

BODYBUILDING BIOGRAPHY**SUMMARY**

I am a National and International Bodybuilding champion with 22 years of body building experience. My bodybuilding career has run concurrently with my 40-year professional management career in corporate America which spanned working for five Fortune 500 companies. I am also a certified personal trainer with demonstrated success delivering nutritional seminars and exhibiting training techniques at sports conventions and shows. Currently I am serving as a National (NPC) and International (IFBB) judge. In addition, I have been a US delegate and judge to the World Universe Championships and have been acknowledged for my longevity and dedication to the sport of bodybuilding. At age 61 I am still respected in the gym for my strength and training skills. I was granted Pro Status as an IFBB bodybuilder May 2004.

MAJOR PUBLICATIONS FEATURES

Essence
Flex
Female Bodybuilding
Muscle Mag
Muscle Development
Iron man
Parillo Press
Philadelphia Inquirer Newspaper
Women Physique Magazine
Muscle & Fitness
Columnist for Women's Fitness & Bodybuilding
Beverly International -No Nonsense Newsletter

JUDGING

N PC NYC Metro District, 1987- present
NPC National Judge -1992 -present
IFBB International Judge - January 2002 -present

BODY BUILDING EXPERIENCE AND SPECIAL JUDGING ASSIGNMENTS

Training: 8/82-present
Gym: Bev Francis Gold's Gym, Syosset.NY.

COMPETITONS/JUDGING

IFBB- Night Of Champions
IFBB- World Universe Championship
IFBB – World Universe Championships
IFBB- Judge, Olympia, Men, Women and Fitness
IFBB -Judge, Night of Champions, and Jan Tana
IFBB- World Juniors & Master Championship-Czech
IFBB- World Universe Championship, Warsaw, Poland

TV APPEARANCES

CNN News Coverage
Regis Philbin Show
Manhattan Cable
Channel 21
Channel 2 -Nellie Gallant Show
Muscle Sports
ESPN
Art Carey Show, Philadelphia TV
Video -Women Physique
Photo shoot with Annie Liebowitz
Valley Forge Health & Fitness Show
Bill Cosby Show

CERTIFICATIONS

NASM - National Academy of Sports
Medicine - Certificate
Dowling College - S.M.A.R.T. Program
Personal Trainer Certification

Height: 5'3: **Weight:** 146
Date of Birth: 01/05/1943

Year	Place
2004	IFBB Pro Status announced
2003	USA Judge/Delegate
2002	USA Judge/Delegate
2002	Judge
2002	Judge
2000	6th Heavyweight
2000	USA Judge/ Delegate

COMPETITONS/JUDGING (continued)

	Year	Place
IFBB- World Juniors & Master Championship, Spain	1999	8th Heavyweight
NPC -Team Universe, NYC	1998	3rd Heavyweight
NPC -National Championship	1997	6th Middleweight
IFBB - World Juniors & Masters Championship, Katowice, Poland	1996	2nd
Women's Physique Video	1996	Video
IFBB - North America Championship, Quebec, Canada	1996	5th
NPC - Team Universe Championship	1996	4th
IFBB -World Universe Championship, Brugge, Belgium	1995	10th Heavyweight
Fierless Productions -Evolution "F"	1995	Exhibition
NPC - Team Universe Championship	1995	1st Heavyweight
IFBB -World Universe Championship, Borlange, Sweden	1994	5th Heavyweight
NPC -Team Universe Championship	1994	1st Heavyweight
IFBB -World Jrs & Masters Championship, Torrevieja, Spain	1993	2nd Place Open
Fierless Productions, "The Most Awesome Women"	1993	Exhibition
IFBB - North America Championship	1992	6th Heavyweight
NPC - Women ' s Extravaganza	1991	Guest Poser
NPC - National Championship	1991	Top 10
IFBB - North America Championship	1991	Top 15
IFBB - Japanese World Games, Tokyo, Japan	1990	4th Heavyweight
IFBB - Arnold's Classic - Ms. International	1990	11th Heavyweight
NPC - National Championship	1989	3rd Heavyweight
NPC - National Championship	1988	5 th Heavyweight
NPC - USA	1988	Top 12
NPC - USA Masters, Teen & Collegiate National	1988	1st Heavyweight & Overall
NPC - NYC Metro District	1987	Female Athletic of the Year
NPC - USA	1987	Top 15
AAU - Ms. America	1986	2 nd Medium class
NPC - USA	1986	Top 15
NPC - National Championship	1986	Top 15
NPC - National Championship	1985	Top 15
AAU - Physiques International	1985	1st Medium & Overall
AAU - Ms. America	1985	2nd Medium
NPC - USA	1985	Top 15
AAU- Physique International	1984	1st Medium class
NPC - New York State Gold's Classic	1984	5th Heavyweight
AFWB - Tri-State	1984	1st Heavyweight & Overall
AFWB - USA	1984	Top 15
AFWB - Ms. North East Atlantic States	1983	1st Heavyweight & Overall
AFWB - Ms. Dan Lurie Classic	1983	1st Heavyweight
AFWB - Ms. New York City	1983	1st Medium & Overall
AAU - Eastern America	1983	1st Medium & Overall
AFWB - NGA Championship	1983	1st Heavyweight & Overall
AFWB - Ms. North East Atlantic States	1983	1st Heavyweight & Overall

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