

NATURAL *News*

by Steve Downs

ALL THE NATURAL NEWS
THAT'S FIT TO PRINT



Sarah Kabo

NEW SWIMWEAR FACE ON THE JERSEY SHORE

You may not know her name just yet, but remember her face, because you're going to be seeing a lot of Sarah Kabo in the future. The 23-year-old New Jersey resident began working out at age 18 as an overweight teenager and, through a program of daily exercise and healthy eating, blossomed into a stunning swimwear model. Handling her own promotion to date, Sarah has graced the pages of *Musclemag* and *Ujena Swimwear* magazines, as well as *Gorilla Wear's* catalog. She also appeared on the *Charles Perez Show* in an episode about swimwear modeling for the '90s. A budding fitness competitor and veteran aerobics instructor, Sarah is currently seeking modeling work. To contact this fitness beauty, write to: Sarah Kabo Agency, P.O. Box 2186, Ventnor, NJ 08406-0186.

JOHN GRIMEK PASSES

All of us in the bodybuilding industry are saddened by the loss of physique great John Grimek. The only two-time Mr. America in history, Grimek passed away on November 20 at the age of 88. During his storied career, Grimek worked for Bob Hoffman of York Barbell, was editor of the original

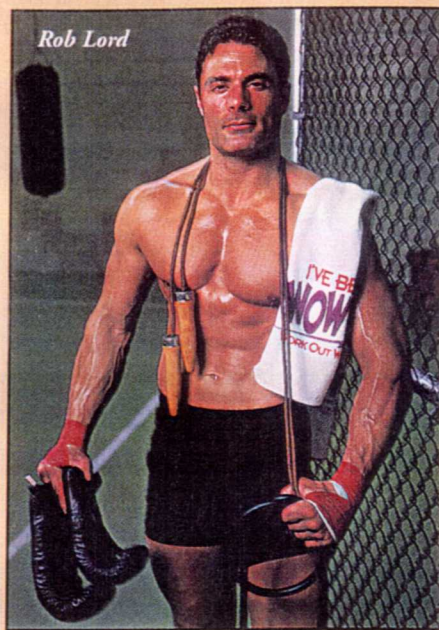
Muscular Development, competed in the 1936 Olympics as a weightlifter and won both the Mr. Universe and Mr. USA titles. A regular at the Oldtime Barbell & Strongmen Association dinners, Grimek will be sorely missed. Watch for a retrospective on his life and career by close friend Vic Boff in the next issue of *NB&F*.

GENNARO THE TRAINER

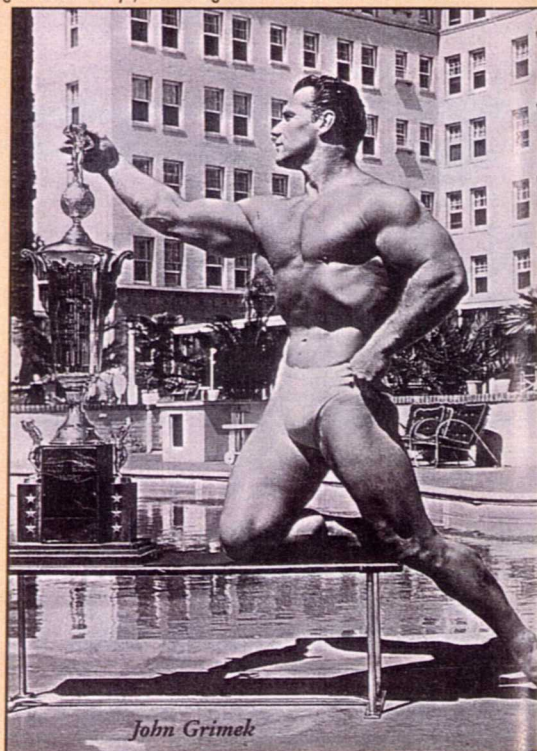
Although the story about WNBFF pro and personal trainer Gennaro Ferraro can be found elsewhere in this issue of *NB&F*, we thought it would be appropriate to introduce you to one of the Aussie's clients, New Yorker Paulo Roberto Da Rosa. Since 1996, Paulo has been trying to pursue the bodybuilding lifestyle, but was unsure of what to do before meeting Gennaro at the American Fitness Center. The first thing the Australian champ did upon taking the new client under his wing was advise the middle-aged businessman that less is more. As a result of cutting his three-hour training sessions to a manageable 90 minutes or less and taking more rest days, Paulo began to see increases in muscle and strength, while his bodyfat slowly decreased. "Gennaro explained to me how the muscles grow and why I need a break for them," Paulo says. "I am now conscious that slow and steady progress wins the race." He also modified his diet to include about 60 percent carbohydrates, 30 percent protein and 10 percent of healthy fats and has enjoyed unlimited energy while pursuing his training goals. "Gennaro is a great example of the bodybuilding lifestyle," Paulo concludes. "With him as a personal trainer, I get results." To contact Gennaro Ferraro regarding personal training sessions, call 917-879-0036.

IN THE NEWS

Two-time Ms. Exercise Champion Kim Lipman has enjoyed press and TV coverage in her home state of Connecticut, thanks in part to her availability and on-camera skills. The mother of two, Kim was the subject of a full-page feature in the *Connecticut Post*, which detailed her training and lifestyle as the Nutmeg



Rob Lord



John Grimek