

# Sample Responses to Selected Exercises

# **EXERCISE 2A**

- 1. The school / had no bilingual or ESL classes.
- 3. She / gave the non-English speakers special attention.
- 5. She / learned some English from them and from the teacher.
- 7. She / became comfortable in the social world of the school.
- 9. He / was not outgoing.

# **EXERCISE 2B**

1. The children spoke to their parents less frequently.

3. She would ask Rodriguez questions about his day at

school.

5. Her intrusions often stopped her children's talking.

7. His English improved somewhat over time.

9. His wife said the prayer, even on formal occasions.

## **EXERCISE 2C**

1. The children spoke to their parents less frequently.

intransitive

3. She would ask Rodriguez questions about his day at

school.

transitive (object is "questions")

Note: This one is tricky because the sentence contains both a direct object and an indirect object. If you ask, "What would she ask?" you get to the direct object: "questions." But if you find yourself wanting to identify "Rodriguez" as an object, your linguistic intuition is in good working order: "Rodriguez" is an indirect object. Since our primary concern is style rather than grammar, this isn't the place to discuss direct and indirect objects—but if you're curious about them, by all means consult a handbook or ask your teacher.









5. Her intrusions often stopped her children's talking. transitive (object is "her children's talking")

7. His English improved somewhat over time.

intransitive

9. His wife said the prayer, even on formal occasions.

transitive (object is "the prayer")

#### **EXERCISE 2D**

To see one writer's choices, read the Obama text, paras.33 and 34.

# **EXERCISE 2E**

- 1. Over time, <u>Grandmother</u> <u>became</u> withdrawn too. *independent clause*
- 3. which often immobilized her.

dependent (adjective) clause

- 5. Each day, while her <u>sisters</u> <u>were</u> young, *dependent* (*adverb*) *clause* 
  - 7. that she was learning in school.

dependent (adjective) clause

- 9. While virtually all <u>children</u> . . . . <u>learn</u> English, dependent (adverb) clause
- 11. <u>most</u> of them <u>are</u> at risk of losing their primary languages independent clause
- 13.  $\underline{I}$  <u>chose</u> to run for president at this moment in history independent clause
- 15. that  $\underline{\text{we}}$   $\underline{\underline{\text{cannot}}}$   $\underline{\underline{\text{solve}}}$  the challenges of our time dependent (noun) clause
- 17. <u>Americans are</u> anxious about their futures, independent clause
- 19. in an era of stagnant wages and global competition, opportunity is seen as a zero-sum game,

independent clause





#### **EXERCISE 3A**

 Even after two decades I can close my eyes and return to that porch at the Tip Top Lodge. I can see the old guy staring at me. Elroy Berdahl: eightyone years old, skinny and shrunken and mostly bald. He wore a flannel shirt and brown work pants. In one hand, I remember, he carried a green apple, a small paring knife in the other.

This is O'Brien's language. As you worked on the passages, you probably made some different choices in wording. The point is not to reproduce O'Brien's language exactly but to bring the passages into focus, beginning most of the sentences with human subjects, I and he.

#### **EXERCISE 3B**

#### 1. Before:

Even after two decades it is possible for me to close my eyes and return to that porch at the Tip Top Lodge. There is an image in my mind of the old guy staring at me. Elroy Berdahl: eighty-one years old, skinny and shrunken and mostly bald. His outfit was a flannel shirt and brown work pants. In one hand, if memory serves, was a green apple, a small paring knife in the other. His fishing continued. His line was worked with the tips of his fingers, patiently, his eyes squinting out at his red and white bobber on the Rainy River. His eyes were flat and impassive. There was no speech. There was simply his presence, like the river and the late-summer sun.

# After:

Even after two decades I can close my eyes and return to that porch at the Tip Top Lodge. I can see the old guy staring at me. Elroy Berdahl: eighty-one years old, skinny and shrunken and mostly bald. He wore a flannel shirt and brown work pants. In one hand, I remember, he carried a green apple, a small paring knife in the other.

<u>He kept</u> fishing. <u>He worked</u> his line with the tips of his fingers, patiently, his eyes squinting out at his red and white bobber on the Rainy River. His <u>eyes</u> were flat and impassive. <u>He didn't speak</u>. <u>He was</u> simply there, like the river and the late-summer sun.

In the revised passages with human subjects, the verbs have shifted as well. The revised passage relies less heavily on forms of be.

3. passage from paragraph 19: two words used as subject (*I*, *he*) passage from paragraph 75: two words used as subject (*he*, *eyes*)







#### **EXERCISE 3D**

- 1. The Civil War was viewed by more than 14 million people.
- 3. The words of Frederick Douglass are voiced by Morgan Freeman.
- 5. The importance of Burns's work is recognized by historians.
- 7. Millions of women supported the amendment.
- 9. Policy makers often cite prohibition as an example of legislative excess.

#### **EXERCISE 3E**

- 1. The government had ended most graduate school deferments.
- 3. A squad of cheerleaders did cartwheels along the banks of the Rainy River.
- 5. You have to put your own precious fluids on the line.

#### **EXERCISE 3G**

- 1. The incidence of moonlighting among schoolteachers is high.
- 3. <u>Similarities</u> exist in the strategies Jackson and LeGuin use to portray the conflict between individual conscience and the influence of the social group.
- 5. With the widespread use of PowerPoint and Prezi in business settings, the <a href="mailto:advantages">advantages</a> and disadvantages of presentation software should be considered by speakers.
- 1. Many schoolteachers moonlight.
- 3. <u>Jackson and LeGuin</u> use similar strategies to portray the conflict between individual conscience and the influence of the social group.
- With the widespread use of PowerPoint and Prezi in business settings, <u>speakers</u> should consider the advantages and disadvantages of presentation software.

# **EXERCISE 3H**

- 1. Consequently far too many  $\underline{\text{children}}$   $\underline{\underline{\text{are}}}$   $\underline{\underline{\text{spending}}}$  their days in underfunded daycare centers.
- Outside, an ice cream <u>truck was ringing</u> its bell, but the children were all indoors watching television.
- 5. At three points in the story, the author uses foreshadowing.





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#### **EXERCISE 31**

- 1. Commitment to ethical behavior, respect for the rules of confidentiality, courtesy to coworkers and customers, and fully professional behavior on all occasions should be demonstrated by every employee.
- 3. An unprecedented number of layoffs, a reduction of earnings, profits, and stock values, and a steadily worsening competitive position vis-à-vis the other high-tech companies in the area were among the factors being responded to by the CEO's decision to resign.
- 5. Planning your whole trip, from searching for the lowest airfare to finding an affordable rental car to locating a convenient hotel and even making restaurant reservations, can be done using the Internet.
- Every <u>employee</u> should demonstrate commitment to ethical behavior, respect . . . .
- 3. The <u>CEO</u> decided to resign because of an unprecedented number of layoffs, a reduction . . . .
- 5. You can use the internet to plan your whole trip, from searching . . . .

#### **EXERCISE 3J**

- 1. The health food store features good bargains every weekend.
- 3. The desk <u>clerk</u> at the hotel didn't know whether the rooms would be available both <u>nights</u>.
- 5. A visit to Chinatown made her nostalgic for her childhood in Shanghai.

# **EXERCISE 3K**

- The <u>candidate</u> <u>decided</u> to drop out of the race when she fell to sixth place in the polls.
- 3. Every Saturday morning, local truck <u>farmers</u> <u>distribute</u> fresh, organic produce at the farmer's market.
- 5. The project will succeed only if every team member contributes a 100% effort.

# **EXERCISE 4A**

- 1. Once we were at college, <u>Maura and I started having long talks on the phone,</u> first about nothing at all <u>(and)</u> then about everything.
- 3. My grandfather was colored, my father was Negro, (and) I am black.
- He had taken the old man's fiddle because he needed money, (but) he hadn't thought much about where he would sell it or who would buy it.







7. There were rivers flowing in(and)flowing out, secret currents, six kinds of

weather working on its surface (and) a hidden terrain beneath.

The document they produced was <u>eventually signed</u> <u>but</u> <u>ultimately</u> unfinished.

#### **EXERCISE 4B**

A writer has options to choose from in joining these sentences. I've illustrated several responses to #1; all are correct, though I like the first two the best. For the rest of the questions, the sample responses show how the sentence appears in the model text.

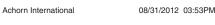
- 1. I wrote to Harvard, Yale, and Princeton.
  - (or: I wrote to Harvard, to Yale, and to Princeton.)
  - (or: I wrote to Harvard, wrote to Yale, and wrote to Princeton.)
  - (or: I wrote to Harvard, I wrote to Yale, and I wrote to Princeton.)
- 3. Geraldine was not surprised to see the lock of the cupboard smashed and the violin gone.
- 5. I remember my father playing chansons, reels, and jigs on his fiddle.
- 7. Reverend Wright is a man who served his country as a United States Marine, who has studied and lectured at some of the finest universities and seminaries in the country, and who for over thirty years led a church that serves the community by doing God's work here on Earth.

# **EXERCISE 4C**

- 1. He was always looking for money scamming, betting, shooting pool, even now and then getting a job.
- 3. Ashley finished her story, went around the room, asked everyone why they were upporting the campaign, and listened to their stories.
- 5. Granted, that one moment of recognition is not enough to give health care to the sick, or jobs to the jobless, or education to our children.
- 7. During her first two years, Lucienne declared four majors: French, history, philosophy, and her favorite subject, computer science.

In this sentence, you can make the units match closely if you drop off some detail: French, history, philosophy, and computer science. But just as Gates, in the sentence about his valedictory speech, lets one of the phrases spread out, it would be perfectly permissible to keep the words identifying computer science as Lucienne's favorite subject. As long as the fourth item is a noun phrase, the series is parallel.









#### **EXERCISE 4D**

- 1. Both Shamengwa and his father loved the fiddle.
- 3. The narrator gives Corwin a break not because he believes he is innocent but because he hopes he can be redeemed.
- 5. Neither Billy Peace nor his brother Edwin played fair in the race for the violin.
- 7. The violin brings not only great heartache but also great joy.

# **EXERCISE 4G**

- 1. Most people would love to be able to own their own homes. . . . So when they are told that they are not allowed to paint a room or replace a stained floor; when they hear that the landlord has raised the rents again or evicted the neighbors because their children sometimes leave toys in the yard; when they're told that big damage deposits are necessary because renters don't take good care of the property, resentment builds pretty quickly.
- 3. For we have a choice in this neighborhood. We can react to strangers with fear and hostility. We can put double locks on every house, every door, and spend our time behind those locked doors and decide that the only people we'll talk to are people who look and think like us. We can put up a security camera on the corner to monitor cars coming into our cul-de-sac, or we can call the police every time we see a stranger who seems too young, too dark, too different.

We can do that.

But if we do, I can tell you that as the years go by, we'll be ever more fearful. And isolated. And ignorant. And nothing will change.

This is one option. Or, at this moment, on this block, we can come together and say, "Welcome, neighbor."

# **EXERCISE 5A**

- 1. Sadly, our nation has taken a long time to live up to the promise of equality. In 1857, the Supreme Court held that an African-American could not be a citizen. During the ensuing Civil War, Abraham Lincoln eloquently reminded the nation of its founding principle: "our fathers brought forth on this continent, a new nation, conceived in liberty and dedicated to the proposition that all men are created equal." At the end of the Civil War, to make the elusive promise of equality a reality, the 14<sup>th</sup> Amendment to the Constitution added the command that "no State shall deprive any person of life, liberty or property, without due process of law; nor deny to any person the equal protection of the laws."
- (by Holly Newman Dzyban)







#### **EXERCISE 5B**

- 1. Because he has no interest in smoking or tanning, preferring to spend his time on intellectual pursuits, the engineer is isolated from his family.
- 3. Because he is a conservative, and "gay rights" is generally considered a liberal rallying cry, many people were surprised by Olson's position on gay marriage.
- 5. If we truly believe in the equality of all people, if we truly value the importance of marriage in our society, it is time to overturn legislation that limits the right to marry.

# **EXERCISE 5C**

- 1. The engineer is isolated from his family because he has no interest in smoking or tanning, preferring to spend his time on intellectual pursuits.
- Many people were surprised by Olson's position on gay marriage because he is a conservative and "gay rights" is generally considered a liberal rallying cry.
- 5. It is time to overturn legislation that limits the right to marry if we truly believe in the equality of all people, if we truly value the importance of marriage in our society.

## **EXERCISE 5D**

1. As youngsters,

modifies "we"

we participated in all the usual seaside activities independent clause

which were fun

modifies "seaside activities"

until my father got involved and systematically chipped away at our pleasure.

modifies "were," telling when the activities were fun (actually, when they weren't)

Of course,

transitional modifier

the answer to the slavery question was already embedded within our Constitution—

independent clause







a Constitution that had at its very core the ideal of equal citizenship under the law;

modifies "Constitution"

a Constitution that promised its people liberty and justice and a union that could be and should be perfected over time. *modifies "Constitution"* 

5. There is one story in particular that I'd like to leave you with today— *independent clause* 

a story I told when I had the great honor of speaking on Dr. King's birthday at his home church, *modifies "story"* 

Ebenezer Baptist, modifies "his home church"

in Atlanta.

modifies "Ebenezer Baptist"

# **EXERCISE 5E**

1. In the Upper Peninsula summers, we spent long weekends at shared lakeside campsites,

fishing with wide nets for smelt

that ran thick in the frigid waters.

3. The men set off the fireworks

and the kids watched like it was the end of the world—

these wild wannabe performers, smoldering punks held tightly in their hands.

(by Holly Newman Dzyban)

# **EXERCISE 6A**

reader I decided on

English I spoke to my mother

English she used with me

translation which could certainly be described as "watered down"

questions I can't begin to answer

teachers who are steering them away from writing and into math and science

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# **EXERCISE 6B**

Sacks describes the neurologist Steven Frucht,

- who is sometimes unable to hear intervals or harmonies because he is so conscious of the individual notes.
- 3. whose absolute pitch is both a blessing and a curse.

Sacks now lives in New York City,

 where, every week, you can hear live performances of jazz, rock, or classical music.

Absolute pitch was found to be more common among Chinese students

- 7. who began studying music at an early age.
- I like to imagine an idyllic island in the Pacific
- 9. that is populated by an ancient tribe similar to the Neanderthals.

# **EXERCISE 6C**

- 1. Attitudes toward language are powerful forces shaping how people see and deal with one another, especially in states that have a heavy concentration of recent immigrants.
- 3. A school that establishes programs to demonstrate respect for multilingualism and multiculturalism can strengthen children's family ties.
- In Spanish, Mr. Rodriguez expressed ideas and feelings that he rarely revealed in English.
- 7. Wong Fillmore is critical of Proposition 63, which banned the use of languages other than English in public life.

# **EXERCISE 6D**

Below you'll see the sentences as they were written by Oliver Sacks, Amy Tan, and Lily Wong Fillmore. These do not by any means represent the only good choices about where to use relative pronouns and where to drop them.

- 1. Gordon B, who was a professional violinist who wrote to me about tinnitus, or ringing in his ears, remarked matter-of-factly that his tinnitus was "a high F-natural."
- 3. In musicians with absolute pitch (but not musicians without) there was an exaggerated asymmetry between the volumes of the right and left planum temporal, which are structures in the brain that are important for the perception of speech and music.







- 5. I do think that the language that is spoken in the family, especially in immigrant families which are more insular, plays a large role in shaping the language of the child.
- 7. Lately I've been asked, as a writer, why there are not more Asian Americans who are represented in American literature. Why are there few Asian Americans who are enrolled in creative writing programs?

#### **EXERCISE 6E**

- The overworked, pre-occupied nurse could not locate the CAT scan.
   The nurse, overworked and pre-occupied, could not locate the CAT scan.
   Overworked and pre-occupied, the nurse could not locate the CAT scan.
- The stockbroker's spacious, well-appointed office was in a brick building on Wall Street.
  - The stockbroker's office, spacious and well-appointed, was in a brick building on Wall Street.
  - Spacious and well-appointed, the stockbroker's office was in a brick building on Wall Street.
- The cool, grey fog hovers over the Golden Gate Bridge.
   The fog, cool and grey, hovers over the Golden Gate Bridge.
   Cool and grey, the fog hovers over the Golden Gate Bridge.

# **EXERCISE 7A**

On weekends during the summer of 1969, I'd drive over to Rehoboth Beach, in Delaware, to see Maura, who was working as a waitress at the Crab Pot. I'd leave work on Friday at about four o'clock, then drive all the way to Delaware, arriving at Rehoboth before midnight, with as much energy as if I had just awakened. We'd get a motel room after her shift ended, and she'd bring a bushel of crabs, steamed in hot spice. We'd get lots of ice-cold Budweiser and we'd have a feast, listening to Junior Walker play "What Does It Take" over and over and over again. It was because of 'Bama's new office that I learned that the West Virginia State Police had opened a file on me in Mineral County, identifying me for possible custodial detention if and when race riots started. Maura gave me the news late one night, whispering it over the phone. Old 'Bama, feeling magnanimous after his victory, had wanted me to know and to be warned.







# **EXERCISE 7B**

- 1. I tried to creep by unnoticed, but he stopped me, claiming that I was just the fellow he'd been looking for.
- 3. He moved several yards down the beach and began a new equation, captivating his audience with a lengthy explanation of each new and complex symbol.
- Nothing radical, no hothead stuff, just ringing a few doorbells for Gene McCarthy, composing a few tedious, uninspired editorials for the campus newspaper.

#### **EXERCISE 7C**

After forcing down the last lima bean, Calder was finally excused from the dinner table.

Bobby was a scared new recruit, forced into service due to the impending war.

To force his parents to give him what he wanted, the child flung himself down in the aisle and began to thrash and wail.

Earning every bit of acclaim that had been heaped upon him, the star point guard made the last-second shot to clinch the game.

It was a moment of triumph, earned by countless hours spent practicing in the gym.

To earn a multi-million-dollar contract, you should probably do the same, kid.

(by Kyle Simonsen, Kim Schwab)

#### **EXERCISE 7D**

- 1. Hiding behind a tree, her father had watched her climb into my car.

  Her father had hidden behind a tree, watching her climb into my car.
- 3. Eugene would make up words as he went along, using sounds similar to those he could not remember, making no sense.
  - Making words up as he went along, using sounds similar to those he could not remember, Eugene made no sense.
- 5. Maura's father had lived in Keyser all his life, working for the post office and visiting with just about everyone in town.
  - Having lived in Keyser all his life, working for the post office, Maura's father visited with just about everyone in town.







# **EXERCISE 7F**

- 1. Lee's remark, which was uttered in the very midst of battle's horror and chaos, may be his most quoted and misquoted statement.
- 3. When we are Caught in war's allure, we ignore its destructiveness not just of others but of ourselves. . . . Are we as historians part of the problem or part of the solution? If we are Attracted by the potential narrative coherence of war, we also create and reinforce it.
- 5. When I look Looking back after twenty years, I sometimes wonder if the events of that summer didn't happen in some other dimension, a place where your life exists before you've lived it, and where it goes afterward. None of it ever seemed real. During my time at the Tip Top Lodge I had the feeling that I'd slipped out of my own skin, that I hovered hovering a few feet away while some poor yo-yo with my name and face tried to make his way toward a future he didn't understand and didn't want.

#### **EXERCISE 7G**

- Soon after I repaired my record player, the rubber band snapped and the damned thing broke all over again.
- After visiting my father's office, we took comfort in knowing he had some colleagues who shared his interests.
- 5. Having sold their homes on the beach, the fishermen listened with interest to the engineer's comments about the value of sand.

# **EXERCISE 7H**

- 1. To change the baby's diaper,
  - I first pin him down to the changing table with one hand.
  - The trick is to move as quickly as possible,
    - rolling the dirty diaper into a tidy package with my left hand,
    - slipping the clean diaper on in a single, smooth movement.
- 3. I remember the last summer before going off to college,
  - sitting on the hill and watching evenings fade into darkness,
- plucking at the blades of grass until the knoll was bare and dusty.

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(by Kyle Simonsen)









# **EXERCISE 8A**

1. "Shamengwa," a short story by Louise Erdrich, is narrated by a tribal judge, a character whose name we never learn but whose voice we immediately trust. The narrator offers a loving description of Shamengwa, an elder in the village who is known for his talent playing the violin. When Shamengwa's violin is stolen, suspicion falls on Corwin Peace, a young man with a record of criminal activity. Corwin is caught in Spirit Lake, a neighboring town, where he is entertaining the crowd at the mall by pretending to play the violin. The judge sentences him to violin lessons. As the months go by, Shamengwa and Corwin, the master and the apprentice, learn to understand each other.

#### **EXERCISE 8B**

- 1. He might be so conscious of the C-ness of the C and the F-sharpness of the F-sharp that he fails to notice that they form a triton, a dissonance which makes most people wince.
- 3. He even won awards, prizes of the cheap sort given at local musical contests, engraved plaques and small tin cups set on plastic pedestals.
- 5. His was a peaceful death, the sort of death we used to pray to Saint Joseph to give us all.
- 7. Writers and historians are critical to defining and elaborating the narratives that differentiate war from purposeless violence, the stories that explain, contextualize, construct, order, and rationalize what we call war.

# **EXERCISE 8C**

- 1. I'll never forget the day I met my piano teacher, a warm-hearted woman with miniature, ivory-colored Beethoven busts scattered throughout her house.
- 3. She had a large, grey cat, a Tabby she affectionately called Middle C.
- 5. She gave lessons in her living room, a room that reeked of cat urine. (by Kim Schwab)

# **EXERCISE 8D**

- 1. Shamengwa's arm was injured in a childhood accident, a tragedy compounded by his parents' inability to acknowledge it.
- 3. The narrator is surprised to discover how deeply he misses Shamengwa's music, how he longs to her those magical notes.

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- 5. After the death of her youngest child, Shamengwa's mother fell into a state of numb despair, slipped to a dark place not even her living children could penetrate.
- 7. Shamengwa was proud of Corwin, proud that the tough delinquent had learned to funnel himself into the music.

(by Holly Newman Dzyban, Kyle Simonsen)

# **EXERCISE 8E**

- Shamengwa was disheveled, his shirt buttoned wrong, his face unshaven, his breath sour.
- 3. Shamengwa sat by the lake in silence, flies buzzing around his face, the wind booming in his ears, the sun slowly dropping toward the horizon.
- 5. To those with absolute pitch, every tone, every key seems qualitatively different, each possessing its own character.
- 7. Moral leaders expected the Civil War to improve the nation's character, preachers referring to war's "chastening rod" and secular observers welcoming a new spirit of discipline and self-sacrifice.

#### **EXERCISE 8F**

- I was prepared for my new job, my hazmat suit tightly zipped and sealed, the specimen on the petri dish, the light on my microscope hot and bright.
- The cottage appeared to be uninhabited, cobwebs crowding the corners, dust thick on every horizontal surface.
- 5. The waiter brought us a hamburger, grease already pooling beneath it on the plate, the oggy bun swiftly dissolving into a pasty mush.

(by Kyle Simonsen)

#### **EXERCISE 9A**

- 1. It was about that time that I received a terrible kick from the cow.
- 3. What injured Shamengwa's arm was the cow's kick.
- 5. It was the sound of Corwin's music that I heard.
- 7. It was the narrator who finally learned the story of the violin's past.







#### **EXERCISE 9C**

1. Corwin was one of those I see again and again. A bad thing waiting for a worse thing to happen. A mistake, but one that we kept trying to salvage, because he was so young. Some thought he had no redeeming value whatsoever. A sociopath. A clever manipulator, who drugged himself dangerous each weekend. Others pitied him and blamed his behavior on his mother's drinking. F.A.E. F.A.S. A.D.D. He wore those initials after his name the way educated people append their degrees. Still others thought they saw something in him that could be saved — perhaps the most dangerous idea of all. . . . He was, unfortunately, good-looking, with the features of an Edward Curtis subject, though the crack and vodka were beginning to make him puffy.

# **EXERCISE 9D**

1. I was a *liberal*, for Christ sake: If they needed fresh bodies, why not draft some back-to-the-stone-age hawk? Some dumb jingo in his hard hat and Bomb Hanoi button. Or one of LBJ's pretty daughters. Or Westmoreland's whole handsome family — nephews and nieces and baby grandson. There should be a law, I thought. If you support a war, if you think it's worth the price, that's fine, but you have to put your own precious fluids on the line. You have to head for the front and hook up with an infantry unit and help spill the blood. And you have to bring along your wife, or your kids, or your lover. A law, I thought.

# **EXERCISE 9E**

- one word ("Owehzhee.") The shortest complete sentence, "He played the fiddle," is four words.
- 3. five short sentences
- 5. no sequences of very short sentences
- one exclamation ("How he played the fiddle!") and one fragment ("Oweh-zhee.")

# **EXERCISE 9F**

- 1. six words
- 3. three short sentences
- 5. no sequences of very short sentences
- 7. The first paragraph ends with two questions.







#### **EXERCISE 9H**

1. I sat down on my cushion, and I crossed my legs. I tried to sit up straight, and I extended my hands around my knees. Touching my index finger and thumb in the mudra for wisdom, I conjured an image. My goal was to take my mind off the constant barrage of thoughts passing through. I tried to picture something peaceful, and finally I chose a nature image. I imagined I was planted in the earth, rooted in the ground. I then noticed tendrils work their way up through my feet and around my legs. The tendrils that climbed up my spine had flowers attached along the way. At the top of the plant was a pure, white daisy. It was draped around my mind, making me feel perfectly calm. I felt lightness at the top of my body and groundedness in my base.

(by Kim Schwab)



