SUMMER SPORTS

The AFRO's weekly view of community athletics

(AFRO staff photo by Fred Hines)
ERNIE TORAIN: OFFERING praise tempered with discipline to the Dodgers.

'Fooling around' and winning

Ernie Torain makes it clear to his players they are a part of him and he will do everything in his power to see to it that they win.

This spirit has paid off so far for the coach of the Dodgers in the 10-12 age group of the Carrol Park Cub League. When there is even a chance of something going wrong in the game, his young players always look to Ernie to see a reaction.

Anyone who has been around kids for any length of time will find individuals who welcome the opportunity of someone getting to know them.

Torain has taken advantage of this and for the past five years has had the opportunity to work with more youngsters than the average person ever will.

With a smile, he boasted, "I have always liked kids. I just like to fool around, especially with this age group."

The Dodgers only practice an hour and a half every week because the Park's fields are usually filled with other teams, either playing games or practicing.

It is easy to see why a baseball team in this age bracket can easily become just another team, instead of a serious competitor with playoff potential.

But in the case of the Dodgers, Torain makes sure his team will not be placed in the first category and always in the second.

In a recent game against the Giants, Torain appeared to be more than just the typical coach who gives his players instructions and then yells at them if they do not follow them exactly. His strategy was to get next to the players and let them know that he cared.

"The players I'm getting now are better athletes than the players in the same age group were years ago, but they are a little smaller," he said.

When his number one pitcher, Sam Conaway, finished pitching the first inning, Torain asked Sam why he was throwing so awkward.

"The ball is so big," Sam explained, palming his hand to let everyone know how big it is.

"Time Ump," Torain yelled.

After spending about five minutes with the umpire comparing the size of the ball just pitched, with one that was in the dugout, Torain returned to his team satisfied that his pitcher had detected something wrong.

"That was a good eye, Sam," Torain smiled, "But next time pick it up soon as you see it."

Marcus Anderson, the first baseman for the Dodgers, is a big 180-pounder. When he slugged his fourth homer, he knew his job was done and that a smile from the coach and a "Way to be, Ernie," was coming but no special treatment.

Torain seems pretty sure that his team will go all the way this year after winning their first championship last year.

"Last year we went to the district final and lost in the semifinals; this year I think we'll go even further," Torain said.

(AFRO staff photo by Fred Hines)
FLANKED BY HIS catcher, Linwood Turner, Dodger pitcher Sam Conoway thinks about next inning.

'Winston's the story'

Winston Middle School's 26-member track team despite being qualified enough to place 13 entrants in the recent citywide junior high track meet, also benefits from the whirlwind publicity efforts of one of its coaches Beverly Pugsley.

A dedicated soul, Pugsley handles the team along with Roland Francis. She called the AFRO the other day, loudly informing all that Winston was the big story of that city meet.

A look at the records, shows she is right.

With an enrollment of slightly over 600, the Northwood area middle school (sixth and seventh graders) was an elementary school up until September of 1976.

And this spring, just about a year later, WMS pulled off a few upsets and placed in enough events to serve notice that the little school's program is mushrooming.

For example: 13-year-old Fran Cartwright, a sixth grader, outjumped everybody in the field, to post a long jump distance of 14 feet, 7½ inches.

All told, Winston's team proved so pervasive, it placed athletes throughout the slate of activities. Besides Cartwright's first in the long jump, WMS captured third in that event.

And middle school athletes grabbed second and third in the girls 13-year-old shot put, fourth and fifth in the boys 13-year-old long jump.

And Charles Wilson, another sixth grader, pulled up at second in the 13-and-under 60 yard dash.

Pugsley, in her best teacher's voice, explained that for Winston's first year status, its limited training facilities and for its team size, the team's accomplishments are noteworthy.

"Lemmel had a total of 21 events that it could enter and took only six," she told the AFRO. "We only had the possibility of entering 10 events — only in the seventh grade (level)."

Winston's facilities do leave a lot to be desired. The long jump pit is a crude sand packed area dangerously close to the school wall. Ms. Cartwright will undoubtedly hit it before her athletic career at Winston is though.

All runners must sprint up hill, "a maximum of 90 yards," Pugsley says, in order to train for dashes and relays. There must be a sense of luxury for them when WMS coaches take the athletes "over to Morgan's track."

"Exercise and Practice: Be a Winston Winner," is the team's slogan.

This year's team obviously did.

HERE'S THE SAND PIT Winston jumpers practiced on for only a month before sending the eventual winner of the 13-year-old girls' long jump event to the city meet.

Defying the myths

Unknowingly, sometimes people fall into the bad habit of thinking that only professionals are capable of having grace and style. Those same persons often think of little leaguers as clumsy, uncoordinated individuals who can't deliver.

Sam Conaway, 12-year-old little league pitcher for the Carrol Park Dodgers defies that logic. On the pitcher's mound he is confident, loose, natural and his ego is not inflated.

The young Baltimoean has been pitching for three years and so far this season he has won six games, one of which was not hitter.

Thomas Summerville, coach of the Giants, a team that recently lost to the Dodgers, explained that his team is "just as good as them except the pitcher is a little better."

The curly haired Conaway is in command of the mound when he is out there although towards the end of the game he appears to lose some of his strength.

"My best pitch is my fast ball," Sam explained after the game against the Gaints, in which he pitched a two-hitter and lasted the entire six innings.

From beginning to end, team members of the Dodgers seem enthusiastic and those warming the bench, like those in the outfield, are shouting in support of Sam hoping that another batter will fall victim to his fast ball.

"Smoke 'em Sam," "Get 'em Sam," "Do it Sam," are only a few of the chants that can be heard.

The little league pitcher, a veteran of the baseball clinics for youngsters said that he is "planning on becoming a professional pitcher after I finished school."

The Human Side

A most charming batgirl

Smokey Robinson used to sing "Sugar and Spice, Everything Nice . . . and 'You Got A Little Girl. . ."

Now, meet someone who embodies that line: Tracy DeShields, the cuddly batgirl for the Mosher League Athletics Club team.

Despite her pixy looks: long auburn hair, small gold hoops fastened to each ear, framing an almond face, highlighted by a bright smile revealing a big front tooth gap, all of which are set off by a baggy flannel baseball uniform, her daddy reveals that she'd rather climb a tree than anything else.

"Tracy is very aggressive, a tomboy," her father, Thomas DeShields said of his six-year old batgirl. "She applield for the job and got it."

At the risk of going against a father's description, Tracy just doesn't seem as outspoken as her daddy said she was. In fact Tracy was a most difficult interview.

"I don't know," "no," and slow shakes of her head were Tracey's typical answers to questions.

But just when there seemed to be no more questions to ask, when it became apparent that there is no college instructor on earth who teaches six - year - old interviewing, Tracy opened up for her longest phrase of the interview:

"Robby won't let me," in answer to the desperate question, "Why aren't you picking up many bats?"

Robby's last name is Taylor, and he is the Athletics' batboy,' who seemd just as content to be slouching on a pile of bats and gloves watching the game as he did lugging bats.

Tracy did manage to say that swimming was a favorite pasttime and that she would have rather been at home playing with her friends than being cooped up in her dusty uniform.

But when assistant Athletic coach Leonard Plummer grabbed her and gently bearhugged her, crying "this is my girl friend," Tracy burst into the biggest grin.

After all, here was something Robby could never get into.

(AFRO staff photo by Norma Spencer)
SMILING WIDELY TRACY DESHIELDS leans on her fence while her teammates are batting.

GUEST SPEAKER EARL BANKS steadies the mike during his speech at the Bay College Awards Banquet last week. The affair, besides honoring the Bay College athletes, signals the revitalization of the school's athletic program.

Future Games

Madison Square Unlimited Basketball (Women): Lyndhurst vs. Madison Square, 6 p.m.; Towanda's Tigers vs. Sophisticated Ladies, 7 p.m. and P.S. 85 vs. Ramblers, 8 p.m. (All games at Madison Square Recreation Center).

Junior Cub: Yankees vs. Orioles, Al Smith, 6 p.m. and Cubs vs. Gardner Dodgers, Marine Armory, 6 p.m.

Cub: Harford Park vs. Optimist, Kratz No. 2, 10 a.m.

JUNE 25

Junior Cub: Yale Heights vs. Famous As, Slentz, 11 a.m.; Highlandtown vs. Gardenville, Patterson 1, 11 a.m. and Baltimore Jets vs. Salvation Army, Clifton 4, 1 p.m.

Midget: Little Flower White vs. Precious Blood, Hering Run 2, 11 a.m.; Phil Jays vs. St. Michael, Herring Run 2, 1 p.m.; St. Peter vs. St. Pius V, Druid Hill 2, 1 p.m.; St. Elizabeth vs. All Saints, Patterson 2, 1 p.m.; St. Mark vs. St. Clements, St. Marys Seminary, 11 a.m.; Chesapeake vs. T. A. Gorman, Kratz 3, 10 a.m.; B and O Post vs. Gines, Kratz 3, 1 p.m.; Northwood vs. Firefighters, Callahan, 11 a.m.; B.T. All Stars vs. Famous As, Clifton 3, 11 a.m.; Polaris A.C. vs. Eastside Braves, Herring Run 3, 1 p.m.; Midtown vs. Sykesville, Patterson 1, 1 p.m.; Presstman Cardinals vs. Little Italy, Walbrook High, 11 a.m. and Violetville vs. Ellwood, Violetville, 11 a.m.

Domino tourney

The Sunlight Domino Team from Baltimore goes to the Bronx, N.Y. tomorrow, for two matches.

Saturday, the Sunlight team challenger the Star Fish Domino Club and Sunday, the Brooklyn Players are its opponents.

Tennis lessons

Free tennis lessons begin Monday, June 27 in Druid Hill Park - Lake - Side Courts, sponsored by The Junior League of Baltimore, Inc. and the Maryland Tennis Association.

Coaches' Helper

Q: What makes a young player a good bunter?

A: First off, he must realize the importance of the Bunt. Most youngsters mistakenly think that to bunt is to lose face—it's just not the 'big player' thing to do. What he must realize, though, is that a bunt, if executed correctly, can, and more often than does a homerun, change a game around.

By lifting the bunt up to the level of the 'clean' hit (single, double, etc) in his mind, the player becomes more careful when he has to lay down a bunt. Then he is less likely to botch it on a crucial play.

Technically, a good bunter must be in control of his bat. He cannot let the bat hang loosely in his hands. If this happens, the ball will be the mover, instead of the bat moving the ball to where the player wants it.

Once in control of the bat, the player is able to shove the ball to the part of the infield best suited for a given situation.

Q: How can a young player use a bunt to become a better hitter?

A: If a player has the confidence in the bunt as a hitting form, then he is ready to use it as a potent weapon in his offensive arsenal. Now he knows that he doesn't have to swing away all the time to get on base—he becomes multi dimensional. The opposing infielders must also be thinking about this new hitting angle.

And that's the name of the game: to get your opponent thinking about anything, everything but his immediate duties. Now that the batter has, say, the third baseman thinking of both bunt and swing, he can become the Controller. If the infielder is creeping in, the batter can swing, poking the ball past him.

If the infielder stays back, a well-placed bunt is made to order.

Q: What kind of practice should be done for proper bunting?

A: If the team has finished practice, or even while a player's team mates are parctice, or even while a player's teammates are practicing, bunting practice is simple. All that's needed are two people and a screen (optional)

The pitcher, in this case, must not just toss the ball to be bunted. He must simulate a game by throwing with some speed. The bunter, meanwhile, must practice getting his hands and bat out in front of his body, so that he can see the ball hit the bat. If he's practicing the sacrifice bunt—to advance a baserunner—the player should bunt only strikes. It is a squeeze bunt, every pitch thrown must be bunted.

THE COACHES' HELPER is a weekly AFRO Summer Sports page column designed to help coaches, players and fans better understand sports as they relate to younger athletes. Please send your questions at least one week before publication to: Coaches' Helper, AFRO-AMERICAN Newspaper, care of Peter Harris, 628 N. Eutaw St., Baltimore, Md., 21201. You ask the question, and we'll find an answer.

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Miss Marcia Lee wins coveted title

By Michele L. McRae
AFRO Staff Writer

"I can't believe it! I can't believe it! I can't believe it! I can't believe it!" exclaimed Miss Marcia Lee continuously last Sunday when she won the coveted Miss Black America of Maryland title for 1977.

The competition was hosted at the Mondawmin Mall on Sunday afternoon. Fifteen women vied for the title in the pageant produced and directed by Maurice 'Hot Rod' Hulbert.

The 19-year-old, Miss Lee is a student at Morgan State University where she is a major in Theatre Arts She captivated the audience and won the crown when she performed a musical comedy skit from the popular Broadway play, "The Wiz."

Miss Lee is the daughter of Meredith Addison and enjoys tennis, swimming, jogging, reading, singing, acting and playing chess.

"I didn't even realize I had talent until my twelfth year in high school. My drama teacher asked me to audition for a play and I did," said Miss Lee.

She continued, "Every since then I have been acting and singing. I also won a scholarship to the Center Stage Student Actors Workshop years ago."

Miss Lee was sponsored by Allen Henson, Gross Productions.

See photos of Miss Black Maryland of America runner-ups inside

Runner-ups in the pageant were Michelle Brice, 18, sponsored by Product Engineering Association; Patricia B. Ross, 20, sponsored by Peddler's Art; Florella 'Happy' Mitchell, 25, sponsored by The Gatsby; and Deborah Stanley, 20, sponsored by friends and co-workers.

Other contestants included: Sidette M. Latta, 19, sponsored by Cleveland Brister; Kim McCowan, 18, sponsored by Hilton Food Market-Fink's Lounge; Deborah L. Finney, 18, sponsored by friends and relatives;

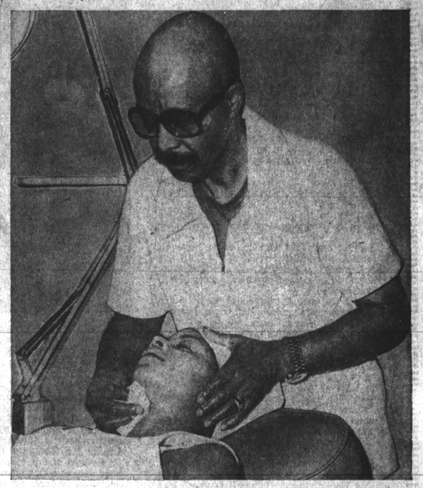
And, Margaret Freeman, 19, sponsored by Mitchell-Straughn Real Estate; Nancy V. Snead, 24, sponsored by Jim Parker; Cathy L. Smoot, 19, sponsored by Charles McLenden; Vanessa Z. Mack, 19, sponsored by Dr. George F. Woodland;

Carolyn Jones, 20, sponsored by Barkley Elec. Co.; Kathy Fitzgerald, 18, sponsored by Unity Club Arundel; and Deborah Morgan, 21, sponsored by Noni Morgan.

Judges for the pageant were: Ann B. Dyett, executive secretary, Morton and Dyett Funeral Homes, Inc.; John Douglass, Maryland House of Delegates; Mary W. Miller, dramatics teacher; Beverly M. Johnson, physical education and dance instructor, Walbrook High School; Frank Conaway, chairman, Ashburton Insurance, Ltd. and Thomas DeLaine, dept. head of music, Douglass High School.

Harietta Wallace served as associate director and choreographer.

(AFRO staff photo by Roman Hankewycz)
MISS BLACK MARYLAND OF America 1977 is Miss Marcia Lee who won the title on Sunday in competition at the Mondawmin Mall. She was crowned by outgoing Miss Black Maryland, Miss Roxanne Mann.



(AFRO staff photo by Roman Hankewycz)
EUROPEAN FACIAL — Maurice 'Hot Rod' Hulbert, executive producer director of the Miss Black Maryland of America Pateant demonstrated techniques of the European facial on Sunday prior to pageant. Model is Mr. Hulbert's daughter, Vanessa Kitrell.

Gourmet cook also has knack for interior design

A multi-talented man about town is Joseph Woolfolk. Not only is he the head of the history department at Woodlawn Senior High School and president of the Epsilon Nu Sigma Chapter, Phi Beta Sigma Fraternity, Inc., but he's a gourmet cook and has a knack for interior design.

Both his good cooking and designing ideas come naturally.

Mr. Woolfolk has never taken a cooking lesson and says, "I love to cook, especially for my friends. I once thought gourmet cooking was expensive, but it's not."

About his Northeast Baltimore home, Mr. Woolfolk commented, "I always wanted my home to be elegant, but yet I wanted it to have a comfortable feeling of 'home.' I like my guests to feel warm and welcome and the interior design of one's home many times determines that.

Mr. Woolfolk has traveled extensively throughout India and Europe and collected many of his home furnishings, including tapestries, paintings and knick knacks during his tours.

When he invited a group of friends in last week, he prepared a delectable meal for them. Following are the recipes:

Steak a la Bismol

In a regular size frying pan, saute several pieces of filet mignon in a cooking wine of your choice. The wine need not be expensive, but should be of good taste.

When meat is well done, remove from pan. With drippings from meat add about two capfuls of the cooking wine, stir constantly.

Add one sliced fried onion to drippings. This serves as a sauce for meat.

Chef's Salad

Cook enough rice to serve the number of guests you're expecting. When done, drain well. Place drained rice in a large bowl and add 1½ cups of sour cream, several chopped green onions and several chopped hard boiled eggs. Mix and season to taste. Place on serving dish, add garnishes and serve.

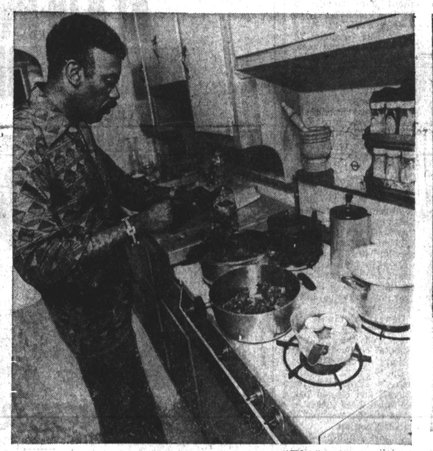
String Beans Supreme

Prepare string beans as you normally would seasoning to taste.

Add a few slices of lamb for taste. Serve.

Joe's Special

If you come home



(AFRO staff photo by Roman Hankewycz)
GOURMET COOK Joseph Woolfolk prepares a unique meal called, 'Steak a al Bismol' for friends in his colonial styled kitchen. At right, Mr. Woolfolk has changed up and is ready to serve a table of hungry guests.

(AFRO staff photo by Roman Hankewycz)
INTERIOR DESIGN of the Northeast Baltimore home of Joseph Woolfolk is original and styled by him. At left is a picture of his two favorite rooms which he calls 'The English Smoking Room' (living room) and 'The Renaissance Room' (Dining room) Right shows his gallery of tapestries.

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