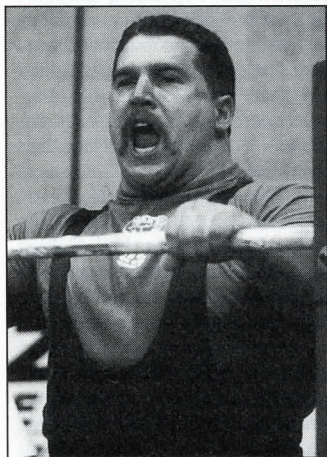


# POWER SCENE

Kirk Karwoski's retirement means we won't be seeing one of the all-time greats on the platform again, so we want to wish Kirk congratulations on a terrific powerlifting career, and wish him just as much success in his new business career. For those of you who don't want to say good-bye to Kirk just yet, you can catch him in video. Kirk has just re-released Kirk Karwoski: From Cadet to Captain, and this tape gives you an in-depth look at Kirk's entire contest career, starting in his early days, and it's got a lot of heavy lifting.



**Kirk Karwoski** about to lift at the 1992 U.S.P.F. Senior Nationals.

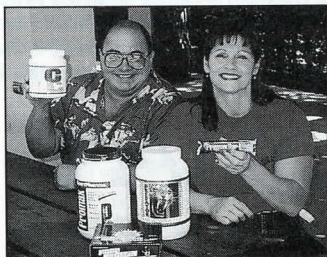
The current issue of **POWERLIFTER** Video has some highlights of the video, but for the whole thing, for more than an hour of incredible lifting, order the video directly from Kirk: 1611-A Airy Hill Court, Crofton, MD 21114. The video is \$25, and that includes shipping & handling. Make the check or money order out to Kirk Karwoski.

Just getting started in her lifting career is Gea Johnson, the first Ms. Fitness, who's aiming at the 2000 Olympics in two sports, the heptathlon and weightlifting. Gea's been ranked as high as second in the U.S. in the heptathlon (behind only Jackie Joyner-Kersey) and is currently ranked first in the U.S. in the 139 lb. weightlifting class.

Gea's also done some powerlifting and bodybuilding, but they're not in the Olympics (yet), so she'll have to settle for making the Olympics in only two Sports!

Infinity a supplement marketer, is Gea's main sponsor, and they make it possible for her to get the freedom and time to focus on her training. Infinity is hooked up with some major athletes, including the Phoenix Suns' Danny Ainge, and some major league baseball teams.

Infinity's direction is toward overall well-being and fitness, rather



**Chuck LaMantia and Vicky Hembree** with some of powerpower.com's products.

than on one or two specific sports, but their philosophy holds true for all you powerlifters. A healthier mind and body can only make you stronger. They have an extensive line of products, including Life Force Nutritional and Proteabolic Mass Nutrients (for muscle building). For a full list, and more information, check them out on the web at [www.infinity2.net](http://www.infinity2.net)

And speaking of the web, make sure you check out the big new powerlifting site, [www.powerpower.com](http://www.powerpower.com). Not only can you find out about powerlifting gear, videos, gyms, meets, and **PL USA**, but you can also get some great prices on supplements from many major manufacturers.

Right now, the Grand Opening specials include a kilo of Predator creatine for \$29.95, and there are other great products at low, low prices. (SportPharma, NEXT Nutrition, Pure Protein, PowerBar, etc.) If you're not on the web, you can

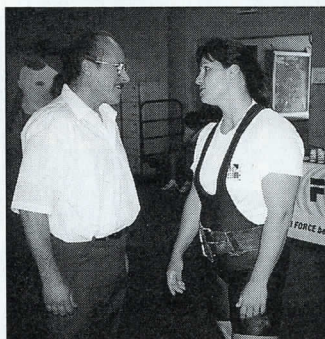


**Gea Johnson**, the 1st Ms. Fitness.

call 1-800-227- 2355 and check it out by phone.

We caught up with **POWERLIFTER** Video hosts Chuck LaMantia and Vicky Hembree while they were shooting a segment on [powerpower.com](http://powerpower.com), and they've both been busy on the powerlifting scene.

Vicky lifted at the AAU Raw Nationals, where she squatted 341, benched 264, and deadlifted 407, all with a sore back. Those lifts qualified her for the Worlds in Orlando, Florida in October, so we wish Vicky lots of success, and some PR's, in the Sunshine State.



**Bernie Gagne & Vicky Hembree**

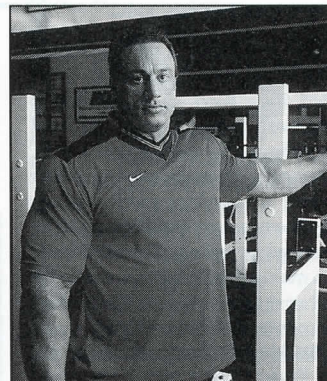
Chuck MC'd the event, as only he can do, despite a very sore throat. Chris Kostas put on the two-day event, and it's nice having him back as a meet director after a few years away from it. Powerlifting needs all the meet directors it can get - it's a lot of work, and sometimes a thankless task.

Helping out at the meet was Kevin Meskew, who puts on some meets of his own, including the famous strict curl contests. Kevin's next meets are the Monster Bench Press/Return of the Living Deadlift, to be held on Halloween (of course) in Norwalk, CA, and November 22, before the Turkey Bench Press Classic in Northridge CA. Call Kevin at 818-899-7555 for info. His meets are always fun.

Speaking of meets, Anthony Clark says he'll be in one, a three lift meet, in early September, so we wish the big guy some mighty big numbers.

Finally, it

seems that a lot of powerlifters are trying their hand at strongman contests. Years ago, Bill Kazmaier did them, and since then Anthony Clark, Harold Collins, and Mark Phillippi, among others, have given them a go. Now, Willie Wessels is starting strongman competition.



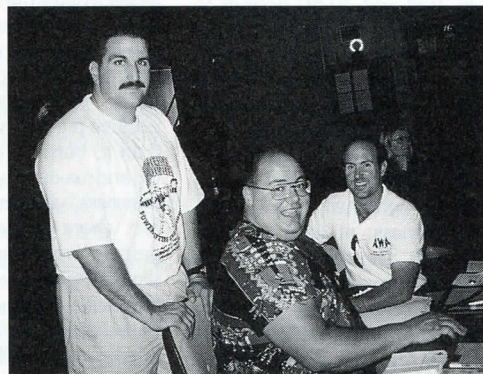
**Curtis Leffler**, at Gold's Gym. (photographs courtesy Ned Low)

So, **POWERLIFTER** Video has added a segment on strongman training, and our current issue features Curtis Leffler, the winner of Hawaii's Strongest Man contest three straight years, and a competitor in the World's Strongest Man, where you may have spotted him on ESPN.

We caught up with Curtis at Gold's Gym in Venice, where he and training partner Bo Siryj led us through some intense power and strength training routines. This stuff is designed to make you a lot stronger, and Curtis provides a lot of tips on what to do, how to do it, and why you're doing it.

We'll be back next month with more of the usual powerlifting scene, plus info on nutrition, strict curling, and the always popular two-person deadlift. 'Til then, stay strong, and check us out on our website [www.powerpower.com](http://www.powerpower.com). As you can probably tell, we're stoked about the new site. Come visit.

NED LOW



**Chris Kostas, Chuck LaMantia & Kevin Meskew.**