

# Liberty Call

## Navy pumps up at annual MWR competition

# Body Building

Story by Karen Spangler

Photos by PH3 Dawn Morrison

Arm courtesy of Terry Lubio



"I feel great!" said Hospital Corpsman Third Class Terry Lubio (pictured in the photo inside this story), grinning as he greeted friends just minutes after winning the 18th Annual All Services Bodybuilding Competition May 5 at Sharkey Theater, Naval Station, Pearl Harbor.

Lubio flexed, posed, danced and smiled his way through the bodybuilding event - winning not only the overall competition for the men, but capturing the trophy as best poser and placing first in the men's light heavyweight division.

Navy and Marine bodybuilders swept the competition - capturing first place honors in the men's lightweight division, first in the men's middleweight division, first and third in the men's light heavyweight division, third in the men's heavyweight division, and grabbed second and third place trophies in the women's lightweight division.

In the team competition, the Navy/Marine team executed a smoothly choreographed presentation as they posed and flexed well-toned muscles to beat out two Air Force teams for the first place win.

Lubio, a 10-year Navy veteran who works at the physical therapy clinic at Marine Corps Base - Kaneohe, shared his thoughts about his efforts in the competition. "I'm very confident. I know I did a good job," Lubio said. "I just had to go up there and I'm glad God blessed me with the passion of body building," he continued.

"I'm creative and always come up with some kind of workout," he explained. This was evident during Lubio's performance on stage, frequently accentuated with turns, grins and even some well-placed wiggles, that elicited laughter, cheers and applause from the audience.

The Navy petty officer started bodybuilding while in high school. He entered his first competition in 1992 and another in 1999 prior to taking top honors in the current bodybuilding event.

A typical breakfast for the well-muscled bodybuilder consists of three egg whites, a scoop of protein supplement and mixed veggies. Averaging eight meals a day and approximately 2000-3000 calories, his diet regime consists of

high protein, low carbs and very low fat intake.

"My knowledge is increasing," he explained as he talked about the importance of nutrition. "It's an individual thing. You have to do it on your own, trial and error. It's hard work."

Lubio's daily workout session includes about 45 minutes of cardio and two to two and a half hours of body building each day.

Future plans include competing in the Natural Olympia / National Qualifier, scheduled for Aug. 18 at Diamond Head Theater. He also plans to earn a degree in nutrition and said, "I want to start my own body building classes and help folks, especially young kids."

Navy Religious Program Specialist First Class Kelvin Nicolas, assigned to Marine Corps Base Chapel - Kaneohe, captured the first place trophy in the men's lightweight division. Second place was awarded to Joseph Vezzi, an Air Force captain.

Marine Sgt. Julius Ventura edged out Air Force competitors in the men's middleweight division to take first place. Chief Master Sgt. Russ Frazier and Tech. Sgt. Benny Miguel, both of Air Force, placed second and third, respectively.

In the men's light heavyweight competition, Air Force Chief Master Sgt. Edwin Rodriguez placed second, Navy

Petty Officer First Class Michael Howard took third and Air Force Tech. Sgt. James Thomas won fourth place.

Army Lt. Col. Michael Montgomery took top honors in the men's heavyweight division. Technical Sgt. Raymond Seebor of Air Force was the second place winner and Navy Chief Petty Officer Richard Adams placed third.

Laverne King, an Air Force dependent and mother of three, was the women's overall winner in the competition as well as best poser in the women's category. King also won first in the women's heavyweight division.

Stefy Matsumura, an Air Force tender, won first place in the women's lightweight division. Navy women captured second and third places in the women's lightweight competition. Leslie Howe, a Navy wife, was awarded the second place trophy and Camillia Klimkowski, a Navy wife and former Navy petty officer, placed third.

During a pre-judging held earlier in the day, contestants competed in various categories. Judges evaluated the bodybuilding competitors in areas of muscularity which included five compulsory poses for the women and seven compulsory poses for the men. They also were rated for symmetry, the balance between upper and lower body, and for presentation when they were given an opportunity to present a one-minute posedown.

Cindy Lee was the lead judge and was assisted by Bill Nelson, Dr. Pete Fong, Bo Bolongon and Ray Longo.



Right: Leslie Howe, who placed second in the women's lightweight division, strikes a pose during the women's posedown competition.



Below: Terry Lubio (Navy) and Julius Ventura (Marines) compete as the Navy/Marine team in the team competition. Lubio won overall for the overall men's competition, overall men's posing and first in the men's light heavyweight division. Ventura won first place in the men's middleweight division.



Top: Competitors in the women's lightweight division compete in the posedown. Pictured left to right are: Camillia Klimkowski (Navy), third place; Stefy Matsumura (Air Force), first place; and Leslie Howe (Navy), second place.



Left: Kelvin Nicholas (Navy) won first place in the men's lightweight division.

Above: Laverne King (Air Force) won the overall women's competition and overall women's posing as well as first place in the women's heavyweight division.