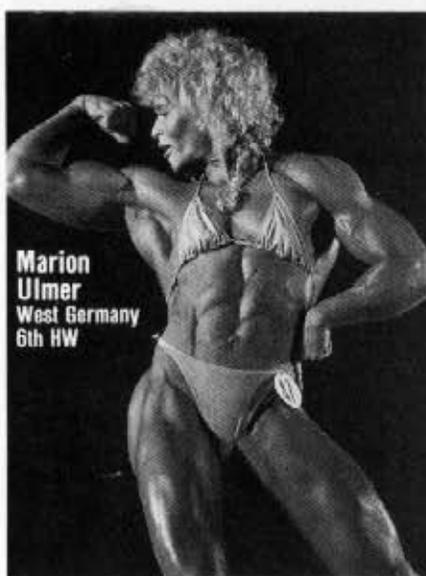
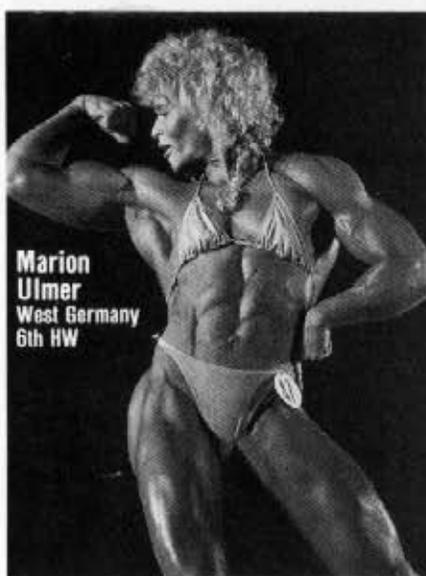
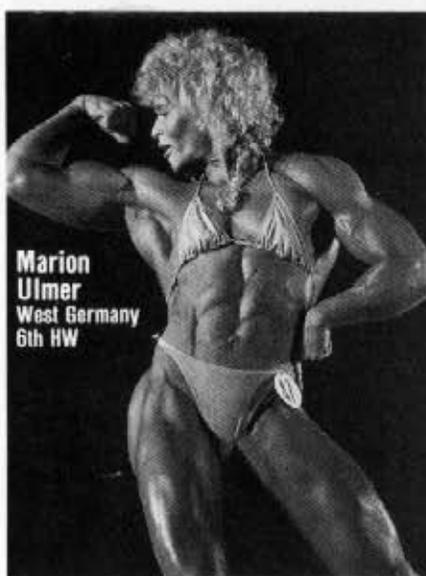
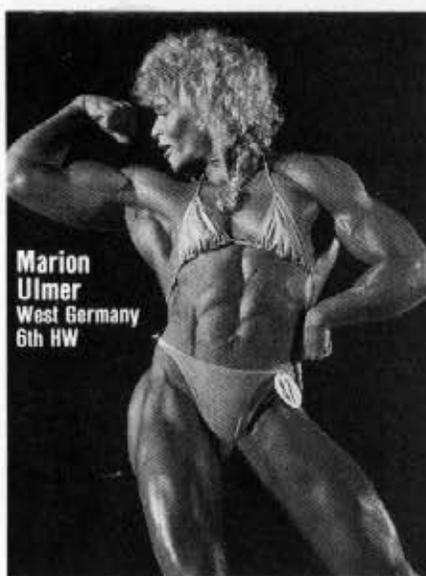
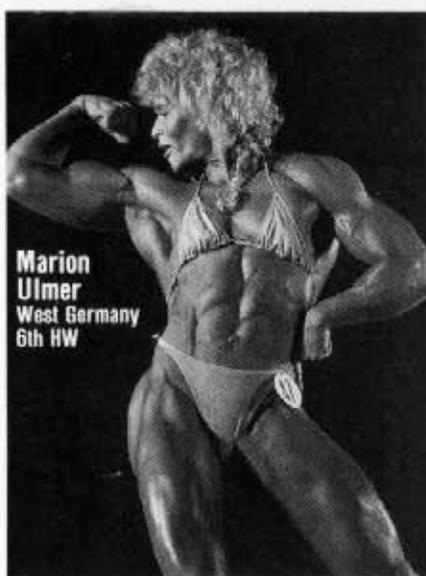
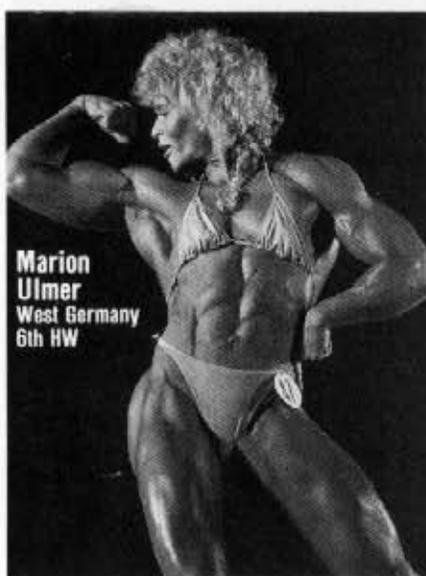
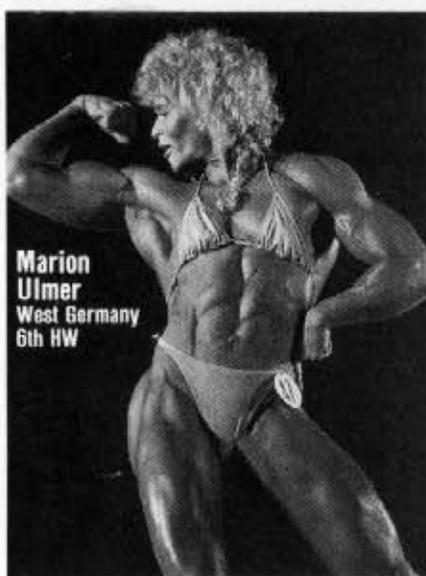
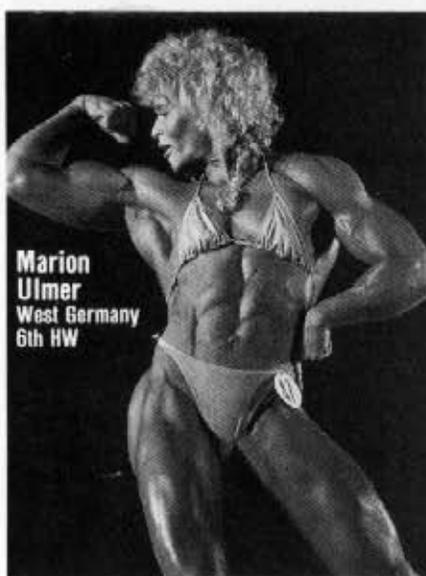
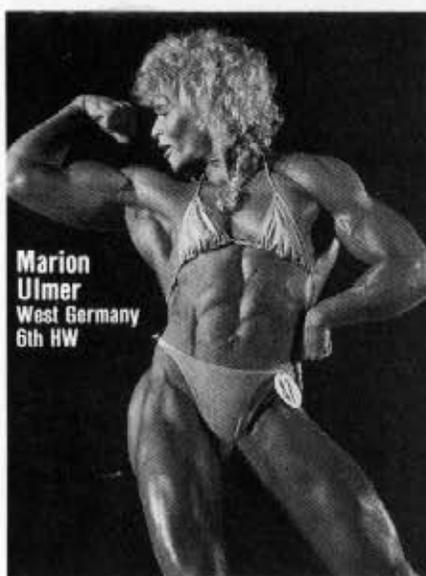
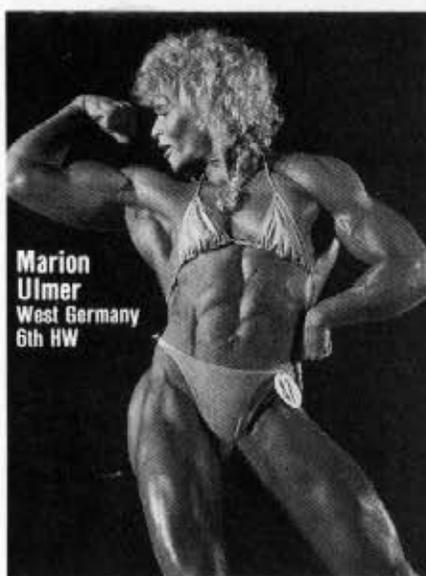
Cristina Musumeci
Argentina
4th HW



Gunilla Soderberg
Sweden
5th

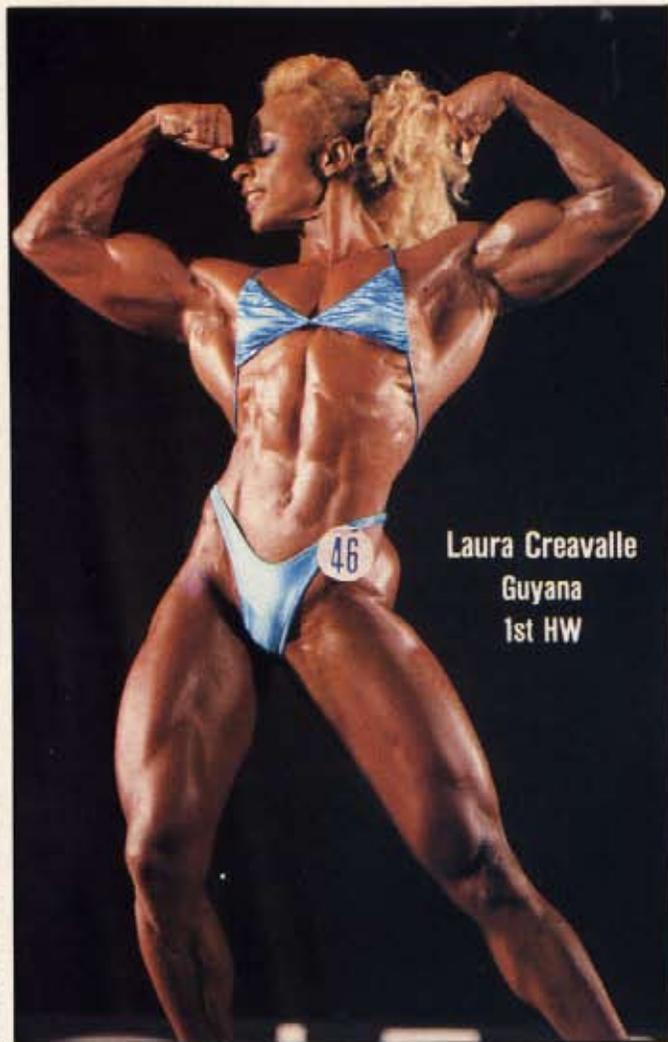


Marion Ulmer
West Germany
6th HW

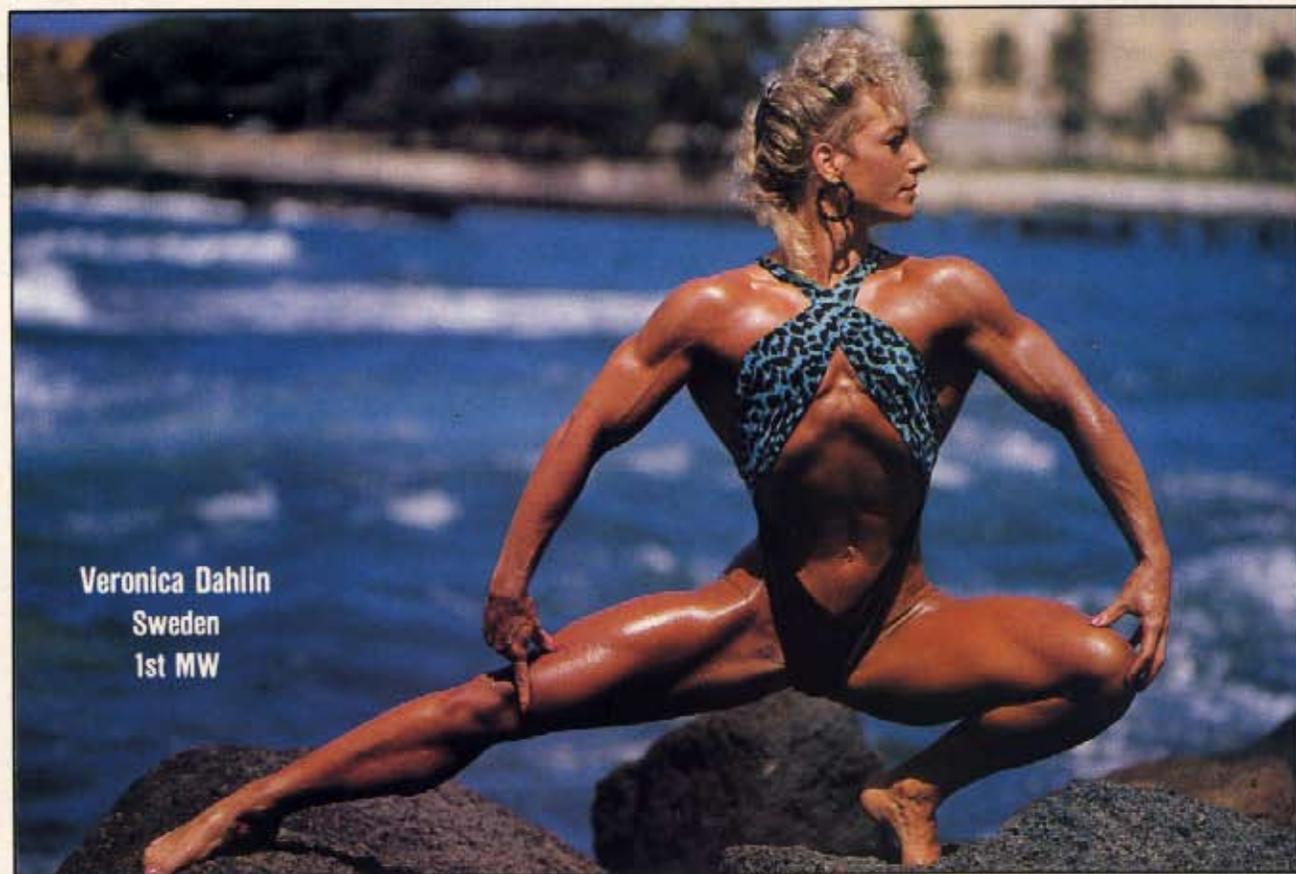




Janet Tech
USA
1st LW



Laura Creavalle
Guyana
1st HW



Veronica Dahlin
Sweden
1st MW

RALPH DEKMAN PHOTOS



Arminda
1988 British Columbia
Lightweight Champion

MIKE BAILEY PHOTOS

Arminda

More Than Just a Name

story & photos by Mike Bailey



As world class female bodybuilders go, Canada's blessings have been few and far between. In fact, only former pros Carla Temple and Deanna Panting come to mind as glowing past examples.

Others, however, are knocking on the door of physique stardom, but not before they first wind their way through Canada's strict tier system of contest qualification.



One competitor on her way up is Arminda (Just Arminda). Name-wise, Arminda fills the bill, and she prefers the one word name since she simply has, as she states, "too many last names."

Competitively speaking, Arminda is a relative newcomer to the contest scene, although she has been training seriously for four years. Not yet eligible to compete at a contest higher than the regional level, her goals are set to

qualify for next year's Canadian Nationals.

Meantime, let's take a sneak preview of what may very well become one of Canada's next bodybuilding blessings.

Arminda was born in the Phillipines but has been calling Canada home for the past 20 years. As a self-avowed 'whimp' in high school, she found self-expression as an entertainer rather than as an athlete. She studied languages and drama at school, and out-

they appeared on *American Bandstand*.

At 19, Arminda returned to Los Angeles and took up street dancing and performed with one of the members of the Solid Gold Dancers. Later, she came back to Vancouver and sang with local funk and raggae bands including, *H.B. Concept*, *Icon*, and the *Emerald City Band*. She also formed her own break dancing group - the

Leaving virtually no visual media area unexplored, Arminda has been a dancer in rock videos and several television shows. She has also appeared in four episodes of *Hitchhiker* and one episode of the *Equalizer*.

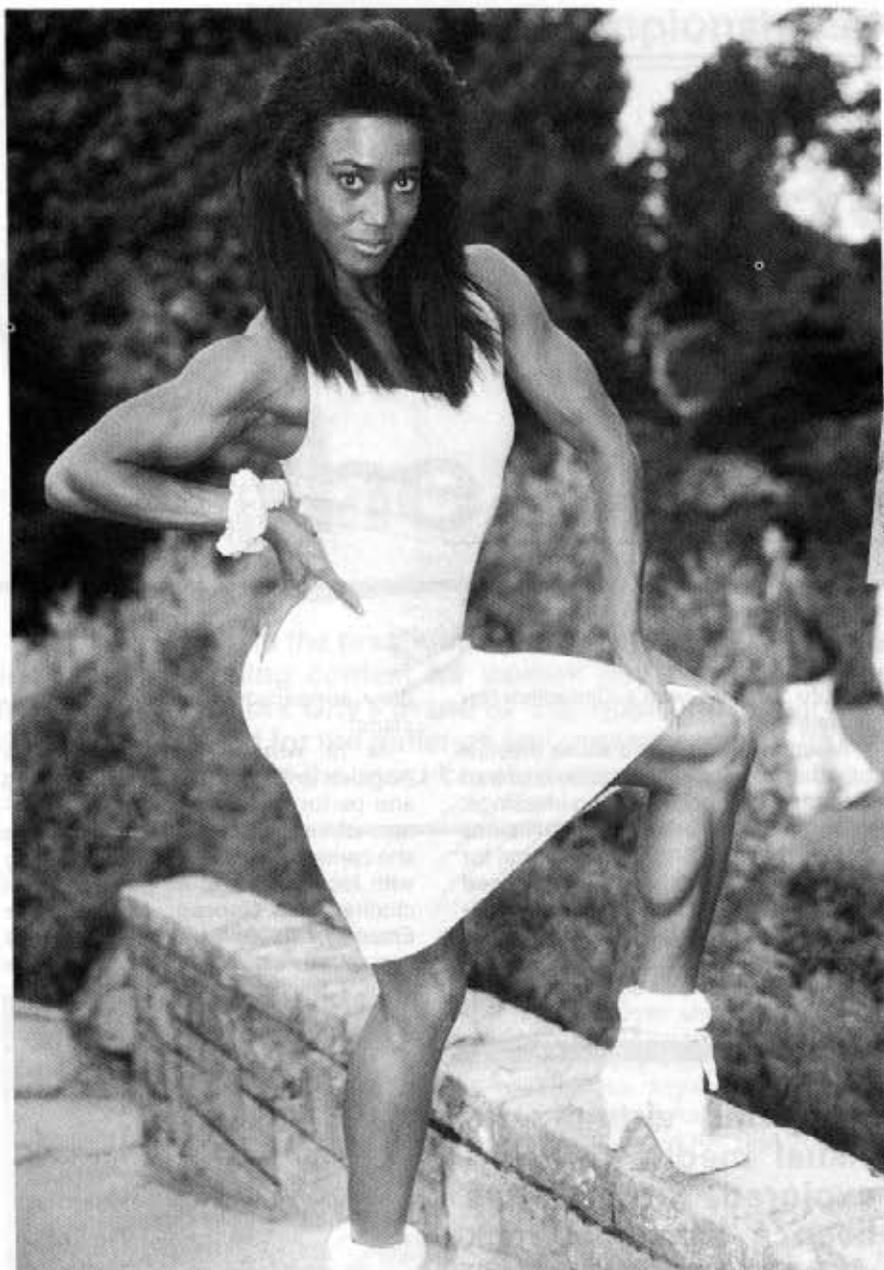


side her education she took lessons in Hawaiian dance, as well as maintaining her ardent devotion to religion.

Arminda's show business career has spanned acting, singing and dancing. She was the British Columbia champion at age 17 in a semi-adagio act and was scheduled to appear on *Dance Fever*. The *Dance Fever* experience became only a memory, however, when she and her partner arrived in Los Angeles only to find the show was closed for the season. Undaunted,

Energy Express - which placed second in a national contest.

Leaving virtually no visual media area unexplored, Arminda has also been a dancer in rock videos and several television shows. She has appeared in four episodes of the *Hitchhiker* and one episode of the *Equalizer*. Did we also mention the numerous television commercials and modeling assignments she has accumulated lately? Clearly, her career is full speed



ahead, and her enthusiasm for performing is apparent in everything she takes an interest in.

At 22, Arminda began physique training. Her early photos reveal a chubby-faced girl with thick, dark reddish hair and a big smile. Now after much training and a much less frivolous diet, she would prefer to leave those photos and the look she possessed in that not-so-distant past.

Beginning her physical transformation at a spa-type facility as so many do, she soon moved to a hardcore gym where she took an interest in a power-lifting style of training. After a sojourn at Gold's Gym in Vancouver, she was off to Edmonton to dance, then back to Vancouver, then off to New York where she studied acting, all the while continuing her training at the Natural Physique Gym. Somehow, she also found time to work as a personal trainer.

With her aggressive, spunky personality, and an ever-present smile (except when she's dieting or very hungry), she began to be noticed in the gym as something more than just a casual trainer. Blessed with a naturally well-structured physique, her small bone structure took on the added muscle weight in a very positive fashion.

Now, with four years of training under her belt, Arminda has decided to take to the waters of competitive bodybuilding with a more serious intent. She entered the 1988 Vancouver City Championships, where she weighed in as a lightweight. Her years of stage experience worked to her advantage and she displayed great poise and charisma while receiving a strongly positive response from the audience... and the judges. As a result, she won easily and took the overall title defeating, among others, middleweight Gail



Parmelee - the twin sister of IFBB pro Sandi Parmelee.

A few months later she entered and won her class at the British Columbia Championships. With that win, she is now qualified to enter a Canadian regional event in 1989 and could experience great success at that level. Following a high placing there, she would then qualify for the Canadian Nationals.

Currently, Arminda's trainer is assisting her in raising her contest weight of 110 pounds, to a more 'filled out' 114 pounds making her, hopefully, a more competitive lightweight next year.

At 5-2½, the one-time high school 'whimp' now has great admiration for the well-developed female physique and is looking forward to her 10-year-old class reunion "to show those girls" who picked on her in the past. Of course we all know how this particular scenario will turn out. Arminda will no doubt be the belle of that ball!

With an ultimate desire to turn her hard-earned physique into a marketable commodity in today's very competitive acting world, Arminda continues to learn her acting craft. Recently, in fact, she experienced one of those frustrating situations which she hopes to change in the future. It went like this: Arminda had the opportunity to play an Amazon queen in a film. But the Hollywood starlet playing opposite Arminda could not, and would not compete with Arminda when it came to matching bodies. The result... Arminda was nixed. Someday, hopefully, that confrontation will reverse itself.

Meantime, that type of rejection is something she's not likely to encounter in the bodybuilding world.

Indeed, her favorite magazine is already running her story and photos, and with any luck she'll soon be more than just a name! ●

Back Issues

Women's Physique World — Women's Physique Publication

Back issues of the magazine you are now reading, Women's Physique World, and our other, non-newsstand magazine, The Women's Physique Publication, are now available in five different formats, all of which also include our book "The Female Physique Athlete". The five offers are described below, after a brief description of the literature:

• **Women's Physique World** is our newsstand magazine, published quarterly, 64 pages with about five pages of advertising. We have 16 back issues, with 15 of them available (#1 is sold out).

• **The Women's Physique Publication** is our non-newsstand magazine, printed on very heavy stock, and features color (since our Sep/Oct 1987 issue). It is published six times a year, an average of 80 pages with no advertising whatsoever. This magazine started publishing in 1977, with most issues from 1984 onwards available.

• **The Female Physique Athlete** is a 258 page book published in 1984, featuring a history of the sport through 1983 with 750 photos of more than 450 DIFFERENT women.

OFFER 1: The 1988 issues of both magazines (9 issues) plus the book. Total of about 900 pages and 3,000 photos-8 pounds of magazines for \$75. Best quality offer.

OFFER 2: The 1987 issues of both magazines (and the 1986 Women's Physique World-total 12 magazines and the book). About 1,000 pages and 3,000 photos for \$65.

OFFER 3: Mixture of both magazines from 1984, 1985 and 1986, plus the book, for a total of about 1,500 pages and 4,000 photos! 13 pounds of magazines for \$55.

OFFER 4: Mixture of both magazines from 1984, 1985 and 1986, plus the book, for a total of about 700 pages and 2,000 photos. 8 pounds of magazines for \$35.

OFFER 5: All 15 back issues of Women's Physique World and the book, for a total of about 1,200 pages and 3,000 photos for \$40.



I enclose \$ _____ for the below checked back issue offers. If you choose more than one offer, we will replace the duplicate book with more magazines. Due to the weight, all packages will be sent by Book Rate, so allow about 3 weeks for delivery, foreign allow 1-2 months for surface book rate. Foreign must use International or Postal money orders in US funds. Send checks, money orders or cash (certified only) to **WSP, Box 443J, Ho-ho-kus, NJ 07423.**

____ OFFER 1: 1988 issues for \$75 (foreign \$83)
 ____ OFFER 2: 1987 issues for \$65 (foreign \$73)
 ____ OFFER 3: 1984-1986 mixture for \$55 (foreign \$67)

____ OFFER 4: 1984-1986 mixture for \$35 (foreign \$43)
 ____ OFFER 5: 15 WPW issues/book for \$40 (foreign \$48)

NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____

Dear WPW,

In your last two issues you have begun featuring a center section that pulls out of the middle of the magazine. I really loved the photo of Sandy Riddell in her firefighter attire, but I have to say that my breath was taken away by Susan Myers in the November '88 issue. She is, as you say in the article title, 'Incredible'. When will she be competing again?

A Myers Admirer
Gainesville, Florida

Editor's Note: We have gotten many letters regarding Susan Myers. As for when she will compete again, we don't know, but you can bet she will surface at a national level event sometime in 1989. When she does, we'll have the coverage for you.

Dear WPW,

This, sirs, is a letter of praise on behalf of Susan Myers. This wonderfully built specimen of femininity is (in my opinion) the best female physique that I have ever seen grace the pages of any publication.

Lest you think these pleasing words are off the cuff, please understand that I've been an avid (and active) fan of bodybuilding since many of today's competitors were still in grade school.

I can still remember when Larry Scott was crowned the first Mr. Olympia, and when Arnold was 'only' Mr. Universe. The old days also recall memories of the likes of Lisa Lyon and female greats like Rachel and Carla, who, at the time, were harbingers of things to come. All this, long before Cory was a glimmer on the bodybuilding horizon, much less the shooting star she is today.

Through all the years, all the publications, I can honestly say that I have not seen quality muscle, with as much shape and density, as that which Susan possesses.

Politics aside, if this lady decides to turn pro, I believe she will add another feature to the ever changing face of female bodybuilding.

Cory, Diana, Mary, Anja, Marjo... Look out! The newest and brightest star is on the horizon.

Gary Peterson
Orville, California



Dear WPW,

I want to thank you for including an article on Adrienne Foster in the September '88 issue of 'Women's Physique World'. She, along with most of the African-American female bodybuilders are rarely featured in any of the "muscle mags".

As I am a female bodybuilder of African-American extraction, I can only say that the practice not only is insulting to the African-American in general, but is also impeding the progress of the sport by effectively limiting the exposure of the sport to white females and white and black males.

I also want to thank you for the great back page photo of 1987 NPC California middleweight champion Carol Mock. She is another rarely seen face and body.

Dawn C. Jackson
Brooklyn, New York

Editor's Note: As we have stated on several occasions, our philosophy in WPW is to cover as many women in the sport as possible. You'll note in our 'Muscle Elsewhere' section in this issue, two covers of recent magazines featuring Audrey Harris. And in this issue we have included a full profile on Carol Mock. Who knows? If you continue to compete you may find yourself in WPW!

Dear WPW,

Kudos to your magazine for the best coverage of amateur and professional women's bodybuilding. Your newest sections, 'Now & Then' and pictorials of other women athletes are terrific.

I have been so pleased with the last five issues, I am enclosing my new subscription fee early so I don't miss an issue.

Lastly, let's see more articles and features on gorgeous women like Carol Mock, who appeared on your back page in the September issue.

Mark C. McAhilheim
Brooklyn, New York

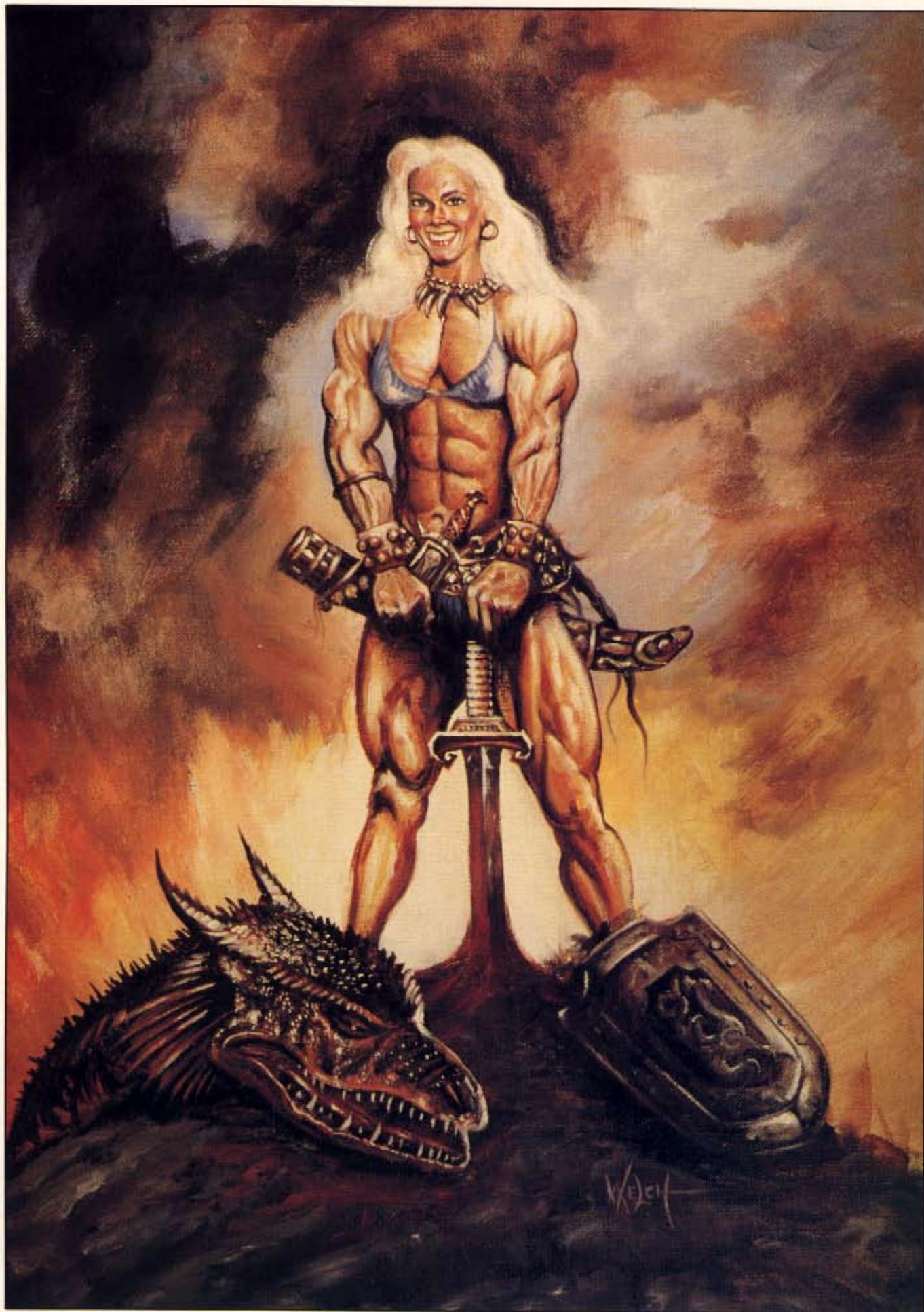
Dear WPW—

I have purchased the last few issues of your magazine and would like to say I really enjoy the poses in dresses, a nice contrast to the stage photos. Diane Talik, Liz Lopez and Susan Myers photos were particularly nice, as they are beautiful and the dresses were attractive. On the other hand, I don't feel the poses in the t-bottom (t-bar) leotards add any kind of dimension to the magazine and should be omitted. I'm sure you can come up with an impressive back photo with your model posing in a regulation suit.

Christine Naedel, Towson, MD.

Editor's Note: It's hard to argue with you. We love the dress poses also, and will continue to print the nicer photos, but commencing with this issue we will drop the t-bottom photos.

OPPOSITE PAGE: Maryland State Champ, Jodie Osborne, as seen through the eyes of artist Woody Welch. A color 4x6" photo of this slide, and 19 other photos of his artwork of 19 other fictional women, is available for \$15. The original oil paintings (18" x 24"), one of a kind, are also available. All inquiries will be handled through this magazine. If you would like the set of 20 photos, send \$15 to Women's Physique World, Box 429, Midland Park, NJ 07432.





**THE
BACK
PAGE**