

Bodybuilding not for men only

Editor's Note: This is the fourth in a series by *Eccentric sports reporter* Bob Gross examining interesting but different sports and the people participating in them.

Story: BOB GROSS
Photo: STEPHEN CANTRELL

The weaker sex? Bodybuilding, once upon a time, was thought of as exclusively a man's sport. You remember the ads in comic books. The one common denominator of all comic book bodybuilding courses was "impress girls!"

Well, the times they are a-changin'. Women are getting into bodybuilding affirms Miss Michigan Physique, Annette Ellis Pawluck of Birmingham.

Of course she didn't start out with the intent of becoming the winner of the first bodybuilding contest for women in Michigan. Bodybuilding was something Pawluck more or less fell into.

"I used to be a dancer," she explained, "and I was very active. When I quit dancing I gained weight, and I just tried everything from jogging to playing racquetball — everything — and it seemed like I couldn't lose that weight I had put on."

"SO A FRIEND of mine — he's a male bodybuilder — he mentioned that I should try that maybe, and I said well, maybe I'll give it a try."

Pawluck didn't stick with the weights the first time around. She liked it, but she went back to work dancing and lost the excess weight that way.

"Then I quit work again," she said. "I found that by lifting weights, combined with aerobics and isometric, isometric exercises, is what did it for me."

"The weights were the main thing — they gave me the inspiration to keep on doing it."

Pawluck works out five days a week with a stretching routine and isometrics and toning when she's not getting ready for a competition. The weights come out when there's a contest coming up.

Competition involves posing in front of a crowd.

"It was really nice," said Pawluck of the Miss Michigan Physique contest. "People are really, really responsive, very responsive at the contest."

Judges score the competitors on different points.

"YOU'RE DEFINITELY judged on your posing routine," said Pawluck, "and they're not looking for you to emulate the male bodybuilders."

"They're looking for symmetrical proportions — my arms should go with my legs, I just can't have muscular arms and skinny legs."

"They look for striations — your cuts," she continued. "Not really muscle size at all, but what your muscles look like."

"Sometimes muscles are real bunched up, really looking, and they're not looking for that in women — they want the nice long muscles."

Pawluck does some pretty heavy lifting in order to get the muscle shape and definition that contest judges look for. But she also advocates weightlifting for women who may not be interested in winning contests, but who are interested in toning their muscles.

"It's harder for a woman to build muscle than it is for a man," said Pawluck. "A lot of people don't realize that. Women are so afraid they're going to build muscle because they're exercising."

"IF THEY'RE GOING to lift weights, they're going to have to lift quite a bit of weight (to build muscle). I bench press anywhere from 45 to 65 pounds. Now the average woman would probably start out at 20 pounds and probably wouldn't even go over 30 pounds."

Pawluck doesn't eat anything different from what most people eat — she says she's on a common sense diet. She tries to stay away from fried foods, but every once in a while she'll treat herself to something special such as fried chicken.

She's on a common sense diet — except just before a competition.

"JUST BEFORE you enter a competition," said Pawluck, "you go on a real strict diet — chicken with no butter on it at all, boneless chicken broiled or baked in the oven. No meat at all — the leanest steak is still 40 percent fat."

"You want to cut down on your caloric intake," she continued, "because you want to lose body fat so your muscles will show better."

Pawluck is something of a pioneer in her field — there just are not that many female bodybuilders around. You might think she would have to put up with some form of verbal abuse — people who are a little bit different from the norm usually do — but she insists that's not the case.

"I haven't had anything so far derogatory whatsoever, or sarcastic remarks at all," said Pawluck. "I've only had women say they want me to help them."

And what about men?

"SOMETHINGS PEOPLE say 'Do you still attract men? Do you scare men off?' and that is definitely not true at all,"



Annette Ellis Pawluck demonstrates one of the poses that won her the Miss Michigan Physique title.

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CITY OF FARMINGTON
COUNCIL PROCEEDINGS
(Summary)

A Regular Meeting of the Farmington City Council was held August 4, 1980 in the Council Chambers, 23800 Liberty St., Farmington, Michigan. The meeting was called to order at 8:00 p.m. by Mayor William S. Hartsock.

PRESENT: Mayor Hartsock, Councilmen Bennett, Buckler, Tupper.
ABSENT: Councilman Yoder.

CITY OFFICIALS PRESENT: City Mgr. Deadman, Dir. Billing, Dir. Selfert, Attorney Kelley, City Clerk Vane.

Minutes of the previous meeting were corrected and approved as corrected. Minutes of other boards were received and/or filed.

A sign variance was granted to Forest City Dillion to erect a sign at the Sr. Citizen housing at Grand River and School St.

Request from Huron River Hunting and Fishing Club to erect a tent in their parking lot for their annual Lobster/Clam Party was granted.

Request from Residents on Power Road to close street for block party Saturday August 23, 1980 from 3:00 p.m. to 10:00 p.m. was granted.

Council opposed Senate Bill 2827 which would deregulate the cable television industry.

Proposed Ordinance No. C-467-80 was referred to the Planning Commission. Council accepted Fairview Court as part of the city's local road system.

Council appointed Mayor Hartsock as delegate to the Michigan Municipal League Annual Convention and City Manager Deadman as alternate.

Payment was approved to U.P. Construction in the amount of \$27,742.34 and to Gerry DiPonio & Sons, Inc. in the amount of \$81,038.52 for work on the Water Improvement Project.

City Manager Deadman reported to Council on the Community Flood Insurance Study and Rate Map.

Final Plat for Tall Pines Subdivision No. 2 was approved.

Resolution amending Resolution No. 5 of the Special Assessment District 78-70 was adopted.

Request for installation of traffic sign designating "Handicapped Child in Area" was referred to City Manager for study.

The following reports were received and filed:

Financial Report General Fund Period ended June 30, 1980

Financial Report 47th District Court Period ended June 30, 1980

Monthly bills were approved for payment as submitted.

The meeting was adjourned at 9:10 p.m.

WILLIAM S. HARTSOCK, Mayor
NEDRA VIANE, City Clerk

Published August 14, 1980

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