



exercising  
options  
**Myrna  
Partrich**

## Want to burn fat? Call on aerobics

Dear Myrna: I've been attending a class called "aerobic exercise" for around three months at a local club. We seem to be doing a lot of muscle toning and stretching. It feels good but we hardly move around. I want to lose fat, is that good for me?

The classes that you have been attending have been improperly named "aerobic exercise." You have been taking a stretch and body contour type class.

The club you attend is obviously not with it. I would question the entire program for your safety.

Such a class would be largely non-aerobic, despite its name.

Anytime you hardly move, you are not doing aerobics and therefore are not accomplishing a lot of fat reduction. The only aerobic part of a class is when you are on your feet, moving at a controlled rhythmic pace, using large leg muscles for at least 20 minutes.

It is good to get a combination of both kinds of exercise for all around well being. The stretch and muscle toning class you are taking (if taught correctly and safely) is good for you. It will increase your flexibility and strength.

If you want to burn fat, try aerobics in any form — speedwalking, running, biking, impact aerobics or low impact aerobics, etc.

Try not to confuse the term aerobics with muscle toning exercises (although low impact aerobics are especially good for toning the legs).

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, MI)

## Trio sold on soccer concept

THE TIMING APPEARS to be right for three local investors, who are bringing professional soccer back to Detroit.

It's a team without a name, but when the 1990-91 American Indoor Soccer Association season is launched next October, this expansion club will be quartered in downtown Detroit at Cobo and Joe Louis arenas.

It's not a novel idea. Detroit has had outdoor professional teams in the past — namely the Cougars and the Express.

But it's novel in the fact that club's three principal investors — Livonian Paul Scieluna, Rochester's Brian Tinnion and Farmington Hills' Angus Moffat — are sold on the AISA's commitment to American players only.

The concept, they believe, will attract this new generation of soccer enthusiasts.

"We talked about it for three years and this has always been one of our goals to bring a franchise here," said Tinnion, a former player (1978-80) and coach (1981-83) with the Express. "We're just elated to get the opportunity."

THE AISA is expanding next season, possibly to 10 or 12 teams.

The league currently consists of eight teams — Canton Invaders, At-



**Brad  
Emons**

lanta Attack, Hershey Impact and Memphis Rogues of the American Division; along with Milwaukee Wave, Chicago Power, Dayton Dynamo and Indiana Kick of the National Division.

Milwaukee, which plays in the new Bradley Center, has already pulled in a crowd of 13,000. Atlanta and Chicago have each approached 10,000 fans on a night.

Scieluna, Tinnion and Moffat — partners in the successful Total Soccer Inc., an indoor venture which houses hundreds of youth and adult leagues in Farmington Hills, Southfield, St. Clair Shores and Royal Oak — hope to feed off the growing interest locally in the indoor game.

That made their decision to join the AISA that much easier, according to Tinnion.

"Our philosophy was in tune with the AISA, which develops and promotes American players," Tinnion said.

That means you could see players, perhaps some recent graduates from Michigan universities, filling up

spots on the 16-man roster.

"I'm sure there will be some NASL and MISL players, but we feel there are enough players coming through the Michigan colleges, that will be graduating, who can also help us," said Tinnion. "And I'm sure there are two or three players in the local leagues we can use."

TINNION POINTS OUT that indoor soccer (six on a side) promotes scoring. (They use a 1-2-3 point system.) The AISA rules have a few added twists. For instance, goals scored outside the red line, or blue line as it is called in hockey, count as three points.

"It's like the three-point shot in basketball," Tinnion said.

The caliber of play among American-born players has picked up, but a 0-0 tie recently between the United States and El Salvador in a World Cup qualifier in St. Louis, Mo., was judged as a setback to the sport in this country.

The United States now needs a win Sunday at Trinidad and Tobago to qualify for the 1990 World Cup. (The United States will gain an automatic bid when it hosts the 1994 World Cup.)

"There are a number of high-caliber players coming up in the U.S., but nobody could score in that game and it was disappointing to a lot of people," Tinnion said. "What better way to develop natural goal-scoring talent than to play this type of soccer in an indoor game?"

SCIELUNA, a longtime youth and high school coach, will be the president of the team. Moffat will be the general manager. Tinnion is the coach. Livonian Jim Duggan, a former high school coach at Redford Catholic Central and North Farmington highs, is in charge of promotions and marketing.

"If this thing goes through, I'll be in heaven," said Scieluna. "I can guarantee you that as long as I'm around, the best players will be dressed. It's also American soccer. I want to emphasize that."

Detroit will play 20 games at home and 20 away. The season culminates with the playoffs in April (1991).

With the option of playing at either Cobo, with a seating capacity of 10,000, or Joe Louis (close to 21,000), the new franchise will have a flexible schedule. The plan right now, according to the investors, is to play Friday nights, Saturday afternoons or Sundays.

Fans can get a sneak preview of the indoor game when AISA All-Stars meet the Soviet Red Army team, beginning at 3:05 p.m. Saturday, Jan. 20, at Joe Louis.

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- Nov. 16 — Firearms Sighting. In Days end at the Western Wayne County Conservation Association.
- Nov. 30 — Firearm deer season ends statewide.
- Nov. 30 — Resident bear season ends in Zone I.
- Dec. 1 — Ruffed grouse season begins.
- Dec. 1-10 — Muzzleloading deer season open in the Upper Peninsula.
- Dec. 5-12 — Elk season is open

in portions of Zone II.

- Dec. 8-17 — Muzzleloading deer season is open in the Lower Peninsula.
- Through Jan. 1 — Squirrel season is open statewide.
- Through Jan. 31 — Raccoon season is open statewide.
- Through March 1 — Gray and red fox season is open statewide.
- Through March 31 — Rabbit season is open statewide.

### METROPARKS

- Cornhusk Flower Workshop, an opportunity for participants to learn how to use cornhusks and other natural material to make flowers, will be offered at 12:30 p.m. Saturday at

Stony Creek. There is a \$2 charge.

- People and Plants, a slide program providing a historical perspective of the entwined lives of people and plants, will be held at 1 p.m. Saturday at Kensington.
- Grapevine Wreaths, a workshop for participants to learn how to identify, collect and wind grapevines into wreaths, will be held at 12:30 p.m. Sunday at Stony Creek. Participants should bring pruning shears and ribbons.
- Woodland Wanderer, a naturalist-led hike to explore the sights, sounds and smell of the woods in fall, will be offered at 5 p.m. Sunday at 2 p.m. Participants should bring binoculars.

- Travels with a Naturalist, the third in a series of slide presentations featuring Costa Rican plants and animals and native culture, will be offered at 1 p.m. Tuesday, Nov. 21, at Stony Creek.

Most Metropark programs are free of charge, but require advanced registration. All programs require a vehicle entry permit. For additional information on all the Metropark programs, call 1-800-24-PARKS.

### OAKLAND COUNTY

- PARKS
- Fowl Play, a nature program in which participants will explore the world of pheasants, grouse, quail and turkey, will be offered at 1 p.m. Saturday at Independence Oaks.
- Birds of a Feather, a nature program in which children ages 6-8 will explore the world of birds, will be offered at 10 a.m. Saturday, Dec. 2, at Independence Oaks.

Call the Nature Center at 625-6473 for more information.

## Pioneers struggle in weekend play

The three-game sweep of Ferris State Friday left Oakland University's volleyball team emotionally depleted — hardly the right attitude for the three other matches the Pioneers played last weekend.

Which is why OU struggled to beat Grand Valley State 15-8, 11-15, 7-15, 15-1, 16-14, then lost to Gannon University 15-10, 15-9, 10-15, 15-9, Saturday at OU. The Pioneers bounced back Sunday to dump Northern Kentucky 15-2, 10-15, 15-7, 15-3, at OU.

The loss to Gannon ended OU's win streak at 13 matches, but the Pioneers are still 25-6 overall and 12-2 in the Great Lakes Intercollegiate Athletic Conference, tied with Ferris for first.

In the victory over Oakland, rival Grand Valley, Jennifer Zielinski had 14 kills (a .256 kill average), one solo block and a whopping 20 block assists. Against Gannon (now 29-6), Zielinski had three solos, 10 block assists and 16 kills (2.37).

The victory over Northern Kentucky was sparked by Missy Ward's 14 kills (1.464), one solo, six block assists and 16 digs.

OU finishes its regular season at Northern Michigan Friday and at Michigan Tech Saturday. The Pioneers meet with both to the Ferris for the GLIAC title. Bids for the NCAA Division III tournament will be announced Sunday.

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