

## SHE KNEW IT WOULD TURN UP

*Columbus Dispatch, The (OH) - March 13, 1989*

- Author/Byline: Jack Willey
- Edition: HOME FINAL
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- Column: ITEM ONE

Folks who know Deborah Shook would understand why she wasn't really worried that she misplaced her checkbook last week.

Shook is one of those people who has unflinching faith in the honesty of others. So when her checkbook turned up missing after a trip to the Downtown Lazarus store last week, she never doubted it would turn up.

Sure enough, Lazarus maintenance man Frank Thomas found it and turned it over to store security. It was returned to Shook.

"I wrote a letter to him and to the store manager," Shook said. "I hope Mr. Thomas gets a Lazarus Apple."

At the very least.

NO MOCK-UP - Proceedings in the Ohio State University College of Law's mock trial courtroom won't be the usual playacting today.

When Common Pleas Judge Tommy Thompson gavels the trial of Frederick Cobb to order, it'll be the real thing.

The exercise in education will be for the benefit of OSU law students. Cobb is charged with a felony count of drug abuse and is scheduled for a jury trial.

Assistant Prosecutor Kevin Rooney will present the state's case. Myron Shwarz is defending Cobb. The proceedings are open to the public.

HANGING OUT - Planners of the COSI Auction are looking to add a touch of movie magic to this year's event. But Heather Weigand needs to borrow an expensive prop.

The theme for the May 20 auction is named after the Michael J. Fox movie, Back to the Future. The auction is returning to Lane Aviation, site of the first auction 13 years ago.

"To carry out the theme, we're looking for someone to lend us a DeLorean for the evening," explained COSI's publicist. "We promise to return it in its original condition."

Call Julie Graber at 228-COSI. She'll furnish the Flux Capacitor.

**FOR KIDS SAKE - Speaking of auctions, a P. Buckley Moss print, framed by the Goodman Gallery, will be on the block Saturday night during Kidscope's Boozless Bash at Valley Dale.**

Bob Simpson and Cabot Rea will emcee the 1950s frolic. Tickets to the fund-raiser for the teen alcohol and drug abuse program are \$10 at the door.

IRISH EYES - Jim Kaylor is decking the walls of the Rhodes Tower with photos of his beloved Emerald Isle.

The building manager has hung a number of his personal photos of Ireland in the lobby. And he's offering space to others of the Irish persuasion to round out the St. Patrick's Day display.

COMIC CALL - Prospective comics looking for their first break are lining up for a shot at the Johnnie Walker Comedy Search.

It's Tuesday night at the Funny Bone comedy club. Contestants must sign up between 10 and 12 a.m. for the preliminary rounds, which will be open to the public in the afternoon.

The top eight compete during the invitation-only finals that night. The winner goes to Chicago for the semifinals and a shot at the finals at the Los Angeles Improvisation on April 12.

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## **NO-BOOZE BASH' ON SATURDAY**

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- Column: NEWS BRIEFS

COLUMBUS - Phil Dirt and the Dozers will be the main attraction at a "no-booze bash" to benefit Kidscope, an alcohol and drug rehabilitation program.

The 1950s dance and art auction will be held from 8 p.m.-midnight Saturday at Valley Dale, 1590 Sunbury Rd. Tickets are \$10. For more information, call 268-0594.

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## SHE'S SWITCHING TO THE FAST TRACK

*Columbus Dispatch, The (OH) - March 29, 1989*

- Author/Byline: Pat Hagen, Of The NeighborNews Staff
- Edition: HOME FINAL
- Section: NEWS - NEIGHBOR NEWS
- Page: 22
- Column: Athletes of the Week

BEXLEY - For 11 years, Annelyn Baron played racquetball at Leo Yassenoff Jewish Center just for the fun of it. But in December she swapped fun for competition in her first tournament away from the center and beat 16 women in a "B" division match.

Baron, 35, plays racquetball seven times a week, jogs once a week and does an aerobics workout with a friend three times a week. When she is not exercising, she teaches preschool five mornings a week at the center.

"Sometimes I think I live at the Jewish Center," she said.

Racquetball relaxes Baron and energizes her mentally. "I work out all my frustrations with a racquetball."

A few weeks ago she also won the Buckeye Pro Am Tournament "B" division at the Westerville Athletic Club. On April 8, she plans to enter the "A" division of the Coors Light Racquetball series.

She said she's ready for the "A" class. "The tournaments taught me that I play really well under pressure. I don't know why."

About a week before a tournament her coach, Ron Fox, will put her on a special diet. Baron said she drinks lots of water and eats plenty of bananas and oranges. Three days before a match, she will eat red meat, which she usually doesn't eat. She switches to pasta a day or two before.

Baron credits having a coach with changing her game as well as her perception of herself as a competitive player. So much of the game is mental strategy, Baron said.

"Ron taught me how to analyze my opponent's weakness within the first five points of the game," she said.

Fox, program director for Kidscope, a drug and alcohol rehabilitation program in the Berwick area, used to play semi-pro racquetball. He started coaching part-time to help people gain a "competitive edge."

The ability to concentrate during a competitive event is often what makes the difference, Fox said. Baron was ready mentally to make the transition from recreational to competitive player, Fox said, and she had the necessary skills to succeed.

Baron plans to compete during the fall every chance she can.

"I told Annelyn once she won that first tournament she would never be the same player," Fox said.

- Caption: PHOTONeighborNews photo by Tom Sines Annelyn Baron fires a smash during practice at the Leo Yassenoff Jewish Center
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## INSTILLING CONFIDENCE IN KIDS STRESSED OVER WINNING

*Columbus Dispatch, The (OH) - April 5, 1989*

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COLUMBUS - When you're only 6, it's OK for nice guys to finish last.

That's an important message to remember for coaches as playing fields throughout the city begin to fill up with young soccer and baseball teams, said Ron Fox.

Fox, program director for Kidscope, a drug and alcohol rehabilitation program, contends that a feeling of achievement is more important than winning at that age.

When children walk off the field, they should feel good about themselves, he said.

There's nothing wrong with winning, Fox said, "but, we put a lot of pressure on young kids today."

Parents and coaches should downplay the importance of winning and talk about what the kids learned during a particular game, he added.

"Winning is a good feeling, and it should be acknowledged. However, it's a short-lived feeling," he said.

"I would rather see kids reflect on their progress as individuals and how their ability helped the team," he said.

"Don't forget that a lot of kids do not fully understand a team concept until they're 13 years old. During the early elementary school-age years, coaches should concentrate on teaching basic skills and fundamentals."

That age group has a wide range of skill levels and physical differences, Fox said. A good coach does not frustrate youngsters by putting demands on them they cannot achieve. Setting realistic and measurable goals for the team is important, he said.

Fox suggests telling members of a team that didn't win one game last year that this year's goal is to win three games.

"Think of how the team will feel if they achieve those goals," he said. And if they don't win three games, Fox would emphasize what needs to be improved.

He suggests that coaches always say something positive before telling children what needs to be worked on. He uses phrases such as:

"I like the way you handled that ball."

"I appreciate what you did."

"Boy, I can see you're putting out a lot of effort."

"It looks as if you worked very hard."

If a coach can convey to children a feeling of self-confidence in what they did, then all those kids are winners, regardless of which team won the game, he said.

"Striving to win is an important goal," Fox said, "but coaches first must look at each player and their athletic ability and their achievement as an athlete. Winning is secondary."

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## 6 GROUPS DUE FOR \$425,000 TO FIGHT DRUGS

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Six agencies in Franklin County will share about \$425,000 in federal money to continue drug-fighting efforts.

The Franklin County commissioners this week approved receipt of the Narcotics Control Block Grant money.

Some agencies will receive the money as early as Oct. 1. The programs have different starting dates, said Lesia Mandzia, assistant director of the Alliance for Cooperative Justice.

Recipients are:

Columbus Division of Police Drug Task Force, \$103,639.

Franklin County Municipal Court Urgent Control/Treatment Program, \$57,076.

Franklin County prosecutor's Drug Abuse Prosecution Unit, \$51,803.

**Kidscope of Central Ohio's Project Joy, \$29,355.**

Franklin County Juvenile Court High-Risk Youth Program, \$51,447.

Ohio Prosecuting Attorneys Association Victim Assistance Training Program, \$57,946.

When the proposal was submitted to the Governor's Office of Criminal Justice Services, which administers the federal grants, a request of \$74,076 for a Franklin County Juvenile Court pilot treatment program was included, Mandzia said.

That request also was granted. Juvenile Court still has more than \$100,000 from its 1988 grant and must spend it on the pilot program before drawing on the 1989 grant, Mandzia said.

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