

OLIVIA PATRICIA RICE
MINIBIO

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150 KETTLE COURT BALTIMORE, MD 21244 (410) 298-2832

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AFFILIATIONS :

- Ladies Professional Bowlers Tour (LPBT)
Northeast Region - 1993 to present

- Women's All Star Association (WASA)
1993 to present

- National Amateur Bowlers Incorporated (NABI)
1990 - 1992

TRAINING AND DEVELOPMENT

- .Breakpoint Seminars by Gary Parsons - Oct. 1996 to Mar. 1997
- .Dick Ridger Bowling Camp ■ Jan. 1997, Aug. 1998, & Feb. 2003
- .Professional Bowling Camp - 1988 to 1992
Working with Fred Borden, Sam Baca, Pat Costello, Jeri Edwards, Dana Miller-Mackie, Michelle Mullen, and Carol Norman, etc.
- .USA Bowling Coach - Bronze Level - 1992, Silver Level - 1996
- .YABA Registered Certified Instructor - 1996
- .YABA Certified Instructor - 1996
- .Baltimore School of Massage
- .Baltimore School of Shiatsu (Accupressure) - Ohashiatsu

EMPLOYMENT HISTORY:

- Social Security Administration - Social Insurance Specialist
(1967 - Present)
- Chesapeake and Potomac Telephone Company - Clerk Typist
(1965 - 1967)

EDUCATION:

- Loyola College, Baltimore, Maryland
 - .Bachelor of Arts degree, May 1995
 - .Major: Creative Writing/English Literature
 - .Minor: Business Administration

- Towson State College, Baltimore, Maryland
 - .Master of Arts degree in Liberal Studies to develop skills appropriate to further promotion of bowling.

ACHIEVEMENTS:

LPBT N.E. REGION

Highest finish:
7th place, Staten Island, N.Y. - 1993
12th place, Toledo, Ohio - 1994
8th place, Norfolk, Va. - 1995

WASA

Highest finish:
16th place, White Plains, N.Y. - 1995

NABI, Inc.

Highest finish:
1st place, Fair Lanes Dundalk, Balt., Md. - 1991
2nd place, Fair Lanes Seminary, Va. 1992

Highest game: 300

Highest Series: 754

Highest Average: 202

PUBLICATIONS:

Bowlers Journal International

Testimonial letter for Professional Bowling Camps -
1991

INTERESTS :

.Creative writing
.Aerobic and nautilus activities.

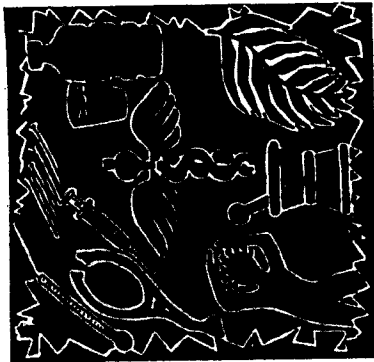
PERSONAL:

.Started bowling at age 21
.Right-handed

Zen shiatsu is power; in bowling too!

By Olivia Rice

Shiatsu (pronounced she-ah-t-su) is a form of acupressure that embraces the Eastern philosophy of body and mind being one. The power from this approach comes from the underlying principle that healing and wellness stem from the proper care and management of our life force, the energy system that is within every living thing.



In Chinese traditions, this vital energy is called qi (pronounced chi). When qi flows freely and smoothly, the body's organs and systems are in a state of harmony. However, when the body's organs and systems become blocked, imbalance and illness can occur.

Shiatsu is a Japanese term meaning finger pressure that is applied at certain pressure points on the body. The effects of shiatsu are known in China and Japan where shiatsu has been practiced for centuries.

In Asian countries, shiatsu is

rooted in the forms of therapeutic massage which deal with muscle, lymphatic, and blood circulation.

A new and distinct system was developed in Japan in the early 1900s. Zen shiatsu emphasizes correction and maintenance of bone structure, joints, tendons, muscles, and internal organ functioning. When these systems malfunction they distort the body's energy and autonomic nervous system causing disease.

The act of fine-tuning and unblocking clogged energy channels in our bodies is based on 26 major meridians or channels of vital energy, unlike the classical 14 meridians used in traditional shiatsu and acupuncture.

As a professional bowler with more than 20 years of experience, my first encounter with Zen shiatsu was physically, mentally and emotionally profound.

In June 1996 I spent five days with the Ohashiatsu Institute in Maryland learning how to give and receive Zen shiatsu. I returned home on the last day of class to

bowling in my league.

When I first started to bowl I felt a little awkward because my timing was off since I had not bowled in a week. Nonetheless, as I continued to bowl my movements became fluid, easy, and powerful. It was as though I was dancing to the line with a ball in my hand. All I could do was experience what was happening to me without understanding why.

That day, I bowled the highest set in my life. I have been in the Ohashiatsu program ever since.

A bowler needs good body mechanics and a strong mental game. Consistency is the key to getting to the line and delivering the ball in rhythm, in time, and in balance. On the other hand, mental approach determines success or failure when bowling.

The three main aspects of the mental game involve knowledge, concentration, and attitude. Unfortunately, mental tension can destroy or limit how much a bowler knows, how well one focuses on performance, and how positive

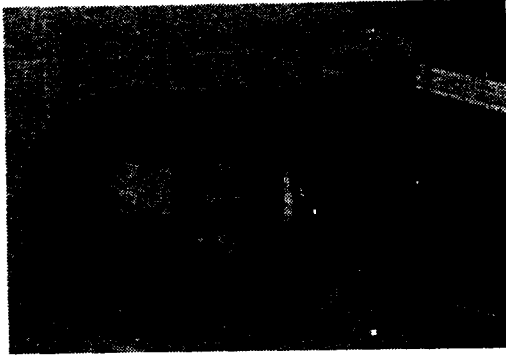
should not be worn since it interferes with the flow of qi.

Shiatsu with fingers, hands, elbows and knees changes the energy flow, stimulating and strengthening weak organs and sedating overactive ones. This same pressure on the acupuncture points increases circulation, releases endorphins, and relieves muscular tension by rotating the joints.

Acupressure releases endorphins, the chemicals in the brain that block pain and give a sense of pleasure.

Toxins such as lactic acid accumulate in the muscles through normal metabolism and exercise. Most are removed through the body's blood flow, but sometimes knots, blocks or pockets of pain remain in the muscles, restricting movement.

Steady firm pressure relaxes the sympathetic nervous system and allows the parasympathetic nervous system to calm the functioning of the internal organs. Athletes benefit from shiatsu since there is such a sense of euphoria after a session.



Olivia Rice

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One of the most pleasant ways to help bowlers or any other athlete remain relaxed and focused is by experiencing a shiatsu session.

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I receive my sessions on the floor using a futon or they can be done on a massage table. Treatment can last anywhere from fifty minutes to one hour and a half. One should wear loose-fitting cotton clothes to receive Zen shiatsu, but some other natural fiber can be worn. Synthetic fabric should not be worn since it interferes with the flow of qi.

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THE EFFECTS OF ZEN SHIATSU

By Olivia Rice

PHYSICAL WELLBEING

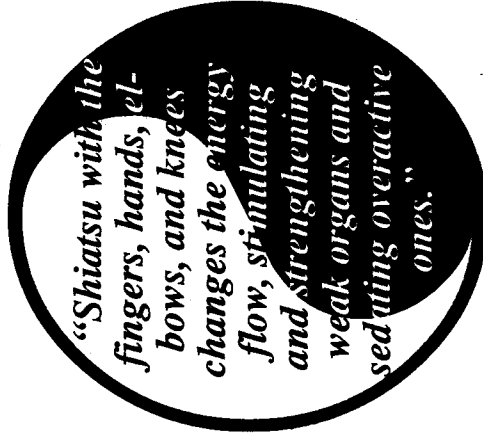
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Shiatsu is a Japanese term meaning finger pressure that is applied at certain pressure points on the body. The effects of shiatsu are known in China and Japan where shiatsu has been practiced for centuries. In Asian countries, shiatsu is rooted in the forms of therapeutic massage which deal with muscle, lymphatic, and blood circulation.

A new and distinct system was developed in Japan in the early 1900s. Zen shiatsu emphasizes correction and maintenance of bone structure, joints, tendons, muscles, and internal organ functioning. When these systems malfunction they distort the body's energy and autonomic nervous system causing

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As a professional bowler with

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