

**Delegates elect
Jane Andrews
2011-2012
president**

**Woodbridge resident wins
\$10,000 in Las Vegas**

BOWL MAGAZINE

APRIL / MAY 2011

OFFICIAL PUBLICATION OF THE NATION'S BOWLING ASSOCIATION

DEREK PETTY

*Provides tips
critical for your
approach and
the execution
of a shot*





6TH ANNUAL DC'S FINEST MIXED HANDICAP TOURNAMENT 2011

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USBC #	SEX M-F	BOWLER'S NAME: FIRST MI LAST	ADDRESS: STREET CITY, STATE AND ZIP		USBC BK AVG 2009-2010	SCR DBLS	SCR SGLS	SENIOR HCP SGLS
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TOTAL _____

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BOWL MAGAZINE

April / May 2011
Vol. 45, No. 5

Serving the nation's third largest bowling market, BOWL Magazine was honored five times by the American Bowling Congress as the nation's "best local association publication."



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PUBLISHER: Nation's Capital Area USBC Association,
9315 Largo Drive West, Suite 110, Largo, Maryland 20774-4762
301/499-1693 • 301/499-5927 (fax)

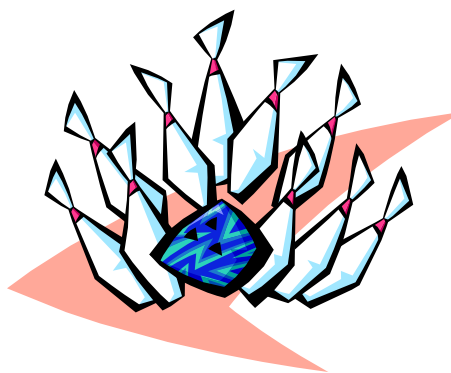
EDITOR: Robert Cosgrove

USBC Youth jerseys will have a new look

Youth bowlers soon will sport a cool new look on the lanes with the latest eye-catching USBC Youth jersey. Jerseys are a member benefit in certified USBC Youth Standard leagues. International Bowling Campus Director of Youth Development Chad Murphy said the new design will appeal to teenagers and be exciting for younger bowlers as well. The jersey includes logos from two of bowling's top ball brands on the sleeves.

"Storm and Ebonite stepped up with tremendous support of youth bowling through the YES Fund," Murphy said. "Adding them to the jersey was a way of saying thanks and a design element that gives a pro jersey feel kids really like."

USBC Youth Standard memberships purchased after March 15, 2011, will receive the jersey, and Adult Leaders soon will be able to go onto BOWL.com to purchase their jerseys for \$20. The jerseys will continue to have an open design on the back so they can be personalized by leagues and individuals.



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ON THE COVER: Derek Petty, one of the area's top bowlers, provides the best tip he's ever received on Page 8. ... Delegates elected Jane Andrews as NCAUSBCA's president for the 2011-2012 season (Page 7). ... Woodbridge resident Jackie Burress recently took home a big prize check from a tournament in Las Vegas (Page 10). (Andrews photo by Bob Cosgrove)

BOWL Magazine is published bi-monthly, September through June/July ("Summer") by NCAUSBCA Inc. The magazine, like the association, is dedicated to the advancement of the sport of tenpins and hopes to foster and nurture the spirit of good sportsmanship throughout its pages. The editorial and business offices are located in the NCAUSBCA office. The deadline for advertising material, copy, photographs, or other editorial material submitted for publication, is the 15th of the month preceding the cover date. The editor reserves the right to alter or reject any copy, photograph, or advertising material submitted for publication. Reproduction and/or distribution in any form, in whole or in part, is strictly prohibited without prior written authorization. Copyright © 2011 by NCAUSBCA Inc. All rights reserved.

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GOOD GRADES EQUAL FREE BOWLING AT BOWL AMERICA

Bowl America's Rolling Rewards Program will cover more individuals in its 15th year of rewarding hard-working students: They will earn a free game for each final grade of "A" – and now "B" – on their final 2010-2011 report card. In addition, they automatically will be enrolled in the Rolling Rewards Honor Roll Program, which will let them enjoy a free game of bowling during visits to Bowl America centers throughout the 2011-2012 school year. [Click here](#) for additional details.

NEW AWARDS SET FOR NEW SEASON

For the 2011-12 season, USBC has created two special lapel pins to recognize adult members who shoot a specified number of Pins Over Average in a game or series. For the game award, bowlers must roll a game that is 75 or more pins over their average. To receive the series lapel pin, bowlers must bowl at least 140 pins over their average. The new lapel pins are not the only changes for the 2011-12 season. The ring awarded to USBC members who roll a 300 game, 800 series, and 900 series will have a new look. USBC also revised the requirements for Adult Awards earned under USBC Playing Rules 51a(2) and 51b(2).

DC'S FINEST TOURNEY ADDS SENIOR'S HANDICAP CATEGORY

The 6th annual DC's Finest Mixed Handicap Tournament will take place July 16-17 at Bowlerama Lanes in New Castle, Del. Features: four-bowler teams (2 men/2 women), mixed doubles, singles (including a new senior's handicap category for those ages 55+), all events, and optional scratch events. Bowlers entered in singles must also bowl doubles the first time they bowl. Bowlers may enter the singles event multiple times but cash only once; enter doubles twice with same partner, multiple times with different partners, but cash only once with same partner. Teams consisting of the same four bowlers may enter multiple times but cash only once. Teams may cash again by changing two members. Bowlers must use highest yearbook average from 2009-2010 or highest current certified 21-game average as of May 31, 2011 or, if neither, a summer league average based on 21 or more games as of July 9, 2011. Handicap: 90 percent of 220. Early entry deadline is May 7, 2011. Entries, reentries, and walk-ins accepted based on lane availability until 1 p.m. on July 17, 2011. An entry blank appears in this issue.



MAY 31 IS DEADLINE FOR PBA BILLY WELU SCHOLARSHIP

Applications are due May 31 for the 2011 Professional Bowlers Association's [Billy Welu Scholarship](#), awarded annually to a male or female college student who competes in the sport of bowling and exhibits exemplary qualities as a student and citizen. The scholarship winner receives a \$1,000 award. To be eligible, candidates must be amateur bowlers who are currently in college (preceding the application deadline) and maintain at least a 2.5/4.0 GPA or equivalent. Recent winners include Kim Yioulos, Pikeville College (2010); Elizabeth Seibel, Penn State University (2009); Heather D'Errico, Robert Morris University-Illinois (2008), and Ricki Williams, Wichita State University (2007). A PBA Charter Member, Welu was inducted into both the PBA and United States Bowling Congress Halls of Fame in 1975. He won the BPAA All-Star competition in 1959 before winning the 1964 and '65 USBC Masters events.

MEMBERSHIP DEPT.

Jeff L. Fine of Fairfax, Va., has been reinstated to membership in the United States Bowling Congress and again becomes eligible to compete in USBC leagues and tournaments with all of the attendant membership privileges.



PRESIDENT'S MESSAGE • ROBERT ASHLEY III

Don't settle for status quo

By now, most leagues are heading into the finals weeks of the schedule when a champion will be crowned. It is time to start preparing for those end-of-season activities as well as laying the groundwork for the start of next season's league.

It's also time to ask the questions: Are your league's officers doing their duties? Are they acting in the best interests of the league and following USBC and adopted league rules when making decisions? Is the treasury being verified every month, and is it available when you request to see it?

A couple of members were sharing the problems they have been experiencing in a league this season, yet getting the impression from other in their league that the current status quo is accept-

able. So is "status quo" truly acceptable for your league? Here are some thoughts to consider.

League rules must be adopted prior to the start of every season. If you feel a rule needs to be changed, are you prepared to do what it takes to get it changed? Bring forth your concerns to the president so he/she is aware that they need to be discussed. Most importantly, attend your league's organizational meeting when rules are adopted. I can't begin to count the number of times people in my own leagues have things to say about the adopted rules but failed to come to the organizational meeting.

Are the tools and options available working for the best interests of the league? If your secretary is using soft-

ware that includes the ability to upload and e-mail standings data, is he/she doing that? Did your league's banking allow the opportunity to earn interest during the season? If not, bring that forward for consideration. Interest earned, while not that significant, could carry forward to lessen the impact to next year's prize fund that a lineage increase would have—perhaps enough to defer raising league fees for extra season.

Leagues must elect their officers every season, either by its board of directors or general membership (if your league rules provide for such). If you feel the incumbent officers are not getting it done, it's time for you to step up and run for a league officer position. Anyone can criticize and complain, but it is useless unless you are willing to get involved and affect change.

Actions have always spoken louder than words, and the time is now for you to do just that, less you remain as "status quo."

As always, feel free to [contact me](#) with any questions or comments. May you strike out often and be spared of any splits.

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BVL party scores big for Walter Reed bowlers

The bowling lanes at the National Naval Medical Center were the site of the inaugural event of a new series of Bowlers to Veterans Link (BVL) "We Salute You" bowling parties. This first party was for a group of service men and women who traveled the short distance from Walter Reed Army Medical Center to enjoy an afternoon of camaraderie and competition on the lanes.

"Our 'We Salute You' parties truly represent what BVL is all about," explained Darlene Baker, chair of the BVL board of directors. "Our goal is to show the troops we honor their sacrifices for our country; and our approach here is to utilize bowling as a recreation therapy vehicle to create a positive environment featuring fun, physical and mental fitness, and fellowship."

The bowling party series was created to provide returning service men and women receiving care at both Walter Reed and Bethesda Naval Medical Center an opportunity to step away from the often-stressful hospital setting and provide an outlet to have fun.

The home states of the participants in the inaugural event represented a cross-section of our nation—from California to New York; Arkansas to Ohio, and ranged in levels of bowling experience. They fought in Iraq and Afghanistan, stood watch on the USS Enterprise, did tours in Guantanamo Bay, Panama, Pakistan, and Japan.

Regardless of backgrounds, however, participants roundly agreed that the afternoon was "a 300." One member of the group from Texas said this about the event, "It was wonderful, even though my bowling wasn't! I'll be back, though." Another bowler from Connecticut, who admitted she was hesitant of her abilities prior to the party, noted "I have not been bowling since I was very young, but I did better than I thought I would!" She concluded, "I enjoyed (the activity), though I was unsure before I came. It was a good distraction from everything else going on."

The bowling party series was created to provide returning service men and women receiving care at both Walter Reed and Bethesda Naval Medical Center an opportunity to step away from the often-stressful hospital setting and provide an outlet to have fun.

A California hero who has served in no less than 11 locales noted this, "[Even though] I bowled in last place ... I enjoyed bowling very much today. The event brought a smile and laughs which I haven't experienced in quite some time. I'm glad I decided to participate."

Perhaps the most moving response was from a soldier who hails from Alabama. "Thanks for providing me an opportunity to get out and have some fun. The best part for me was that everything was taken care of—the lane rental, shoes, food, even a goody bag was given out! The lanes were decorated for our party, and it made me feel good that someone thought enough of us to make sure that we had a good time."

In addition to the afternoon of bowling, all participants were treated to lunch and received gift bags which included T-shirts with the BVL logo and the "Bowling Supports America's Troops" tagline, playing cards, and an assortment of candies and other treats. The gift pack also included the USBC publication, *The Bowler's Guide: An instructional and educational guide to bowling*.

BVL needs financial support to continue these events, as well as the host of other programs provided to our nation's service men and women. Please visit BowlforVeterans.org to learn more and make your pledge.

Founded in 1942, the Bowlers to Veterans Link is headquartered in Fairfax, Va., and is guided by representatives of the United States Bowling Congress and the Bowling Proprietors' Association of America.

THE QUESTION:

What is the highest game you've bowled in certified competition?

254



Dee Blair
Forestville, Md.

245



Loretta DeFalco
Leesburg, Va.

278



Jaclyn Dunkenberg
Leesburg, Va.

225



Laura Heyer
Leesburg, Va.

233



Betty May
Gainesville, Va.

Jane Andrews elected president for 2011-2012 season

Jane Andrews of the District was elected president of the Nation's Capital Area USBC Association for the 2011-2012 season by delegates to the Fifth NCA-USBCA Annual Meeting held February 27 at Bowl America Gaithersburg. The delegates also elected four new directors, eight incumbent directors, and approved one of three proposed amendments.

Andrews, who defeated current president Robert Ashley III of Centreville, Va., will begin her one-year term on August 1, 2011.

Ashley later was elected to fill the position of fourth vice president, while Jonathan Emery of Fort Washington, Md., Andrea Dale of Stafford, Va., Kristen Robinson of Fairfax, Va., and Yvonne Humphries of the District accepted their respective elections to the first, second, third, and fifth vice president positions.

Among the four new directors elected to the board are three members of the NCAUSBCA Hall of Fame: Bruce Merriman of Alexandria, Berlin Myers of Suitland, Md., and Susan Ryan of Springfield. Michael Sinek of Odenton, Md., the fourth director, and Ryan previously served as directors.



Berlin Myers

Incumbent directors elected included Judith Butler of Hyattsville, Md., Phyllis Cook of Silver Spring, Md., Willie Graves Jr. of Mitchellville, Md., Ronald Holton of Alexandria, Darron Mayes of Waldorf, Md., James Stewart of Hyattsville, Hazel Wallace of Dale City, Va., and Kirk Williams of District Heights, Md.

At the Youth Representation Meeting held prior to the Annual Meeting, Leon Gray of the District was elected a Youth director for a two-year term ending July 31, 2013.

Delegates approved an amendment permitting a one-dollar local association dues increase for the 2011-2012 season. The defeated amendments would have reduced the board size and the board quorum.

Meanwhile, delegates elected for the 2012 United States Bowling Congress Annual Meeting included Jane Andrews, Robert Ashley III, Andrea Dale, Tom Dale Jr. of Stafford, Va., Phyllis Cook, Ronald Holton, Karen Jost of Alexandria, Darron Mayes, Michael Sinek, and Hazel Wallace.

In addition, Jane Andrews, Robert Ashley III, Andrea Dale, Yvonne Humphries, Karen Jost, and Hazel Wallace were elected to serve as delegates to the 2012 Virginia State Convention.



Jane Andrews, who served as president of the Washington, D.C. Area Women's Bowling Association during the 2005-2006 season, will assume leadership of the Nation's Capital Area USBC Association beginning August 1, 2011.

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The Best Bowling Tip I Ever Received

By Derek Petty



The best bowling tip I ever received is actually two tips in one. Both tips are critical for your approach and the successful execution of a shot, while neither is more important than the other. These tips involve good rhythm and a steady head.

I can't recall if it was in a magazine, from my father, Bud Petty, from the late Bob Pendegraft, the legend Don Huss, or while I competed collegiately at Virginia Tech from 1993 to 1998 (though my wife has probably told me more than any of them), but the one thing I do know is that bowling is an ever-changing game, and you need a coach to stay competitive. There are too many moving parts to think you can do it on your own.

Most recently, Stephen Hahn, Geovel "Gee" Lopez, and I have been breaking down each other's games and have identified a few small changes that needed to be made, none of which were more important than the two I mention above—good rhythm and a steady head. These two components have played critical roles to minimize the mistakes we had been making from set-up to release and are now providing consistency in every shot. These two items are often talked about by many but not executed well by all. The pros are great at it, the weekend warriors are good at it, and most league bowlers never think about it.

Timing is everything. Yes, timing *really* is everything when it comes to bowling. Whether it's fast or slow, late or early, it needs to be the same on that given day of competition. Your body, your mental state, the lane condition, the temperature or whatever it may be change daily, so finding that consistent timing and rhythm puts you in a place many others won't get to. A constant rhythm allows you the ability to do the same thing over and over and over, often resulting in quality shots.

With all that I've just said, it's not an easy task. Over the years, I've worked hard at figuring out where to position my ball in my approach, how fast or slow to walk, how short or long my steps needed to be, and even how far to push the ball in my approach, and all have helped me understand how to achieve late or early timing and how to gain that "feel" you need for confidence in every shot.

People do not often think about their head and shoulders while bowling, unless of course they're talking about shampoo (haha - funny). Seriously, most simply worry about getting to the foul line and throwing the ball in the direction of the pins. A key piece to all of this is a steady head and a solid shoulder position. Both are needed to keep the ball in-line with your target and allow you to execute on that path.

Before my recent trip to the 2011 U.S. Open in New Jersey, Gee Lopez noticed that I had gotten into the "house groove"—the coveted (as I described above) "throw it in that direction" and it will hit the pocket. We worked to get my body in control and head stable, and what a difference it made. We worked to get my shoulders in a solid open position to allow me to hook the ball and also a closed position to allow me to play down and in.

This *simple* step, solid head and shoulders, allowed me to get back to seeing my ball reaction and provided increased consistency. I was shocked at how this had gotten away from me, but it made sense as to why I had felt like I was on a roller coaster every time I stepped on the lanes for competition. I can't tell you how significant this has been at increasing my ability to know where my ball is going and how it is reacting. Following lane transition is a part of my game again. I don't need to guess because I can see it (and nearly feel it when a shot creeps high or comes in light). My ball is now on the same trajectory, shot after shot.

So, while many things may go through my head before I pick up my ball to make a shot, the last thing I've thought about recently is "feeling" the shot I need to make and keeping my head and upper body solid. With these two things in control, my confidence is high, and I am able to post my shots, providing an optimal scoring environment. I recommend you think about these things the next time you step on the lane and try to repeat them, every shot.

Find your rhythm, solidify your head and shoulders, and Bowl to Win. See you on the lanes.

Derek Petty, a pro shop technician at Spares Pro Shop in Sterling, Va., is an Ebonite International Team Member and a writer for above180.com. He has recorded 17 perfect games and eight 800 series, and he averaged 228 in 2010-2011. The association's third-ranked bowler in the 2000-2001 season, Derek was an NCAUSBCA Scratch Team Champion in 2007 and, unofficially, this season.

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Jackie Burress wins \$10,000 in Las Vegas

Places third at AMF \$600,000 National In-League Tournament

Jackie Burress of Woodbridge, Va., won \$10,000 at the finals of the \$600,000 AMF National In-League Tournament held April 8-9 at The Orleans Hotel & Casino in Las Vegas. Burress, who represented AMF Dale City, where she competes in the Christian Fellowship league, placed third in Division B (160-179 average).

Five other area bowlers also appeared in the finals:

- Joshua Miller, Stafford, Va., AMF Dale City (7th place, Open Division [200+ average]), \$1,500;
- Roger Lee Campbell Jr., Bowie, Md., AMF Laurel (10th place, Division A [180-199]), \$500;
- Darius Wilkins, Upper Marlboro, Md. (15th place, Division C [159 and below], \$500;
- Joseph Ronald Schaeffer, Waldorf, Md., AMF Waldorf (16th place, Division B), \$500;
- Sharon Lee, Oxon Hill, Md., AMF Alexandria (25th place, Division C), \$250.

"We just wrapped up our second National In-League Tournament, and once again, our league bowlers demonstrated an impressive level of skill and sportsmanship," said AMF CEO and President Fred Hipp. "It gives us great pride to award these top finishers for their hard work and support of AMF's league bowling."

The competitors in four divisions based on average were whittled down to the 108 finalists through an elimination-style format to determine the national champions. Although only one person in each division was crowned the \$50,000 grand prize winner, every national finalist walked away with prize money, ranging from \$25,000 for second place to \$250 for the bowlers finishing in 17th to 27th place.

"The nature of the pins-over-average format creates excitement through each round of competition and illustrates the competitor's ability to perform under pressure and compete at a level above their qualifying average," said Kathy Hart, tournament director. "These talented participants are competing against themselves in essence, and you can truly feel the excitement."

Division winners worked their way through a nine-week qualifying period, followed by two weeks of in-center finals at each AMF location and 27 district finals events at select AMF locations nationwide. AMF awarded nearly \$300,000 in prize money to center and district finalists.

To see what happened in Las Vegas during the National In-League Tournament, be sure to check out the tournament stats [here](#), on [Twitter](#), and on [Facebook](#). AMF will announce details of the 2012 tournament in early summer. Bowlers interested in participating can sign up for a league at any AMF location this coming fall.



Joshua Miller



Roger Lee Campbell Jr.



Darius Wilkins



Joseph Ronald Schaeffer



Sharon Lee



Jackie Burress (center) displays her "big" prize check alongside officials David Van Wyk and Kathy Hart at the finals of the AMF \$600,000 National In-League Tournament in Las Vegas.

Help Us Brighten the Days of America's Veterans and Active Duty Troops

The Bowlers to Veterans Link (BVL) was founded in 1942 by a group of bowlers who wanted to help boost the spirits of our active duty troops. When World War II hostilities drew to a close, we made a promise to veterans recuperating in hospitals across the country: We won't forget your sacrifice.

Today, we have grown to a national network of volunteers raising funds to continue our mission. BVL dollars pick up where government funding leaves off. We purchase sports equipment; provide music and arts programs; sponsor holiday parties and much more.



Thanks to BVL, smiles, laughter, and joy are brought to those who have served our country. Your contribution can help us make a difference in the lives of America's active duty troops and veterans. Visit www.BowlforVeterans.org to learn more.



BVL is a 501 (c) (3). Combined Federal Campaign #: 93325

BVL is a member of America Supports You and the Bowling Foundation.

BVL is also a donor member of VA Voluntary Service
and the Veterans Day National Committee.



ASK BOB • BOB KORTH

Buying used equipment is not always the best decision

Q. *I have a chance to buy an almost-new bowling ball from a friend. Our grip is nearly the same, but he throws a full roller. I throw a three-quarter roller, so my question is, Will the full roller layout on this ball work for me?*

A. I don't think this is a good deal. The drilling for a full roller is not a good layout for those of us who throw the three-quarter. If you buy this ball, you will need to have all the holes plugged and re-drilled. When you figure in the price of the used ball and the work to get it plugged, drilled, and balanced for you, a new ball will probably be the way to go.

Q. *What is the most important thing in your accessory kit? Also what other items do you carry?*

A. In my case, it is Thumb Carpets and

white bowlers tape. But ask this question of 10 people and you will get 10 different answers.

The other items I have are needle-nose pliers, a three-corner knife, a pair of scissors, and a tube of Super Glue. I also carry extra slide cleats for my bowling shoes, a bottle of Control Grip by Master Products, and a battery-operated Dremel with attachments for sanding the thumb and finger holes. I like working out the thumb and fingers of my own ball when it is drilled, and I can do this on fly at a tournament without getting in the way of the pro shop personnel.

Magic Thumb Carpets are pieces of a thin soft white carpet—the same shape as white thumb tape. If you have never seen them or tried them, I recommend you give them a try. You get a tight-feeling thumb hole with a fast release. They are not readily available in pro shops, so if you can't find them, write to me and I will tell you how to order them. They cost \$20 for 10 and last a long time.

Q. *I am a 170-average bowler and bowl three leagues a week. My problem is I don't seem to be improving. I have bought the newest bowling balls and the best bowling shoes, I have taken a few lessons and practice on weekends. Nothing seems to help very much. What do you suggest to help me improve my average?*

A. The key to a better average for bowlers in the 170-to-190 range is improving the spare game. One more spare per game adds 10 pins to your average. You said you have been seeing a coach; ask him/her to give you a spare-making system. There are a few different systems out there, and I like to customize a system for different bowlers after I know their game better.

Another thing you can do now is to keep a log during your next two or three weeks of league. Write down the spares you miss, and see if a certain pattern shows up. If right-side spares or left-side spares seem to be more difficult for you, work on those during your practice sessions when you should forget about scoring and just work on those spares giving you trouble.

Improving on your spare-making ability will improve your overall accuracy, and you will begin to see more strikes—and your average will improve dramatically.



Check Your Knowledge

1. In what center was the team event of the 2010 NCAUSBCA Open Championship Tournament held?
2. What NCAUSBCA member placed fourth in the 1983 Fair Lanes Open?
3. How many strikes are rolled by the bowler of a three-game 900 series?
4. In what city is Bowl America Dranesville located?
5. What bowling center within NCAUSBCA's jurisdiction is located in Forestville, Md.?
6. What year did Dick Weber die?
7. Who is the current President-elect of NCAUSBCA?
8. This Bowl America center hosted the PBA Senior Tour from 200X to 200X.
9. A Sport Bowling average of 212 results in an "adjusted average" of 188, 206, or 212?
10. Who is the latest individual to be inducted into the NCAUSBCA Hall of Fame?

ANSWERS: 1. Bowl America Shirley; 2. Steve Sipe; 3. 36; 4. Sterling, Va.; 5. Parkland Bowl; 6. 2005; 7. Jane Andrews; 8. Bowl America Manassas; 9. 212; 10. Susan M. Ryan.

Q. *How many calories are burned while bowling? What other health benefits can be derived from bowling?*

A. There are several different answers to this question that I found on searches, so this will be approximate. A 150-pound person will burn about 200 to 250 calories in a one-hour session of bowling. This of course can vary from person to person, and so as with any exercise, bowling helps to keep weight under control—providing you leave the beer and chili cheese fries out of the equation.

There are many other health benefits to our great game. Strength training exercises use repetitive motions with weight. This is exactly what bowlers do—walk, bend, twist, and throw with weight. You are doing squats and lifting and stretching at the same time. It

helps the back, arms, and hands because of the stretching. It helps strengthen the legs and knees. Bowling helps balance, motor skills, and coordination. Bowling is good for the mind; it promotes focus and problem solving. Bowling builds social relationships and helps teach working together as a team. All of these benefits are like joining a health club but cheaper and more fun.

The best part these days is that bowling in most centers is done in a smoke-free environment. Bowling is a great sporting activity for people of all ages because of the physical simplicity of the game: You can bowl from ages 3 to 103.

Q. *I have been in a slump for the last month or so, and I have two questions: What causes a slump? What steps can I take to get out of my slump?*

A. There are a few things that can lead to a slump. It could start with a quirk in your game, like just turning the ball too early or a slight timing problem. Something in your approach or swing that is just a little off.

However, I believe that most slumps are mental in nature. You go to bowl one night in your league or a tournament, and things just don't go right. You make bad moves or even just have bad luck for a outing or two, and all of a sudden, nothing goes right. You lose confidence, you try too hard, and the harder you try to get things corrected, the worse things get. A vicious circle has begun.

Now for some possible slump busters. For the physical problems, if that's what you think has happened to you, go see a coach and see if he/she can pick out your problem. Breaking a bad habit could turn your game around quickly.

For the mental part of the game, it is my belief that you cannot practice your way out of a slump. I have always believed in a break from the game—not a long break, a league night or two. Get a sub and stay home for a couple of sessions. Clear your mind then go back and start new.

Many times this is all it takes to relax and let the game come back to you. Your confidence returns, and your slump is over.

Just remember that you haven't forgotten how to bowl. Your game will come back, but trying to force things to turn around will just make things worse.

I have also one other method that has helped me. I have gone out and bought a new ball, and my slump went away almost instantly. Because you quit thinking about your problems with your game, you just start watching the reaction of the new ball, and all of a sudden, things are back on track. If you need a new ball anyway, this can be the quickest fix.

To ask a question, email askbob@clearwire.net

EDITOR'S NOTE

When this issue was released, the results from this year's NCAUSBCA Open Championship Tournament and Women's Championship Tournament had not been declared official. Therefore, several items affiliated with these events that were scheduled to appear in this issue will instead appear in the Summer 2011 publication.

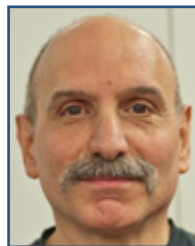
www.ncausbca.org

"Quote – Unquote"



The first thing I've learned out on Tour is to get in shape. This year, when I went out on Tour, I went out there 240 pounds and found out that having a beer gut and laughing and smoking does not go over well—those days have long passed. You must get in shape because you put a lot of wear and tear on your body—your knees, your hands, and even your thought process. You put a lot of wear and tear on your body. Get in shape—you are an athlete! So treat the sport as an athlete.

Bobby Hall II
2010-2011 PBA Exempt Player



It's a real nothing call; it's just a nuisance. The bowlers have to wait until you get to the machine, you have to pull the out-of-range bar, you have to go up on top of the machine, you have to go down on the deck to clear the deadwood, you have to go back over the machine, and then you have to turn the machine back on before they can bowl. So basically it's a pain in the neck because it's holding up the bowling.

Raymond Maya
head mechanic at Bowl America Shirley,
on why the "pin-out-of-range" service call
is not one of his favorites

STEINSIEK



Our Back Pages

5 Years Ago

- Laurie Mangum (684 series) and Tommy McLane (744) capture the latest NCABA/WDCAWBA 600-700 Scratch Mixed Doubles Tournament at Bowl America Gaithersburg.
- Allen Windsor wins the Vir-Mar District 600 Club Tournament of Champions at AMF Dale City.
- NCAUSBCA President-Elect [Tom Dale Jr.](#) provides an update on the upcoming merger between NCABA, WDCAWBA, and the Vir-Mar District Junior Bowling Association.

10 Years Ago

- Casey O'Shields and Derek McNeil are Youth Invitational divisional champions.
- Doris Shepherd announces her retirement from the WDCAWBA board after 38 years of service.
- In his Mini-Bio, [Herman Lee Jr.](#) reveals he played the trumpet in school.

15 Years Ago

- Hollis McMullen and Terry Wiley win the latest respective Nation's Capital/Baltimore Area Masters events at Annandale and University.
- [Mary White](#) celebrates her 98th birthday at AMF/Fair Lanes Marlow Heights.
- Bowling Headquarters may now be reached by members via E-mail.

20 Years Ago

- A new Bowl America Woodbridge is scheduled to open in time for fall leagues.
- Jimmy Anthanas leads the Gold Pin Awards listing with his 793 series at Bowl America Manassas.
- Jim Lewis wins his PBA regional title No. 2 in Richmond, Va.

25 Years Ago

- Pro Spot Qualifier winner [Jimmy Lizzio](#) discusses his experiences in the 1986 Fair Lanes Open.
- In "The Mailbag," [Pie Snelson](#) has an issue with bowling establishments failing to negotiate fairly with the leagues.
- [Bill Taylor](#) argues that changes in attitude about bowling came with the weakening of the scoring environment in the 1960s.

30 Years Ago

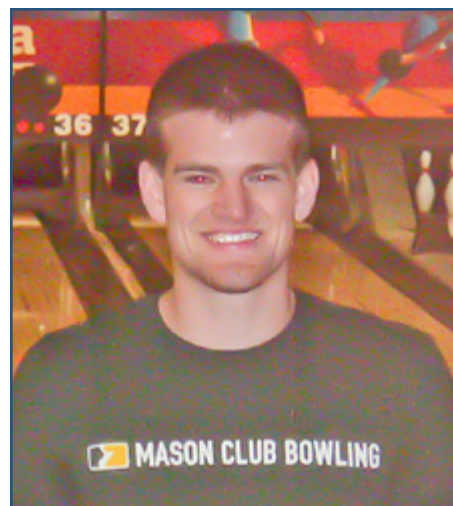
- Tena Boone wins the Virginia Bowling Queens event at Village Lanes in Leesburg.
- "In the Pocket" columnist [Chuck Cannon](#) discusses how pros with no bevel on their thumb holes bowl without injury.
- Robert Riley rolls four consecutive 699 series in seven days at Silver Spring Bowl.

35 Years Ago

- Sheila Pinkston's 746 series at Bowl America Shirley ranks sixth in the nation for women in the 1975-1976 season.
- Fair Lanes Regional Manager Jerry James rolls a 277 game in the Sinners league at Fair Lanes Springfield.
- The average for American Bowling Congress members is 157.4, up 3.5 pins over the past 15 years.

40 Years Ago

- [Jim Robinette](#) is the association's No. 1-ranked bowler for 1969-1970 with a 201.938 composite average.
- Jim Ritter wins the "B Boys" singles and all events divisions in the McLean Optimist Tournament.
- Larry O'Neill rolls 231-246-246-246-226/1,195 to win the Tournament of the Month at Ten Pin Coliseum.

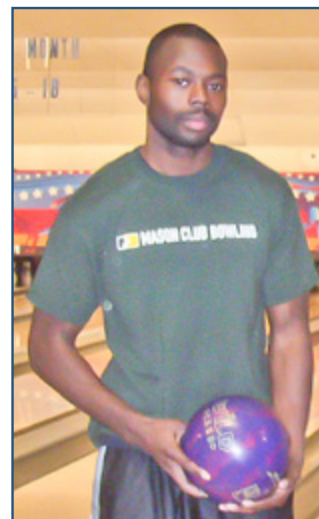


Phil Clarke

Phil Clarke named Academic All-American

Phil Clarke, a member of the George Mason Club Bowling team, has been named a 2010-11 Academic All-American by the National Collegiate Bowling Coaches Association. To be selected to the NCBCA team, a bowler must be a USBC collegiate athlete who has a minimum cumulative grade point average of 3.5 based on a 4.0 scale. Clarke, a 2009-10 Academic All-American, also represented George Mason in the USBC Intercollegiate Singles Sectionals held in March in Allentown, Pa.

Meanwhile, teammate James Brown, another 2009-10 Academic All-American, was not included on the 2010-11 list because he did not sign the active list for the current semester since the school had no tournaments planned, and he was not scheduled to compete in the Sectionals competition. However, NCAUSBCA Hall of Famer Bill Grover, who coaches the team, recently arranged to obtain the necessary papers to get James restored to the list.



James Brown

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ASSOCIATION HONOR SCORES

800 Series

- 843 Nelson, Marcus D - CA014
 838 Mershon, Frank H III - GB011
 837 Cowart, Shawn C - GB008
 836 Murphy, John R - LC012
 835 Lizzio, Thomas - CR014
 833 McLane, Thomas A - LC007 / CA *
 829 Kobzda, Tom J - WA012
 826 Cissell, Penny L - PX005
 825 Townsend, Leonard D Jr - CY003
 824 Brown, Carlton D - MH006
 Nelson, Marcus D - MH008
 Peters, Linda J - LC012
 823 Darden, Ira J Jr - MH019
 Hall, Bobby V II - RD023
 Lanier, Jeffery A - MH008
 822 Easterday, Robert E Jr - WB020
 820 Mizell, Donald L - MH019
 818 Walsh, Daniel A Jr - WA004
 817 Limtrakul, Pera I - GB007
 Middleton, Tom - BR012
 Strickland, Michael - PK005
 816 Hagen, Christopher J - LC012
 Holt, Ronald A - PK005
 Smith, Dennis G - WB020
 Summers, Anthony - CA010
 815 Bogan, John F Jr - GB005
 813 Carreon, Darryl V - PK005
 Dawson, Victor R - SL011
 Utterback, Albert L - MA016

- 812 Callis, Sherman C - PK004
 Hunter, Geoffrey J - WA004
 Szamborski, Brian E - SL013
 811 Farrish, Michael T - RD010
 810 Henderson, Ricky C - LA014
 Limtrakul, Pera I - GB007
 Shaw, Crystal J - RD023
 809 Ball, Howard P Jr - LA014
 Dyson, Charles A - CA010
 McLane, Thomas A - LC007
 Smith, Derek T - CA014
 806 Coleman, Chris W - LA014
 Colley, Tim D - BR012
 Cunningham, William F III - CY003
 Martin, Wes C - SL002
 Upshaw, Jerel D - LA002
 805 Artis, Wayne Jr - SL011
 Haley, Stephanie R - CR007
 Hamilton, Everett A - CR015
 Parham, Jason E - LA014
 Windsor, Richard T Sr - LC009
 804 Griffin, Shawn P - GB007
 Kinney, Alonso J Jr - RD002
 Mixon, Gary E - AA008
 Warner, Michael J - SL011
 803 Berg, Dave J - GB006
 Cowart, Shawn C - GB007
 Manolis, Michael J - FC003
 McCormick, Dionte C - WB015
 Palmer, J. R. - LC014
 To, Chhoeun - FC002
 Wiley, Terry A - FC003
 802 Evans, Donald R - SL013
 Haagsma, Andrew G - CY003

- Hamilton, William D Jr - LA014
 Johnson, James L - MH027
 Peters, Christopher W - DR010

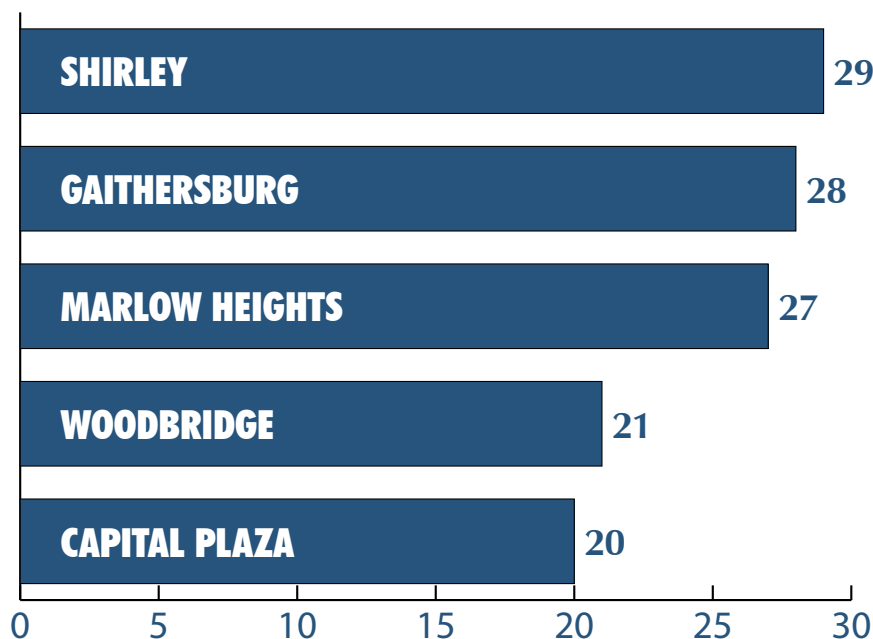
- 801 Bach, Eric L - GB023
 Middleton, Tom - BR012
 800 Kolessides, John N - DR007
 Payne, Derek M - CR023

300 Game

- Akers-Epps, Marina L - MH027
 Allen, Henry H Jr - MH012
 Azzato, Daniel - WB020
 Bailey, Timothy R Jr - MA005
 Baker, Chris W - GB005
 Baker, Jeffrey S - CA010
 Banks, James III - MH006
 Barbour, Sidney P - WA005
 Batt, Mitchell I - GB023
 Bell, Michael J - PX007
 Bernstein, Raymond S Jr - CY003
 Best, Gregory W - BU005
 Bigger, Brent D - WA019
 Blaney, William H III - WA003
 Blankenship, Clayton E Jr - DR010
 Blocker, Keith M - RD018
 Bonner, Roy F - CR008
 Bowman, Michael D - MH021 (2)
 Boyd, Michael J - FC003
 Bracey, Edrick G - MH008
 Brown, Anthony A Jr - WA023
 Brown, Carlton D - MH015 / CA *
 Brown, Herbert M - MH027
 Brown, Kimberly D - WB009
 Burch, Michael J - GB007
 Burchfield, Michael E - BR012
 Burt, James C - DR002
 Burton, Terrell K - WB001
 Callaway, Glenn A - PK005
 Campbell, Andrew S - RD018
 Campbell, Charles A - WB011
 Carbonaro, Joseph J Jr - WA005
 Chapman, Anthony D - CA010 (2)
 Cianci, Joseph A - ME012
 Cifci, Harutun A - SL011
 Clark, Patrick A Jr - RD012
 Connick, Scott N - SL001
 Cornish, F Phillip - RD018
 Cowart, Shawn C - GB005 / GB007 / GB008
 Cozzi, George R - MA020
 Crookston, Jeremy D - WB017
 Cunningham, William F III - CY003 / MA013
 Curtis, Antonio G - CA010
 Custer, Christopher J - LC009
 Dailey, Frederick L - SL013
 Dalton, Jamie D - WB017
 Darden, Ira J Jr - MH013 / MH019 / MH027
 Davis, L Jay Jr - RD020
 Dawson, Harold E III - FC011
 Dawson, Victor R - RD018

HONOR SCORE CENTERS

(this issue, based on listed scores)



DeLeon, Francisco R - NN002
 Diggs, Robert L - FC003
 Dodge, Richard E - SL011 (2)
 Donahue, Thomas S - BR002 (2)
 Douglas, Paul A - MH018
 Dove, William H - WA017
 Dyson, Eric S - ES006
 Epps, Earnest L - MH027 / RD002
 Evans, Donald R - SL013
 Farrar, Carthan D Jr - CA014
 Feagans, Glenn A - DR002
 Fillis, John R - WB017
 Frazee, Steve D - RD015
 Friend, Justin A - LA001
 Friendly, Oscar S - SL001
 Funderburk, John E - PK021
 Gaidurgis, Timothy L - CA010
 Gelda, Scott A - CR003
 Glenn, Richard R - DC011 / WB009
 Goetz, C Gregory - CR007
 Green, William E Jr - LA014
 Haagsma, Andrew G - CY003
 Hagen, Christopher J - LC012
 Hall, Bobby V II - RD023
 Hall, Brandon J - WB020
 Hamilton, Everett A - CR015
 Hamilton, William D Jr - LA014
 Harris, Antonio L - CA007
 Harris, Michael C - CY006
 Hart, Chris S - GB001
 Hassell, A Jane - SL011
 Hatton, Jesse T III - WA017
 Hawkins, Carlos M - PK010
 Hayes, Allen A - CA010
 Henderson, Ricky C - CA010
 Hicks, Randy R - BR007
 Hollins, James A - AA001
 Holloway, Jeter B III - WB011
 Holmes, Christopher J - GB023
 Hunter, Geoffrey J - MH009 / WA004
 Imbembo, Christopher S - DR018
 Isaac, Alphonzo - RD012
 Jamison, Renée P - AA002
 Jefferson, Theodore F III - PK021
 Joffe, Shawn B - WA020
 Johnson, Keith D - LA014
 Jones, James A Jr - LC009
 Jones, Paul N - CR015
 Keating, Tyler A - GB007
 Kessler, Veronica L - MH027
 Kines, Jack C - MA020
 Kreigh, Ronald K - SL002 (2)
 Lanier, Jeffery A - MH008
 Lee, Herman E Jr - RD023
 Leveillee, Mark J - LC009
 Lewis, David A - WA020
 Limtrakul, Pera I - CA *
 Love, Alphonso - PK004
 Manolis, Michael J - FC003
 Marlin, Carl B - CY014

Martin, Paige R - MH027 (2)
 Mason, Craig S - WB017
 Massey, Allen L - WB015
 Mattocks, Marco G - GB012
 McCormick, Dionté C - SL011
 McGuire, Robert L - BR012
 McKinney, Chad E - CA008
 McLane, Thomas A - LC007
 McNamara, John C - WA018
 McNeil, William R II - LA014
 Meadows, John L - FC016
 Medina, Rafael Jr - DR007
 Merola, Michael A - GB007
 Merriett, Steven P - FC023
 Merrill, Jonathan H - WB011
 Merryman, William J - MA009
 Mershon, Frank H III - GB011 (2)
 Middleton, Tom - BR012
 Miller, Bryan E - BU011
 Miller, Drayton M - FC011
 Miller, Steven T - GB012
 Monroe, Tarence D - CA018
 Morrison, Craig D - LB007
 Mortensen, Paul D - CY015
 Murabito, Vince F - WB011
 Murphy, John R - LC012
 Nelson, Marcus D - CA014 / LA014 / MH008
 Norris, Howard L Jr - CR007
 O'Keefe, John C - SL015
 Olson, Steve R - ME013
 Palmer, J. R. - LC009 / LC014
 Payton, Troy D - GB023

Pearson, Lamont T Sr - SL001
 Peters, Christopher W - DR010
 Peterson, Allen I Jr - MH004
 Peterson, Sean R - WB002 / WB015
 Pongrace, David M - FA002
 Pongrace, Steve C - FA005
 Rankin, York C Jr - CR006
 Riggs, Keith F - CYS04
 Riley, George D Jr - WA012
 Rockwell, William O Jr - DR005
 Rodbhajon, Mana S - SL001
 Ross, Dennis P - GB013
 Rubley, Kirk - SL004
 Sales, Nathan C - DC011
 Schatz, John W - GB012
 Schmal, Michael D - FC002
 Selby, George A Jr - GB005
 Seminara, Dominic J - LC009
 Shue, William C - DR018
 Skufca, Michael J - WB011
 Smallwood, Terry - GB007
 Smith, John A Jr - SL001
 Smith, Michelle D - SL010
 Spence, Demonté A - SL011
 Spriggs, Ernest W - LA014
 Stimson, Kevin M - DR005
 Stocks, Michael R - LB001
 Strickland, Michael - PK005
 Szamborski, Brian E - SL001 / SL013
 Tipton, Jack C - CR007
 Tomlin, Gregory A - SL002
 Tran, David Q - CA *
 Tran, Hazee N - DR002
 Vroom, Arthur L Jr - SL011
 Waldon, Sean H - SL003
 Walker, Allen M - FC002
 Walsh, Daniel A Jr - WA004
 Waters, Carvel K - CR023
 Werman, Frank R - DR007
 Williams, David Jr - WA020
 Williams, James E - CR008
 Windsor, Richard T Jr - LC014
 Windsor, Richard T Sr - LC009
 Womack, Adam D - MH027
 Yu, Ching-Yao - NN002
 Zelek, Terence R - WA012



JAMES B. STEWART

Victor Dawson shows the USBC ring he earned for his perfect game in the Family, Friends & Neighbors league at Rinaldi's Riverdale Bowl.

YOUTH 300 Game

Simpson, Michael A - WB108
 Switzer, Tyler A - MA100

* = NCAUSBCA Championship Tournament

Calendar of Events

APRIL

30 – NCAUSBCA Hall of Fame nominations deadline for Class of 2011.

MAY

1 – Youth 600 Club Tournament of Champions at Bowl America Falls Church.

2-6 – NCAUSBCA office closed for building renovation.

7 – Youth Junior Gold (Mini) Tournament at Pinboys at the Beach in Virginia Beach, Va.

JUNE

1 – Deadline for submission of league final averages forms.



Tournament Roundup

PBA South Region Wild Magnolia Martinsville, Va., Senior Open (Gary Morgan, Atlanta, \$1,700) – 7, Donny Carr, D.C., \$700; 13, David Kneas, Annapolis, \$520.

PBA East Region Rossi Lanes Senior Open presented by Storm Products, Elmira, N.Y. (Jeff Zaffino, Warren, Pa., \$1,500) – 14, David Kneas, \$575.

PBA South Region Fayetteville, N.C., Senior Open (Jeff Schrum, Cherryville, N.C., \$1,700) – 13, David Kneas, \$500.



Waver "Pop" Sneed

PBA South Region Franklin, Va., Senior Open (Gary Morgan, Atlanta, \$2,000) – 14, David Kneas, \$500; 19, Waver "Pop" Sneed, Woodbridge, Va., \$400; 21, Donny Carr, \$400.

Dick Weber PBA Playoffs, Indianapolis, Ind. (Dick Allen, Columbia, S.C., \$50,000) – 85, Bobby Hall II, Landover, Md., \$1,220.

Mark Roth Plastic Ball Championship, Cheektowaga, N.Y. (Jason Couch, Clermont, Fla., \$25,000) – 41, Bobby Hall II, \$1,200.

One A Day Earl Anthony Memorial Classic, Dublin, Calif. (Ryan Ciminelli, Cheektowaga, N.Y., \$20,000) – 57, Bobby Hall II, \$1,000.

Teams competing at Bowl America Manassas have received national recognition from USBC over the past year in the "Four Men and One Woman" category. In the Monday Night Mixed league last season, the "PTFMWB" team of (from left) Brian Gerovac (256 [third game]/683 series), Bob Fabian (257/716), Terri Butts (258/665), Jeff Abt (247/670), and Ray Cox (277/814) scored a 1,295 game to complete a 3,548 series. Just weeks earlier, the fivesome rolled a 1,253 game, with Butts and Fabian leading the way with 267, followed by Cox (258), Gerovac (247), and Abt (214). On February 3, 2011, in the Thursday Night Mixed, the "TEPTFMWB" team of Gerovac and Abt (278), Cox (247), Butts (221), was joined by Pat Scott (262) to record a 1,286 game.

Meanwhile, earlier this year in the Monday Night Mixed, the "Team 9" fivesome of (front row) AJ Wilhelm (278), Kimberly Bentley (231), and Danny Pilkington (258), along with (back row) Rob Dillinger (255) and Mike Pilkington (278) tallied a game of 1,300. Four members of the team also totaled 1,253, with Tim Bailey (280) joining Danny Pilkington (279), Wilhelm (255), Mike Pilkington (235), and Bentley (204).



ASSOCIATION CHAMPIONS

Listed below are 35
NCAUSBCA members who
won titles in association-
sponsored events last year.
Their surnames appear in
the maze at right and can be
found vertically, horizontally,
and diagonally.

The solution appears [here](#).

S I N N E R S C O L B E R T W P N P
N N E E S A C U L H A R P E R E O A
A A N K C A J E R D N A I L C A T R
C M E D Y R B G N M Y O A Y E R Y H
I R E O A P U W N I W S S K S E E A
B E R O M T I H W I G J W D A G P M
R H G A Y L E R L I R A O N U E A E
A S C P B R A L H O U O E R N H R D
B T P U T Y I W W Q B S T F D N A I
M I R O T A T E M I D I K S E A Y S
D N D A M N S N E H P E T S R B N B
S D N S L A M U A T H O M A S U O E
F R A N K L I N P F S I W A E T R L
M H L K T P E D A A N B H N N L E I
E A G X E C H N V W R E I C O E S E
Y L G N I S A E T E B K T N J R U V
F L O Y D F S T A O B R E W O P L E
T S E X V I T I C U L T U R I S T S

SUSAN ALLEN
MICHAEL ANDREJACK
MICHAEL AYLER SR.
JOYCE BURGWIN
DONALD BUTLER
CHARLES CAMPBELL
DEBRA COLBERT
CHRISTOPHER DAKES
JOSHUA EANES
BARBARA FEAGIN
BENZELL FLOYD
DWIGHT FRANKLIN
GREGG GREENE
DONNA HARPER
PETE HUDSON
SAMUEL JONES
SAMUEL JORDAN JR.
NETTIE KYLE

WILLETTE LUCAS
NATHAN MERCER
JOHN PARHAM
RENEE PARKER
OSCAR PEYTON
VERONICA RAYNOR
KEVIN ROY
MELISSA RYAN
NORMA SAUNDERS
GEOFFREY SHERMAN
JESSICA STEPHENS
TAMMY TATE
DEBORAH THOMAS
VICKI WHITE
BEATRICE WHITMORE
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4525 Stonecroft Boulevard
Chantilly, VA 20151

Bowl America Dranesville..... (703) 430-1350
46940 Woodson Drive
Sterling, VA 20164

Bowl America Fairfax..... (703) 273-7700
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Fairfax, VA 22031

Bowl America Falls Church..... (703) 534-1370
140 S. Maple Avenue
Falls Church, VA 22046

Bowl America Manassas..... (703) 368-2161
9000 Mathis Avenue
Manassas, VA 20110

Bowl America Shirley..... (703) 354-3300
6450 Edsall Road
Alexandria, VA 22312

Bowl America Woodbridge..... (703) 494-9191
13409 Occoquan Road
Woodbridge, VA 22191

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