

# SPORTS

## Aggies pound Rams 19-1

STAFF REPORT

GREENSBORO

The Winston-Salem State softball team (15-15) suffered their worst loss of the season April 7, when the team took a 19-1 loss to the North Carolina A&T Lady Aggies (18-11-1). The Rams continued their recent struggles at the plate, totaling just three hits in the contest, while allowing the Aggies to amass a season-high 15 hits in the game.

Three WSSU players recorded one hit each in the loss with junior infielder Whitney Hall scoring the sole Ram run of the game.

Sophomore Lonnie Jones drove in the run with an RBI sacrifice bunt in the fifth inning.

Fielding errors would plague the Rams all game long as the squad totaled five errors and allowed eight unearned runs to the Aggies. The Rams ran into problems early as the team allowing seven first inning runs to the Aggies. The first three Aggie runs of the game were all unearned, followed by a pair of two-RBI hits.

The Rams continued to struggle in the second inning where the Aggies would tack on nine runs, including eight earned runs in the contest. A Ram fielding error

would lead to another score by the Aggies as well. The Rams added another pair of unearned runs in the fourth inning.

All three WSSU pitchers went into the circle in the loss with junior Desiree Ramirez (1-5) taking the loss. Ramirez pitched just one-third of an inning, allowing three earned runs with a strike-out and two walks.

Junior Amber Shore pitched two and two-thirds innings as well, allowing three earned runs with four walks and a pair of strikeouts. Sophomore Ashley Boswell pitched an inning, allowing five earned runs with just one walk.

## The Automated ScoreBook

Winston-Salem State at North Carolina Centr (Game 2)  
Apr 02, 2008 at Durham, NC (Thomas Brooks Park)

Winston-Salem State 9 (15-12)

Player	AB	R	H	RBI	BB	SO	PO	A	LOB
GILLETTE, Devyn cf.....	4	2	2	0	0	1	0	0	0
SPINKS, Candace rf.....	4	1	2	1	0	0	1	0	0
TERRY, Bonika ss.....	3	0	1	1	0	1	0	1	0
SHORE, Amber dh.....	3	1	2	2	0	0	0	0	2
HALL, Whitney 3b.....	2	0	0	0	1	0	0	0	2
HULL, Brittany ph/3b.....	1	1	1	0	0	0	0	0	0
RAMIREZ, Desiree 1b.....	4	2	2	0	0	1	9	0	0
SUTTON, Kendall 2b.....	2	1	2	4	1	0	1	1	0
JONES, Bronwen lf.....	2	0	0	1	0	0	1	1	1
BOSWELL, Ashley p.....	3	1	1	0	1	0	1	0	3
WOODBURY, Kayla c.....	0	0	0	0	0	0	5	1	0
Totals.....	28	9	13	10	2	3	18	7	8

North Carolina Centr 0 (3-32)

Player	AB	R	H	RBI	BB	SO	PO	A	LOB
Blue, Sophia 3b.....	3	0	2	0	0	0	0	2	0
Langston, Jennifer dh.....	3	0	0	0	0	3	0	0	1
Ishida, Michelle p/cf.....	2	0	0	0	0	0	0	2	0
Pittman, Francheska c.....	2	0	0	0	1	4	0	0	0
Henderson, Ashley 1b.....	2	0	1	0	0	0	7	1	0
Stroud, Ashanti ss.....	2	0	0	0	0	0	1	0	0
Williams, Kristina cf/lf.....	2	0	0	0	0	2	2	0	1
Schooler, Kristen rf/p.....	2	0	0	0	0	2	1	0	0
Holmes, Jamila lf/rf.....	2	0	0	0	0	0	0	0	0
Delgado, Kristina 2b.....	0	0	0	0	0	0	3	0	0
Totals.....	20	0	3	0	0	6	18	7	2

Score by Innings

R H E

Winston-Salem State	130	104	9	13	0
North Carolina Centr	000	000	0	3	2

E - Blue, Sophia; Henderson, As. DP - WSSU 1. LOB - WSSU 8; NCCU 2. 2B - TERRY, B(6); SHORE, A(2); SUTTON, K(3). 3B - RAMIREZ, D(2); SUTTON, K(2). HBP - TERRY, B; SUTTON, K. SH - JONES, B 2(5). SF - SHORE, A(1). SB - SPINKS, C(3); TERRY, B(7).

Winston-Salem State	IP	H	R	ER	BBSO	AB	BF
BOSWELL, Ashley.....	6.0	3	0	0	0	6	20

North Carolina Centr	IP	H	R	ER	BBSO	AB	BF
Ishida, Michelle.....	5.0	7	5	4	2	3	20
Schooler, Kristen.....	1.0	6	4	4	0	0	8

Win - BOSWELL, A (6-2). Loss - Ishida, Miche (0-7). Save - None.  
HBP - by Ishida, Miche (TERRY, B); by Ishida, Miche (SUTTON, K).  
Umpires - HP: T.S. Harkness 1B: E. Fryer  
Start: 4:40 pm Time: 1:20 Attendance: 25  
Game: WSSUSB27

# BLACKMAGIC

## BLACK MAGIC: ESPN's Most-Watched Documentary

ESPN

March 16's first part of ESPN's critically acclaimed Black Magic, which aired commercial free in two parts March 16 and 17, was watched by an average of 1,211,000 households (based on a 1.3 rating), making it ESPN's most-watched documentary.

The film, directed by Dan Klores, tells the story of the injustice which characterized the Civil Rights Movement in America, as told

through the lives of basketball players and coaches who attended and worked at Historically Black Colleges and Universities (HBCU).

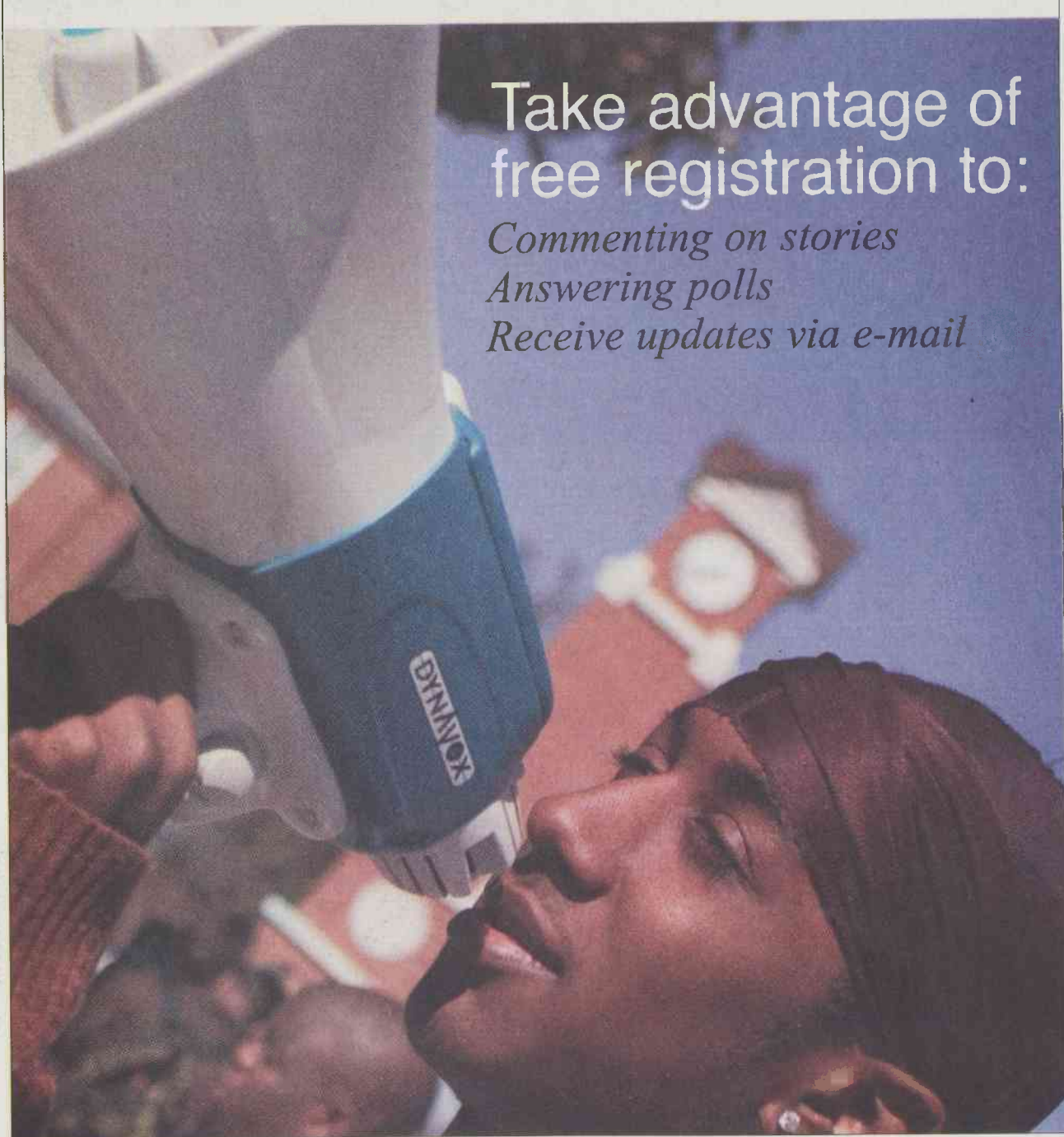
"With the national discourse swirling around the topic of race, the success of Black Magic speaks to the desire of sports fans for content that explores new voices on the American sports story," said Keith Clinkscales, senior vice president, ESPN content development and enterprises.

"We thank Mr. Klores for deliver-

ing such a high quality and thought-provoking film, as we endeavor to deliver more from ESPN Films in the coming months."

Black Magic broke the record set in March 2006 by Through the Fire (1,140,000 homes, based on a 1.3 rating) and averaged 1,546,000 viewers (P2+). The second part of Black Magic also performed very well, with an average of 948,000 homes (1,182,000 viewers), based on a 1.0 rating.

TELL YO' MAMA!  
'bout  
www.thenewsargus.com



Take advantage of free registration to:  
Commenting on stories  
Answering polls  
Receive updates via e-mail

### Personal Trainer

## Wasting your time in the gym

Cardio exercise machines — also called aerobic machines — can be valuable and low-impact, if you use them correctly with good form.

### Poor treadmill form

**2** Back hunched forward  
Prevents deep, effective breathing; puts stress on spine, shoulders and elbows

**3** Holding tight with both hands  
Means that speed and resistance are too high; prevents natural, relaxed balance

**4** Reading during exercise  
Distracts person from maintaining good form and monitoring body

Requires too much effort to maintain good form

### Good treadmill form

- Low or moderate incline
- Release hand rails  
Or if necessary, hold one rail lightly
- Natural, erect posture
- If desired, listen to music set at low volume

Source: Exercise physiologist Joseph Warpeha, quoted in WebMD report by Barbara Russi Samataro