



The Give Back Guide

Throughout the southeast there are many ways that we can help make our communities stronger through volunteer and donation opportunities. Giving back can be as easy as the click of a button to donate to a worthwhile cause or helping out by participating in an event or the giving of your time. It's equally important to recognize those people that have inspired us through their example of perseverance, determination, positive attitude or the good deeds they have contributed to their community. Making a real impact on causes we care about and affect the

fitness community as well as the community we live in, is the reason that Eddie Ferrell, a real estate broker from Clarksville, TN, sponsored the Give Back Guide. Whether your priority is the cause, the location, the schedule or sharing yours or someone special's journey of success, here are some worthwhile ways you can give back.

FUNDRAISERS

Cliff Bomar

Cliff Bomar, NPC and IFBB Pro League judge with over 30 years dedicated to the sport of bodybuilding, has been diagnosed with an aggressive stage of colon cancer. Cliff will have a long road ahead of him with surgery, chemo, radiation, travel, and homeopathic therapy. To give him the gift of not having to worry about medical payments or cancer treatment expenses so his focus can be on healing and becoming cancer free go to <https://www.gofundme.com/f/cliff-bomar>



Mike Feulner

On May1, 2019, the life Mike Feulner, formerly the head expeditor for some of the largest bodybuilding shows in the nation, knew changed forever when he suffered the first of two strokes that greatly impaired many basic physical abilities we all take for granted. After a hospital stay, he was finally moved to a rehabilitation center where he received specialized PT, OT and speech therapy every day. He has since had to learn to stand and walk again, to control his fine motor skills in his hand, to see clearly and to swallow again. A feeding PEG tube which had been inserted has been removed. Now home, Mike's journey will be long and difficult. He continues intensive outpatient therapy 5 days a week with additional exercises at home. The cost of care and all the services and assistance Mike needs are not all covered by insurance. There is still a long way to go but he couldn't have come this far without all of you. Your contributions continue to make this possible. We appreciate your support now and in the future. To donate go to <https://www.gofundme.com/f/MikeFeulner>

IFBB Pro League and NPC Judge Cliff Bomar (far right), pictured with NPC AL Chairman, Promoter, IFBB Pro League and NPC Judge Morris Pruett and Randi Pruett

AWARDS

The Courage Award

Purpose: Celebrating Inspirational Transformations of those who have overcome challenges, persevered, and transformed their bodies and their lifestyle.

For more information: Rachel Payne, 678.641.9188, rachel@southernmuscleguide.com, southernmuscleguide.com

The Teresa Banisch Award

NPC Battle on the Gulf Coast

Purpose: This award recognizes an individual/athlete that has overcome life adversities and who champions the cause of others to achieve success despite obstacles that may have come along the way.

For more information: battleonthegulfcoast.com, Douglas Sellers, 225.324.9991

The Don and Betty Hollis Male and Female Athlete of the Year Award

NPC Mississippi Championships

Purpose: This award recognizes a male and female athlete that has exhibited a tremendous work ethic, good sportsmanship, integrity, and excellence in the sport.

For more information: email zmclaurin2001@yahoo.com, Dr. Zonzie and Tony McLaurin, Chair and Vice-Chairperson, NPC Mississippi

The Tony and Zonzie McLaurin Award

NPC Mississippi Championships

Dr. Zonzie and Tony McLaurin, Chair and Vice-Chairperson

Purpose: This award recognizes an individual/athlete that has shown to be a true ambassador of the sport, demonstrate leadership, sportsmanship, team spirit, and has shown an attitude of respect towards other athletes, peers, and the community.

For more information: email zmclaurin2001@yahoo.com

The Inspiration for Excellence Award

NPC Total Body Championships

Timmy and Judy Gaillard, Promoters

Purpose: This award recognizes an individual that has demonstrated excellence in being a servant advocate, a community mobilizer, a leader, resilient, and a true enricher of lives.

For more information: email zmclaurin2001@yahoo.com

The Chase Gates Focus Award

Purpose: Based on what drove you and what kept your FOCUS to success!

For more information and to see which shows will be presenting this award: email Michelle Gates at Mgates@knology.net

SHOWS

NPC Mississippi Championships

July 11, 2020

This event benefits the Mississippi School for the Deaf Athletic Fund.

For more information: Gordon Weir 601.906.8772, Cyndi Weir 601.906.8837, npcmsstateshow@gmail.com, npcmsbodybuilding.com

NPC Upstate Classic

May 30, 2020

In Memory of Dennis "Dutch" Hulst, proceeds to benefit his daughter Mariet.

For more information: Davina Cross, 828.989.0598, davina1@hotmail.com, dutchstrengthpromotions.com

NPC Muscle For Heart

October 10, 2020

A portion of the proceeds to provide local small businesses with defibrillator machines and help those in need of heart transplants.

For more information: Mike McKinney, 850.527.4479, michael4palingen@gmail.com

NPC Lee Haney Games

A portion of the proceeds to benefit Haney's Harvest House.

For more information: Lee Haney, leeinfo@leehaney.com, leehaneygames.com

EVENTS

Toys For Tots

December 2020

Well Adjusted Buckhead, official collection location

For more information: Jessica Probes, 404.600.4117, welladjustedbuckhead.com