How Will Bowling Look When Centers Reopen

I am not only a local USBC association officer, but I am a 25+ year officer of the So CA proprietor association.

With the reopening and the rules imposed on centers by every state it behooves all of the associations to speak to the proprietors in your association regarding opening and fall league plans. Don't assume that all leagues will restart in the fall at or close to last year's numbers.

Centers in each state likely have either occupancy or lane utilization restrictions or both.

I am my association's largest customer in terms of members, and I am at this point not sure I will be able to offer any certified leagues in my center due to social distancing requirements. If I do, I have a 60lane center and with social distancing I am presently only using 30 lanes.

California governor just ordered that everyone wear masks in public so we will likely see some pushback in the state from that. Then there are people - including league bowlers - that don't feel comfortable going out



yet so they may not be bowling this fall.

Because of the distancing and lane use requirements our association is cancelling our senior tournament this year (end of July). We are waiting to decide the status of our mixed doubles tournament first weekend of November.

All of this could have an impact on your association's budget and operations, so you should get in touch with your center owners or managers as soon as you can to see where they think they will be in the fall so you can plan accordingly.

I know many bowlers want to bowl and are anxiously awaiting our reopening, but the centers have to live within the state-imposed limitations.

JUPITER, Florida -Kyle Troup rallied in both of his matches Sunday as Finals. Gary Forman

he became the first player to win three titles this season at the 2020 PBA Tour

Troup, who won the PBA Jonesboro Open and the PBA Doubles Championship with Jesper Svensson earlier this year, delivered a clutch final shot to defeat Anthony Simonsen, 2-1, in the title match at Bowlero Jupiter in Florida.

The six-time PBA Tour champion lost the first game of the race to two points final to Simonsen 233-204 but made a big comeback to win Game 2, 237-210.

That forced a ninth and 10th frame rolloff to decide the title. After Simonsen posted a total of 39, leaving a four pin in the ninth and a 10 pin in the 10th, Troup had a chance to lock things



Troup Rallies To Win Sixth

Title At PBA Tour Finals

Working on a strike from the ninth frame. Troup left a four pin on his first shot. He converted the spare and then buried the pocket on the final shot for a 40-39

"I thought that first shot in the 10th was really good," Troup said at the end of the broadcast. "I might have missed it just a tad at the bottom. I told myself, don't move. I think

I'm far enough left, I'm in the right spot if I just throw it a little better, a little harder. At about 40 feet, I felt like it was going to be 10 back."

Troup also had to come back from a one-game deficit in his group stepladder match as well and said managing the transition was key.

"There was a lot of transition going on that I

dealt with pretty much the whole event," Troup said. "The one thing I had to do, though, was commit and believe in myself. Never give up - I have it tattooed on my body. That's the mindset I had to have. I wasn't super confident with my ball reaction. It did come to me as I made a ball change, and I felt real confident after that."

continued on page 5

USBC Cancels All Remaining National Events For 2020

Horoscope Writer Treesa Spencer Passes

by Carol Mancini

On June 24th, 2020 Treesa Spenser went to her biggest reward - her God.

I first met Treesa at Alhambra Valley Bowl in 1973. She and her husband bowler, instructor, coordiwere managers but were ready to move on.

I followed her career over the years and admired her many talents. For years

she wrote the weekly Horoscope column for the Bowling News. She had books published, was a saleslady for Western Columbia, a nator, owner of many patents and above all a true friend. Save a spot for me on your team. God blessed every day she was on earth.

Bowling... To Be or Not to Be

by Carol Mancini

When you have been a bowler for 67 years, worked in centers for 50 years, and love the smell of rental shoes.... what do you do when "hell" breaks loose???

You go into shock for a few days! Your fingers want to get into a ball, you want coffee with your friends. You remember the trips, look at the trophies and even shed a tear.

Then you get DUMB ideas. Here's one. If I could name a new ball after this disaster is over, what would it be? 2020 Victory, Defeater, Back Attack, Responder, Survivor, Masked Marvel, or Pan-Damn-It.

I'm sure you share my love of the game and fellow bowlers. So, what would vou name a ball? Send your ideas to the Bowling Writers and the Bowling News: 7502 E. Florence, Downey, CA 90240. Or CBW 575 Westgate St., Pasadena, CA 91103.

With the coronavirus pandemic continuing to grip the nation, the United States Bowling Congress announced Wednesday it has canceled every remaining national event for 2020.

The expected news comes after USBC had rescheduled the USBC Open Championships and USBC Women's Championships for the fall. With the surge in coronavirus cases across the country, USBC pulled the plug on the events.

The news also means other events that were postponed are now canceled, including the USBC Masters, USBC Senior Masters, USBC Senior Oueens and Super Senior Classic.

"These decisions are tough on everyone, but mostly our players, athletes and members." USBC Executive Director Chad Murphy said in a release.

"USBC's mission is to



serve our bowlers, and canceling the most significant events in the sport certainly is heartbreaking for all in-

Nevertheless, USBC has a responsibility to consider the health of its members and their communities. Given the increasing spread of COVID-19 in several states, along with constantly changing guidelines and travel restrictions, we sadly do not see a responsible way to conduct national events in 2020."

USBC also said the 2020-21 USBC Collegiate season will not start in 2020 as it normally would. instead pushing the start of competition until at least January 2021. Additionally, USA Bowling events and in-person coaching seminars for 2020 also have been postponed to 2021, USBC reported.

According to Wednesday's press release, USBC's next planned national event will now be the USBC Team USA Trials scheduled for January.

Given state-by-state orders that quarantine have been issued recently, continued on page 5

PBA50 Tour Postpones World Series of Bowling

NEW YORK – The Professional Bowlers Association has postponed the Florida Blue Medicare PBA50 World Series of Bowling, slated for August 8-15 at Spanish Spring Lanes at the Villages, FL., out of an abundance of caution due to growing COVID-19 public health concerns around the country.

The PBA and longtime partner Larry Ducat, proprietor of Spanish Spring Lanes are deeply disappointed to share this news, but considered many factors in making the decision to postpone this Senior event.

"The health and safety of our athletes, staff, and host center employees is the number one priority right now" said Colie Edison, CEO of the PBA. "We are very excited to bring the World Series of Bowling format to the PBA50 Tour and look forward to the opportunity to host this event when conditions allow."

The PBA50 World Series of Bowling will be rescheduled and announced at a later date.





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New PBA King of the Lanes series will be live on FS1 in July

Former PBA Player of the Year Wes Malott to defend crown as first King

JUPITER, Fla. - Professional bowling royalty will take to the lanes for a new six-episode PBA King of the Lanes series live from Bowlero Jupiter in prime time on FS1, this July 20-22.

On each telecast, top players from the Go Bowling! PBA Tour, PBA50 Tour and PWBA Tour will vie for the chance at capturing the crown as King of the Lanes, and hold on to it as long as they can.

Wes Malott, who had an unforgettable 5-day run as the undefeated "PBA King of Bowling" in 2009 that included two televised 300 games, and subsequently defended his crown in three different iterations of the King series, will return as the first King of the Lanes on Monday, July 20. Malott will face the winner of the first contenders match, between PBA Hall of Famers Norm Duke and Walter Ray Williams Jr.

The winner of the first King match between Malott and the Duke/Williams survivor will return for the second show wearing the crown. The same competition format, of two new contenders facing off in a traditional 10-frame bowling match for the right to face the reigning King (or Queen) in a 10-frame game, will continue throughout the run of shows.

PBA stars having earned a spot in the PBA Tour Finals as top PBA points earners over the past two seasons, Anthony Simonsen, EJ Tackett, Bill O'Neill, Sean Rash, Jakob Butturff, Kris Prather and Kyle Troup are slated to compete. Australia's Jason Belmonte, the top points earner, will not be able to attend due to travel restrictions.

Joining the Go Bowling! PBA Tour stars as contenders along with Duke and Williams Jr., are Hall of Famer Pete Weber and PWBA players Clara Guerrero and Gazmine Mason.

Viewers can live stream the PBA shows on the FOX Sports and FOX NOW apps or at FOXSports.com. Select highlights will be available on @FOXSports social handles across Twitter, Facebook, Instagram, and YouTube.

PBA King of the Lanes FS1 broadcast schedule and players:







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PBA Announces Inaugural PBA Junior National Championship

July 23, 2020

Regional and National Competition for Youth Bowlers to Take Place at Bowlero Locations Around the Country with \$38,000 Guaranteed in SMART Scholarships

New York, NY - The Professional Bowlers Association is proud to introduce the inaugural PBA Jr. National Championship. A first of its kind event by the PBA which will showcase the best youth bowlers from around the country as they compete for SMART scholarships, totaling over \$38,000 in prize funds.

The PBA Jr. National Championship will be a two-fold competition starting with bowlers receiving direct entry into four regional tournaments at Bowlero centers around the country on September 5, 2020.

Each regional tournament will guarantee a first place \$2,000 SMART Scholarship. SMART scholarships will also be awarded to one out of every six (1:6) entries in each division.

The top two male and female finishers in each regional will then advance to the National Championship to compete for a \$7,500 SMART Scholarship. The National Championship date will be held in conjunction with a PBA National Tour stop, to be named at a later date.

"The PBA is committed to advancing the sport of bowling AT EVERY LEVEL and launching the PBA Jr. National Championship is an important step in developing the next generation of top bowlers," said Colie Edison, CEO of the PBA. "There is so much raw talent at the youth level and I can't wait to see these great bowlers compete in the inaugural event."

Bowlers who are interested in competing must be ages 18 and under as of August 1, 2020.

For additional information, registration fees, and to sign up, please visit www.pba.com/junior.



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Chuck Reese



Dave Husted Talks About The Conventional Grip, His Career & COVID-19

When I received a return phone call on Monday from Dave Husted, the Hall of Fame Bowler from Milwaukie, Oregon, I should not have been surprised that the conversation we had was as though we had been in constant contact over the past thirty years. In reality the last time that we conversed was probably in the early 1990's at one of ARC's professional bowling events at Pinole Valley Lanes in California.

The first time that I ever saw Husted bowl was at Cedar Lanes in Fresno, California, whereas an 18-year-old he was turning heads with the crash of the pins when his ball struck the pocket. The hubbub among all of us "rookies" was that Husted threw a convention grip (fingers inserted to the second joint). I could not believe this as I went over to investigate more closely, and sure enough, just like 1950's bowling star Ed Lubanski, young Husted was rolling with a conventional grip.

After we compared notes on where we had been and what we had been doing for the past thirty years, I focused my attention on the reason for my call - the conventional grip. "Yeah, I used the conventional grip for a couple of years on the tour, before converting to a fingertip grip full time in 1979," said Husted.

Dave's first victory on the PBA tour came in 1982 at the U.S. Open in Houston, so he never won a professional title using the conventional grip. He was however adept at winning the big ones, as 4 of his 14 professional titles were majors, including three U.S. Open victories. In the voting for best player in the 20th century, Husted was ranked 23rd. He was highly respected among his peers on the tour, winning the Steve Nagy Sportsmanship Award on two occasions.

As our conversation progressed, I remembered with fondness my year in Portland, Oregon, while overseeing the marketing duties for AMF in that region. One of my first duties was to make use of my geography background from college and construct a map of all the bowling centers in Portland. This project was completed in 1979 and showed no less than 26 bowling centers in the City of

'Guess how many there are today," asked Husted. I knew of one that was still in existence (Grand Central Bowl), and that all of the AMF locations had closed or been sold, so expecting the worst, I suggested that there was only one remaining. "You're close. There's only two remaining," said Husted, which begs the question... could this be one of the reasons for all of the social unrest in the city of Portland?

Husted's family has been in bowling for four generations, beginning with his grandfather, then father Champ, Dave, and now Dave's son Corey. "Dad still comes in to check up on us," said Dave of his 89-year-old father. It's a real family affair, as Dave is quick to point out that his wife of 40 years, Michelle, is also involved, along with daughter Chelsea that handles the bookkeeping.

The Husted's have grown their business to include three locations in Oregon and Washington: Kellogg Bowl and Milwaukie Bowl (both in Milwaukie, Oregon), and Hazel Dell Lanes in Vancouver, Washington. "We haven't been able to open any of our locations yet because of CO-VID-19, but we're hoping to open Hazel Dell as early as next week. We are still very league oriented, with over eryone is anxious to get started by the fall."



1982 Champion Dave Husted with BPA President Bill Lacy at ARC's Big Texan Lanes in Houston, Texas - photo credit to PBA, LLC.

When Dave mentioned about the league emphasis at his locations, I was reminded of a letter to Governor Newsom of California that appeared in the California Bowling News in the July 16th issue. I suggested that Dave take a look at the letter written by Frank Durante. Husted said that he would take a look at the letter and perhaps fashion something similar to the governor of Oregon on behalf of that states bowling proprietors.

"At this point, we have heard nothing from any state agency," said Husted. "At least they could just acknowledge that they have received our emails." Dave's frustration is the same that I have heard from proprietors across the nation, as no one appears to know what to do because of the apparent contagion among senior citizens.

What I find interesting is that while the case level is high, the death rate is now analogous in the United States to many flu seasons (Source: Johns Hopkins University, Coronavirus Resource Center, Mortality Analyses - updated July 15, 2020). In fact, until the COVID-19 scare began, I along with many others had no idea how many people still die each year from influenza.

After I completed my interview with Mr. Husted, I read through Durante's letter to Newsom once again... and then it hit me! Most individuals, like Governor Newsom, whom I assume is a casual bowler, look upon bowling as a series of shared experiences - you share the bowling balls, you share the rental shoes, etc. But league bowlers are a different animal! Even touching someone else's bowling ball is a faux pas!

Maybe the way to overcome the ban on bowling is to separate the sport by the activity, namely league versus casual open play. This might be the answer for proprietors and league bowlers to get back to some type of normalcy. Who knew that it would take the conversation with a retired professional kegler to solve the ills of the bowling industry?

Thanks, Dave, for sharing your thoughts about the conventional grip, your Hall of Fame career, and perhaps a 50% of our business coming from league activity, so ev- roadmap to getting bowling centers open nationwide - one Derby and PBA Summer Clash last month with a limited sten at a time!

PBA Tour Finals continued from page 1

Troup survived a tough battle with Kris Prather in the Group 2 stepladder to reach the championship match, coming away with a 2-1 victory.

After losing the first game of the race to two points match 227-213, Troup made a critical ball change in the fifth frame of the second game to rally.

Trailing by 20 pins, Troup switched from urethane to reactive and it paid off. He rallied to win the second game 257-232 and force a ninth and 10th frame rolloff.

In the rolloff, Troup put up a perfect score of 60 and Prather was unable to match, leaving a 10 pin on his second shot in the 10th to lose.

Prather reached the match against Troup by knocking off Bill O'Neill 221-211. In the opening match of the Group 2 stepladder, O'Neill easily defeated defending champion EJ Tackett 255-213.

In the Group 1 stepladder to start the day, Simonsen easily defeated the lone lefthander in the field, Jakob Butturff, 2-0, to advance to the championship match. Simonsen blew past Butturff 245-200 and 237-184.

Butturff, who shot the 28th televised 300 game in PBA Tour history in the qualifying round Saturday, knocked off Sean Rash, 232-226, in the second match of the stepladder.

In the opening match, Rash beat Norm Duke, 246-236, in a bizarre finish. Needing a double and nine to win, Duke struck on his first shot but his tape flew out of the ball. He switched to another interchangeable thumb but on his next shot dropped the ball and left the 6-10 to lose.

The PBA Tour returns to FS1 on Monday, Tuesday and Wednesday night with live coverage of the PBA King of the Lanes.



USBC continued from page 1

it seemed nearly impossible for USBC to conduct largescale national events.

For example, under the current orders if a bowler from New York traveled to Nevada right now to compete in an event, that bowler would have to self-quarantine for 14 days when they return home.

The logistics of such orders, plus the uncertainty surrounding what future restrictions may be put in place, put USBC in a no-win situation.

"While USBC national events are canceled, bowling certainly is not shut down for 2020," Murphy said in the release. "USBC is confident competitive bowling can take place locally, and we are seeing many proprietors taking proactive steps to responsibly host leagues in accordance with local guidelines. Those steps will help leagues begin and tournaments to take place during the rest of the summer and into the fall. Our hope is that conditions improve to allow national events again in 2021."

USBC's news comes days after the PBA announced it had postponed the PBA50 World Series of Bowling, which had been scheduled for August. That event is now expected to take place in 2021.

The PBA has been able to conduct events on a much smaller scale amid the pandemic, holding the PBA Strike number of players.



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BOWLING CALENDAR

SPECIAL NOTICE: PLEASE CHECK WITH EACH EVENT IF YOU PLAN TO PARTICIPATE TO BE SURE THE CENTER IS OPEN FOR THE EVENT

JULY

by Bette Addington

USBC Open Nationals, National Bowling Stadium, Reno, NV—CANCELED (2021 will be in Las Vegas, NV)
USBC Women's Nationals, SouthPoint, Las Vegas, NV—CANCELED, bowl.com (2021 will be in Addison, IL)
20th Summer TAT, The Orleans, Las Vegas—CANCELED, 1/844/321-8100

- 23 Bowl TV Podcast Inside the OC featuring a look at the OC Bracket Challenge with panel of experts, 11am, BowlTV.com
- 24-25 PBA Member/Non-Member Doubles, SouthPoint, Las Vegas, 360/600-1229, pba.com
 - 25 CBT Beat the Board Format, squads at 10/12:30/3, Forest Lanes, Lake Forest, 661/418-8007, cbtbowling.com
 - 25 4th P.C.C.B. Reunion Tournament, 11am, West Lane Bowl, Stockton, 209/304-0964
 - 25 Elite Bowling Club Scratch 6 Gamer, AMF Carter Lanes, Fullerton—CANCELED
 - 26 60 and Over Scratch Classic, Canyon Lanes, Cabazon, 562/243-0175--CANCELED
 - 26 July's Beast Eliminator #5, 10am, La Habra Bowl, La Habra, (370 E. Whittier Blvd.), tbebowling.com
 - 26 HammerPins Handicap Alibi Doubles 4 Gamer, 11am, Bowlero Chico, 707/631-1331, hammerpins.net
- 30-2 21st PBA/PWBA Striking Against Breast Cancer Mxd. Doubles Tourn., Copperfield Bowl, Houston, pba.com--CANCELED
- 31-2 12th Cal Bowlers Tour Reno Invitational, National Bowling Stadium, Reno, 925/757-2695, CalBowlerTour@aol.com

AUGUST

- 1 Bowling Ball Spec. goes into effect on NO BALANCE HOLES
- 1 USBC Youth Max. Age change from 20 to 18
- 1-30 The Mega Bowling Tournament (Singles, Dbls., Team, All Events), Wink's Silver Strike, Douglas, NV, 775/762-5018
 - 2 Bowlero Fontana Senior (50+) Scratch 6 Gamer, 8am, Bowlero/Foothill Lanes, Fontana, 909/822-9900
- 2-7 2020 Teen Masters, Richmond, VA, TeenMastersBowling.com
- 5-20 Military Team Classic, SouthPoint, Las Vegas—CANCELED
 - 8 National Bowling Day, 2020

Calendar brought to you by California Bowling Writers (www.calbowlingwriters.org)
Email your upcoming events for inclusion to baddington@addington.net





AJ's Massive Total Helps Him, Fusik Win Columbus Doubles

by Lucas Wiseman

COLUMBUS – AJ Johnson had the highest individual total of anyone in the field as he helped carry his partner Robert Fusik III to the doubles victory Thursday night at the 2020 Columbus HP 10K Mega Event The pair had a five-game total of 2,284 to win by six pins at HP Lanes in Columbus, Ohio. They earned \$2,500 for first-place.

Johnson was the only player to surpass the 1,200 barrier as he crushed everyone with a 1,267 total. The PBA Tour player had games of 248, 268, 279, 213 and 258.

Fusik gave his team just enough to get the win by six pins, finishing with games of 216, 265, 168, 170 and 198 for a 1,017 total.

The combined finish of 456 in the final game for Johnson and Fusik allowed them to rally in Game 5 to pick up the win. Going into the last game, they sat in third place, 42 pins off the lead. PBA champions Brad Angelo and Jason Sterner finished in second place with 2,278. Angelo led the pair with 1,156, while Sterner had 1,122. The pair was in the lead down the stretch but closed with their lowest game of the night as Angelo had 232 and Sterner had 176 to finish second.

Lefthanders Mykel Holliman, the 2019 PBA Rookie of the Year, and AJ Rice finished in third place, just eight pins off the lead with 2,276. The lefties posted identical individual totals of 1,138.

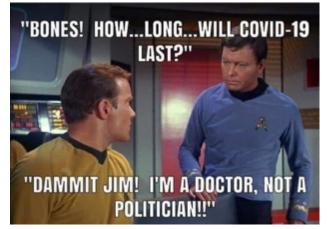
Dean Vargo and Brandon Fleming finished in fourth place with 2,250, while Frank Snodgrass and Ronnie Sparks Jr. were fifth with 2,244. The women's pairing of PWBA players Shannon O'Keefe and Shannon Pluhowsky finished the event in sixth place with 2,229.

In all, the top 15 doubles teams cashed in the event, which featured a full field of 75 teams. Phil Drumm and Newt McClellan earned the final cash spot with 2,161.



Wesley Low Shoots 900 In Arizona

At the Ponderosa Singles Classic in Glendale, Arizona, on Sunday, PBA Tour rookie Wesley Low fired a 900 in the USBC-certified event. If approved by USBC, it would be the 37th certified 900 series in bowling history.



BOWLING and THE PURSUIT OF HAPPINESS

by Frank Weile

The benefits Bowling provides its participants are too numerous to enumerate. Bowling provides physical, mental and even spiritual rewards. As I will explain later Bowling can be a part of anyone's strategy in their pursuit of happiness. But first before I describe the expert's strategy for pursuing happiness let me tell you more about the pursuit of happiness and its importance to each one of us.

Our Founding Fathers, in particular THOMAS JEFFERSON, in the DECLARATION OF INDEPENDENCE stated that life, liberty and the pursuit of happiness are fundamental unalienable rights. Unalienable rights are those given to all of us by our creator, rights our government does not give but is created to protect. This means all of us have the right to live our lives freely and in a way that makes us happy so long as we do not do anything illegal or in violation of the rights of others. Unalienable rights do not come from our government and they cannot be taken away by our government. Instead, our government, our nation, is supposed to protect our unalienable rights.

This written recognition of our unalienable rights makes the United States of America unique. It is the only country on earth to recognize these unalienable rights in writing. This written recognition of the unalienable rights of its citizens not only makes the United States unique but also the greatest nation ever created. Now you know and let me repeat: "THE UNITED STATES IS THE GREATEST NATION ON EARTH" and the greatest nation to ever exist on earth. It's not about wealth, strength or the accomplishments of our country. It's not about our nation's shortcomings and there are some, it is all about the principles on which this nation is built. I digress.

So, like the right to life and liberty, "The Pursuit of Happiness" is a GOD GIVEN unalienable right. That's important because the pursuit and achievement of happiness is key to our survival and prospering in life during good times and bad times. Good times and pandemic times.

Every Friday afternoon on the I-Heart radio network Dennis Prager hosts a talk show titled the "Happiness Hour". Until I started listening to the show I never thought much about happiness or the pursuit of happiness. However, during these pandemic times I began to realize how important happiness is in our lives. How important happiness is for coping with life's difficulties. How important happiness is for coping with quarantine, isolation, social distancing, unemployment and illness.

So, what about happiness and its pursuit during these hard times? Can the great sport of Bowling contribute to our happiness?

This question is important during these difficult times because happiness gives us the resilience to get through such times. We need to focus on happiness now more than ever.

We should not bury our heads in the sand and pretend that all is well. This pandemic is changing our world and will change the sport of Bowling during the foreseeable future. But let us not despair.

There is A WAY, a path, a roadmap for living a joyful existence even during hard times. Psychologists have developed what they call a strategy that allows anyone to successfully pursue happiness. Achieving happiness is important because a state of happiness is the key to heathy life. And during difficult times, pandemic times, happiness will help us successfully navigate every bump in the road. And guess what? Bowling can be part of the strategy to pursue and obtain happiness.

So, what is this strategy, "THE WAY", for the pursuit and attainment of happiness? According to prominent psychologists the strategy involves three main actions.

First, we need to develop good personal relationships. Good relationships keep us healthier and happier. It's not the number of friends one has but the quality of our friendships. That's what matters. So, make good, close friends and maintain these relationships. Human connections are a recipe for happiness. Close, intimate relationships give us the opportunity to express ourselves and release our inner anxieties, tensions and fears. Close relationships allow for a catharsis that frees us to be ourselves and experience unlimited joy and happiness.

Second, physical activity can boost happiness. It does so by reducing stress and releasing feel good brain chemicals. That's where Bowling comes in. It is a great activity, especially for seniors to stimulate the vagus nerve which calms the anxious mind and over time can create beneficial changes to the brain and nervous system.

Many experts prefer Yoga as their physical activity of choice. However, Bowling is a safer choice for most people not used to twisting, bending and contorting their arms, legs and back.

Third, take time to savor the wonderful moments in your life. These may be past memories but also may include some everyday wonders that surround you. Pause to savor a sunrise, a sunset and a starry night. Take a walk in the woods and listen to the sounds of the birds and bees. Enjoy a cool breeze and the dazzling color of the wildflowers all about you. Mother nature is a wonderful relaxant. Let her heal you. Develop a regular savoring habit to increase your happiness.

In addition to the above don't forget to eat well, sleep well and dispel everything negative in your life. Stop comparing yourself to others. Pursue your own bliss! Comparing yourself to others is a sure path to unhappiness.

So, cultivate friendships, GO BOWLING and recognize and appreciate all your blessings in your pursuit of happiness.

The California Bowling Writers has adopted Operation Freedom Paws!

Operation Freedom Paws nonprofit organization was founded by "California Bowler and Veteran" Mary Cortani in 2010 that has provided service dogs and training support to veterans and others who suffer from post-traumatic stress syndrome, complex PTSD, traumatic brain injury and other physical, neurological, psychological and mobility needs. According to experts, service dogs help empower people with disabilities to live quality lives.

Operation Freedom Paws carefully matches clients with their specially chosen four-legged companions, most of which come from rescue shelters. The partners then begin a 48-week program which trains the clients to train their own dogs. At the end of the program, they're certified together as service dog teams.

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"We are pleased to continue supporting Vets."

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Hosted by: SLAC USBC & OC USBC

2020 SoCal Queens & Princess Tournament

FOREST LANES

22771 Centre Dr. • Lake Forest, CA 92630 (949) 770-0055

Saturday, September 26, 2020 at 9:00am

ENTRIES CLOSE: September 26 at 8:30am

California USBC Certified event Handicap: 90% of 200 USBC Cards sold on-site *Youth girls may participate, provided a USBC Scholarship waiver accompanies entry. **FOUR DIVISIONS:***QUEENS & SENIOR QUEENS (Scratch)
*PRINCESS & SENIOR QUEENS (Hdcp)

ENTRY FEES: \$80 per person

(pre-paid by 9/22/20 via check or paypal)

\$100 cash (on-site entries)

Bowl.com printouts required for Princess entries.

FORMAT: 5 GAMES QUALIFYING. The top 6 bowlers in each division will advance to a single game double elimination bracket. The four champions will bowl a one game match to determine the overall champion of the tournament. Handicap (90% of 200) will apply for the Princess champion.

Contact Andre by email at aweubanks@yahoo.com or call (323) 252-7904 or with any questions.

PAY WITH PAYPAL AND DOWNLOAD ENTRY FORM AT SLACUSBC.COM

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Asst. Manager - Cheryl Smith vcusbc@gmail.com

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Email: buenalanes1@earthlink.net

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(657)210-2695

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NORTH COUNTY USBC

Association Manager - Karen Salazar PO Box 5987, Oceanside, CA 92052 ncusbcamanager@gmail.com www.ncusbca.com (760)213-4997

(805)339-9334

Las Vegas Laughlin

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Association Manager - Linda Johnson-Pilios 4020 Shadydale Ave., Covina, CA 91722 E-Mail: thumpr2@verizon.net (626) 337-6270 Fax: (626) 960-9260

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Association Manager - Lynn Matsubara 17057 Bellflower Blvd. Suite 210, Bellflower, CA 90706 E-Mail: info@slacusbc.com • slacusbc.com (562)925-0417 Fax: (562) 925-7478

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