

## Back for Yoga

*...Health through Movement*  
**Your second class is free!!**

### SCHEDULE OF CLASSES

**Monday**  
 5:30-6:45pm Beginner Hatha *Andy*  
 7:00-8:15pm Hatha Basics - All Level *Leola*

**Tuesday**  
 5:30-6:45pm Yin Yoga - All Level *Yin*  
 7:00-8:15pm Yinque Flow - Level 1 *Leola*

**Wednesday**  
 6:00-7:15pm Yinque Flow - All Level *Betty*  
 5:30-6:45pm Hatha Basics - Level 1-11 *Andy*  
 7:00-8:15pm Hatha Basics - All Level *Dari*

**Thursday**  
 5:30-6:45pm Forrest - All Level *Theresa*  
 7:00-8:15pm Beginner Hatha *Robyn*

**Friday**  
 6:00-7:15pm Yinque Flow - All Level *Betty*  
 6:45-7:45pm Yinque Flow - All Level *Alex*

**Saturday**  
 9:30-10:45pm Hatha Basics - All Level *Andy*

**Sunday**  
 8:00-9:15pm Hatha Basics - All Level *Cathy*  
 9:30-10:45pm Yoga Tune-Up - All Level *Theresa*  
 5:30-6:45pm Hatha Basics - All Level *Andy*

**Class Fees**

- Single Class \$15
- Class packages available at reduced prices
- No expiration on 10 and 20 class packages
- See our website for details

[www.backforyoga.com](http://www.backforyoga.com)  
 No refunds, transfers, or class packages  
 Transfer or drop time is subject to change without notice

**Back for Yoga**  
 (310) 322-6525  
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## Author Fair 2009



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- Author Panels ~
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**Sunday, June 7, 2009**  
 12:45 - 4:45pm  
 111 West Mariposa @ Main St.  
 (310) 524-2728

# Eagles Lead and Season Slip Away in Playoffs

By Gregg McMullin

Entering each baseball season, El Segundo baseball coach John Stevenson sets a goal for his teams that include winning 20 games, winning a league title and advancing to the CIF playoffs. In 50 years as the head coach, his teams have played in 131 postseason playoff games and boast a 96-35 record--so the play-off atmosphere is nothing new to him. The Eagles didn't win a league title but they did win 23 games and advanced to the playoffs. After beating Don Lugo in the first round, the Eagles traveled to Palm Desert to take on the fifth-ranked Aztecs and won 6-4; the win set up a match-up with fourth-ranked San Dimas. The Eagles' baseball season came to an end in the quarterfinals of the CIF Southern Section Division IV playoffs with a dramatic 11-8 loss to the Saints.

The Eagles made the 135-mile trek to the Coachella Valley to take on the Desert Valley League champion Palm Desert Aztecs in the second round of the playoffs. The Aztecs (22-5) have dominated all year long with a strong hitting line-up, sound defense and a deep pitching staff. In the playoffs, anything can happen though, and all the statistics are cast aside.

In the first inning the Eagles scored six runs on a variety of hits, including a ball that traveled higher in the air than on the ground. Nigel Nootbaar led the game off with a double and that was followed up by singles by Ben Doucette and Justin McCullough. Jake Booterbaugh's 120-foot pop fly over the third baseman's head scored another run to make it 2-0. Richard Seigel hit a ball off of the plate that bounced 40 feet in the air for an RBI single when there was no play. Finally, Nootbaar hit a sacrifice fly that scored the Eagles' sixth run and just like that it was 6-0.

Joey Schaffhauser started for the Eagles and

the tall right-hander confused and baffled the Aztecs through the first five innings, limiting Palm Desert to just two walks. Taking a no-hitter into the sixth, Schaffhauser gave up consecutive hits to start the inning. After Ryan Clark hit his fifth home run of the season, the Eagles lead was cut to 6-4. Doucette came in to silence the bats the rest of the way, including inducing a game-ending double play in the seventh inning. Schaffhauser improved to 10-1 on the year while Doucette picked up his fourth save. The Eagles were led by Seigel who was 2-for-3 with an RBI, Nootbaar 1-for-2 with an RBI and Jimmy Quiñones' 1-for-3 with an RBI.

Afterwards, El Segundo's Richard Seigel reflected on the Eagles' first inning. "Their coach said we were the luckiest (expletive) but that's baseball and those things could have just as easily happened to us. I guess that's the way the ball bounces," he said with a big smile.

The win sent the Eagles into the quarterfinals for the 24th time in Stevenson's career. The Eagles would face a San Dimas (22-5) team that bets on its ability to intimidate the opposition with a vocal dugout, a classless and boisterous student body section (thank you, Tim Dohman and Lenny Briese for your support when they got out of hand) and a hitting line-up with a batting average of .384 on the year. Included in the Saints' line-up is Josh Leyland (.577, 11 home runs), who is expected to be selected in this year's Major League baseball draft; he would have a long day though, going 0-5 with two strikeouts.

With the near capacity crowd settled in, they didn't know how much they would enjoy watching the next seven innings in a game that would last more than three hours. With Nootbaar on the mound, the Eagles went to

*See Eagles, page 15*

# HUGE STUDIO LOT SALE!

**Saturday, June 6th**  
**and Sunday, June 7th**

**8AM to 4PM**

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