## Vernonia's Moeller is World Champion

been named the International Natural Bodybuilding Association (INBA) World Champion, competing as an amateur teen.

out at Terry's Gym in Vernonia, recently returned victorious from Hollywood, California, where he competed in his very first bodybuilding competition. Moeller competed against over twenty competitors from around the world including Taiwan, Australia, Egypt, Japan, and China.

"I always dreamt of being in a competition like this and winning a world championship," said Moeller upon his return to Vernonia. "I never thought it would be this soon into my

career. But when they announced, 'The

Dr. Carol McIntyre Naturopathic & Chinese Medicine

503.481.4096 cccmnd@yahoo.com aturalpathhealthservices.com





featuring local and organic produce, wines, cheeses, coffees, fresh baked goodies and eclectic farmgirl delights

Sign up for the enewsletter: paulette@cultivatorgeneralstore.com

Tues-Fri 10AM-7PM, Sat 9AM-5PM, Sun 11AM-4PM

302 N. Nehalem, Clatskanie 503-728-3496



DON WALLACE, PLS Professional Land Surveying 1224 E. Alder St. Vernonia, Oregon 97064 Phone: 503-429-6115

Email: DWallace\_KLS@msn.com

FAX: 1-866-297-1402



Vernonian Collin Moeller has new 2010 World Champion...', and then they announced my name-- it was the best feeling ever! I didn't want to leave! I was stuck on stage!"

The INBA strictly monitors Moeller, eighteen, who works for performance-enhancing drugs and requires urine, blood and polygraph testing to ensure that all competitors are clean, conforming to International Olympic Committee Standards.

> Moeller says he has been training for body building with Terry's Gym owner, Terry Fultz, for about six years. "I've always been into weightlifting," says Moeller. "I remember when I was really young, like six or seven, I would put myself on little workout regimens. Then my dad started showing me how to work out and I started working out with him and he'd bring me up to the gym when I was young. And then I started training off and on with Terry. And eventually Terry asked me to start training regularly with him. I've always been very health-conscious."

> Fultz is himself a long-time and well respected bodybuilding champion in the Pacific northwest.

Moeller says leading into the competition, he was working out at least six days a week. His workouts include specific muscle groups on specific days, lots of running, and a very strict diet. Moeller says that in the off season he worked hard to bulk

lifting heavy weights

and then, heading into the competition, he did more and faster repetitions and worked to cut weight. "It was all worth it," says Moeller.

Moeller says he's very thankful for all the support he receives. "Mostly, I want to thank my parents a lot for always being there and helping me out. And my brother who was always pushing me-telling me I look too small!, and my sister. And, of course, I want to thank Terry-- he's been like a second father and he's always been there and stuck with me and helped me train."

> Moeller can't say enough about help guidance Fultz has provided. "He's really taken me under his wing and tried to teach everything he knows," says "When Moeller. we first started working out, he'd have me up here with a notepad



up by eating a lot and Collin Moeller, the 2010 INBA World Champion Bodybuilder working out at Terry's Gym.

writing everything down. He'd make me study-- it was like school. He made me learn about the history of bodybuilding, about how things work in the body, hand positions for lifting, about form... everything. Terry always says, 'Never sacrifice form for one more rep.' I always remember him saying that to me. He'd have me up here writing things down and he'd send me home and tell me to study and then he'd give me guizzes and tests when I came back. And if I didn't do good, he'd punish me with a really hard workout!"

Moeller says he is going to focus and compete in powerlifting this winter. Next season, he intends to compete in the National Physique Committee (NPCthe Federation that Fultz competes in) as well as defending his INBA Championship. He intends to compete in mostly regional competitions, including the Mr. Oregon Competition and compete professionally. He is also working toward earning his certification as a personal trainer.

Congratulations Collin to Moeller, the 2010 INBA World Champion!

Vernonia's Voice is published on the second and fourth Tuesday of each month. Our next issue will be published on September 28th.

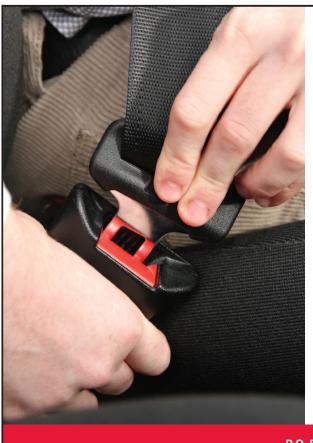
## Banks Christian Academy

Quality Christian Education Since 1983 Preschool through 9th Grade Language, Art, Drama, Computer, Monthly Field Trips, Transportation



"Train up a child in the way he should go, and when he is old, he will not depart from it." Proverbs 22:6

Affordable Tuition Excellent Education 503-324-4500 22785 NW Fisher Rd. Buxton, OR 97109 www.bankschristianacademy.org



## Regular use can be habit forming.

Here's one habit that's good for all of us: wearing a safety belt every time we're in the car. Crash tests show that even at a lower speed, like when you're driving through a neighborhood, safety belts can save lives. Columbia 9-1-1 asks you to take safety into your own hands and buckle up every time you get into the car. We're always here to help in an emergency. But we'd rather help you stay safe.



Columbia 9-1-1 Your safety on the line.

P.O. Box 998 St. Helens, OR 97051 Administrative Office: (503) 397-7255 Non-emergency Dispatch: (503) 397-1521 1-800-696-7795 www.columbia911.com