

## All-Star gives advice



Photos by  
 Steven  
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**Former Major League All-Star Shawon Dunston stopped by the softball field last Thursday to give the team some last minute pointers before the Regional Tournament.**

# Softball team wins game one, fails to advance in tournament

By **STEVEN CHAVEZ**  
*Sports editor*

The Ohlone softball team had a great run this season. They among the final 32 teams in the state before finally losing to West Valley College and Taft College in the double-elimination tournament.

On the first day of competition, the Renegades defeated Taft 2-1 in their first game, putting Taft in the loser's bracket of the tournament and sending Ohlone to the winner's bracket finals.

West Valley defeated Solano College 4-1 in their first game, sending Solano to the loser's bracket and setting up a match-up between the number six and seven teams in the state, West Valley and Ohlone.

It took West Valley 10 innings to finally get the win.

Sunday, Ohlone was set for a rematch with Taft.

Unfortunately for the Renegades, Taft was too much for



Photo by Taylor Dunn

**Mallory Lantz takes a swing for Ohlone during the first game of the Regional Tournament last Saturday.**

them on this day, defeating them 7-4, ending Ohlone's successful season.

With five sophomores on their team, all of them starters, including ace pitcher Kristine Beristianos, coach Donna Runyon is going to have her

work cut out for her trying to rebuild this team to keep them at a high, competitive level.

The sophomores leaving the team this season are: Beristianos, Monica Carrasco, Mallory Lantz, Keri Macinsky and Lauren Pensa.

# Faux-superstars will only fool you for a while

The time we've all been waiting for has finally reached us, the end of the semester. Although finals are still almost two weeks away, this is the final edition of the *Monitor* until the Fall semester begins.

The Final Score will be on hiatus until at least then, watching, waiting and anticipating the next folly or triumph from the world of sports.

For now, though, we'll talk about something dear to my heart: overzealous, faux-superstar athletes. Namely: Freddie Mitchell.

Any reader of my column could tell you that I don't really have a problem with superstar athletes, my penchant for defending abra-

sive superstar Barry Bonds should have been your first clue.

I believe that superstars are now a permanent fixture in the games that we watch on television.

People gravitate toward superstars. Larry Bird, Magic Johnson, Randy Johnson, Steve Young, Joe Montana, etc. People love a hero, someone that they wish they could be, but unfortunately could never get their bodies to do the incredible things that these men could.

There is a double standard, though, when it comes to the athletes we embrace.

We are a nation of self-centered people. We think that people we



## The Final Score

By **STEVEN CHAVEZ**  
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cheer for somehow owe us something and get upset when they don't act in accordance with the way we view them.

There is another side to this though. I am petitioning a movement for calling them the faux-superstar.

Freddie Mitchell sits at the head of this class for me.

Nobody in his or her right mind would put Mitchell into the class of a superstar, most wouldn't even consider him a star.

Mitchell would. So with the given information, we can assume that Freddie Mitchell is no longer, if he ever was, in his right mind.

This is the same guy that said the Eagles were going to win the NFL championship without Terrell Owens.

The Eagles had Owens in the championship game and he had an enormous game, but the Eagles were not able to defeat the Patriots.

I guess what I'm getting at is this: just because you were a first round draft pick and you were supposed to be a great player, doesn't mean that you are a great player.

Mitchell was released from his contract with the Eagles last week. Giving the typical soundbite, coach Andy Reid said, "We appreciate everything Freddie has contributed to the Eagles organization over the last four years. By releasing him now, it gives him the opportunity for a new start with another team in the NFL."

Yes, I'm sure that's it Mr. Reid. Anyone out there want a loud-mouthed receiver that can't back it up?

# ChiRunning course has successful first semester

By **STEVEN CHAVEZ**  
*Sports editor*

This semester, for the first time, students at Ohlone College had access to the teachings of a new running style designed for efficiency and injury-prevention.

That class is PE-365A2 and the class is taught by yoga instructor and certified ChiRunning teacher Shelli Stein.

ChiRunning is designed to align your body and its extremities into proper form while you run, making you a more efficient runner while helping to prevent the injuries associated with "conventional" running.

The runners in the class this semester were treated to long-term instruction, rather than the more typical two or three session ChiRunning course.

Students were not only given the fundamentals of ChiRunning, but also given nutritional advice from Stein, to help them lose weight and stay hydrated during their cardio workouts.

Perhaps the best part of this style of running is that anyone, of any age and fitness level, can participate and get the benefits. The age range for this semester's

class was 19-62 (there were three students in their 60's).

"People say that when you get older you can't run as much anymore," said Will Wu, a 62 years young ChiRunning student who has been running for over thirty years. "The class has helped me take stress off so I can run well into my 80's."

Another student in the class may seem familiar to some on campus, Electronic Lab Technician Hartmut Fokken, who completed the Athens Classic Marathon last year.

"The teacher is very enthusiastic and it rubs off on you," said Fokken. "I wanted to improve my running style. I have gotten some very useful pointers."

Being a lifelong runner is not a prerequisite for this class though, just ask Eldred Nethercott, who took the class to help her recover from surgery.

"I had an operation. I'm here to get me going physically. The doctors were amazed with my improvements."

Those improvements come from the minimal stress that ChiRunning puts on your body by minimizing impact, while still maintaining all the benefits one would expect from running.

Many of the students took this class after



Photo by Steven Chavez

**The students of the first ChiRunning get stop for a brief photo-op before their class on Tuesday. The class will continue in the fall.**

taking Stein's yoga class.

Running is not all this class offers, it also offers walkers the chance to align their bodies so they can get the same stress-free workouts of the runners.

"I was surprised that I needed to learn how to walk because I've been walking for

many years," said student Peter Chee. "I can enjoy my walk in the correct way so I won't hurt myself."

The ChiRunning class will be continuing in the Fall semester and Stein hopes for any even bigger class then. There were about 15 students enrolled this semester.