

QUINTINA JEFFERSON



BIRTHDAY: March 5

CITY OF RESIDENCE: Washington, D.C.

SOCIAL STATUS: Married

EDUCATION: 1993 graduate of Potomac High School

CURRENT JOB: Traffic Assistant for the D.C. Government

EARLIEST BOWLING MEMORY: I bowled in a fund-raiser for my sister's basketball team at Fair Lanes University at age 20. I didn't know what I was doing, but I was enjoying throwing the ball down the lane. I knew I could do this sport.

GREATEST BOWLING THRILL: My first 300 game 2003

CURRENT BOWLING LEAGUES: Bottom Liners at AMF Capital Plaza; NWV Wednesday Scratch Trio at AMF Laurel; Tuesday Trios at AMF Waldorf

NOTABLE TOURNAMENT ACCOMPLISHMENTS: Last year at the Virginia State Women's Tournament, I averaged 225 and bowled a 289 game in the team event and a 290 in the doubles.

BEST PART OF MY GAME: Spare shooting

WORST PART OF MY GAME: I need to stay down more.

THE THREE AREA WOMEN BOWLERS I MOST ADMIRE: Tiffany Bell, Dawn Fay, and "Brown Sugar"—Raynell Hinton

WORST OR MOST EMBARRASSING BOWLING MOMENT: I stuck at the line and fell on the lane at AMF Marlow Heights on a Wednesday night.

www.ncausbca.org

BEST TACTIC I USE TO HANDLE PRESSURE: I use breathing to relax and focus.

SPARE-SHOOTER RATING (10 = best / 1 = worst): 8

IMPORTANCE OF BOWLING IN MY LIFE (10 = most / 1 = least): 11!

MOST IMMEDIATE BOWLING GOAL: Roll my first 800 series

INTERESTS OUTSIDE OF BOWLING: Watch movies—I'm a movie buff.

LAST THING I READ: *Honey Bee* by Zane

BIGGEST MISCONCEPTION ABOUT MYSELF: People think I'm mean, and I'm really not.

FAMOUS LIVING PERSON I MOST ADMIRE: Barack Obama

FAMOUS PERSON WHO MOST ANNOYS ME: John McCain

MY ONE GUILTY PLEASURE: Taking trips

FIRST THING I'D BUY IF I WON THE LOTTERY: A bowling alley

NEXT RISK I WANT TO TAKE: Be a peer counselor and work with kids

IF I HAD MORE TIME, I WOULD: Go to college

VEHICLE I DRIVE: 2004 Lincoln Aviator

FAVORITE MEAL: Chicken Alfredo

FAVORITE BEVERAGE: Diet Pepsi

FAVORITE TV SHOW: "House"

FAVORITE MOVIE: *Waterboy*

FAVORITE PLACE I'VE VISITED: Puerto Rico

MY MOST OVERUSED PHRASE: "Make a spare"

NICKNAME: "Lil Smooth"

PRODUCT FOR WHICH I'D LIKE TO BE SPOKESPERSON: Hammer bowling balls

NEW YEAR'S RESOLUTION I CAN NEVER KEEP: Lose weight

I OFTEN GET MAD WHEN: I leave an 8-pin!

TASK I HATE TO DO: Wash clothes

INTERENT SITE I VISIT MOST: bowlingball.com

SUBJECT ABOUT WHICH I'D LIKE TO KNOW MORE: Teenage peer pressure

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QUALITY I MOST ADMIRE IN MY FRIENDS: Honesty

QUALITY I LIKE MOST IN A BOWLING CENTER:
Cleanliness

THREE FAMOUS PEOPLE (LIVING OR DEAD) I'D INVITE TO MY HOME FOR DINNER: Jada Pinkett Smith, Janet Jackson, and Martin Luther King Jr.

PET PEEVE: Liars

ONE WORD THAT BEST DESCRIBES ME: *Go-getter*

BIGGEST PERSONAL REGRET: I did not go to college.

BIGGEST PERSONAL FAILURE: Dropping out of school early and then going back

NOBODY KNOWS I'M GOOD AT: Cooking—I'm a great cook.

SUPERSTITIONS: I take 'em all in!

MY HERO IN LIFE: My mother

FAMOUS LIVING PERSON I'D LIKE TO BE FOR ONE DAY:
Kim Terrell

MY MOST IRRATIONAL FEAR: I hate all snakes—even the non-poisonous ones!

TRAIT I MOST DEPLORE IN MYSELF: Being loud sometimes

GREATEST EXTRAVAGANCE: I have a \$1,500 Movado watch.

IF I COULD BE GRANTED ONE WISH: Yes, I'd like to have money, but I'd really like to be back in high school.

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FUTURE PLANS: Have a house, \$80,000 a year, and two 800 series

PHILOSOPHY I LIVE BY: Always treat others as you would like to be treated.

Quintina Jefferson was NCAUSBCA's No. 4-ranked woman bowler in 2007-2008 with a 201.478 composite average.