



Graphic: Susan Ballenger, Source: Senior Softball USA

WINTER NATIONALS MOVE PAGE 6-7

Hurricane Ian forces move from Ft. Myers to Polk Co., Florida. Hurricane Nicole disrupts Session 1.

HAWAIIAN TOUR PAGE 25

Playing ball in paradise was a home run.

WINTER WORLDS PAGE 7-10

New complex shines in Arizona.

SPA/SSUSA JOINT TOURNAMENTS PAGE 15

Softball Player Association (SPA) and SSUSA Will Run 4 Combo Tourneys in 2023.



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Senior Softball News

9823 Old Winery Place, Suite 12
Sacramento, CA 95827
(916) 326-5303
(916) 326-5304 FAX
info@seniorsoftball.com
www.seniorsoftball.com

Editor

Terry Hennessy

Managing Editor

Nicholas S. Francois

Contributing Writers

Art Eversole, Donna McGuire,
Stan Reents, Jack Sirard,
Dave Weinman

Internet Director

Scott Flodin

Art Director

Sue Ballenger

Photographer

Jack Eberhard

JacksActionShots.com

Marketing Manager

Fran Dowell

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YOUTH	S	M	L	XL
CHEST	26-28	28-30	30-32	32-34
WAIST	22-24	24-26	26-28	28-30

Reflecting On What Is Truly Important In Life

The end of the year is a good time to reflect on what is actually important in our lives.

Many seniors – especially when we get into our 70s and 80s – realize the importance of the people in our lives because more and more of them are no longer with us.

This fact alone helps us realize that while softball is the driving force of our sport, it is not necessarily the most important part.

Editorial

Consider the friendships, the comradery at a tournament, the relationships we develop outside of the game itself – our larger senior softball society.

The laughter that lifts our spirits and the tears that remind us how dear our departed friends have been in our lives...and how precious are the friends that remain.

No matter how dark the outside world may appear, within our senior softball society, there is light, there is joy and there is hope. Cherish it.

Terry Hennessy



By Sue Ballenger

Polk Co. Florida Saves Winter Nationals; Convention Cancelled; Rules Committee To Still Convene

Hurricane Ian blew the Winter Nationals out of Ft. Myers north to Polk County and completely blew away the 2022 SSUSA National Convention.

Our challenges did not come close to the devastation and death the disastrous Hurricane Ian wreaked on Fort Myers Beach and Sanibel Island.

As a good friend whose job it is to promote the area said, "Parts of Fort Myers will never be the same."

The good folks at Polk County Sports Marketing worked their own miracles and within a few weeks were able to arrange fields, hotels and other essential services

Covering the Bases

By Terry Hennessy

to make the Winter Nationals possible.

While the 2022 Convention was cancelled, the National Rules Committee will be meeting in early January to discuss rules and review issues raised by players, managers and officials in 2022.

Some of the main items on the agenda include:

- Discussing how many teams are automatically raised depending on their finish in the World Championships.
- Whether to add

a Midwest Nationals to the Eastern and Western Nationals series.

- Request by players to revisit the commitment line rule to stop the cat-and-mouse game at the line between a runner and the defense.
- Multiple requests to allow some 69-year-olds on 70s teams.
- Runners from home in older age divisions.
- A request, for safety reasons, to allow the defense to use the safety base to record an out on the batter-runner, if the play has pulled the defender into foul territory.
- A request to allow Major Plus teams to have two



players from the opposite side of the country without becoming an Open team.

- A request to tweak the altered-ball rule to enforce a forfeit if the ball is thrown in, period, and not wait for the illegal ball to be discovered until the pitcher gets in the pitcher's box and the batter in the batter's box.

Terry Hennessy is CEO of SSUSA and can be reached at: terryh@seniorsoftball.com

Hurricane Disrupts Winter Nationals

Director Rewrites Winter Nationals Schedule as Weather Hits FL.

By Donna McGuire
Softball News Report

Senior Softball USA overcame multiple challenges from Mother Nature as it launched the 2023 playing season in Florida last month.

After Hurricane Ian devastated the Fort Myers area in late September, SSUSA diverted the Winter National Championships from hard-hit Lee County to Polk County about 125 miles to the north.

Then as Session 1 began, another hurricane approached. Though weaker than Ian, the new Hurricane Nicole still swamped much of the state while also disrupting air travel.

SSUSA Tournament Director Tim McElroy rewrote schedules at the ballpark to accommodate

patches of rain, sloppy fields and teams facing travel difficulties.

"The staff at Diamond Plex did a fantastic job on the fields in the face of a hurricane," McElroy said.

In the end, 14 teams out of 61 entrants earned berths to the 2024 Tournament of Champions by winning their divisions in games played Nov. 8 to 13.

After rains from Hurricane Nicole arrived, the final Session 1 games had to be canceled. In those divisions, winners were awarded based on games already played.

Session 1 results:

Men's 65+ Major:

Action Auto Parts 65s of Rhode Island won the four-team division. Second went to Talaga Construction 65s of Connecticut. Third place was Prime Time of Illinois.

Men's 65+ Silver: Steve Levin Ameriprise of Florida won the eight-team division. Second went to the Texas Legends and third to Northern Virginia Force.



Team Florida 70+ Major, Winter Nationals Champions



Center For Sight (FL), 85+ Gold Winter Nationals Champions

Men's 70+ Major:

Team Florida finished first and Slug-A-Bug of Florida finished second in a two-team bracket.

Men's 70+ AAA:

Universal Softball Team of Ohio finished first in an eight-team bracket. The Long Island Jaguars White team of New York took second. The Syracuse Cyclones of New York finished third.

Men's 70/75+ Major

Plus: Venom 75s of Florida placed first and Via Citrus 70s of Florida took second in a two-team bracket.

Men's 75/80+ Gold:

JAG-ONE/Jersey Masters finished first in a seven-team bracket. The Long Island Jaguars took second and Northern Virginia Force finished third. All three are 75+ teams.

Men's 80+ AAA: Bucs and Bulls of Florida placed first in the three-team bracket. The Indianapolis Classics of Indiana took second. The Long Island Jaguars of New York finished third.

Men's 85+ Gold:

Center For Sight of Florida finished first in the three-

team bracket. The New York Statesmen took second. Team Rehabilitation of Minnesota placed third.

Session 2 results:

Men's 50/55+ Platinum:

Suncoast/Shades/Adidas 55s of Florida, a 55+ Major Plus team, plowed through the five-team bracket until reaching the first title game, where it lost 25-20 to Yeager's/AC Delco/Max Batz of Florida. Suncoast rebounded to win the finale 16-6. As the top-finishing 50+ Major team, Yeager also won a TOC berth. Overall, the two teams played four games with Suncoast winning three. The Miami Power/Onyx team finished third.

Men's 50+ AAA: After pool play against 50+ and 55+ teams, the two 50+ AAA teams entered a best-of-three bracket. Southern Illinois 55+ swept the Silver Rays of Florida 12-6 and 27-20 for the crown.

Men's 55+ Major: After pool play, the two 55+ AAA teams played a best-of-three

Continued on next page

Sunshine Greets Teams at Winter Worlds

Sunshine, mild breezes, and afternoon temperatures in the 70s greeted the 210 teams that competed in the 2022 Winter World Championship in mid-November in Arizona.

The Winter Worlds kicked off the 2023 playing season in the Western part of the country one week after Eastern teams inaugurated the season with a rainy Florida tournament.

Few clouds materialized during the Arizona event, where 29 teams earned berths to the 2024 Tournament of Champions by winning their divisions. Champions proved the importance of staying in the winner's bracket, as only five teams managed to earn titles after losing a bracket

game.

The games took place Nov. 15-20 at five Phoenix-area parks, including one in Mesa that many players praised as unlike any other sports venue they'd visited. All eight softball fields at Bell Bank Park, operated by Legacy Sports USA, feature a newer artificial turf made to stay cooler than older turfs. The 320-acre park also has venues for basketball, football, lacrosse, volleyball, beach volleyball, gymnastic, Little League baseball and softball.

"With 12 years now in Arizona, this event just gets better each time," Tournament Director Dave Dowell said. "The Phoenix and Glendale facilities are top notch and are



New Bell Bank Park Softball Fields in Mesa, AZ with SSUSA Logo on the jumbotron, Winter World Championships.

now joined by the state-of-the-art Bell Bank Park complex in Mesa. And the quality of the competition across all age groups is second only to the Worlds."

The first session featured 12 brackets of teams age 65+ and older. Only one team needed an "if" championship game to claim its crown.

The second session had 15 brackets, including the men's and women's 40+ Master divisions. Four of the brackets concluded with "if-needed" title games.

Women's 40+ Major: FRSTeam of Colorado defeated Tharaldson Softball of Nevada in a best-of-three series that went the distance. Tharaldson won the first game 11-9 but FRSTeam captured the final two 16-10 and 16-11.

Women's 40+ Silver:

Top-seeded Cali Freak Show of California lost the winner's bracket finale but roared back to double-dip Unfinished Business of Arizona 14-7 and 19-10 for the title. Mood Swings of California finished third in the 15-team bracket.

Women's 50+ AAA:

Second-seeded High Octane of Indiana defeated third-seeded Cali Gold Ladies 17-12 in the championship game of the six-team bracket. Hot-Flashers of Texas finished third.

Women's 55+ Seniors:

Arizona Dream Team completed an undefeated tournament with 21-15 and 9-6 wins over runner-up NW Lady Legends of Washington in the two-team bracket.

Men's 40+ Platinum: 4

Him Factory of Arizona

Continued on page 8



Cali Freak Show 40, Women's 40+ Silver Champs at Winter Worlds

TOC Wrap-Up: Hurricane Interrupts Winter Nationals, First Session

Continued from previous page

bracket. The N.E. Merchants

of Maryland edged K & I 55s of Indiana 13-11 and 15-14.

Men's 60+ Major:

Second-seeded Team Florida took the long route to win this six-team bracket. After going 2-0 in pool play, Team Florida lost its first bracket game 15-14. That meant it would have to win six consecutive elimination games to nab the

title. Team Florida did just that. It finished by double-dipping Action Auto Parts of Rhode Island, the team that beat it earlier in the bracket, 20-12 and 24-9 in the championship games. Top Dawgs of Florida finished third.

Men's 60+ AAA: The Sunshine Sluggers of Florida

won the nine-team bracket by averaging 21 runs in its final five games and double-dipping Fat Nancy of New York 23-13 and 21-12 in the title bouts. Overall, the Sluggers finished 8-1. The top-seeded Hudson Valley Cyclones of New York placed third.

Winter Worlds Starts 2023 Season for Western Teams

Continued from the previous page

earned the top seed in the 10-team bracket then breezed through undefeated, capped by a 22-11 title-game victory over Wallcon/Standard Plumbing Supply/Arizona Bandits-Halos. Legends Sports of Nevada finished third.

Men's 40+ AAA:

Second-seeded Toda Madre of Arizona went 6-0, including two one-run victories, and finished with a 24-19 title triumph over Sophxtik8td/Real Talk of Arizona. Sophxtik8td won three elimination games to reach the finals. Borrachos 2.0/4BE of Arizona took third in the eight-team bracket.

Men's 50+ Platinum:

The top-seeded Regeee's Rams of Ontario, Canada, lost the first title game 18-17 but rebounded in the second to defeat second-seeded KB/Westcoast Elite of Arizona 29-22. The Men of Power from Arizona won four

consecutive elimination games and finished third.

Men's 50+ AAA: The top-seeded and unbeaten NSC Heroes of Nebraska defeated the fourth-seeded Thunder Buddies of Arizona 23-11 for the title. The Heroes scored at least 20 runs in five of their six wins. Tucson Elite of Arizona placed third in the 14-team bracket.

Men's 50+ AA: A3/NW 50s of Washington lost the first game of a best-of-three format but regrouped to win the title with two consecutive wins over Team 307 of Wyoming.

Men's 55+ Major Plus: The top-seeded J.K. Inc of California went 6-0, capped by a 42-34 title victory over the Arizona Heat, in the three-team bracket. BL29Sports/Onyx of California took third.

Men's 55+ Major: Fourth-seeded Finance of America from New Jersey lost once in pool play before reeling off victories of 23-9, 17-0, 20-7, and 22-18 to win the 10-team bracket. Second-seeded Scrap Iron Thunder finished second, losing only to Finance of America. Supreme Athletics/CA Energy/Outlaws finished third.



Team 307 (WY) 50+ AA, Winter World Finalists and SSUSA's First and Only Team from Wyoming.



4 Him Factory (AZ) 40 Major, Winter World Champions

Men's 55+ AAA: The fourth-seeded Six Five O's of California won all seven games it played, including a 16-13 title game victory. Runner-up Cali Gold lost its first bracket game by one run then strung together six elimination bracket wins to reach the finals. EXT of Texas finished third in the 14-team bracket.

Men's 60+ Platinum: Two teams earned Tournament of Champion berths in this division when Legacy Sports USA of Arizona, a Major Plus team, won the 13-team platinum division. As the top-finishing Major team, Peak Softball/Storage Time/Scrap Iron also earned a TOC berth. Legacy Sports finished the tournament undefeated in six games, including the 16-5 finale. Peak won six consecutive elimination games to reach the finals. Xcelerated Softball of California finished third.

Men's 60+ AAA: The seventh-seeded Texas Threat defeated the first and second seeds enroute to winning an 18-team bracket. The Threat lost the first title game 22-15 to top-seeded NSC Silver Bullets of Nebraska but captured a 21-20 "if game" thriller for the championship. The Outlaws of Texas finished

third.

Men's 60+ AA: Fifth-seeded Mike's Bar & Grill of Washington edged sixth-seeded Tri City/TimeShare of Washington 14-13 to win the nine-team division. El Paso Bad Boys of Texas won four consecutive elimination games and finished third.

Men's 65+ Platinum: Two teams in this division nabbed TOC berths after the lone Major Plus team, the Arizona Scorpions, won the bracket by beating Scrap Iron High Octane 16-9 in the title game. High Octane also earned a TOC berth as the top-finishing Major team. Gamers of Oregon won three elimination bracket games before finishing third in the seven-team bracket.

Men's 65+ AAA: The second-seeded X-Men of British Columbia, Canada, won all seven games they played, capped by a 17-7 title game victory over Team 907 of Alaska. The two teams also played in the winner's finale, where the Canadians edged the Alaskans 17-16. Bucky's Casino of Arizona placed third.

Men's 65+ AA: Second-seeded Duke City Dynamite of New Mexico blasted third-seeded Pastimers of Washington 17-6 for the title.

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43 Teams Earn TOC Berths from Winter Nationals and Worlds

Continued from page 8

The Scrap Iron Rockies placed third in the four-team division.

Men's 70+ Major Plus: Playing a best-of-three format, Timberworks/Suncoast of California defeated the Arizona Ancient 26-3 and 24-7. Including pool play, Timberworks finished 4-1.

Men's 70+ Major: The sixth-seeded Arizona Scorpions started the tournament winless in three pool games but then turned things around and reached the title game against Rannalls Realty of Arizona. Rannalls won the first championship game 17-11 but the Scorpions responded with a 19-9 "if game" victory. R&R of California finished third in the six-team bracket.

Men's 70+ AAA: The second-seeded Warriors from Hawaii capped an unbeaten tournament by defeating



Timberworks/Suncoast (CA) 70+ Major Plus, Winter Worlds Champions

the third-seeded Oshkosh Ambassadors Red from Wisconsin 26-11 in the title tilt. Full Throttle of Arizona finished third in the 11-team bracket. All the top three finishers had entered bracket play unbeaten.

Men's 70+ AA: The top-seeded Family of Nevada went 5-0 overall and won the championship 30-12 over the third-seeded New Mexico Boomers. Git-R-Done of California won three elimination games and finished third in the six-team bracket.

Men's 75+ Major Plus: In a best-of-three format, Omen of California swept the Sidewinders of Arizona 22-21 and 24-13.

Men's 75+ Major: Maverick Construction of Texas secured the top seed then ran undefeated through the bracket, capped by an 18-7 title game victory over fifth-seeded Valley Fog of California. The Midwest Fossils of Nebraska finished third in the six-team division.

Men's 75+ Silver:

The top-seeded Scrap Iron Diamonds capped a 5-0 tournament with a 18-6 championship victory over Al's Sports Shop of California. Al's won three elimination games to reach the finals. The Minnesota Masters finished third in the six-team division.

Men's 80+ Major: In a best-of-three format, Top Gun 80 Gold swept the Sidewinders of Arizona 21-16 and 10-9.

Men's 80/85+ Gold: The second-seeded Top Gun Blue Angels knocked off top-seeded Bell Auto Upholstery of Arizona 17-4 for the title of the five-team bracket. Scrap Iron 80s, which had knocked Bell Auto into the elimination bracket, finished third.



Warriors 70 of Hawaii, 70+ AAA, Winter World Champions with Family.

First of 2023 Season's All-Tourneys Announced

Congratulations to the All-Tournament selections from the following tournaments! First places teams earn five all-tournament selections, second place gets four, while third place earns three. Managers, if your All-Tournament selections are missing; please email in your honorees to info@seniorsoftball.com.

Winter Nationals

Men's 50/55+ Platinum
Suncoast/Adidas 55s (FL): Luis Sanchez, Lew Craig,

Andy Packard, Richie Clark, Donnie Burke.

Miami Power/Onyx:
Donnie Hudson, Efrain Ventura, Rafael Hernandez.

Men's 55+ Major
N.E. Merchants 55 (MD): Greg Graham, Willy Fahey, Joe Valentino, Andy Rosenthal, Ron Breeden.

K & I 55s (IN): Timmy Smith, Tim Willis, Mark Harrison, Dennis Williams.

Men's 60+ Major
Team Florida 60: Don Debias, John Heffelfinger, Scott Mosher, Hugh Planitz, Steve

Roeder.

Men's 60+ AAA
Sunshine Sluggers (FL): Jim Nelson, Jeff Farney, Manny Quiapo, Dean Thomas, Gerald Holmes.

FAT (NY): Mike Scanlon, Gerald Bielak, Rich Irvine, Bob Fedrizzi.

Men's 65+ Major
Action Auto Parts 65s (RI): Kevin Hayes, Joe Guidaucchi, Tom Hagist, Mike Hoff, Ken Franklin.

Talaga Construction 65 (CT): Jim Adamowicz, John Gustafson, Dave Kuchinsky,

Craig Tanner.

Prime Time (IL):
Jeff Compton, Randy McEldowney, Rick Kellemen.

Men's 65+ Silver
Steve Levin Ameriprise (FL): Tom Baird, Tom Vorie, Bill Deveau, Les Millman, John Popov.

Texas Legends 65s: Walt Lowry, Freddy Helmuth, Kevin Rochon.

Men's 70+ Major
Team Florida 70s: Norm Edwards, Bob Dillon, Dave Motts, Pat McLellon, Mike Monnier.

Continued on next page

All-Tourneys: Players From Winter TOCs Honored

Continued from the previous page

Men's 70+ AAA

Universal Softball Team (OH): Terry Conley, Richie Butler, Billy Friedinghaus, Chuck Wisler, Tennis Ooten.

Long Island Jaguars 70s White: Billy Kropae, John McCormick, William (Bill) Fox, Andy Appell.

Men's 80+ AAA

Bucs and Bulls 80s (FL): Paul Gawel, Larry Sweet, Bill Denegar, Ron Russell, Bob DiPietro.

Long Island Jaguars 80s: Morty Katz, Jim Martin, Bob D'Angelo.

Men's 85+ Major

New York Statesmen: Art Barnes, John Tortora, Frank Deramo, Maynard Wells.

Men's 85+ Gold

Center For Sight (FL): Bill Brotherton, Bob Johnson, Tom Sides, Mike Breitenstein, Everett Sims.

Winter Worlds

Women's 40+ Major

FRSTeam (CO): Becky Gee, Alyson Carter, Terrisa Reeves, Jennifer Doolittle, Sarah Stubbe.

Tharaldson's Softball (NV): Myste Hutton, Crystal Schubitzke, Kelly Glass, Theresa Schmidt.

Women's 40+ Silver

Cali Freak Show 40: Janet Estrada, Erica Cibulka, Michelle Ivers, Jessica Sica, Bethany Tinker.

Unfinished Business (AZ): Flora Lopez, Toni Sabel, Allison Cole, Debra Pena.

Mood Swings (CA): Kelly Brook, Andrea D'Amico,

Scarlett Fennel.

Women's 50+ Gold

High Octane (IN): Heidi Turner, Rochelle Evans, Rosa Chatman, Jerriann Doll, Tracelle Christian.

Hot-Flashers (TX): Tina Bernard Nichols, Danette Houston, Barbara Brock.

Women's 55+ Senior

Arizona Dream Team 55s: Louise O'Donnell, Terri Davis, Lisa Hill, Sharon Marine, Alyson Stephens.

Men's 40+ Platinum

Wallcon/Standard Plumbing Supply/AZ Bandits-Halos: Dom Griego, Mario Gianfortune, Marcus Thrall, Mike Campbell.

Legends Sports (NV): Mark Rummel, Mark Quarles, Mark Mina.

Men's 50+ Platinum

Men of Power (AZ): Willie Goolsby, Russell Elwood, James Jackson.

Men's 50+ AAA

Thunder Buddies (AZ): Chris Carda, Kevin Gillies, James Roberts, Brian Winiesdorffer.

Men's 55+ Major Plus

J.K. Inc 55 (CA): Ron Hayes, Matt Suder, Rich Lawton, Steve Fong, Dan Romero.

Men's 55+ Major

Scrap Iron Thunder (CO): Mark Gallegos, Warren



Bucs and Bulls 80s (FL), AAA, Winter National Champions

Baum, Steve Antonczyk, Tom Gagliardi.

Men's 55+ AAA

Six Five O's (CA): Ron Mah, Matt Atwater, Jim Harrington, Vic Gallant, John Batianich.

Men's 60+ Platinum

Xcelerated Softball (CA): Curtis Davis, Anthony Mouton, Anthony Hinojosa.

Men's 60+ AAA

Texas Threat 60s: Wayne Fruge, John Wilkerson, Russell Hanz, Jeff Grandcolas, Lawrence Sherrell.

NSC Silver Bullets 60 (NE): Scott Emery, Bob Lausten, Mike Fitzgerald, Vince Bruce.

Men's 60+ AA

Tri City Legends/TimeShareCompliance.com (WA): Jon Cox, Roger Ingram, Rick McFall, Bill Knudson.

Men's 65+ Platinum

Arizona Scorpions 65s: Howard McCasland, Mark Meekins, Ron Barnhart, Kent Skidmore, John Leavitt.

Scrap Iron High Octane (CO): Nick Longo, Dave Adams, Terry Roberts, Dave Schultz, Randy Kunkel.

Men's 65+ AAA

Team 907 (AK): Everett Boster, Bruce Gayno, Brian Roit, Paul Palumbo.

Men's 65+ AA

Duke City Dynamite (NM): Don Marler, Calvin Begay, Dennis Rosales, David Padilla, Dan Orchowski.

Scrap Iron 65s Rockies (CO): Don Sasuse, Rich Waldron, Stephen Green.

Men's 70+ Major Plus

AZ Ancient: Dick Reader, Jerry Scanlan, Rick Hoen, Walt Kado.

Men's 70+ Major

Arizona Scorpions: Mark Barnes (Barney), John Castro, Dennis (Hack)worth, Mark Weber (Webbie), Jim Wright.

Ranalls Realty 70 (AZ): Kenny Sheffield, Jack Deming, Al Caillouette, Gary Jones.

R&R 70s (CA): Mark Simmons, Art Langlois, Steve Adams.

Men's 70+ AAA

Warriors 70 (HI): Clay Kobashigawa, Glenn Morihara, Bruce Bucky, Gerald Lau Hee, Charles



FRSTeam (CO) Women's 40+ Major, Winter Worlds Champs

Continued on next page

Winter Worlds All-Tourney Selections

Continued from previous page

Peterson.

Oshkosh Ambassadors 70 Red (WI): Herb Hannam, Rob Wilterdink, Mike Causey, Scott Benash.

Men's 70+ AA

Family (NV): Ernie Cooper, Jake Gusman, Dave Mola, Phil Clymer, Mike Geske.

Git-R-Done 70 (CA): Jerry Woodard, Bob Richardson, Armando Trujillo.

Men's 75+ Major

Valley Fog (CA): Danny Estin, Mike Berlant, Bucky Harless, Glen Jenkins.

Midwest Fossils (NE): Larry Orth, Ed Rastovski, Ed Tworek.

Men's 75+ Silver

Al's Sport Shop (CA): Roy Rodriguez, Ron DiVencenzo, Clauis Nickelberry, Al Ramos.

Men's 80+ Major

Sidewinders 80s (AZ): Billy Kee, Charles Alley, Mike Lavis, Paul Felice.

Men's 80/85+ Gold

Bell Auto Upholstery (AZ): Al Ludwig, Manny Hurtado, Rich Hicks, Bob Cord.

Scrap Iron 80s (CO): Orville Strain, Tom Imming, Dave Cox.

Managers, if your All-Tournament selections are missing, please email in your honorees to: info@seniorsoftball.com



Thunder Buddies (AZ) 50+ AAA Winter Worlds Finalists.



Arizona Scorpions 70+ Major, Winter Worlds Champions.

AARP: Should You Rent or Buy When Downsizing?

Renting is often the best choice for folks in the 70s or older, not only from a financial perspective but for practical and lifestyle reasons too, says Steve Parrish, co-director of the American College Center for Retirement Income.

Buying can make sense if you don't have good rental options where you'd like to live and you have enough money to cover both the purchase price of the home and the ongoing costs of

ownership. And buying comes with some possible financial benefits. Your new home might increase in value, for example. If you itemize deductions on your federal tax return, you can deduct your mortgage interest expense and up to \$10,000 in property taxes and other state and local taxes.

But the financial benefits of buying are often outweighed by drawbacks as you get older, Parrish says. A substantial amount of your

wealth could be tied up in equity in the home. You'd have to pay ongoing property taxes and home insurance, which could rise. The value of your home could fall. And you'll be on the hook to cover the costs of upkeep, repairs and upgrades - costs that your landlord would otherwise have to pay for if you were renting.

Note that when you sell your current place, you won't have to pay federal taxes on gains of up to \$500,000 for couples and \$250,000 for singles. "Retirees needing income can put proceeds into a fund or an annuity to live on," Parrish says. "And having a landlord to deal with maintenance is great as you start getting physically challenged." Rental rates might go up, but so could

owner's maintenance costs.

"Renting allows retirees to try something out and change course," adds Parrish. "It's also great for spending summers and winters in different places without owning two homes."

Would you be taking out a mortgage to buy your new place? Then the scale tips even further in favor of renting. Say you got a 30-year fixed rate loan at the recent national average of about 6 percent; to offset the interest you're paying on the money tied up in your new home, you'd need a return of at least 6 percent annually on your retirement investments - a high bar to clear.

Reprinted from the AARP Magazine, October/November 2022, Pg. 24. By Karen Hube.



New Hawaiian TOC: 2023 TOCs and Schedule

By Nic Francois
Softball News Report
Managing Editor

Senior Softball USA's tournament list for the 2023 season has been updated and published online.

The list includes classics such as Rock N' Reno and Tidewater, but also new TOC Qualifiers such as our Aloha Bowl this February 2023 in beautiful Honolulu, Hawaii.

The new Hawaiian TOC is expected to create excitement for the sport in the state and bring teams across the islands together. It will also allow Hawaiian teams a chance to be invited to the 2024 Tournament of Champions without leaving their home turf.

The 2023 tournament list shows qualifiers and tournaments ran directly by SSUSA and a majority of contract tournaments sanctioned by us. In the next few months, we will be adding more contract qualifiers and tournaments as their directors confirm the dates and locations with us.

To help your team qualify for the 2023 World Championships in fabulous Las Vegas, and to give your team a chance to attend our invite-only Tournament of Championships in February of 2024, we would like to give you a preview of the 2023 season's TOC Qualifiers.

What better way to start than the new tropical Aloha Bowl:

2023 Aloha Bowl

Location: Honolulu, HI
 Dates of Play: February 28 – March 5



2023 Spring National Championships

Location: Polk County, FL
 Dates of Play: March 17-19



2023 Spring World Championships

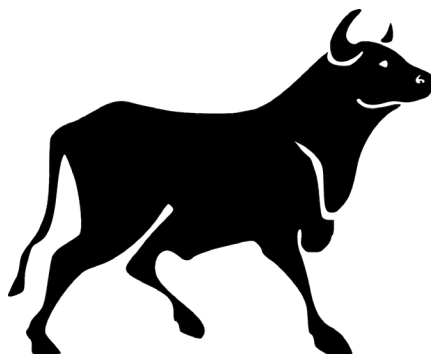
Location: Mesquite, NV & St. George, UT

Dates of Play: March 17-26



2023 40s Spring World Championships

Location: Bullhead City, AZ
 Dates of Play: March 18-19



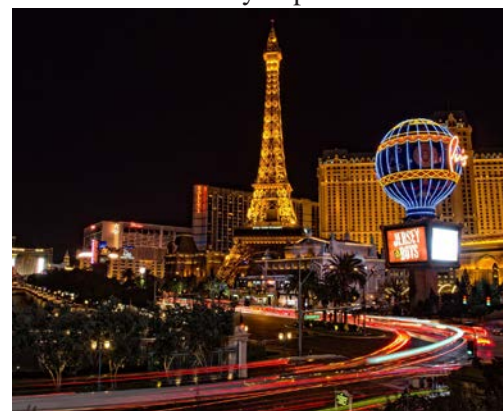
2023 Tidewater Classic

Location: Virginia Beach, VA
 Dates of Play: March 29 – April 2



2023 Southwest Championships

Location: Las Vegas, NV
 Dates of Play: April 11-16



2023 Texas State Championships

Location: Grapevine, TX
 Dates of Play: May 2-7



2023 TOCs and Schedule

Continued from previous page

2023 Atlantic Coast

Location: Raleigh, NC
Dates of Play: May 16-21



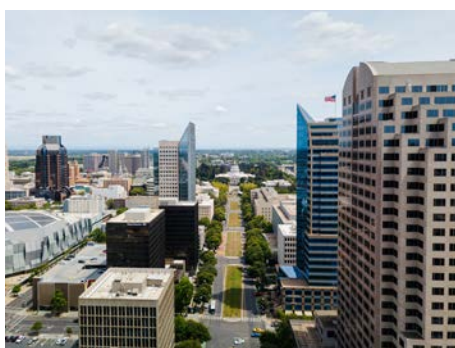
2023 Rock N' Reno

Location: Reno, NV
Dates of Play: May 26 – June 4



2023 NorCal State Championships

Location: Sacramento & Placer Counties, CA
Dates of Play: June 9-11



2023 SoCal State Championships

Location: Cathedral City, Perris & Hemet, CA
Dates of Play: June 20-25



2023 Northeast Championships

Location: Syracuse, NY
Dates of Play: July 7-12



2023 Northwest Championships

Location: Salem, OR
Dates of Play: July 11-16



2023 Eastern Nationals

Location: Loudon County, VA
Dates of Play: July 25-30



2023 Western Nationals

Location: Sacramento & Placer Counties, CA
Dates of Play: August 1-6



2023 Midwest Championships

Location: St. Charles, MO
Dates of Play: August 4-9



2023 Southern Championships

Location: Dalton, GA
Dates of Play: August 11-13



2023 Northern Championships

Location: Lansing, MI
Dates of Play: August 17-20



2023 Rocky Mountain Championships

Location: Aurora, CO
Dates of Play: August 17-20



SPA/SSUSA Joint Tournaments of 2023

SPA and SSUSA To Run 4 Combo Tourneys.

The Softball Players Association (SPA) and Senior Softball USA (SSUSA) are excited to announce four tournaments that teams can use to qualify for both the SPA and SSUSA World Championships.

Here are the 2023 Tournaments:

- Music City Classic, Nashville, TN, March 18-19 (SSUSA Runs)



- Glen Burnie Classic, Glen Burnie, MD, May 3-7 (SPA Runs)



- Twitty Men's Classic, Nashville, TN, May 11-14 (SPA Runs)



- Battle of the Roses, York, PA, June 17-18 (SSUSA Runs)



These tournaments would use the rules of the association running the tournament. Teams must inform the association running the tournament whether they wanted to use the tournament to qualify for the organization not running the tournament.

For example, here is how it would work:

Teams playing in the Glen Burnie Classic run by SPA would tell SPA that they want to also qualify for the SSUSA World Championships. After the tournament, SPA will forward the rosters of those teams to SSUSA.

Teams (and their players) wishing to use their roster for both the SPA and SSUSA Worlds must register with both associations and meet their respective requirements.



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Develop More Power With a Flail Action

Softball News Report

The flail swing represents a hitter's ability to achieve greater bat-speed into the hitting zone while exerting the same amount of effort. The flail process controls the release of stored elastic energy within the body and improves the mechanical output of the total system.

The word flail originates from the Latin word flagellum which means to whip. I understood the word flail as a youngster to mean: to wave or swing wildly. In this article flail is used to indicate a controlled swing action that is executed with the purpose of increasing power by taking advantage of physics. When performed correctly, the flail segment of the swing produces a freewheeling explosive action.

The flail apparatus is a historical agricultural tool that was used for threshing grain. Flailing is the process of separating grain from their husks by striking them with the flail. A flail tool is typically made from two sticks, one long and the other much shorter and are attached by a rope or chain. When employed the long stick is held and swung causing the other stick, the swipple, to accelerate and separate the husks. The swipple is the part of a flail that strikes the grain and for our purposes represents the bat which strikes the ball (see insert).

To execute the flail action, the bat is held near to the rear shoulder, six inches away when you begin your swing with the barrel pointing toward the pitcher.

Hitting Column

By Art Eversole

As youths, most of us were taught to push the knob early in the swing forward thereby, disconnecting the bat from the upper body and killing power. I recommend turning the barrel instead of pushing the knob forward which rotates the barrel immediately rearward into the path of the ball. This creates early bat-speed without pushing the knob which generates little early bat-speed.

The hitter should accelerate the bat behind the back shoulder to begin the swing. The swing advances until the bat lines up with lead arm. The unhinging action of the wrists releases bat-lag stored up energy producing swing speed. The whole action is the quick-to-the-ball

concept. Remember to hinge the wrists before they are released to the ball rather than rolling the wrists.

The batter's hitting flail is made up of the following parts:

1. A nearly-straight left arm at contact is the first segment of the hitting "flail",
2. the other segment is the bat itself which must be lagged to work as a flail,
3. connecting the two flail segments are the wrists that transfer energy to the bat.

The lead arm should start your swing and then comes the rear arm which supplies most of the power. It's imperative not to straighten your right arm (for a right-handed batter) too early in the swing, as it can kill all the flail action. Your right arm and hand should remain passive for the majority of

your swing to the ball. If you want to hit the ball for greater distance you need to extend your right arm fully after the striking of the ball and then release the top hand for your follow-through.

Summary: Do not extend the right arm too early or you may cast the bat outwards killing the flail action. Your arms become totally straight at only one moment during your swing and that is right after you hit the ball. Some players rely on the left arm to generate the bat speed and some rely on the right arm; neither of these approaches will maximize your power as they must work in coordination. Your left arm should begin the swing and then the right arm comes into play delivering the power blow.

Happy hitting,

Art Eversole has played on Major and Major Plus teams in the Northwest. Eversole can be reached via email at rtmyboy01@gmail.com.



2022 World Championships Sm

First 90+ Game, 7 Grand Slam Titles, and

By Donna McGuire
Softball News Report

More than 9,000 players ranging from age 40 to 93 descended on Las Vegas in late summer to participate in the world's largest slow-pitch softball tournament, the Senior Softball-USA World Championships.

Forty of the record 663 teams won World Champions in their respective age and skill divisions. Seven team also earned coveted Triple Grand Slam titles, which requires championship consistency across multiple events.

Two special teams featuring players in their 90s that captured everyone's hearts. Their East/West championship game at Big League Dreams made an already special Worlds even more special.

"The turnout of the 2022 Worlds surprised us -- we thought the numbers would go down because of inflation and increased travel costs," said Terry Hennessy,

SSUSA's chief executive officer. "Instead, we not only set a record for teams, with 662, but also held the first 90s Division game in the history of the sport. Sometimes it's nice to be wrong!"

Overall, the tournament featured more than 2,000 games broken into four sessions from Sept. 14 through Oct. 2. Players came from Guam, Canada and across the United States. Teams from 16 different states earned World titles, with California, Florida and Arizona nabbing the most crowns. Texas, Maryland, Illinois, Missouri, and Oregon also produced multiple winners.

The tournament's youngest and fastest-growing age group, the Masters 40+ men's and women's program, drew a record 148 teams.

The men's 50+ AAA division boasted the largest single bracket with 78 teams. One of the most remarkable achievements occurred in that bracket, which was so

Continued on next page



Crashes Record With 663 Teams

Hundreds of Spectators at 2022 Worlds



Continued from previous page

large that it started with four pods that merged into one for championship Sunday. Big Hurt Softball 50/Maximum Precast of Illinois fell into the elimination bracket in the second round but, buoyed by a consistent offense, regrouped to win 11 consecutive games, including seven in a row on Sunday, to capture the title.

"It's the most impressive bracket survival effort I've ever witnessed," said Dave Dowell, SSUSA's master scheduler and one of its national directors.

Seven teams celebrated Triple Grand Slam titles. To do so, a team first must win an Eastern or Western Championship during late-July tournaments. Then at Worlds, the East and West winners play for the USA National Championship. Finally, the USA champ also must win its bracket in Vegas.

Two women's teams succeeded: Unfazed of Virginia in the 50+ AAA division, and Golden Girls of Maryland in the 40+ AAA division.

Five men's teams did it: Fattboyz/Prestige of California in the 50+ Major Plus division; Legacy Sports of Arizona in the 60+ Major Plus division; New Jersey Hitmen in the 70+ Major division; Venom of Florida in the 75+ Major Plus division; and Triple Play of California in the 75+ AA division.

The tournament's most-watched game happened on a



sunny Monday afternoon at Big League Dreams softball park.

A couple hundred spectators, including many children and grandchildren and even great-grandchildren of players, packed the stands and nearby concessions area to watch the 90+ East/West game. They cheered the 27 participants during pregame introductions as heartily as they booed the plate umpire for calling out a batter who stepped out of the batter's box.

The youngest player on either team turned 87 this year. And the oldest? He turned 93.

Teams played defense with five outfielders and five infielders plus a pitcher and catcher. Normal SSUSA rules applied, except that the bases were shortened to 65 feet (instead of the normal 70), and orange cones in the outfield marked a home run line about 200 feet from home.

The five-inning game featured one home run, a shoestring catch in left field, and the first-ever courtesy runners from home plate in SSUSA tournament play. Base hits abounded, as did sportsmanship and camaraderie.

"This was wonderful," Tennessean Joe Sykes, 88, said after his East team won 14-9. "I love to play, and at this age we are so lucky and so blessed to be able to participate."

After the game, one West player nearly broke down in tears as a SSUSA Executive Director Fran Dowell placed a glossy second-place medallion around his neck.

"This is the best day of my life," he said.

Teams Honor Players and MVPs From the 2022 World Championships

Worlds All-Tourney Selections

Congratulations to the All-Tournament selections from World Championships! First places teams earn five all-tournament selections, second place gets four, while third place earns three and fourth place, two. Managers, if your All-Tournament selections are missing; please email in your honorees to info@seniorsoftball.com.

Women's 40+ Major
St. Louis Storm (MO): Sarah Lange, Latoya Branscomb, Shameka Smith, Shonte Davis, Yolando Mason.

TABU (CA): (Cheryl Roeper - MVP), Sarah Haught, Alice Liu, Melanie Iwanasa, Korresa Kiss.

FRSTeam (CO): Jennifer Doolittle, Valerie Lindow, Summer Katzoff.

Broken Dollz (CA): Gina Oliver, Lori Alexander, (Sabrina Sexton-Gildard - MVP).

Women's 40+ Major – Open
Red Athlete/Dudley/DeMarini (KS): Tara Licuanan, Mandy Hollman, Angela Redfern, Kami Marrott, Penny Danks, Vonne Foreman.

Shut-D Blue (HI): Jasmine "Jaz" McGuire, Melissa "Mija" Pang, Tori Miyazaki.

Women's 40+ AAA
Golden Girls Softball (MD): Karen Johnson (MVP), Julie Boden, Nicki Trumpler, Mariana Newcomb, Kelly Mabe, Erin Murphey.

Women's 40+ AA
JOY (Just Older Youth) (AZ): Rosh Palacios-Rios, Vayola Palacios, Dec Cabantony, Val Betony, Nicole Moreno.

FIGO Islanders (Guam): Luci Calvo, Julie "Doc" Namm, Cara Walsh, Nadine Concepcion-Reyes.

Women's 50+ Major
Old School (CA): (Alma Guzman – MVP), Lisa Maxey, Sabrina Bobkowski, Deena Dobbins, Diane Dahilig, Brenda Foor.

Dynasty Girls/BSM (FL): Trina Davis, Prince Washington, Michelle Houston, Diane William.

Stix With Impact (CA): (Gina Oliver – MVP), Deb DiMeglio, Staci "Mo" Mosher, Carolyn Norman.

Dreamgirlz 50 (VA): Rosa Chatman, Trina Ross Thomas, (Melina Franklin – MVP).

Men's 40+ Major Plus
Front Row/MVP Sports (TX): Jason Trammel, Matt Clayman, Ignacio Mata.

Men's 40+ AAA
Built To Last 40s (AZ): Clint Clayton, Dave Taylor, David Boge, Robert Comstock.

Rough Ryders (MD): Derek Walton, Donaye Fowlkes, Gary Smith, (Delars Martins – MVP).

Men's 50+ Major Plus
HTM (ID): Dan Romero, Glen Spivey, Neto Gutierrez, Tom Vane.

Men's 50+ Major
Amigos (AZ): (Robert Vega - MVP), Joe Gonzales, Ken Shipley.

Men's 50+ AAA
Chitown Assault/Truly Hard Seltzer/T2Auto (IL): Dave Amaro, Rick Reed, John Gagne, Mel DeRolf, (Scott Ward – MVP).

Damage NV: Tom Johnson, Jim Cox.

Men's 50+ AA
Harford Financial Group (MD): Fred Smith, Matthew Rankin, Kevin Holmes, Carlos De Jesus, Michael Isom.

Men's 55+ Major Plus
Suncoast/Adidas 55s (FL): Calvin Butcher (MVP), Terrance Patesel, Jerry Reynolds, Luis Sanchez, Lew Craig.

Men's 55+ Major
L.A.F. 55 (CA): Dean

Childers, Matt Campbell, Wayne Zucker, Chip Brakeville.

BTI (CA): Greg Zandres, Glenn Grant, Royce Mims.

Bond 124/Caterbone Realty Group (CT): Paul Capobianco, Rich Barklow, (Anthony Passaniti & Bill Prezisos – Co-MVPs).

Men's 55+ AAA
Tiffany's (MI): Scott Atkin, Jeryl Miller, Gil Young, Mike Cudworth, (John Morris - MVP).

Infoquest.com (PA): Tom Gess, Jim Chouinard.

Men's 55+ AA
Team LBK (TX): Chris Harwood, Cary White, Lewis Hill, Bob Poe.

Men's 60+ Major Plus
Texas Crush Sixties: Bobby Gilbert, Pat Rea (MVP), Javier Bernal, John Keigley.

LPC 60s (CA): Gary Robertson, Darren Idler, Scotty Camery.

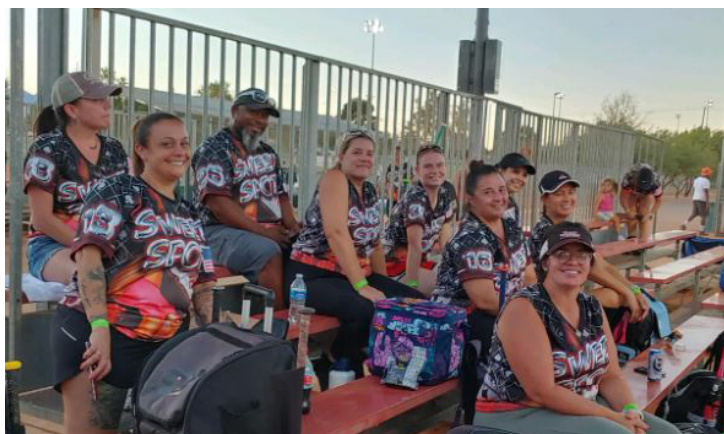
Men's 60+ Major
CornerStone (OR): Al Larson, Don Owens (MVP), Barney Lewis, Dave Dahilig, Steve Payne.

Monster Softball (MS): Al Beyersdorf, Wardell Johnson, Myron Usher, Al Young.

Scrap Iron/Rocky Mountain Thunder 60 (CO): Kim Oliverson, Steve Antonczyk, Tim DeJarnette.

Dudely Lightning 60 (MO): Dave Melosi, Jesse Stevenson.

Men's 60+ AAA
Arizona Scorpions: Mike Lebet, Emery Hunt, Marty Hobby, Brad Wendt, Dan Melosi.



Sweet Spot (CA) Women's 40 AAA wait their turn to play as they cheer on other teams from the sidelines at the Worlds.

Continued on next page

International Co-Ed Teams Turn in Selections

Continued from previous page

Undisputed Trush (TX):
Claude Gibson, Paul Sisk,
John Christopher, Allen
Hughes Jr.

Men's 60+ AA

Arizona Blaze: Lorin Rix,
Fortino Garcia, Corey Kiesel,
Gus Hernandez, Robert
Chambers, (David Hayes -
MVP).

Beltway Bandits (VA):
Billy Williams (MVP), Phil
Lynah, Mike Aevermann, Dan
Mitchell.

Road Warriors (AZ): Jim
Innocenti, Patrick Kohls.

Men's 65+ Major Plus

Texas Crush Sixty Fives:
Mike Garibay, Vern Fowler,
Joe Standefer, Juan Navarro,
Jimmy Ross.

Cal Energy: Dave
Matusich, Kevin O'reilly,
Gary Robertson, Lyman Rose.

KC Kids 65s (MO): Brian
Campbell, Terry Jackson,
Jamie Carter.

Men's 65+ Major

Samurai (CA): Al Shelly, Dan
Hess, Chick McKenney, Rick
Adams, Ron Chenier.

Dan Smith/FAI/Dudley
65 (NC): Larry Bunn, Gary
Groce, Ray Hubbe, John
Peterson.

Houston Fire 65s: (Joe
Johnson - MVP), Tony
Washington, Ronnie Orsak,
Carlton Poole.

Bluespeed AV (MO):
Richard Culpepper, Mike
Tayler.

Men's 65+ AAA

Team 907 (AK): Rick
Gillespie, Ron Mulberg,
Evertt Boster.

Men's 65+ AA

Bat Attitude (UT): Chuck
Schutz, Donn Nimmer, Keith
Sorenson, Larry Camp, Bobby

Gower.

Los Vatos Viejos 65
II (AZ): Roy Duarte, Rey
Granillo, Dennis Rosales,
Dennis Brett, (Jaime Trevino
- MVP).

Godzilla (CA): Jack Hays,
Tim Dick, Steve Cohen, (Tim
Lamberth - MVP).

Hudson Valley Cyclones
(NY): Eric Ziskend, Jack
Baxter.

Men's 70+ Platinum

New Jersey Hitmen: Dale
Hood, Gene McCloskey,
Norm Edwards, Joe Frongello.

Via Citrus 70 (FL): Roy
Oke, Nick Inboden, Dick
Cook.

Arizona Scorpions:
Dennis Dalton, Doug Royse,
(George Lorentzen - MVP).

Men's 70+ AAA

No Guts, No Glory (CA):
Jack Brunschmid, Randy
Van Essen, Al Garnica, John
Bankson, Alan Jackson.

Last Call 70 (NV): John
Ohm, Lowell Moore, Steve
Mason, Bob Hare, (Larry
(Chili) Berger - MVP).

Men's 70+ AA

OKC Outlaws (OK): Joe
Broussard, David Puglisi,
Dwayne Bunch, Roger
Musich, Mark Dobelbower.

Top Gun Olde Dawgs
(CA): Gary Bloch, John
Stewart.

Men's 75+ Major Plus

Venom 75s (FL): Gary
Nicolay, Jim Davidson, Phil
Farmer, Don Cabral, Clyde
Smith.

Omen 75 (CA): Dave
Briones, Tom Bussey, Gil
Frelly, Danny Miles.

Men's 75+ Major

Tri-State Diamondbacks 75
(NM): Tony Jensen, Ronnie
Mercer, David Luebber, John
Florence.

SoCal Gusto: Lary Row,
Russ Young, John Potter.

Men's 75+ AAA

Chicago Strikers: Chuck



Action shot

Flucas, Steve Decori, Larry
Hall, Roland Freeman, Mike
LcLennand, (Dan Serrato -
MVP).

Long Island Jaguars: Ron
Christian, Butch Schulthies,
Willie Desario, Rein
Griesmer, (Peter McClelland
- MVP).

Northern Virginia Force
75: Tom Tabor, Tom McCue,
Steve Turchan, (Dave Mallery
- MVP).

Al's Sport Shop (CA):
Roy Rodriquez, John See.

Men's 75+ AA

Triple Play 75 (CA): Jesse
Atkins, Steve Cruse, John
Noel, Larry Sargent, John
Thompson.

Men's 80+ Major Plus

Florida Investment Properties:
Jerry Johnson (MVP), Dave
Kester, Charles Hrobowski,
Dennis Evans, Herbert
Ballard.

Men's 80+ Major

General Equipment
(OR): Mike Alley, Claus
Nickleberry, Fred White,
Jerry Ronk, Bob Riehm.

Sidewinders 80 (AZ):
Paul Felice, Arvid Peterson,
Tom Grubb, Frank Seaberg.

San Francisco Seals 80s:
John Di Re, Bob Hannah, Ed
Lowe.

Minnesota Masters:
Lowell Thompson, Terry
Mens (MVP).

Men's 80+ AAA

Gold Rush (CA): Ron Harris,
Ed Kirkley, Lee Hubbard,

Charlie Aragon.

Scrap Iron Gray Berets
Base Force (CO): John
Wunderli, Joe DeCristofaro,
Fred Mattos.

Git-R-Done Silver (CA):
Dennis Phistry, Jim Trez,
(Manny Morones - MVP).

Men's 85+ Major

Center For Sight (FL): Duffie
Stone, Hansel Faulkner,
Jim Mattingly, Tom Sides,
Lawrence "Pops" McCurdy.

Top Gun Blue Angels
85 (CA): Dave Duarte, Gene
Adams, Gary Adams, Carroll
Shook.

Men's 85+ AAA

Team Rehabilitation (MN):
Lowell Thompson (MVP),
Arnie Johnson, Burdette
Peterson, Bob Lenzmeier,
Don Carruth.

Midwest Driving School
(KS): Bill Doell, George
(Mickey) Mills, Al Lenski.

International Co-Ed

O&S (Old and Slow) (NV):
Michael Bittle, Scott Hughey,
Britt Nuanez, Nancy Grove.

The Team (LA): Keely
Herrington, Nathan Phillips.

Both player name and
"MVP" title in parentheses
means the MVP is separate
from an All-Tourney
Selection. Ex: (Jane Doe -
MVP).

Managers, if you All-
Tournament Selections are
missing, please email in
your honorees to: info@
seniorsoftball.com

National Senior Softball Hall of Fame Announces Class of 2022

Softball News Report

MUSTANG, OKLAHOMA – The National Senior Softball Hall of Fame (NSSHOF) has officially unveiled the class of 2022.

The 17 inductees include one pioneer manager, five pioneer players, two managers, and nine players.

Here is the Pioneer Manager inductee: Joe Stortini.

Here are the Pioneer Player inductees: Anatol Mihailoff, Vincent Melograno, Joseph Cors, Penelope Adams, Bonnie Stang.

Here are the Manager Inductees: Kurt Mahaney, James Klassen.

Here are the Player inductees: Randy Thomas, Todd Burris, Richard Meltz, Dana Kimmel, Ronald Hargrove, Howard Brinkley, Timothy Potter, Tommie Clark, Terry Rhian.

In 1999, all national softball organizations agreed that the National Senior Softball Hall of Fame would represent them for Senior Softball. The NSSHOF is Headquartered in Mustang, Oklahoma and is administered by the Softball Players Association (SPA).

Its purpose is to recognize players, managers, umpires, directors, and sponsors, who have achieved the highest honors in Senior Softball.

There will be a complete story on the inductees in the next edition of the Senior Softball Newsletter.

[Click here](#) for more information on the National Senior Softball Hall of Fame.



150 Gifts Donated in Toys-For-Tots Tourney

Senior Softball News Report

As the holidays approach, Rick Seifman of Tournsport USA and director of Arizona tournaments, hosted the Senior Softball USA Angel Kids Toy Benefit in partnership with the town of Fountain Hills, on Dec. 15-18 at the Golden Eagle Complex in Fountain Hills, Az.

The weather was a little chilly, sunny



and beautiful all four days which added a festive mood for all the participants.

However, this recreational tournament isn't typical, as it's also a toy drive for local children in-need. The photos are from this year's benefit in which 150 toys and two bikes were among the items donated by the players and their families.

The toys and bikes were donated to the Marine's Toys-For-Tots Foundation and Alaskan Air Conditioning and Heating matched each toy donation and all cash donations, to make sure every kid has a toy under the tree this holiday.

This was Seifman's 26th annual toy drive benefit tournament and he has plans to host another next year. Please consider participating and helping spread happiness to kids next holiday season.

"Thank you to all the teams for their



generous donations and to the Town of Fountain Hills for the use of their awesome park," says co-director, Marjie Patterson.

"Arizona SSUSA wishes all the teams, fans and staff a wonderful and warm holiday."



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Dennis Rulli

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Ronni Salcedo

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Cape Codgers League Marchs in Christmas Parade



Senior Softball News Report

FALMOUTH, MA. - A Senior Softball USA partnered senior softball league, Cape Codgers Senior Softball League from Massachusetts, marched in a local Christmas parade.

The parade, which the league has participated in for many years, is an annual event here. The small town of 32,517 is near the state's southern-most tip. Sponsored by the Falmouth Chamber of Commerce, the parade brought out thousands of residents, guests and family to watch.

The parade "also serves to highlight our sponsors and to inform potential players of the right age to give senior softball a chance," says league representative Bob Zibbell. It provides the perfect place to spread the joy of senior softball and the festive nature of the season.



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Sometimes Sheer Determination Leads to Paradise

2022 Hawaiian Tour, Cruise and Games

If there was a national award for pure determination, David and Jeri Baker would win it – in fact, it would be named the Baker Sheer Determination Award.

Their odyssey began when the Bakers and a couple of teammates and their wives from the OKC Relics decided to join the 2022 Hawaiian Tour and Cruise.

They signed up for the tour and arranged adjoining cabins on the Norwegian Cruise Lines (NCL) Pride of America. The three Oklahoma couples joined 33 others on the Senior Softball USA Hawaiian Tour to Play Ball in Paradise.

Paradise included a tournament in Oahu, then boarding the Pride of America to play games on Maui, the Big Island and Kauai from Nov. 2-12.

The Bakers ran into an issue when the Cruise Line changed its policy on requiring COVID vaccinations and decided to drop off the tour.

A few months later, NCL dropped its requirement for vaccination.



David and Jeri Baker at the 2022 Hawaiian Tour and Cruise.

The Bakers – and the rest of the Oklahoma group -- were excited. David called and asked if he could get back on the tour because the entry deadline had passed.

The NCL agent said it was still possible to get the cabin, and that the Bakers could be added the next day.

The next day, the story changed. The

NCL agent said the “sailing was closed,” meaning the Bakers could not be added. Despite repeated requests, NCL held firm.

The Bakers decided they still wanted to play and asked if they could join the group at each of the Islands. That plan entailed flights between each of the four islands, hotels, and car rentals at each island.

Asked if he was sure he wanted to do all of that to join the group, David’s answer was a resounding “Yes, we do.”

And they did.

Not only did David Baker play, but he was named MVP of the USA Red team.

The USA Red team, led by manager Doug Robbins of California, won in two of the four tournaments – in Maui and Kauai. Baker was named MVP, Tom Deehan from Canada was named Best Offense, and Sergio Factuar, Baker’s Oklahoma teammate, won Best Defense.

The USA White team was led by manager Mark Haupt of Colorado. Jim Wolf of Minnesota was named MVP and his teammate from Minnesota, Tom Lundin won Best Offense. Butch Jones of Washington State was named Best Defense.



USA Teams with their spouses/guests on the 2022 Hawaiian Tour awaiting to board the 'Pride of America' cruise ship, travelling to different islands for tournaments.



The USA Red Team, managed by Doug Robbins (left) won the Magical Maui tournament and Nick Poree (right) manager of the Shootz Maui team came in second. Terry Hennessy, center, presented the awards.

Pacific Rim Lands in Hong Kong; 2024 on Tap

Softball News Report

Softball Tours tapped a powerful urge to travel, with three tours filling up quickly.

The Hawaii Tour and Cruise in November 2022 (see story on page X), the Caribbean Classic in February 2023 and the Magic of New Zealand Tour in March 2023 all filled to capacity.

“I think we are experiencing the effects of Covid Cabin Fever,” said Terry Hennessy, Senior Softball USA chief executive officer. “It has created a huge demand for senior players to travel with friends, meet players from other countries, and experience adventure again.”

In a second 2023 Tour, SSUSA announced the resumption of the Pacific Rim Championships in 2023 – after a four-year hiatus.

Hong Kong is hosting the 8th annual Pacific Rim Championships, which will be played Nov. 4-5. The US is allowed two teams, which will travel to Hong Kong Nov. 2-9 for the tournament and a tour of Hong Kong.

“We will have more information from the hosts in February,” said Hennessy, who is president of the Pacific Rim Slow-Pitch Softball Federation.

The federation includes Canada, China, Guam, Hong Kong, Japan and Taiwan.

South Korea has announced that it is sending a delegation to the Hong Kong Championships to explore joining the federation, according to Zhaoli Chen, the federation’s executive director.

For 2024, SSUSA is surveying people who have travelled on one of the SSUSA International Tours, which started in 1989, asking for their top choices in Europe.

“We depend on the feedback from folks who have gone on previous international tours,” said Hennessy. “After we have a chance to review all of the emails, we will reach out to the softball clubs in those countries, set up the itineraries and announce the site.”

He said SSUSA expects to announce the 2024 European trip in February 2023.

And February 2023 will see a record three teams and 59 people joining the third annual Caribbean Classic in Punta Cana, Dominican Republic.



Skyline of Hong Kong Bay and City at Night.

The third edition of the 2023 Caribbean Classic International Goodwill Tournament is set for February 18-19. The Caribbean Classic will be played just steps from the beachfront rooms at the Barcelo Bavaro Palace all-inclusive resort in Punta Cana, Dominican Republic.

With many players returning from the 2020 and 2022 tournaments, the 2023 Caribbean Classic is the largest yet, attracting more than 60 players, spouses or guests.

“In fact, at the time of this writing, the 2023 Caribbean Classic had room for just one more player,” said tournament co-director Jim Goff. “Anyone interested in filling this final slot should call the SSUSA office.”

Like most SSUSA overseas tours and tournaments, this tournament’s draft format provides the opportunity for senior softball players from all over the USA to team up together.

“We have all four corners of the lower 48 states covered, as we have players coming from Maine to Florida and from California to Washington state,” Goff noted. “For 2023, our American players hail from 17 different states.”

The 2023 format will feature three TeamUSAs and three Dominican teams competing in a round robin format.

That third non-American team could also feature a few Venezuelans and Colombians, as word of this tournament has been spreading around Latin America.

American teams have won the first two editions of the tournament, but the Dominicans are improving in the slow pitch version of the game, said tournament co-director Tulio Ontiveros, who hails from Caracas, Venezuela.

In March 2023, three US teams and 63 people will fly Down Under to play during the Magic of New Zealand Tour.

The U.S. teams will compete in The Lord of the Rings Tournament in Christchurch on New Zealand’s South Island and in the New Zealand-American Slow-Pitch Classic in Auckland on the North Island.

Christchurch teams plan a Spit Roast to celebrate with the U.S. players, and Auckland players plan a party as well on the North Island.

In between, the U.S. group will take a speed boat ride on a beautiful river, go to the top of a mountain on a gondola, take a steamer across a Queenstown Lake for a special dinner, go to a Maori feast and concert – and see the sights filmed in Lord of the Rings.

For the past three decades, Senior Softball USA has been setting up tournaments around the world to give American players the opportunity to experience other countries in a way no other tour can match.

For more information, call SSUSA at 916-326-5303, or email Nic@seniorsoftball.com.

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2023

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Discover the Magic of New Zealand
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2024

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SSUSA Leads to New Friends and Old Memories

Softball News Report

There has not yet been a Senior Softball USA overseas trip that disappointed me, and I've been a regular for more than a decade. The one constant has been Terry Hennessey, who has organized and attended all of them other than the recent Dominican Republic trip managed by Jim Goff.

While I don't actually work for SSUSA, Terry has asked me to assist him on the overseas trips. In that capacity, I've gotten to know the SSUSA team and they're terrific at what they do.

Recently, I hung around their offices in the Sacramento area just prior to the recent Hawaii cruise tournaments and got to see a little of the behind-the-scenes stuff and it was educational.

I met Doug Robbins, an SSUSA national director, and I ended up sharing a hotel room and then a cruise room on the Hawaii trip as we were both going solo and wanted to cut costs. I told Doug that my late wife accused me of being a snorer, but Doug said he did too so we gave it a try.

I had no idea what his job really meant, but as we got to hang out a lot, he explained that basically he does the logistics for most of the western tournaments, like those held in Las Vegas or in Arizona. That includes driving huge distances hauling a trailer full of gear, and then being alert enough to manage the unexpected things that ALWAYS happens with large tournaments- be it bad



weather, personnel problems, transportation issues, and needless to say, a recent pandemic.

It's a learning experience, sharing a room with a guy you've just met for about 10 days- in of all places, Hawaii. It's always a little bit "Odd Couple," sharing a room I think.

Back before I went to dental school, I was a salesman for a company that did portraits (kids and families mostly) at places like K-mart or Sears or other extinct places where you got a photo for 99 cents- and when you came to claim it we tried to sell you a bunch more for as much as \$42.

One of my first road roommates was a guy nicknamed "Fat Bob", and there was truth in advertising there as he was quite full-figured. He was about 40 (I was 23), and the morning we set out for a three-day sales trip to Albany, I went to his apartment where I met his perky wife and their two elementary school age girls.

Fat Bob drove and he talked on his CB radio a

lot with "Fat Bob" as his "handle"- do you readers remember all this- it used to be normal! Anyway, he avoided all the speed traps thanks to that CB, plus it kept him awake. We checked into a cheap motel, found a baseball game on TV, and got ready for bed (yes - separate beds!). While in the bathroom noticed that he'd washed his tightly whities in the tub and spread them out to dry. They were as big as a bedspread. I did not know they could make them that big.

There were more firsts. While watching that ballgame, he fell asleep first, laying on his back, breathing heavily but rhythmically, OK, that's fine. Now, since that time I've learned what sleep apnea is but I did not know then. Suddenly, he stops breathing. I wait. Nothing. Starting to get concerned here. That belly sticks up like a mountain, maybe he's suffocated under it. Seconds tick by... should I try to do CPR (which I knew from being an Eagle Scout) but that might require putting my lips on his mouth... suddenly

Senior Moments

By David Weinman

his mountainous stomach heaves, he snorts loudly and begins to breathe normally. He's alive! Crisis averted! So I'm watching the game, I'm getting drowsy now too, and Bob is breathing fine until- suddenly he isn't. Again. Do I call 911? What do I tell them? What will I tell his wife? He's dead I think. Should I take his pulse first- start slow? Suddenly again, with a snort he begins to breathe.

Eventually I fell asleep too. I found out the next day this was normal for him. He should have told me. Ya Think!!!!

Anyway, Doug was terrific, he didn't snore and he claims I didn't either. We like our coffee the same way- with cream and no sugar. I have a girlfriend now, but Doug is still unattached and I have to say ladies, he's a catch.

Enjoy your own "Senior Moments" my friends, they are more valuable than money.

Dave Weinman is a long time Senior Softball player and Senior Softball New Contributor who travels and helps coordinate most of SSUSA's international tours and trips.

SUNDAY SWAGGER



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What Happens When a Runner Is Tagged With an Empty Glove?

Softball News Report

A recent “You make the call” youth baseball video, involving a force play that also happens in softball, confused plenty of Facebook viewers.

The play happened at second base. An infielder bobbled a grounder hit up the middle. He chased the ball down, picked it up in his bare hand, and tagged the base with his empty glove just before the runner reached the base.

Safe or out?

Thousands of people have watched the video.

Thousands have called the runner safe.

Thousands have called him out.

Some of the incorrect commenters happened to be umpires.

Sigh.

That video, and three plays from the recent Winter World Championships in Phoenix, shows the importance of understanding all rules governing defenders’ hands and gloves.

First, consider what constitutes a catch.

In one game at Winter Worlds, a catcher corralled a throw home before the runner reached the scoring line. But the catcher trapped the ball between his left arm and chest. He put his bare hand over the ball, which remained trapped against his body, and held his hand there awaiting the umpire’s call.

The umpire called the runner safe.

The catcher, who believed the runner should have been out, requested that

a director be called to the backstop.

In this case, the umpire was correct.

As Rule 1.10 says, “A catch is a legally caught ball that occurs when the fielder catches a batted or thrown ball with his hand(s) or glove.” The key is that a “caught” ball must be controlled in a defender’s glove or hand.

A ball trapped between the arm and chest is not considered caught. The same rule applies to a ball trapped against the ground, or to a ball trapped between a defender’s legs. Those are not catches until the defender controls the ball in his hand or glove. Therefore, the catcher should have pulled the ball away from his body to show that he controlled it in his hand.

Now, consider this play from a different game at Winter Worlds: A batter lined a hit so hard that the ball blasted the infielder’s glove off his hand. The glove landed on the ground with the ball inside. A defender picked up the glove and ball without letting the ball touch the ground.

The umpire called the batter out.

In this case, the umpire was incorrect.

Once the glove leaves the hand, it becomes detached equipment. It is not considered a catch if the glove falls to the ground with the ball inside.

That takes us to the third play from Winter Worlds.

This play was a carbon copy of the youth baseball play posted on Facebook. A



fielder picked up a ground ball with his bare hand and tagged second base with his empty glove to record the out.

Yes, that is a force out. Yes, the umpire made the correct call.

Out.

Still, many folks get this wrong. They apparently confuse the “empty glove” tag of second base with an empty glove tag of a runner. But those are different plays. Once a fielder controls the ball in his bare hand or glove, he can tag a base with any part of his body to record a force out. He can touch the base with his foot, knee, elbow – or even the empty glove, if the glove remains on his hand.

Tagging a runner is different. The runner must be tagged with the ball held in the defender’s hand or the glove. If a fielder tags a runner with an empty glove, the runner is not out.

Nearly 20 years ago, while umpiring a men’s league game, I called a runner out at second base after a fielder tagged the base with his empty glove. The runner

Umpire's Corner

By Donna McGuire

insisted he should be safe. He argued. I finally told him that if he didn’t believe me, he could ask the park’s field supervisor.

Not too long after that, I heard a loud argument between my field and the next one. I looked over my shoulder in time to see the field supervisor, with an angry expression on his face, throwing a player out of the park. It was the player who had challenged my call at second base.

Seems the player didn’t like the supervisor’s correct rule knowledge, either.

It pays to know the rules.

Donna McGuire is SSUSA's Central Region Umpire in Chief and Chair of the SSUSA National Rules Committee.



Protein Standard Too Low for Seniors

Softball News Report

A recent Canadian study (Raffi M, et al. 2016.) found that the Recommended Daily Allowance (RDA) of protein is significantly too low for seniors.

Why is this important?

Proteins are known as the building blocks of the body. The body breaks down consumed protein into amino acids and absorbs it. It is used to build muscles and organs, to make hormones and antibodies, to be stored as fat, and to be burned as energy.

The Canadian study found that the RDA was 33 percent too low for seniors.

The RDA for dietary protein in healthy adults (both women and men) is 0.8 grams per kg of body weight per day. This has been the guideline from the Institute of Medicine (now "National Academy of Medicine") since 2005.

The Canadian researchers used a new, and better, technic to determine how much dietary protein is optimum for older adults. In a series of experiments, they found that older adults should consume roughly 1.2 grams per kg per day.

And even if you run marathons or pump a lot of iron, you don't need much more than that. It's likely that most personal trainers and many physicians aren't aware of this new research.

To calculate how many grams you need, convert pounds into kilograms, divide body weight (in pounds) by 2.2. For example, a body weight of 170 pounds is equivalent to 77 kg.

Health Column

By Dr. Stan Reents

Even using the RDA standard, is the minimum amount necessary to avoid a deficiency in 97.5% of the members in a particular group (including seniors). Thus, by definition, the RDA won't be enough for seniors.

This is why Dr. Robert R. Wolfe has suggested the description should be changed to "recommended minimal intake."

So, that's how much protein you need each day. But there's another detail to keep in mind:

Your skeletal muscle cells – and, potentially all types of cells – can't utilize more than about 25-30 grams of dietary protein at a time.

So, if you weigh more than 80 kg (176 pounds), consuming 25-30 grams of protein during each meal (assuming you eat three meals a day) won't get you to a goal of 1.2 grams per kg per day.

In that scenario, you should consume an additional 10-15 grams of protein in-between meals.

Also, the majority of your protein should come from plant sources. Yes, you can obtain plenty of protein from plants:

Beans, quinoa, and nuts are good sources of protein. Because cow's milk has been associated with breast cancer in women and prostate cancer in men, it should be avoided. Instead, choose milk made with pea protein.

Pea-based milk provides more

protein than any of the nut-based milks. Pasta made from chickpeas offers more protein than wheat pasta. A variety of plant-protein drinks are available, but some brands contain enormous amounts of sugar. Avoid those. One that I like is KOIA: a 12-oz. serving provides 18 grams of plant protein and only 1 teaspoon of sugar.

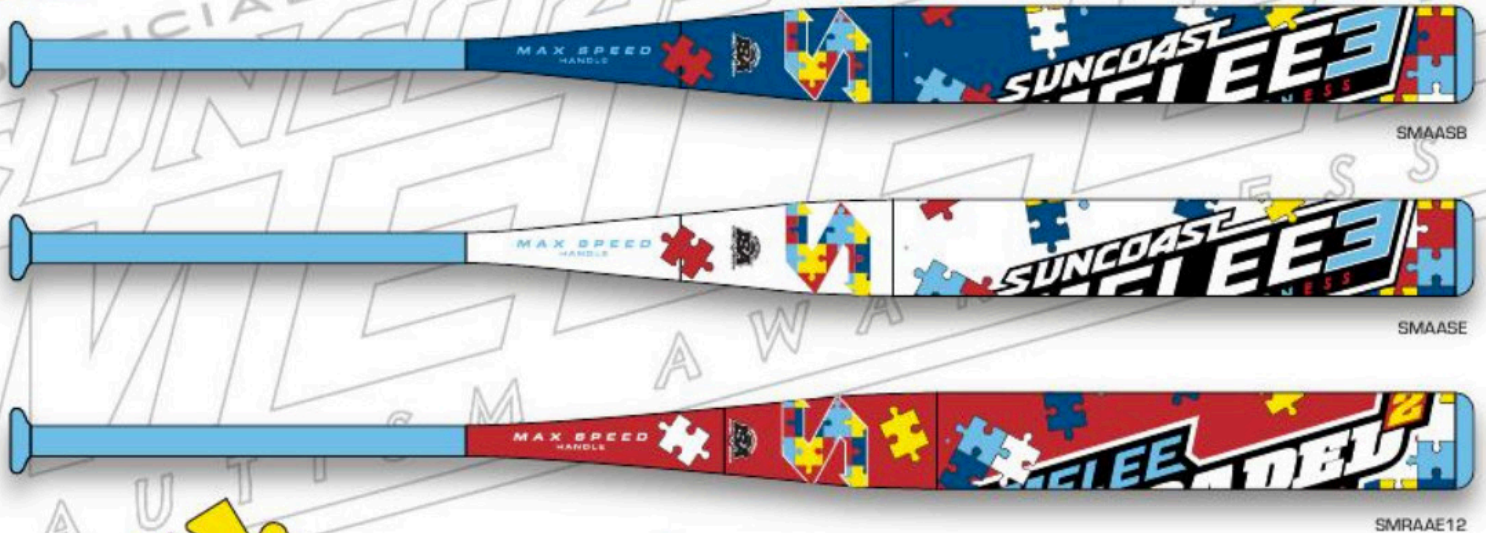
And because your muscles are your body's major repository of amino acids, maintain your muscle mass by doing resistance exercise: working out with weights or stretch bands, or, doing body-weight exercises such as squats, lunges, pull-ups, and push-ups.

Stan Reents, PharmD, is a health/fitness coach. He created the website www.AthleteInMe.com®, a resource on the health benefits of exercise. He is also the author of the sports medicine text "Sport and Exercise Pharmacology."

Heard From The Dugout

"We would have no objection to people who eat like sparrows if they would only stop that everlasting chirping about it."

Changing Times



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Money Matters: Checking Investments for the New Year

Softball News Report

With the stock market seemingly on a long downward spiral, it's been tough if you've lost thousands of dollars since the Dow Jones industrial average peaked at nearly 37,000 way back in January.

But what's even worse, is not knowing. Or, more importantly, sticking your head in the sand to avoid the news.

Certainly, no one would be expected to know the precise value of their investments on any given day, although many investors do. They routinely check in after the close of market trading to see how things went during that trading session.

But this may be a bit over the top. Most financial advisers recommend monthly check-ins to see what's going on rather than a daily or even weekly analysis.

What they don't recommend is waiting until the end of the year or the day before your annual meeting with your adviser to see how things are shaping up.

That's why this is a good time of year to take a good hard look at all of your investments, be it your IRAs, 401(k)s or individual stocks and mutual funds.

The first number you'll likely see is the total value of your investment and more likely than not, it's going to be down from last year at this time. No surprise there as most stocks are down and some are down a lot. As in a lot.

Back at the start of this year, the Dow Jones Industrial Average was hovering near 37,000, but now it's down to less than 34,000 so that's a sizeable



hit. But the glass-half-full investors will tell you, "Hey, things aren't really that bad now. We're way up from the September low of 28,600."

My take on it is this: If you're an investor who's somewhat aggressive and holds 50 percent or more of your overall portfolio in stocks and you're down about 10 percent this year, you're doing OK as you've more or less matched the market's averages.

But if you're down a lot more than that, it's likely that you've invested in assets like technology stocks that have been hammered this year.

What you need to do is to see where your money is invested and if it's in a comfortable place for you going into the new year. As investors get older, they tend to get a bit more conservative so

Money Matters

By Jack Sirard

you might want to shift more money out of stocks into fixed-income investments with a lot less risk.

What would be a lot worse, of course, is if you are down 20 percent or more and you think that you have a stable and low-risk portfolio of stocks and bonds. If that's the case, you really need to make some changes and may require professional help.

Bottom line: Take a good hard look at where you stand today and get the new year off to a comfortable start.

Jack Sirard is a retired nationally syndicated financial columnist and senior editor of Senior Softball News.

Who's Reading TV?: Surprising Explanation for Closed Captions

As a kid, I never watch TV with closed captions unless sat on the remote and turned them on by mistake. But in college, when I watch a movie with friends, it was pretty much guaranteed that words would be on the screen - on purpose - to keep people from repeatedly asking, "What did he say?"

We were not alone. One industry study shows that 80% of people 18-24 regularly turn on closed captions when watching TV. Another study shows that about 50% of Americans surveyed use closed captions most of the time. Why?

Well, I find it easier to keep up with dialogue when closed caption are on. And I

can think of a couple of other reasons why this may be a wider trend.

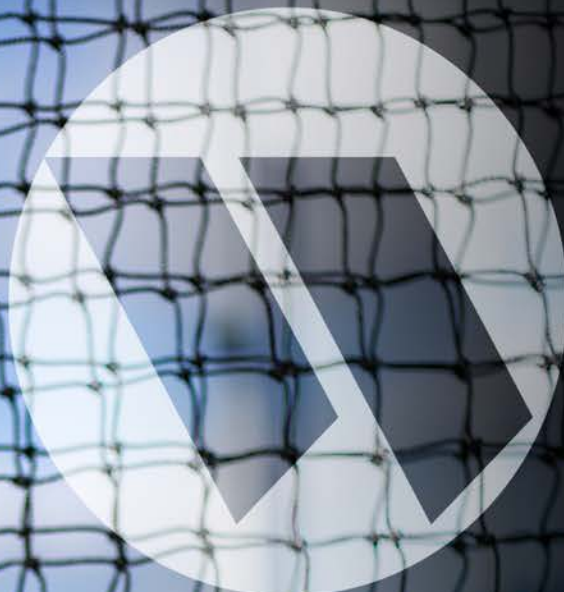
Movies and shows that are not in English - like Squid Games, from South Korea - are gaining popularity. As American viewers get more comfortable with subtitled programming, they see the benefits of reading dialogue, even for shows in English.

Captions are all over social media too. TikTok videos often include them so that you can watch on your phone with the sound off. So prevalent are captions now that they don't even register with me. It's just how I watch TV.

*By Jenna Gyimesi.
Reprinted from the AARP Magazine, October/November 2022, Pg. 17.*

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