Bodybuilding not for men only

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

Story: BOB GROSS hoto: STEPHEN CANTRELL

CANTRELL
The weaker ser?
Bodybuilding, once upon a time, was thought of the common and the common and the common and the common denominator of all 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 body-building affirms Miss Michigan Physique, Annette Ellis Pawluck of Birmingham.

miningan Pnysique, 'Annette Ellis Pawluck of
Birmingham.
Of course she didn't
start out with the intent
of course she didn't
start out with the intent
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 in
seemed like I couldn't
lose that weight I had put
on. tente Ellis Pawluck of The weights come out who are interested in Simmingham.

The competition involves of the first bodybuilding contest for women in the first bodybuilding contest for women in Wichigan Bodybuilding was something Pawluck of the Marward of the explained. Fand I was rearry active. When I quit and I just tried everyhand i just

mine — he's a male body-builder — he mentloned that I should try that any should be that any should be that may be that a should be that the should be that the that I should be that the that Pawhee 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, isotonic exercises, is what did it for me.

CITY OF FARMINGTON

COUNCIL PROCEEDINGS

A Regular Meeting of the Farmington City Council was held August 4, 1980 in the Council Chambers, 23860 Liberty St., Farmington, Michigan. The meeting was called to order at 8:09 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. Seifert, Attorney

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

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

A sign variance was granted to Porest City Dillon to erect a sign at the Sr. Citizen housing at Grand River and School. St. Request from Huron River Hunting and Fishing Clob to erect a tent in their parking for their annual Lobester/Clam Party was granted.

Request from residents on Power Road to close street for block party Saturday August 23, 1980 from 300 pm. to 1000 pm. was grained.

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

try.
Proposed Ordinance No. C-467-80 was referred to the Planning Commission.
Council accepted Pairview Court as part of the city's local road system.
Council accepted Mayer Hartscok 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
DiPomio & Sons. Inc. in the amount of \$51,038.52 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

Resolution amenong resolution two. 3-on the special 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 Pand Period ended June 30, 1980

Financial Report General Pand 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

"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 and knotty looking, and they're not looking for that in women — they want the nice long mus-

exercises, is what did it forme.

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 isometries and isotonics when she's not getting ready for a competition. The weights come out when there's a contest coming up. cles."

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 fof women who may not be interested in winning contests, but who are interested in toning their muscles.

"It's harder for a wom-

Pawluck doesn't eat anything different from what most people each earning the says she's on a common sense diet. She tries to stay away from fried to stay away from fried while shell treat herself to something special such so while shell treat herself to something special such so while shell treat herself to something special such so while shell treat herself to something special such so while shell treat herself to something special such so while shell treat herself to something sense diet — except just before a competition." Pawluck is something something the first of a ploneer in her field there just are not that all, and fearly something the first of a ploneer in her field there just are not that all, and fearly something the first of a ploneer in her field there just are not that all any fearly body build-net. Pawluck, you go on a real strict diet — chicken with no butter on it at all, which some form of the morm usual-wide in the oven. No what all if you hat so not the case. The went had anything the only in the something sense diet — except just a power of the something sense diet — except just a power of the something sense diet and the something sen

Mobil

who are a little bit different from the norm usual. The first that's not the case. The first that's not the case. The first first that shot the case. The first first that the state of the first first that the state of the first first that the state of the first fi



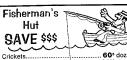
Annette Ellis Pawluck demonstrates one of the poses that won her the Miss Michigan Physique title.



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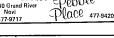
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