

SPORTS

NBA from 16

Backups James Edwards at center, Dennis "Worm" Rodman at forward and Vinnie "The Microwave" Johnson could be starters on other teams. John "Spider" Sally will replace Mahorn at power forward and add more shot-blocking ability.

The key to the Pistons success may be the motivation of small forward Mark Aguirre to regain his all-star form and, more importantly, the motivation of the team to repeat.

They still have one of the best guard tandems in the league. Isiah Thomas can be great when he wants to be and Joe Dumars was only the MVP of the playoffs last year. Look for center Bill Laimbeer to start at least three bench clearing brawls.

The rest: 2. Chicago Bulls, 3. Cleveland Cavaliers, 4. Atlanta Hawks 5. Milwaukee Bucks, 6. Indiana Pacers, 7. Orlando Magic.

WESTERN CONFERENCE

MIDWEST DIVISION

San Antonio Spurs will win this division.

Sue me for jumping on the bandwagon, but the Spurs have the next dominant center in the NBA.

Former Navy center, David Robinson anchors a frontline featuring former Milwaukee star, Terry Cummings and Arizona All-American, Sean Elliot.

In the backcourt the Spurs have former Sixer, Maurice Cheeks and the exciting Willie Anderson. Because this is a team with many new players, chemistry may be a problem. Mo Cheeks will solve that problem.

In the NBA dominant centers transform losing teams into winners. Robinson may be the most athletically gifted center of all-time. He will carry this team to new heights.

The rest: 2. Utah Jazz, 3. Houston Rockets, 4. Dallas Mavericks, 5. Denver Nuggets, 6. Charlotte Hornets, 7. Minnesota Timberwolves.

PACIFIC DIVISION

Los Angeles Lakers will win this division.

Everybody expects the Phoenix Suns to win this division. Wake up folks! The Lakers are still a great team. Kareem's sky-hook is gone, but it was gone last year and they made it to the finals.

Magic Johnson is only 30 years old and is still the game's best all-around player. Forward James Worthy is a clutch player with a devastating first step.

Byron Scott, Magic's backcourt partner, is a long-range bomber. Power forward A.C. Green adds muscle on the boards and is steadily improving

offensively.

Mychal Thompson will play center, but look for Magic to play the low-post position on offense. He will use his passing ability to carve up defenses like a surgeon showing off in front of a new intern. Sixers fans remember that Johnson, filling in for an injured Kareem, played center in the clinching game in the 1980 Championship Series. He only scored 40 points and was the MVP.

The rest: 2. Phoenix Suns, 3. Portland Trailblazers, 4. Golden State Warriors, 5. Seattle Superonics, 6. Sacramento Kings, 7. Los Angeles Clippers.

Hank from 16

Holyfield should wake up, whats the average length of Tyson's last three fights? One round or 90 seconds, which ever comes first? Ask Michael Spinks about his long awaited fight? That is if he can remember all of it. Or any of it.

In other sports:

Baseball: In the American League, Baltimore Oriole manager Frank Robinson has been named the American League manager of the year while Craig Worthington of Baltimore has been named Rookie of the Year. In the National League, Don Zimmer Chicago Cub manager has been named the National League manager of the year and Jerome Walton, of the Cubs, has been named Rookie of the Year. In Japan, the a year and won. He never feared anyone in his career and he shouldn't start now. Sure Holyfield is a good contender but he isn't good enough. It will take a man with a will stronger than Tyson's to take those belts away from him.

Yomiuri Giants defeated the Kintetsu Buffaloes to win the Japan Series, a Japanese version of the World Series. A side note: the Japan Professional Baseball Association announced it was donating \$100,000 to the California Earthquake relief fund.

Football: Dallas has won a game! Finally! The Cowboys beat the Redskins in RFK for their only win this season. This is Coach Jimmy Johnson's first professional coaching victory... What is wrong with the Bears? They already have four losses, more than they usually have in two seasons let alone one. Could it be the trading of Jim McMahon? We'll never say.

Other stuff: By beating Easy Goer in the Breeders' Cup Sunday Silence assured itself of the title of Horse of the Year. Silence has beating Easy Goer in three of the four races they met in this year.

Aerobics: Working out to get in shape

Amy Blinn
Capital Times Staff

The fall semester aerobics program is in full swing for another semester. Anyone attending can expect a complete workout of the heart, endurance and high tops. Under the instruction of Penn State Harrisburg students Laura Sticklely and Susan Hoover, seven aerobics classes are held each week in the Capital Union Building (CUB).

Two levels of classes, low and high impact, are offered. The difference between the two intensity levels is based on the exercise motions and heart beat. "Low impact requires one foot on the floor at all times. The movements are bigger and it doesn't work the heart as much," Laura Sticklely said.

The workouts are designed to provide a complete aerobic workout with warm-ups, low and high intensity routines, "trouble spot" exercises on the stomach, legs and hips and a cool down routine.

Although students frequently whimper "it hurts"; "I'm tired"; "this is torture", class participation remains consistent. This seems to be a result of positive attitudes from both the instructors and students. Sticklely and Hoover, along with enthusiastic class members, create an atmosphere that is friendly and fun. It's not uncommon to hear "keep it up, your looking good!" during a workout from these two energetic instructors.

"When I taught at a club there was no motivation, but the routines we teach here are tailored to the students specific desires, especially the music," Sticklely

said of the high impact classes she offers.

Hoover, who teaches the low impact classes, notices that her classes are frequently more by faculty and staff and the high impact classes are attended by more traditional students. "The aerobics program does not just give you exercise, it's a neat place to meet people," she said.

Susan Hoover pointed out that the Penn State Harrisburg program is an affordable way to get exercise. "An advantage to our program is that it is free of charge. There is no cost to the participator and the classes are offered frequently."

Students have mixed feelings on the success of the program. Some find it meets their expectations. "Its very well organized," commented Amy Killeen, junior-communications major.

Others are a bit concerned that the program does not address all the needs of the participators.

"The instructors should have a better knowledge of the proper way to warm up and cool down from a 20 minute aerobic routine," said Thomas Wendland, a student certified in aerobics instruction. "The participants should be given instruction on proper form and techniques. They should also take responsibility for their own exercise precautions and education," he said.

The aerobic program requires no registration and anyone interested may begin at any time. One hour classes are offered on the second floor of the CUB as follows: High impact Sunday 6 p.m., Monday and Wednesday 9 p.m., Tuesday and Thursday 7:30 p.m. Low impact Tuesday and Thursday 5:30 p.m.

If you're ready to break a sweat to a popular beat, it is not too late start!



AEROBICS SCHEDULE

High Impact

Sunday - 6 p.m.

Monday & Wednesday - 9 p.m.

Tuesday & Thursday - 7:30 p.m.

Low Impact

Tuesday & Thursday - 5:30 p.m.

Second Floor of the CUB



ANSWERS TO PUZZLES

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