

1) What's your favorite Scripture?

This one is difficult for me to pin down because depending on the problems, difficulties, griefs, or joys I am faced with, different Scriptures and Bible stories come to mind. I guess the one that stands out the most however, is John 3:16. For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

The reason this one sticks out so much is because of my wife Rhea. She and I do not like the way Halloween is celebrated so she devised a unique way to show her faith and use the occasion to spread the Gospel. Every Halloween she types out the Bible verse of John 3:16 on pieces of paper and puts it in each bag of treats we hand out. This way kids who are old enough to read will read it and kids too young to read hopefully will have their parents read it. I think that's a pretty neat idea.

2) Who were your childhood heroes?

You know, I don't recall having any real hero as a kid. At least not by the definition one normally associates with the word "hero." Oh, I did like Roy Rogers, Superman, later Mickey Mantle and Roger Maris. A little later still it would be Steve Reeves, but none in the way of being a hero. I liked them more as a way of escaping or daydreaming. Riding horses like Roy or flying like Superman. Hitting the ball like Mantle and Maris, having the body and strength of Hercules Steve Reeves, you know those types of thoughts, but I don't remember ever really feeling like they were my hero's.

3) If you could meet anyone from the Bible, who would it be and why?

For me this is easy, it would be Paul. Paul was so full of himself and so bold in his faith, to me he is a real inspiration. He gave us so much to read and consider. What an Apostle he was. I see all the emotions a human has when I study the Bible and read things Paul said. At times he gets angry and he is often humorous. I think the only thing Paul is not is humble... except for his attitude toward our Lord that is.

4) What is a typical day in your life like?

I'm not sure how typical any day goes for me. Usually I get up around

4:00 am in the morning. I say a thank you prayer to the Lord, get my coffee and begin checking emails and working on various tasks.

Around lunch time or early afternoon I'll try to get in a workout and then go back to work. As you can see from my bio, I've tried and done a great many things. Presently my brother keeps me pretty busy working on projects for him and I am trying to promote my books and CD. I recently put out a CD on Vince Gironda titled, Vince Gironda Legend and Myth. I'm proud of the work done on the CD. It contains over 300 pages and is loaded with information and pictures. I have also just posted my web site at www.PalmieriBodybuilding.com. I say I posted, that's a joke. I don't know enough about computers to do anything. It's all the work of my webmaster. He is the one who does it all. All I do is touch base with him from time to time.

Perhaps more today than ever, I talk with the Lord throughout the day. Most times what I say is brief and not important but it brings me comfort. I enjoy doing that a great deal.

5) What Biblical figure do you most identify with & why?

I have never thought about that. I wish I could say Jesus but I would never even seriously think of that. I wish I could follow just half of the example He left for us to follow. Paul would most likely be my second thought since you asked, but I can't really say that either. I don't feel worthy enough to be identified with the great ones in the Bible and I sure don't want to be considered as one of the bad ones so I can't give you much of an answer as I don't know who I could most identify with.

6) What trait do you like most about yourself?

I can't really answer that. If anything perhaps it is that I do what I say I will. At least I do my best. I've always said that I didn't care if a person said they liked me or not but I always want people to say I did what I said I was going to. I would like to think people would say I told them what I felt and thought. I guess that comes from my political background and having to deal with people and the press a great deal. My word is important to me and I think, if anything, that would be a trait I would like, not only in myself but others as well.

7) What trait do you least like about yourself?

Oh boy! I can give you a list a mile long on this one. My lack of patience is a big one. I am also a very high-strung, anxious and nervous person with a Type "A" personality. I wish I was not so. Believe me I have tried and prayed to change. I think I am starting to learn to live with it a little bit better. I know it makes it hard on the ones that do care for me and it makes it hard on me as well.

Jesus wants us to have peace in our lives and within ourselves. For me as well as a lot of people I know that is not an easy thing to accomplish. I can't do it myself and I ask Jesus to help give me that peace. Sometimes I feel it and sometimes I don't. When I don't I know it is because I am trying to control something rather than letting Jesus control it.

I am very conscious about my shortcomings, how sinful I am as a human. I am surrounded by some of the most devout Christians you can think of. My wife, my brother and sister and their family members, my mother and father, they are all so strong in their faith it sometimes makes me feel inferior. Not in a bad way because I am humbled just to think of the grace of our Lord. It's difficult for me to express. It's my challenge to keep working on my faults until I make the changes I need to. With the help and grace of God I will eventually make it.

8) How have you been able to represent God in your sport?

Because I have been fortunate enough to have been involved in bodybuilding and other activities that have allowed me to gain some experience and provided a degree of exposure, I have been able to openly state my faith in God.

I recently posted an article on my web site that I wrote titled "Still Here." It's about my recent heart attack and emergency surgery. In it I include subtle references to my faith. I purposely did it that way to get a message across in a different writing style from the way I usually write. Hopeful it will help someone, you just never know.

When I was mayor, I helped promote a morning Bible reading session for employees at city hall. Not many attended and it didn't last long but we did it. Some complained but I told them if they didn't like it don't come. I always kept a Bible on my desk and was even told by another elected official I couldn't do that in a government building. I told that person when they ran for mayor and if they got elected they could put what they wanted on their desk. As long as I was mayor I would keep

the Bible on mine.

I know I have not done near as much as I should or could have and certainly not near as much as others have. Thinking about it makes me really stop and think of what I have done to spread the word and represent God. This is a good question and one that self reflection leads to positive action. Thanks for the thought provoking question!

9) If you could change one thing in your sport, what would it be?

The use of steroids and drugs. They should be banned and can be if all organizations and associations would just crack down. In my opinion it has ruined the sport. I am so strongly against steroids and drugs in bodybuilding I went for years without even looking at a bodybuilding magazine. It needs to be stopped. I have actually given speeches to kids in elementary school who know about steroid use and ask some very pointed and scientific questions regarding the cycling and use of them. Where do these kids get this information from? It is scary for kids that age to know so much about something so harmful.

Bodybuilding is supposed to be a sport for health and fitness. Only an idiot would believe that can be accomplished through the use of steroids and drugs.

10) If you were to die today and go to heaven, what would you like to hear God say?

WELCOME! You made it! Come in and join all your earthly family members that have already passed. They are all here and the rest will be here someday also. Not one has or will perish. That is my real hearts desire. To know I will be with the Lord and my entire family also. Nothing can beat that.

And there you have it! Alan is a font of information from the era when bodybuilding was at its best and iron and not drugs ruled! I recommend visiting Alan's site for some great training info among other nuggets of gold to be found throughout! Thanks Alan & God bless! Visit Alan's site at www.palmieribodybuilding.com