



Mark Spector

SLAPPED IN THE FACE BY A PLATE OF CORDON BLEU — Once again our beloved U of A Athletics department has managed to make themselves the laughing stock of the pressbox. They decided to charge the media to get into **Color Night**, 20 bucks a head. If I had a dollar for every media guy that said "Hey, Spector, you going to Color Night (guffaw, guffaw)?" I'd maybe have been able to afford to go myself. You've got to feel for a guy like **Mike Kornak, Male Athlete of the Year**, who put Golden Bear basketball on the map in this town

in his five years of service. If it weren't for **The Journal** and **Heather LaRoi**, Edmonton would never know about the award.

Way to go, **Bob Steadward**. Another wise decision from the top. If you ever do as much for Golden Bear sports as Kornak has done, we'll all be surprised.

THE SKATE'S ON THE OTHER FOOT — It was a very familiar sight Sunday afternoon in the **Saddledome** as the **Winnipeg Jets** made the **Calgary Flames** look less than ordinary in a 3-1 defeat to finish off the seasonal series with a 6-2 edge over the hated **Cowtowners**. **Bob Johnson**, whose mastery of the **Oilers'** system has earned him a reputation as one of hockey's best mentors, looked on as his troops stumbled for 55 minutes against Winnipeg. They looked uncannily like Edmonton does when they play the Flames — no relentless forechecking, few successful body

checks, and even their tough guys came out second best. **Jim Kyte** took on Calgary enforcer **Tim Hunter** in a first period scrap and gave him one of the worst (best?) beatings I've seen in an **NHL** game this season. Even though **Doug Risebrough** decided on **Jets' Laurie Boschman** in a pair of scraps, **Winnipeg** was the better team by far in the matinee held in the building that has jokingly been referred to as the **world's largest panty shield**.

YOU MAY AS WELL HAVE 'EM BECAUSE I AIN'T GONNA NEED 'EM — It's no secret that the secret to winning **hockey pools** is first figuring out who's going to win the divisions. Well, I'm boycotting those stupid pools this year so here's who's going to win: **St. Louis** will beat the **Red Wings** quicker than you can think, probably in five; Edmonton will dispose of the **Jets** (yeah, Calgary's got seven games left in the year) in six games;

the **Habs** will once again beat up on **Hartford**, the only difference being that it will take them only six games this year; and watch for **Washington** to finally, finally, come out of the **Patrick** after hammering the **Rangers** in five.

BUT WHO'D EVER MOVE TO REGINA WILLINGLY? — **Hoop Bears** assistant coach **Steve Roth** should be officially accepting the job as **Head Coach** of the **provincial junior basketball team in Saskatchewan**. The government is setting up the program in preparation for hosting the **Canada Games** in a couple of years, and Roth will probably be setting up the club in **Regina** for a considerably better wage than he's making here. Good luck Steve, but what's **Don Horwood** going to do without his better half?

THE DAILY GRIPE or ALTERNATIVES TO STAR TREK — I go to watch the opening game of the

season with my **Mom**, a yearly tradition. We decided that we would watch the **Reds/Expos** game because the **Blue Jays** were breaking years of tradition by starting their game against the **Indians** before the **Cincinnati** game that has opened the season for years. **CBC** (only the French channel) shows the top of the first inning then goes to a commercial. The score is 2-0, with the **Reds** coming up. Then they go to **Ronald Reagan's** address to the **House of Commons** which lasts until the sixth inning. By this time the score is 11-5 Cinci (blood pressure rising steadily) and I'm not even sure who the hell was **Montreal's** opening day starter because he's long gone!!! **Best on the Box**. Yeah, right. The English channel was showing soaps, they don't show lead stones in the **World Championships**, and they let the best host they ever had in **Dave Hodge** go. Thank **God** for cable!

Al Hrabosky "The Mad Hungarian" — on shaving...

Sports

"How can I intimidate batters if I look like a goddamn golf pro?"

This sport's getting bigger and bigger

by Rolanda Mudry

If you enjoy the look or feel of hot, pumped, and lean muscles, Sub Theatre was the place to be on Saturday night.

55 men and women entered the first ever Northern Alberta Body Building Championship (due to the fact that body building is such a popular and growing sport in Alberta, the Northern and Southern parts of Alberta now compete separately). The top three contestants from each weight category will meet in the Alberta Senior Championship on August 8th in Calgary.

If you have never been to a body building competition, it is definitely

time to see one. Ranging from 15 years of age to 60, each person's dedication, perseverance, training, and dieting is expressed in a 60-90 second choreographed posing routine. It is essential then, that the athlete learns how to put his/her best "muscles" forward.

The training sessions vary with the athletes, but as competition nears, winners will train four to five hours, 6 days per week. This love and commitment to the sport may be the main reason why the vast majority of the competitors are single.

Strict dieting of proteins and carbohydrates, plus tanning are two

very important factors for competing athletes, as both help to define the muscles.

It is harder for the women to lose body fat due to the fact that they have a much higher percentage of fat than men. Female athletes range from 12% - 25% body fat, while the men range from 5 - 15%.

Most of the competitors only carry the essential amount of fat on their body (8 - 10% for women and 3% for men).

Also, the look for women body builders has changed immensely over the years. The anorexic look is out and a larger, fuller-but-still-female look is in. And ladies, the physiological effects happen fast!

"You are a body builder from the minute you pick up the first weight. The largest percentage return will be noticed in the first six months," say Ron Woolsey, president of the Alberta Body Building Association.

This was very evident with 42 year old senior women's middle-weight champion, Anne McKinnon. Anne has four children and has only been training for 10 months.

Woolsey said she had the best physique he had seen on any women in the province. McKinnon proved him right — by walking away with the first place trophy in the women's overall too.

There were three female entries from the University of Alberta who did an incredible job which was evident from their placings: Heather McAffe - 2nd in women's light weight; Maureen Connolly - 2nd in women's middle-weight; and Gaby Nickel - 3rd in the women's heavy-weight class.

In the competitions, the judging takes place during the early show. Competitors are scored within their own weight class in the first round on their front double bicep, front lateral spread, back double bicep, back lateral spread, side tricep, and abdominal muscles.

In the second round the athletes perform a choreographed posing routine of their choice.

The night show is primarily for the audience. However, the judges do choose the overall winners in the juniors', men's and women's categories, plus the best male and female poser at this time.

The main criteria for judging is

muscular size, definition and symmetry, but originality, expression, dynamic quality, confidence and poise are also considered. Nobody wants to hear grunting or see a constipated look on the athlete's face while they are posing. Chewing gum was not favored either, as a couple of competitors may have noticed by the audience's reaction.

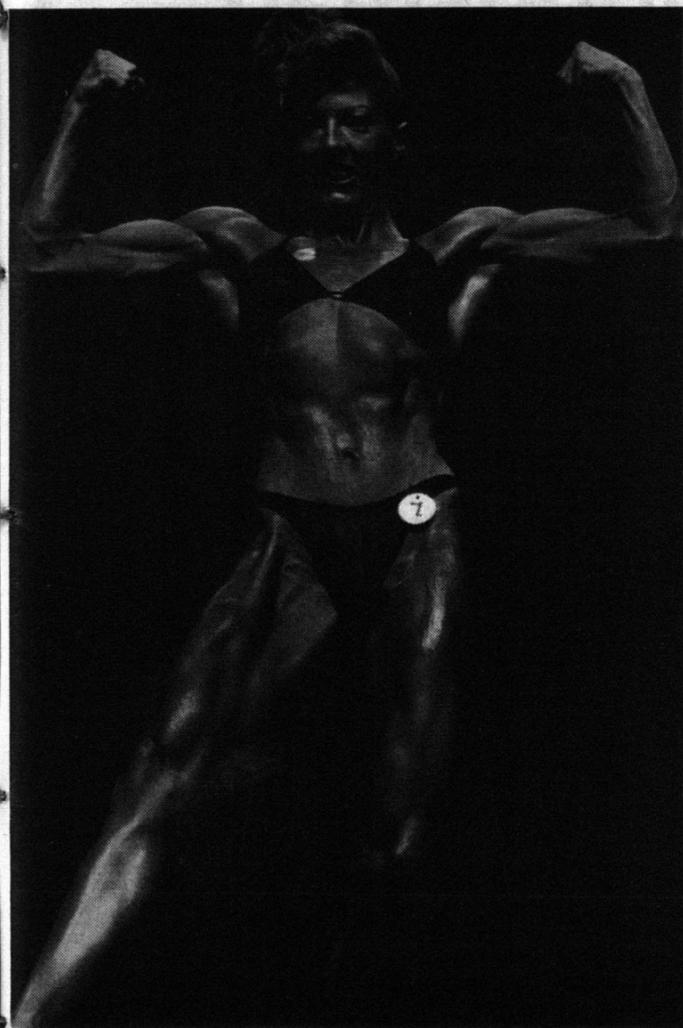
The most popular song chosen among the competitors for posing was "Let Me Feel Your Body", and yes, sometimes it was tempting!

The one aspect of the competition the men could use more assistance with though, is posing. They

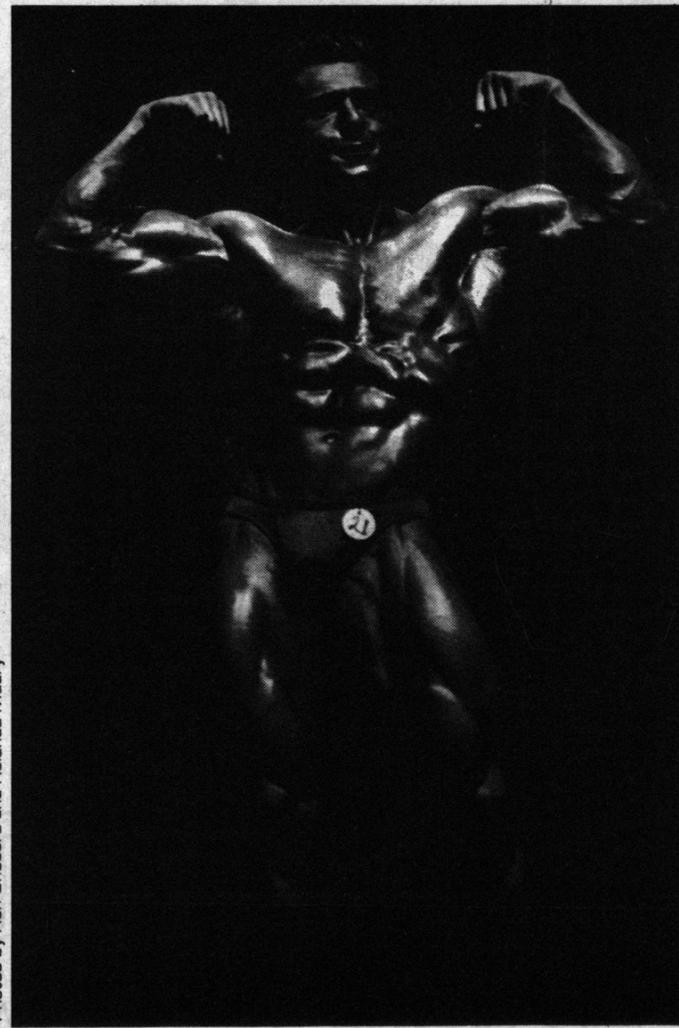
seemed to lack the originality, fluidity and flexibility that was prominent among the women.

There were impressive bodies on and off stage as well. Mark Gagne, 1985 Canadian heavy-weight body building champion and owner of Thors Gym, and Marco Cyncar, slotback on the Edmonton Eskimos were a couple of celebrities who were invited to present trophies to overall winners.

If the Academy Awards, Juno Awards or Grammy Awards bore you to tears, maybe it's time to try the dynamic and sensational Body Sculpting Awards.



Anne McKinnon, 42, was the women's overall champion.



Men's overall, and light-heavyweight champ, Al Hancock.

Photos by Ron Checona and Rolanda Mudry