

Softball team still undefeated, defeats rival Chabot

By STEVEN CHAVEZ
Sports editor

The Ohlone softball team had to wait 24 hours to play their biggest rival due to a rainout, but the anticipation quickly turned to focused aggression as they hit their way to a 13-1 "mercy rule" win over Chabot College.

There was no score when Ohlone came up in the bottom of the second.

Kristine Beristianos led off the inning with a single. Next up was Mallory Lantz, who attempted a sacrifice bunt, and reached base

when the second baseman dropped the ball, allowing both runners to be safe. Monica Carrasco came up next and singled to left, scoring Beristianos and giving Ohlone a 1-0 lead. Lauren Pensa then dropped Ohlone's second sacrifice of the inning, and she also reached base on a Chabot error.

The Lady Renegades scored six runs in the bottom of the second, but this slugging team was far from finished.

"We're a hitting club," said Head Coach Donna Runyon. "We will

hit."

Ohlone went on to add four runs in the third inning, making the score 10-0, scoring all four of those runs before a single Ohlone batter was retired.

The inning was highlighted by a two RBI double by Carrasco and a deep RBI triple by Kelly Taylor to left center.

The Lady Renegades kept on hitting in the fourth, their last chance to hit in this game, tacking on the final three runs on their way to a win in their first league game of the season.

The Lady Renegades are now 5-0-1, their tie coming during a 1-1 game that went nine innings and was called due to darkness against Modesto College last week.

Ohlone will play today, against De Anza College in Cupertino.

They will play in the College of the Sequoias Tournament this weekend in Visalia.

Their next home game will be against league opponent College of San Mateo on Tuesday, Feb. 22 at 3 p.m.

Look for the run production from this "hitting club" to continue.



Photo by Taylor Dunn

Kelly Taylor connects for a triple, she was 2 for 2.

Bust your gut and your butt right into shape



Photo by Charlie Hebison

Ohlone students getting a good workout in as part of the Guts & Butts class here on campus.

By NICK ZAMBRANO
Staff writer

Looking for a way to get that great shapely body that has been out of reach? Look no further, the Guts and Butts class is here to help you.

The class is specifically for those who want to strengthen those muscles that are most appealing. The course revolves around core strengthening, which means one body part helping another to get toned. Obviously, in this class, it is the stomach and the buttocks that are getting toned with the help of the back and legs.

Guts and Butts focuses on exercises that use the legs, quadriceps, and hamstring muscles to help enhance the muscles of the buttocks and stomach.

Few workout machines are used in the class, however the class does use some equipment. Instructor Lottie Bain uses simple workout equipment, such as plyo balls, stretch balls, and mats.

"I try to moderate the class like Pilates," said Bain, who has been teaching the class for three years.

Pilates is a series of exercises that are performed on a mat and is very much similar to the workout students receive in Bain's classroom.

In a typical class size of at least 30-35 people, Bain can always see results.

"I love it, the energy makes you want to work out," said sophomore Christine Shayesteh, who is taking the class for a second time because of the positive results she is

seeing.

Although there are a small number of guys in the class, that shouldn't discourage men from joining in. Some male Ohlone athletes take the class to keep themselves in performance shape year round.

"Some of the baseball team come here during the off-season," Bain said, "along with some of the basketball team."

Guts and Butts is listed as PE-346A2 in the Ohlone course catalogue and is offered year round.

Classes are on Tuesdays and Thursdays from noon to 12:50 p.m., and Mondays and Wednesdays from 8 to 8:50 a.m.

It is too late to join for Spring 2005, but stop by to see if the class is for you.

You may want to join next semester.

Canseco may not be a great person, but he's credible



The final score

By STEVEN CHAVEZ

Well kids, it's back to the topic of steroids and their effects on records, players and the sports themselves. Jose Canseco put his name back on the tongues of newscasters and sportswriters across the country, recently releasing his testimony to the ongoing story about steroids in sports, specifically baseball. Canseco's book, properly titled "Juiced" was the number three seller on amazon.com's best selling book list, beaten only by the new "Harry Potter" and Bob Greene's book placating to America's need to get thin in no time.

Through all of the things that Canseco has said over the years, there is one constant that remains (okay three, but we aren't going to talk about his need to have his name in the paper or the conspiracy theory that he has been blackballed from the game to prevent him from reaching 500 home runs, making it okay for the sportswriters to keep him out of the hall of fame): like him or not, Canseco is telling you the truth.

Canseco is telling you the truth about Mark McGwire. Canseco is telling you the truth about Barry Bonds. Canseco is telling you the truth about Sammy Sosa, Jason Giambi, Miguel Tejada, Juan Gonzalez, Rafael Palmero and Ivan

"Pudge" Rodriguez too.

Say whatever you want to about the person Canseco has been off of the field, the truth is that he has always been honest when it comes to the things that he has done, as well as what has been going on when it comes to steroids.

Naysayers will point out that Canseco is a convicted felon and that he has been nothing but trouble off the field, and now, on it. Please.

To these people I offer you this: the proof is in the obviousness of the counter-argument. Don't believe me? Take this.

Nobody, and I mean nobody, will sue Canseco for libel.

For those that don't know, libel is, as defined by The American Heritage® Dictionary: A false publication, as in writing, print, signs, or pictures, that damages a person's reputation.

Now, from this seat, it appears that the players mentioned previously in this column would *definitely* have their reputations damaged being associated with steroids and the fallout that this drug has created over the past four to five months. Take the statements that Rodriguez and McGwire have already released as exhibit A in my defense.

Both unilaterally denied ever using steroids, called Canseco a liar and someone out to make a quick buck.

This could be true, and I would never say it could not be true.

Canseco, however, has never been accused of being a stupid person, and I'm pretty darn sure that he has at least

one lawyer to advise him on the basics of a lawsuit for libel. Canseco would be an easy target, very easy to hit if he were just outright lying or if his statements weren't, in fact, true.

He won't be hit.

The reason that no one will hit him, is simple; he is telling the truth.

Like it or not, Canseco is the "Godfather of Steroids" a clever nickname that he gave himself. And for anyone that's ever seen the movie "The Godfather," you know that the Godfather knows everything going on in his empire. He practically introduced the sport's players and its fans to the subject and the reality that there were performance enhancing drugs in the national pastime.

In years past, many sportswriters had introduced the idea of adding an asterisk to Bonds' single-season home run record, and even his career total to an extent, because it was suspected that he was pharmaceutically enhanced in 2001, the year he set the single-season record.

Some have wondered, myself included, whether or not the motive behind this proposal was racially based. Was the media, mostly white, trying to belittle what an often-standoffish black man was accomplishing simply because of his race? Was it because he wasn't media friendly, and not racially motivated? I think the test is coming, and it is coming quickly.

McGwire, a white man was also standoffish with the media, although not as much as Bonds, is now in the hot seat. It is well documented he wanted

nothing to do with the media during the chase of Roger Maris' record in 1998, but Sosa convinced him to put on a smile.

I don't think you can say anything about Bonds that you can't say about McGwire. It is, of course, mostly circumstantial: he got big at the end of his career when he shouldn't, physiologically speaking, be able to add so much muscle mass.

There is one difference that stands out though; Bonds has always had his health, which isn't what you should expect from someone abusing steroids.

While McGwire and Canseco, and now Giambi and Sosa, were players plagued with injuries, Bonds has played at least 130 games (80 percent of the season) every season except for three. Being that Bonds has played 19 seasons thus far, that means he has had a completely healthy season 85 percent of the time.

Comparatively, McGwire played 16 seasons and had six, or twice as many, seasons where he failed to play more at least 130 games in a season, including five of his last nine years and the last two that he played.

Sosa has managed to play 10 of his 15 years (not including 1989 when he was called up, then traded by the White Sox), or 67 percent. Sosa, however, shouldn't even be part of this conversation as a "newly discovered" "cheater," he marked his place as a cheater with the corked-bat incident.

And Canseco, he played 17 seasons and managed to reach 130 games six times.

With all these things seemingly adding up to say that McGwire used performance enhancing drugs, and all the talk of asterisks, there *better* be a shift in the view that the media has of McGwire. There is no more evidence that Bonds used steroids than the evidence that stacks up against McGwire.

The media and its members *better* start to put "Big Mac" in the same category. If they do that, you better believe that the talk of tainted records and asterisks will disappear faster than the roaches when the lights come on.

To sum this all up: Canseco is telling the truth, if you're going to say that Bonds used steroids you *better* include McGwire in that conversation too and it is obvious if you pay attention that baseball is full of users.

According to the Houston Chronicle, more than five percent of baseball players tested positive for steroids in 2004, now let me do that math for you. 25 players per team and 30 teams, that leaves us with 750 everyday roster players in baseball. Five percent of 750 is 37.5, but since players don't come in half sizes, except for David Eckstein, we'll round up to 38.

That leaves us with a simple number, 1.2667. 1.2667 players per team tested positive for steroids. And those are the ones that were dumb or lazy enough to test positive even though the league told them when they were going to be tested.

Trust me folks, steroids are *huge* in baseball, and other sports, I'm sure. This story isn't going anywhere for a long time.