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ORLANDO, Fla. -- Scott and Cathy Haines, approaching their one-year anniversary as proprietors of Strike Time Lanes, learned a lot in their first year in business.

"It has been a challenging experience," Cathy Haines said. "We went in blind."

But after attending their first International Bowling Expo, Cathy and Scott can see more clearly now.

The Expo, presented by the Bowling Proprietors Association of America, was crammed with seminars and exhibits that left the Haineses full of ideas to bring back to their 12-lane bowling center. "It will take us a week to go through all this," Cathy said as she hefted a bag crammed full of informational material.

"We're looking at finding ways to upgrade our facility and build our customer service team," Scott Haines said. "There is a wide variety of programs we can offer, ranging from seniors to companies that we could help with team-building concepts."

The Haineses agree that their first year in the business has been very rewarding, despite the challenges.

"It's a full time job for me and a second job for him," said Cathy who left her law enforcement job to run Strike Time Lanes. Scott still works full time as an investigator for the Clark County Sheriff's Department.

"We are very proud that we have a hometown business operated by hometown people," Cathy said.

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By Matt Fiorito/Detroit Free Press