BY MILANA WALTER FRANK

## GET READY FOR

## FUN THINGS TO KEEP YOU WARM



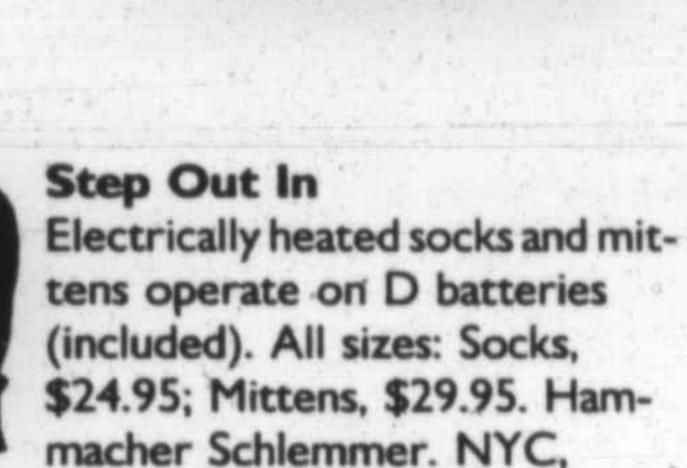
Fox fling provides chilling drama, \$1250, James McQuay, The Black Furrier, NYC.

Here's a Foxy Solution

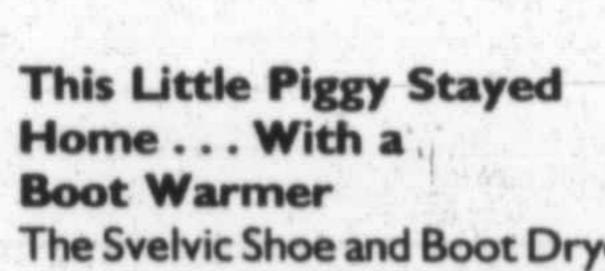
A double rowed Natural Silver

to Goose Bumps.

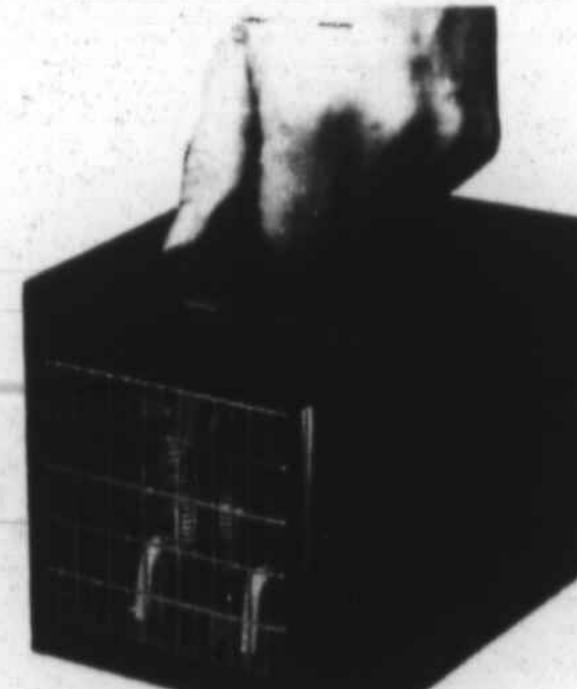
Sink Into
The thickest wool mattress pad made from Perandale sheep wool.
All sizes: \$169.50 to \$369.50,
Hammacher Schlemmer, NYC,
Chicago, Beverly Hills.



Chicago, Beverly Hills.



The Svelvic Shoe and Boot Dryer is made in Norway. Plugs into any household outlet; no danger of damage to leather. \$84.50 Hammacher Schlemmer.



Git Rid of a Cold
Shoulder with a
Compact portable mini heater.
Only 7" long x 5" x 6 1/2" high
and 3 lbs. 3ozs. It uses 1500 watts.
Safer than most heaters. \$49.95.

Brookstone.

COLOR ME DOLONED

his lady is on the move . . . as the majority of Black working women, juggling multiple roles . . . this mother, spouse and wage earner is hard pressed to find time and financial resources for the self gratifying upkeep that she knows is so vital to her job and personal life. Image and beauty maintenance is as much of a concern to her as her job and family.

Perhaps the most critical component of your overall success is your grooming. We know, of course, that your brain will move you further along than your looks. However, making the most of what you have should be your goal, and there is nothing more vital than your hair to make you the most of what you want to be. OK, so you've changed your hairstyle, but you still want more Pizazz. One alternative is a relaxer and a new color to enhance or give your hair a lift and inspire you.

Modern techniques and product improvement in the haircare category can give you the stylish look that you want to achieve. Rita Keaton, salon director for Carson Products Company, makers of Dark & Lovely products says, "Yes, you can relax and color your hair. However, the following precautions are advisable: relax your hair, wait at least two (2) weeks and then color". Miss Keaton cautions that a strand test should always be done prior to relaxing and, of course, prior to coloring to insure that the color you choose will be one that you will be happy with. Hair that has been relaxed and colored must be pampered . . . frequent conditioning is a must.

Let's say that you choose to relax your hair first to spruce up your image and get ready to reach the top. Dark & Lovely offers you a choice of three no-lye relaxers: Dark & Lovely No-Lye Relaxers, Dark & Lovely Excelle, Dark & Lovely Plus. Each product contains multiple conditioners

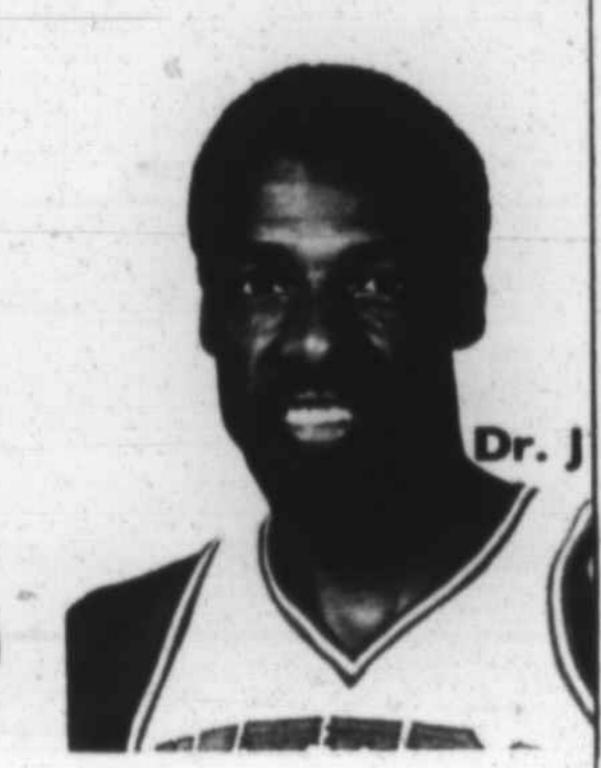
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SPORTS

YOUTH SPORTS

Let Them Be

B&& LP. Please



his column is mainly about kids playing sport. But it is being written for parents.

Games are a way for a child to grow up. For decades

Games are a way for a child to grow up. For decades we looked at youth sport as the ideal way to help structure our children's games. We saw that winning and losing, competition and camaraderie with teammates would help prepare our children for adult life.

Youth sport has become an enormous enterprise in America. Thirty million school age youngsters play, 4.5 million coaches guide them, 1.5 million administer the programs, and up to 100 million parents and relatives become "involved" in one way or another. Children compete in 25 different sports. There are 4 year olds in hockey leagues. Six year olds have national championships in mini-bike competition. With so many actors involved, the enterprise becomes very complex.

Julius Erving's early life is a living example of what the pressures on youth in sport can be. Dr. J epitomizes the athlete who successfully coped with all the pressures and became the great player and individual that he is.

However, all the stories we read today about athletes having drug or alcohol problems or being in trouble with the law frequently reflect their inability to handle the stress of high level sports. The deaths of Len Bias and Don Rogers are only the ultimate examples of the stress. There are thousands of smaller stories, Imagine the pressures and expectations on the very young.

To witness this, one simply has to go to the nearest Little League or Pop Warner game. Parents scream for their child to make "the big play," irrespective of whether the team does well. The coach, not understanding the values of children but seeing how pro and college coaches work, adopts "the win comes first" models. The children, once thought to receive unmixed blessings from participation, can often become victims of that participation.

According to studies, the desire to "be the star" seems to be implanted in children by adults rather than inherent in young athletes. Many of us want to live vicariously through our sons and daughters. Some coaches have yet other ideas and motives.

he effect differs on children from families with a sound economic base than it does on children raised in poverty and taught to believe that participation in sports may be the

RICHARD LAPCHICK is director, Center for the Study of Sports in

only way out of that poverty. The effects are especially devastating on these children who may spend their youth and relinquish their educational opportunities to "escape" unaware of the enormous odds of making it to the pros. We may dream that we can be the next Dr. J while never thinking we can become Dr. James, community pediatrician.

BY RICHARD E. LAPCHICK

Too many of us buy into the dream, hoping that our 11 year olds will play in high school, get a scholarship to college, and finally make the pros. However, if we attend our son or daughter's weekly game but don't attend their PTA meetings; if we applaud our son's two touchdown performance but don't criticize his D+ average as long as he is still eligible, then we become part of the sports pressure-cooker for our kids. We are telling them it is more important for them to be an athlete than a student. But we have to know the odds better than our kids do. What will the 11,999 think when they play their final game if they have no skills to sell in the job market? What will they think of how we advised them in sports and in school?

Our acceptance — and, therefore, our kids' — of the coach as the authority figure is universal. Too many of us are all too willing to relinquish responsibility to the coach that should be ours as parents. The coach's influence eventually extends far beyond the sport itself.

In addition, most coaches - like the rest of us - at the youth sport level don't understand our children's desires. Those desires are primarily for friendship, enjoyment, playing time and socialization while the fact is that most youth coaches, quite naturally, take their leads from adult (college or pro) models who stress winning over all. Under pressure from their adult role models, the goals of the children change. Winning becomes all-important. The coach assumes more of our role as parents because we let him.

Yet the net effect of the coach who becomes a quasi-parent in youth sport programs is very open to question. While most coaches are there because they love kids or sport or both, we have to be doubly careful about giving up too much of our role to "the coach." Most youth sport coaches lack even rudimentary knowledge of the emotional, psychological, social and physical needs of children. It is our place to supply those needs.

Our kids have enough problems being kins. Peer pressure to indulge in drugs, drink and sex makes them grow up fast. We can't let their youth coach become a babysitter for us or a messenger of a particular dream we may have for our child. Let's let kids play their games for fun. They will be the winners. We all will.

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