

Stan Efferding stands in front of the trophies he's won in body-building competitions

## SPORTS

# **University body-builder** wins Mr. Oregon title

### By Ashley Conklin

University student Stan Efferding began competitive body-building in 1989.

success to come Efferding's way, and the ultimate success came over spring break when Efferding won not only the Mr. Oregon heavyweight competition but was named the overall Mr. Oregon winner.

"To be the best in the state after three years of training. you get a great deal of satisfac tion." Efferding said. "It's a real special feeling.

Efferding, a native of Aloha. first started competing in novice competitions in 1989 after trying his hand at other sports.

Efferding, 23, was a varsity



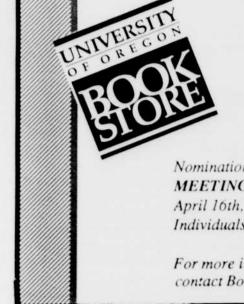
The UO Bookstore 1990 - 91 Board

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Serving on the Board of Directors of the UO Bookstore is one of the few opportunities students have on campus to make a real difference. The Board of Directors establishes policy for the Bookstore and plans of the future for this nonprofit corporation.

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These two-year positions are available:

But it hasn't taken long for



letterman in both wrestling and soccer at Aloha High School and had scholarships offers in both sports from the University of Pennsylvania, but decided to stay close to home and attend the University.

After lifting weights "for strength for college wrestling and soccer." Efferding decided to take up body-building on a full-time basis.

'I like weight lifting and decided to concentrate on bodybuilding," he said. "I just dumped myself in it.

Tve always been confident in myself and body-building just picked up where my weight lifting lead into this." Efferding said

That confidence has served Efferding well ever since.

In 1989, Efferding won the novice heavyweight and the overall novice competition at the Emerald Empire contest. From there, Efferding's career took off.

Efferding captured both the Mr. Oregon Coast heavyweight and overall competitions last year as well as the light heavyweight competition at the Northwest Naturals and the heavyweight Rose Cup compe-

For Efferding, all of the wins are important, but he said that neither win was more significance than another. Because of that, Efferding keeps his Mr. Oregon title in perspective.

'Every show I compete in is a challenge." he said. "We have some really good bodybuilders right here. We're all pretty close

At the Emerald Empire competition, we have the over-35 Mr. Oregon and the Teen and College Mr. Oregons so it's tough competition."

While Efferding has definitey enjoyed the glory and suc

- One Freshman Position
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Nominations for the available board positions will be taken at the ANNUAL MEETING OF THE BOOKSTORE, which will be held at 3:30 p.m., Tuesday, April 16th, in the Walnut Room of the EMU (across from the U.S. post office). Individuals may nominate themselves.

For more information about the Board of Directors and running for a position, contact Bookstore General Manager Jim Williams in person or at 346-4331.

cess of body-building, the sport is more physically demanding that most people realize.

Efferding works out six days a week. 2½ hours a day. On top of that, he is working toward acceptance into medical school after getting a psychology degree at the University. In addition to the demands of workouts and school, he also works part-time as a trainer at Southside Fitness in Eugene.

Efferding also follows a very strict diet, eating chicken, fish. pasta, brown rice and "lots of legumes.

The last week before competition we cut out salts." he

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