

Memorial Day Weekend -- Fleet Week NYC -- USS Iwo Jima -- IFBB New York Pro Show

I recently traveled from my home in the Dallas, TX area to New York City for a great **Memorial Day Weekend**. Though short on time, the weekend was powerful, full of inspiring impact, and *Memorable!*

Super Big Shout-Out to the men and women of the **USS Iwo Jima** who welcomed me and my team on board for a rare visit and special tour during **2011 Fleet Week NYC**. I salute you ALL. Wow, the tour was a real endurance workout! Special salute to Gilford ... you make us all very proud. Stay blessed, safe and pumped.

What's NYC without a Powerhouse? Cheerful gym grunts to Steve and **Powerhouse Gym** in the Bronx! I'm definitely looking forward to a picture-taking and autograph-signing session in Powerhouse, along with an in-store appearance in your **NutriShop** store. Big thanks to Kevin for making it happen there! *I will be back ... seriously, I will.*

Speaking about powerhouses, the **2011 IFBB NY Pro Show** helped to renew and refine my focus some ten weeks out before my next NPC pro-qualifier competition in Las Vegas. The NY Pro line-up, pros, promoters, sponsors, judges, writers, editors, photographers, vendors, audience, passersby and New York spirit! Kudos to **Steve Weinberger** and **Bev Francis**. Cheers to Wayne for the great seats! IFBB Pro shout-out to **Jay Cutler, Kai Greene, Phil Heath, Johnnie Jackson, and Victor Martinez**.

Upon my arrival in NYC, after an almost two-year absence, I could not wait to return to the **Chelsea Square Restaurant** to eat a hearty meal and to see the great owners, managers and staff again. Actually, I was there three times over the Memorial Day Weekend. I guess three times is a charm! *Happy 30th Anniversary, Chelsea Square*

Stay connected for soon-to-be-posted pics and videos. Much thanks to my professional and proficient team *behind the scenes!*

With Admiration, Honor, Respect and Thanks,
Stephen Frazier