

Figure

(Continued from page 24)

muscles, but they have body fat which covers them, and that's normal. The difference is competitors are willing to change their diet, eat properly and work out enough to lose the body fat."

Coming up with the diet plan is a fairly deep and scientific process. Stokes had to figure out the best ratios of vegetables, protein, good carbohydrates and good fats to help Page lose weight and body fat while keeping muscle. Whereas Page may have been eating foods that gave her a ratio of about 60 percent carbs, 20 percent protein and 20 percent fat early in her training, Stokes predicts that by the time she gets on stage, Page will be consuming meals that are 55 percent protein, 30 percent carbs and 15 percent good fat.

"It's difficult because you want to be so clean going into a competition," Stokes said. "As the competition gets closer, I manipulate it so that she's eating more veggies, more protein and less complex carbs. The protein keeps her metabolism up, the veggies are filling with less calories and a high vitamin and mineral content. People think you have to kill yourself to do this, but you don't. You only keep yourself in contest condition for a very short time. However, the big thing is, once you've learned to eat like this, you'll always know how to lose weight the healthy way."

In addition to the physical training and diet, Page has also worked with Stokes on the proper ways to pose. All the work in the gym and all the dieting in the world aren't going to make a difference if a competitor gets on stage and doesn't know exactly

how to make her muscles stand out the proper way. Because of its importance, Stokes and Page work on Page's posing three or four times a week, and that will increase in the days leading up to the competition.

"My goal is to put a quality competitor on stage the first time so they just continue to get better without having to spend two or three years competing over and over again at the same level," Stokes said. "Very few women know how to pose correctly. It's something that a lot of competitors will wait until the last minute to work on because they don't realize it's very difficult. You have to learn how to walk and be comfortable in high heel shoes, you have to learn how to pivot, pose, and flex all your muscles and make it look easy. There are certain muscles that judges want to see and if you're concentrating on one place, a different area will get soft. I have Wendy hold poses for a minute to 90 seconds because on stage, you want to be able to hold your poses the whole time. If you relax your legs, that may be when the judges are looking at your legs. It doesn't look difficult, but you could pass out when you're posing if you're not used to it. Your muscles do get exhausted."

Of course, eating as healthy as possible and working out doesn't guarantee things will go exactly as planned. Injuries have a way of creeping up on competitors, and Page hasn't been able to escape the wrath of the injury bug. Early in her training, Page pulled a muscle in her back, then strained a tendon in her bicep, and more recently injured her knee after a

heavy squat workout, combined with a run on the treadmill. But with just two weeks to go until the competition, Page is determined not to let the knee injury deter her.

"Injuries are going to happen, so the key is to work around them and not push yourself to where you really hurt yourself," Stokes said. "Whenever you push your body to the limit, there's a very good chance you'll tweak something. It's very seldom that a competitor doesn't injure herself."

The dieting, exercise and many other aspects of the training have made it hard for Page to lead her life the way she did before she decided to train for the competition, but with some sacrifice and adjustments, Page has been able to maintain her sense of self throughout the process.

"I have to prepare all my meals the night before, which includes weighing everything, the cooking, all of it, so that I can just pick it up in the morning and go, because I know I probably wouldn't do it in the morning," Page said. "I'm going broke because it's so expensive to buy good food. It's expensive to purchase things that are healthy for you compared to fast food. I can't go out to dinner, and even if my mom calls to see if I want to come over for dinner, I have to take my meals. It's tough, but you do not put yourself, your body, your family and your friends through this not to win."

"The sport itself can take five or six months to get ready for a competition, and a lot of times, the women get so involved with the training and the diet that ... you have to be mentally ready to do it because it's very difficult,"

Stokes said. "There are many instances where the competitors get very little support from their friends and family. Many times I'm at a competition with just the other girl I'm training. It's a very lonely sport so you have to be mentally tough in order to do this."

Of course, compliments from co-workers, or even complete strangers, help to make it worth while.

"When I first started dieting, people would say to me, 'you don't have 25 pounds to lose,'" Page said. "Now, everyone's counting down with me at work and saying how good I look. None of my clothes fit anymore. The days you want to cheat and someone comes up to you and says,

'Wow, you look amazing. You're my inspiration,' that makes you not want to cheat anymore. It's awesome."

Aside from the even healthier lifestyle she's attained from going through the process of preparing for the competition, Page has taken away a better sense of self confidence — regardless of how she finishes at the competition in less than two weeks.

"I'm far more confident in myself and in the way I carry myself," Page said. "You build so much confidence doing something like this. If you look around, health and fitness is a big thing, but training for something like this is very unheard of."

e-mail: jnadolinski@beenews.com

Figure competition tidbits

- Figure competition judging is subjective and can change between each competition's organizations.
- The upcoming competition at UB, the Olympus Pro/Am Natural Muscle competition, has six different divisions for figure competitors: figure; figure 35; women's masters 40; women's novice; women's open; and women's pro.
- In general, figure competition judges look for contestants with wider shoulders, narrow waists, muscularity without the bulk, muscle symmetry, poise, grace and presence.
- Some of the better figure competition contestants are over 35 years of age.
- Terry Stokes is the area's expert figure coach; he teaches contestants how to train, how to properly diet to lose body fat while keeping muscle and how to pose like the professionals.
- Stokes' e-mail for further information (including how to set up a program, and how much such a program would cost) is personaltrainer1024@hotmail.com.
- Further information on the actual competition can be found on the web at www.naturalmuscle.com.

East football in must win situation

by PATRICK J. NAGY
Reporter

Two weeks ago, Williamsville East was sitting atop the Section VI Class A North division at 3-0 and on the road to a possible division title. But after two straight losses, including a 26-21 home decision to Starpoint last Saturday, the Flames (3-2, 3-2) have to beat Albion this Saturday and Grand Island in Week 8 to qualify.

"We gave up too much yardage and didn't get it done," said East coach Henry Fumerelle. "At times, we looked like the team I know we can be. But we weren't very consistent. We had too many peaks and valleys. It was just a heartbreaking loss."

East trailed 20-7 at halftime but two Zach Miller touchdowns, his last a 6-yard score with 3:58 left in the fourth quarter, tied the game. Joe O'Gorman's extra point made it 21-20. Miller also scored from six yards out. He made 10 tackles on defense.

Poor coverage on the ensuing kickoff gave Starpoint the ball on their own 38. The Spartans converted two third downs, one a third-and-14 that gave them a first down at the 25-yard line and set up an 18-yard touchdown from sophomore tailback Brandon Bratek with 1:05 left. Bratek finished with 161 yards on 21 carries and two scores.

East returned the ensuing kickoff to the 17 but could only move it nine yards. Fumerelle said his team tried to spike the ball on a third-and-5 but because the ball was not under center, they were called for an illegal pass, which resulted in a loss of down and a 10-yard loss. Joe Schriever's fourth down pass was incomplete.

Schriever opened the scoring at the six-minute mark of the first quarter on a 30-yard TD with Rick Silvestri (eight catches, 101 yards). Fumerelle also lauded Silvestri's defensive work.

Starpoint answered with a 6-yard score from Marc Sepanski. After the teams' defenses forced each to punt, Fumerelle said his team's punt catcher for some reason back off from the ball, a teammate tried to jump on the ball and Starpoint recovered at the 18. The Spartans capitalized with a Bratek touchdown. Fumerelle said another short East punt gave Starpoint great field position and two big runs later were in the end zone, again on a 1-yard run by Sepanski. Yiannis Mountziaris blocked the extra point.

It's Starpoint's third win over East in the last two years. Starpoint won 21-6 in Week Seven and 20-6 in the Greater Buffalo Sports Hall of Fame Class A Consolation Bowl finals.

"They're very basic but what they do they do well," said Fumerelle. "They play a full game and go all out... When we played our game in the second half, we were dominating. But I don't know if we thought the game was over when it was 21-20 but for them to come out and score that way, it was very disappointing."

East has to forget about the last two weeks and focus on Albion. Kickoff is set for 2 p.m. Saturday at East.

"There is no tomorrow," said Fumerelle. "The way we played at the beginning of the year has set us up for this situation. The last two games we have not played our football. But we haven't given up."

e-mail: pnagy@beenews.com

East girls volleyball beats Lake Shore

Williamsville East girls volleyball has won five matches in ECIC Division II but its biggest win came last Thursday.

The Lady Flames, third in ECIC II, defeated second place Lake Shore, 25-16, 19-25, 25-19, 19-25, 25-16. East lost to Lake Shore,

8-25, 25-13, 18-25, 25-18, 23-25, on Sept. 15.

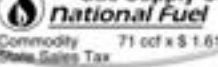
East coach Scott Wright said the difference between both matches was his team learned to play together. Wright lauded the play of Michelle Brent, Mary McDaniel and Courtney Rung.

East also beat West Seneca East last week, 25-27, 27-19, 25-19, 25-14.

East, 6-4 overall, played at Iroquois Tuesday but results were unavailable before The Bee went to press. They host Williamsville South at 7:30 p.m. on Friday.

Now it's easier to switch gas suppliers.

Last Month's Ending Balance	\$171.03
Payments Since Last Bill	-176.03
Adjustors Since Last Bill	5.00
Balance At Billing	0.00

Current Month Charges for Basic Services	
Gas Supply Charges	
 National Fuel	
Commodity 71 ccf x \$ 1.612360	114.48
State Sales Tax	6.23
Total Supply Charges	120.71

Delivery Service Charge	
 National Fuel	
NY RESIDENTIAL	
Customer Charge - including 4 ccf	11.28
Delivery of 45ccf @ \$0.270216	12.43
Delivery of 21ccf @ \$0.216906	4.56
DAC of 71ccf @ \$0.006619	0.47
Tariff Surcharge	0.64
Weather Adjustment	0.68
Current Delivery Charges	30.06
Budget Plan Add	68.23
Total Delivery Service Charges	98.29
Billing Service Charge	2.00
Total Account Balance	221.00

To promote competition, the Public Service Commission (PSC) is encouraging customers to buy their natural gas from non-utility marketers instead of utilities. So we've created a program to make it easier for customers to buy natural gas from a marketer rather than us. Now you can enroll with a marketer through the Marketer Referral Program (MRP) and, as an inducement, you'll receive a 7% discount on the supply charge portion of your bill for two months. After the discount period, the price you pay for your gas supply rate will be set according to the terms of the marketer's contract. It may be higher or lower than National Fuel's price. To enroll, call the MRP Call Center and select a supplier you'd like to serve you, or have one selected for you. If you do switch, be assured that your gas supply will still come to you through National Fuel's pipeline system, providing you with the safe delivery of natural gas to your home or business.

To enroll, call 1-866-583-7287,
Monday - Friday, 7 a.m. to 6 p.m.
Or, visit gasmrp.com for more information.

MRP Marketer Referral Program

For Gas Emergencies: 1-800-444-3130
24 hours a day, 7 days a week.

 National Fuel

Delivering energy. Delivering information.