



Mentoring Bowl-a-thon seeks teams for March 15 event at Oneota Lanes

Mentoring programs at Helping Services will be hosting a bowl-a-thon March 15th at Oneota Lanes in Decorah to benefit their programs in Allamakee, Howard, and Winneshiek Counties. The bowl-a-thon has two main purposes: to raise much needed money for events that mentors and mentees attend; and to ask community members to become involved in the mentoring programs.

The Mentoring Bowl-a-thon is for everyone to take part in, bowlers do not have to be involved in mentoring. Teams of four participants will bowl together March 15. The teams can be friends, business owners, co-workers, neighbors, and combinations of adults and youth.

To participate in the bowl-a-thon, pick up an information packet at one of these area businesses: Quillin's in Waukon or Decorah, Helping Services, and the Cresco Fitness Center.

Prior to March 15, bowlers will share about the mentoring program using information supplies in the packets while soliciting donations from their co-workers, friends, neighbors, and relatives. Every bowler who raises donations of \$30 will receive a bowl-a-thon t-shirt designed by K & H Custom Apparel. The team raising the most money for mentoring programs will win baskets of coupons and gifts from area businesses.

Mentoring programs benefit youth ages five to 16 in Allamakee, Howard, and Winneshiek Counties. Mentors are asked to spend approximately four to five hours per month with youth participants. Mentors often share that they benefit from the experience as much as the youth does.

The bowl-a-thon is not about the bowler's or team's score, it's about raising funds and awareness about the mentoring programs, and having fun. To get more involved in the Mentoring Bowl-a-thon, contact Dan Bellrichard at (563) 387-1720 ext. 110.