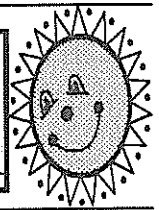


AMERICAN DRUG FREE POWERLIFTING NEWSLETTER



Volume 2 Issue 3

AUGUST 1995

PRESIDENTIAL MESSAGE

I am out of the frying pan and into the fire - and that fire is the spirit of drug-free powerlifters all across this country, burning a path into the future as the ADFPA continues to step up it's leadership in the world of powerlifting.

Many thanks go out to our former ADFPA officers and committees, whose integrity and commitment bore us through some tough times. Their hard work has given us a good, solid foundation upon which to build. My personal thanks goes out to all of you for the confidence you have placed in me, by electing me to be your ADFPA President.

Your newly elected Executive Committee has a good mix of experience and new blood which will blend well in working towards the goals and objectives of the ADFPA. The input and abilities of our members are needed as well. As Brother Bennet has said, this is your organization, and it is good to be actively involved on levels other than lifting. If you have an ability to serve on any of our committees, contact the National Office and you will be referred to the appropriate Committee Chair.

One of the areas of focus for the ADFPA is to sanction more meets. It is a plain and simple fact, to benefit our members and promote our sport - we have got to hold more meets. Your Executive Committee is already beginning to forge a plan to support and encourage Meet Directors, especially new ones. If you have ever considered putting on a competition - grab your phone, talk with your State Chair about an open date, and ask for a sanction form when you have the details worked out. If you are willing to take on the challenge, there is a wealth of support to tap into by asking your State Chair, National Offices, Area Referees and fellow Meet Directors. The pride and respect of your fellow lifters will be yours to take home after the meet.

Unification of the sport of powerlifting is an area that former President Bob Gaynor has already started on. Unification is a process however, and will not happen overnight. Drug tested challenge matches between associations would be a great way to start. Ultimately, all members of the world's strongest sport could benefit. We will continue to provide leadership as an organization, welcoming those who want the integrity the ADFPA has to offer.

In closing, I would like to offer you my personal commitment to move forward for what is best for the ADFPA - while keeping a sensitive ear open to the individual need of the lifter. From our beginnings in 1981 we have been leading the

powerlifting world by example. If we all do our part, we will set the standard for the next Century.

ADFP A President Michael Overdeer

KEEPING IT TOGETHER

by Peter Gisondi, Jr

I got my first taste of powerlifting back in 1981 at an unsanctioned contest. I really enjoyed that contest not knowing what an event should be like. It lasted from 8:30 AM 'til 10:30 PM with 75 lifters competing. I thought all contests were that long. I remember not having to buy a membership card to lift, wearing gym shorts and a tee shirt with a dog on the front of it, no equipment check and no trophy. I continued lifting at these meets until 1984 when I entered my first organized contest. I remember signing a release form stating I was drug-free for so many months. Also, that the meet director told us we needed a lifting suit and we have to know the rules of performance for all three lifts. "What rules?" The ADFPA rules which Mr. Fred Glass was happy to inform us of. That contest had about 60 lifters and was over by 5:00 PM. What a difference compared to the other so called power events I lifted in. Since 1984, I've been a member of the ADFPA and have never lifted with another organization. In 1989, the New York State chairman, Wait Bird, had a lifter's meeting at the New York State championships. He told us unless we got involved with the ADFPA that he couldn't keep it together only running two contests a year in New York. He told us to take the referee's test, to get a meet sanctioned, to be a part of the solution and not the problem. These things would help keep it together.

We started doing so and, by 1995, New York State has a great many new meet directors who really care about keeping it together.

My message is easy, stay with one organization, don't run, don't hide, don't back stab, don't remain silent, don't undermine, and don't jump ship. Remember if you're not happy with your association the word "fight" not "flight" should come into play. Come out to the National meeting, be a part of your association. Talk to your state chairman about rule changes for the advancement of the ADFPA. Make a difference and help keep it together.

ADFP A ELECTS OVERDEER PRESIDENT

STATE HIGH SCHOOL MEET PREPARATION by Stephanie Whiting

Last month Bruce Sullivan, master lifter and Wisconsin State Chair, detailed how to organize a state high school powerlifting system. His advice for preparing for a state high school championship can make the project a lot less intimidating.

Where to find helpers: Recruit spotters and loaders from the students who are most familiar with spotting techniques: the football, track, soccer and other sports team members who train in the weight room. Student help can also be utilized on the day of the meet with wall charts, expediting, admissions, concessions, clean-up, etc.

Enlist the parents of lifters as help: If they are not available on the day of the meet, parents can help with the many tasks that need to be done in the weeks prior to the meet (wall charts, meet program, sponsorship for concessions, signage). If there is a parents' booster club that supports the team sports, approach them for help. If there isn't a parents' booster club, it may be time to help form one! They can work the concessions table and help with meet site set-up. To expedite the set-up, give them a plan on paper where the tables, platforms, bleachers, PA system, warm-up area are to be located.

Concessions: This is a responsibility that can be given to the parents booster club. They can approach area grocers for donations or reduced prices (buy in bulk!) with the merchants being listed as sponsors in the program booklet. Bruce gives each meet worker two food tickets which they may exchange for whatever they like at the food table. He also supplies the meet workers with sodas. Because you will need a large quantity of beverages, Bruce suggests that in the months previous to the meet, you buy cases of beverages at stores which feature a sales price as a "loss leader."

Expediting the card registration process: To register 100-150 high school lifters at a meet, Bruce estimates that you would need 1000 pencils and a couple extra hours! On top of all that, he guarantees a large percentage of the registration forms would be illegible. To simplify the process, when the student sends in the entry form, require that both the entry fee and ADFPA card fee be sent in with it. Before the meet, use the entry forms to fill in the ADFPA card and expediting card. Then all the student has to do on meet day is sign the ADFPA card and fill in first attempts on the expediting card. It is to your advantage not to allow late entries; you can then have a reasonable idea how the weight classes will be filled.

T-shirt sales: Don't set this up as a pre-sale because there is too much work involved. On meet day people change their minds about sizes and quantities or forget what they ordered and the last ones to pick up their shirts are stuck with only small or triple x's. Set up the shirt sales at the meet.

Lifters Photos: Sue Razor Sullivan took charge of this project by employing the high school photography club to take photos and run negatives to the one hour photo shop. The club set up tripods and checked lighting in front of all three platforms. Photos were taken of each of the lifters' squat attempts—these three photos were sold as a package for \$4.00. Sue would suggest charging \$5.00 (no need for dollar bills for change!) Contact the photo shop ahead of time to prepare them for the bulk developing and see if they will quote you a set flat fee. In the weeks prior to the meet, you can order discount film ahead of time. Other meet directors have put lifters' photos on the award plaques (under protective plexiglass). This makes a very nice personalized award.

PUBLICIZING MEET: Watch for new sport publications in your state—they are an excellent resource for publicizing your ADFPA meets. In Wisconsin, "Sport Life," dedicated to sports, fitness and healthy lifestyles, is published bi-monthly and distributed through a free rack distribution of 14,000 copies. The distribution locations are health and fitness centers, sporting equipment dealers, dance schools, hospitals and sport rehab centers, recreation departments and YMCA's. The Calendar of Events listings are free to non-profit organizations.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION, INC

1996

LIFETIME NATIONALS



FEBRUARY 17-18



MEN & WOMEN

CLEVELAND, OHIO

Ed & Frank King

Larry Miller

KINGS GYM

24748 AURORA ROAD,

BEDFORD HEIGHTS, OH 44146


216-439-5464

**1995 NATIONAL CHAMPIONSHIPS
TEENAGE & JUNIOR
JULY 8 & 9, 1995 - SHARON, PA**


14-15 AGE GROUP 123#				
Hoover, B	117.5	77.5*	132.5	327.5
132# Bower, M	110.0	70.0	132.5	312.5
181# Lay, R	177.5	112.5	195.0	485.0
198# Stevens, J	190.0	130.0*	182.5	502.5
242#				
Butler, J	232.5	145.0	210.0	587.5
Bower, J	235.0*	125.0	195.0	555.0
16-17 AGE GROUP 132#				
O'Connell, B	165.0	82.5	165.0	412.5
Potter, T	135.0	110.0*	152.5	397.5
148#				
Koch, R	177.5	115.0	192.5	485.0
Conklin, L	167.5	110.0	192.5	470.0
165#				
Walters, J	217.5	140.0	220.0	577.5
Decker, J	192.5	120.0	202.5	515.0
Rhodes, C	205.0	92.5	195.0	492.5
Conti, S	182.5	102.5	190.0	475.0
Napolitano, J	165.0	102.5	205.0	472.5
Ballard, R	182.5	90.0	192.5	465.0
181#				
Dhein, J	227.5	132.5	205.0	565.0
Steiner, E	217.5	112.5	227.5	557.5
Powell, A	192.5	117.5	190.0	500.0
198#				
Follansbee, D	245.0*	125.0	237.5	607.5
Avilla, K	237.5	135.0	225.0	597.5
Soliman, D	205.0	122.5	210.0	537.5
220#				
Koo, E	200.0	137.5	235.0	572.5
Medas, C	222.5	105.0	207.5	535.0
Garofalo, F	192.5	112.5	205.0	510.0
275# Bowe, J	252.5	130.0	205.0	587.5
18-19 AGE GROUP 148#				
Taylor, D	217.5	115.0	220.0	552.5
Politino, C	170.0	125.0	142.5	437.5
165#				
Rhen, J	227.5	157.5	222.5	607.5
Wolter, J	225.0	152.5	212.5	590.0
Lofgren, A	197.5	100.0	202.5	500.0
Martin, A	162.5	125.0	182.5	470.0
198#				
Mann, S	265.0	157.5	245.0	667.5
Rivano, A	227.5	182.5	245.0	655.0
Smalls, F	237.5	172.5	242.5	652.5
Searles, R	242.5	162.5	242.5	647.5
Kenny, C	240.0	122.5	252.5	615.0
220#				
Altschuler, A	230.0	150.0	235.0	615.0
242#				
Stiverson, A	280.0	167.5	257.5	705.0

275#				
Contreras, R	287.5	180.0	242.5	710.0
JUNIORS 148#				
Llewellyn, S	185.0	110.0	215.0	510.0
165#				
Turner, C	282.5*	170.0*	282.5*	735.0*
Johns, C	252.5	155.0	250.0	657.5
Thomas, E	237.5	122.5	262.5	622.5
Butchar, J	217.5	150.0	255.0	622.5
Farmer, B	167.5	102.5	205.0	475.0
181#				
Baumgart, J	272.5	177.5	250.0	700.0
Francesse, S	265.0	165.0	250.0	680.0
Zsido, R	227.5	145.0	225.0	597.5
Richardson, K	225.0	130.0	200.0	555.0
198#				
Balis, M	287.5*	182.5*	285.0*	755.0*
Eaves, A	220.0	145.0	200.0	565.0
220#				
Coulter, M	282.5	210.0	277.5	770.0
Cahill, J	277.5	170.0	292.5	740.0
Davenport, C	265.0	182.5	265.0	712.5
275# Davis, W	297.5	197.5	272.5	767.5
319#				
Hulslander, D	280.0	200.0*	265.0*	745.0*
Stone, A	295.0*	185.0	257.5	737.5

* Pending Teenage & Junior American Records



WORLD



NORTH AMERICAN

JANUARY 20-21, 1996

WILKES BARRE, PA

WDFPF/ADFPA

"OPPORTUNITY FOR

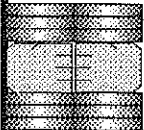
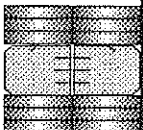
WORLD RECORDS"

A BOB GAYNOR PRODUCTION

19 SUNRISE DRIVE

MOUNTAINTOP PA 18707

717-474-6111/717-823-6994

1995 MEN'S NATIONAL CHAMPIONSHIP

JUDGEMENT DAY - JULY 15-16, 1995
WILKES BARRE, PA - BOB GAYNOR

114#				
Jackson, W	142.5	80.0	195.0	417.5
Carver, T	137.5	77.5	185.0	400.0
123#				
Weiss, D	182.5	122.5	217.5	522.5
Smith, J	187.5	105.0	210.0	502.5
Lee, A	182.5	140.0	177.5	500.0
132#				
Olson, B	232.5	142.5	215.0	590.0
Kupperstein, E	212.5	122.5	240.0	575.0
Huff, R	215.0	140.0	215.0	570.0
Pallas, T	217.5	110.0	205.0	532.5
Castro, M	160.0	115.0	255.0	530.0
148#				
Benemerito, J	255.0	167.5	272.5	695.0
Weinstein, L	242.5	137.5	275.0	655.0
Beaumaster, P	270.0	145.0	237.5	652.5
Page, G	257.5	140.0	255.0	652.5
Thomas, A	237.5	165.0	225.0	627.5
Jacobs, J	227.5	117.5	230.0	575.0
165#				
Bridges, B	260.0	172.5	307.5	740.0
Gibson, L	280.0	195.0	265.0	740.0
Guzman, Q	280.0	150.0	255.0	685.0
Masher, J	245.0	192.5	247.5	685.0
Scully, B	252.5	152.5	250.0	655.0
Miller, L	235.0	192.5	212.5	640.0
Bhojwani, S	240.0	157.5	240.0	637.5
Stires, L	245.0	157.5	230.0	632.5
181#				
Benemerito, R	327.5	200.0	335.5	865.0
Jones, G	315.0	195.0	290.0	800.0
Oluwabasala	267.5	177.5	280.0	725.0
198#				
McAuliffe, J	342.5	230.0	287.5	860.0
Stokes, B	310.0	197.5	322.5	830.0
Harris, A	320.0	190.0	320.0	830.0
Gerard, H	312.5	190.0	280.0	782.5
Smith, J	282.5	177.5	290.0	750.0
Johnson, L	272.5	200.0	265.0	737.5
Jenness, R	270.0	197.5	260.0	727.5
Fiorisi, P	275.0	205.0	230.0	710.0
220#				
Morton, J	335.0	220.0	352.5	907.5
Johnson, K	317.5	190.0	347.5	855.0
Cain, S	307.5	197.5	322.5	827.5
Simmons, A	320.0	172.5	330.0	822.5
Rigert, B	330.0	200.0	290.0	820.0
Holmes, C	307.5	172.5	335.0	815.0
Wenner, R	302.5	217.5	290.0	810.0
Waits, S	330.0	190.0	272.5	792.5
Krause, J	302.5	197.5	280.0	780.0

Schleich, D	332.5	177.5	260.0	770.0
Finn, B	290.0	175.0	292.5	757.5
242#				
Siapanides, C	340.0	215.0	370.0	880.0
Arnold, E	347.5	215.0	317.5	877.5
Walsh, R	302.5	247.5	290.0	835.0
Savaiinaea, S	347.5	180.0	305.0	832.5
Robinson, D	305.0	202.5	325.0	827.5
Dundon, J	282.5	200.0	270.0	752.5
Cameron, R	282.5	195.0	250.0	727.5
Weidow, T	60.0	197.5	60.0	317.5
275#				
Leiato, T	377.5	272.5	305.0	955.0
Madkins, L	320.0	245.0	327.5	892.5
Bonner, T	342.5	237.5	297.5	872.5
Best, N	320.0	232.5	320.0	862.5
Brooks, T	320.0	205.0	295.0	820.0
Stoughton, S	315.0	200.0	297.5	812.5
Fosler, K	322.5	182.5	292.5	797.5
Holt, S	300.0	215.0	280.0	795.0
Buckley, W	272.5	227.5	250.0	750.0
Lawless, S	285.0	195.0	265.0	745.0
319#				
Moore, B	360.0	275.0	332.5	967.5
Reeves, M	375.0	245.0	340.0	960.0
Dempsey, B	387.5	235.0	332.5	955.0
Grant, M	347.5	265.0	342.5	955.0
Gillingham, B	357.5	250.0	340.0	947.5
Philippi, M	357.5	232.5	352.5	942.5
Payne, G	375.0	235.0	302.5	912.5
Huesman, B	377.5	212.5	290.0	880.0
UNL#				
Henry, M	430.0	210.0	410.0	1050
Culnan, S	360.0	242.5	317.5	920.0
Gisondi, P	342.5	230.0	275.0	847.5
Dirkson, R	305.0	195.0	260.0	760.0

COMMEMORATIVE CERTIFICATES:

*AMERICAN AND NATIONAL RECORD

A 8 1/2 x 11 certificate is available to commemorate your achievements. Include a photo-copy of the record application with required signatures.

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Now available are certificates to document your placement on the ADFFA TOP 20 LIFER LIST. Include a photo-copy of the listing indicating your name placement.

The cost is \$5.00 per certificate. Send orders to the
ADFFA Secretary/Treasurer, 29 S Orchard Drive, Amherst,
MA 01002-3038

SPECIAL OLYMPICS POWERLIFTING

by STEPHANIE WHITING

In thirteen years of powerlifting as a competitor, referee, meet director and coach, one of the most rewarding experiences has been working with Special Olympic athletes. Last year, the Wisconsin Special Olympics office called and asked if International competitor-Theresa Ryskoski and I would run a powerlifting clinic and host the regional powerlifting meet. The local YMCA powerlifting club helped us with meet set-up, spotting and loading and expediting. It was a thoroughly enjoyable afternoon of teaching and learning and giving encouragement to 21 athletes. The Y powerlifting club members worked with the lifters during the warm-up sessions, helping the athletes on their form for the bench press and deadlift, the two lifts that were contested last year. Two months later, we ran the Wisconsin Special Olympics State Powerlifting Meet. At this time, we also coached the athletes on the squat which was allowed into the Special Olympics games this year.

This past spring, I ran a special Olympics powerlifting clinic for coaches and a month later, we hosted the 1995 Wisconsin Special Olympics Regional Powerlifting meet. Once again the Y powerlifting club helped out. They looked forward to working with the athletes again, as much as, Theresa and I did. How to put into words the wonderful spirit that comes from an afternoon of being with the Special Olympians? First unconditional friendship, then enthusiasm, followed by total dedication to athletic performance; all of this in a supportive atmosphere where all lifts are celebrated.

Would you like to become involved in your state's Special Olympics powerlifting program as a coach, referee or meet director/helper? Or would you like to start powerlifting in your state's Special Olympics games? The two Sport Directors for Special Olympics Powerlifting are:

Chip Hultquist	Paul Fletcher
964 South, Linden	6224 Snowden
Alcoa, TN 37701	Batton Rouge, LA 70817
615-681-6248	504-753-8586

Let them know you would be available, if you can help in any way. If I can answer any questions for you, write me at 4768 Barbara's La., Stevens Point, WI 54481.

WHY LIFT?

by SABRINA WALHEIM

The message on my answering machine said "Your presence is required at my party this Friday night in New York City." The wheels of my brain started churning..."Let's see, if I do Day 3's workout on Wednesday, I could go to the gym at 5 AM on Thursday to do Day 4, and then go back in the afternoon to do Day 5 after work, and I can travel to New York on Friday,...but will I have enough rest to be at my best for the squat?"

In the end I decided to stay home from the party, and to do my workouts as regularly scheduled. My friend could not understand: "Why can't you just skip it this one time?" she asked. I tried to explain how that was a ridiculous request, that just as she would not consider skipping a day of work at her Wall Street job, it would not cross my mind to skip a day of training at the gym "It would be like asking a priest to skip Sunday mass, or like

asking the president to stay home from the State of the Union, like..." I think she probably hung up on me before I had finished my list of analogies. To her I was just "going to the gym" to "work out" like everyone else. How could I explain to her that my training is not an act of vanity, nor a fitness craze, nor a pointless obsession? To me it has become my art.

Daily I enter my "studio", the gym, prepared to focus on certain "sketches" I've been thinking about all day. I can barely wait to get there and get started. As I change my clothes I reflect upon a time when I would come here wondering, "How will this workout turn out? Will I be intense? Will I get the results I want today?" I smile as if I were a parent recognizing themselves in their own child. I know from experience that as surely as I am there, so is my desire, and my intensity. Uncertainty has long since melted into purpose.

There is no time for socializing in my studio, for everything down to the last second of rest is a calculated brushstroke requiring immense concentration. People around me know that there is no use trying to talk to me in the gym. There is plenty of time to talk later, there will always be other days like I had today, but there will never be another now, and with this in mind I set to work. I begin and concentration draws me far away from those around me.

I imagine that most people probably look in a weightroom and notice the dust on the floor, tears on the corners of the benches or on the cable pulley, and rust creeping around the ends of the bars. They wince as the plates clash like cimbals when stacked together, or they jump at the crash of thunder when those hit the floor. They sense the severity of the iron, they feel discomfort amidst the grime, they tense while watching someone struggle under the weight of the bar, they smell the sweat.

But it is so much more sensual an experience for the artist. I see the gradual back and forth motion of chalk rubbed rhythmically into calloused palms, as stray flakes precipitate to the thin dust that traces my footprint against the floor. I smell a hint of citrus in each spark of friction as I load the oxidizing iron plates to the bar. I feel the gentle placement of my palm against the bar, the subtle curl of my fingers wrapping around it, and the reassuring caress of my thumbs acknowledging familiar grooves. I taste my own quick breaths desperately exchanging dry staling anxiety for the cool invigorating menthol of fresh oxygen. And I hear... nothing. I am erect, unflinching, my mind furiously races over the critical checkpoints, ready to readjust my position at any moment. There is a surge as armies of cells invade my muscles and attack in a swelling pulse of power. This is control, this is my reality. I am not exercising without purpose, I am exercising Mind over Matter.

I am euphoric.

I will wake up tomorrow with purple welts behind my knees where my wraps were. There will be chafed burns twisting across my hips from my weight belt. I will move about my day under the ponderance of a profound soreness resonating throughout my flesh. Yet I will be dreaming of my art and the work that lies on the way to improvement. The beauty of my art is that there is no limitation known as mastery. Knowing this, I will be further inspired when I return to my studio once more that afternoon.

MEET RESULTS

FLEX GYM CLASSIC
APR 30, 1995-NORTHGLENN, CO
ANDREA SORTWELL

Alberini, S 242	355	210	375	940
Lavoie, E	350	230	400	980
Martin, J	380	175	330	885
275 Lesques, D	310	210	370	890
UNL				
Richardson, J	400	275	425	1100
WOMEN LIGHT				
120 Botseas, D	245	145	300	690
119 Steadm B	270	110	300	680
111 Canha, L	225	115	270	610
111 Dodge, M	235	95	265	595
WOMEN MIDDLEWEIGHT				
131 Pike, S	320	145	370	835
135 Foley, L	200	115	230	545
WOMEN HEAVYWEIGHT				
196 Barba, M	300	155	345	800
157 Parson, V	240	135	245	620
WOMEN MASTERS				
127 Scott, Dara	305	150	360	815
110 Moisis, M	185	130	260	575
196 Barba, M	300	155	345	800
OPEN SUBMASTER				
120 Duval, D	400	250	400	1050
130 Houle, R	390	240	425	1055
240 Dunham, D	530	370	380	1280
215 Campbell, D	405	315	460	1180
MASTER MIDDLEWEIGHT				
188 Christo, A	465	305	510	1280
192 Allgeyer, C	480	320	480	1280
193 Karolitz, R	440	340	450	1230
188 Smith, W	440	275	405	1120
MASTER HEAVYWEIGHT				
242 Weeks, T	640	365	600	1605
216 Burlage, M	580	315	550	1445
239 Rainey, M	495	340	500	1335
216 Reynolds, D	515	330	135	980
211 Noel, S	250	365	250	865
239 Moisis, A	225	275	400	900
GRANDMASTERS				
205 Rubin, A	405	345	500	1250
153 Dwyer, D	315	145	385	845
185 Gullage, B	315	145	385	845
163 Petrone, J	200	150	250	600
SPECIAL OLYMPICS				
Burns, S	220	170	285	675
Sandborn, J	360	200	315	875
OPEN				
123 Duval, D	400	250	400	1050
132 Houle, R	390	240	425	1055
148				
Panteledes, J	475	305	445	1225
Geoffrey, D	395	240	390	1025
165				
Mathieu, C	505	265	510	1280
Panteledes, B	475	280	500	1255
Falvo, D	365	250	540	1155
Molligi, A	400	250	490	1140
Dumont, S	440	265	435	1140
Ascani, J	425	265	450	1140
Farmer, B	400	225	495	1120
Brown, D	375	260	425	1060
McCormack, J	330	215	400	945
181				
Dore, D	385	245	525	1155
Barham, D	400	250	425	1075
Laverniere, D	405	240	430	1075
McQueen, R	370	285	405	1060
Gamelin, B	305	225	350	880
198 Haycock, D	450	290	505	1245
220				
Audet, D	740	420	620	1780
Bryson, D	530	360	530	1420
Caeta, J	450	330	570	1350
Molligi, J	500	315	500	1315
Agnew, J	470	320	485	1275
Karpinski, S	455	285	485	1225
242				
Weeks, T	640	365	600	1605
Pace, J	600	400	600	1600
Drew, J	615	360	545	1520
Burns, B	570	300	530	1400
275 Drone, P	530	340	500	1370
UNL Otte, C	500	280	500	1280
HIGH SCHOOL TEAM:				
LITTLETON -	26			
NASHUA -	16			
PORTSMOUTH -	7			
SPAULDING -	7			
KINGSWOOD -	7			
NET TEAM:				
GALAXY-	31			
POWERZONE-	20			
CARL'S-	13			
OUTSTANDING LIFTER(HS): JASON ROY				
OUTSTANDING LIFTER(WOMEN): SUE PIKE				

OUTSTANDING LIFTER (MEN): DAVID AUDET

The 1995 NH State Powerlifting Championships was held, for the second consecutive year, in the spacious confines of St Stanislaus Hall in Nashua, NH. With 73 lifters and over 230 spectators, over the course of the two day event, it was largest drug-tested state meet and the second largest state meet ever. Saturday's lifting featured some fine performances. In the women's division, Demetra Botseas pulled out a win, in the light weight class, on her last deadlift of 300 lbs. Sue Pike Markowski, reined supreme again in the middleweight class behind a 370 lb deadlift. Sue was the outstanding women's lifter for the third year in a row, a feat that has never been done before. Marilyn Barba took the heavyweight class, breaking 300 lbs in the squat, and Dara Lehans-Scott Gaugler, took the women's masters division, setting two records on route. Alley, B. The Special Olympics division saw Sean Burns squeak by former state champion Josh Sanborn, by pulling a 285 lb deadlift. In the Submasters division, David Duval and Ray Houle battled throughout the day, with Duval taking the title. Dave's 400 lb squat and deadlift, and his 250 lb bench were both submaster and open 123 lb class state records. Andrew Christo nosed out Carl Allgeyer for the middleweight Masters crown. Alan Rubin came out on top in the Grandmasters division, behind a 500 lb deadlift. In the Open weight classes, David Duval took the 123McKinney, R. Houle, took the 132 lb division, behind a state record bench of 240 lbs. John Panteledes repeated as 148 lb champion behind a 475 lb squat and 305 lb bench. The largest class of the meet was the 165 lb. From start to finish it was mayhem, with virtually every place seeming to shift with the next lift. Chris Mathieu came out on top with the heaviest squat on the light day of 505 lbs and sold 1280 lb total. Brian Panteledes came in a close second with a 500 lb deadlift and 1255 lb total. Also of note was David Falvo's 540 lb state record deadlift, the heaviest of the day. In the 181 lb class, teenager Daniel Dore took top honors behind a 525 lb deadlift. The heavy day saw David Haycock take the 198 lb title. Tom Weeks dominated the heavyweight Masters class and 242 lb division for another year, totalling 1605 lbs. Paul Drone took the 275 lb class, behind a 530 squat, and in his first meet, Chris Otte took the super heavyweight class, squating and deadlifting 500 lbs. The outstanding lifter of the weekend however was in the 220 lb class. Dave Audet set the crowd on its ear with an impressive 740 lb squat, and followed that up with a very narrow miss at 800 lbs. Both his squat and his 1780 lb total were state records. In the team competition, Littleton High School came out on top for the second straight year in the high school division. The open division saw Galaxy Gym take top honors, beating out Powerzone and Carl's Fitness. In closing, I would like to thank the people that made this meet possible. For the second straight year, spotting was incredible and made the meet especially good. The spotters were Jeff Gilbert, Dana Hamel, Mike Burns, Mark White, and Dave Barham. The judges were Waiter Nadeau, Joe Wencus, Bud Johnson, and John Benson. Jackie Nadeau kept score, and Dan Labrie did his usual fantastic job behind the microphone as MC.

OHIO STATE CHAMPIONSHIP
APRIL 30, 1995-BEDFORD HTS, OH
ED & FRANK KING

WOMEN

112 Frankmann, J.	265	170	315	750
207 Corney, L.	435	180	395	1010
122 Ruffener, M.	275	175	280	730
122 Levi, J.	265	160	235	660
103 Guldstone, P.	160	90	205	455

TEENS

191 Wilson, P.	385	435	525	1345
155 Lamneck, S.	400	275	360	1035
241 Isbell, J.	540	315	490	1345
173 Kippert, B.	360	235	440	1035
259 Costello, S.	380	350	500	1230
257 Doughty, J.	475	240	400	1115
242 Wells, S.	300	170	300	770

MASTERS 40-49

189 Register, J.	575	440	500	1515
198 Gengler, H.	555	405	560	1520
256 Buckholz, W.	675	410	565	1650
175 Lamneck, S.	480	335	475	1290
164 Oleszozak, M.	460	275	500	1225
220 Sines, C.	425	280	470	1175

MASTERS 50-59

195 Sustin, B.	500	325	525	1350
262 Batten, C.J.	500	505	500	1505
181 Woods, G.	405	255	405	1065

BEST LIFTER - MASTERS: JAMES REGISTER
BEST LIFTER - LIGHT: JASON ROSS
BEST LIFTER - HEAVY: RICK COATES

The 1995 ADFPA OHIO STATE CHAMPIONSHIPS was again a huge success. With 90 competitors, many State and some American Records were broken. The following American Records were broken: Teenager Pat Wilson broke the Bench Press Record with a 435 lb press. Master Lifter C. J. Batten broke the bench Record with a 505 lb press. Dr. Larry Miller broke yet another Bench Record with a 453 lb press in the 165 lb class. The Kings Gym Powerlifting Team once again won the Team Trophy making it five years in a row!!! Outstanding Lifters were: James Register won the Outstanding Lifter award in the 40-49 Masters with a 1515 total. Jason Ross won the Outstanding Lifter award in the Lightweight Division with a 1500 total. Rick Coates won the Outstanding Lifter award in the 275 lb Heavyweight Division with a 2025 total. The following competitors were tested and were found to be drug free: Mike Jarrett; Diane Almqvist; Jerry Willoughby; Randy McKinney; Linda Comey; Lynn Frankmann; Rick Coates; Pat Wilson; C.J. Batten; and Larry Miller. My brother Frank and I would like to thank all the judges, spotters, loaders, scorer personnel, and concession stand. Special thanks to Beany King, Tony King, and Mom King. Without the help and support of these people, this

NEW HAMPSHIRE STATE
APR 8-9, 95-NASHUA, NH
ROBERT ROGERS

HIGH SCHOOL 132				
Roy, J	275	260	350	885
148 Spoelstra, E	240	180	360	780
181 Chilafote, J	165	110	280	555
198 Hobbs, T	210	155	330	695
220				
Puno, N	375	210	450	1035

AMERICAN DRUG FREE POWERLIFTING

Table with columns for event names (e.g., 181 MASTER 40-44, 181 MASTER 45-49) and corresponding weight values (e.g., 197.5, 125.0, 230.0, 552.5).

Table with columns for event names (e.g., 242 MASTER 40-44, 242 LIFETIME) and corresponding weight values (e.g., 227.5, 172.5, 215.0, 615.0).

Table with columns for event names (e.g., 198, ENHARDT, R) and corresponding weight values (e.g., 445, 420, 275).

Siegel, Bill Clayton. Russ Barnickle, Barbara Falconio and Gerry, Fred Glass who does what needs to be done. Gary Hoxworth and Ted Giantini who refereed, spotted and did whatever. Spotters Doug Ely and Fred Rice, who also took his state referees test, good luck Fred. To Mania Pyra and my wife Clona Jean who kept score under the watchful eyes of Laurie Giantini our head score keeper. Laurie was presented with the Frank Bates Sportsmanship Award for her many years at the table, giving freely of her time. Awards were made by Siegel Engraving, and everyone enjoyed the plaques, A Siegel announced, expedited, and helped in many ways. Many thanks to the lifters for coming and for whom the meets are held. Without the lifters there is no contest. Many thanks to all and to anyone I may have missed. Jumpin Jersey Joe Pyra.

SHENANDOAH OPEN MAR 4-5, 95-WOODSTOCK, VA TOM GIORDANI

Table with columns for event names (e.g., WOMEN LIGHT, WOMEN HEAVY, MASTER LIGHT, MASTER HEAVY) and corresponding weight values (e.g., 235, 115, 255, 605).

HOPATCONG OPEN POWER MEET NEW JERSEY BENCH & DEADLIFT HIGH SCHOOL NATIONAL BENCH PRESS CHAMPIONSHIP MAY 6, 1995-HOPATCONG, NJ JOE PYRA

Table with columns for event names (e.g., 220 TEEN 17-19, HIGH SCHOOL BP NATIONAL, WOMEN 129-Kelly, K) and corresponding weight values (e.g., 55, 55, 575, 685).

Table with columns for event names (e.g., 123-DiDonato, A, OUT OF STATE, Slingland, W) and corresponding weight values (e.g., 390, 255).

This was a small but exciting meet with several close encounters. W Rittger almost pulled 700 in the DL and Davis, J Keith Blackston nearly benched 505 but got a slight pec tear for his efforts. I wish to thank all those who made this meet possible. To Steve Trimmer, Athletic Director, who allows us to use the high school. To Mike Juskus who set up the meet. To Matthew Pyra and Mike Plummer, Lorence who spotted on short notice, Referees, Brenda Moyer, P

275 Carrington, C 540 330 660 1530 Gilbert, J 575 380 510 1465 UNL Tsouroutis, T 525 400 500 1425 Gardner, J 350 265 435 1050 OPEN DIVISION 114 George, W 210 150 275 635 Ryman, K 235 115 255 605 123 Howerin, J 310 225 345 880 Siddons, J 250 160 270 680 132 Sine, T 215 110 225 550 Keck, L 185 105 230 520 148 Beatty, D 545 330 550 1425 Frahm, E 420 265 460 1145 Loconti, P 425 250 450 1125 Sheehan, P 415 275 370 1060 Kirby, M 375 305 360 1040 DeNave, J 345 220 365 930 165 Malozzi, M 470 260 480 1210 Asselin, T 410 285 475 1170 Padilla, M 400 250 455 1105 181 Pilkenton, M 610 380 625 1615 Francese, S 550 335 550 1435 Lutz, H 540 280 530 1350 Zsido, R 500 310 500 1310 Hicks, D 505 330 475 1310 Nevins, R 405 305 455 1165 Wojcicki, T 350 225 475 1050 Dodson, D 365 225 425 1015 198 Currence, D 560 390 600 1550 Alleyne, C 550 400 580 1530 Valchine, J 530 340 590 1460 Smith, C 540 315 600 1455 Mankamyer, T 560 315 570 1445 Hawkins, M 500 285 535 1320 Foster, J 505 305 510 1320 Sheasley, K 400 275 530 1285 Martin, T 450 225 440 1115 220 Johnson, K 680 400 720 1800 Capwell, D 550 390 540 1480 Kieth, R 545 360 575 1480 Amstone, C 540 330 565 1435 Johnson, P 500 365 525 1390 Demchak, J 525 315 505 1345 Troxell, B 500 355 480 1335 Ritter, D 465 300 485 1250 242 Brennan, T 530 360 560 1450 Moyer, P 375 245 400 1020 275 Kress, H 620 380 600 1600 Stead, R 640 385 570 1595 Gilbert, J 575 380 510 1465 Sheehan, J 570 360 535 1465 Czarnota, M 525 320 575 1420 Freeman, J 500 350 505 1355 Goodnough, J 500 380 460 1340 Shrum, B Guest 350 250 400 1000 UNL Powell, B 665 460 650 1775 Hart, G 580 385 505 1470 Tsouroutis, T 525 400 500 1425 Randolph, A 400 320 520 1240 Gardner, J 350 265 435 1050	MASTER WOMEN UNL Kephart, S 41 135 135 205 475 MASTERS LIGHT 198-58 Hoagland, B 425 250 440 1115 181-50 Sanders, J 450 295 440 1185 165-44 Baroody, T 180 250 270 700 MASTERS HEAVY 275-44 Hill, G 550 365 385 1500 242-48 Dickerson, W 525 355 480 1360 242-40 Swain, G 590 350 525 1465 220-46 Early, J 370 385 370 1125 TEEN WOMEN 122-18 Bolen, B 220 35 240 545 TEEN MEN 14-15 198-Wilson, A 365 300 420 1085 181-McMahan, B 285 205 365 855 UNL-Cline, R 350 205 400 855 TEEN MEN 16-17 132-Browning, B 95 170 250 515 198-Dixon, D 440 250 500 1190 275-Bentley, C 500 275 500 1275 242-Ballard, V 365 245 465 1075 275-Tranham, C 350 315 405 1070 220-McCoy, B 350 250 405 1005 275-Reynolds, B 365 205 315 905 TEEN MEN 18-19 114 Riddick, B 285 215 315 815 TEAM CHAMPION: Mountaineer Gym, Murphy, NC	Lowther, D 415 350 485 1250 REGION 7 BENCH PRESS LIFETIME 132 Nelson, M 315 Lofing, M 230 165-Larchick, J 330 181-Safford, P 375 220-Caldwell, S 480 275-Ruffcom, R 375 OPEN 165-Graham, R 330 220-Ortiz, G 365 242-Moore, G 465 SUBMASTER 275-Corner, B 365 MASTER 148-White, E 250 165-Ligouri, L 305 181-Foyt, M 225 198-Story, B 360 242-Sveningson, A 220 275-Kubat, B 370 WOMEN 116-Harmon, S 170 176-Maxwell, D 200 REGION 7 DEADLIFT LIFETIME 132-Lofing, M 415 OPEN 242-Beatty, V 605 TEEN 198 Bassett, C 510 Whitney, T 475 MASTER 165-Jones, J 535 198-Story, B 510 WOMEN 104-Mader, L 290	Salkowski, M 235 390 625 165 Twyman, B 360 450 810 King, Jr, P 295 480 775 DeWalt, D 280 440 720 181 Pasquarello, J 385 495 880 Branch, R 335 500 835 Lee Jr, H 265 530 795 198 Neal, T 350 550 900 Gray, M 375 520 895 Smith, A 360 490 850 Bejeck, B 300 480 780 Maizets, P 265 505 770 Kongsted, B 255 430 685 220 Rifle Jr, D 380 620 1000 Ballard, J 420 565 985 Plummer, J 430 530 960 Sanders, M 385 540 925 Briant, M 300 565 865 Grammes, G 275 525 800 Canfield, E 315 450 765 Stewart, T 250 500 750 Bouchelle, J 265 455 720 242 Messick, T 425 575 1000 Santifil, Jr, E 370 500 870 Elias, P 360 485 845 Stump, J 335 500 835 275 Carrington, C 375 640 1015 Lee, L 365 530 895 UNL Smith, E 440 680 1120 Huesman, R 460 630 1090 JUNIOR-148 Wible, S 305 390 695 WOMEN 154 Grasso, M 175 320 495 MASTER 40-49 198 Neal, T 350 550 900 165 Mazzuca, J 290 500 790 220 Evans, M 370 460 830 220 Bouchelle, J 265 455 720 165 Bowers, R 215 300 515 198 MASTERS 50-59 Richardson, W 300 420 720 220 Singh, N 280 400 720 Downey Jr, W 305 400 705 Stockwell, M 210 325 535	REGION 7 CHAMPIONSHIP MAY 6, 95-OMAHA, NE JOHN JONES LIFETIME DIVISION 132-Lofing, M 435 230 415 1080 165-Corner, M 500 275 565 1340 181 Safford, P 610 375 575 1560 Servant, B 515 300 505 1320 Vermillion, C 465 280 515 1260 198-Drueppel, M 605 395 650 1650 220-Ward, G 625 380 635 1640 242-Uhrlaub, M 650 360 610 1620 275-Adams, M 540 385 670 1595 OPEN DIVISION 165-Graham, R 460 330 545 1335 198-Larchick, J 605 435 600 1640 242 Schellen, M 640 360 605 1700 Beatty, V 570 360 605 1535 Medina, D 580 320 540 1440 275 Peterschmidt, K 605 410 585 1600 SUBMASTER DIVISION 242-Medina, D 580 320 540 1440 MASTER DIVISION 165-Ligouri, L 400 305 495 1200 181-Kanto, U 345 230 490 1065 198 Vermillion, C 245 165 300 710 Nellor, E 605 335 645 1585 WOMEN DIVISION Goldstone, L 225 140 260 625 TEEN DIVISION 114-Wachsman, J 150 75 185 410 132 Walvoord, B 360 185 375 920 Safford, M 310 165 320 795 148 Schurman, J 390 230 400 1020 Albers, C 370 205 390 965 Wellstead, B 300 180 405 885 Schurman, J 315 175 325 815 Strom, S 290 175 335 800 Wellstead, A 295 150 320 765 165 Tesmer, J 400 210 420 1030 George, C 370 185 415 970 Gilroy, T 340 170 330 840 Tesmer, P 340 125 290 775 181 Snowden, J 425 215 420 1060 Gohr, J 325 205 400 930 198 Alzari, D 440 235 455 1125 Whitney, T 380 250 475 1105 Maltby, M 405 230 390 1025 242-Steinspring, T 500 355 505 1360 275-Kump, E 475 295 505 1360	CENTRAL STATES PL/BP MAR 4, 95-OKLAHOMA CITY, OK STEVE RODENBERG 60 KG LIFETIME Beehtol 125.0 105.0 182.5 412.5 75 KG LIFETIME Vaughn 230.0 135.0 230.0 595.0 OPEN Kelling 182.5 97.5 200.0 480.0 MASTERS Charles 122.5 82.5 132.5 337.5 82.5 KG LIFETIME Johnson 222.5 145.0 272.5 640.0 Schraub 205.0 120.0 200.0 525.5 Richerson 150.0 87.5 187.5 425.0 Johnson 142.5 100.0 182.5 425.0 OPEN Kinnamon 227.5 132.5 250.0 610.0 MASTERS Kinnamon 227.5 132.5 250.0 610.0 Williams 150.0 102.5 195.0 447.5 Davis 165.0 100.0 170.0 435.0 90 KG LIFETIME Murray 245.0 140.0 227.5 612.5 Ward 150.0 92.5 185.0 427.5 OPEN Murray 245.0 140.0 227.5 612.5 Combs 182.5 145.0 207.5 535.0 MASTERS Caputo 227.5 152.5 242.5 622.5 Ringle 217.5 132.5 185.0 535 100 KG OPEN Berger 217.5 155.0 250.0 622.5 110 KG OPEN Panter 275.0 197.5 285.0 757.5 125 KF MASTERS Calvin 62.5 140.0 110.0 312.5 UNL LIFETIME Moore 170.0 130.0 205.0 505.0 OPEN Skeens 275.0 160.0 247.5 682.5 BENCH PRESS 60 KG-Parker 115.0 82.5 KG-Shalkowski 162.5 90 KG Green, Stacy 155.0 Green, Scott 150.0 Alfaro 125.0 100 KG-Serda 200.0 110 KG-Rodenberg 215.0	TENNESSEE STATE/MID SOUTH JUNE 3, 95-MEMPHIS, TN MIKE SIMMONS BENCH PRESS WOMEN LIGHT 104 Frailey, M 145 111 Warner, S 65 MEN TEEN HEAVY 220 Wren, C 375 220 Mitchell, B 285 MEN OPEN 165 Denson, C 300 Clark, R 300 Papish, B 240 181 Griffith, M 315 Andrade, D 315 Thomas, B 285 Haynes, W 280 198 Ruble, K 390 220 Barber, Robert 420 Anguish, D 400 Sullivan, S 325 Corum, S 300 242 Fornistall, S 465 Green, B 375 Coleman, R 335 TENNESSEE STATE WOMEN HEAVY Owens, A 315 165 285 765 Marshall, S 235 145 315 695 Westrich, S 205 120 235 560 Stanford, K 205 115 255 575 MEN TEEN HEAVY Gurley, C 420 325 440 1185 MEN MASTER HEAVY Rodriguez, E 510 300 500 1310 Westrich, S 365 250 430 1045 MEN OPEN 165 Denson, C 425 300 440 1165
NORTH CAROLINA STATE MAY 13, 95-ANDREWS, NC DONNIE & DEBBIE KIEFER OPEN 148 Sokolski, K 410 255 450 1115 Welbome, J 330 275 350 955 165 Baroody, T 180 250 270 700 181-Fullford, C 425 310 520 1255 198 Rogers, T 480 295 300 1275 Alvamas, C 405 255 450 1110 Killian, S 315 225 360 900 220 Brohner, T 625 475 575 1675 Early, J 370 385 370 1125 242 Lewis, C 560 350 620 1530 Roberts, S 385 405 410 1260 275 Neal, M 675 485 590 1750 Bond, J 650 330 540 1520	EASTERN NATURAL BP & DL APRIL 30, 95-COLORA, MD BRIAN WASHINGTON 148 Wible, S 305 390 695					

AMERICAN DRUG FREE POWERLIFTING

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Fyfe, S; Griffith, M; Blaylock, R; Simon, T; Lo, D; Camron, J; Bachelor, L; Coleman, R; Ashworth, T; Waldroup, K; Stanford, B; Mid South Classic Women Light; Women Heavy; Men Master Light; Men Master Heavy; Denson, C; Taylor, J; Fyfe, S; Thomas, B; Griffith, M; Moore, K; Blaylock, R; Simon, T; Reed, T; Smith, D; Pund, B; Shurdivant, B; Anguish, D; Lo, D; Corum, S; Camron, J; Sullivan, S; Arnold, T; Fornistall, S; Gibson, T; Dillworth, R; Bennett, S; Coleman, R; Ashworth, T; Pirtle, R; UNL Parker, J.

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Medas, C; Simmons, J; Lewis, J; Philben, P; Schuman, D; Carlson, S; Mastor; Totd, R; Iskierski, K; Colasanti, R; Monti, J; Bushard, J; Peterson, F; Smith, D; Marchionda, J; 148-Clarke, W; 165-Fernandes, P; 181-Sullivan, M; 198-Malone, H; 220 NOVICE; Lawler, J; 220 OPEN; Villeneuve, D; Keene, V; Davidson, T; Chevalier, D; Schmalz, C; Jones, K; Arnold, E(Guest); UNL-Nyholm, K; BEST LIFTER: DAVE VILLENEUVE; *JUNIOR AMERICAN RECORD; **MASTER AMERICAN RECORD; BENCH PRESS WOMEN; Berry-McGee, B; Coughlin, E; DeBlois, L; JUNIOR; Cagiano, J; Rezzutti, B; SUBMASTER; Harvie, D; Kielezweski, R; Proto, P; DiRienzo, D; Ricci, J; MASTER; Chevalier, D; Engerran, J; DeAmbrose, F; Rasamny, R; Montembault, D; GRANDMASTER; Lydon, T; Wright, A; Poulin, D; 123-Charrette, N; 165-Wright, A; Kielezweski, R; Dube, D; Chricho, P; Proto, P; Cagiano, J; Harvie, D; Chevalier, D; Kice, J; Bianchi, M; Millett, J; Gilbert, B; BEST LIFTER: DAN HARVIE.

MICHIGAN TEEN QUALIFIER

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Sochor, D; Powell, A; Martin, A; Decker, J.

LEWIS, AL

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Lewis, AL; Kaiser, G; Brown, M; Saunders, C; Sanguineti, C; Watts, H; Tunsel, C; Lemma, D; Scruggs, K; Johnson, L; Ware, S; Scott, J; Jackson, M; Howell, J; Hill, J; Heasley, C; White, E; Talavera, A; Chatman, C; 242 Gereles; Putman, J; Epps, M; UNL Henry, M; MEN TEEN 148; Jackson, J; Jackson, W; 181 Crumme, T; 242 Harrison, W; MEN SUBMASTER 181; Menick, B; Sanguineti, C; MASTERS 45-49 MEN 148; Lewis, P; MASTERS 55-59 MEN 148; Peek, M; MASTER 45-49 MEN 181; Yakubovsky, J; MASTER 45-49 MEN 198; Lucio, J; MASTER 45-49 MEN 220; Guzman, O; MASTER 40-44 MEN 242; Graham, J; Gonzales, R; BENCH PRESS; 123 Kanemoto, M; 132 Badford, B; 148 Copley, K; Warr, G; Gutierrez, G; Glaman, B; Martinez, J; Virella, E; Holmes, B; Lerma, D; Johnson, L; Wilkinson, E; Jackson, M; Johnson, R; Dickerson, T; Tunsel, C; Abemathy, D; TEEN 181 Crumrine, T; MASTER 40-44 220; Baptista, J; Wilson, T; Delosantos, D; MASTER 45-49 UNL; Duggan, J; UNL OPEN; Hayes, M; Woody, R; MILITARY BENCH 165; Bryant, T; Estantino, T; Martinez, J; Taylor, D; 198 Booker, J; White, E; Hernandez, B; 242 Florence, V; TEXAS STATE: The 1995 ADFPA Texas State Powerlifting/Bench Press Championships were held on 20 May 1995 in the

SPRING-OPEN MAY 27, 95-GRATERFORD, PA DONALD BEAUFORT

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Jones; Poepperting; 132 Weaver; Smith; Rodriguez; Pisechko; Mabine; Reid; Fogan; Cooper; Brookins; Drapper; Melson; Keels; Rosario; McAfee; Harris; Carter; Betts; Williams; Jackson; UNL Sourbeer; TEAM STANDINGS: 1ST Place SCI-Graterford 56 Points; 2ND Place SCI-Camp Hill 33 Points; 3RD Place SCI-Retreat 13 Points; OUTSTANDING LIGHT LIFTER: Greg Smith; OUTSTANDING HEAVY LIFTER: John Brookins.

TEXAS STATE PL & BP MEET

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Williams; Jackson; UNL Sourbeer; SCI-Graterford 56 Points; SCI-Camp Hill 33 Points; SCI-Retreat 13 Points; Greg Smith; John Brookins; WOMEN 122 MASTER 40-49; Petryman, D; JUNIORS; Smith, T; WOMEN 129; Holmes, L; WOMEN 139; Heaton, J; Byars, F; WOMEN 154; Holston, L; JUNIORS; Renley, B; WOMEN 176 MASTERS 40-49; Calhoun, P; WOMEN 176; Green, L; Fambro, S; Wilson, D; MEN MILITARY 114; Jackson, W; Lewis, AL; Bryant, J; Robinson, J; Taylor, D; Hambro, T; Jensen, D; Lozano, P; Scott, J; Jackson, M; Eustgn, J; MENS 132; Barfield, G; Barfield, J; Jackson, W; Copley, K.

Announcer-D Simmons, Expediter-Dana Taylor, Scores-Mary Simmons, Monica Malchow, Judges-Kenny Malchow, Norris Johnson, Joe Gannon, Mike Simmons, Platform Crew-Chris Rodgers, Jeff Hensley, Mark Mullins, Jeff Droke, Steve King, Meet Director: Mike Simmons
The 1995 ADFPA Tennessee State/Mid South Classic was LONG with some excellent lifting from 57 lifters entered from 9 states. There were 59 state records broken or established. David Anguish, from Payne's Gym in KY, had a National qualifying total in the 220's. Todd Arnold, from TN State Univ, and Shawn Fornistall, from Cagle's Gym in Marietta, GA, achieved their Elite totals in the 242's. Thanks to Coach Israel and to Memphis Catholic HS for the use of their fine facility. Thanks to Powerhouse Gym of Memphis for all their help and to Alumna-Forn Inc. and the National Association of Letter Carriers for sponsoring the Drug Testing. Thanks to all the lifters for hanging in there and making this an exciting competition. We nearly tripled in size from last year so we're planning a two day meet for next May, hopefully making it easier on everyone. See ya'll next year...MAYHEM MAYHEM

DONIPHAN INVITATIONAL MAY 20, 95-DONIPHAN, NE DAVE SOCHOR

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Bodlak, M; Simpson, M; Brandon, G; Happold, R; Bruner, C; 165 Connick, B; 181 Arnos, C; Schunk, A; White, C.

TEXAS STATE PL & BP MEET MAY 20, 95-BROOKS AFB, TX WILLIE MASTIN

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Petryman, D; Smith, T; Holmes, L; Heaton, J; Byars, F; Holston, L; Renley, B; Calhoun, P; Green, L; Fambro, S; Wilson, D; Jackson, W; Lewis, AL; Bryant, J; Robinson, J; Taylor, D; Hambro, T; Jensen, D; Lozano, P; Scott, J; Jackson, M; Eustgn, J; MENS 132; Barfield, G; Barfield, J; Jackson, W; Copley, K.

TEXAS STATE: The 1995 ADFPA Texas State Powerlifting/Bench Press Championships were held on 20 May 1995 in the

Table with 4 columns: Name, Weight, Squat, Bench, Deadlift. Includes lifters like Warr, G; Gutierrez, G; Glaman, B; Martinez, J; Virella, E; Holmes, B; Lerma, D; Johnson, L; Wilkinson, E; Jackson, M; Johnson, R; Dickerson, T; Tunsel, C; Abemathy, D; TEEN 181 Crumrine, T; MASTER 40-44 220; Baptista, J; Wilson, T; Delosantos, D; MASTER 45-49 UNL; Duggan, J; UNL OPEN; Hayes, M; Woody, R; MILITARY BENCH 165; Bryant, T; Estantino, T; Martinez, J; Taylor, D; 198 Booker, J; White, E; Hernandez, B; 242 Florence, V; TEXAS STATE: The 1995 ADFPA Texas State Powerlifting/Bench Press Championships were held on 20 May 1995 in the

NEW ENGLAND STATES MAY 20, 95-WHITMAN, MA GREG KOSTAS
Full Meet - Women; Bertoli, C; TEEN MEN; Butler, D; Lefgren, A; Ballard, R.

ADFFPA COMING EVENTS

AUGUST

- 12 AUG ADFPA Summer Classic BP/DL, (open, men, women, teen, master) Sean Culnan, 12 Biscayne Road, Troy NY 12182, D-518-272-8311, E-518-237-0972
 12,13 AUG ADFPA **Deadlift Nationals**, (open, lifetime, jr, teen, master, submaster, women) Mike Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)
 19,20 AUG **WDFPF World Teenage, Junior, Masters** (Sussex, England) Ken Smith, FAX 011-44-757-996 (In US contact ADFPA Secretary/Treasurer)
 19,20 AUG ADFPA Northeast Open PL/BP (Open, women, teenage, master) P Brown, Constr Zone Fitness Ctr, 2701 Robinson Blvd Pittsburgh PA 15235 412-371-8920
 26,27 AUG ADFPA Florida State (men, women, master, teen) Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804

SEPTEMBER

- 9 SEP ADFPA Minnesota Masters/Hawk County Open & BP (men, women, teen) Bill Omundson, 4053 Ugstad Road., Hermantown, MN 55811, 218-729-9532
 10 SEP ADFPA Competitive Edge Fitness Club Bench Press, Mike Ringo, Colorado 303-986-1862
 10 SEP ADFPA Maryland Bench, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8PM)
 10 SEP ADFPA Keystone Classic BP (All divisions, classes and wt grps) Bob Gaynor, 19 Sunrise Dr, Mountaintop, PA 18707 717-474-6111, 717-823-6994
 16 SEP ADFPA King of the Hill BP Willie Mastin 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
 16,17 SEP ADFPA New York State Open, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727
 23 SEP ADFPA Southern States Open BP/DL Rick & Vicky Godby, Westside Gym Inc., 7702 N.W. Main Street, Vidalia, GA 30474, 912-537-1850/1682
 24 SEP ADFPA LAVICSEF Open, James Hart, 4418 NW 50th Street, Lincoln, NE 68524, 402-470-3672
 30 SEP ADFPA Longmont YMCA PL Meet (open, teen, master, women) Jim Abbey, YMCA, 950 Lashley, Longmont, CO 80050, 303-776-0370

OCTOBER

- 7 OCT ADFPA North State BP, Swanson, John, Rt 1 Box 1137, 6 Fern Cliff Drive, Russell, PA 16345-9728, 814-757-8810
 7,8 OCT ADFPA Michigan State PL Championship, (men, women, master, submaster, teen, junior) S Mandreger, 182 Capital Ave NE, Battle Creek, MI, 616-962-7551
 8 OCT ADFPA Ohio Open BP/DL (open, women, teen, master-age groups) King's Gym, 24748 Aurora Road, Bedford Heights., OH 44146, 216-439-5464
 14 OCT ADFPA East York BP, Oct 1 Deadline, David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861, 401-724-8714
 14,15 OCT ADFPA Ironman/Ironwoman P/L (Open/master/sub/teen/junior/teen/women) J Thomas, YMCA Franklin/Northhampton Sts, W-B, PA 18701, 717-823-2191
 14,15 OCT ADFPA Central USA PL/BP (open, women, novice, teen, masters) Michael Cissell, 15 Lakeside Drive., Lake St Louis, MO 63367, 314-625-1225
 15 OCT ADFPA Atlantic States Open (men, women) Bob Moore, 81 Dean Street, Mansfield, MA 02048, 508-339-5796
 21,22 OCT ADFPA New Jersey State, Proffitness, 350 Route 46, Rockaway, NJ 07866, 201-627-9156
 21,22 OCT **WDFPF World Bench Press**, (open, jr, teen, women, submaster, master) Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)
 28 OCT ADFPA **Law Enforcement/Firefighters Nationals**, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727
 28,29 OCT **WDFPF Open Worlds** (Sussex, England) Ken Smith, FAX 011-44-734-757-996
 29 OCT ADFPA **Bench Press Nationals**, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727
 29 OCT ADFPA Larry Garro Memorial BP, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8pm)

NOVEMBER

- 4 NOV ADFPA High School All Comers BP (fresh, soph, jr, sr-Silver Creek HS) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122 800-484-9879 code MEME
 11 NOV ADFPA 300 LB+ Basho (women, men, teen, novice, jr sub, master) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122, 800-484-9879 code MEME
 11,12 NOV ADFPA **National Masters**, Andrea Sortwell, 11360 W 84th Place, Arvada CO 80005, 303-425-7075
 18 NOV ADFPA **National Squat Championships** (110) (All divisions) Bob Gaynor, 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994
 19 NOV ADFPA All American BP (All division, classes & wt grps) Bob Gaynor 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994

DECEMBER

- 2 DEC ADFPA Senior Regional (St Paul, MN-women, men, teen, master, qualifying required) Dennis Green, Box 147, New Market, MN, 55054, 612-461-3007
 2 DEC ADFPA Kentucky State/Blue Grass Open PL/BP, Steve Corum, 520 S Main Street, Henderson, KY 42420, 502-826-8354 or 835-7865
 3 DEC ADFPA Eastern States/Mass State PL BP (men/master/women/jr/teen) G Kostas Bx 483 Whitman, MA 02382, 617-447-6714 8-10PM
 16 DEC ADFPA King of the Hill BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2340

1996

JANUARY

- 20,21 JAN **WDFPF(ADFFPA) North American/World Record Breakers & BP**, Bob/Geri Gaynor, 19 Sunrise Dr, Mountaintop, PA 18707, 717-823-6994 or 474-6111

FEBRUARY

- 17-18 FEB ADFPA **Lifetime Drug Free Nationals**, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146, 216-439-5464

MARCH

- 9,10 MAR ADFPA **National Military Championships** (Ft Hood) MSGT J Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST/AV 737-3352
 16 MAR ADFPA Mass. State Open High School PL (Boy & Girls) H Waldron, Coyle & Cassidy HS, 2 Hamilton St., Taunton, MA 02780, 508-823-6164 Ext 680
 23,24 MAR ADFPA **Collegiate Nationals**, (Fort Hood) MSGT J Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST
 30,31 MAR ADFPA **High School Nationals**, Dennis Bradey, 5920 N Ridge, Chicago, IL 60660, 312-561-9692

MAY

- 18 MAY ADFPA Texas State PL & BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2342

JUNE

- 15,16 JUN ADFPA **Men Nationals**, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)

JULY

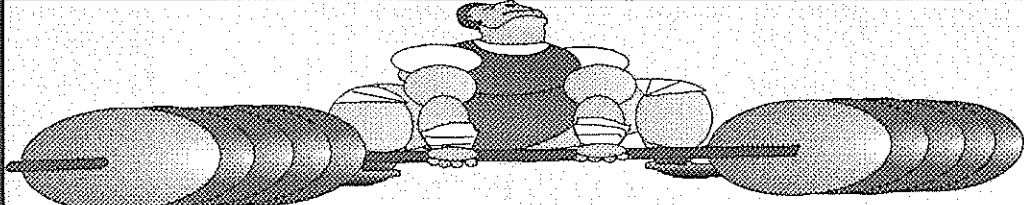
- 13,14 JUL ADFPA **Men Teenage/Junior Nationals**, James Hart, Lincoln, NE 68524, 402-470-3672

AUGUST

- 21,22 AUG ADFPA **Bench Press Nationals**, Michael Cissell, 15 Lakeside Drive, Lake St Louis MO 63367, 314-625-1225

NOVEMBER

- 2,3 NOV ADFPA **Police and Firefighters Nationals**, James Hart, Lincoln, NE 68524, 402-470-3672

ADFFPA LIFTERS		DO IT BETTER
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1995-96 ADFPA National Meet Schedule

AUGUST 12-13, 1995 ADFPA Deadlift National, Mike Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

OCTOBER 14-15, 1995, ADFPA Squat National, Bob Gaynor, 19 Sunrise Dr, Mountaintop, PA 18707, 717-474-6111

OCTOBER 28, 1995 ADFPA Police/Firefighters National, Peter Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727

OCTOBER 29, 1995, ADFPA Bench Press National, Peter Gisondi, 21 Richbell Road, White Plains NY 10605, 914-686-0727

NOVEMBER 11-12, 1995 ADFPA Masters National, Andrea Sortwell, 11360 W 84th Place, Arvada, CO, 80005, 303-425-7075

FEBRUARY 17-18, 1996 ADFPA Lifetime Drug Free National, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146 216-439-5464

MARCH 9-10, 1996 ADFPA Military National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-526-0779

MARCH 23-24, 1996 ADFPA Collegiate National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-

526-0779

MARCH 30-31, 1996 ADFPA High School National, Dennis Brady, 5920 N Ridge, Chicago, IL 60660 312-561-9692

JUNE 15-16, 1996 ADFPA Men National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

JULY 13-14, 1996, MEN TEENAGE/JUNIOR NATIONAL, James Hart, Lincoln, NE 68524, 402-470-3672

SEPTEMBER 21-22, 1996 ADFPA Bench Press National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

**MN STAR OF THE NORTH
STATE GAMES BP-DL
JUN 17, 95-FALCON HEIGHTS, MN
DENNIS GREEN**

TEEN WOMEN 139	
Greenwald, N	130
TEEN MEN 148	
Green, J	255
Hilden, N	195 315
220 Zosel, J	285 455
275 Leach, J	405
MASTER WOMEN 122	
Rivet, J	135 255
Schmidt, C	75
MASTER MEN 165	
Schmidt, D	280 400
181 Lindemans, C	290 510
198 LaBelle, G	230 330
220	
Bernsten, J	370 525
Croteau, B	305
242 Norton, B	285
275 Davis, R	330
OPEN 148	
Beaunmaster, P	300 500
181 Klien, J	550
198 Peck, J	525
220	
Cahill, J	370 685
Edelstein, M	380 615
Lusby, D	285 465
242	
Edelstein, B	320 560
Madvig, B	330 520
Nosan, L	265 400

The 1995 MN Star of the North BP-DL was held Saturday June 17 in the climate controlled Falcon Heights School Gym. That was good, as it was 95 degrees with high humidity that day. Referee duties were handled by W Jaroslowski, J Stockwell, K Roettgering, B Keller and D Dulski. Taking next attempts was B Vincent and S Green did the scoring.

17 year old N Greenwald of Stacy, MN got three solid bench attempts finishing with a meet record 130 lbs. Also in the teen division young J Green opened with a meet record 255 lbs for the gold medal with N Hyldin striking gold in the deadlift at 148 lbs. J Zosel was the lone entry in the teen 220 lbs and finished with a fine 455 lb pull. J Leach was our youngest competitor at 16 years old and pulled a fine 405 lbs for his gold medal.

We had two entries in the womens masters 122 lb class. ADFFA newcomer but no stranger to powerlifting, C Schmidt won a silver medal in the bench in her first ADFFA competition. J Rivet was the gold medalist with a 135 lb bench and an easy 255 deadlift.

Seven master blasters showed up for the fights in Falcon Heights. St Paul law enforcement officer D Schmidt, ripped to the shreds from some recent bodybuilding contests, benched a fine meet record 280 lbs. In the 181 lb class, C Lindemans had a fine day finishing off with a 510 lb dead. Last year's Citgo Star of the North athlete of the year, G LaBelle, displayed his usual fine form winning two golds in the 198's. Roseville's J Bernsten, sporting a new tattoo, finished with two meet records in the 220 lb masters class. 45 year old B Croteau continues to improve with every outing. 52 year old B Norton of Rockford, MN had a good time finishing with a fine 285 lb second attempt, barely missing 300 on his third. In the 275 lb masters division, the likable 71 year old R Davis once again proved the theory "The scenery only

changes for the lead dog". Roger got three successful, solid attempts finishing with an easy 330 lbs.

In the open division, 1994 National Police and Fire powerlifting champion P Beaunmaster benched a fine 300 and pulled a meet record 500 lbs. At 181 lbs South St Paul's J Klein came to deadlift and ripped up a fine 550 lbs. 33 year old J Peck pulled a fine 525 in the 198 lb class. 28 year old D Lusby was the only lifter on the day to be successful on all 6 attempts. David took the bronze medals in the 220's. M Edelstein got the biggest bench of the meet with a gold medal winning 380 lbs on a fine effort. J Cahill pulled more in this meet (685 lbs) than he totaled in his first ADFFA contest back in 1989. That is a rare distinction. In the 242's B Edelstein captured the gold in the DL with a fine 560 lbs. B Madvig took the gold back home to Eden Prairie with a fine 330 lb bench. L Nosan had a fine day finishing as our bronze medalist in the 242's.

I would like to thank Twin Cities Gym and Northwest Racquet, Swim and Health for their generous equipment loan and if it wasn't for Dustin and Kirk I still might be in Falcon Heights tearing down and delivering equipment. Thank you. A special thanks to Sandi and Vanessa for supporting me through these contests.

**MID-AMERICA BP & DL
JUN 24, 95-LAKE ST LOUIS, MO
MICHAEL CISSSELL**

BENCHPRESS WOMEN LIGHTWEIGHT	
Fraley, M	67.5
HEAVY WEIGHT	
Armstrong, A	62.5
Ramirez, C	35.0
JUNIOR MEN 165	
Meckley, D	65.0
181-Riney, D	160.0
220-Susnar, M	140.0
242-Schuldt, K	182.5
OPEN MEN 148	
Meyer, M	115.0
Black, S	105.0
Scott, M	105.0
165	
Furey, R	137.5
Krockenberger, G	135.0
Blake, R	135.0
181	
Goss, D	155.0
Turner, B	122.5
198	
Smith, D	175.0
Steinmeyer, S	145.0
Hammond, K	120.0
220-Maizels, T	117.5
242	
Panter, S	205.0
Schuldt, K	182.5
275	
Tisdal, S	207.5
Eilemann, W	195.0
UNL-Sardo, J	182.5
MASTER (40-49)	
Dickerson, E	127.5
Kinnamon, R	117.5
MASTER (50+)	
Westling, P	110.0
Zbornik, B	115.0
Livessy, D	127.5
Zimmermann, W	102.5
Kulage, G	102.5
BEST LIFTERS: JUNIOR BP - D. RINEY OPEN BP - S. TISDAL	
DEADLIFT WOMEN LIGHT	
Fraley, M	110.0
Heavy	
Ramirez, C	110.0
Armstrong, A	100.0

Werner, M	105.0
JUNIOR MEN 165	
Meckley, D	147.5
220-Susnar, M	222.5
242-Schuldt, K	250.0
275-Deith, B	227.5
UNL-Werges, M	300.0
OPEN 148	
Scott, M	162.5
165	
Krockenberger, G	250.0
Chasak, B	215.0
Blake, R	210.0
Furey, R	182.5
181	
Turner, B	212.5
Piper, T	202.5
198	
Cullum, B	270.0
Mattingly, B	262.5
220	
Klutenkamper, L	252.5
Maizels, P	237.5
242-Panter, S	287.5
275-Tisdal, S	277.5
MASTER (40-49)	
Kinnamon, R	240.0
Brady, B	257.5
MASTER (50+)	
Zbornik, B	232.5
Westling, P	137.5
Zimmermann, W	165.0
BEST LIFTER JUNIOR DL-M. WERGES OPEN DL-KROCKENBERGER, G	
2-PERSON DEADLIFT - BY FORMULA	
S. Panter/R. Kinnamon	512.5
C. Trospen/D. Smith	522.5
J. Kruszynski/T. Fiesle	537.5
M. Alexander/I. Obermark	527.5
W. Eilemann/P. Rankin	490.0

**BATTLE OF SARATOGA
JUL 8, 95 SARATOGA SPRINGS, NY
TIM MAUPRICH / TONY MAIONE**

WOMEN 116		
Davis, J	165	350 515
Hampel, S	145	145
139 Carbin, M	140	140
154 Komomy, A	280	280
176		
Sodaitis, J	190	190
Upshaw, I	70	125 195
MEN 114		
Castiglia, A	65	85 150
123		
Czupil, J	155	300 455
Castro, M	115	215 330
Coon, W	175	335 510
148		
Smith, A	190	190
Crane, M	265	265
Felker, J	110	110
Muller, G	170	250 420
Corsi, D	240	400 640
DePew, J	150	330 480
Gengo, J	265	475 740
Hall, A	125	225 350
165		
Burke, R	420	420
Evans, W	400	400
Guzman, R	135	245 380
Metellus, A	185	350 535
Armlin, P	260	470 730
Willard, M	150	285 435
181		
Fosmire, G	280	280
Funaro, A	325	500 825
Krukowski, R	250	370 620
Lee, J	270	470 740
Woodley, B	180	360 540
Jack-Kydd, R	290	405 695
Hauptnich, T	425	425
198		
Norton, J	345	345
Sloan, W	335	335
Mooney, B	275	485 760
Kutin, E	345	555 900
Martin, A	300	450 750
Macri, M	335	590 925
Dempsey, J	325	525 850
Brown, D	360	360
Carpenter, J	330	330
220		
Guyette, R	375	375
St John, S	360	360

Wilberforce, B	315	460	775
Putaski, J	110	210	320
Ross, H	325	540	865
Reilly, D	275	505	780
242			
Lamoureux, T	405	405	
Davis, M	335	540	875
Stivers, P	300	435	735
Gardner, D	385	625	1010
Ethier, B		370	370
275			
Wilcox, C	400	400	
Martin, J	450	450	
Sultzer, J	370	370	
UNL			
McGee, J		470	470
Nolan, D		600	600

**WAYNE DETLING MEMORIAL BP
JUN 25, 1995- BALTIMORE, MD
BRIAN WASHINGTON**

132 Sterling, C	250
148	
Elder, M	300
Miller, R	240
165 Whetzel, J	275
181	
Jones, B	410
Conaway, R	390
Smith, A	370
Morrissey, D	365
Barretto, J	330
Snyder, N	300
Brothers, W	190
198 Rawlinson, S	275
220	
Petrides, G	400
Sanders, M	385
Ritter, D	345
305	
Frameli, G	305
Mathews, C	300
242	
Messick, T	440
Kutun, W	305
275	
Ward, S	425
Spears, S	320
UNL	
Carr, A	450
Cutts, R	420
Randolph, A	355
SUBMASTER 148	
Miller, R	240
MASTER 40-49 198	
Rawlinson, S	275
MASTER 50-59 220	
Bartolomeo, N	315
Downey, W Jr	305
MASTER 60- OVER 275	
Spears, S	320

**VIKING OPEN
JUN 17-18, 1995 - CHICAGO, IL
DENNIS BRADY**

WOMEN			
104 Whiting, S	87.5	52.5	102.5 242.5
111 James, A	42.5	72.5	65.0 180.0
122 Waller, L	147.5	70.0	130.0 347.5
129 Peters, B	105.0	55.0	145.0 305.0
139			
Lezon, C	147.5	77.5	145.0 370.0
Dilley, T	117.5	72.5	125.0 315.0
Kinder, G	75.0	45.0	92.5 212.5
154			
Welding, R	142.5	80.0	155.0 377.5
Keeran, K	125.0	65.0	135.0 325.0
Theel, S	110.0	72.5	120.0 302.5
Reif, J	122.5	65.0	115.0 302.5
176			
Martin, C	167.5	95.0	170.0 432.5
Pearson, M	107.5	52.5	110.0 270.0
UNL Hallen, S	157.5	97.5	142.5 397.5
TEENAGE (14-15)			
123 Keeran, K	112.5	55.0	105.0 272.5
165 Cazzlett, E	127.5	90.0	130.0 347.5
TEENAGE (16-17)			
148 Conklin, L	157.5	102.5	187.5 447.5
165			
Walter, J	225.0	140.0	230.0 595.0
Cropp, C	140.0	95.0	167.5 402.5

Lindsey, D	145.0	72.5	150.0	367.5
220 Tompkins, J	202.5	105.0	197.5	505.0
242 Kenno, M	195.0	140.0	212.5	547.5
MASTER (40-49) 148				
Johnson, S	227.5	142.5	227.5	597.5
Loflos, J	157.5	80.0	157.5	395.0
165 Rubio, E	167.5	130.0	170.0	467.5
181 Trammell, L	205.0	137.5	205.0	547.5
198				
Ferguson, D	230.0	137.5	230.0	597.5
Hudson, J	200.0	112.5	202.5	515.0
Bruschuk, J	190.0	112.5	197.5	500.0
Emerson, T	147.5	117.5	160.0	425.0
220				
Ganong, R	250.0	185.0	257.5	692.5
Nichol, M	275.0	170.0	235.0	680.0
Zenzen, D	272.5	157.5	220.0	650.0
242				
Dambrauskus, B	260.0	137.5	227.5	625.0
Newman, C	100.0	85.0	165.0	350.0
275				
Krueger, G	290.0	182.5	247.5	720.0
Callagerone, P	252.5	167.5	252.5	672.5
Sadowski, R	237.5	127.5	255.0	620.0
MASTERS (50 & UP)				
165				
Ringewood, R	192.5	97.5	195.0	485.0
Sodolsky, J	125.0	82.5	185.0	392.5
181 Rouse, J	250.0	177.5	240.0	667.5
198				
Glumac, R	275.0	127.5	310.0	712.5
Leininger, G	195.0	122.5	245.0	562.5
MEN OPEN				
114 Hall, D				
105.0	57.5	125.0	287.5	
123				
Durachta, T	182.5	100.0	195.0	477.5
Simmons, G	135.0	100.0	157.5	392.5
132				
Degraffeuried, R	170.0	115.0	177.5	462.5
148				
Kubica, P	200.0	115.0	177.5	515.0
Schuelke, M	215.0	105.0	192.5	512.5
Rolling, J	190.0	105.0	190.0	485.0
Trohman, S	182.5	122.5	177.5	482.5
165				
Lubinsky, A	245.0	130.0	237.5	612.5
Walters, J	225.0	140.0	230.0	595.0
Burns, J	230.0	137.5	197.5	565.0
Waller, M	217.5	130.0	205.0	552.5
Phillips, T	195.0	145.0	212.5	552.5
Dalton, J	185.0	127.5	235.0	547.5
Lively, J	200.0	150.0	192.5	547.5
181				
Garcia, A	272.5	137.5	227.5	637.5
Wiley, D	227.5	150.0	240.0	617.5
Ephshytyn, D	205.0	150.0	220.0	575.0
Trammel, L	205.0	137.5	205.0	547.5
Johnson, B	200.0	112.5	197.5	510.0
198				
Janca, A	300.0	177.5	250.0	727.5
Dejarnett, D	227.5	182.5	252.5	662.5
Ferguson, D	230.0	137.5	230.0	597.5
Robinson, A	200.0	120.0	197.5	517.5
Hudson, J	200.0	112.5	202.5	515.0
220				
Rigert, R	330.0	200.0	290.0	820.0
Riley, E	275.0	182.5	330.0	787.5
Tyring, P	300.0	157.5	300.0	757.5
Larchuek, J	260.0	200.0	262.5	722.5
Censullo, T	272.5	180.0	252.5	692.5
Smallwood, T	255.0	152.5	262.5	670.0
Briggs, B	205.0	145.0	250.0	600.0
242				
Hayes, K	297.5	207.5	282.5	787.5
Herrema, M	300.0	182.5	290.0	772.5
Hines, D	272.5	177.5	272.5	722.5
Frizzell, M	265.0	200.0	250.0	715.0
Raika, G	287.5	164.5	250.0	705.0
Westerhold, K	227.5	165.0	252.5	645.0
Christenson, M	197.5	147.5	192.5	537.5
275				
Hurst, J	297.5	160.0	272.5	730.0
Krueger, G	290.0	182.5	247.5	720.0
Hoover, L	272.5	182.5	235.0	690.0
Morgan, R	220.0	145.0	272.5	637.5
UNL				
Bosann, S	265.0	170.0	247.5	682.5
Vaughn, T	250.0	165.0	250.0	665.0

BEST LIFTERS:

WOMEN: 1-LAURA WALLER
2-CHRISTIE LEZON
3-CATHY MARTIN

TEEN 14-15 KALEB KEERAN
TEEN 16-17 JOHN WALTERS

TEEN 18-19 JOHN TOMPKINS

MASTERS 40-49 SHERMAN JOHNSON
MASTERS 50+ RICH GLUMAC

OPEN 1-ROBERT RIGERT
2-ED RILEY
3-ANTHONY JANCA

BEST SQUAT: WOMEN: LAURA WALLER
MASTER: SHERMAN JOHNSON
TEEN: JOHN WALTERS
OPEN: ROBERT RIGERT

BEST BENCH: WOMEN: ANNA JAMES
MASTER: JIM ROUSE
TEEN: JOHN WALTERS
OPEN: JEFF LARCHICK

BEST DEADLIFT: WOMEN: BARB PETERS
MASTER: RICH GULMAC
TEEN: JOHN WALTERS
OPEN: ED RILEY

TEAM: 1-THE PIT
2-CARDINAL POWER

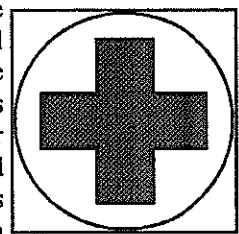
**NEBRASKA STATE TEENAGE
JUNE 24, 1995-WATERLOO, NE
JAMES HART**

TEENAGE 14-15 114				
Walvoord, G	150	105	210	465
Waechsman, J	150	85	185	420
132 Homay, T	165	100	240	505
148				
Welstead, A	260	165	325	750
Daharsh, E	100	130	225	455
TEENAGE 16-17 114				
Troung, T	175	150	275	600
132 Walvoord, B	350	185	340	875
148				
Schurman, J	365	225	385	975
Welstead, B	350	190	375	915
Safford, M	315	170	325	810
Schurman, J	300	185	315	810
198				
Tesmer, J	405	200	430	1035
Snowden, J	405	215	400	1020
Sutton, J	350	225	375	950
George, C	380	185	375	940
Gilroy, T	365	180	340	885
Tesmer, P	360	145	305	710
181 Sharnan, J	250	190	300	740
198				
Kuna, J	345	235	375	955
Moen, G	315	185	340	840
242 Bohling, C	300	200	355	855
TEENAGE 18-19 148				
Albers, C	330	225	275	830
165 Sutton, J	340	215	350	905
198 Weseman, K	585	370	505	1460
275 Kump, E	475	285	440	1200
WOMEN TEENAGE 14-15 111				
Bodlak, M	230	105	240	575
129 Zom, W	200	100	240	540
139 Robb, M	145	85	170	400
154 Snowden, J	135	85	185	405
UNL Haag, B	255	135	280	670
BENCH PRESS MEN 16-17 132				
Heck, B	255			
148 18-19				
Albers, C	225			
181 16-17				
McMillan, M	235			
198 16-17				
Daharsh, N	250			
BEST LIFTER: 14-15 ANDY WELSTEAD 16-17 JIMMY SCHURMAN JEFF SNOWDEN 18-19 KELLY WESEMAN				
WOMEN: MELANIE BODLAK				
BENCHPRESS: BRAD HECK				
TEAMS: 1-WATERLOO 2-CRETE 3-GARDEN COUNTY				

SPORTS MEDICINE

Dear Dr. Hartle: I have been experiencing wrist pain in both wrists that started about a month ago. The pain usually occurs after a heavy bench or squat workout, but can also occur from push-ups, driving long distances with either hand doing the driving, etc.. Basically any activity that requires having the wrist/hand bent backwards for any period of time. I also occasionally experience some tingling in my hands during/after the activity. This occurs sporadically and I cannot tell when it will happen. I do not want to have surgery. Is there anything I can do to help relieve this pain and tingling? GK South Dakota

Dear GK: There could be several reasons why this is happening. First, one must consider bar placement within the palm while lifting. This is in reference to both the squat and the bench. I see many benchers have the bar placed too far down the hand. This causes excessive extension of the wrist and actually places the lifter at a biomechanical disadvantage when pushing the bar up. The excessive extension also compresses various structures in the infamous carpal tunnel, through which passes the median nerve. Wrist pain is caused by very tight and muscles, those found on the outside and back of the forearm. These muscles originate near the elbow and insert on various wrist bones.



When we squat or bench, these muscles are used extensively to help keep the wrist back. The tingling is usually a sign that a nerve is being compressed. This could be from a muscle/soft tissue that is very tight and places pressure on the nerve as it passes through or around the muscle/soft tissue that is very tight and places pressure on the nerve as it passes through or around the muscle/soft tissue (called peripheral nerve entrapment) or from a bony structure that the nerve passes by. To help alleviate and possibly fix the above problems, you need to evaluate your hand placement in the squat or bench. Correct what you need to. Wearing wrist wraps seems to help some lifters as it restricts movement of the wrist, thereby decreasing possible compression problems. Regular stretching of the wrist flexors and extensors would also help a great deal. I am enclosing some exercises to help with your recovery. If you find these suggestions do not help, please call me and we can discuss further options. Good Luck!!

Please send your questions for the Sports Medicine Committee to Dr Michael Hartle, 126 South Main Street, Seymour, WI, 54165. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. I also welcome your comments on the committee/column. You can contact me at (414)833-7844/FAX (414)833-7483.

Presented by Dr. Michael Hartle



NATIONAL GOVERNING BODY MOTIONS

THE FOLLOWING ARE MOTIONS RESULTS AS VOTED AT THE NATIONAL MEETING ON JULY 14, 1995.

- BY-LAWS:** That the ADFPA By-Laws be approved as revised and provided to the National Governing Body. (Law and Legislature Committee) **PASSED**
- WEIGH-INS:** That Section V., *Weighing-In*, Page 24, Item 6- "Lifter must be weighed nude" be changed to "A lifter may be weighed nude or in underwear consisting of a non-supportive standard cotton or nylon brief. Women competitors may wear also a bra which meets the requirements of a bra as described in Section III, page 15, item B."
The remainder of item 6 would be unchanged. (Referee Committee) **PASSED**
- MINIMUM LIFTING AGE:** That the minimum lifter age for ADFPA membership be lowered to thirteen years. (Lifter request/Gaynor) **FAILED**
- ADFPA OFFICIALS:** A. That elected and appointed ADFPA officials who have ADFPA voting rights and fiduciary responsibilities and also hold the same or similar rights and responsibilities in other powerlifting organizations that compete with the ADFPA for lifter affiliation be required to select one Federation to support. Those not selecting a Federation would lose their ADFPA voting status. (Sortwell) **COVERED BY BY-LAWS**
- B. That no ADFPA Committee Member, or State Chair, shall hold a Committee Position or be a State Chair of any other Powerlifting Federation, while holding the ADFPA Position. If they hold these two positions now, they must resign the other Federation's position within 30 days or **FORFEIT** the ADFPA position. (Schroeder) **WITHDRAWN**
- C. That any ADFPA member, who is an officer or committee member (ie National Committee, State Chair) be required **NOT** to hold office in any other organizations; and if someone does hold a position in an organization other than the ADFPA, that they be required to resign one or the other position within a 30-day period. (Kostas) **WITHDRAWN**
- SPORTS MEDICINE:** A. That the *Blood Borne Pathogen/Infectious Material Handling Procedures* be accepted as is for inclusion in the ADFPA rules. (Sports Medicine Committee recommendation) **PASSED**
- B. That the National Governing Body reconsider(rescind) last year's motion regarding gender testing. (Sports Medicine Committee recommendation) **PASSED**
- C. That the ADFPA combine the Sports Medicine Committee and the Drug Testing Committee into one committee being the Sports Medicine Committee. (Sports Medicine Committee recommendation) **FAILED**
- D. That all lifters on ADFPA banned substances for medical reasons may seek approval to take their medication the week prior to any ADFPA meet provided they and their treating doctor sign a medical records information and release form. This does not include any persons taking strength-enhancing medications. (Sports Medicine Committee recommendation) **DIED**
- HIGH SCHOOL:** A. That High School Nationals be held during one of the last two weekends of March. (Recommended by Teenage Committee) **PASSED**
- B. That the men's 148 3/4 lb weight class in high school competitions only be eliminated and replaced with two separate and new weight classes: 142 lbs and 153 lbs. (Recommended by Teenage Committee) **FAILED**
- C. That the ADFPA have two division High School Nationals, an open division consisting of any age teen and freshmen-sophomore division. Competitors can compete in only one division.(Teenage Committee) **PASSED**
- D. That qualifying totals from any organization for the High School Nationals be acceptable.(Recommended by Teenage Committee) **FAILED**
- E. That the High School Nationals have an entry deadline or not to exceed two weeks prior to the contest.(Recommended Teenage Committee) **PASSED**
- PERFORMANCE BOND:** A. That individuals bidding on National Meets must include a \$300.00 bid bond, to ensure compliance with the bid. Bond amount to be returned after the meet is successfully completed. (Gaynor) **WITHDRAWN**
- B. That individuals bidding on National meets must include a \$300.00 bid bond. Bond amount to be returned after the meet is completed in compliance with the bid, per calendar year. (Brady) **PASSED**
- LIFTING RULES:** A. That early weigh-ins (the night before) be permitted to break State Records. (Villarreal) **FAILED**
- B. That early weigh-ins be allowed at all meets, and all record setting situations. (Lifter request) **DIED**
- C. That early weigh-ins be allowed except for individuals setting American Records. (Lifter request) **DIED**
- D. That the reimbursement of all Meet Drug Testing be limited to the 10% required and that all drug testing expenses that supports American Record applications be assumed by the National Office. (Cramer) **WITHDRAWN**
- E. That National meet directors who do additional drug testing at National meet, should be eligible for the drug testing reimbursal. (Brady) **PASSED**

- F. That first time Meet Directors be reimbursed for drug testing at 50% with approval of ADFPA President.(Miller)
FAILED
- G. That the squat suit with four layers of material down through the straps into the butt be illegal.(Trevorah)
ALREADY DISAPPROVED
- H. That a decision be made in regards to the double denim and double canvas bench shirts.(Trevorah)
ALREADY ILLEGAL
- I. That the man-made muscle bench shirt (zipper in back) be approved. (Lifter request)
ALREADY ILLEGAL
- J. That non-supportive suits may have legs longer than 15 cm, as long as, they do not reach the knee and they do not touch any knee-wraps. (Sortwell)
PASSED
- K. That, when plates/blocks are used for footing on the bench, the foot may extend past the plate, as long as, it remains in the same spot during the lift, it is basically flat, and the positioning is not deemed to create an advantage in the judges' discretion. (Sortwell)
WITHDRAWN
- L. That should a competitor receive permission to substitute his spotters for official spotters, and one or more of those spotters take any action that, contrary to the rules, aids the lifter the lifter and his spotter will be immediately warned that attempt will be forfeited and any subsequent actions by those spotters at that competition that serves to illegally aid that or any other competitor can be grounds for removal of the lifter(s) from the competition, at the discretion of the referee in charge.(Mooney)
DIED
- M. That token lifts not be allowed in a 3 lift meet to break American or National Records. (Villarreal)
DIED
- N. That on Nov 1st each year all lifters become free-agents and may sign on with the team of their choice. (Villarreal)
DIED
- O. That the number of lifters in a team be raised from 10 to 12. (Villarreal)
DIED
- P. That lifters from states which have no State Chair/ Championships be allowed to compete/set state records in a neighboring states.(Villarreal)
DIED
- Q. That State Records stay active for 5 years. (New records are to be set as of Nov 1st of the 5th year. (Villarreal)
DIED
- R. That the reimbursement of all meet drug testing be limited to the 10% required.(Mathieu)
DIED
- S. That the meet directors at all National and WDFPF meets have small 1/4 and 1/2 Kg plates available for record setting.(Mathieu)
PASSED
- T. That polygraph testing be eliminated and all lifters intending to compete at men or women nationals must register as a member during each January in order for them to be subjected to out of meet testing.(Sortwell)
FAILED
- REFERRED TO SPORTS MEDICINE COMMITTEE FOR RECOMMENDATION:**
- A. That lifters taking ADFPA banned substances for medical reasons may seek approval to take medication the week prior to any ADFPA meet provided they sign a medical records information and release form. (This form will be sent to the National Office and forwarded to the ADFPA drug testing committee for evaluation.) (Miller)
- B. That we look into the fact that some of our master lifters take medication with lasix added due to their blood pressure.(Trevorah)
- C. That a lifter with a PROVEN medical history be allowed to take their medication (such as Lasix) up to the meet time without recrimination. (J Pyra)
- REFERRED TO THE LAW AND LEGISLATION COMMITTEE FOR RECOMMENDATION:**
- A. That when a rule or By-Law is set and voted on at the national meeting, the Executive Committee cannot change it.(Trevorah)
- B. That By Law Article XIV Section 14.10 Distribution of Assets etc, be amended to read that Only the NGB not the Executive committee make this decision. (J Pyra)
- C. That Article XII Section 12.5 A, 3 of the By Laws, be deleted. (J Pyra)
- D. That Article II Section 2.2 E be deleted. (J Pyra)
- E. That five Administrators' Representative positions be established and voted upon in the same manner as Athletes Representatives .(Sortwell)
- F. That only open men's and women's records will be required to be tested. That teen, master, junior, and collegiate would be at the discretion of the meet director or drug test officer. (Brady)
- G. That Article VI Section 6.1, sentence #3 be changed by removing sentence 3 and replace with: Committee members shall consist of the 5 Athletes Representatives unless a majority of the Executive Committee members decide to replace one or more members due to impartiality. In such a case, the President shall appoint an impartial ADFPA member with the approval of a majority of the Executive Committee members. The Chair of the committee shall be the Athletes Representative who had received the largest number of votes. (Miller)

- B. That meet directors of WDFPF meets should be covered under the ADFPA insurance and be eligible for the drug testing reimbursal. (Brady) **PASSED**
- MEETS:** A. That State Chairs should receive a copy of all meets sanctioned in their State. (Schroeder) **PASSED**
- B. That no ADFPA meet sanction shall be given to anyone holding another Federation meet on the same day or weekend. (Schroeder) **DIED**
- C. That the Bench Press Nationals be scheduled in the Spring vice the Fall to avoid conflicts with the World scheduled meets. (Lifter request) **DIED**
- D. That the meet director with the help of the chief referee give a quick overview to the spotters and loaders on how to spot and load the bar. (Villarreal) **DIED**
- E. That the meet director posts a list of lifters and their divisions somewhere away from the official scoring table. (Villarreal) **DIED**
- F. That when funding is available for a World championship, all masters that are entitled to compete will get the funding regardless of classification. (J Pyra) **DIED**
- G. That meet directors at all national meets have small 1/2 kilo plates available for record setting at all national meets. (J Pyra) **DIED**
- H. That only the winners from the Masters' National will be recognized as the participants for the Masters World Championship. (J Pyra) **DIED**
- COMMUNICATIONS:** A. That the ADFPA get an address on American Online and the Internet. (Villarreal) **DIED**
- B. That the ADFPA and all State Chairs be required to have an 800 number. (Villarreal) **DIED**
- C. That the newsletter or any ADFPA literature either makes no reference to any religion or make reference to both Christian and Jewish religions. (J Pyra) **DIED**
- D. That the ADFPA *Newsletter* continue to be published by the ADFPA Secretary/Treasurer Office for one year. (Gedney) **PASSED**
- E. That the ADFPA National Office establish an 800# for easier access for the ADFPA lifter (Mathieu) **FAILED**
- INVESTMENT:** A. That the investment interest be withdrawn annually and used to support the World Teams. (Gaynor) **FAILED**
- B. That the ADFPA investment funds be transfered into FDIC insured bank certificates of deposit and a lesser amount into FDIC insured bank money market account. (Sortwell/Fin and Ethics Committee) **FAILED**
- RECORDS:** A. That the ADFPA establish and maintain a separate set of American records for all age groups and weight classes for single lifts such as the squat, the bench press and the deadlift. (D Green) **WITHDRAWN**
- B. That the ADFPA establish & maintain a separate set of American Records for all age groups and weight classes for single lifts such as the squat, bench press and deadlift at such time that the ADFPA Secy/Treas Office is capable of handling the task - using the existing powerlifting records as a working set to start with. (Overdeer) **PASSED**
- REFEREES:** A. That all State Referee Tests should include a practical test, the same as the National Test. (Schroeder) **PASSED**
- B. That State Referees abstain from judging a meet in which their "team" teammates are participating. (Villarreal) **DIED**
- C. That State and National referees must be a least 21 years old and attend a required clinic prior to taking a written and oral exam. (Villarreal) **DIED**
- D. That National Referee's exam may be given at State Meets at the discretion of the Chairman of the Referee's Committee and the approval of the ADFPA President. (Miller) **PASSED**

ADFP A ELECTED PRESIDENT:

MICHAEL OVERDEER: Indiana State Chair, National Referee, Executive Committee Member, Meet Director, Projects, Lifter

ADFP A ELECTED VICE-PRESIDENT:

BOB GAYNOR: Retiring President, Past Vice-President, International Referee, Meet Director

ADFP A ELECTED SECRETARY/ TREASURER

NED (AND MARY) CRAMER: Current ADFPA Secretary/Treasurer, Master Lifter, International Referee, Editor of the ADFPA *NEWSLETTER*, Retired.

ADFP A ELECTED EXECUTIVE COMMITTEE

BETTINA ALTIZER: Exec Cmte Mbr, VA State Chair, Committee Chair, Legal Counsel, Meet Director, Open Lifter
DENNIS GREEN: MN State Chair, International Referee, Master Lifter

MICHAEL HARTLE: Committee Chair, International Referee, Athlete's Representative, Lifter

LARRY MILLER: OH State Chair, National Referee, Master/Open Lifter.

CRAIG SAFRAN: NY Lifter, State Referee, Meet Director
STEPHANIE WHITING: Exec Cmte Mbr, Committee Chair, International Referee, Master Lifter

- H. That the Executive Committee or ADFPA President, will make no decisions concerning the Masters without first discussing it with the Masters' Chair. (J Pyra)
- I. That the following paragraph be added and labelled: Article VI Discipline Section 6.4 Lifter's Grievances.
1. Any lifter with just cause may forward their grievance in writing to the Chairperson of the Discipline Committee.
 2. Grievances are to include any unfair practices by meet directors and/or rules violations or unfair practices by referees.
 3. The Discipline Committee may issue warnings to any meet director and/or referee regarding conduct or rules violations and with a majority decision, may suspend a referee and meet director for up to 1 years time from participating as a written grievance be submitted in accordance with Section 6.3. (Miller)
- J. That Section 2.2E of the By-Laws be amended to include committee chairs. (Sortwell)
- WOMEN COMMITTEE:**
- A. That all women competing in any National competition, high school, teenage, collegiate, police and fire, military, be forced to compete in the Women's National just like the women masters were. (Trevorah) **DIED**
 - B. That the Masters women shall remain in the Masters National and not at the Women's National. (J Pyra) **DIED**
 - C. That ONLY the NGB shall have the power to change the composition of a national championship, such as the Masters women lifting in the Masters National, (J Pyra) **DIED**
 - D. That the Master Women lift with the women at Open Competition (Sullivan) **PASSED**
- FINANCE AND ETHIC:**
- A. That the new President within 30 days of being elected, select an attorney that has no interest in powerlifting and is not associated with or familiar with any member of the ADFPA to conduct an audit from Feb 1, 1994 to that current date. Said attorney shall hire a qualified, disinterested CPA or accounting firm for this task. Such reasonable costs for said audit and attorney fees shall be paid for out of general funds. (Pyra) **DIED**
 - B. That Committee Chairs be given a \$20.00 budget for postage and copy work for each year they chair the committee. (Whiting) **PASSED**
 - C. That all World lifter entry fees be reimbursed and that remaining funds be divided equally based upon 75% going to the Open World lifters and 25% going to the Master, Teenage, & Juniors lifters that compete. (Brady) **PASSED**
 - D. That funding be provided to have uniforms provided for World Team members instead of stipend for travel. (Belsito) **FAILED**
- E. That the ADFPA investment funds be looked at by several financial firms to assess what proper action is to be taken in the future. (Hartle) **FAILED**
- F. That the ADFPA utilize 50% of the total interest from investment earnings for only the year 1995 to be used for the funding of the World team for the year 1995. (Altizer) **PASSED**
- HALL OF FAME:** That an ADFPA HALL OF FAME be established. (Theodorou) **PASSED**
- SUPPORT OFFICIAL:** That the use of ADFPA suspended person in official meet support roles be forbidden. (Sortwell) **PASSED**
- MEMBERSHIP FEE:**
- A. That all Special Olympian lifters, regardless of age, pay the same membership fee as high school athletes. (Kostas) **PASSED**
 - B. That the membership fees for prisoners and all Special Olympians be reduced from \$25.00 and set at \$10.00 which is the same as the high school membership fee. (Gaynor) **WITHDRAWN**
 - C. That the membership fees for prisoners, all Special Olympians, and teenage (to include High School) be returned to \$15.00. (Cramer) **WITHDRAWN**
 - D. That membership fees for Prisoners, all special olympians, and teenage (to include High School) be set at \$15.00. (Overdeer) **FAILED**
- VOTE:**
- A. That all active committee chairs have a vote on the NGB. (Sortwell) **TO COMMITTEE**
 - B. That regardless of how many voting positions a person holds, he or she only get one vote. (Trevorah) **DIED**
 - C. That State Chairs be required to hold an election every other year in conjunctin with the State Championships. State Chairs will be responsible for alerting all current members to this election, 30 days prior to the election. This notice can be done through the national newspaper, the state meet entry form (if going to all current members), by state newsletter, or by a special election notice. State Chairs will be notified of this in the next mailing to them. After they are notified, if they do not comply, then they will be replaced. (Sortwell) **TO COMMITTEE**
 - D. That proxy votes be eliminated at the National Meeting. (J Pyra) **TO COMMITTEE**
 - E. That NGB members be allowed to vote on agenda items by mail. (J Pyra) **TO COMMITTEE**
- INSURANCE:** A. That meet directors should not be responsible for \$500.00 deductable on insurance. (Brady) **PASSED**

220 LBS SQUAT
 810 Phillips, B 9/94
 749 Morton, J 11/94
 740 Audet, D 4/95
 733 Croner, W 4/95
 733 Schleck, D 7/95
 727 Malejko, T 9/94
 727 Rigert, B 7/95
 727 Waits, S 7/95
 716 Graham, J 11/94
 710 Jarrett, M 4/95

220 LB BENCHPRESS
 490 Nichols, M 4/95
 485 Jacobs, J 8/94
 485 Malejko, T 9/94
 485 Morton, J 7/95
 479 Wenner, R 7/95
 475 Briher, T 4/95
 475 Watkins, J 4/95
 470 Chevalier, D 5/95
 460 Phillips, B 9/94
 460 Kincheloe, C 11/94

220 LBS DEADLIFT
 799 Holmes, C 4/95
 777 Morton, J 7/95
 766 Johnson, K 7/95
 727 Simmons, A 7/95
 720 McCoy, W 11/94
 720 Cain, S 3/95
 716 Malejko, T 9/94
 695 Phillips, B 9/94
 685 Terman, M 4/95
 683 Woronets, D 8/94

220 LBS TOTAL
 2000 Morton, J 7/95
 1965 Phillips, B 9/94
 1929 Malejko, T 9/94
 1884 Johnson, K 7/95
 1862 Holmes, C 4/95
 1824 Cain, S 7/95
 1813 Simmons, A 7/95
 1807 Croner, W 4/95
 1807 Rigert, B 7/95
 1785 Audet, D 11/94

705 Simmons, A 7/95
 700 Orlandes, C 11/94
 700 Melson, S 5/95
 699 Johnson, K 7/95
 677 Holmes, C 7/95
 677 Cain, S 7/95
 672 Sample, Leo 11/94
 672 Gioioso, P 11/94
 670 Marino, M 12/94
 670 Howard, K 10/94

451 Branson, D 10/94
 451 Croner, W 4/95
 446 Herrmann, D 4/95
 440 Audet, D 11/94
 440 McCarthy, J 10/94
 440 Velasquez, R 8/94
 440 Cain, S 3/95
 440 Crossen, 4/95
 440 Rigert, B 7/95
 435 Krause, J 7/95

680 McCarthy, J 10/94
 680 Cahill, J 4/95
 680 Villeneuve, D 5/95
 670 Rogers, R 11/94
 670 Manno, M 12/94
 666 Graham, J 11/94
 660 Faison, H 4/95
 660 Howard, K 10/94
 650 Watson, T 4/95
 650 Melson, W 8/94

1785 Jarrett, M 4/95
 1785 Wenner, R 7/95
 1784 McCarthy, J 10/94
 1770 Marino, M 12/94
 1765 McCoy, W 11/94
 1763 Graham, J 11/94
 1750 Orlandes, C 11/94
 1750 Croner, W 4/95
 1730 Woronets, D 8/94
 1720 Krauss, J 11/94

242 LBS SQUAT
 837 Siapanides, C 11/94
 780 Arnold, E 5/95
 766 Savaiinaea, S 7/95
 744 Francis, M 8/94
 733 Colbert, T 4/95
 727 Davis 4/95
 725 Wilson 9/94
 720 Graham, J 3/95
 710 Weeks, T 10/94
 705 McCain, B 4/95

242 LB BENCHPRESS
 545 Walsh, R 7/95
 518 Kitani, R 8/94
 500 Orlando, G 9/94
 485 Arnold, T 6/95
 473 George, B 11/94
 473 Siapanides, C 7/95
 465 Wilson 9/94
 462 Best, N 10/94
 462 Arthurs, L 11/94
 460 Rodenberg, S 9/94

242 LBS DEADLIFT
 815 Siapanides, C 7/95
 722 Francis, M 8/94
 720 Weidow, T 3/95
 716 Robinson, D 7/95
 705 McCain, B 4/95
 700 Tyring, P 12/94
 699 Arnold, E 7/95
 683 Hood, J 11/94
 680 Dunbar 9/94
 675 Carter 5/95

242 LBS TOTAL
 2011 Siapanides, C 11/94
 1934 Arnold, E 7/95
 1868 Francis, M 8/94
 1860 McCain, B 4/95
 1845 Wilson 9/94
 1840 Walsh, R 7/95
 1835 Savaiinaea, S 7/95
 1824 Robinson, D 7/95
 1800 Weidow, T 3/95
 1791 Davis 4/95

705 Shiffer, D 4/95
 700 Graham, J 5/95
 695 Boyd, P 3/95
 694 Danko, L 4/95
 685 Cunningham, P 4/95
 683 Sample, L 4/95
 680 Wagner, G 12/94
 680 Ryder, C 4/95
 675 Ellis, E 12/95
 672 Best, N 10/94

455 Wilson, 9/94
 452 McCray, 9/94
 451 Colbert, T 4/95
 451 Moore, K 4/95
 451 Shiffer, D 4/95
 450 McComas, W 12/94
 450 McCain, B 4/95
 450 Corum, S 4/95
 446 Helmer, B 4/95
 446 Robinson, D 4/95

672 Devane, T 11/94
 672 Savaiinaea, S 7/95
 665 Wilson, 9/94
 665 Rogala 2/95
 665 Gibson, T 6/95
 661 Best, N 10/94
 661 Andrews, P 4/95
 655 Elder, M 9/94
 655 Rodenberg, S 9/94
 655 Rhodes, C 3/95

1785 Colbert, T 4/95
 1780 Shiffer, D 4/95
 750 Arnold, T 6/95
 1740 Rodenberg, S 9/94
 1725 Ellis, E 12/94
 1725 Rhodes, C 3/95
 1725 Sample, L 4/95
 1720 Dunbar 9/94
 1720 Wagner, G 12/94
 1720 Fomistall, S 6/95

275 LBS SQUAT
 920 Lowe, G 8/94
 850 Reeves, M 3/95
 832 Leiato, T 7/95
 810 Nettles, D 12/94
 800 Coates, R 4/95
 788 Surrrell, E 8/95
 780 Luck, B 11/94
 771 Guidish, G 3/95
 766 Davis 9/94
 765 McFaren 9/94

275 LB BENCHPRESS
 610 Byers, J 9/94
 600 Leiato, T 7/95
 551 Gillespie 4/95
 540 Maddins, L 7/95
 534 Reeves, M 8/94
 525 McNett, T 12/94
 525 Coates, R 4/95
 523 Bonner, T 7/95
 512 Sanders, C 10/94
 512 Best, N 7/95

275 LBS DEADLIFT
 771 Koehrsen, C 3/95
 730 Reeves, M 3/95
 722 Madkins, L 7/95
 716 Gillesie 4/95
 712 Ryder, K 11/94
 710 Leiato, T 12/94
 705 Luck, B 11/94
 705 Best, N 7/95
 700 Lowe, G 8/94
 700 Gillingham, K 1/95
 700 McNett, T 12/94

275 LBS TOTAL
 2105 Leiato, T 7/95
 2100 Reeves, M 3/95
 2070 Lowe, G 8/94
 2025 Coates, R 4/95
 2022 Gillespie 4/95
 1962 Maddins, L 7/95
 1935 Luck, B 11/94
 1923 Bonner, T 7/95
 1906 Koehrsen, C 3/95
 1901 Best, N 7/95
 1900 McNett, T 12/94

755 Best, N 3/95
 755 Gillespie 4/95
 755 Bonner, T 7/95
 750 Cochran, M 10/94
 750 Holder, T 12/94
 749 Ebner, R 4/95
 738 Washington, B 4/95
 733 Mahoney, T 8/94
 730 Green, J 9/94
 727 Pete, A 10/94

501 Buckley, W 7/95
 500 Runyon, S 4/95
 485 Frost, D 11/94
 485 Neal, M 4/95
 480 Fenuimiai, L 2/95
 475 Beane, L 10/94
 473 Holt, S 7/95
 468 Pete, A 10/94
 468 Lee, B 10/94
 460 Vivier, B 3/95

700 Coates, R 4/95
 700 Franek, E 6/95
 683 Roberson, G 8/94
 675 Nettles, D 12/94
 672 Leiato, T 7/95
 670 Adams, M 5/95
 665 Frountfelter, G 4/95
 660 Sewell, W 11/94
 660 Carrington, C 3/95

1855 Nettles, D 12/94
 1824 Washington, B 4/95
 1820 Cochran, M 10/94
 1819 Lee, B 10/94
 1810 McFarren 9/94
 1810 Gillingham, K 1/95
 1807 Davis 9/94
 1807 Brooks, T 7/95
 1802 Ebner, R 4/95

UNL LBS SQUAT
 947 Henry, M 7/95
 881 Crowley, D 8/94
 880 Schott, T 12/94
 865 Huesman, B 4/95
 854 Dempsey, B 7/95
 826 Battles, M 8/94
 826 Reeves, M 7/95
 826 Payne, G 7/95
 821 Mafula, V 4/95
 800 Sartin, K 9/94

UNL BENCHPRESS
 620 Williams, W 2/95
 606 Moore, B 7/95
 584 Grant, M 7/95
 570 Rogers, D 11/94
 551 Gillingham, B 7/95
 540 Reeves, M 7/95
 535 Adamovich, D 9/94
 534 Culnan, S 7/95
 529 Sanders, C 3/95
 525 Mooney, H 11/94

UNL LBS DEADLIFT
 903 Henry, M 7/95
 777 Philippi, M 7/95
 755 Grant, M 7/95
 755 Gillingham, B 4/95
 749 Reeves, M 7/95
 740 Moore, B 3/95
 733 Dempsey, B 7/95
 720 Gisondi, P 10/94
 710 Battles, M 8/94
 705 Mafula, V 4/95

UNL LBS TOTAL
 2314 Henry, M 7/95
 2132 Moore, B 7/95
 2116 Reeves, M 7/95
 2105 Dempsey, B 7/95
 2105 Grant, M 7/95
 2088 Gillingham, B 7/95
 2077 Philippi, M 7/95
 2033 Battles, M 8/94
 2028 Culnan, S 7/95
 2011 Payne, G 7/95

793 Culnan, S 7/95
 793 Moore, B 7/95
 788 Gillingham, B 7/95
 788 Philippi, M 7/95
 771 Culnan, S 4/95
 755 Burrell, M 8/94
 755 Wrenn, P 8/94
 755 Payne, G 12/94
 755 Gisondi, P 7/95

523 Jahn, J 8/94
 518 Payne, G 7/95
 518 Dempsey, B 7/95
 515 Sartin, K 9/94
 512 Philippi, M 7/95
 510 Gisondi, P 10/94
 505 Providence, R 11/94
 505 Fitzgerald, D 10/94
 501 Battles, M 8/94

700 Vance, K 3/95
 699 Crowley, D 8/94
 699 Culnan, S 7/95
 677 Payne, G 12/94
 672 Munsey 4/95
 666 Eldridge 4/95
 666 Sanders, C 3/95
 665 Rogers, D 3/95
 661 Fitzgerald, D 11/94

1978 Crowley, D 8/94
 1956 Mafula, V 4/95
 1956 Huesman, B 4/95
 1950 Sartin, K 9/94
 1940 Gisondi, P 10/94
 1925 Rogers, D 3/95
 1870 Williams, W 2/95
 1840 Fitzgerald, D 10/94
 1824 Jahn, J 8/94

TIPS FROM BETTINA

WAAAAAH! WAAAAAH! Don't cry because you lack energy during a meet. Don't cry because you are now on the competition platform ready to open with a 600 lb squat feeling full and sluggish and having just consumed 4 pancakes, 3 eggs, 4 strips of bacon, and a bowl of oatmeal (because you wanted to be healthy). Don't cry because you are ready to hurl your cookies on the head referee. To dry up those tears and to feel good with lots of energy, try eating babyfood during your meet. Correct, you heard what I said, baby food.

During a meet, the last thing you want to do to your system is burden it with a lot of food that will just sit in your stomach and be digested a long time after the trophies are handed out. You want all the blood to go to your muscles, not your stomach, during your competition. Moreover, it takes a surprising amount of energy to digest food. If the lifter consumes a large quantity of food before and/or during a competition, that energy devoted to digestion is wasted.

It may sound crazy, but check out baby food for your next meet time meal. Gerber's has fruit and oatmeal that is quite tasty. The great benefit to baby food is that it is liquified; so once you consume it, your body can immediately assimilate it and not waste that precious energy on digestion. Now that energy can be used for lifting. Additionally, there are baby foods now on the market that consist of foods which are organically grown, meaning that the food is not sprayed with pesticides and has no preservatives.

Another benefit to baby food is that it is low in calories and low in fat. So if you are watching your weight or just wanting to keep your fat consumption to a minimum, baby food is the way to go. Baby food is also cheap and easily transportable. Baby food, contained in sealed jars, can go anywhere you go.

So at your next meet, give baby food a try. Who knows it could be the next power food. Joe Weider might even start his own line of baby food for strength athletes. So stop being a baby and stop your crying -- power up with baby food!

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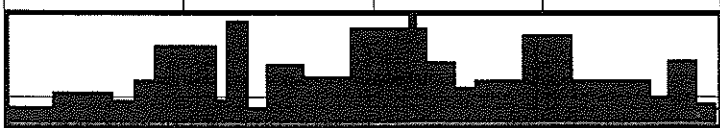
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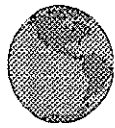
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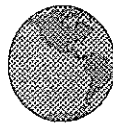


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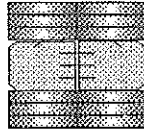
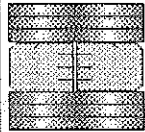
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314-625-1225



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SOUTHEAST STATES BP/DL

SEPTEMBER 23, 1995

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TEEN & MASTERS**

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DEADLINE: September 9th

For Information:

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VICKY GODBY: W-912-537-1682

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