

- 1) Pro Indoor Results-a) Red Swain Tier 1 Tourney:** #3 pro Alvaro Beltran earned his first Tier 1 victory over # 7 Daniel De La Rosa. Daniel had a breakout performance rocking both #1 Rocky Carson & ringing #5-the Big Ben Croft. Cliff Swain, 47 provided some “pain” too taking 3rd-way to serve it up Cliff. Tom Furhmann does it again w/open wins over #10 pro Hawthorne/#11 Diaz to win while Kelly Gremley wins woman’s **b)Tier 1 Tourney Kansas City Turkey Stop:** Rocky comes back from 3-five setters to “gobble up” the turkey title here & a piece of the pro pie against Alvaro Beltran taking not only the tourney but the coveted #1 pro ranking spot from King Kane who is injured & is expected back soon we hope. Felipe “Macho” Camacho beats Schopieray & Furhmann for a nice open faced sandwich. Collegian Jake “the snake” Brendenback almost bites Rocky in the pros in a close 5th.
- 2) Going to WOR-(i.e. outdoor rball-** 1) Hail to the king (Robert Sostre) and the Queen Janel Tisinger for once again for winning the *2103 Hemborg Ford 3-Wall(y) Championship Series-* a grand prize of \$500 and a sweet suite at the Stratosphere (don’t know that personally but rumor has it-Great hotel if you haven’t stayed). 2) Shocker of the Century- ok maybe decade- Michelle holds the “Key” winning the men’s Open div. at the Outdoor AZ WOR Battle Assault over David Narvarro & top IRT pro star Daniel De La Rosa. Then, she assaulted the men once again in the men’s open dubs w/Daniel as a partner. Key can really “turn it on” against the men “locking them out” before “dead-bolting.” She’s off to a “fast start” as I believe she soon graduates college & will always possess the keys to the Ferrari.
- 3) LPRT Woman’s Pro-**The woman’s tour is out on break returning Dec 6 in Arlington...watch for Paola Longoria & both Veronica Sotomayor (aka the “Mayor of Rball”) & Maria Vargas to gun-sling in Arlington.
- 4) THE NMRA ROLLS OUT A WINNER –**1) I am so impressed- the NMRA (masters) w/600 members raised \$1700 for Justus or is it “Justice” Benson etc. to play for USA Team. 2) From the NMRA- “Congrats to IRT Pro Andy Hawthorne/wife on their newborn”-a future rball star 3) The oldest NMRA member is Bob McAdam-92 4) Congrats to NMRA for bringing out a B/C div in some cases to help even out play. Now, I too may one day be crowned an NMRA champ-Let it “B” Let it “B.” Sing it... Words of wisdom let it “B” 4) At NMRA champs, select winners incl. ageless men Ruben G, S Nevin M Grisz & 95 year old Ben Marshall (now deceased) & star women winners J Halahan, M Molina & M Gwinn. See results in my fav newsletter Cindy Tilbury here along w/USRA) <http://www.nationalmastersracquetball.org/articles.asp?articleID=5808>
- 5) Confirmed Cal-Nev. State Jr. Champs 1-25-14-** This very special Jr. event will be held one day on Sat 1-25-14 in **a) S-CAL** Reseda/LA & **b) N-CAL** Stockton. Save the date. All levels & ages 6-18. Play is based on your birthday age as of 1-2-14 Thanks to Brian Dixon for setting it up & to Debbie Tisinger/ Randy Lam/John Ellis for hosting (or is hoisting it)? Email Brian Dixon Bridix@gmail.com or 707 766-9105. R-S sign ups coming soon (right?) Check the CA/NV site which is “outta site” at www.californiaracquetball.org

- 6) Rolling it Out-** A special thanks to Hall of Famer Jerry Hilecher (and friend Cliff-no not that star) for their help with “chopping” our companies’ “long” long distance rates w/a forehand down the line kill shot winner. Should you ever need to contact the greatest forehand of all time, its Jhilecher@gatewaytelnet.com (serving up great rates and rolling out a winner)
- 7) Practice is the Key to Rball Success (from Jim Winterton Kane’s coach!!)** –The best article on rball practice that I have ever read (and read again) is at: [Deliberate Practice Makes Perfect](#) Coach Winterton...I have a question? Can this help the pros beat Kane?
- 8) Hey Maybe I Can Win a Pro Match-**It’s easy LOL! I will just casually show up sober on **Jan 2** to 5, 2014 to Debbie’s classic pro stop feat. Kane W. (at Reseda CA-“Coast to Coast”) where I can “coast” in on Thurs Jan 2 after inevitably some of the pros will be partying night/day before and will be toast almost I boast. My plan is to win a round in the pros from some young “turkey” stud who gobbled up a little too much new year’s spirits and has a “red-eye! (get it)” It will happen trust me- but just not to me. The only sober one that I can beat here is my son Cody 9 pictured above! But food for thought & a toast to the Coast almost. Sign up at <http://www.r2sports.com/tourney/home.asp?TID=11869>
- 9) The Infamous “Stockton Sandwich”-** Ever heard of a "Rojas Sandwich"-a term I coined for an unknowing player getting stuck- ok sandwiched between two Rojas' at a tourney like to Tom Fuhrman did! And now w/young gun Daniel 15 playing pros joining cousin stars Markie and Jose Rojas, there is a new meaty variety called the "Rojas Triple Decker Sandwich." Of course, you can always sub in the ever tasty "Stockton Sandwich" served about 6 different ways (by Rojas'/Diaz/Horn/Ellis) which has been known to cause severe stomach cramps! And yes it's always served cold w/mustard or mayo!
- 10) Green Tea may be the Key to Longevity.** A major study in Japan of 40k showed the risk of dying from stroke dropped 62% men/52% woman by drinking green tea ensuring there is a whole new meaning to “going green!” <http://lifehacker.com/why-tea-is-so-healthy-for-you-and-how-to-get-the-most-1460167162>
- 11) An Inspiring Dad-**David Barberis is a club pro & and has a talented nat’l champ son. He has cancer & had an ah-ha moment as he faced fate head on. He decided to devote his life to helping youths in sports starting a nonprofit corp. called RAYED (Racquetballers Aiding Youth Through Education) www.Rayed.org - He collects racquets, balls, clothing & money for kids in need. Call David at 469 422-7077 cell or dbarberis@rayed.org so others can “have a ball!”
- 12) The Racquet that Literally Slayed King Kane-** Someone told me that Jose Rojas used Ektelon’s wild/new 12 gauge trampoline-like racquet the ESP RG Toron light to lite it up on Kane recently but Jose’s coach John Ellis said he didn’t use ESP (get it). “He used the original Ektelon Toron Lite to beat Kane. John said Jose’s going to make the switch to the new racquet after the winter break. Once you get used to the racquet, it's the best we’ve ever made by far.” Thanks John for that tidbit and can Jose take out Kane weekly now-Wish I had some “ESP?”

13) Who are Rball's Biggest Jr Contributors-I wanted to know which means that you probably do too right?- [click here](#). It's so nice that ex-USRA president Cheryl Kirk/Iowa Rball Assoc are USA's biggest (and best jr. supporters) & a warm thanks to Rick Betts/Mike Ladge. Pat yourselves on the back because all of you helped raised well over 15k to help send the USA Jr. Team to Bolivia for the World Cup that finished 3rd overall & in boys & girls. Congrats to CA's own Sebastian Fernandez for taking 3rd in singles/2nd in dubs w/partner Julian Singh & for Tommy Andraos for finishing 3rd in 10 red. And Tom "Sawyer" Lloyd took 3rd w/star Adam Manilla. Also congrats to all of the of other USA team members- Jordan Cooperrider/Erika Manilla for taking 3rd in dubs & Jordan C. getting 2nd in singles. You are the future stars of our sport and make us proud. I have seen them all & they are ballers! Great showing btw for us having relatively speaking little dough to go unlike Mexico (hey that rhymes) which I hear pays for players/parents to attend w/ big stipends. Your membership at USAR helps fund our juniors-
<http://www.usaracquetballevnts.com/cartCategory.asp?productGroupID=45&categoryID=129&brandID=102>

14) Keeley Always Got the Ladies-And now he does it again this time w/an incredible book on Amazon-The Woman Pioneers of Racquetball. It's about a very special group of ladies who made our sport what it is and who had the courage to play up. Bo is also donating several books to fundraise for USA Junior rball. A great book that everyone will love:
http://www.amazon.com/Women-Racquetball-Pioneers-Steve-Keeley/dp/1493517511/ref=sr_1_fkmr0_1?s=books&ie=UTF8&qid=1384828769&sr=1-1-fkmr0&keywords=the+woman+of+racquetball+bo+keely

15) Great Gasp or Great Gar- I just wanted to thank Hall of Famer **Charlie Garfinkle** USAR rball inductee #7 for sending me some great articles and to "topps" it off, a rball playing card of himself for my already overgrown memorabilia collection. And a nice compliment too: " Brett keep up the good work. " Charlie keeps getting into more halls & w/24 natl titles/12 different hall of fames (a record). Yes he's a legend. And on a final more serious note.... everyone's prayers go out to legend **Steve Serot** who is hospitalized w/a stroke as per Bo Keely. His family has been reading our rbal letters to him & appreciates the wonderful words of support. The Rball community loves Steve and wishes him a speedy recovery. He was partners with Bo Keeley back in the glory days of rball.