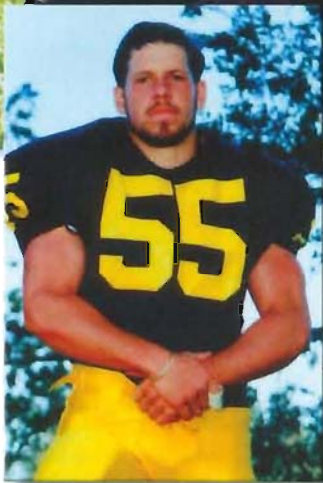


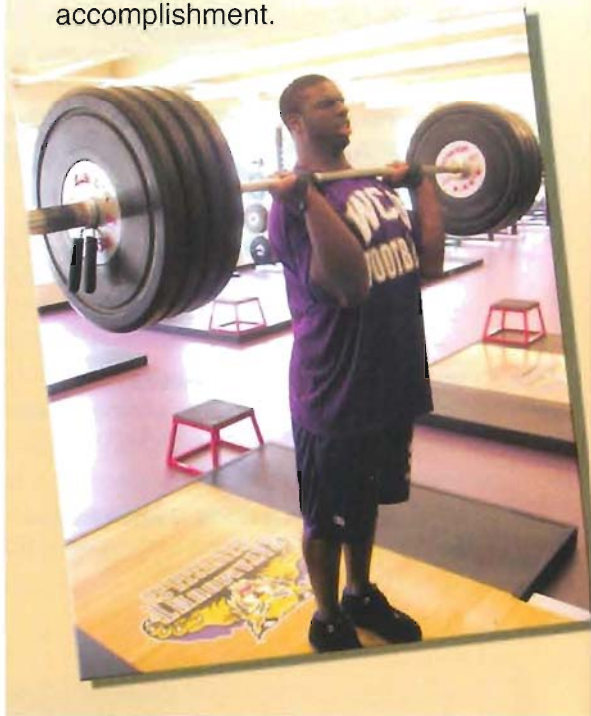
What's Happening

Terri and Roman Reed



CLEANING UP

Michale Spicer was a linebacker for Western Carolina University in 2003 and signed with the Buffalo Bills. We wanted to publish his photo because he accomplished what few college football players have: a 400-pound power clean. Congrats to Michale, and his college strength coach Tobias Jacobi, for such a remarkable accomplishment.



Ten years ago Roman Reed broke his neck and became paralyzed. He was told he would never walk again, never be able to use his arms and never be able to father a child. Since the accident Roman has regained the use of his arms, has gotten married, became a student at the University of California, Berkeley, and is the proud father of Roman Jr., who hit 21 home runs in his first year of Pee-Wee baseball. We hope to feature Roman's inspirational story in the near future.

What's Happening

BIGGER FASTER STRONGER



On a recent trip to Salt Lake City, Sarah Cardinal and her sister Michelle (nicknamed "Belle") were impressed by the size of the BFS 70,000-square-foot warehouse. Sarah, the 2004 BFS High School Female Athlete of the Year, won the bronze medal in the prestigious American Open Weightlifting Championships held in Shreveport, Louisiana, December 3-5, 2004.

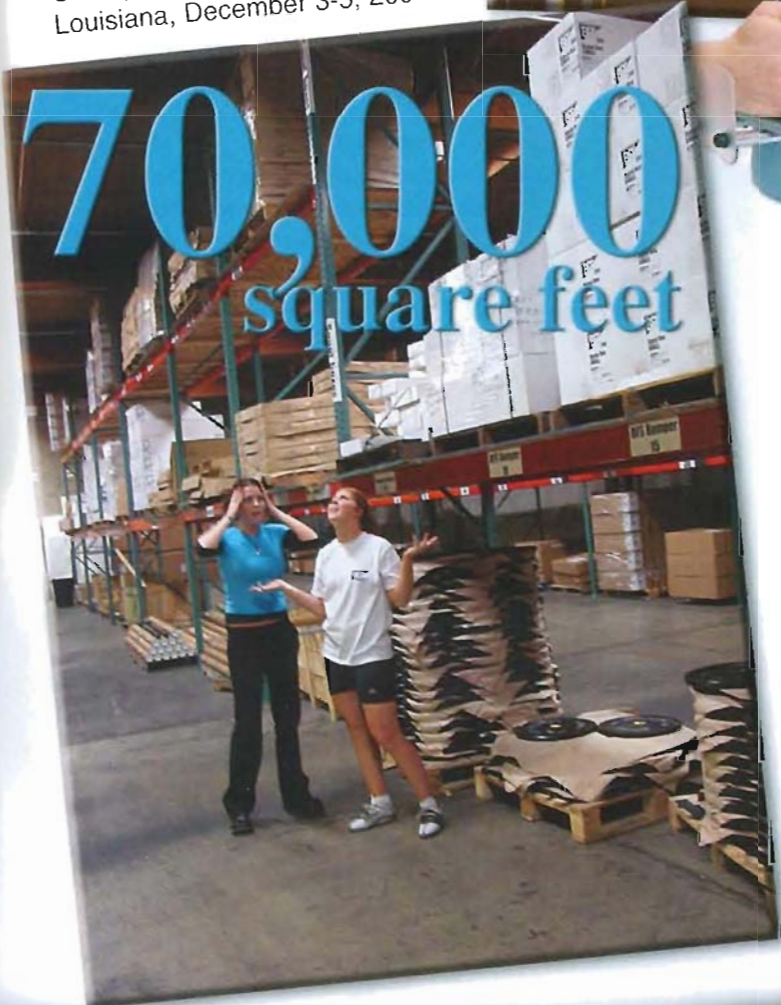
92,000



A two-month nutrition study this winter spearheaded by Roger Freeborn and

conducted at BFS clinics produced some encouraging results. The subjects, primarily high school athletes, were scanned with the Pharmanex BioPhotonic Scanner to determine their *body immune index* (a measurement of how resistant the body is to disease). They were rescanned two months later after being given a LifePak® nutritional supplement. A good score would be at least 30,000 points, but most of the subjects tested originally in the 20,000s. After two months, increases of 10,000 points were common. Tina Randall, who is pictured being scanned, is a volleyball and track athlete whose score improved from 31,000 to 92,000!

70,000 square feet



What's Happening

One of the greatest weightlifters of all time was Urik Vardanian, a Russian who broke 42 world records and whose photo appeared in our November/December 2004 issue. His 17-year-old son Norik appears to have inherited Urik's lifting genetics. At the American Open Weightlifting Championships in December, Norik clean and jerked 396 pounds and snatched 297 pounds. Norik competes in the 187-pound (85 kilo) bodyweight class, and he and his father live in Moorpark, California.



Like Son, Like Father

Norik's father, Urik, clean and jerked 493 pounds weighing only 181 pounds.



CONGRATS TO MATT LEINART

As we predicted, USC quarterback Matt Leinart won the 2004 Heisman Trophy. Well, we sort of predicted it. This year the race was so close that for the first time in our 24-year history of publishing we put four Heisman candidates on the cover, two who ended up being top-five finalists.

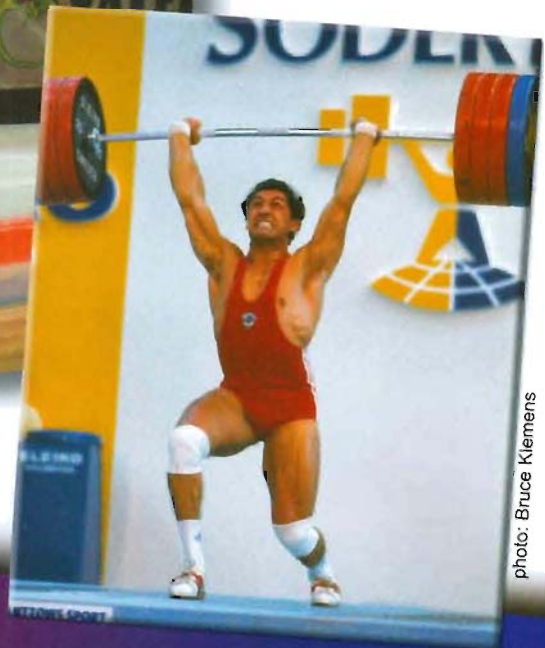


photo: Bruce Klemens

What's Happening



Jack LaLanne Turns 90!

On September 26th, fitness guru Jack LaLanne celebrated his 90th birthday in a private celebration held in San Francisco. Shown here with BFS contributing writer Laura Dayton and her brother Mike, Jack has been a major proponent of physical fitness and healthy eating. "You've got to eat right, exercise and have goals and challenges," says LaLanne. "Exercise is king; nutrition is queen. Put 'em together and you've got a kingdom!"

RECALL NOTICE

Approximately 800,000 Bowflex exercise machines have been recalled due to defects that have led to over 100 complaints of injuries. The units, which sold between \$1,200 and \$1,500, are manufactured by the Nautilus Group of Vancouver, Washington. Upcoming issues of BFS will feature interviews with Dr. Marc Rabinoff, who has been an expert witness on lawsuits involving equipment manufacturers, on how to select quality exercise equipment for home and commercial use. (For more information go to www.cpsc.gov/cpsc/pub/prerel/prhtml04/04073.html)



Got Power?

To generate interest in Olympic lifting, Val Balison will be holding the first-ever National High School Power Clean Championships in Las Vegas, Nevada, on May 21, 2005. Entry deadline is May 1, 2005. For more information e-mail Val at vjbalison@cox.net.