

Body builder preps for state competition

By RITA MACIEJEWSKI
STAFF WRITER

At last spring has sprung, but to take a look outdoors one would never guess it.

Fitness is now on everyone's mind. We start to think about getting back into shape in order to look nice in that bathing suit.

For some, going to the gym and working out is a once or twice a year ritual. But for others, it is an ongoing process, a daily routine. Like getting out of bed in the morning. In other words, a way of life.

For Alpena Community College student Rose McWilliams, it is just that. It is a daily routine and a type of life style she takes pride in.

McWilliams, 34 will be competing in her eighth body building competition. On August 2, 1997, She will compete in the Iron Man and Lady of Iron Natural Body Building competition at the Redford Theater in Detroit. She will be judged on symmetry, proportion and size.

To get ready for such a competition, McWilliams puts herself through a very strict diet and exercise routine. About two months prior to the

competition, she spends approximately one and a half hours per day practicing her posing routine. Aerobics increases from five times a week to daily at forty-five to sixty minute sessions, but the weight training stays about the same.

McWilliams said that she tries to keep the weights as heavy as possible so that size is not lost. But the energy level is low due to a strict diet of 1,200 to 1,300 calories a day. Fats are restricted to 10%, more protein is needed, and fewer carbohydrates are eaten.

McWilliams attended Gabriel Richards High School in Riverview, Michigan. She was involved in sports and enjoyed the discipline and structure of it. She began body building in 1987 for the challenge. "I wasn't sure if I had what it took, but found out I really enjoyed it," she said.

On a daily average McWilliams's schedule consists of getting up at 4:30 a.m. when she starts her first session of aerobics. From 6:00 a.m. until 2:00 p.m. McWilliams manages at the Down Town Fitness Center and is a certified personal trainer. After work, weight training is done for two hours,

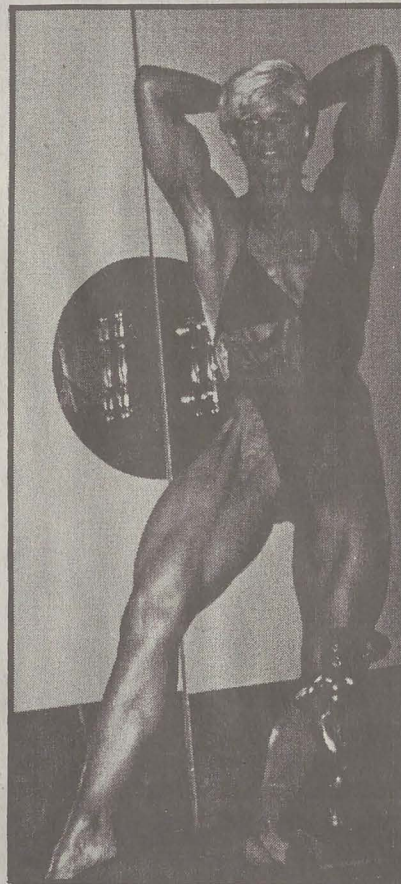


PHOTO COURTESY OF McWILLIAMS
Rose McWilliams poses with trophy.

then another hour of aerobics and posing practice from 8:00 until 9:30 p.m.

McWilliams eats six small meals per day as opposed to three large ones. The diet is a

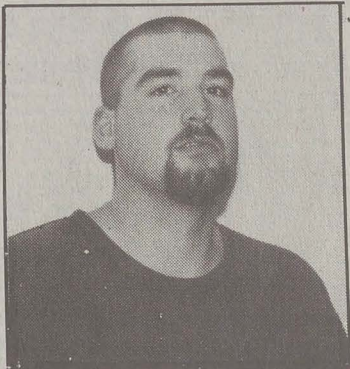
very balanced, very clean, combination of chicken, fish, rice and baked potatoes, as well as lots of vegetables. She adds no butter, salt, or sauces to her food, eats little fruit, and drinks about two gallons of water a day.

McWilliams has several accomplishments. In 1991, she won first place at the Lansing Body building championships, she finished fourth in the Michigan State Body building Championships in 1992, and she won first place at the Great Lakes Natural Regional Competition in 1994.

McWilliams competes more for fun than expecting to win. "If you go into a competition expecting to win, you are only setting yourself up for a disappointment," she stated.

She is not going there expecting to win, just knowing that she did everything possible to look and do her best is all that is needed.

She also said she is comfortable about going into this competition because she has more years of competing under her belt than the others do. "Right now I'm mentally ready, but not physically. By August, I will be both." McWilliams stated.



Playin' the Field

with
Jeremy Williams

Hello everybody, welcome to the feelgood column. The column that makes you feel all warm inside. So, what has been going on lately? Well, everything. Can you believe the Arizona Wildcats? Michigan won the NIT. It's the first time I ever followed the NIT. Baseball started up. Major League Soccer started up. Pro hoops and hockey are nearing the playoffs. This is a great time for sports fans, like us.

Basketball is over, but the next season has already begun. Coaches McCourt and Allen are bringing in recruits to look at throughout the spring. Also, players that plan to return next year are playing just about every day and working out. The talk is to get ready to win the national championship next year. Remember, Hans Parker, Jason Brecheisen, Trent Duncan, Ben Croze, and just about everybody else will return next year.

The Lady Jacks are also returning almost everyone except Marisa Stoppa. Coach Kollein should start getting recruits in to look at them as well. The team will be better now with a little bit more experience. They also will be better if they can have more than nine players this year. That's just my opinion, I could be wrong.

The Lady Jacks started their season on a spring trip to Tennessee. Not the basketball team, but the softball squad. So far, they look decent. Probably because there are a few players from Hillman on there. There will be a review on the 1997 softball team next issue.

Arizona made an incredible run to win it all. Ya'll know they knocked off three number one seeds in a row. My colleague Hans Parker said that Arizona was the only team in the tournament that could have beaten Kentucky. I agree. 'Zona was just too quick. I picked Kansas to win and look what happened. I really didn't want to, but c'mon, they were a clear-cut favorite. Needless to say, I lost my pool.

Michigan got muffed. Oh well, they won something, right?

Now to focus on the pro game. What did I tell you about Detroit? Last time I wrote about the Pistons, they had the second best record in the league. I said they would drop to fourth or fifth in the conference and get bumped in the second round. They are in fifth place right now. Don't get me wrong, because I love the Pistons and I hope they step it up. Chicago is still the easy favorite for the title. Miami and New York have outside shots coming from the East. In the West, it'll be interesting, considering Minnesota is a 6th seed right now with a record under .500. This could be the year that Utah reaches the finals. Don't forget Seattle, Houston, or LA.

The Wings are in the driver's seat. They are in third place in the conference behind Colorado and Dallas. That's where they want to be. Believe me, everybody is aware of Detroit. Montreal is currently in seventh place in the East. This depresses me because my beloved Canadiens will probably have to face someone like Philadelphia or New Jersey.

Opening day was last week and baseball is in full swing. How will the Tigers do? They can't do any worse. Remember what I said earlier about their young hitters. Melvin Nieves, Tony Clark, and Bobby Higginson will have solid seasons. They acquired a closer from Houston in Todd Jones. But they still need pitching. Especially in middle relief.

I know it is early in the season, but I'll make some predictions. Texas and New York will be strong in the A.L., but Seattle looks good enough to win it all. My Montreal Expos might not win it all, but I still love them. Atlanta, St. Louis, and San Diego are tough. Don't forget about Florida or Los Angeles.

For soccer fans, the Major League of Soccer started up, as well. At least it gives us something to watch besides baseball in the summer.

Be sure to catch next month's edition of "Playin' the Field." I'll have a tiny tribute on our departing sophomores. See ya next time in the field.

96~97 Lady Lumberjack Softball



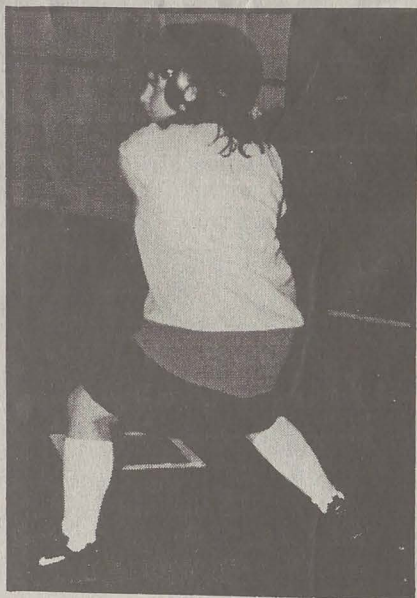
PHOTOS BY POLEMIC STAFF

1997 ACC WOMEN'S SOFTBALL

DAY	DATE	OPPONENT	TIME
	April		
Wed.	9	at Delta College	3:00 p.m.
Sat.	12	Oakland	3:00 p.m.
Sun.	13	Oakland	11:00 a.m.
Wed.	16	Delta College	3:00 p.m.
Sat.	19	at Macomb	3:00 p.m.
Sun.	20	at Macomb	11:00 a.m.
Sat.	26	Henry Ford	12:00 p.m.
Sun.	27	Henry Ford	11:00 a.m.
	May		
Sat.	3	Mott	2:00 p.m.
Sun.	4	Mott	11:00 p.m.
	May 10 - 11	Regional Tournaments	



Clockwise from bottom left: Coach Tracy Gribble leads a strategy meeting. Lady Lumberjack softball team pose practice. Julie Marsico pitches to captain Sarah Cetus during a recent Practice in the East Campus gym.



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