

Sports

After his debut last Friday, Sam Parker-Smith (below) plans to compete in more bodybuilding events with the help of trainer Ray Bessett.

MELISSA PHILLIP: CHRONICLE



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In his first bodybuilding competition, 18-year-old Sam Parker-Smith made quite an impression at the seventh annual NGA Southern States Natural Extravaganza in Stafford on Friday.

He finished second in the teen division and came in sixth in the novice division. Though those placements are technically last in both divisions, his trainer Ray Bessette marvels at how someone Parker-Smith's age could be disciplined enough to compete, especially someone suffering from cerebral palsy.

"For most people, it's just hard to work out, but he's also disabled," said Bessette, who noted that despite raucous support from the crowd, his pupil kept his composure. "A lot of the teens and novices, this was also their first time competing, so it was neat seeing a lot of them paying attention to what he was doing."

The bodybuilders were judged on three stages. The first was a symmetry round, where scores were marked based on how well the different parts of the body were proportionate to one another, overall balance and leanness of the muscles. Eight mandatory poses were part of the second round, and competitors had 60 seconds to do whichever poses they wanted to the music of their choice in the final round.

A senior at Cy-Fair, Parker-Smith is already planning for his next competition.

"Leading up to these things, people generally are training and watching their diets closely for 12 weeks," Bessette said. "By the time it's over, they're burned out and don't want to do it anymore, but he's determined to do more."

Author says O.J. admitted murders

A memorabilia dealer who profited from O.J. Simpson for many years is the latest former crony to write a tell-all book, this one alleging a groggy Simpson, high on marijuana, confessed to killing his ex-wife after he was acquitted.

Mike Gilbert also claims he helped his former friend wiggle out of the murder charges by suggesting how to bloat his hands so they wouldn't fit the notorious bloody gloves.

Gilbert's book, *How I Helped O.J. Get Away With Murder: The Shocking Inside Story of Violence, Loyalty, Regret and Remorse*, is due in stores today.

Gilbert said Simpson had smoked pot, took a sleeping pill and was drinking beer when he confided at his Brentwood home weeks after his trial what happened the night of June 12, 1994. Simpson said he went to his ex-wife's condominium but did not take a knife with him. Simpson told Gilbert that Nicole Brown Simpson had one in her hand when she opened the door.

In a soft mumble, Simpson told Gilbert: "If she hadn't opened that door with a knife in her hand ... she'd still be alive."

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