



Photos By Kyle Burnett/The Battalion

Chris Webster, a senior nutrition major, was named overall champion in the Mr. Texas A&M Bodybuilding Contest last month.

## No pain, no gain

### Men's bodybuilding winner enjoys entertaining crowd

By Paul Neale  
The Battalion

Two weeks before the Mr. and Ms. Texas A&M Bodybuilding Contest, senior nutrition major Chris Webster thought he'd enter the competition to get some practice and pal around with fellow bodybuilders.

It probably irritated the competition that trained and dieted for months when Webster was named overall champion in the men's competition.

Webster said that beyond practicing his poses and dehydrating, which allows for the muscle to be more visible, he didn't do much preparation.

"It allowed me to go into the competition feeling bold and feeling happy," he said.

Webster began lifting weights about seven years ago to train for his high school football team. In December 1991, he began bodybuilding for Texas A&M's first bodybuilding contest.

Webster said he enjoys entertaining the crowd during competitions.

"I may not be the biggest and I may not be the leanest, but I want to give them a show," Webster said. "I want to be an entertainer, and this is one of my ways of doing it."

For an hour, six times a week, Webster can be found at Gold's Gym where he works out with his fiancée, whom he credits for some of his success.

"Basically, we started out as workout partners," he said. "If it weren't for her, I probably wouldn't be where I am today because she pushes me when I need it."

Webster said being a nutrition major complements his bodybuilding.

"Bodybuilding has helped me gain knowledge about nutrition, and nutrition has helped me with bodybuilding," he said.

Weighing in at 175 pounds

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The Ms. Texas A&M Bodybuilding title was the first for Paris Kharbat.

## Women's winner retains femininity

By Paul Neale  
The Battalion

Paris Kharbat won her first — and last — bodybuilding competition at the third annual Mr. and Ms. Texas A&M Bodybuilding Contest last month.

Kharbat, 22, received a degree in biology from Texas A&M and will attend medical school this August in Fort Worth.

She began bodybuilding a year and a half ago, inspired by her friends and actress Linda Hamilton

from the movie "Terminator 2."

"She (Hamilton) was totally ripped, but still looked feminine," Kharbat said.

At 134 pounds, Kharbat said her participation in the bodybuilding competition fulfilled a personal aspiration.

"It was just one of those personal goals. I don't aspire to be Ms. Olympia or be as big as a house," she said.

Kharbat said the main factor in

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## CLAIRVOYANCE AND CAUTION: Repercussions from the Human Genome Project

### GUEST SPEAKER

Nancy S. Wexler, PH.D.  
Columbia University  
College of Physicians  
and Surgeons  
President, Hereditary  
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