



Bowling: Steps to Success
Reviewed by
Jim Lewis

Hall of Fame tickets now available

BOWL MAGAZINE

SUMMER 2016

OFFICIAL PUBLICATION OF THE NATION'S CAPITAL AREA USBC ASSOCIATION



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300!



CRYSTAL SHAW-WESBY

KRISTINA MILAM

Shaw-Wesby, Milam perfect at Women's Championship Tournament



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BOWL MAGAZINE

Summer 2016
Vol. 50, No. 6

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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MANAGER

Ronald McGregor • manager@ncausbca.org

ASSISTANT MANAGER

Kirk Williams • akirksamw@aol.com

PUBLISHER: Nation's Capital Area USBC Association,
9315 Largo Drive West, Suite 110, Largo MD 20774-4762
301/499-1693 • 301/499-5927 (fax) • [facebook.com/ncausbca](https://www.facebook.com/ncausbca)

EDITOR: Robert Cosgrove • bowlmag@yahoo.com

Bolling Air Force Base Officers Club to host Hall of Fame Induction & Dinner Celebration

Three to be inducted October 8

NCAUSBCA's 2016 Hall of Fame Induction & Dinner Celebration will take place Saturday, October 8 in the Capital Ballroom at the Bolling Air Force Base Officers Club (50 Theisen Street) on Joint Base Anacostia-Bolling in Washington, D.C. The event begins with a "Meet & Greet" session with cash bar at 5 p.m. and a buffet dinner that's scheduled to start at 6 p.m. The induction ceremony will follow dinner.

The Hall of Fame's "Class of 2016" features three men who are being honored for their on-lane skills—Chris M. Johnson of Upper Marlboro, Md.; Michael J. Manolis of Arlington, Va.; and Bobby Michaelson of Alexandria, Va.

Tickets, which cost \$40, are available at the NCAUSBCA office and may be ordered through many association board members and lane representatives.



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ON THE COVER: Moments after scoring 300 in her last game of Singles competition in this year's NCAUSBCA Women's Championship Tournament at Potomac Lanes, Kristina Milam prepares to slap hands with Crystal Shaw-Wesby, who just two games earlier had tossed her own perfect on the same pair of lanes. (Photos by Bob Cosgrove)

BOWL Magazine is published bi-monthly, September through 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 © 2016 by NCAUSBCA Inc. All rights reserved.

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HALL OF FAMER JON EMERY DIES



Jon Emery

Jonathan Damien Emery, who served the bowlers in this area for over 30 years and had just recently rejoined the NCAUSBCA board as a director, died July 11 after suffering a heart attack on June 30. He was 67. Emery joined the board of the Nation's Capital Area Bowling Association (NCABA) in 1984. His outstanding work on numerous committees led him to becoming a vice president five years later, and he served as association president for the 1994-1995 season. He remained active with NCABA during its remaining years, and after the merger became fifth vice president for NCAUSBCA in its inaugural season of 2006-2007, continuing as a vice president for five additional seasons. Emery, who bowled at Potomac Lanes and served as secretary of the Bellevue Mixed league, worked at this year's NCAUSBCA Women's Championship Tournament held in June at that center. He was elected to the Hall of Fame in 1999.

BASIC MEMBERS PAY STATE DUES ONCE

Members who have already paid USBC Adult Basic Membership dues (\$11) do not have to pay state dues (\$1) again if they bowl in another Basic league. When participating in a second Basic league, they can choose to pay \$10 for a second Basic membership -- remember, a Basic membership is good for only one Basic league -- or they can upgrade to a Standard Membership and thus be eligible for awards.

BRIEFLY....

Hall of Famer Greg Turner shot 759 in the 2016 *Bowlers Journal* Championships at the National Bowling Stadium in Reno, Nev., to claim the \$4,000 top prize in the Senior Singles category. ... Visit <http://www.bowl-america.com/summerblastpass/> for complete information on Bowl America's Summer Blast Bonus Pass and other free-game summer programs for students and adults.

MEMBERSHIP DEPT.

James J. Lorenzano of Hampstead, Md., recently was reinstated to USBC membership and again becomes eligible to compete in USBC leagues and tournaments with all of the attendant membership privileges.



PRESIDENT'S MESSAGE • WILLIE GRAVES JR.

Stay cool, be safe—and don't forget to visit your local center

Hello, bowlers!

Summer is here, and I know many of you are planning many outdoor activities to take advantage of this warm weather. Please remember that these summer days are nice and warm but can also be very hot and humid. You are reminded to stay hydrated by drinking plenty of fluids, and make sure to put on your sun screen lotion if you'll be outdoors for long periods.

I would like to further remind you that you can stay cool and comfortable by visiting a local bowling center to sharpen your bowling game and take advantage of the fact that most centers offer reduced rates per game during the summer months.

During the months of August and September, your association in conjunction with your local bowling centers will hold league jamborees. These jamborees are given to provide league members with in-

formation on changes in their centers as well as USBC rule changes that will impact your league bowling for the upcoming 2016-2017 bowling season. Please contact your bowling center for the date and time of your center's jamboree.

I would like to stress to all league

bowlers that you should attend your league organizational meeting that is held prior to the start of your winter league season. This is a very important meeting since it may establish your league officers, will formulate your league bylaws, and set your league fees for the winter season. Your vote and voice does count, and each of you certainly has the right to be heard.

As noted on page 3, your local bowling association has elected three individuals for induction into the 2016 Nation's Capital Area United States Bowling Congress Association Hall of Fame. This year's Induction & Dinner Celebration will be held on Saturday, October 8 at the Bolling Air Force Base Officers Club on Joint Base Anacostia-Bolling, and it most certainly should be an enjoyable time for all. Tickets are available for purchase from your lane representative or may be picked up at the association office. You can check for any

Your vote and voice does count, and each of you certainly has the right to be heard.

additional information on the association's Web site.

As always, please send any questions you might have to president@ncausbca.org or you may call the office at 301/499-1693. Have an enjoyable summer, and keep those bowling balls rolling and scores high.

Tournament Roundup

PBA50 Dave Small's Championship Lanes Classic, Anderson, Ind. (*Brian Voss, Centennial, Colo., \$7,500*) — 32, Lee Brosius, Ashburn, Va., \$1,100.

PBA Romeo Chevrolet, GMC, Buick Open, Kingston, N.Y. (*Greg Ostrander, Freehold, N.J., \$2,500*) — 15, Billy Asbury, Odenton, Md., \$610.

PBA50 Northern California Classic, Brentwood, Calif. (*Noel Vazquez, Sacramento, Calif., \$8,000*) — 35, Lee Brosius, \$1,000.

PBA Rackbusters Pro Shops East Challenge, New Castle, Del. (*Isaac Kim, Lebanon, Pa., \$1,800*) — 8, Jay Davis Jr., Silver Spring, Md., \$625.

PBA50 Northern California Classic, Brentwood, Calif. (*Noel Vazquez, \$8,000*) — 35, Lee Brosius, \$1,000.

PBA Homefield Bowl Open, Yonkers, N.Y. (*Billy Asbury, \$3,000*) — 16, John Neral, Vienna, Va., \$600.

PBA50 Fountain Valley (Calif.) Open (*Amleto Monacelli, Venezuela, \$7,500*) — 22, Lee Brosius, \$1,150.

DISQUALIFICATIONS AT USBC OPEN CHAMPIONSHIPS DUE TO UNREPORTED SPORT AVERAGES



MANAGER'S MEMO • RONALD McGREGOR

Award back orders will be filled

In the first season of our new local awards program, we unfortunately ran out of 275 and 300 game pins. There's no need to worry, however, because we've tracked all submissions and will fill all back orders when the new order arrives.

The 71st Annual Women's Tournament recently completed at Potomac Lanes, and prizes have been awarded. Thanks to Carl Giddings, Vanessa Smith, and the late Jonathan Emery for helping to make for a smoothly run event and also for getting bowlers onto the base. Thanks as well to the bowlers for sticking with us and especially to Marie Lomax for bringing the "Sassy But Classy Ladies" group, which once again made its presence known. Next year's event will

take place at Rinaldi's Riverdale Bowl on March 18-19 and 25-26.

Summer leagues are in full swing and for some almost over. Please remember that final averages are required to be submitted to the office as soon after the league is over. Averages are posted online and serve as verification for those who only bowl in the summer.

The office is hard at work preparing kits for the fall leagues. Your lane reps are ready to attend the house jamborees and your league organization meetings to help you get your league off on the right foot.

As always, remember to like us on [Facebook](#). You may also eMail your questions and comments to president@ncausbca.org.

STEINSIEK



THE QUESTION:

What was your bowling highlight of the 2015-2016 season?



I didn't pass out!

Angela Leach-Giles
Suitland, Md.



Having the opportunity to meet a lot of diverse women.

Kim Leach
Washington, D.C.



I made the 4-7-10 split in the Friday Night Mixed Duo league. It was amazing to me!

Annette Mitchell
New Carrollton, Md.



My 263 game in the Cheap Thrills league at Bowl America Gaithersburg.

Dianna Moy
Rockville, Md.



Bowling with all of my sisters.

Veronica Reed
Capitol Heights, Md.

35TH ANNUAL SENIOR TOURNAMENT



USBC CERTIFIED

ENTRY FORM

Sponsored by

NATION'S CAPITAL AREA USBC ASSOCIATION



**Bowl America Falls Church
140 South Maple Street
Falls Church, Virginia
703/534-1370**



TOURNAMENT DATES AND TIMES

*Team, Singles, or Doubles may be bowled during any of the following times:
(Opening Ceremony: Saturday, October 15 at 8:45 AM)*

Saturday	October 15, 2016	9:00 AM	1:00 PM
Sunday	October 16, 2016	9:00 AM	1:00 PM
Saturday	October 22, 2016	9:00 AM	1:00 PM
Sunday	October 23, 2016	9:00 AM	1:00 PM
Saturday	October 29, 2016	9:00 AM	1:00 PM
Sunday	October 30, 2016	9:00 AM	1:00 PM

ENTRY FEE:

\$28.00 per person, per event

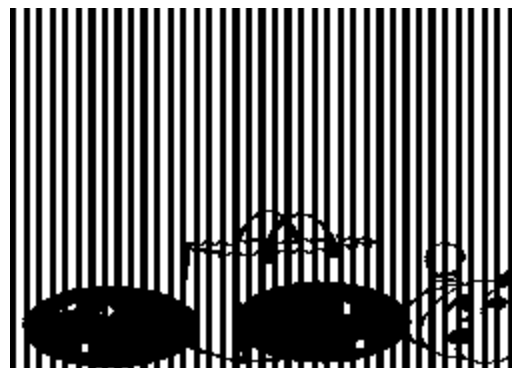
(optional Handicap All-Events: \$6.00)

(optional Scratch All-Events: \$10.00)

ENTRIES CLOSE

OCTOBER 10, 2016

NO WALK-INS PERMITTED



TOURNAMENT MANAGER:

Michael Tinsley • 240/535-2418 • srtourney@gmail.com

NATION'S CAPITAL AREA USBC ASSOCIATION

71st ANNUAL
WOMEN'S CHAMPIONSHIP TOURNAMENT

Official Prize List

TEAM

1. Sassy But Classy Ladies 2 (B. Barnett-Johnson)	2,713	771	\$600.00
2. Sharp Rollers (Mabel Sharp)	2,709	576	\$480.00
3. Sliders (Dawniel Conner)	2,681	774	\$320.00
4. The Fabulous Four (Barbara Brown)	2,676	729	\$200.00
5. Sassy Ladies 1 (Marshella Garrett-Acors)	2,671	885	\$128.00

(Champions: Brenda Barnett-Johnson, Jeannie Malone, Sandra Collins, and Clara Colbert)

SCRATCH TEAM

1. Fire Power (Nichele McConnell)	2,481		\$120.00
2. Femme Fatales (Crystal Shaw-Wesby)	2,474		\$60.00

(Champions: Dawn Fay, Nichele McConnell, Quintina Jefferson, and Tiffany Bell)

DOUBLES

1. Sullivan, Yolanda L / Conner, Dawniel C	1,459	369	\$425.00
2. Simpson, Kimberly / James, Patricia C	1,451	348	\$350.00
3. Proctor, Joyce M / Florence, Thelma V	1,440	591	\$300.00
4. Wiseman, Vanessa D / Pearsall, Helen F	1,430	408	\$200.00
5. Locke-Grier, Shae D / Carpenter, Brandi R	1,412	570	\$175.00
6. Peoples, Carolyn V / Hall, Stephanie K	1,399	345	\$140.00
Leach-Giles, Angela P / Leach, Kimberly A	1,399	528	\$140.00
8. McConnell, Nichele M / Jefferson, Quintina R	1,397	51	\$114.00
Chichester-Lanier, Adrienne / Debrew, Sonja P	1,397	84	\$114.00
10. Mack, Priscilla / Washington, Jeannette	1,386	567	\$94.00

SCRATCH DOUBLES

1. McConnell, Nichele M / Shaw-Wesby, Crystal J	1,349		\$120.00
2. McConnell, Nichele M / Jefferson, Quintina R	1,346		\$60.00

SINGLES

1. Andrews, Jane E	783	171	\$350.00
2. Milam, Kristina	768	15	\$265.00
3. McConnell, Nichele M	741	21	\$200.00
4. Schroeder, Meriam I	739	162	\$160.00
5. Jefferson, Quintina R	737	30	\$105.00
Gates-Henry, Barbara	737	156	\$105.00
7. Gates-Henry, Gwendolyn G	735	249	\$95.00
8. Shaw-Wesby, Crystal J	729		\$88.00
Sullivan, Yolanda L	729	201	\$88.00
10. Roberts, Gertrude E	727	252	\$80.00
11. Washington, Jeannette	719	315	\$76.00
12. Dyson, Stephanie A	718	78	\$70.00
13. Tucker, Michelle D	709	105	\$65.00
14. Pearsall, Helen F	705	225	\$63.00
15. Leach-Giles, Angela P	704	282	\$58.00
16. Kelly, Jacqueline F	701	177	\$55.00
17. Swann, Ann	700	207	\$44.50
Bell, Tiffany A	700		\$44.50
19. Carpenter, Brandi R	698	252	\$40.00
Collins, Sandra T	698	234	\$40.00

SCRATCH SINGLES

1. Milam, Kristina	753		\$100.00
2. Shaw-Wesby, Crystal J	729		\$50.00
3. McConnell, Nichele M	720		\$30.00
4. Jefferson, Quintina R	707		\$15.00

ALL-EVENTS

1. Sullivan, Yolanda L	2,215	603	\$100.00
2. Leach-Giles, Angela P	2,190	846	\$75.00
3. Milam, Kristina	2,179	45	\$50.00
4. Lilly, Agnes C	2,148	927	\$40.00
5. Carpenter, Brandi R	2,124	756	\$30.00
6. Debrew, Sonja P	2,120	162	\$25.00
7. Gates-Henry, Gwendolyn G	2,119	747	\$20.00
8. Washington, Jeannette	2,110	945	\$18.00
9. Simpson, Kimberly	2,105	603	\$17.00
10. Jefferson, Quintina R	2,087	90	\$16.00
11. Andrews, Jane E	2,080	513	\$14.50
Florence, Thelma V	2,080	774	\$14.50
13. Swann, Ann	2,070	621	\$12.00
14. Shaw-Wesby, Crystal J	2,068		\$11.00
15. Roberts, Gertrude E	2,061	756	\$11.00
16. Locke-Grier, Shae D	2,055	954	\$11.00

SCRATCH ALL-EVENTS

1. Milam, Kristina	2,134		\$85.00
2. Shaw-Wesby, Crystal J	2,068		\$55.00
3. Jefferson, Quintina R	1,997		\$30.00
4. Debrew, Sonja P	1,958		\$10.00

SENIOR SINGLES

(sponsored by WW Contractors, Inc.)

1. Andrews, Jane E	783	171	\$160.00
2. Schroeder, Meriam I	739	162	\$120.00
3. Gates-Henry, Gwendolyn G	735	249	\$90.00
4. Dyson, Stephanie A	718	78	\$60.00
5. Gates-Henry, Barbara	706	156	\$40.00
6. Swann, Ann	700	207	\$30.00
7. Collins, Sandra T	698	234	\$20.00
8. Lilly, Agnes C	692	309	\$10.00

SENIOR ALL-EVENTS

(sponsored by WW Contractors, Inc.)

1. Lilly, Agnes C	2,148	927	\$150.00
2. Florence, Thelma V	2,080	774	\$100.00
Andrews, Jane E	2,080	513	\$100.00
4. Swann, Ann	2,070	621	\$60.00
5. Dyson, Stephanie A	2,049	234	\$30.00
6. Malone, Jeannie E	2,047	693	\$20.00
7. Schroeder, Meriam I	2,023	486	\$16.00

THE NCAUSBCA 2017 WOMEN'S CHAMPIONSHIP TOURNAMENT WILL BE HELD MARCH 18-19 & 25-26 AT RINALDI'S RIVERDALE BOWL.



THE LIST

Below are the highest series and games rolled in the NCAUSBCA 71st Annual Women's Championship Tournament that took place at Potomac Lanes.

Series

- 753 Milam, Kristina Singles
- 729 Shaw-Wesby, Crystal J .. Singles
- 720 McConnell, Nichele M ... Singles
- 711 Mullally, Michelle K Doubles
- 707 Jefferson, Quintina R ... Singles
- 702 Shaw-Wesby, Crystal J .. Doubles
- 700 Bell, Tiffany A..... Singles
- 698 Milam, Kristina Team
- 688 Fay, Dawn M Doubles
- 683 McConnell, Nichele M ... Doubles
Milam, Kristina Doubles
- 674 Young, Ann M..... Singles
- 671 Debrew, Sonja P Team
- 663 Jefferson, Quintina R ... Doubles
- 660 Bell, Tiffany A..... Team
Chichester-Lanier, Adrienne Doubles
- 653 Debrew, Sonja P Doubles
- 649 Chichester-Lanier, Adrienne Team
- 647 McConnell, Nichele M ... Doubles
- 640 Chichester-Lanier, Adrienne Singles
Dyson, Stephanie A Singles
- 637 Shaw-Wesby, Crystal J .. Team
- 636 Alston, Alicia A..... Doubles
- 634 Debrew, Sonja P Singles
- 630 Wheeler, Mona D Team
- 628 Fay, Dawn M Team
Young, Ann M..... Doubles
- 627 Jefferson, Quintina R ... Tm/DbI
- 626 Mullally, Michelle K Singles
- 625 Sullivan, Yolanda L Doubles
- 620 Jefferson, Quintina R ... Singles
- 612 Andrews, Jane E Singles
- 610 Smith, Mary L Doubles
Wheeler, Mona D Doubles
- 609 Sharp, Mabel G..... Team

- 608 Richardson, Anna-Lisa... Singles
- 604 Tucker, Michelle D Singles
- 600 Dyson, Stephanie A Team

Games

- 300 Milam, Kristina Singles
Shaw-Wesby, Crystal J .. Singles
- 299 Young, Ann M..... Singles
- 277 Chichester-Lanier, Adrienne Team
Jefferson, Quintina R ... Singles
- 270 Bell, Tiffany A..... Singles
- 269 Mullally, Michelle K Doubles
- 268 Shaw-Wesby, Crystal J .. Doubles
- 266 Young, Ann M..... Doubles
- 257 Mullally, Michelle K Doubles
- 256 Bell, Tiffany A..... Singles
- 248 Debrew, Sonja P Tm/DbI
Jefferson, Quintina R ... Singles
McConnell, Nichele M ... DbI/Sgl
- 247 Richardson, Anna-Lisa... Doubles
- 246 McConnell, Nichele M ... Singles
Milam, Kristina Team
- 244 McConnell, Nichele M ... Singles

- 242 Bell, Tiffany A..... Team
- 239 Shaw-Wesby, Crystal J .. Doubles
- 238 Alston, Alicia A..... Doubles
McConnell, Nichele M ... Doubles
- 237 Debrew, Sonja P Tm/Sgls
- 236 Chichester-Lanier, Adrienne Singles
Milam, Kristina Tm/DbI
- 235 Chichester-Lanier, Adrienne Doubles
Milam, Kristina Doubles
Young, Ann M..... Team
- 234 Jefferson, Quintina R ... Doubles
- 233 Richardson, Anna-Lisa... Singles
- 232 Fay, Dawn M Doubles
Jefferson, Quintina R ... Team
Tucker, Michelle D Singles
- 231 Fay, Dawn M Doubles
- 227 Milam, Kristina Singles
- 226 Andrews, Jane E Singles
Jefferson, Quintina R ... Doubles
McConnell, Nichele M ... Singles
Milam, Kristina Singles
- 225 Fay, Dawn M DbI/Sgl
Young, Ann M..... Singles

NCAUSBCA 2015-2016 Triple Crown Awards

	GM	SER	AVG	LEAGUE / CENTER
Michelle Booth.....	289	733	213	DOT Good Times / FC
Steven Dunn.....	279	767	211	Ball & Chain / FC
Barbara Finney	232	630	175	Ball & Chain / FC
Irene Gomez	230	572	152	Fauquier Mixed 15-16 / BR
Sherry McKinney.....	289	729	199	Utopia Ladies / WB
Sarah Roenfeldt.....	300	725	216	Tues. Night Tenpinners / SL
Karen Stephenson	242	616	168	TwI_Nite Mixed / GB
Jennifer Tkacz.....	245	568	166	Ain't Saints / FC
Deborah Tomlin.....	255	665	186	TGIF / BU
Willie Wilcox	300	779	219	Tues. Night Tenpinners / SL
Devin Smedira	247	684	181	Majors - Seniors / GB

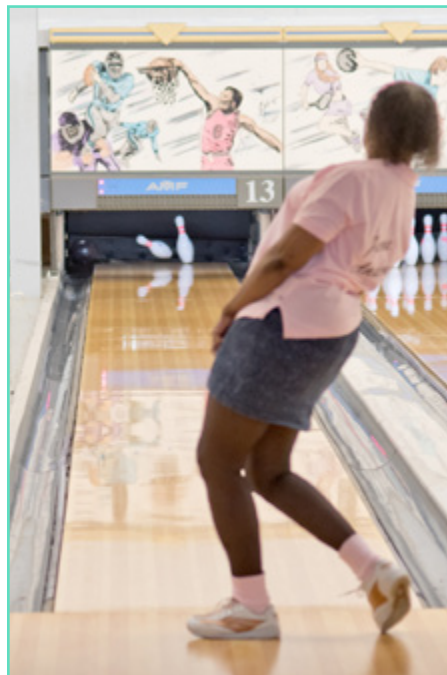
(Triple Crown Award winners have the highest game, series, and average in their league.)

BOWL Magazine is published six times each season. All issues since September 2010 are available online for viewing/download at www.ncausbca.org/bowlmag/bm_issues.htm.

NCAUSBCA 71st ANNUAL WOMEN'S CHAMPIONSHIP TOURNAMENT PHOTO GALLERY



That's *not* a basketball gripped by Helen Pearsall as she begins her approach to convert the 2-8 spare combination.



Jane Andrews (above and right) converts the 4-9 split en route to rolling "my first 600 series in five years" and winning the Singles and Senior Singles categories.



Brenda "Tweeti" Barnett-Johnson scored a 541 series to lead her "Sassy But Classy Ladies 2" foursome (along with Jeannie Malone, Sandra Collins, and Clara Colbert) to the Team title.



Dianna Moy (left) learns what can happen if you bowl below your average on Meriam Schroeder's team. Schroeder's "outrage" was short-lived, however, as she soon joined teammates (from left) Gail Cantor, Marcia Zisman, and Moy to reveal that all, in fact, enjoyed their time together.



Vanessa Smith (second from left) of Potomac Lanes confers with tournament staffers (from left) Tena Boone, manager Ron McGregor, and Willie Graves Jr.



Ann Young, NCAUSBCA's No. 2-ranked bowler for 2014-2015, scored a 299 game in the Singles competition.

ADDITIONAL PHOTOS



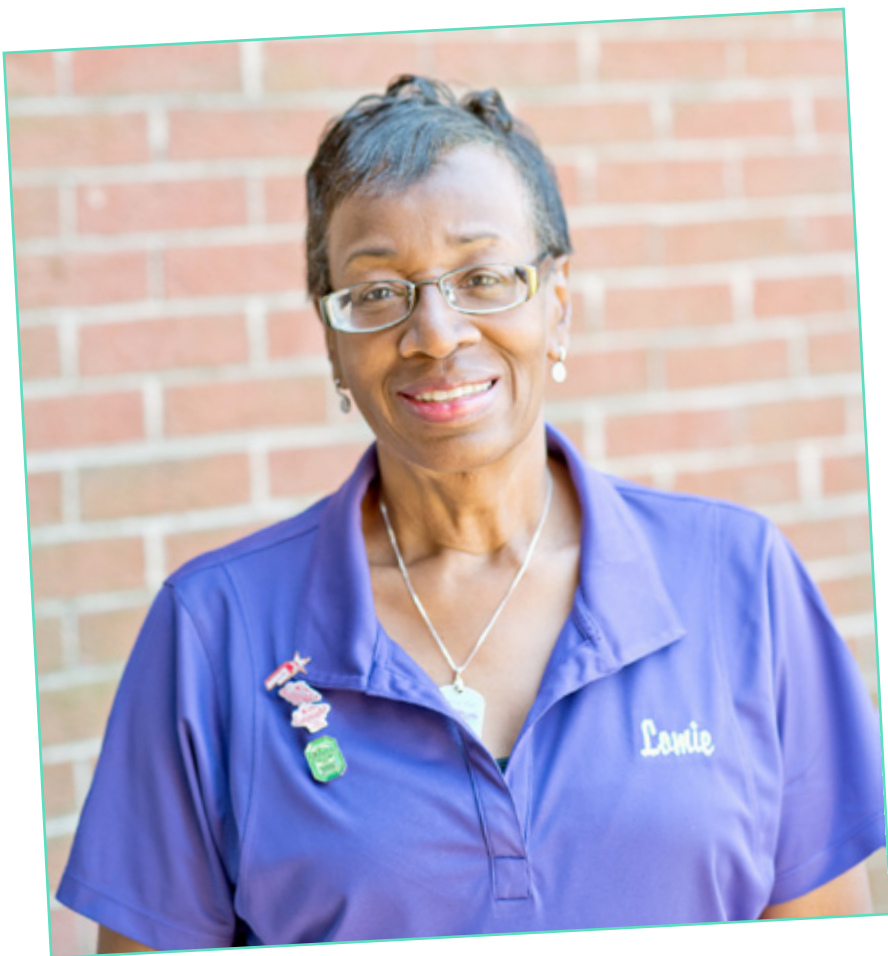
Priscilla Mack (left) is congratulated by Angela Leach-Giles, and Barbara James receives "fives" after scoring a strike.



Contest winners included (from left) Manna Reid, Dena Spain, and Mona Wheeler.

MARIE LOMAX

Marie “Lomie” Lomax has served as tournament coordinator of the “Sassy But Classy Ladies Bowling Club” since her appointment by club founder Dena Spain in 2009. The club’s mission is “to promote and develop bowling activities, fellowship, and fun, and to compete competitively”—and that usually includes seven to 10 local, state, and national tournaments each season. Following her participation in the recent NCAUSBCA 71st Annual Women’s Championship Tournament at Potomac Lanes, Lomax disclosed some of her favorites with editor Bob Cosgrove.



ON THE LANES

BOWLING BALL: **HAMMER**
BOWLING SHOES: **ETONIC**

HOME

RESIDENCE: **FORT WASHINGTON, MARYLAND**
CAR: **HONDA ACCORD**
REFRIGERATOR / DISHWASHER / STOVE: **KENMORE**
WASHER / DRYER: **KENMORE**
LAUNDRY DETERGENT: **GAIN**

ELECTRONICS

CELL PHONE: **SAMSUNG**
COMPUTER: **DELL**
TELEVISION: **SAMSUNG**

EATS & DRINKS

BOTTLED WATER: **WALMART**
TEA: **GREEN**
COFFEE: **FOLGER DECAF**
COFFEEMAKER: **MR. COFFEE**
SOFT DRINK: **PEPSI**
SNACK: **BAKERY CAKE**
DESSERT: **COCONUT CREAM PIE**

CLOTHING, ETC.

JEANS: **GLORIA VANDERBILT**
WATCH: **SEKO**
COOKWARE: **FARBERWARE**
CHINA: **NORTAKE**
LUGGAGE: **SAMSONITE**

BEAUTY PRODUCTS

TOOTHPASTE: **ARM & HAMMER**
SOAP: **ZEST**
LIPSTICK: **MAC**
NAIL POLISH: **GEL**

INSPIRATIONS

MUSIC: **JAZZ, KENNY G**
COLORS: **BLUE**
TV HABITS: **I LOVE LUCY**
FAVORITE MOVIE: **“DRIVING MISS DAISY”**
NECESSARY EXTRAVAGANCE:
**CRAWL UP ON THE SOFA
AND WATCH A MOVIE ON TV**

WOMEN'S TOURNAMENT PARTICIPANTS



SANDRA BROWN
WASHINGTON, D.C.



BRENDA PAYTON
HYATTSVILLE, MD



JANET PROCTOR
WASHINGTON, D.C.



VALDENIA SIMMONS
DISTRICT HEIGHTS, MD



MAXYE WILLIAMS
DISTRICT HEIGHTS, MD

<i>In high school, I was ...</i>	<i>One food I refuse to eat</i>	<i>Nothing annoys me more than ...</i>	<i>My worst habit</i>	<i>My top interest outside of bowling</i>	<i>Best aspect of bowling</i>
A joker	Anchovies	People who don't wash their hands after using the restroom	Sometimes I say words I shouldn't say!	Socializing with friends	You meet different people
Very shy	Broccoli	Aggressive drivers	Biting my nails	Watching basketball	Winning!
Lazy	Liver	People whining	Procras-tination	Family game night—indoor and outdoor events	Fellowship
A nerd	Okra	People without compassion	Procras-tination	<i>The Bible</i>	The camara-derie
Voted most likely to succeed	Chitterlings under any circumstances!	People being late	Not eating healthy	Doing things with senior citizens	It's enjoyable, and you meet nice people

Book Review

Bowling: Steps to Success, Second Edition

Bowling: Steps to Success, Second Edition by Doug Wiedman. Copyright 2015, 2006 by Human Kinetics Inc. 256 pages. ISBN: 978-1-4504-9790-9 (print). \$23.95 (available at amazon.com for \$22.98 [paperback], \$14.37 [Kindle]).

By **Jim Lewis**

Learning to bowl in the 1980s and earlier required reading, lots of practice, and talking with your coach(es) and others. Video usage was quite rare for the average bowler. The wealth of information available from previous generations was only available in these formats.

The internet/technology age of bowlers has many new tools available to them, such as a high definition video camera on practically everyone's cell phone and many sources of video teaching available from the internet—just one

example would be the online USBC Bowling Academy. I mention this for one reason: After becoming mainly dependent on video and the internet over the past decade, I initially found it difficult to bear down and read the book, although that had been the vehicle for my own learning curve in bowling.

My opinion has always been that it is difficult to write a piece on bowling information that includes the modern and “old school” teaching style. This is due to the great variance in characteristics that make up each person and can allow for a successful style in bowling in combination with the much greater range of variables that are in play on different lane surfaces, lane conditions, bowling ball characteristics/drillings, and lane play strategies.

Doug Wiedman's second edition of his book, *Bowling: Steps to Success*, initially touches upon the general rules of play, history, and etiquette of bowling. In following chapters (each of which are referred to as a “Step”), there are in-depth breakdowns of the elements of the physical game in bowling, systems for targeting strike shots and spares, lane conditions, and elements of league and tournament play. Throughout the book, the chapters end with a series of specific skills drills for focused practice routines. These skills drills have goals and a scoring system for success as well as steps to increase/decrease the difficulty of the drill.

The author gives credit to several of the most well-known coaches of the past several decades (Dick Ritger, John Jowdy, Fred Borden, and Mark Baker), as much of the infor-

mation in the book is a compilation of different coaches' teaching philosophies.

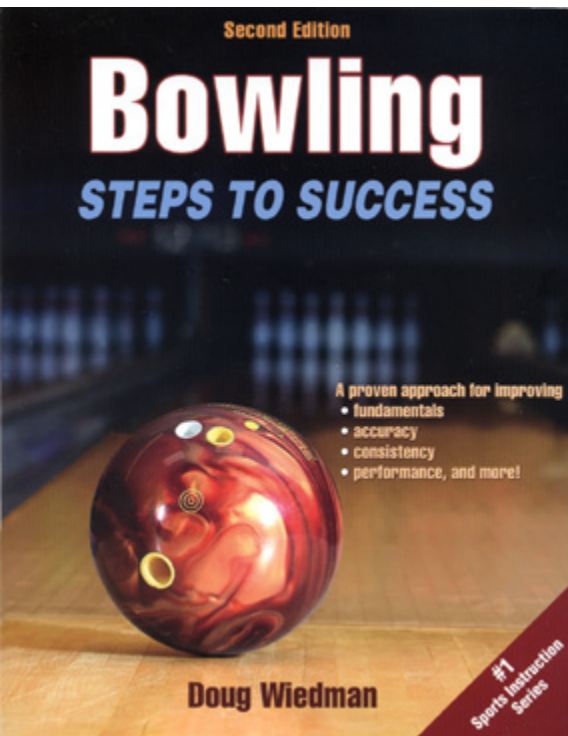
The author alludes that individuals should adapt their physical style according to their own individual body frame and how that pertains to shot execution. For example, taller people will likely take smaller, slower steps, and shorter people will have a faster approach. The available area for a bowler's approach is the same whether one is tall or short. Differences in individual stride length and momentum must still work within the area behind the foul line.

In addition, he notes the starting position, initial pushaway of the swing, the swing plane, and the momentum and direction of footwork during the approach and how the bowler has chosen to visually line up on the setup all interact and produce a bowler's final result. This is a more modern way of looking at bowling. I applaud that theme of the individual needing to adapt to a style that has a chance of shot repetition for accuracy.

The author explains “old school” techniques when discussing what needs to be accomplished to make proper shots with balance at the line. More modern methods of swinging under the head, relaxing the throwing arm shoulder, opening the hips at the starting position, and walking around the swing to open a slot for the swing to pass through for those that have larger mid-body frames and/or playing inside angles is also mentioned. Adapting and fine-tuning wrist positions/release technique, the swing, and footwork are also covered.

After beginning with a brief description of bowling's origins and history, the general playing rules and etiquette are described.

Step 1, “Selecting and Gripping the Ball,” offers descriptions of the proper fit of one's bowling ball



and all of the various elements in the fit, ball weight, span, hole size, pitches, fingertip or conventional fit, no-thumb, and two-handed release.

Step 2, "Establishing a Proper Stance," makes the reader aware of two key points. First is the starting position, which is the actual location on the approach where the bowler stands to begin the delivery. Where one stands and the direction one faces is important to targeting the intended path of the ball on the lane.

Second is the stance, where the bowler sets his/her posture, angled starting foot, and hip position to help allow the swing and footwork keep the body out of the way of the swing.

Step 3, "Starting Fundamentals," discusses the initiation of the swing and footwork. This is crucial, as this relationship between swing and footwork influences body position and balance through the delivery and finishing position. Four- and five-step deliveries are discussed as well as push-away, steps, direction, and timing involved in "roller" and "cranker" styles.

Step 4, "Finishing Position," covers the balance, body position, and non-throwing arm and non-throwing leg positioning at the finish of the shot at the foul line.

Step 5, "Refining the Swing," goes into detail on troubleshooting, pushaway moment, swing shape, swing speed, and shoulder positioning (including the "old school square shoulder" vs. "modern open/dropped shoulder").

Step 6 "Improving Footwork," discusses direction, number of steps, foot speed, rhythm, stride length, and how these impact body alignment. This section goes on to describe the "power step" and step height and how to utilize them to fine tune one's approach.

Step 7, "Coordinating the Ap-

proach," deals with timing issues/characteristics and generating power with body position and timing.

Step 8, "Perfecting the Release," includes hand position factors, wrist cup positions, forearm and shoulder rotation, wrist cock, leg drive, and swing shape. As this chapter continues, it goes into creating ball motions, modern release, and phases of the release, including drive phase, thumb release phase, turn phase, extension phase, and finger release.

Finally, various specific releases and potential mistakes are described. Straight release hand position, various hook positions, including what the author calls "passive or active" as well as relaxing the hand and rotation at the

the pendulum, flat swing, V-shape swing, Inside-Out swing shape, and Outside-In swing mistakes. Finally, the chapter goes into release strength positions, the benefits and pitfalls of each, and the reasons one might use them.

Step 10, "Targeting Strikes," describes primary and secondary targets, line targeting, and an introduction to mathematical systems of targeting. The reasons for the lines and mathematics then become evident with discussion of the size of the pocket, maximizing attack angles with a straight ball, parallel moves, adjusting the distance of visual focus, and understanding pinfall and what information about your delivery can be obtained by the pinfall remaining.

Step 11, "Picking Up Spares,"

This book should be a valuable resource to those who acquire it.

shoulder are described as release mechanics mistakes. This chapter, like all the preceding ones, ends with a series of skill practice drills and then mentions the topic of "Enlarging the Strike Pocket." This starts the reader to link the upcoming chapters on targeting and lane play with the bowler's skills and choices in the physical game.

One note is on the backup release. (The author believes a backup release should be corrected as soon as possible. *My* personal opinion is that the author is correct in principle, but if the bowler is comfortable making adjustments on the lane and is not attempting to make a major leap forward to becoming a scratch-level bowler, then the backup style is not a detriment).

Step 9, "Fine-Tuning Your Game," continues the discussion of adjusting stance and swing shape to play various portions of the lane and why to do so. Topics include

starts with the universal spare-shooting guide and has mathematics and charts to describe where pins are and how much more margin for error one has to make a spare in relationship to the difficulty in achieving a strike. Subjects covered are the key pin spare-shooting strategy, 3-6-9 and 4-8-12 pivot systems, focusing on a key pin, shooting splits, and special spare-shooting circumstances. The chapter ends with another series of skills drills.

Step 12, "Understanding Lane Conditions," starts off mentioning lane patterns, lane changes, and ball motion. The differences in lane condition volume, length, and ratios and how various ball coverstocks and bowler ball paths impact the condition changes are discussed. Lane changes are then more thoroughly discussed, and breakdown, carrydown, and practice-shot strategies are mentioned.

See LEWIS, page 17



One additional spare means a 10-pin average increase

Q. I read your articles all the time, and you always say that spares outweigh strikes as the way to improve your average. Why are spares more important than strikes?

A. There are 1,023 different spare combinations. Many of these are unusual spares for sure, but with that many spares, you can see why having a good spare shooting system is a very big part of the game.

Think about it: If you want to raise your average 10 pins, you only have to pick up one more spare per game. Plus, developing more accuracy on spares will get you more

strikes in the long run because you will also become more accurate on the first ball.

Q. I just got a new ball so I would have time to get used to it during the summer months. Out of the box, it is highly polished, and I am having a hard time controlling the ball—it is very skid/flippy. What can I do to calm it down?

A. If you don't have a spinner, take it to your pro shop and have them sand it with a 2000 abralon pad. This will dull the surface to a matte finish that should get the

ball into an earlier roll. That will calm down the skid/flip.

You might even need an extra hole to help it start earlier on the lane. With an earlier mid-lane read, the ball should be more controllable.

Q. I am a 170-average bowler, and I need a new pair of shoes. I see that the price range is anywhere from about \$35.00 to \$170.00 or so. What is the difference? Do I need the highest price shoe?

A. Cheaper bowling shoes are made of synthetic materials and have generic slide soles. They are right- or left-handed shoes and have a synthetic slide sole on both shoes. They can be very stylish and even look like sneakers.

More expensive bowling shoes have a leather slide sole and a rubber sole on the non-slide foot. This allows for better traction at the beginning of the approach. You can also get them with interchangeable slide soles to give you more slide options on different types of approaches.

If you are a beginner or maybe only bowl in one league a week or so, the less expensive shoe is fine. However, if you are serious about the game, I recommend getting the shoe with the interchangeable slide sole. You will be able to keep your slide more predictable. Plus, the more expensive shoe will last much longer and so might end up saving you money over the long haul.

Q. I am not a summertime bowler. What is your suggestion for a guy or gal who likes to take the summer off but still needs to stay in bowling shape for next season?



Check Your Knowledge

1. The NCAUSBCA Hall of Fame "Class of 2016" will consist of how many individuals?
2. Which center will host the NCAUSBCA 2017 Women's Championship Tournament?
3. Which center has more lanes—Bowl America Gaithersburg or Bowl America Manassas?
4. Membership application cards must be submitted to the association manager within how many days—30, 45, or 60?
5. The American Wheelchair Bowling Association was founded in what year—1962, 1972, or 1982?
6. True or False: A bowling ball with a crack in the track area can be used in USBC competition.
7. True or False: Scratch awards don't have to be offered in a handicap league.
8. True or False: All league rosters are automatically disbanded at the end of the league schedule.
9. Can center management attend a league meeting?
10. Is a substitute (designated or roving) listed on a team roster?

ANSWERS: 1, Three; 2, Rinaldi's Riverdale Bowl; 3, Bowl America Gaithersburg; 4, 30; 5, 1962; 6, False; 7, True; 8, True; 9, Yes; 10, No.

A. This comes up every year at this time, as most of us bowlers cut back in summer—not to the extent that you seem to do, however. But to stay in some kind of bowling shape, you will have to bowl some during the summer.

My advice every year is that it's a great time to work on your arsenal; go to the pro shop and have them check your equipment and get it cleaned up for the new season. Get bowling balls resurfaced and have them get the oil buildup out of the balls that need it. Buy a new ball or two to fill out holes in your arsenal.

This is a great time to buy a new ball. Business is slow, and deals on equipment can be made.

You still will have to practice some to stay bowling-ready. Go to your center a couple of times a month and get in a few games to stay at least a little sharp—even just two or three games will help.

Also, think about starting in August to getting a lesson or two, as this can really set you up for the season.

Q. *I am bowling in a summer league this year, and the lanes seem much different from winter. They seem much slicker in the center but really take off at the break point. Then they dry out almost between shots around the second game. What do you think is going on, and what can I do about it?*

A. Weather conditions in most of the country go through a big change in the summer. It's much hotter and dryer in some places, and more humidity in others. This really plays heck with the shot. The lanes are probably being dressed the same, but they will dry out quicker in the summer.

This is a great time to try a few things to smooth out how you throw the ball down the lane.

Many of us have a tendency to hit the ball a little too much. We try to do more than we should to get the ball to finish hard at the pins. This actually hurts our game overall.

We need to smooth out the release, come out of the ball very clean, and let the ball roll do the work. Hitting the ball too hard at release causes much of the over-reaction that kills our game. We get more splits and just plain bad hits by trying to hit the ball at the bottom of the swing. When the lanes get dry, we get a worse reaction.

So my suggestion is try loosening up your armswing and let the ball roll off the fingers with very little effort.

In other words, no extra hit. Let the lane take the ball to the pocket—don't force the ball to the pocket. You will still have to move on the approach and lane to get to the correct line but maybe not as much. Believe it or not, your pin carry also will improve.

Summer is a great time to learn new things to improve your game for next season.

See [KORTH](#), page 21

[LEWIS, from page 15](#)

Next mentioned are the three phases of ball motion (skid, hook, and then roll) as well as information to help decipher how and why the bowler can attempt to stay on top of what is happening on the lane. The information here is good and covers far more than just changing bowling balls.

Lane patterns are discussed, as are strategies on making the best out of tougher patterns and maximizing scoring and avoiding pitfalls on easier patterns. Style of bowler and the advantages one can have in scoring over a more-skilled bowler with a different style are other topics mentioned, along with Sport Bowling, reverse blocks, crowns, and blocked lanes.

Step 13, "Competing in the Sport," describes league bowling as formal organizations, team chemistry, personal commitment, financial obligation, and then goes onto tournament play and the various formats encountered. Handicap systems are described, and finally the chapter ends with alternative play and practice formats used, such as the Baker system, scotch doubles, and black-light bowling (better known as Cosmic or Xtreme with Brunswick and Bowlmor AMF).

This book should be a valuable resource to those who acquire it. The information can be helpful in enlightening any beginner or average bowler to the many aspects of the physical game of bowling and how to break down and improve those individual aspects. In addition, there are specific reasons for failure on a specific delivery, and even the "unlucky pocket tap" is a shot that needs to be judged as a mistake. Advanced-level bowlers can benefit from the same information, but with their own knowledge of how the differing physical styles of play have worked within their own experience.

Hall of Famer Jim Lewis, who serves on the NCAUSBCA board of directors, is lead ball drilling technician and manager of the Sports Plus/Carmen Don Pro Shop in Alexandria, Va.

Our Back Pages

5 Years Ago

- NCAUSBCA Open champion [Oley Khounesavath](#) is the subject of the *BOWL Magazine* Interview.
- [Cynthia "CJ" Johnson](#) learns to appreciate match play on the national stage.

10 Years Ago

- Hall of Famer [Larry Wallace](#) is the subject of the *BOWL Magazine* Interview.
- [Eric Helmrich](#) is honored with the Chuck Hall Star of Tomorrow Award at the USBC Convention in Orlando, Fla.

15 Years Ago

- Bowling 101 columnist Harlin Matkins offers [five tips for lower-average bowlers](#).
- Douglas Knoth (2,190) and [Stephanie Dyson](#) (2,000) win association Scratch All-Events titles.

20 Years Ago

- Harris Fleming (745 series) and Dennis Payton (663) capture the Doubles title in the NCABA Championship Tournament with a record 1,597 total.
- [Bobby Hall II](#) wins the Round-Robin Scratch Open at Crofton Bowling Centre.

25 Years Ago

- Marcus Nelson of Bowl America Kent places ninth in the Senior Division of Bowl America's Youth of the Year Grand Finals at Falls Church.
- In his concluding President's Message, [James Stewart](#) writes the only "downer" was the association having to bring charges against a few secretaries for failing to submit their league's final averages.
- Shop Talk columnist Jerry Francomano issues "[Wish List IV](#)."

30 Years Ago

- Larry Wallace tops the 1984-85 association ranking with a 214.69 composite average.
- Susan King of Waldorf, Md., is runner-up in the 2nd Annual Maryland Tenpin Bowling Council Youth Invitational at Chesapeake Lanes in Easton, Md.

35 Years Ago

- [Steve Sipe](#), who recently placed fourth in the 1981 Fair Lanes Open, is the subject of a *BOWL Magazine* Interview.
- [Jim Wolfe](#) wins the association's Mini-Masters Tournament with a 236-232 victory over John Sudduth.

40 Years Ago

- Bowl America Inc., announces its new Dranesville unit is accepting reservation for the 1976-1977 season.
- [Willie Jelks](#), Thomas Lockett, Roger Painter II, and John Williams top the Gold Pin Awards listing with their perfect games.

45 Years Ago

- [Bobby Hall](#) and Bobby Holmes tally 1,322 to capture the Classic Division Doubles crown in the 26th Annual City Championships Tournament.
- Lefty Dave Stutzman rolls 226-254-235/715 in the (Fair Lanes) Wheaton Plaza Junior Classic Doubles league.



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ASSOCIATION HONOR SCORES

800 Series

- 868 Dye, Tony L - CRS04
 859 Whitt, David A - GBS04
 857 Williams, Fero K - CA010
 849 Ishmael, Bobby Jr - MH027
 Johnson, Chris M - CAS01
 847 Keller, Joshua J - SL001
 Schmal, Michael D - SL002
 838 Potter, Timothy E - CY003
 837 Keller, Joshua J - SL002
 836 Bundick, Aaron C - CA005
 835 Greene, Richard I - MH013
 Whitt, David A - GB001
 834 Andrejack, Michael J - WBS06
 826 Baziluik, Robert R - WB004
 825 Shaffer, William W - SL012
 824 Payton, Troy D - GB012
 816 Ross, Maurice L - CA007
 815 Strickland, Michael - PK006
 Williams, Fero K - CA010
 814 Baziluik, Robert R - WB009
 Poe, Michael I - LC012

- Whitt, David A - GB012
 813 Dove, Keith A Jr - CA007
 Lawson, Edward S Jr - BA002
 812 Guttridge, Johnny C Jr - WB009
 809 Wheeler, Anthony D - PK013
 806 Ishmael, Bobby Jr - CA007
 Limtrakul, Pera I - GBS03
 805 Brenemen, Michael T - WB017
 Glenn, Richard R - CA *
 Ward, Christopher R - BRS02
 804 Gregg, David A Sr - GB001
 Imbembo, Christopher S - SL001
 Isaac, Alphonzo - RDS05
 Limtrakul, Pera I - GBS03
 McClaney, Lyndell J - CA007
 803 Blackmore, Andrew R - SL001
 Wheeler, Anthony D - PK013
 802 Bashir, Ali - RDS05
 Bell, Marcus E - CAS01
 Campbell, Andrew T - BA004
 Cleveland, Robert W - MH013
 Williams, Fero K - RD008
 Winston, Anthony K Jr - CRS03
 801 Brown, Kevin R - GB023
 Sneed, Waver L - WB009
 Taylor, Adonas L - GBS02

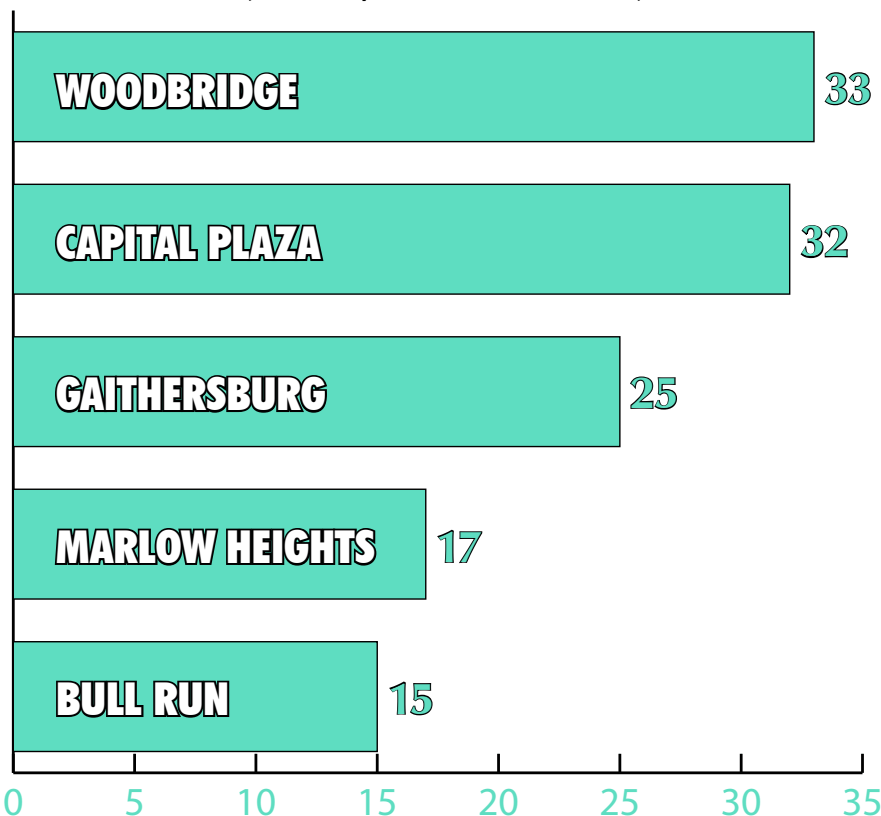
- 800 Blue, Renard L - MH009
 Lowe, Kenneth E Jr - CAS01

300 Game

- Akinmukomi, Tim S - MH013
 Aldea, Randy E - DRS01
 Andrejack, Michael J - WBS06
 Bach, Eric L - GB023
 Bailey, Martin A - BA002
 Baziluik, Robert R - WB009
 Bell, Marcus E - CA010 / CAS01
 Bent, Nathaniel E - ES003
 Boyd, Michael J - FC003
 Brewer, Warren K - BR007
 Brooks, George M Sr - RD018
 Brown, Kevin R - GB023
 Bruner, John A - SL012
 Bundick, Aaron C - CA005
 Burchfield, Michael E - BR002
 Byrd, Keith M - CAS06
 Calderon, José Jr - WB010
 Campbell, Andrew T - BA004
 Campbell, Roger L Jr - GB007
 Carreon, Darryl V - SL002
 Carter, Christopher M - WB017
 Casselbury, David R - CR007
 Christie, Shawn M - LC010
 Clawson, James B Sr - SL012
 Colbert, Stephanie D - CA007
 Cook, Patrick M - GB005
 Crawford, Kirby R - CR014
 Curry, Michael I - CR007
 Davis, Ronald H Jr - CA010 / RDS05
 Dawson, Harold III - FCS09
 Dawson, Victor R - CR007
 Dean, Nicholas G - SL003
 Dove, Keith A Jr - CA007
 Easterday, Robert E Jr - WB017
 Fillis, John R Sr - WB004
 Fleury, Richard F Jr - CAS01
 Foor, Robert L - WB017
 Fowler, Clarence J - WB009
 Frazier, Gregory A - CA002
 Fries, Christopher H - GB005
 Garcia, Mike C - GB007
 Gathof, Douglas A - WB002 / WBS06
 Genao, Jose - SL012
 Glover, Mark R - WB017
 Goss, Kenneth F Jr - FC010
 Gustavson, Paul K - CR007
 Guttridge, Johnny C Jr - WB004

HONOR SCORE CENTERS

(this issue, based on listed scores)



Harrison, Donnell L - CRS05
Hearne, Robert D Jr - SL013
Hepler, Tim A - LC012
Herman, Michael P Jr - WB009
Hirai, Spencer T - FC014
Hollis, Preston L - RDS01
Holt, Ronald A - CA010
Hunt, Ronald E - CY015
Ishmael, Bobby Jr - CA007 / MH027
Johnson, Chris M - CAS01
Johnson, Christopher A - CY003
Jones, James H - CAS03
Keating, Tyler A - GB007 / GB005
GBS03
Keller, Joshua J - SL001
Kolessides, John J - CYS03
Leslein, Jonathan K - WB017
Lewis, Michael E - WB015
Limtrakul, Pera I - CR014
Lindsay, Christian S - PK010
Lisenby, Kevin - CA007
Lomax, Kevin L - CR007
Lowe, Kenneth E Jr - PK010 / SL001
CAS01
Marcus, John W Sr - LB007
McClaney, Lyndell J - CA007
McLean, Kenneth T - CA007
McNair, Rhonda P - PK005
Milam, Kristina - BA **
Moore, Bobby M - FC011
Moore, Timothy K - CR007
Morris, Daniel C - PK010
Morrison, Jay L Jr - MH013
Mosser, Robert L - WB010
Olfus, William S - CR014
Painter, Victor A - WBS01
Peters, Linda J - LC012
Peterson, Sean R - WB009
Potter, Timothy E - CY003
Richardson, Christopher J - CA010
Rideout, Daniel R - MES03
Roberge, David M - WBS06
Robinson, David B - FC003
Robinson, Willie B - GBS02
Rollins, Dwight Z - CR010
Ross, Maurice L - CA007
Sacro, Vincent J - FC023
Sankar, Alexander - GBS04
Satchell, Steve L - RDS02
Schmal, Michael D - SL002
Schutz, Zachary D - SL004

Seminara, Dominic J - LC009
Shaffer, William W - SL012
Shaw-Wesby, Crystal J - BA **
Simpson, Michael A - WBS06
Smith, Derek T - CA007
Sneed, Waver L - WB009
Snyder, Dominick M - CRS04
Spriggs, Ernest W - PK010 / PK011
Strickland, Michael - PK006
Thomas, Leslie A Jr - GB007
Tierney, Charles J - BR001
Updegraff, Corey J - LB001
Wainwright, Theodore E - FC022
Wallace, Ricky L - WB004
Ward, Christopher R - BRS02
Weber, Daniel P - WB004
Wheeler, Anthony D - WA012 / PK013
Whitt, David A - GB001 / GBS04 (2)
Whittington, Dane A - LC010
Wilkerson, Washington Jr - PK005
Williams, Fero K - CA010
Wilson, John A - WB004
Wilson, Robert A - WBS01
Windsor, Wilbert A - WB009
Wogatske, Kyle B - GB007
Wood, Janet M - CR007
Yost, Martin E - LC012
Young, Michael T - LBS01
Zentner, John P - WB017

* **NCAUSBCA Open Championship
Tournament**

** **NCAUSBCA Women's Champion-
ship Tournament**

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news, "Like Us"
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KORTH, from page 17

Q. *I have bowled for many years, and I used to always use a ball with two ounces or so of top weight and always ½ to ¾ ounces of finger weight. I also preferred ¼ ounce of side weight. I always tell the person who drills my ball, but he just smiles and drills the ball and no longer mentions what weights have been put in the ball. What am I missing? What has changed?*

A. The new bowling balls have weight blocks that weigh much more than weight blocks of the past. The weights you mentioned are called *static* weights. They have very little meaning in the new balls.

What counts now for ball reaction on the lanes is first the cover.

**Static weights have
very little meaning
in the new balls.**

Pearls don't hook as much or at least later down the lane. Solids hook earlier and more. How you treat the cover polished or sanded makes a huge difference.

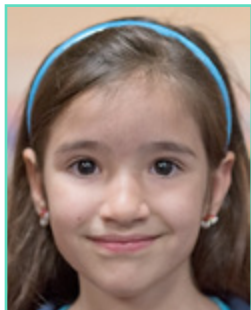
The next biggest difference maker is the weight block. You may have heard the term "pin placement," which gives the ball tendencies for where and how much it hooks.

Lastly is static weight; the previously mentioned things pretty much override static weight. The difference is because the balls today are just way more advanced than they were back in the 1970s and 1980s.

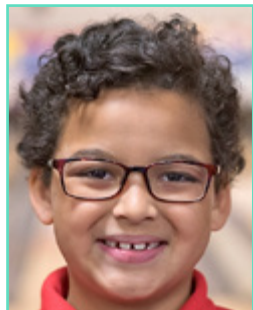
Next time, ask your driller about the workings of the balls today. It is always good to know so you can apply the knowledge to your game.

eMail Bob Korth

Five champions crowned at Bowl America's Youth of the Year Grand Finals



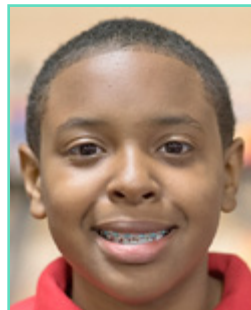
Gabby Cobb



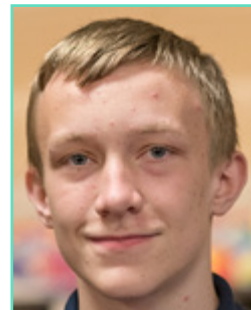
Clayton Washington



Briana Mason



Quinton Jones Jr.



Nickolas Gutridge

BUMPERS

Pos	Name	Center	Avg	Ser	POA
1.	Gabby Cobb	Southwest	71	178	36
2.	Mary McBride	Falls Church	48	110	14
3.	Amberlynn Swindall	Glen Burnie	87	185	11
4.	Jonathan Schnur	Manassas	74	155	7
5.	Haiden Chester	Woodbridge	79	161	3
6.	Dawson Whitt	Gaithersburg	73	147	1
7.	Zaria Byrd	Shirley	80	160	0
8.	Samuel Griffin	Eastern	79	0	DNB

BANTAMS

Pos	Name	Center	Avg	Ser	POA
1.	Clayton Washington	Southwest	124	468	96
2.	William Dorris	Woodbridge	133	458	59
3.	Joshua Whitt	Gaithersburg	80	296	56
4.	Vanessa Pincus	Bull Run	80	292	52
5.	Kevin Davenport Jr	Eastern	91	291	18
6.	Samantha Hancock	Glen Burnie	60	192	12
7.	Jenna Buckvar	Chantilly	81	228	-15
8.	Charlie Taylor	Falls Church	91	244	-29
9.	Benjamin DeLaine	Dranesville	122	327	-39
10.	Audrey Schnur	Manassas	60	137	-43
11.	Maddie Manning	Shirley	60	0	DNB

PREPS

Pos	Name	Center	Avg	Ser	POA
1.	Briana Mason	Woodbridge	131	492	99
2.	Mysti Miller	Manassas	81	314	71
3.	Alex Wiese	Falls Church	88	333	69
4.	Wyatt Hatcher	Southwest	81	308	65
5.	Matt Vierow	Dranesville	129	449	62
6.	Nicholas Buckvar	Chantilly	106	349	31
7.	Madison Boatman	Burke	136	425	17
8.	Brandon Drayton	Shirley	81	257	14
9.	Brandon Whitsell-Carter	Bull Run	149	459	12
10.	Kayley Paugh	Glen Burnie	117	350	-1
11.	Jayda Gordon	Gaithersburg	158	461	-13
12.	Bryce Henderson	Midlothian	104	0	DNB

JUNIORS

Pos	Name	Center	Avg	Ser	POA
1.	Quinton Jones Jr	Southwest	112	418	82
2.	Emily Durniak	Manassas	54	221	59
3.	Tanya Glowacki	Gaithersburg	113	376	37
4.	Clara Johnson	Dranesville	139	436	19
5.	Garrett Meadows	Shirley	207	638	17
6.	Andrew Owens	Glen Burnie	147	431	-10
7.	Hunter Holbrook	Bull Run	190	558	-12
8.	Holly Johnson	Chantilly	113	318	-21
9.	Isiah Cranfield	Woodbridge	207	589	-32
10.	Payton Amos	Eastern	141	372	-51
11.	Alexis Boatman	Burke	158	419	-55
12.	William Ward	Falls Church	143	0	DNB

SENIORS

Pos	Name	Center	Avg	Ser	POA
1.	Nickolas Gutridge	Woodbridge	162	584	98
2.	Dale Osbon	Chantilly	159	570	93
3.	Tyler Spindler	Glen Burnie	204	695	83
4.	Conrad Holbrook	Bull Run	214	719	77
5.	Mac Leightner	Burke	205	677	62
6.	Diante Davis	Eastern	191	626	53
7.	Elijah Holliday	Midlothian	168	547	43
8.	Tim Telles	Shirley	131	397	4
9.	Brianna Monaghan	Dranesville	188	565	1
10.	Jacquelyn Moss	Short Pump	150	418	-32
11.	Austin Crigger	Southwest	160	439	-41
12.	Thomas Rush	Manassas	198	550	-44
13.	Grace Szemraj	Falls Church	147	388	-53
14.	Max Steinbeck	Gaithersburg	177	439	-92

All of the participants, who shared in scholarship prizes totaling \$2,275, won monthly and yearly competitions at his or her home center to qualify for the Grand Finals at Bowl America Shirley, before which each individual was presented with a personalized shirt to wear while bowling. After the competition, the bowlers along with their guest were treated to an excellent lunch prior to the awards presentation.

Mini-Bio

CONRAD HOLBROOK



AGE: 17

CITY OF RESIDENCE: Haymarket, Va.

EDUCATION: Junior at Battlefield High School

EARLIEST BOWLING MEMORY: When I was 7 or 8, my father brought me to Bowl America Bull Run.

CURRENT BOWLING LEAGUE: High Rollers at Bowl America Bull Run

WORST OR MOST EMBARRASSING BOWLING MOMENT: Fouled on a strike in a 290 game

IMPORTANCE OF BOWLING IN MY LIFE (10 = most / 1 = least): 7

INTERESTS OUTSIDE OF BOWLING: Baseball and playing with friends

VEHICLE I DRIVE: 1999 GMC Sierra

MUSIC I'M INTO: Country and '80s and everything

TASK I HATE TO DO: Chores in general

FAVORITE MEAL: Ribs

FAVORITE BEVERAGE: Milk

FAVORITE TV SHOW: *SpongeBob Square Pants*

FAVORITE MOVIE: "42"

FAVORITE PLACE I'VE VISITED: Kalahari Resorts in Sandusky, Ohio

www.ncausbca.org

ONE PLACE I WANT TO VISIT: France

FIRST THING I'D BUY IF I WON THE LOTTERY: House

PRODUCT FOR WHICH I'D LIKE TO BE SPOKESMAN: Rawlings

PET PEEVE: Cockiness

PRO BOWLER I'D INVITE TO MY HOME FOR DINNER: Bill O'Neill

NOBODY KNOWS I'M GOOD AT: Bowling

ONE WORD THAT BEST DESCRIBES ME: Conrad!

On June 12 at Bowl America Shirley, Conrad Holbrook rolled the first perfect game in the history of the Bowl America Youth of the Year Grand Finals.



Garrett Meadows, 14, recently was honored for his 299 game and 811 series in the Youth/Adult Scholarship summer league at Bowl America Shirley, in which he averaged 257 for the first nine games. He averaged 213 and 205 in the 2015-2016 Youth All Star leagues at Shirley and 185 in the Sports Challenge Tour travel league. He qualified for Junior Gold this year and bowls nearly all area youth tournaments. His love of bowling started at age 3, and it has continued to this day. The future looks bright for the powerful right-hander, an upcoming freshman at Annandale (Va.) High School.

Calendar of Events

AUGUST

7 — NCAUSBCA board meeting at association office.

SEPTEMBER

11 — NCAUSBCA board meeting at association office.

OCTOBER

1-2 — Virginia State Jamboree and Workshop in Fredericksburg.

8 — NCAUSBCA 52nd Annual Hall of Fame Induction & Dinner Celebration in the Capital Ballroom at the Bolling Air Force Base Officers Club, Washington, D.C.

8-9, 22-23, 29-30, November
5-6, 12-13, 19-20 — Virginia State USBC 2016 Senior Tournament at AMF Lynchburg Bowl.

10 — Entry closing date for NCAUSBCA 35th Annual Senior Tournament.

15-16, 22-23, 29-30 — NCAUSBCA 35th Annual Senior Tournament at Bowl America Falls Church.

29 — NCAUSBCA board meeting at association office.

NOVEMBER

19 — NCAUSBCA board meeting at association office.

DECEMBER

10-11 — NCAUSBCA 7th Annual Mixed Tournament in Support of BVL at Bowl America Shirley.

18 — NCAUSBCA board meeting at association office.



Bowl America Star of the Year champions Matthew Brinkmeyer and Lisa Gilder

Brinkmeyer and Gilder win Las Vegas trips at Bowl America Star of the Year Grand Finals

DIVISION A	Center	Avg	Series	POA	Prize
1. Matthew Brinkmeyer	Glen Burnie	192	681	105	Trip for two to Las Vegas
2. Philip Hiob	Shirley	203	700	91	Ful 30" Rolling Duffel Bag
3. William Sydnor	Midlothian	174	583	61	Sunter Tower Fan Combo
4. Joe Osattin	Dranesville	177	580	49	NEX Grill Table Top BBQ Grill
5. Nate Massey	Burke	201	651	48	Samsung Blu-Ray Player w/ WiFi
6. Jerrold Sunamoto	Manassas	191	618	45	Smartyard LED Pathway Lights
7. Marvin Opulencia	Falls Church	163	510	21	Feit LED Flashlight Kit
8. Eilene Garland	Bull Run	178	554	20	PowerStation w/ Bluetooth Speaker
9. Eric Armstrong	Woodbridge	167	517	16	Bem Wireless Bluetooth Speaker
10. B.K. Wilson	Southwest	208	628	4	Linds 3-Ball Roller Bag
11. Ryan Hancock	Chantilly	187	547	-14	Purelux Memory Foam Pillow
12. Lewis Ensminger III	Gaithersburg	188	543	-21	Wham-O Morey Body Board
13. John Clements	Fairfax	217	604	-47	Vise 2-Ball Roller Bag
14. Willie Hottinger	Short Pump	186	508	-50	Takeya Airtight Pitchers
15. Vernon Tyler	Eastern	209	496	-131	Bestway River Tubes

DIVISION B	Center	Avg	Series	POA	Prize
1. Lisa Gilder	Southwest	145	550	115	Trip for two to Las Vegas
2. Paula Clements	Fairfax	99	386	89	Vizio 39" Smart LED TV
3. Wesley Moore	Midlothian	149	510	63	Backbeat Fit Wireless Headphones
4. Traci Webster	Woodbridge	139	465	48	iHome Clock Radio & Docking Station
5. Richard Tindell	Dranesville	140	451	31	Igloo Rolling Cooler
6. Debbie Maffett	Chantilly	113	367	28	Timber Ridge Directors Chair
7. Mike Dennis	Falls Church	156	478	10	EKO Stainless Steel Trash Cans
8. Kat Brettle	Bull Run	158	478	4	Mr. Coffee 12-Cup Coffee Maker
9. Jeanette Jordan	Shirley	154	451	-11	HP OfficeJet Printer
10. Alice Jones	Glen Burnie	113	321	-18	Timberland Polarized Sunglasses
11. Deborah Tu-Snowden	Gaithersburg	150	431	-19	Linds 2-Ball Roller Bag
12. Maki Saitoh	Burke	167	477	-24	Linds 1-Ball Roller Bag
13. Donna Baker	Manassas	152	429	-27	Carrand Suds & Go Car Wash
14. Cathy Ryan	Eastern	143	394	-35	Weight Watchers Digital Scale

Tournament Notebook — Bowl America's Jeff Dittmer disclosed during the event that next year's divisional top prizes will be \$1,500. ... Defending Division A champion William Sydnor placed third.

RALPH GRUBB

1. THOU SHALT NOT KICK THE BALL RETURN. IT DID NOT CAUSE THEE TO MISS THY SPARE.

3. THOU SHALT NOT THROW THY WRIST SUPPORT IN A RANDOM DIRECTION AFTER ROLLING A BAD BALL. THE PERSON IT HITS MIGHT CRUSH THY SKULL.

5. THOU SHALT NOT PURPOSELY BOWL LOW SCORES TO INCREASE THY HANDICAP, LEST THOU WISHES TO BE LABELED A "SANDBAGGER".

7. THOU SHALT NOT COMPLAIN IF THY TEAM LOADED WITH 200 AVERAGE BOWLERS DOES NOT WIN 1ST PLACE IN A HANDICAP LEAGUE.



2. THOU SHALT NOT PUNCH THE OVERHEAD SCORE MONITOR. IT DID NOT CAUSE THY LOW SCORE.

4. THOU SHALT NOT COMPLAIN IF THY OPPONENT GETS A "CHEAP" STRIKE. THOU MUST REMEMBER ALL THE "BROOKLYNS" AND SLOPPY STRIKES THOU HAST GOTTEN.

6. THOU SHALT NOT ATTEMPT TO DISTRACT AN OPPONENT UNLESS THOU WISHES TO FIND OUT IF A BOWLING BALL WILL FIT IN THY MOUTH.

8. THOU SHALT NOT CRITICIZE THY TEAMMATES FOR BOWLING LOW SCORES, WHEN THOU BOWLS 50 PINS BELOW THY AVERAGE IN THE SAME GAME.

THE TEN COMMANDMENTS OF BOWLING

9. THOU SHALT NOT BLAME LANE CONDITIONS WHEN NONE OF THY 8 BOWLING BALLS SEEM TO WORK.

10. THOU SHALT NOT BLAME BOWLING CENTER EMPLOYEES WHEN THY BOWLING SHOES GET WET IN THE RESTROOM.



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9699 Lee Highway
Fairfax, VA 22031

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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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