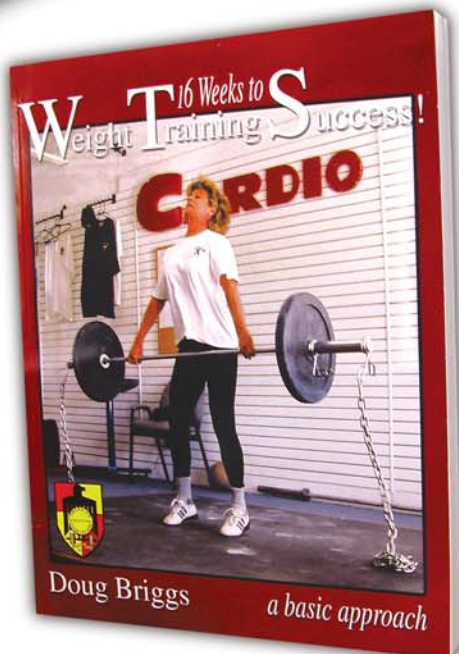


What's Happening



Doug Briggs' new book, *16 Weeks to Weight Training Success*, has a great photo of an athlete performing a snatch with lifting chains. Cool!



Paparazzi recently caught BFS 2004 Female Athlete of the Year Sarah Cardinal and NFL veteran Chris Hetherington reading BFS magazine.



LOOK WHO'S READING BFS



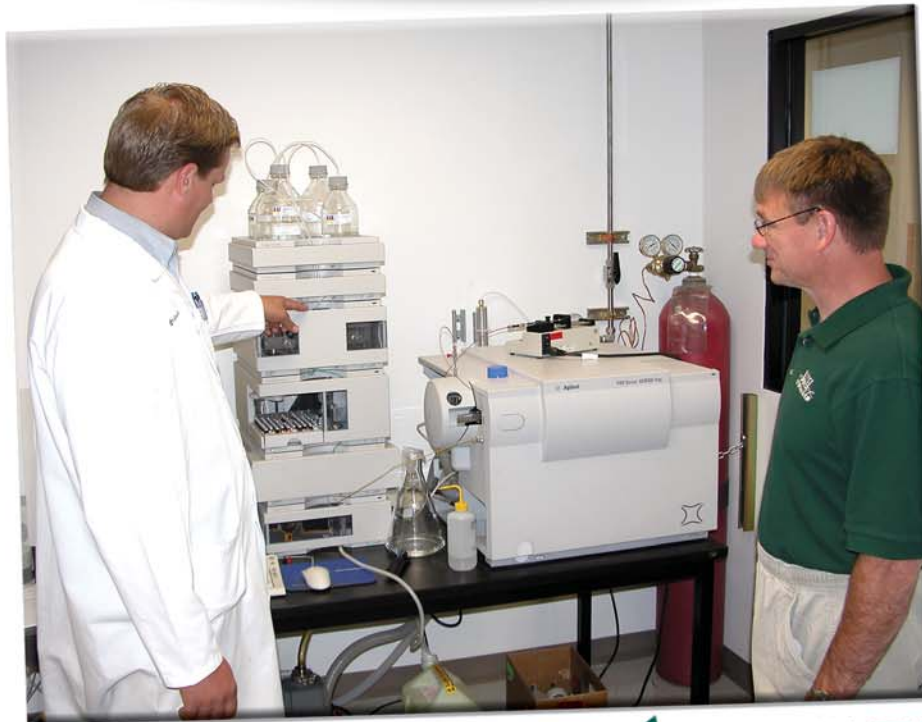
AFA FOOTBALL PLAYERS CLEARED OF STEROID CHARGES

Because so much negative attention was devoted to the alleged steroid scandal at the Air Force Academy, we thought it was only fair to report, as Paul Harvey would say, "The rest of the story." Head Football Coach Fisher DeBerry, who this year entered his 21st season as head coach of the Falcons, recently told BFS Editor Kim Goss that he wanted our readers to know that both Matt Ward and Overton Spence have been cleared of these charges. Go Falcons!

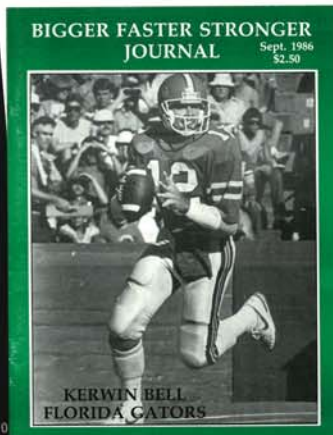
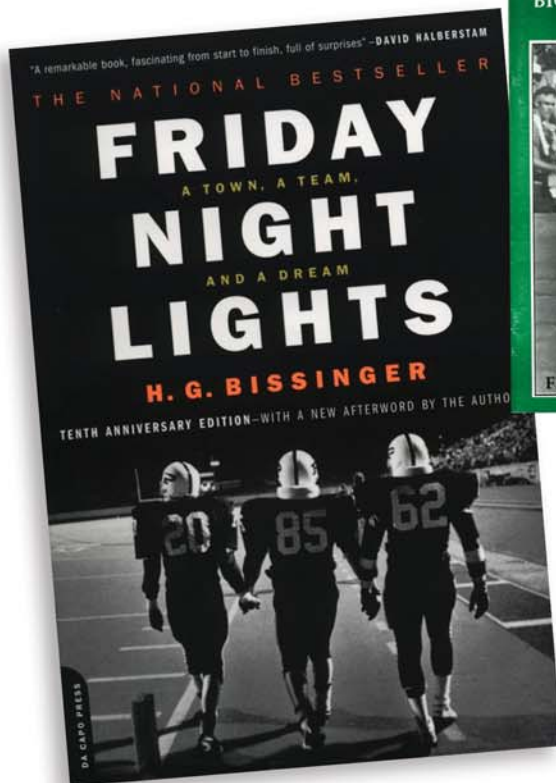
What's Happening

HIGH TECH TRAINING

The BFS staff recently had the opportunity to tour the Pharmanex headquarters and research laboratories in Provo, Utah. Here BFS President Bob Rowbotham is shown what appears to be a DeLorean Flux Capacitor, which requires at least 1.21 gigawatts of electricity to operate.



PHARMANEX



The movie *Friday Night Lights*, based on the book of the same name by H.G. Bissinger, opened on October 8th. The story is about the 1988 Odessa Permian High School Football Team. However, two years earlier BFS told the story of this team in our Fall 1986 issue. If you'd like to read this article in its entirety, you can download it off our website.