



# California Bowling Writers

# InfoLink

Est. 1998  
Volume XX  
Issue 2

July-August 2018



## The California Bowling Writers has adopted a new charity!

*“Four paws, two feet, one team”*

Operation Freedom Paws nonprofit organization was founded by “California Bowler and Veteran” Mary Cortani in 2010 and has provided service dogs and training support to veterans



*“Four Paws, Two Feet, One Team”*

**at no charge** and others who suffer from post-traumatic stress syndrome, complex PTSD, traumatic brain injury and other physical, neurological, psychological and mobility needs. According to experts, service dogs help empower people with disabilities to live quality lives.

Operation Freedom Paws carefully matches clients with their specially chosen four-legged companions, most of which come from rescue shelters. The partners then begin a 48-week program which trains the clients to train their own dogs. At the end of the program, they're certified together as service dog teams.

The charity for 2018 kicked off on June 10, at the CUSBC meeting – Make donations payable to CBW and mail to Treasurer Tina Martin, 57 Shields Lane, Novato, CA 94947-3877.

## Meet Carolyn Sabaca – Newest CBW Director

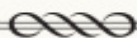
Bowling is a lifetime sport for our newest CBW Director, Carolyn Mertens Sabaca! Born in San Francisco to a bowling family, Carolyn grew up watching her parents bowl. She remembers her Dad being so proud of his 1951 City Doubles Championships Medal. She still has that medal to cherish.

Carolyn attended Zion Lutheran School and graduated from George Washington High School in San Francisco. She is a widow with two adult children and three grandchildren. Her son bowled in both youth and adult leagues, however her daughter was never interested in the sport. Carolyn joined her first league for only one year at Serra Bowl in 1962 while still in high school. It wasn't until 20 years later that she started bowling on a regular basis. She now bowls 2 leagues each week plus the Woman's Travel League each month.



Carolyn Sabaca

After moving to Marin, Carolyn worked at USPS as a mail carrier for 20 years, retiring in 2005. Then she took care of her Mom until she passed, then got more active in bowling. At that time also was CFO of her husband's Chevron Station, the guy she had met in her league. She is currently a league officer in both leagues and serves as Vice President on the Marin County USBC Board. She is also a State Convention delegate and has served on several committees. We need to add Marin County 500 Club Board Member and now a CBW Board member. In her spare time, she plays Bocce Ball and loves to travel. *(cont. on pg. 4)*



### In This Issue

Features, Storm, Pres. Message, Calendar, CUSBC News

**CBW  
Gratefully Acknowledges  
our Sponsors**

**National Bowling Stadium**

300 N. Center St., Reno, NV 89501  
800.304.2695 | [visitrenotahoe.com](http://visitrenotahoe.com)



T 775.335.8813  
C 775.232.3664  
F 775.334.2606

NATIONAL BOWLING STADIUM • RENO, NEVADA  
300 N CENTER ST • RENO, NV 89501

*A publication of the California Bowling  
Writers  
Mary Lynly and Nancy Chapman, Editors*



**THE BOWLER'S COMPANY™**  
**Stormbowling.com**  
**800-369-4402**

## President's Perspective

*By Bette Addington*



**Bette Addington**

### **Greetings CBW Members,**

The phrase of the day is "Never give up hope!" First off, I want to thank all of you who have hung in there with us through what has been a tough time. The CBW Board met June 8 in Fresno during the CUSBC State Convention weekend.

We went into our board meeting not knowing if we would keep CBW going but we kept seeing a glimmer of hope, so we marched on into the CBW Annual meeting with a positive attitude.

Not one, but three exciting things came from these meetings! 1. CBW member Donna Morales brought up the idea to consider **Operation Freedom Paws (OFP)** as our charity replacing the Phone Cards for the Troops and it was met with great enthusiasm by all. This charity was founded by Mary Cortani of Gilroy, who is not only a Veteran, but also a bowler. OFP is an organization that matches dogs (many are from shelters) with Veterans and individuals who have PTSD, CPTS, brain injury symptoms, or other mobility needs. (See front page article) This idea was heaven-sent as we have been having more and more trouble trying to find vendors to purchase phone cards each year and we were looking for other options. 2. We were sad to lose board member Irene Wilson due to her busy work load, but we gained a new board member, Carolyn Sabaca of Novato! 3. The office of CBW Vice-President has been vacant for some time, however, following this meeting, board member Frank Weiler, said he would be interested in moving up to this position! A quick motion was made to approve Frank to this position.

Congratulations to Kathy Bruegeman, Cameron Park, who was elected CUSBC State President replacing Rosie Parker, who had

termed out. California is lucky to have both ladies serving on our State board who have served bowling for so many years.

Did you know that CBW is currently celebrating its 20<sup>th</sup> anniversary? In honor of this, the board came up with the idea of a gift for our CBW members. All *current* members will receive a complimentary membership for the 2018-19 season plus a copy of our 10-year anniversary calendar that was put together by CBW Secretary Donna Dillard. Others wishing a copy of this special anniversary calendar, can purchase one for just \$3 from any CBW board member. **Current members may want to consider making donation to OFP in lieu of their CBW renewal.**

And, lastly but surely not least, please join me in congratulating our 2018 Marijane Viat Writing Contest winner, Mary Lynly, for her winning article, "Mama's Let Your Babies Grow Up to be Bowlers."

---

### **California Bowling Writers 2017-2018 - Officers & Directors**

Bette Addington – President, [baddington@addington.net](mailto:baddington@addington.net); Frank Weiler – Vice President., [FJW300@aol.com](mailto:FJW300@aol.com);

Donna Dillard – Secretary, [dedillard@charter.net](mailto:dedillard@charter.net); Tina Martin - Treasurer, [tijmart@aol.com](mailto:tijmart@aol.com)

Jill Williamson - Dir., [jillj10@outlook.com](mailto:jillj10@outlook.com)

Carolyn Sabaca – Dir., [casabaca@att.net](mailto:casabaca@att.net); Shirley Darr – Dir., [smdbowl@aol.com](mailto:smdbowl@aol.com)

LM: Mary Lynly, [lynlymary@surewest.net](mailto:lynlymary@surewest.net); Jackie Wyckoff, [wacknwolin@sbcglobal.net](mailto:wacknwolin@sbcglobal.net)

Eloise Cottrell, [bowlingscribe@yahoo.com](mailto:bowlingscribe@yahoo.com); Joan Romero, [jromeotmt@icloud.com](mailto:jromeotmt@icloud.com)

# Building the Proper Arsenal

By *Steve Kloempken*, VP - Marketing,  
Storm Bowling Products



Lane surfaces are becoming harder and slicker than ever before. Lane conditioners, or oils, now vary drastically from one company to another. In recent years, even the machines which apply the oil have gotten more advanced. Now throw in the fact that bowling ball technology has progressed at a phenomenal rate—coverstocks, cores, and weight blocks—and it's no wonder that lane conditions are always changing! Even in the same bowling center, it would be difficult for you to find lane conditions identical from one night to the next.

Because of these rapid changes and numerous variables, it is now vital that every serious, competitive bowler carry an arsenal of bowling balls. But with so many choices, how do you know which balls are right for you? What's the difference between an arsenal of equipment and just a bunch of different bowling balls?

To answer these questions, we need to begin by identifying the different parts or components of a bowling ball: **1. Coverstock 2. Core 3. Weight Block**

The coverstock is the outside portion of the ball, or the shell. It can be of a variety of materials—polyester, urethane, reactive, and nanotechnology. Particles may or may not be added to increase friction levels. Mica is also used to create a pearl shell that is stiffer and thus glides more easily through the heads.

The core is the light-weight filler material that changes the dynamics of the bowling ball and, most often, creates a lower center of gravity. Weight blocks come in two general categories: asymmetrical and symmetrical. Asymmetrical weight blocks have what known as a 'strong preferred spin axis' and create more entry angle with less deflection.

All of the balls in Storm's Premier Line, for example, are asymmetrical. As seen in the RAD-E™ core and other RAD technology designs, these shapes can vary but all have a strong preferred spin axis. These types of balls generally perform best of heavier, longer oil patterns.

In contrast, symmetrical weight blocks create a smoother ball reaction and work well on medium/drier conditions. These types of weight blocks come in a variety of shapes and densities, but, when compared with the high end asymmetricals, they produce a smoother break point. These types of balls are great for burned up lanes, as well as those with softer speeds or more side roll. Pete Weber loves symmetrical weight blocks because they never make a sharp change of direction! Pete's maximum side roll already creates strong entry angle, so he doesn't need any help from the weight block.

Knowing the information above, at a suggested sample arsenal for three different types of players. See which description best fits you!

**Cranker** – high rev rate, low axis tilt, and medium/high ball speed

Ball 1 – Intense Fire™ Ball 2 – IQ™ Tour Ball 3 – Hy-Road™ Ball 4 – Pitch Black™

Most Crankers prefer 'weaker' layouts, pins between 5" and 6" from the PAP.

**Tweener** – medium rev rate, medium axis tilt, and medium/high ball speed

Ball 1. Intense Fire; Ball; 2. Hy-Road Nano Ball; 3. Drive™ Ball; 4. Match Up™ Hybrid

Many tweeners are able to use a wide variety of layouts and surfaces with success.

**Stroker** – low rev rate, medium/high axis tilt, and medium ball speed

Ball 1 – Code X™; Ball 2 – Intense™; Ball 3 – Drive

Strokers are usually looking for "more" out of their equipment. Don't be afraid to use an aggressive surface preparation with this type of player. If players tend to make a mistake with their surface preparation, they generally do not use enough grit or surface. We all like to see that skid/flip reaction, but corner pins are often caused from the ball coming into the pocket too late.

Steve Kloempken, VP - Marketing, Storm Bowling Products - If you have any other questions, feel free to contact me at [stevek@stormbowling.com](mailto:stevek@stormbowling.com). Best of luck and remember to always 'Bowl up a Storm!'

# “Californian” TONY RODRIGUEZ JR. Joins STORM Staff

by Frank Weiler



Tony Rodriguez Jr

BRIGHAM CITY, UT - As I write, Tony Rodriguez Jr. is at Storm Headquarters as part of his latest assignment as a Social Media Correspondent for the company. Of course everything Tony does is a "Family Affair". Traveling with him is wife Lisa and son Tony III.

In addition to competing on the PBA 50 Tour as a bowler, Tony will now be posting Tour news and interviews on his Facebook website (RoadtrippinwithPBA50TonyRodriguezJr@PBA50TonyRodriguezJr). For anyone wanting to get an insider's look at what's happening on the PBA 50 Tour visit Tony's Facebook website. Recent interviews with Champions Mike Diaz and Chris Warren are posted there.

Tony Rodriguez Jr. is another example of a CALIFORNIA BOWLER doing well. Tony will be competing at the PBA 50 Tour Stop in Monticello, Minnesota on July 17 to 20. Watch for his Facebook Website posts from there. For more information on Storm's social media activities contact their Social Media Manager Blair Blumenscheid.

---

## What Ever Happened To?

Can someone tell us what ever happened to the *In School Bowling Program*? Is it still going? If so, can someone tell us where?

Also, what ever happened to all the bowling kits that associations paid good money for? Are any associations still using them? Or, perhaps they were donated to a school or park recreation program. If the kits were donated, are they being used? Certainly not just thrown away! Let's check it out and we will send feedback out on the CBW Email connection.

Last question – if the In School Bowling program has been discontinued – why and who did it? Let's check it out and we will send feedback out on the CBW Email connection.



**Congratulations to Mary Lynly** – winner of the Marijane Viat Writing contest for her article “*Mama’s let your babies grow up to be bowlers*” on PJ Haggerty and his mom Debbie.

**Sorry to see** Bill and Lisa Vint’s newspaper *Windy City News* out of the Troy, Illinois suspending publication. They say it might be just for the summer. Cost of publication and mailing is always a concern and they have been a voice of reason in the journalism world for a number of years.

---

*(Sabaca – cont. from pg 1)*

If you want things done correctly and in a timely manner, just ask Carolyn. She is always willing to help with anything when asked and claims to be a doer, not a chief! When Marin hosted the CUSBC Championships in 2017, she volunteered her time for all squads (that is every weekend for both Adult & Youth Championships) either selling merchandise or as a scorekeeper and sometimes both. We thank Carolyn for her commitment to bowling and welcome her as the newest CBW Director.



# 2018 CUSBC State Convention Highlights

by Bette Addington,  
California Bowling Writers



The 12th annual CUSBC State Convention took place at the Piccadilly Inn in Fresno the weekend of June 9-10. Eighty-five (85) combined State delegates attended. Here are a few highlights: A variety of topics were discussed at the Youth Meeting, among them information on California colleges that need bowlers or have their own programs. Information explaining how collegiate bowling is setup with USBC and a list of the active California colleges that need bowlers, or are trying to start their own bowling teams, namely: UC Davis, Cal Poly, San Luis Obispo, CSU Fresno and San Jose State University. Also, bridging the gap between Adult bowling and Youth bowling – retention!

**Honored at the Awards Banquet** were: Hall of Fame Meritorious Service – **Earnest Lou Gilless**, Hall of Fame Superior Performance – **Johnnie Englehart**, Manager of the Year Award – **Johnny Humble**, Coach of the Year Award, **Chris Preble** - Youth Director of the Year Award. **Ken Meryman** - \$1,000 Youth Scholarships Winners – **Matthew Carpenter and David Waybright**.

The hat was passed at the Annual Meeting and \$1,055 was collected to kick off this year's BVL drive! The 2019 State BVL Tournament will be held in Stockton. It was also mentioned that there will be some changes to the divisions. BVL is adding another division for the Men so now there will be six divisions for Men, Women and Youth. **The 2017-18 CA BVL donations totaled \$107,228.97** which again put California as the top contributor nationally.

At the **USBC Jamboree** David Prange/USBC Western Regional Manager gave a presentation. David gave us a recap of what was covered at the recent USBC National Convention. **Motivational speaker, Sam Glenn** gave a presentation entitled "Igniting Progress" which was centered on attitude. His main points were to combat stress with a good sense of humor. Is there any benefit to being uptight? A real leader understands they are a student every day.

## Legislative Update

Tournament Rule 303 – requires all tournament managers be members of USBC.

Tournament Rule 319a – Assoc. Mgrs. not required to use printed Average Books anymore.

Tournament Rule 325 – Allows a tournament to allow teams bowling alone to set their own pace.

Bylaws B3 – Allows State Assoc. to have (2) "At-Large" Directors.

## The above are all effective Aug. 1, 2018.

Lane Certification Info explained the new requirements for Lane Certification Committees that took effect Apr. 1, 2018 on measurements and the new requirement of having three signatures on the reports (person doing inspection, proprietor and Assoc. Mgr.). **Lane Dressing Inspection Reports are required annually.** ARC (Assoc. Resource Center) info is available on Bowl.com to everyone. - He urged people to go on line and check it out. Bowling balls have advanced technology, but the lanes/playing field are still the same.

**Merger Update** – 125 mergers of associations completed this last season. There is approximately 250 left to complete this year. Nationally, USBC processed 60 of the 250 already this year. Tracy, CA is the only association in CA not merged.

IBM & HoF - Director of Business Development - International Bowling Museum & Hall of Fame Tracy Ebarb - pitched the annual fee of \$29 for having a Sustaining Membership into the International Bowling Museum & Hall of Fame and their goal is to get (400) in 2018. For \$29 you get a sticker and a membership card signed by Mike Aulby. They also have a brick program to honor a bowler or organization. Info can be obtained at [bowlingmuseum.com](http://bowlingmuseum.com)

# TEAMS SELECTED FOR 2018 WORLD YOUTH CHAMPIONSHIPS

**ARLINGTON, Texas** - With another successful Junior Team USA training camp now concluded, the eight bowlers who will represent the United States at the 2018 World Bowling Youth Championships in Detroit from July 25-Aug. 3. have been selected by the Team USA coaching staff.

**Five-time Junior Team USA member Wesley Low of Palmdale, California**, a 21-year-old two-hander who attacks the lane from the left side, will lead the young contingent into Thunderbowl Lanes, where he hopes to help the Junior Team USA boys to a fourth consecutive team gold medal. Low was part of the victories in Hong Kong in 2014 and Lincoln, Nebraska, in 2016. This year's event will mark his third trip to the World Youth Championships, where he has earned five gold medals, three silver medals and a pair of bronze medals, and defending champion in doubles and singles.

He will be joined in Detroit by a trio of Junior Team USA veterans - Cortez Schenck of Phoenix, Jeffery Mann of West Lafayette, Indiana, and Bryan Hahlen of Greenwood, South Carolina - all of whom will be competing at the World Youth Championships for the first time.

The girls' team will consist of four World Youth Championships rookies, three of whom are members of Junior Team USA for the first time: Five-time Junior

Team USA member Breanna Clemmer of Clover, South Carolina; Clemmer will be joined by her McKendree teammate Taylor Bailey of Joliet, Illinois, Webber International's Caitlyn Johnson of Rockwell, North Carolina, and 16-year-old Mabel Cummins of Elburn, Illinois.

---

## FOR IMMEDIATE RELEASE

**Jerry Schneider** | PBA Media Relations  
Professional Bowlers Association | 55 E. Jackson Blvd., Suite 401 | Chicago, IL 60604  
[Jerry.schneider@pba.com](mailto:Jerry.schneider@pba.com) | cell: 262.366.2157

### Wichita State's Wesley Low Jr. Wins 2018 PBA Billy Welu Scholarship Award

**CHICAGO (July 27, 2018)**— Combining scholastic excellence with outstanding achievements in bowling, the Professional Bowlers Association has announced Wichita State University Shocker bowler and five-time Junior Team USA member Wesley Low Jr. as the winner of the 2018 PBA Billy Welu Scholarship Award.

Entering his senior year at Wichita State with a 3.66 grade point average, Low, a native of Palmdale, Calif., is majoring in business management and has been a member of the Dean's list for the past two years.

---

## Letter from the Editor

Some changes came about at the recent CBW meetings and there is still more decision making to be made. Our goal is to keep meaningful information in our newsletter the *Infolink*. Keeping it timely is a challenge and sometimes we omit meaningful but old news. The *Infolink* is meant for our CBW members and in addition we send out timely and meaningful news on our *Email Connection*.

Please read through all articles – great article by Storm's Steve Kloempken on bowling balls; Several good biographical articles; articles on Californians who have made marks on the state and National scene; CUSBC highlights; our Calendar which President Bette Addington puts together; CBW's new director Carolyn Sabaca, and Director Frank Weiler moving into the Vice President's spot for a few!

If you have attended your state or local annual meetings you know that USBC and State associations have made several changes. Check out the various websites: CALUSBC.com; USBC.com and our own [www.calbowlingwriters.org](http://www.calbowlingwriters.org) that is kept up by our very own webmaster Kathy Watson.

We invite you to let us know what you would like to see in the *Infolink* and please feel free to send in information you would like to see in print. We publish four times a year.

Mary Lynly, Editor assisted by  
Nancy Chapman (who lives in Colorado Springs CO!)

# Bowling Calendar August-September

- August:**
- 3-5 – 10<sup>th</sup> Cal Bowlers Tour Reno Invitational, National Bowling Stadium, Reno, 925/757-2695 [CalBowlersTour@aol.com](mailto:CalBowlersTour@aol.com)
  - 4 – West Coast Senior Tour Singles, Canyon Lanes, Cabazon, 760/792-4596
  - 4-15 – 11<sup>th</sup> Las Vegas August Military Team Classic, South Point, Las Vegas, [high-roller.com](http://high-roller.com)
  - 5 – Registration deadline for semi-finalists for CUSBC Diddy Watts Challenge (8/11-12), [calusbc.com](http://calusbc.com)
  - 10-12 – PBA Tony Reyes Memorial West/NoWest Member-NonMember Doubles, 4<sup>th</sup> Street Bowl, San Jose, [bowl.com](http://bowl.com)
  - 11 – **National Bowling Day**, [GoBowling.com](http://GoBowling.com)
  - 11 – Golden Empire USBC Bakersfield Scratch Open, 9:30am & 2pm, AMF Southwest Lanes
  - 11-12 – CUSBC Diddy Watts Challenge, Rancho Bowl, Santa Maria, [calusbc.com](http://calusbc.com)
  - 11-12 – Bronze Level Coaching Cert. Class, Fresno State University, [bowl.com](http://bowl.com)
  - 12 – JAT Youth Fun Event/Pre-Reg., 9am, Cal Bowl, Lakewood, [bowljat.org](http://bowljat.org)
  - 16-19 – CUSBC Senior State Singles, Rancho Bowl, Santa Maria, [calusbc.com](http://calusbc.com)
  - 17 – PBA Dave Husted West/NoWest Open, Milwaukie, OR, [bowl.com](http://bowl.com)
  - 25 – Central Valley Masters Singles Tourn., squads at 10am & 2pm, Freeway Lanes, Selma, [centralvalleymasters.com](http://centralvalleymasters.com)
  - 26 – Willie Taylor Memorial, Yosemite Lanes, Modesto, Wayne – 209/524-9161
- September:**
- 3-9 – 2018 Storm Las Vegas Super Cup, South Point, Las Vegas, [lasvegassupercup.com](http://lasvegassupercup.com)
  - 7-9 – PBA West Aquimo Open, Mesa, AZ, [bowl.com](http://bowl.com)
  - 8 – West Coast Senior Tour Singles, Westminster Lanes, Westminster, 760/792-4596
  - 15 – Entry fee deadline for 49<sup>th</sup> CSSBA Senior Open Champ., Sacramento, (5 weekends starting 10/20-21), 925/757-2695
  - 16-19 – PWBA Tour Championships, Richmond Raceway, Richmond, VA, 866/455-7223, [RichmondRaceway.com](http://RichmondRaceway.com)
  - 21-23 – PBA/PBA50 West/NoWest Paradise Lanes Open, Tacoma, WA, [bowl.com](http://bowl.com)
  - 28-30 – PBA Wine Country West/NoWest Open, Rohnert Park, CA, [bowl.com](http://bowl.com)
  - 29 – 2018 SoCal Queens & Princess Tourn., 9am, Cal Bowl, Lakewood, 562/252-7904
  - 29-30 – Earl Anthony's Jr. Fall Classic, Doubles & Singles, Dublin Bowl
  - 30 – SoCal Masters & Apprentices Tournament, 9am, Keystone Lanes, Norwalk

Writing is not about valuable self-expression but a laborious self-discipline of stripping away needless words, abstraction, cliché and false sentiment. **Ernest Hemmingway**

---

## Outlets for Story & Article Publication

The *InfoLink* encourages and will accept stories of 200-500 words, relating to bowling. Articles should be focused on individual accomplishments, special events, community involvement, prose, etc. Because we are focusing on special articles by our writers, reporting of scores or association related events will not be accepted. Send your stories to: CBW Website, c/o Kathy Watson at [kwatson@royalancestry.com](mailto:kwatson@royalancestry.com) or to the InfoLink, c/o Mary Lynly, [lynlymary@surewest.net](mailto:lynlymary@surewest.net).

Also, included for your convenience, other California bowling publications who will accept stories and articles for publication:

- **BOWLING WORLD NEWSPAPER** ~ Donna Hazel, Editor ~ Website: [www.bowlingworld.com](http://www.bowlingworld.com)  
P.O. Box 111178, Campbell CA 95011-1178 ~ E-mail: [readit@bowlingworld.com](mailto:readit@bowlingworld.com)  
Office: 408-821-7332 ~ Fax: 408-366-0847 or 925-215-2242
- **CALIFORNIA BOWLING NEWS** ~ Carol Mancini, Editor ~ Website: [www.californiabowlingnews.com](http://www.californiabowlingnews.com)  
7502 E. Florence, Downey, CA 90240 ~ E-mail: [news@californiabowlingnews.com](mailto:news@californiabowlingnews.com)  
Office: 562-807-3600 ~ Fax: 562-807-2288





California Bowling Writers  
575 Westgate Street  
Pasadena, CA 91103

*Happy Summer*

**CBW – celebrating our 20<sup>th</sup> year!**

---

**California Bowling Writers**

575 Westgate Street, Pasadena, CA 91103

Membership Application

Open to Men, Women & Youth

Membership dues are \$20.00 (\$21 per Paypal) for August 1 through July 31

Membership Pins are \$3.00 each

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Association \_\_\_\_\_ W.B.A. or B.A. or USBC

Birthday \_\_\_\_\_ (month/day ONLY)

Note: contact information is available to all members. Would you like to be excluded? **Yes No**

Would you like to have the InfoLink Newsletter emailed to you ? (circle one) **Yes No**

Do you write for any publications? Please list here (use additional paper if needed):

---