

Board game helps ease heebie-jeebies

Remember hiding under the covers when you were young, praying the lightning and thunder would go away and leave you in peace? Or maybe bullies were your nightmare, or Halloween ghosts and goblins.

Today's children have the same fears — spiders and snakes, large green monsters and "the dark." But they don't have to face those demons alone.

"Not So Scary Things" is a board game that guides children through the worst visions of their fears, debunking myths and allowing them to gain some mastery over life.

The game, available in some specialty stores and catalogs, is for children ages 4-8 and their parents. It forces young players to imitate the objects of their nightmares and helps parents remember childhood perils.

The game "mirrors the way children learn how to handle their fears," said Dr. Neil Izenberg, a pediatrician and co-creator. "Imitate it, learn about it, then master it."

As important as the child's reaction is parent participation.

"We see parents who inadvertently frighten children because they don't have the same fears," said D'Arcy Lyness, a child psychologist who created the game with Izenberg. She

used the example of a parent who takes a child to see a scary movie. "We forget what it feels like."

Lisa Johnson, 28, of Philadelphia says she's played the game with her three children several times. "They really get into it — the play-acting, jumping around and stuff," she said.

Her 6-year-old son, Derrick, used to cry and scream during thunderstorms until he played the game. "Derrick now knows what lightning is," she said. "Now it doesn't bother him."

In the game, players move up Mount Courage along a path dotted by "scary" spots and "courage" spots.

When players land on a scary spot, they must pick a card, which may tell them to "do a snake dance," "make a loud thunder noise," or "stomp like a monster." Similarly, a player landing on a courage spot must pick a card that might instruct: "Show how to look a bully straight in the eye."

The game's scary things are monsters, darkness, snakes, lightning and thunder, bullies and meanies, and spiders — fears children normally face while growing up, Lyness said.

Izenberg and Lyness spent 2½ years developing the game, running ideas past teachers, parents and children and getting help from Izenberg's brother, also a doctor.

COSTUMES

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jewelry, hats, shoes, dresses and accessories.

Puttin' on the Ritz, 420 Pearl St. Vintage clothes including dresses, shirts, suits, coats, hats, scarfs, jewelry and evening wear.

Ragtime Antiques, 444 Main St., Springfield. Featuring vintage fashions, accessories and jewelry, including hats, vests, dresses, shoes, suits, etc.

Costumes

Backstage Dancewear, 41 W. Broadway. No rentals except gorilla and santa costumes. Costumes include knights, cards, half-male, half-female and flappers. Accessories include make-up, wigs, capes, hats and masks ranging from political characters to monsters, witches, lions and skeletons.

ABC Costume Rental, 440 Main St., Springfield. Rents a variety of costumes. Call 746-7746 for information.

Chazpro Family Fun Shop, 603 E. 13th Ave. Located close to the University Chazpro carries the largest selection of masks and accessories in Eugene. Also carries wigs, make-up, glasses, and full costumes including convict, dracula, clown and flapper.

Time Warp Costumes, 1022 Willamette St. Time Warp is going out of business. Today is the last day and Time Warp will be open from 11 a.m. to 6 p.m.

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