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For Full CIF-SS Winter Playoff Results
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Serving High School Athletics
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Do We Really Want to Cut Costs?

By Dr. Ken Gunn, President CIFS-FS Executive Committee

We are in the process of taking a serious look at two issues: CIFS-FS section regionalization for playoffs and weighted voting. Two committees are working to prepare some recommendations for our council to vote on in each of these areas.

There is a third area that seems to be the topic of much discussion, but do we "No action." This is the generally expressed feeling that we need to cut the costs of athletics. How do we do that? I don’t know. One hand, we continually hear that the cost of travel, officials and event security are "breaking" our schools' student body accounts. Contrast this with the number of schools applying for out-of-state travel, the rapidly changing format and number of contests beyond the guaranteed in tournaments, and the expansion of summer programs supported by parents, players and coaches.

Simply stated, we can’t have it both ways. We can decrease the number of contests and/or tournaments allowed in each sport. For example, if we reduced the maximum number of contests in all lower level sports (junior varsity etc.), we would see some savings in travel and officials’ fees. We could reduce the maximum number of contests in non-revenue producing sports at all levels and increase these savings.

Given the presence of outside teams and the year-round nature of most sports, could we form freshman baseball teams and 18 games, instead of 20? Do our junior varsity soccer teams need to square in 20 matches before they begin their club season? What about tournaments? Suppose we had to count the number of games actually played or the average numbers played all teams in the tournament? My guess is that the people complaining about all the fund-raising required to run athletics might just be the same ones who would resist these types of changes. In my opinion, if we really want to reduce costs, we have to bite the proverbial bullet. Travel and security costs will continue to increase. I doubt that our officials will embrace the idea of working for less. To save money, we have to consider downsizing. Before we form another committee and ask them to bring us ideas, let’s answer the question: "DO WE REALLY WANT TO CUT COSTS?"

CIFS-FS MEETING MINUTES

January 26, 1995

The January meeting of the CIFS-FS Council was called to order by Dr. Ken Gunn at 9:30 a.m. on Thursday, January 26, 1995, at the Sequoia Athletic Club in Buena Park. All agendas were present with the exception of Arrowhead, Hi-Loo, Motte, Northern, Sunrise, Sunset and Freedom. 1. MINUTES – It was moved, seconded and passed to approve the minutes of the CIFS-FS Council meeting of October 20, 1994, the minutes of the November 30, 1994 CIFS-FS Executive Committee meeting and the minutes of January 21, 1995 CIFS-FS Executive Committee meeting as distributed to the Council.

FRIENDS OF GOLF PRESENTATION – Mr. David Dhill, President of Friends of Golf presented $30,000 in grant money to the CIFS-FS golf school program. In addition, golf equipment donated by POG will be given away to the member high schools.

AAD COACHING EDUCATION REPORT – Stacy Chapman from the AAD Foundation reviewed with the Council the background of the AAD Coaching Education Programs and their success over the last six years. In addition, volleyball will be added to the 1996 program. 4. IVY LEAGUE GIRLS’ TENNIS SCORING PROPOSAL – Dr. William Emmert, President of the Ivy League, reviewed a proposal to change the scoring system for playoffs in girls’ tennis to coincide with the current boys’ scoring system. This will be an action item at the March Council meeting.

PARMONT LEAGUE BOYS’ TENNIS CORING PROPOSAL – Dale Ackerman, representing the PARMONT League, presented a proposal to change the scoring system for playoffs in boys’ tennis to coincide with the girls’ current scoring system. This will be an action item at the March Council meeting.

BOY’S SPORTS – Ron Barnum, Chairperson of the CIFS-FS Boys of Sport Committee presented various items dealing with the 1995-1996 Sports Calendar, Summer Dead Period and the Fall Sports Calendar. This will be an action item at the March Council meeting.

MOORE LEAGUE TRAVEL PROPOSAL – Dr. William Brobston, League Representative, reviewed a proposal amending CIFS-FS By-Law 702. Following discussion, it was moved, seconded and passed to approve the change effective immediately.

OCEAN LEAGUE SOCCER PLAYOFF TIE BREAKER PROPOSAL – Roger Bryant, League Commissioner reviewed a proposal eliminating the tie breaker in the tie breaker of the tie breaker in the tie breaker. Following discussion, it was moved, seconded and passed to approve the change effective immediately.

STATE FEDERATED CIC-FS PROP 61 – Dr. Gary Smidtikker presented the following items to the Council in order to report Southern Section activities to the School Council. JAN. 27 page 14.

California Interscholastic Federation

Southern Section

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BULLETIN EDITOR
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EDITORIAL ASSISTANT
Sharon Hargrove, CIFS-FS Secretary

Bulletin published three times yearly by CIFS Southern Section

It’s been a Year of Great Change for the Section

By Dean Crowley

Commissioner of Athletics

As the 1994-95 school year comes to a close, we have been experiencing some really good things we have been able to accomplish together this year.

In the arena of hardships, the CIFS Southern Section has processed 438 hardships this year as of March 30, of which 228 were approved and 141 denied. From those, 29 appeals were processed, which 28 were approved and 14 denied. Also, 756 transfers dealing with issues 21(3) have been processed this year, all with no problems.

Additionally, the section successfully dealt with three major undue influence cases.

Another indication of what a successful year it has been in the area of our championship playoff events. We set records for attendance in our boys basketball championships at the Anaheim Pond on March 4. The evening session attracted a crowd of 15,101, far surpassing the previous record of 13,395 set last year at The Pond. The total attendance on March 4 was 24,662, demonstrating how popular Southern Section athletics are with the public.

Many of our schools have received national recognition this year, with one school being ranked No. 1 in tennis in both football and boys basketball.

The Southern Section budget is in better shape than at recent meetings with a slight reserve fund.

In the area of sportsmanship, we have seen great improvement this year, as has been noted in the CIFS Bulletin and in numerous other publications. New rules relating to sportsmanship have helped provide a better environment at athletic events. However, we still have a ways to go in making it ideal, especially in the sports of boys basketball and baseball.

It’s important to remember that good sportsmanship starts at the Southern Section level, with the most responsibility resting with the school administration for accountability of coaches as role models, while coaches should demand from their athletes and teammates the proper attitudes of sportsmanship, ethical conduct and fair play.

The Southern Section staff is dedicated to being responsive to the needs of member schools, staff, coaches and athletic programs as a whole. We are aware of changes and will continue to implement your good ideas and suggestions.

I’m proud of the accomplishments we have attained this year. Let’s continue to work hard to project a positive image.
STATE-WIDE MARKETING UPDATE

DIAL & TOMBSTONE CONTRIBUTE TO HIGH SCHOOL SPORTS

The Dial Corporation Consumer Products Group and Tombstone Pizza are proud sponsors of CIF sports and athletics. With shrinking state-wide budgets, many of the programs slated for elimination are athletic programs. The Dial Corporation and Tombstone Pizza have stepped forward to support these programs. "It is our responsibility, as coaches, to ensure that our youth athletes stay well hydrated during practice and competition," said Mark Diltz, president of Friends of Golf. "By educating young athletes on the importance of hydration, incorporating plenty of water breaks into our practice plans, and by making water available wherever athletes go, we can help them to enhance their performance and reduce their risk of injury." Medical research shows that dehydration causes a decrease in blood volume which in turn greatly reduces the cardiovascular system's ability to deliver oxygen to the muscles. A mild case of dehydration can cause muscle cramps, fatigue, grogginess, and a decrease in athletic performance. As dehydration becomes more severe the body loses its ability to sweat and keep itself cool, thus increasing one's body temperature. If dehydration becomes severe, heat stroke and even death can occur. Research has shown that drinking fluids before competition will not cause abdominal cramps. In fact, dehydration is the cause of most gastrointestinal cramps during a game or competition. It has been further proven that if an athlete drinks 6-8 ounces of water just before competition their body will absorb 95% of that fluid into bloodstream and not the bladder. Encourage your athletes to drink 16-32 ounces of fluid, preferably water, between lunch and an hour before an afternoon practice or competition or between breakfast and an hour before morning practice or competition. A well hydrated athlete will have plenty of oxygen in the muscles, thus allowing him/her to maintain a good work rate, avoid muscle cramps and fatigue.

FLUIDS! FLUIDS! FLUIDS!

It is our responsibility, as coaches, to ensure that our young athletes stay well hydrated during practice and competition. By educating young athletes on the importance of hydration, incorporating plenty of water breaks into our practice plans, and by making water available wherever athletes go, we can protect young athletes from dehydration, as well as help them to enhance their performance and reduce their risk of injury. Medical research shows that dehydration causes a decrease in blood volume which in turn greatly reduces the cardiovascular system's ability to deliver oxygen to the muscles. A mild case of dehydration can cause muscle cramps, fatigue, grogginess, and a decrease in athletic performance. As dehydration becomes more severe the body loses its ability to sweat and keep itself cool, thus increasing one's body temperature. If dehydration becomes severe, heat stroke and even death can occur. Research has shown that drinking fluids before competition will not cause abdominal cramps. In fact, dehydration is the cause of most gastrointestinal cramps during a game or competition. It has been further proven that if an athlete drinks 6-8 ounces of water just before competition their body will absorb 95% of that fluid into bloodstream and not the bladder. Encourage your athletes to drink 16-32 ounces of fluid, preferably water, between lunch and an hour before an afternoon practice or competition or between breakfast and an hour before morning practice or competition. A well hydrated athlete will have plenty of oxygen in the muscles, thus allowing him/her to maintain a good work rate, avoid muscle cramps and fatigue.

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FLUIDS! FLUIDS! FLUIDS!
GOOD SPORTS: Three Coaches Set Tone

By Ev Phillips of the Independent

When boys varsity soccer coaches John Stilwell of Centennial, Mike Sutherland of Corona and Dave Eckentrof of Norco face each other on the field, their teams hold nothing back. For them and their players, that's the way it has to be.

"Mike has a team motto about leaving no regrets that we all believe in," Stilwell said. "They've spent it all. Don't count off the field and say I could have done something else."

But when the games are over, there are handshakes and hugs all around.

Building friendships and teaching players the importance of good sportsmanship is what Stilwell, Sutherland and Eckentrof are all about.

It's a process the three mentors believe must start with them.

"We'll stay out on the field 15 minutes before a game talking to each other," Eckentrof said. "It lets the kids know that we're friends off the field as well as competitors on the field."

Stilwell agreed.

"It's something these kids need to see," he said. "It's not a show. It's a genuine deal."

Getting the players to buy into the concept has sometimes been a hard sell.

"Some of the guys in years past couldn't understand how I could be friends with the opposing coach," Stilwell said. "During the game we're going at each other. But I know Mike would do anything for me and he knows I'd do anything for him. It's important for me to be able to give him a hug. And Dave the same thing."

Sutherland believes his relationship with Stilwell and Eckentrof has a positive effect on the players.

"I think what we do as coaches carries over to the kids," Sutherland said. "I'd like to think that we make a difference."

Evidence of that is readily apparent in games between the three teams.

In a Jan. 13 match between Centennial and Corona -- which the Panthers won 3-0 on a pair of second-half goals that broke a 1-1 tie -- there were instances of good sportsmanship.

In the first half after Corona's Joey DiGiammarco rattled a hard shot off the Centennial goalpost Stilwell shouted, "Joey! Nine shot!"

In the second half DiGiammarco went off with a knee injury after a scramble in the Centennial end. When the all-CIF midfielder reentered the game Husky defender Joeseph Bohulano extended his hand, which DiGiammarco quickly accepted.

Minutes later Panther forward Eric Haley headed in the winning goal past Husky goalkeeper Brad Miller.

When the game ended Haley and Miller embraced at midfield.

"Gotta have a big celebration," Haley said later. "But once the game is over it's all friendship. Just like when me and Brad hugged afterward. I got to bring in his face about it, but he's a great goal. I love it to him to say that. He had a great game."

Stilwell says scenes like that make it all worthwhile.

"If anybody, it should be those that you know that you play the hardest against," the Husky coach said. "And then after the game you go out and have pizza or whatever because you're still friends." Stilwell teaches his players to keep memories in perspective.

"Tell my guys that the team they're playing isn't their enemy," he said. "They're their opponent. There's a difference -- and they need to see that." Sutherland believes the players respond to Stilwell and Eckentrof because they have their best interests at heart.

"What I appreciate most about John and Dave is that they're both there for the kids," Sutherland said. "The players believe we're there for them. It's not the other way around."

While all three coaches want to win a CIF championship, their common goal is to see the Riverside Poly tournament Dec. 17. Fierce competition is on the field, the three are best of friends off the field.

Centennial boys varsity coach John Stilwell, left, talks to Nanco's Dave Eckentrof, center, and Corona's Mike Sutherland between matches at the Riverside Poly tournament Dec. 17. Fierce competition is on the field, the three are best of friends off the field.

Mountain View League school take the title.

"Our goal is for the Mountain View League to be the toughest in CIF," Stilwell said. "And it is becoming that. Our dream is to have an all-Mountain View League final. Nothing gives us a bigger change than being part of a league that's going to dominate."

Loyalty between the three is strong when CIF opponents call them for playoff info.

"If somebody calls and asks me things about Corona, I'm not going to give them anything," Stilwell laughed. "And I know that Mike and Dave are going to do the same thing. We'll be nice but what we'll probably do is try to pick the other person's brain. Then we'll call each other up and share what we found out. So the other leagues may as well take notice that this is a tight deal."

Indeed. "I can't say enough about the three of them," Norco athletic director Dave Keed said. "I like the whole situation they've created. It's really positive for our league."

Reprinted by permission of the Corona-Norco Independent.
SPORTSMANSHIP – NO. 1 PRIORITY TOTAL TEAM EFFORT IS NEEDED

COACHES
Always set a good example for participants to follow, exemplifying the highest moral and ethical behavior.
Instruct participants in proper sportsmanship responsibilities and demand that they make the sportsmanship the No. 1 priority.
Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans. Treat opposing coaches, teammates and fans with respect.
Shake hands with officials, opponents and coach in public.
Develop and enforce penalties for participants who do not abide by sportsmanship standards.

STUDENT PARTICIPANTS
Treat opponents with respect; shake hands prior to and after contests.
Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
Cooperate with officials, coaches and fellow participants to conduct a fair contest.
Accept the responsibility and privilege of representing your school and community; display positive public action at all times.

CITY OF FAIRHOPE
Live up to the high standard of sportsmanship established by the coach.

PARENTS/OFFICERS
Realize that a ticket is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be generally obnoxious.
Respect decisions made by contest officials.
Be an exemplary role model by positively supporting teams in every manner, including conduct of cheers and signs,-coaches and parents.

BE A FAN...NOT A FANATIC.

SPRIT GROUPS
Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
Treat opposing spirit groups and fans with respect.
Recognize outstanding performances on either side of the playing field or court.
Know rules and strategies of the contest in order to cheer at proper times.
Maintain enthusiasm and composure, serving as a role model.

OFFICIALS
Accept role in an unassuming manner. Showboating and overreacting are not acceptable.
Maintain confidence and poise, controlling contest from start to finish.
Know rules thoroughly and abide by established Code of Ethics.
Publicly shake hands with coaches of both teams before contest.
Never exhibit emotions or argue with participants or coaches when enforcing rules.

SCHOOL ADMINISTRATORS
Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the league/conference and state.
Provide appropriate supervisory personnel for each interscholastic event.

1994-95 ATHLETES PARTICIPATION SURVEY

The following is a list of schools fielding individual sport:

**SPORT**
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SOUTHERN SECTION CIF/TOYOTA 1995 BOYS SOCCER CHAMPIONS

DIVISION I
Royal

Division II
Santa Barbara

Division III
Alta Loma & Woodbridge

Division IV
La Canada

Division V
Cathedral City, 3rd Western Christian

DIVISION I

Wild Card Round: Basket 1, Anomenia; Basket 2, Norco; Basket 3, San Gorgonio 1, Caliche; Basket 4, Mountain View, 4, Borrego

First Round: La Canada 7, Canyon 6; San Marino 2, San Gorgonio 3, Sierra 1, Temecula Valley 6; Colton 1, Central Union 1; Monte Vista 4, Borrego 6; Monte Vista 5, Central Union 1; Temecula Valley 2, San Gorgonio 3

Quarterfinals: La Canada 7, Canyon 6, San Gorgonio 3; San Marino 2, Temecula Valley 2, Colton 1

Semi-final: Alta Loma 2, Yorba Linda 1; Woodbridge 2, Rancho Cucamonga 0; Long Beach Poly 1, Alta Loma 0; Woodbridge 2, San Gorgonio 2, Rancho Cucamonga 0; Rancho Cucamonga 1, Alta Loma 0

Final: Alta Loma 3, Woodbridge 1 (2-0 PK)

DIVISION II

First Round: Basket 1, Norco; Basket 2, San Gorgonio 5, Sierra 4, Sierra 3, Norco 5, Caliche 4, Mountain View 6, Borrego 6

First Round: Colton 1, Central Union 1; Monte Vista 4, Borrego 6; Monte Vista 5, Central Union 1; Temecula Valley 2, San Gorgonio 3

Quarterfinals: La Canada 7, Canyon 6, San Gorgonio 3; San Marino 2, Temecula Valley 2, Colton 1

Semi-final: Alta Loma 2, Yorba Linda 1; Woodbridge 2, Rancho Cucamonga 0; Long Beach Poly 1, Alta Loma 0; Woodbridge 2, San Gorgonio 2, Rancho Cucamonga 0; Rancho Cucamonga 1, Alta Loma 0

Final: Alta Loma 3, Woodbridge 1 (2-0 PK)

DIVISION III

First Round: Basket 1, Norco; Basket 2, San Gorgonio 5, Sierra 4, Sierra 3, Norco 5, Caliche 4, Mountain View 6, Borrego 6

First Round: Colton 1, Central Union 1; Monte Vista 4, Borrego 6; Monte Vista 5, Central Union 1; Temecula Valley 2, San Gorgonio 3

Quarterfinals: La Canada 7, Canyon 6, San Gorgonio 3; San Marino 2, Temecula Valley 2, Colton 1

Semi-final: Alta Loma 2, Yorba Linda 1; Woodbridge 2, Rancho Cucamonga 0; Long Beach Poly 1, Alta Loma 0; Woodbridge 2, San Gorgonio 2, Rancho Cucamonga 0; Rancho Cucamonga 1, Alta Loma 0

Final: Alta Loma 3, Woodbridge 1 (2-0 PK)

DIVISION IV

First Round: Basket 1, Norco; Basket 2, San Gorgonio 5, Sierra 4, Sierra 3, Norco 5, Caliche 4, Mountain View 6, Borrego 6

First Round: Colton 1, Central Union 1; Monte Vista 4, Borrego 6; Monte Vista 5, Central Union 1; Temecula Valley 2, San Gorgonio 3

Quarterfinals: La Canada 7, Canyon 6, San Gorgonio 3; San Marino 2, Temecula Valley 2, Colton 1

Semi-final: Alta Loma 2, Yorba Linda 1; Woodbridge 2, Rancho Cucamonga 0; Long Beach Poly 1, Alta Loma 0; Woodbridge 2, San Gorgonio 2, Rancho Cucamonga 0; Rancho Cucamonga 1, Alta Loma 0

Final: Alta Loma 3, Woodbridge 1 (2-0 PK)

DIVISION V

First Round: Basket 1, Norco; Basket 2, San Gorgonio 5, Sierra 4, Sierra 3, Norco 5, Caliche 4, Mountain View 6, Borrego 6

First Round: Colton 1, Central Union 1; Monte Vista 4, Borrego 6; Monte Vista 5, Central Union 1; Temecula Valley 2, San Gorgonio 3

Quarterfinals: La Canada 7, Canyon 6, San Gorgonio 3; San Marino 2, Temecula Valley 2, Colton 1

Semi-final: Alta Loma 2, Yorba Linda 1; Woodbridge 2, Rancho Cucamonga 0; Long Beach Poly 1, Alta Loma 0; Woodbridge 2, San Gorgonio 2, Rancho Cucamonga 0; Rancho Cucamonga 1, Alta Loma 0

Final: Alta Loma 3, Woodbridge 1 (2-0 PK)
SOUTHERN SECTION CIF/TOYOTA 1995 DIVISIONAL INDIVIDUAL WRESTLING CHAMPIONS

DIVISION I
Tino Archuleta
Carvalh Chapel/Santa Ana
103

Anthony Pires
Cowboys
112

Dominic Garcia
La Verne
119

Johan Tafiri
Chaffey
125

Justin Meier
Calvary Chapel/Santa Ana
130

Mark Perryman
Temecula Valley
135

Travis Havens
Central Union
140

Ryan Holgate
Temple City
145

Richer Meza
Temple City
152

Eddie Austrimu
Calvary Chapel/Santa Ana
160

Ismail Abdullah
El Dorado
171

Eddie Fukuma
Alhambra
189

Barney Padgett
Calvary Chapel/Santa Ana
197

Jared Wells
Canyon Springs

INDIVIDUAL TOURNAMENT TEAM CHAMPIONSHIP RESULTS

PLACE

Calvary Chapel/S. A. (264.5)
Canyon Springs (151)
Dos Pueblos (121)
Anahiem (101)
Rio Mesa (92.5)

Calvary Chapel/Santa Ana (148)
Colton (96.5)
Barrow (93.5)
Montebello (89)

Temecula Valley (142)
Temecula Valley (102)

Temecula Valley (148)
Temecula Valley (102)

Temecula Valley (148)
Temecula Valley (148)

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Dominic Garcia
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Johan Tafiri
Chaffey
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Mark Perryman
Temecula Valley
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Eddie Austrimu
Calvary Chapel/Santa Ana
160

Ismail Abdullah
El Dorado
171

Eddie Fukuma
Alhambra
189

Barney Padgett
Calvary Chapel/Santa Ana
197

Jared Wells
Canyon Springs

IRV OLINER SHARES HIS LOVE FOR WRESTLING THROUGH PHOTOGRAPHY

Irving Oliner has been taking photographs of wrestling for some 30 years. He's never been paid for his work, but that's okay with him. He simply loves the sport and the art of photography.

Oliner, 70, a retired pharmacist, who is a fixture at various CIF Southern Section wrestling division events, was presented with an award from the CIF Southern Section at this year's CIF wrestling awards banquet for his contributions to the sport of wrestling. The award: "The Irving Oliner Award." The award will be given every year from now on to an individual who has significantly contributed to high school wrestling.

Oliner, of Los Angeles, who has been a photographer for USA Wrestling for many of the other organizations, retired after 49 years as a pharmacist last December. But he continues to photograph wrestling, taking his camera to each event as the Pacific III Championships, California Junior College Championships and Olympics over the years.

In 1993, Oliner was named Photographer of the Year by USA Wrestling Magazine. But awards and honors aren't the reason why

Oliner photographs wrestling.

"I just love the action of wrestling," Oliner said. "If you're an exciting sport that I can get interested in," Oliner said he first became interested in wrestling when he saw a few boys who lived in his apartment complex compete. That was more than 30 years ago.

"I bought three or four magazines and I thought the pictures were very good," Oliner said. "I thought I could do better. So I started shooting some local high school matches and my interest just grew from there."

So did the quality of his pictures. Oliner has shot wrestling all over the country. He's even shot an entire family of wrestling grandfathers.

The keys to good wrestling photography, Oliner said, is to know what he's doing in the ring and to have patience. "The pictures aren't taken for you," Oliner said. "You have to go out there and just cover the story."

What makes a good wrestling picture: "You want to have good facial expressions," Oliner said, "because that's what tells the story."