WEEKLY ROUNDUP

*Top 20s in each class
*Gopher hero Johnson is pride of Mpls. North
*Wayzata’s breakout week
*Too much too soon for kids?

1-2 duel: BOLD tips Henning

Take over top spot with 77-70 win

By Bruce Strand

A No. 1 vs. No. 2 matchup is a rare treat, especially in Class 1A, where the top teams are spread out around the state.

However, thanks to Breakdown Sports, such a duel was staged last week when top-ranked, defending state champion Henning took the court against No. 2 BOLD in the Granite City Classic.

BOLD prevailed in the battle of unbeaten 77-70 at St. John’s University, reversing the 1-2 slots in this week’s MBBN rankings.

“Of course we’d rather have it in March,” said BOLD coach Jake Brustuen, “but we’ll gladly take it now, too. The one vs. two thing really amplified this game and made it more fun. We just wanted to play somebody really good and be tested. The kids were very excited about playing them.”

Brustuen said BOLD got its invitation at state tournament time last spring after a 22-4 season powered by underclassmen. In a Section 2A tournament with six of the top 14 ranked teams, they had lost in the semifinals to New Ulm Cathedral in overtime. The Breakdown people indicated, he said, that they would probably be paired with Henning.

BOLD showed excellent speed, ball movement, shooting (29-for-54) and ability to get to the hoop while out rebounding Henning 40-25.

Drew Sagedahl led with 28 points, 11 rebounds, five assists and three steals. Gavin Vosika delivered 15 points, 12 rebounds, seven assists and four steals. Jordan Sagedahl, three-sport athlete coming off a football season (Mr. Football finalist as a quarterback), chipped in 16 points and six rebounds. Matt Moorse added 11 points.

Jordan Sagedahl has been recovering from a football injury and lately plagued by asthma. “He can’t catch a break,” Brustuen said. “It will be really big for us to have Jordan back full healthy.”

BOLD had a double digit lead but Henning pulled within four late in the game after successive three-pointers by Luke Bjorklund and Parker Fraki. The Hornets were not able to get closer, though.

For Henning, Blake Wallevand tallied 16 points, Fraki 14 and Isaac Fisher 10. The Hornets’ three-point shooting was a bit off at, 9-for-31.

“There were two really good teams going at it,” said Henning coach...
BOLD vs. Henning

Randy Misegades. “We just wanted to play a real good team, win or lose.”

Drew Sagedahl, a junior guard, has come up huge this year, averaging 27 points, 8.3 rebounds and 6.8 assists. He averaged 15 points last year. Vosika and Jordan Sagedahl, who both had over 1,100 points entering their senior year, are averaging 19.4 and 16.2, respectively.

Each team operated with six players. Brustuen said BOLD will need a seventh and eighth player to make a deep run, but they haven’t determined yet who those are. Henning has been playing eight, but their seventh and eighth were injured.

Gavin Vosika hits a pull-up jumper over Parker Fraki.

Parker Fraki scores on a drive for Henning.

Henning had gone triple overtime the day before to beat Waterville-Elysian-Morristown 79-73 when WEM’s Grant McBroom mauled them for 39 points, so fatigue was probably a factor against BOLD. Wallevand had 25 and Fraki 17 in that game.
Pride of the Northside

Polars’ Tyler Johnson caps ‘U’ career in blaze of glory

By Bruce Strand

Nobody was more thrilled with the Minnesota Gophers’ 31-24 upset of Auburn on New Year’s Day than the basketball coach and players at Minneapolis North -- the school that sent Tyler Johnson to the Gophers.

“Definitely the pride of the Northside and the Polar Nation,” said Larry McKenzie about the leader of his 2016 state championship team. “Tyler is a regular at North football and basketball games, and yes, our kids know him really well. We are recognizing him this Saturday at halftime of the Milwaukee Math and Science game.”

Johnson capped one of the greatest careers in Gopher history, sparking the team to its biggest bowl game win since the Rose Bowl in 1962. The 6-2, 205-pound wide receiver was named MVP for the Outback Bowl in Tampa after he caught 12 passes from Tanner Morgan for 204 yards and two touchdowns against one of the country’s top defenses. The first TD catch was a spectacular one-hander of a short toss on the back of the end zone for a 24-17 half-time lead. The second was a 73-yard bomb with nine minutes left when he blew past the safety for the final 31-24 lead.

Johnson finished with 33 touchdowns and 3,305 yards, both Gopher career records, on 213 catches, which ranks second. His 66 catches, 1,318 yards and 13 TD’s this year were single-season records, as was the Gophers’ 11 wins.

Johnson helped the Gophers transform, under coach PJ Fleck, from a low-level team into a Top 15 power. Fleck has pledged to bring the “U” back to the “blue-blood status” they had in the 1930’s, 40’s and 60’s.

This is not first time Johnson has been crucial to the revival of a once-proud program. Minneapolis North, which had won four big-school state titles between 1995 and 2003, had slipped badly for almost a decade while declining enrollment dropped them into Class 1A. McKenzie, who had won four state titles with Minneapolis Henry before moving to Holy Angels for five years, was asked to take over the struggling North program in 2013-14. The Polars were Class 1A champions in 2016 while winning the Minneapolis Conference.

Johnson was the scoring leader (17 points per game) and floor general of that squad, with Odell Wilson IV, Isaac Johnson, Jamil Jackson, and Patrick Dembley also scoring in double-digits. The Polars have moved up to Class 2A and are always one of the top half-dozen teams.

“He was a major part of the North revival,” McKenzie said, adding that Johnson stuck with the Polars when “every private school in the metro wanted him to attend their school, along with several other district schools.”

Johnson was the quarterback of a state runner-up football team — passing for 36 touchdowns and running for 20 more. He was named city conference player of the year in both sports his sophomore, junior and senior years. “I personally think he’s Minneapolis Athlete of the Decade,” McKenzie said. “Greatest athlete I have coached.”

Johnson also pondered college hoops, McKenzie said. “Tyler most definitely could have played DI basketball. Probably could help the Gophers now. He was a slasher who could knock down the three,” the coach assessed. “But we knew football was his sport and one day he would be playing on Sundays.”
Two Chaska underclassmen notched their 1,000th point in the same game Saturday when the Hawks (7-3) beat Lakeville North 85-65 for third place in the Park Center Holiday Challenge. They are 5-11 junior forward Kaylee Van Eps, who scored 22 points, and 6-1 sophomore forward Mallory Heyer, who scored 27 points. Heyer is averaging 18.7 points and Van Eps 13.0. This is Van Eps’ fourth varsity season and Heyer’s third; each has been a starter since their respective eighth-grade season.

Top-ranked, defending champ Hopkins (11-0) throttled No. 3 Park Center 89-70 in Park Center’s Holiday Showcase. Paige Bueckers notched 30 points, Taylor Woodson 21, Maya Nnaji 19, Sunaja Agara 12 and KK Adams 11. Park Center’s Adalia McKenzie poured in 42 points. T’Naye Griffin had 12 and Aaliyah Ragulen 11. The Pirates are 11-1 and the only team to beat No. 4 Wayzata.

Sauk Centre, top-ranked in Class 3A girls, won the Perham tournament, clipping No. 13 Roseau 85-79 and Class 3A’s No. 10 Alexandria 62-42. Against Roseau, Michaela Dammann hit 23 points, Julia Dammann 20, and Megan Klapheke 14. For Roseau, Katie Borowicz pumped in 36 points. Julia Braaten added 20 and Hanna Mooney 12.

The Minnesota girls, unbeaten, top-ranked defending state champions in Class 1A, beat two South Dakota teams in the Hoop City Classic -- Yankton 45-34 in Mitchell on Friday and Sioux Falls Christian 60-34 on Saturday in Yankton. Morgan Hennen notched 12 points and nine rebounds, Abby Hennen 12 points, and Abby Rost 10 points and 12 rebounds, against Yankton. Natalee Rolbiecki sank 16 against SFC while McKenna Yost (3-for-4 on three’s) and Abby Hennen scored nine points each.

Lake City, ranked No. 3 in Class 2A boys, handed Rochester Mayo its first loss 90-78, then beat another ranked 4A team, Osseo 56-43, at the Rochester Rotary Classic. “It was a great tournament for our team, playing against two very good 4A schools and getting two big wins,” coach Greg Berge said. “We grew a lot as a team and improved in many ways during the Rotary Tournament.”

Nate Heise tallied 34 points, seven rebounds and five assists against Mayo. Reid Gastner had 28 points, five assists and four rebounds. Gabe Madsen hit 21 points for Mayo but his twin Mason did not play. (Both have signed with Cincinnati). Michael Sharp led Mayo with 23 points.

Heise did not play against Osseo (stiff back) but the Tigers won with stout defense, three-point shooting and ball control, Berge said. Gastner had 18 points and nine rebounds, Jake Wohlers 17 points (five 3-pointers) and Justin Wohlers 10 points, six rebounds and six assists.

The DeLaSalle boys were handed their first loss, by Brandon Valley (SD), 71-61 in at Sioux Falls on Saturday. Brandon Valley is ranked No. 3 in the highest of three classes in South Dakota, losing only to No. 1 Yankton. Brandon Valley shot 63 percent and had four double-digit scorers. Amir Whiltock led DLS with 18 points, three steals, two assists, three rebounds and a block. The Islanders beat Cornerstone (Texas) 54-49 on Friday.

Albany knocked Osakis from the unbeaten ranks 57-53 at the Granite City Classic in St. Cloud. Osakis was missing Daniel Savageau, their 23-ppg senior guard, who suffered an ankle injury late in a 48-41 win over Rocori on Friday. “We think he will be fine,” coach Matt Hoelscher said, “but we might sit him out or slowly bring him back the next few games.” Albany (6-1) was led by Nolan Rueter with 21 points and LaQue Jefferson with 12. For Osakis (8-1), Brady Mages hit 13 points, Kobie Lara 12, and Luke Imdeike and Luke Staloch 10 each.

The Marshall and Hermantown boys teams had the rare occurrence of playing each other two straight days last weekend, due to icy roads preventing multiple teams from traveling to Marshall on Saturday. Hermantown made the 150-mile trip for the Marshall Holiday Invitational on Friday and stayed overnight. Marshall (9-0) beat the Hawks 92-79 on Friday and 73-52 on Saturday. Hermantown was 5-1 prior to the two losses in Marshall.
Marshall hoops alum Andries helps power Gophers

Tyler Johnson, featured on Page 3, was not the only former state prep cager playing a big role in the Gophers’ 31-24 Outback Bowl upset of Auburn on New Year’s Day. Blaise Andries, former Marshall basketball, football and baseball player, is the Gophers’ 6-6, 325-pound sophomore right tackle on the offensive line that pushed around one of the best defensive fronts in the nation. The Gophers rushed for 215 yards, almost double the amount of yards Auburn yielded on average this year, and passed for 278. Andries, after one redshirt season, started all 13 games as a freshman at right guard and moved to tackle this year. In high school, Andries was a sixth man as a senior on the Marshall basketball team that placed third in the state in Class 3A in 2017. He tallied 22 points in three state games that year and was a rugged rebounder and defender off the bench all season.
Pacesetter’s youth state tourneys, leading to Great Five-State, coming up

Pacesetter Sports will conduct its 28th annual Minnesota Youth Basketball Championships for teams in grades 4-9, starting with region playoffs from February through April.

This one-class, statewide competition involving 600 to 800 teams will start with eight regional qualifiers.

The regionals are as follows. Region 1 in Rochester and Stewartville, Region 2 in Mankato, Region 3 in Redwood Falls, Region 4 in Mora and Willow River, Region 5 in Paynesville, Region 6 in Alexandria, Region 7 in Grand Rapids and Mountain Iron-Buhl, and Region 8 in Bemidji.

The region champions are invited to the Minnesota Youth Basketball State Championships in Maple Grove in June. The champion and runner-up at the state tournament are invited to the Pacesetter Great Five-State Championships in Minneapolis along with top teams from Wisconsin, Iowa, North Dakota and South Dakota.

All teams in that tournament will have at least one game on the main Target Center floor.

Teams may register online now by visiting our web site at www.pacesettersports.net.

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Officials interested in working Pacesetter basketball tournaments from March through July should write to jeff@pacesetternet.com.

See www.pacesettersports.net for more information.

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# State Boys Top 20 Rankings

## Class 4A

1. Eden Prairie (2) 9-0  
2. Park Center (5) 6-1  
3. Cretin-Derham Hall (4) 8-2  
4. Eastview (3) 7-1  
5. Chaska (2) 8-1  
6. Shakopee (2) 6-2  
7. Hopkins (6) 7-2  
8. East Ridge (4) 4-4  
9. Tartan (4) 8-0  
10. Lakeville South (1) 8-0  
11. Robbinsdale Armstrong (6) 7-1  
12. Champlin Park (5) 4-4  
13. Prior Lake (3) 3-3  
14. Rochester Mayo (1) 6-1  
15. Edina (2) 5-3  
16. Lakeville North (3) 5-3  
17. Spring Lake Park (5) 5-2  
18. Mounds View (5) 9-0  
19. Rosemount (3) 5-2  
20. Cambridge-Isanti (7) 7-1

## Class 3A

1. Minnehaha Academy (4) 6-2  
2. DeLaSalle (6) 6-1  
3. Mankato East (2) 7-1  
4. Totino-Grace (4) 5-3  
5. Marshall (2) 8-0  
6. Austin (1) 7-1  
7. Waconia (6) 6-2  
8. St. Cloud Apollo (8) 8-0  
9. St. Peter (2) 8-3  
10. Delano (5) 7-1  
11. Mound-Westonka (6) 6-3  
12. St. Croix Lutheran (3) 5-2  
13. Columbia Heights (4) 5-2  
14. Bloomington Kennedy (3) 6-3  
15. Alexandria (8) 6-3  
16. Holy Angels (3) 5-3  
17. Princeton (7) 7-2  
18. Grand Rapids (7) 6-3  
19. Hermantown (7) 5-3  
20. Sartell-St. Stephen (8) 5-3

## Class 2A

1. Waseca (2) 6-2  
2. Caledonia (1) 8-0  
3. Lake City (1) 8-1  
4. St. Croix Prep (4) 8-0  
5. Perham (8) 7-0  
6. Minneapolis North (5) 5-2  
7. Esko (7) 7-2  
8. Minnesota Valley Lutheran (2) 9-0  
9. East Grand Forks (8) 6-0  
10. Stewartville (1) 6-2  
11. Rockford (5) 9-1  
12. Annandale 6-0  
13. Eden Valley-Watkins (6) 6-1  
14. Albany 6-1  
15. Osakis (6) 8-1  
16. Fergus Falls (8) 6-2  
17. Goodhue (1) 5-1  
18. Minnewaska Area (3) 6-1  
19. Melrose (6) 8-2  
20. Litchfield (5) 7-2

## Class 1A

1. BOLD (2) 7-0  
2. Henning (6) 7-1  
3. Ada-Borup (8) 5-0  
4. Southwest MN Christian (3) 7-0  
5. Waterville-Elysian-Morristown (2) 8-1  
6. North Woods (7) 6-1  
7. West Central Area (6) 6-1  
8. New Ulm Cathedral (2) 8-0  
9. Springfield (2) 6-1  
10. Parkers Prairie (6) 6-1  
11. Fertile-Beltrami (8) 8-0  
12. Bloomington Prairie (1) 4-0  
13. Cromwell-Wright (5) 6-1  
14. Hayfield (1) 6-2  
15. Mountain Lake-Comfrey (2) 5-1  
16. Christ’s Household of Faith (4) 6-2  
17. Nashwauk-Keewatin (7) 6-1  
18. Clearbrook-Gonvick (8) 7-0  
19. Ely (7) 8-1  
The Pacesetter Minnesota Invitational Tournament has been one of the premier summer tournaments in the Midwest since 1991. NBA players Joel Przybilla, Mike Miller, Kris Humphries, and Nate Wolters are a few of the many top players who have played in the MIT.

The top teams from the 5-state area of Minnesota, Iowa, North Dakota, South Dakota, and Wisconsin are invited annually. All teams play 5-6 games in two days. Teams play in “regional” brackets on Saturday (3-4 games) and advance based on Saturday results for Sunday Final Four brackets (2 games).

Teams that win the prestigious MIT championship will receive individual plaques. Teams with high finishes receive medals with neck ribbons.

One of the top facilities in the state will host this event: Clemens Field House at the College of St. Benedict (St. Joseph, MN).

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How much is too much for young athletes?

By Nancy Justis
Outlier Creative Solutions
Iowa Youth Sports Initiative, Cedar Falls, IA
www.outliercreativesolutions.com

Watching my 11-year-old grandson play three basketball games in one day, I happened to notice one of the best players on the team was not quite himself.

He didn’t seem to have any energy and an unusual number of shots were not making the basket.

He didn’t look like he was having any fun.

He plays on two teams, which means practicing for two teams. Was he just tired, not feeling well or worse, was he showing signs of burnout at the tender age of 11?

I personally feel there is never enough learning time in youth sports. Playing a game assists in learning the sport, but I believe more time needs to be spent on skill development and that’s difficult to do in one or two practices each week.

So how do parents and coaches balance practice time without developing problems of burnout and overtraining? Are there guidelines for how many hours kids should spend in practice?

I think the 10,000 hours-of-practice rule suggested by Malcolm Gladwell in his book “Outliers” is losing its luster among many youth sports advocates. There’s another guideline that states a young athlete should not practice any more hours per week than their age.

Eleven hours per week of practice for an 11-year-old? No way.

Recognizing a high percentage of kids are quitting organized sports by the time they reach 13, we need to find a way for skill development in a reasonable amount of time while still making the experience fun.

An article in Coaching Young Athletes suggests development doesn’t have to happen in just formal settings.

“There are ways to give kids a greater exposure to sports practice without putting them into a specialized formal single sport program,” the article noted.

Suggestions include:

— Multisport participation. Don’t try to pile all those hours into one sport. Many believe a prerequisite to becoming competent in a specific sport is being a good general all-around athlete. However, there is a point where it can go too far and kids and families can become overcommitted in time and financially.

— Athletes need not be specifically practicing for their sport to be developing skills related to that sport. A general strength-based session or a gymnastics-related circuit is valuable in developing skills that are transferable to many sports.

— Vigorous active play. Providing opportunities for kids to get out and actively play can help. Taking them to parks and playgrounds and other sport fields where they can run, jump, climb, push, pull, lift and balance.

— If the child wants to throw or kick a ball, go play with them. A few minutes can gradually build up to a lot of time spent involved in general and sport-specific rehearsal.

Can the above kinds of activities amount to 11 hours per week? Absolutely. But it doesn’t seem forced, can be really fun and all can contribute to success in other sports.

An article originally published in “Los Angeles Sports & Fitness” by Brian McCormick, the performance director for “Train for Hoops,” noted “When a child quits sports at an early age, he is less likely to resume these activities later. Kids love to learn and explore. They do not compare themselves to others. They enjoy playing and learning.”
By Bruce Strand

The Wayzata boys, previously 0-6 and hampered by injuries, toppled No. 2 ranked Cretin-Derham Hall 83-74 and St. Thomas Academy 91-47 at the University of St. Thomas tournament Friday and Saturday.

“We have had our fair share of basketball adversity to start the season,” said coach Bryan Schnettler, “and it was great to see the guys smiling after the last two games.”

Camden Heide tallied 20 points against CDH. Drew Berkland and Kody Williams added 19 each. Curtis Jones led the Raiders with 24.

“We shot the ball very well and did a nice job of making extra passes to open shooters to get those shots,” Schnettler said. “Defensively we tried to take away the paint and did a solid job of defense in the half court.”

Against STA, Heide tallied 20 points again. Carter Bjerke added 13, and Eddie Beeninga and Connor Yarbrough 11 each.

Heide, 6-6 sophomore guard who averaged 13.5 points as a freshman, missed the first five games. Beeninga, 6-1 junior guard and brother of Wayzata’s top two all-time scorers (Jacob and Johnny), missed the first seven games. Yarbrough, senior guard, missed two games.

“Camden and Eddie were both out with injuries,” Schnettler said. “We are excited to be getting closer to full strength. We have a lot to improve at, and this group will look a lot different in another month.”

Bjerke, a 6-8 sophomore forward, is averaging 18.2 points. Williams, 6-1 junior guard, averages 14.6.

Got a tip for MN Basketball News? Send a note to bruce.a.strand@gmail.com

After 0-6 start, Wayzata revitalized

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### STATE GIRLS TOP 20 RANKINGS

#### CLASS 4A

1. Hopkins (6) 11-0  
2. Farmington (1) 10-1  
3. Park Center (5) 11-1  
4. Wayzata (6) 11-1  
5. Centennial (5) 10-1  
6. St. Michael-Albertville (8) 7-3  
7. Maple Grove (8) 8-2  
8. Rosemount (3) 9-1  
9. Chaska (2) 7-3  
10. Elk River (8) 7-3  
11. Stillwater (4) 7-3  
12. Shakopee (2) 7-2  
13. Minnetonka (2) 7-3  
14. Burnsville (3) 7-3  
15. Lakeville North (3) 4-6  
16. Eden Prairie (2) 5-4  
17. Blaine (7) 10-1  
18. Cooper (6) 8-2  
19. Forest Lake (7) 7-2  
20. Moorhead (8) 6-3

#### CLASS 3A

1. DeLaSalle (4) 3-3  
2. Holy Angels (6) 5-3  
3. Red Wing (1) 11-0  
4. Austin (1) 10-1  
5. Becker (5) 4-2  
6. Simley (3) 5-2  
7. St. Paul Como Park (3) 5-3  
8. Marshall (2) 9-0  
9. Hutchinson (2) 7-1  
10. Waconia (2) 5-5  
11. Mahtomedi (4) 9-1  
12. Hill-Murray (4) 6-5  
13. Mankato West (2) 7-2  
14. Alexandria (8) 8-3  
15. Richfield (6) 10-0  
16. Hermantown (7) 10-1  
17. St. Peter (2) 7-3  
18. Willmar (5) 8-4  
20. St. Croix Lutheran (3) 7-3

#### CLASS 2A

1. Sauk Centre (6) 10-1  
2. Rochester Lourdes (1) 9-1  
3. Fergus Falls (8) 9-1  
4. Minnehaha (4) 8-2  
5. New London-Spicer (3) 9-1  
6. Waseca (2) 7-2  
7. Duluth Marshall (7) 7-1  
8. Mesabi East (7) 10-0  
9. Winona Cotter (1) 12-1  
10. Proctor (7) 9-1  
11. Goodhue (1) 10-1  
12. Providence (5) 9-3  
13. Pelican Rapids (8) 9-0  
14. Holy Family (5) 8-3  
15. Belle Plaine (2) 8-1  
16. Holdingford (6) 9-0  
17. Pine City (6) 7-1  
18. Albany (6) 6-2  
19. Hawley (8) 6-2  
20. Royalton (6) 7-1

#### CLASS 1A

1. Minneota (3) 10-0  
2. Cromwell-Wright (7) 9-1  
3. Mountain Iron-Buhl (7) 5-2  
4. Walker-Hackensack-Akeley (5) 8-1  
5. Blooming Prairie (1) 6-1  
6. Henning (6) 9-1  
7. Cherry (7) 8-2  
8. Sleepy Eye St. Mary’s (2) 9-1  
9. Mayer Lutheran (4) 10-1  
10. Hills-Beaver Creek (3) 8-0  
11. Waterville-Elysian-Morristown 10-0  
12. Hancock (6) 9-0  
13. Southwest MN Christian (3) 6-1  
14. Central MN Christian (2) 6-1  
15. Warren-Alvarado-Oslo (8) 6-1  
16. Park Christian (6) 9-1  
17. Heritage Christian (4) 6-3  
18. Springfield (2) 8-1  
19. Ada-Borup (6) 6-1  
20. BOLD (2) 7-3