

Is her body-fat content too low?

Dear Myrna: I am a thin woman. I've always been the athletic type. I run and do aerobics a total of four or five times per week. My body fat is 12 percent. Is that too low? I do eat mainly a low-fat diet. Should I worry?

Well, you've given me lots of information, but no age. May I assume you are in your 395? The question here is: How lean is too lean? Let me answer the question for both men and women. Healthy, fit women naturally have more body fat than fit men of the same fitness level. Athletic men who undergo endurance training commonly can have a body-fat content of only 5 percent. It's almost impossible for a woman's body fat to get that low. There have been women marathon runners who have lowered their body fat to 7 or 8 percent, but that is rare. Women athletes generally stay above 10 percent (and they are thin people). The normal body fat for a woman who exercises regularly and eats basically low-fat to medium-fat foods, ranges from 15 to 25 percent. Genetics do play a part here. Also, many women who were chubby children, have a hard time depleting those fat cells. So me women struggle to lower fat cells by diet and not exercise which results in losing muscle mass.

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In your case, I'll bet you were always thin with a low fat content (only guessing, of course). Do you have irregular or absent menstrual periods? If so, pay a visit to your doctor just to check it out. If you have no Irregularities or absence of menstrual periods, your body-fat content is all right for you.

Also, where did you have this body-fat test taken? How accurate did the medical or exercise expert say it was?

There are a variety of ways to test fat content. Check it out!

Your body composition (fat content) sounds great to me. Very healthy — don't worry.

(Myrna Partrich, co-owner of The Worknut Company of Bloomfield Township, is happy to answer any questions readers may have re-garding exercise. Please send your questions to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012).

outdoors calendar

- March 17-19 Deer Spectacular, featuring a trophy contest, a display of trophy Michigan whitetails, seminars and exhibits, will be held at the Lansing Center. For more information call 689-4750.

 March 19-25 National Wild-lift Week, at the Federation to build publical way of the federation to the federation of the federation to the federation to the federation of the federation of

- en Ried at the Southerlot Civic Center.

 April 5 Monthly meeting of the Livonia-based Four Seasons Fishing Cibb will be at 7:30 p.m. at the Maplewood Center in Garden City. Guest speakers include Jim Martin, with a report on his three-year study of deformed walleye; and Alex Vitek, who will demonstrate the hand wire method of lishing forwalleye. Four Seasons is a family-oriented fishing club and potential new members are invited to attend the meeting. For more informatical Tony Briefler at 477-3316.

 The Pic. Mouillee Shooting Facility is now open to the public.
- cility is now open to the public. Hours for trap and skeet shooting

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are Wednesday through Sunday, 10 a.m. to 8 p.m. Rifle and pistol shoot-ing is open Thursday through Sun-day, noon to 4 p.m. For more infor-mation call 379-3820.

METROPARKS

- Early Spring Birds, a walk through the park to locate early migrant birds, will be held at 2 p.m. Sunday, March 19, at Kensington.
 Bluebirds, Their Homes and You, a nature program in which participants will tearn to assist in the efforts to bring the blueblird back, will be held at 2 p.m. Sunday, March 19, at Kensington.
- will be held at 2 p.m. Sungay, Maren 19, at Kensington.

 Fox, Owl and Heron, Too, a na-ture program including a craft in which participants will learn about predators in Kensington Park, will be offered at 3 p.m. Sunday at Kens-ington

- predators in Kensington Park, will be offered at 3 pm. Sunday at Kensington.

 Maple's Sweet Story, a nature program in which participants will learn how maple sap is made into maple syrup, will be offered at 12 pm. every weekend throughout the month of March at Kensington.

 Most Metropark programs are free but all require advanced registration and anotior which permit. For registration and additional information, call the Metroparks at 1-800-24-PARKS.

 The 1989 Metropark annual vehicle entry permits are on sale now at all of the Huror-Clinton Metropark offices. Cost is \$10. For more information call the Metroparks at 1-800-24-PARKS.

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Spartan tankers eye big meet

Everything seemed to come to-gether for Michigan State's womens swim team this season. That was ev-ident at the Big Ten championship meet last month.

ident at the Big Ten champlonship meet last month.

The Spartans, eighth in the league a year ago, raipuited to fourth. And attitude had a lot to do with it, according to senior standouts Mary Schoenle, from Livonia (Stevenson), and Kelly Smyles, from Rochester (Adams).

Now, what both Schoenle and Smyles want to do is carry that new, improved attitude over to what very likely will be their linal swim competition: the NCAA champlonship meet in Indianapolis Thursday through Saturday.

"Our team was really close this year," said Smyles. "Everyone really supported each other, more than the control of the same control of the control

previously.
"It felt like everyone on the team wanted me to do well, and I wanted everyone on the team to do well. It wasn't always like that."
Schoenle, a team captain, put it in

Schoenle, a team captain, put it in direct terms. "It was a fun season,"

she said. "We have a new coach."
Whether Bill Wadley's replacing
Jennifer Parks is the reason for
MSU's rejuvenation is debatable. "I
don't know why (it's more fun)," said
Smyles. "It just came out that way."

ONE THING that has made the season enjoyable is improvement, which the Spartans have done—particularly Schoenle and Smyles.

For Schoenle, her final season distinction of swimming will be remembered as her longest. She qualified for the 1980 Olymple Trains and spent last summer training. She didn't make the team, and she got little time off between Olymple and MSU training sessions.

between Olympic and MSU training sessions.
"I had about four weeks off," and about four weeks off," as aid, "then I was back in the pool."
That means swimming about three hours a day, then lifting weights. The team's all-for-one attitude helped; as Schoenle put it, "I got faster in some events, and it's nice to

faster in some events, and it's nice to go faster as you get older."

Her best event remains the 100-yard breaststroke. At the Big Ten champlonships Feb. 16-18 at Univer-sity of Michigan, Schoenle busted the U-M pool record in the prelims,

going 1:03.08. The time also qualified her for the NCAA meet. In the final, she went 1:03.83 and placed third.

she went 1:03.83 and placed third.

SCHOENLE WAS also second in the 50 freestyle (23.50) at the league. She'll swim that and the 100 free at the NCAA meet, as well as the 400 medley relay, with Smyles.

But her beat will be the 100 breast.
"I wanted to go 1:02 in my breaststock," Schoenle asid. "I'm pretty close to that I can still do it.
"The beaceded about sixth, so if I do my best time I should get into the finals."

While Schoenle has had a long and dring year of almost constant training, Smyles is enjoying her final season so much shes having a difficult time accepting that her collegiate carreer is nearly over." I's till doo't feel like I'm going to be done with swimming," she admitted.

That happens when everything the street of the control of the contro

That happens when everything jells, like it has for Smyles. "This is definitely the best I've done," she said. Smyles qualified for the NCAAs in both the 100 butterfly and 200 but-terfly. Her chances of reaching the final eight in either are long, but it's reachable.

"(My improvement) had a lot to do with my training," she explained. "I always thought I could go faster."

THE 100 FLY — she placed second at the Big Ten meet in 55.59 — is still her best event. Maybe.

"This year I think it was the 200 (fly). I cut three seconds off my time, the think is martly good."

"This year I think it was the 200 (fly). I cut three seconds off my time, which I think is pretty good."

Smyles was third in the 200 fly at the league meet in 200.69, also an NCAA qualifier. Her goal is apparent break the two minute barrier.
"I feel really positive about (the NCAAs)," she said, then added, "as soon as my exams are over."

HEN NCAA chances are difficult to

Her NCAA chances are difficult to figure. "A lot of girls made their cuts in December, so they were able to rest for the meet," she said.

Smyles' seeding doesn't concern her. "What your seeded going in doesn't matter. It's where you're at coming out."

If the season follows the momen-turn MSU gained at the Big Ten meet, both Smyles and Schoenle may come out of the NCAAs with the best swims of their collegiate careers. And that's not a bad way to go out.

Gambles work, but OU still 2nd

There was one way Oakland University's men's swim team could upset favorite California State-Bakers-lied at the NCAA Division II champlonship meet last week at State University of New York-Buffalo.

The Pioneers were going to have togamble. If they could make a few risks pay off, they just might be able to catch their foes.

The gambles worked. But it made no difference. The Pioneers flinished second — for the third-straight year—108 points behind Bakershieldo. OU's womens team did not be the type of talent the mens team had, but the Lady Ploneers men team had, but the Lady Ploneers me team had, but the Lady Ploneers for the property of the property

assistant coach, was many choice.
Hovland put Woods in the 200-yard freestyle, an event Woods was inexperienced in. "I saw things in him that I thought would make him a great 200 freestyler," said Hovland.

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Officials to be honored

The 10th annual Officials' Awards and Alumni Banquet will be held April 15 at the Clarton Hotel and Convention Center, Lansing.

The Michigan High School Athletic game officials with 20 or more years of service and 333 with 30 years or more.

Local inductees include: Doug Cossey, George Forester, Michael

WOODS DID win (1:38.35), one of his two individual firsts. He also set an MAA. II record in the 50 set and MAA. II record in the 50 set (21.27) and elpith in the 105 ack (51.46) and 100 free set (55.02). Hovland's putting Woods in the 200 free meant taking him out of a recard had said the Ploneers would have to win all five relays to have a chance at winning.

But they swept the relays, a remarkable feat. And they captured the two sprint relays added this season without top sprinter Woods.

Rich Orr, Jim Surwwise (from 118 STORY was different for the Lady Ploneers, who have never challenges and the season without top sprinter Woods.

Farmington Hills/Redford Catholic Central), Eric McIlquham and Dave Rogowski swam on the 200 medley (13.1.34), and Rogowski, Jeff Selfert, Jon Teal (from C.) and McIquham (13.1.34), and Rogowski, Jeff Selfert, Jon Teal (from C.) and McIquham (13.1.34), and McInca are NGA II records.

Woods was part of the winning 800 free relay (4.0.6.39 with Eric Strom, Eric Dreshach and Scott Harris; the 200 medley relay (3.21.55) with Orr, Surowice and Dreshach; and the NCAA II records.

Eric Dreshach and Scott Harris; the Commelley relay (3.21.55) of the Commelley relay (3.21.55) of the Commelley (1.3.2.30), was bach and McIlquham.

Dreshach and Strom each enjoyer outstanding meets for the Pioneers. Strom won the 500 free (4.30.23), was second in the 100 (18.4) and seventh in the 200 free (4.30.23), was sure that the 100 free (4.30.23), was second in the 100 (18.4) and since the second-place 400 free relay (3.50.4) and on the was second in the 100 dead (1.3.4). When the 100 free (3.3.4) and on the second-place 400 free relay (3.5.56), with Katel III, Kathy Van was second in the 100 free (4.30.23), was 100 free (1.3.4). When the 100 free (3.3.4) and on the second-place 400 free relay (3.5.56), with Katel III, Kathy Van Wask and Jilm Druart in the 100 and 200 back (1.3.5.50), eighth in the 200 back (1.3.5.50), eighth in the 100 back (3.3.19) and 11th in the 400 IM (1.3.5.26); Selfert was eighth in the 200 free (2.1.17). Surowice was fourth in the 100 back (5.3.19) and 11th in the 400 IM (1.3.5.26); Selfert was eighth in the 200 free (2.1.17). Surowice was fourth in the 100 back (5.3.19) and 11th in the 400 IM (1.3.5.26); Selfert was eighth in the 200 free (2.1.17). Surowice was fourth in the 100 back (5.3.19) and 11th in the 400 IM (1.3.5.26); Selfert was eighth in the 200 back (1.3.5.7) and eighth in the 100 back (5.3.19) and 11th in the 400 IM (1.3.5.26); Selfert was eighth in the 200 back (1.3.5.7) and 11th in the 400 IM (1.3

(409.95 points) and was second in the three-meter (445.55 points), perfor-mances which earned her NCAA II diver of the year honors.

OU'S OTHER relays did extreme

OU'S OTHER relays did extremely well. The 200 medley relay of Leavoy, Van Houten, Johnson and Kennedy placed the Houten, Johnson and Kennedy placed that (147.68), and the 200 free relay of Guilfoyle, Leavoy, Shelly Pilarski and Kennedy and Control (16.00). Laddy Pilarski and Kennedy and Control (16.00). Laddy Pilarski and Kennedy and Control (16.10). Laddy Pilarski and Kennedy were Guilfoyle, third in the 100 preast (10.8437), fourth in the 200 free (16.17.39) and 100 (52.07) free III, eighth in the 200 fly (207.29), 100 in the 100 back (10.123) and 12th in the 100 fly (59.36), Fridley, ninth in the 100 fly (209.28) and 11th in the 500 free (16.74.28), Kennedy, eighth in the 50 (23.88) and 11th in the 100 free (23.45), Johnson, 10th in the 100 fly (59.69) and 12th in the 200 IM Another is diver Nikki Kelsey, (2:10.82); and Van Houten, 11th in the who won the one-meter diving 100 breast (1:07.95).

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