

Rocking with their own kind of music

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price.
The Akwa Batz play what Corte

By Larry O'Connor staff writer

Sorry, but don't expect the Akwa Batz to regurgitate the seven milionth version of "Louie, Louie."

Doing covers isn't the six-member mem music contingent's style. They'll do their own music, thank you. And the Akwa Batz play to their own tune, despite knowing things could be better doing otherwise.

"I could make more money playing acoustic guitar at (a restaurant)." said icad guitarts: Paul ga acoustic guitar at (a restaurant)." said icad guitarist Paul corte, 27, of Livonia.

There aren't a whole lot of place steplay. Grant and the Grange where the band was playing recently with Elivis Hiller and the Grange Houghtes.

"Tou're out there playing covers, which music to the Token Lounge in Westland, have started 'mew music halps." But usually groups with a level of the started 'mew music hights." But usually groups with a new sound have to pound the ground for places to play.

ORIGINALITY, it seems, has its

but we didn't want to get our equipment sued away."

THE SOUND the band works on is what they call energetic rock. People have compared the Batz to X out of Los Angeles, Missing Persons and the R-59c.

ple have compared the Batz to X out of Los Angeles, Missing Persons and the B-52s.

"Some people have called us an '80s Doors." said bass player Jill Zimba. 19, of Dearborn Heights.

The group's strong point, according to Corte, is its variance of age.
Corte and Al Skinner, 26; of Livonia grow up in the late '80s and early '70s psychedelic era of Jimmy Hendrix. The group's younger members, Chrissle McCall, 19, of Detroit, Maria McCall, 21, of Detroit, Maria McCall, 21, of Detroit, Mike McLyea, 23, of Ypsilanti and Zimba are more influenced by the '70s and '80s punk and new music movement.

The Akwa Batz hope to take their eceletic brand of music into the recording studio by the summer. Tenative plans are to produce a four-song EP.

Cost for such a venture, estimates Corte, run about \$1,300. The band has been saving its earnings from the shows.

"That's where the sacrifice conin, playing with a band," Corte sa "I'll probably end up paying for it

THOUGH JUST eight months old. the band already has made some record strides. The Akwa Batz recently opened for a national group. Chesterfield Kings, at Paychecks. They also made a cable television appearance on MetroVision in Livonia. Corte knows be easi't sit back and wait for things to happen.

"A lot of bands are under the illu-"A lot of bands are under the illu-sion they're going to be playing in a club one night, and a record produc-ers going to walk in and say, 'Oh wow, you guys are going to be stars,' 'he said. "That's never going to happen."

The Akwa Batz will be appear-ing Friday, April 17, at Lib's, Hamtramek, 875-6355; Saturdap, April 25, at Hamtramek Pub, Hamtramek, 365-9760; and Thursday, April 30, at the Token Lounge, Joy Road, east of Middle-belt, Westland.

Shape up your own exercise regimen

signing a program that meets your needs.

needs.

IF YOU WISH to strengthen your heart and raise your metabolic rate, an aerobic sport is for you. Aerobic sports include logging, aerobic sports include logging, aerobic the property of the property

Having owned aerobic studios since the onslaught of fitness consciousness. I have observed an evergowing, if somewhat guilty, desire to shape up among young adults. Unsolicited people will apologize to me at parties, restaurants or othe street for their lack of resolve in commencing or sitcking to an exercise program. Yet coupled with these desires are confusion and third that works for you may seem insurmountable. How do you find the time in your already overloaded week? How do you decida mong the numerous health clubs, spas and studios? And, most cructal, spas and studios? And, most cructal to your needs:

Neat works for you may seem insurmountable. How do you decida mong the numerous health clubs, spas and studios? And, most cructal to your needs:

Neat works for Jane Fonda tastes. What works for Jane Fonda to John, your office manager, might leave you bored, uncomfortable or unfulfilled. So let's think about designing a program that meets your needs.

ALSO, STUDY the hours the facili-ty is open. Is lunch time your sole opportunity to exercise? Then check out the midday schedule. Are you an



evening and weekend exerciser? Then make sure there is a variety of classes offered for you at these times. Think through your typical day and slot in your desired workout times. And stick to them.

Note the overall atmosphere of the club too. Would you prefer a qui-time, restiful environment or a bustling, "with it" place? Again, the choice is yours. evening and weekend exerciser?

getting fit

Laura

Roberts

It is extremely important to look at the safety features of the facilities as well. For instance, if it is an aero-bic studio, it should have a resilient floor for exercising such as "floating wood" or sprung floor. The quality of

Easing yourself into an exercise regimen that works for you may seem insurmountable. The key is to personalize the program to your needs and tastes.

the staff also should be examined. Listen to what they say. Talk to other customers. Observe how conscientiously they perform their duties.

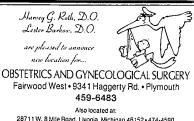
Next you must select a program within the facility, Let's say you have decided on aerobic dance as your activity. A safe, well-rounded studio usually has graded classes, beginner level through advanced. From a physical and psychological point of view, it's advisable to start a little on the easy side and work your way up.

way up.
And lastly, but certainly of major And lastly, but certainly of major significance, set goals for yourself. So often 1 have seen people get discouraged and quit because they had not realistically defined their goals or too narrowly defined them. If a 22-inch waist is your one and only goal, you may well fail.

But if feeling better physically and emotionally also are goals, you may soon realize results. Establish realistic habits for attaining these goals and stick to them. Remember – consistency is your best fitness

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Laura Roberts is the co-owner of HODY Inc. in West Bloomfield, where she is a physical carreise instructor. Address questions to Laura Roberts, Observer & Ec-centric Newspapers, 36251 Schooleraft, Livonia 48150.



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