## Fawcett, Evergreen 8/e STUDENT ANSWER KEY

## UNIT 3 Developing the Paragraph

## CHAPTER 5 Illustration

Practice 1 (p. 74)
Paragraph 1: Random acts of kindness are those little sweet or grand lovely things we do for no reason except that, momentarily, the best of our humanity has sprung...into full bloom.

Paragraph 2: There are many quirky variations to lightning.

## Practice 2 (p. 75)

1. c
2. d
3. c
4. b
5. c
6. b
7. c
8. d

## Practice 3 (p. 77) Sample Answers:

1. Kanye West has made social issues and an appreciation for improving life top priorities in his music.
2. The college offers many evening and online classes.
3. My friend Paco owns a successful restaurant today because his enthusiasm and confidence attracted investors.
4. My nephew has a closet full of Tommy and Nautica clothes that his mother cannot really afford.
5. The five Hanson children take turns choosing what game they will all play.
6. The robin's egg blue 1955 Thunderbird convertible had gleaming chrome bumpers and a white top.
7. My daughter said that she couldn't sit in her car seat because the Wizard of Oz was already sitting there.
8. My mother recently called to her neighbor to hold the elevator for her, and he shut the door in her face.

Practice 4 (p. 79) Answers will vary.

## CHAPTER 6 Narration

## Practice 1 (p. 83)

1. This narrative tells how Diane Sawyer used her father's three questions to find her career path.
2. Diane Sawyer graduated from college but felt confused about what to do; her father asked her three questions; answering these questions helped her decide to become a television journalist; today she tells people to answer those questions to find their own path.

## Practice 2 (p. 84)

1. $1,4,2,--, 3$
2. $2,--, 4,3,5,1$
3. $5,1,4,3,--, 2$

Practice 3 (p. 86) Answers will vary.
Practice 4 (p. 88) Answers will vary.
Practice 5 (p. 88) Answers will vary.

## CHAPTER 7 Description

Practice 1 (p. 94)

1. The impression is that the woman had a regal and imposing beauty.
2. tall; high cheekbones; mahogany skin; head held high; hair piled high on head; unsmiling expression
3. space order

Practice 2 (p. 95)

1. b
2. d
3. e
4. a
5. c

## Practice 3 (p. 96)

1. a. a grand piano at one end
b. music stand with flute laid across it
c. shelves of books about music
d. CD player and large collection of discs
e. stacks of music on a desk
2. a. paint peeling from weathered old buildings
b. some windows broken or covered with cardboard
c. other windows covered with dirt and grease
d. sagging roofs with loose tiles
e. screen doors open or attached by only one hinge
3. a. children running and splashing in the water
b. sunbathers rubbing lotion on themselves
c. dogs chasing sticks and balls
d. vendors selling soda and ice-cream bars
e. sea gulls circling and diving for food

Practice 4 (p. 97) Answers will vary.
Practice 5 (p. 97) Answers will vary.

## CHAPTER 8 Process

## Practice 1 (p. 104)

1. You should be able to teach your dog to stop unnecessary barking.
2. The only item is a spray bottle.
3. Three: (1) squirt the dog in the face the minute it barks, (2) repeat this every time for a day or two, (3) thereafter, squirt only when the dog forgets. Also, the writer says, "throughout the process"-be consistent and pet the dog when quiet.
4. time order

Practice 2 (p. 105)

1. $3,1,4,2,--, 5$
2. $2,3,--, 1$
3. $3,1,--, 2,5,4$
4. $2,1,5,3,--, 4$
5. $3,2,1,--, 4$

## Practice 3 (p. 107) Answers will vary.

1. Two weeks before the next party, I told myself that others were as shy as I was./ One week before the party, I selected clothes I feel comfortable in to wear to the party. / On my way to the party, I rehearsed some conversation topics. / At the party, I introduced myself to three new people.
2. It usually begins with a good kid in a bad situation, in a dangerous neighborhood or school. / The child may do the right thing but be mocked or beaten up by peers for studying or even attending class. / After a while, the pressure or effort may be too much, and the child stops caring about schoolwork or joins a gang. / Now, without skills, he or she has no future, and easy money from drug sales or other crimes may start to look good.
3. Registration; I picked the four courses I wanted to take. / My adviser was in her office when I went to get her signature. / The line at the registrar's office was short when I arrived. / None of the courses I wanted was full, so I didn't have to choose alternatives.

Practice 4 (p. 108) Answers will vary.

## CHAPTER 9 Definition

Practice 1 (p. 114)

1. To be irate is to be angry.
2. To elude someone is to keep away from him or her.
3. To be pragmatic is to be practical.
4. A fiasco is a disaster.
5. To be elated is to be overjoyed.

## Practice 2 (p. 114)

1. Circled: Japanese poem; Underlined: seventeen syllables
2. Circled: referee; Underlined: unconsciously favors the home team
3. Circled: doctor; Underlined: specializes in diseases of the eye
4. Circled: ballroom dance; Underlined: originated in Latin America and is in $2 / 4$ or 4/4 time
5. Circled: stealing; Underlined: writing or ideas

## Practice 3 (p. 114)

1. A hamburger is a sandwich that consists of a split bun and a ground beef patty.
2. A bikini is a two-piece swimsuit that is very scanty.
3. A snob is a person who thinks he or she is, and acts as if he or she were, socially superior to others.
4. A mentor is a counselor who guides, teaches, and assists another person.
5. Adolescence is the period of life between puberty and maturity.

## Practice 4 (p. 115) Sample answers:

1. A hero is not someone with great athletic ability or wealth but a person admired for his or her acts of morality and fine character.
2. A final exam is not just a way to make students suffer but an enforced review of everything learned in the course.
3. Self-esteem does not mean conceit but rather a healthy respect for oneself.
4. Intelligence is not knowledge in a specific area; it is the capacity to acquire and apply knowledge.
5. Freedom of speech is not just a phrase we learn in history class; it is a right guaranteed to each American to express his or her beliefs in public.

## Practice 5 (p. 119)

1. definition by negation
2. definition by class
3. equal rights, equal pay for equal work, freedom to pursue goals and dreams, working couples' sharing housework and child care
4. Feminists have fought for equality. Example: Susan B. Anthony.
5. Topic sentence(s): A feminist is not a man-hater, a masculine woman, a demanding shrew, or someone who dislikes housewives. A feminist is simply a woman or man who believes that women should enjoy the same rights, privileges, opportunities, and pay as men.
-fights for equal rights
-wants equal pay for equal work
-wants freedom for women to pursue goals and dreams
-believes working partners should share housework, child care
Conclusion: Courageous feminists of both sexes speak out for equality.
Practice 6 (p.120)
6. induction and deduction
7. class definition
8. reasoning
9. Glenn as a man's name
10. a woman-the actress Glenn Close
11. that every person must die

Practice 7 (p. 120) Answers will vary.
Practice 8 (p. 121) Answers will vary.

## CHAPTER 10 Comparison and Contrast

## Practice 1 (p. 128)

1. The words "more reactive or proactive" and "success or its opposite" suggest contrast.
2. reactive and proactive
3. They sit and wait; react not act; say things like "There's nothing I can do"; avoid discomfort in the short term but are left dreaming.
4. They know they have power; take positive action; say things like "We can" and "I will"; face discomfort but often achieve their dreams.
5. all A, then all B
6. On the other hand

Practice 2 (p. 129) Answers will vary.
Practice 3 (p. 130)

1. $4,3,2,1$ (doesn't carry all brands), 5
2. $4,2,3,5,1$ (seventeen years old)
3. $3,4,2,6,5,1$ (good salary)

Practice 4 (p. 131) Sample answers:

1. A. Tom Bogyo and Amanda Gill have very different attitudes toward success.
B. Although Sylvia and Miako excel at different sports, both are talented athletes.
2. A. I am less selfish than I was as a child
B. As an adult, I have some of the same dislikes I had as a child.
3. A. Some people like to relax on vacation, but others like to spend most of their time sightseeing.
B. My vacations in both Barbados and Sun Valley included miles of walking.

Practice 5 (p. 132) Sample answers:

1. Demetrios loves action and violence whereas Arlene will leave the theater at the first sight of blood on the screen.
2. My mother is extremely temperamental whereas I pride myself in keeping my cool.
3. The large house has an extensive and beautiful garden. The smaller house also has a garden, less extensive but equally colorful.
4. Both are painful. It hurts to write that tax check and to have that tooth pulled. But by doing both, we avoid worse pain in the future.

Practice 6 (p. 133) Answers will vary.
Practice 7 (p. 136)

1. popular magazines and scholarly journals
2. Despite similarities, differ
3. Both are periodicals, both contain informative articles, and both have a similar size and shape.
4. They have two distinct looks. They also differ in purpose, audience, language, authors, and handling of sources.
5. Answers will vary.

## CHAPTER 11 Classification

Practice 1 (p. 142)

1. three: conservative, liberal, and centrist judges
2. their written opinions
3. Answers will vary.

## Practice 2 (p. 143)

1. c, height of heels
2. a, financial arrangements
3. a, how hard they work
4. a, color
5. c, amount of fat
6. $b$, how fast they drive

Practice 3 (p. 143) Sample answers:

1. A. how old they are
B. how emotional they are
2. A. how much damage they do in dollars
B. how strong the winds are
3. A. how many games they attend
B. how long they have been fans
4. A. how much activity they involve
B. how expensive they are
5. A. how much nutrition is covered
B. how they seem to define fitness

Practice 4 (p. 144) Sample answers:

1. Basis of classification: how clean they keep their cars

Categories: very neat, moderately neat, not neat at all
Topic sentence: Most car owners can be classified according to how clean they keep their vehicles: those whose cars are very neat, those whose cars are moderately neat, and those whose cars are not neat at all.
2. Basis of classification: how much they use their cards

Categories: use only in emergencies, use in moderation, charge themselves into debt and into trouble
Topic sentence: Credit-card users fall into three categories: those who use their cards only in emergencies, those who use their cards in moderation, and those who charge themselves into debt and trouble.
3. Basis of classification: how much emotion shown

Categories: people who cry or yell, people who talk calmly, people who don't talk at all
Topic sentence: People react to crises in very different ways: by crying or yelling, by talking calmly, or by remaining completely silent.

Practice 5 (p. 145) Answers will vary.
Practice 6 (p. 145) Answers will vary.

## CHAPTER 12 Cause and Effect

Practice 1 (p. 152)

1. To stop date rape, college administrators and students must understand and deal with its possible causes; causes
2. Answers will vary.
3. Answers will vary.
4. Yes, causes are "layered": disrespectful attitudes set the scene; alcohol and drugs erode judgment; lack of communication is final factor.

Practice 2 (p. 153)

1. Cause: thunderstorm approaching Effect: picnic in the van
2. Cause: saw my father suffer because he could not read Effect: I excelled in school.
3. Cause: laughter

Effect: extended lives of cancer patients
4. Cause: Americans having fewer children later

Effect: spending more money on pets
5. Cause: children playing on trampolines Effect: epidemic of injuries
6. Cause: lamp was on sale

Effect: I bought it.
7. Cause: more people surfing the Internet Effect: first decline in TV viewing in fifty years
8. Cause: Charboro added ammonia.

First Effect: Smokers got an extra kick.
Second Effect: Charboro outsold all competitors.
Practice 3 (p. 154) Answers will vary.
Practice 4 (p. 155) Answers will vary.
Practice 5 (p. 155) Answers will vary.

## CHAPTER 13 Persuasion

## Practice 1 (p. 163)

1. The paragraph argues that women should stop buying women's magazines.
2. women
3. the first reason; Women buy seven million copies a month, according to Claire Ito, The Tulsa Chronicle, May 4, 2002
4. the second reason
5. the second reason; Alice, one of the women interviewed
6. the second reason; Deborah Then, expert in readers' reactions

## Practice 2 (p. 164)

1. It is arguing that the state should offer free parenting courses to all prospective parents.
2. reason two; Dr. Phillip Graham, chairman of England's National Children's Bureau
3. reason three
4. reason one; the National Physicians Association
5. Reason four predicts that the "hidden epidemic of child abuse and neglect" will continue.
6. Answers will vary.

Practice 3 (p. 165) Answers will vary.

1. In the last three months, there have been fifteen accidents at this intersection.
2. Statistics show that 75 percent of couples who marry before that age eventually divorce.
3. According to coach Bill Bartlett of the Madison College baseball team, the design and weighting of these bats allow for a better swing-by any batter.
4. Dr. Pamela Lu of the Fitness Research Corporation notes that regular exercise can help prevent heart attacks and other life-threatening afflictions.
5. Adam, a six-year-old cancer patient who was deeply depressed, began to recover once his doctor allowed his silky terrier, Cola, to visit him.
6. My cousin was given pepper spray by her police-officer father. When a man grabbed her at a bus stop, she was able to spray him and get away safely.
7. If companies can perform such tests, innocent people will be embarrassed, inconvenienced, and insulted.
8. Without such a prohibition, anyone, no matter how unstable, could obtain a handgun.
9. Although some might argue that students would quickly stop going to class, most students would make responsible decisions to attend classes and to get an education.
10. Although some teenagers may make mature and informed decisions, not all teenagers are able to make such important decisions by themselves.

## Practice 4 (p. 167)

1. d
2. c
3. b
4. d
5. c
6. c

## Practice 5 (p. 169)

1. Method of persuasion: example

Invalid because the example of one careless male driver isn't enough to support a general statement about all male drivers.
2. Method of persuasion: answering the opposition

Invalid because the writer attacks the opposition rather than countering the benefits of vegetarianism.
3. Method of persuasion: referring to an authority

Invalid because the scientists are employed by a candy company and may therefore be biased.
4. Method of persuasion: example

Invalid because saying "everyone does it" is vague and does not justify stealing.
5. Method of persuasion: example

Invalid because generalizations about an entire ethnic, religious, etc., group based on one family's behavior are not convincing.
6. Method of persuasion: predicting the consequence

Invalid because this argument exaggerates the consequence.
7. Method of persuasion: example

Invalid because one person's experience doesn't adequately support such a broad statement.
8. Method of persuasion: example

Invalid because a single example cannot justify this sweeping statement.
9. Method of persuasion: referring to an authority

Invalid because the "authority" cited was advertising the store, not stating research findings.
10. Method of persuasion: predicting the consequence

Invalid because the writer cannot support such a sweeping prediction with facts.
Practice 6 (p. 170) Answers will vary.

## Writers' Workshop (p. 174)

1. $\mathrm{Y}, \mathrm{Y}, \mathrm{Y}, \mathrm{Y}$
2. process; topic sentence says "certain steps must be followed"
3. step one; reason and excuse
4. Answers will vary.
5. Answers will vary.
6. three sentence fragments

## UNIT 4 Writing the Essay

## CHAPTER 14 The Process of Writing an Essay

Practice 1 (p. 180)

1. That was the most boring and painful job I've ever had, but it motivated me to change my life.
2. Yes; the first sentence is surprising and makes you want to read on.
3. Paragraph 2: My job consisted of sitting on a stool and watching empty bottles pass by.
Paragraph 3: After a while, to put some excitement into the job, I began inventing little games.
Paragraph 4: After six months at the brewery, I began to think hard about my goals for the future.
4. description of his duties on the job
5. games Barnum invented to add excitement; examples are competing against his record, counting broken bottles, prize for best dead critter
6. Answers will vary.

## Practice 2 (p. 183) Answers will vary.

1. A late-night visit to the emergency room can shed light on the activities and problems of teenagers.
2. Working as an administrative assistant at JamVision has allowed me to meet many young musicians in the Chicago area.
3. Some professors at State College should prepare more completely and spend more time on difficult material.
4. My aunt and uncle, who once traveled the world as circus acrobats, are the most unusual members of my family.
5. To reduce competition and school crime, students at Highland Middle School should be required to wear uniforms.

Practice 3 (p. 184) Answers will vary.
Practice 4 (p. 186) Answers will vary.
Practice 5 (p. 189) Answers will vary.
Problem 1: The food is unappetizing.
Problem 2: The service is too slow.
Problem 3: The prices are too high.
Practice 6 (p. 191) Answers will vary.

1. the baking table at the county fair

Topic sentence: Everywhere was a smorgasbord of homemade cakes, pies, cookies, and bread.
Topic sentence: The enticing fragrances of yeast, spices, fruit, and chocolate were heavy in the air.
Topic sentence: Some of the bakers proudly offered samples of their freshly baked wares.
2. Topic sentence: When you live alone, you can make spur-of-the-moment decisions about what you want to do.
Topic sentence: Living by yourself, you can keep your apartment as neat or as sloppy as you like.
Topic sentence: Living alone allows you to eat whatever and whenever you want.
Topic sentence: Living alone, however, makes you especially vulnerable to loneliness.
3. Topic sentence: First, learn as much as possible about the company at which you are interviewing.
Topic sentence: Try to anticipate the kinds of questions the interviewer might ask.
Topic sentence: Choose appropriate clothing to wear at the interview.
Topic sentence: Get a good night's sleep and practice relaxation techniques.
Practice 7 (p. 192) Answers will vary.
Practice 8 (p. 194)

1. $2,1,3$
2. $3,1,2$
3. $2,3,1$

Practice 9 (p. 195) Answers will vary.

## Practice 10 (p. 197)

1. For the next 600 years, however; on the other hand
2. The key word tattoo from paragraph 1 is repeated in 2; "earliest known" refers to "long history"
3. Transitional sentence in 5 ; "outlaw rite of passage" refers to motorcyclists in 4

Practice 11 (p. 199) Answers will vary.
Practice 12 (p. 203) Answers will vary.

## CHAPTER 15 Types of Essays

Practice 1 (p. 210) Answers will vary.
Practice 2 (p. 212) Answers will vary.
Practice 3 (p. 215) Answers will vary.
Practice 4 (p. 217) Answers will vary.
Practice 5 (p. 219) Answers will vary.
Practice 6 (p. 222) Answers will vary.
Practice 7 (p. 224) Answers will vary.
Practice 8 (p. 227) Answers will vary.
Practice 9 (p. 230) Answers will vary.
Practice 10 (p. 231) Answers will vary.

CHAPTER 16 The Introduction, the Conclusion, and the Title (no practices in this chapter)

CHAPTER 17 Avoiding Plagiarism, Summarizing, and Quoting

Practice 1 (p. 241) Answers will vary.
Practice 2 (p. 244) Answers will vary.

Practice 3 (p. 244) Answers will vary.
Practice 4 (p. 247) Answers will vary.

Practice 5 (p. 248) Answers will vary.
Source 1: P
Source 2: P
Source 3: C
Source 4: C

## CHAPTER 18 Strengthening an Essay with Research

Practice 1 (p. 253) Answers will vary.
Practice 2 (p. 255) Answers will vary.
Practice 3 (p. 255) Answers will vary.
Practice 4 (p. 257) Answers will vary.
Practice 5 (p. 257) Answers will vary.
Practice 6 (p. 261)
Works Cited:
The Ancient Olympic Games Virtual Museum. 11 Jan. 2002. Dartmouth College. 12 Mar. 2003 [http://minbar.cs.Dartmouth.edu/greencom/olympics/](http://minbar.cs.Dartmouth.edu/greencom/olympics/).

Atkin, Ross. "Olympic Leaps." Christian Science Monitor 10 Aug. 2004: 18.
Gordon, Devin, and T. Trent Gegax. "Going Extreme: Snowboarding and Moguls." Newsweek 25 Feb. 2002: 48.

Guttman, Allen. The Olympics: A History of the Modern Games. Champaign: University of Illinois Press, 2002.

Wels, Susan. The Olympic Spirits: 100 Years of the Games. Del Mar, CA: Tehabi Books, 1995.

Practice 7 (p. 262) Answers will vary.

## CHAPTER 19 Writing Under Pressure: The Essay Examination

Practice 1 (p. 265) Answers will vary.

1. I would do Part II first because it is worth the most points (50). I would allot approximately half of my time because it is half of the exam.
2. I would do Part I second because it is worth 30 points.

I would allot about half my remaining time because this part is about one-fourth of the exam.
3. I would do Part III last because it is worth the least number of points (20).

I would allot most of my remaining time, answering all of the questions I could. I'd save some time to review my other answers.

Practice 2 (p. 267)

1. Underline: State; give examples

Student must: (1) write out Newton's First Law and (2) give examples of the law from his or her own experience. The essay will have two parts: the law and examples.
2. Underline: Choose one; Define; example; how it affects your

Student must: (1 and 2) define and give an example of one term: freedom of speech, justice for all, or equal opportunity and (3) show how it affects his or her life. The essay will have three parts: a definition, an example, and effects.
3. Underline: Shiism; Sunni; Discuss; religious beliefs; politics

Student must: (1) discuss the religious beliefs and the politics of Shiism and (2) discuss the religious beliefs and the politics of Sunni. The essay will have two parts: Shiism and Sunni.
4. Underline: Name; explain four types; three factors

Student must: (1) identify and describe four types of savings institutions and (2) name three factors influencing one's choice of a savings institution. The essay will have two parts: types and factors.
5. Underline: Steroids, unfair, Discuss

Student must: (1) explain what advantage steroids offer to athletes and (2) explain why the advantage is considered unfair. The essay will have two parts: explanation of advantage and explanation of why advantage is unfair.
6. Underline: Discuss, causes and consequences, Broad Street cholera epidemic, Dr. John Snow
Student must: (1) discuss the causes of the Broad Street cholera epidemic, (2) discuss its consequences, and (3) explain Dr. Snow's role. The essay will have three parts: causes, effects, and role of Snow.
7. Underline: Define, the arguments

Student must: (1) define the Monroe Doctrine, (2) evaluate the arguments for it, and
(3) evaluate the arguments against it. The essay will have three parts: definition, arguments for, and arguments against.
8. Underline: Renaissance, Reformation, Commercial Revolution, Discuss, why Student must: discuss the historical importance of (1) the Renaissance, (2) the Reformation, and (3) the Commercial Revolution. The essay will have three parts: the Renaissance, the Reformation, and the Commercial Revolution.
9. Underline: Choose one of the pairs, give examples

Student must: (1) choose one pair of terms, (2) give examples of adult behavior that might create trust (autonomy, initiative) in a child, and (3) give examples of adult behavior that might create mistrust (self-doubt, guilt) in a child. The essay will have two parts: behavior creating positive traits and behavior creating negative traits.
10. Underline: Bolivar, hero, Agree, disagree

Student must: (1) state the "heroic" traits that Bolivar was believed to have had and (2) give reasons supporting or contradicting that portrayal. The essay will have two parts: an explanation of Bolivar's "heroic" traits and the supporting or opposing evidence.

Practice 3 (p. 270)

1. summarize
2. contrast
3. narrate
4. contrast
5. identify or define
6. discuss causes
7. define
8. persuade, give reasons
9. illustrate
10. classify

Practice 4 (p. 271) Answers may vary.

1. High school requirements in Jamaica are more demanding than those in the United States.
2. The terrorist attacks of September 11, 2001, traumatic as they were, had three positive effects on Americans.
3. A busy person can take several steps to help reduce the destructive impact of stress in his or her life.
4. Gay couples definitely should be allowed to adopt children.
5. As manager of a small shop that sells men's apparel, I would do three things to promote the sale of sportswear.
6. The U.S. government should cover the medical costs of AIDS.
7. The state should not subsidize students in medical school.
8. Religion plays a more vital role in people's lives today than it did in my parents' generation.

Writers' Workshop (p. 275)

1. Y, Y/N (see 5 below), Y/N (see 4 below), Y
2. Answers will vary.
3. last sentence in first paragraph
4. No. Discuss money second, health third.
5. Prewrite again for more support on health problems. Develop paragraph 3 as fully as 2 and 4. Revise to avoid using the word "problem" four times.
6. Answers will vary.
7. No.

## UNIT 5 Improving Your Writing

## CHAPTER 20 Revising for Consistency and Parallelism

## Practice 1 (p. 278)

1. Two seconds before the buzzer sounded, Lebron James sank a basket from midcourt, and the crowd went wild.
2. Nestle introduced instant coffee in 1938; it took eight years to develop this product.
3. We expanded our sales budget, doubled our research, and soon saw positive results.
4. For twenty years, Dr. Dulfano observed animal behavior and sought clues to explain the increasing violence among human beings.
5. I knew how the system worked.
6. I was driving south on Interstate 90 when a truck approached with its high beams on.
7. Two brown horses grazed quietly in the field as the sun rose and the mist disappeared.
8. Lollie had a big grin on her face as she walked over and kicked the Coke machine.
9. Maynard storms down the hallway, goes right into the boss's office, and shouts, "I want curtains in my office!"
10. The nurses quietly paced the halls, making sure their patients rested comfortably.

## Practice 2 (p. 279)

It was 1850. A poor German-born peddler named Levi Strauss came to San Francisco, trying to sell canvas cloth to tent makers. By chance he met a miner who complained that sturdy work pants were hard to find. Strauss had an idea, measured the man, and made him a pair of canvas pants. The miner loved his new breeches, and Levi Strauss went into business. Although he ordered more canvas, what he got was brown French cloth called serge de Nimes, which Americans soon called "denim." Strauss liked the cloth but had the next batch dyed blue. He became successful selling work pants to such rugged men as cowboys and lumberjacks. In the 1870s, hearing about a tailor in Nevada adding copper rivets to a pair of the pants to make them stronger, Strauss patented the idea. When he died in 1902, Levi Strauss was famous in California, but the company kept growing. In the 1930s, when Levi's jeans became popular in the East, both men and women wore them. By 2000, people all over the world had purchased 2.5 billion pairs of jeans.

## Practice 3 (p. 280)

In the late afternoon light on the plains of Botswana, Dereck and Beverly Joubert spot what appears to be a gray boulder a thousand yards away. It is a bull elephant, about 40 years old, in his prime. Dereck grabs his movie camera while Beverly swoops up her Nikon. They barely begin to shoot when the five-ton bull becomes enraged, trumpets, spreads his ears, and charges full-speed. The Jouberts continue filming-even as the
elephant suddenly digs both front legs into the ground, skids forward in a cloud of dust, and comes to a halt within yards of the couple. Later, in their Land Cruiser, the Jouberts admit that while danger comes a bit too close, they love their lives as documentary filmmakers in Africa. Together they live in tents in the wild, write, produce, shoot, and edit award-winning films. By educating the public, they help stop the poaching of lions, elephants, and other big game.

Practice 4 (p. 280)
In the summer of 1816, four friends shared a house in Switzerland. Days of rain forced them to stay indoors. They began telling ghost stories to ease the boredom. For awhile, they read aloud from Tales of the Dead, a collection of horror stories full of eerie graveyards, swirling fog, and restless spirits. Then one night, they decided to hold a contest to see who could write the most frightening ghost story. All four felt eager to compete. Two of the friends-Percy Bysshe Shelley and Lord Byron-were already famous poets. The other two-Dr. John Polidori and Mary Wollstonecraft Goldwin, Shelley's wife-to-be-were also writers. Midnight passed, and they retired to their bedrooms. Mary closed her eyes, and imagination took over. In her mind's eye, she saw a science student kneeling beside a creature he constructed. It was a hideous corpse of a man, but suddenly, it twitched with life. Horror-stricken, the young man ran away from his creation, hoping that the spark of life would sputter and die. Later, though, he woke to find the monster standing over his bed. Following this nightmare, Mary wrote her novel Frankenstein in a two-month rush. Published in 1818, Frankenstein became a classic, read by many people around the world.

Practice 5 (p. 281)
Most of us now take solid chocolate-especially candy bars-so much for granted that we find it hard to imagine a time when chocolate didn't exist. However, this delicious food became an eating favorite only about 150 years ago.

The ancient peoples of Central America began cultivating cacao beans almost 3,000 years ago. A cold drink made from the beans was served to Hernando Cortes, the Spanish conqueror, when he arrived at the Aztec court of Montezuma in 1519. The Spaniards took the beverage home to their king. He liked it so much that he kept the formula secret. For the next 100 years, hot chocolate was the private drink of the Spanish nobility. Slowly, it made its way into the fashionable courts of France, England, and Austria. In 1657, a Frenchman living in London opened a shop where devices for making the beverage were sold at a high price. Soon chocolate houses appeared in cities throughout Europe. Wealthy clients met in them, sipped chocolate, conducted business, and gossiped.

During the 1800 s, chocolate became a chewable food. The breakthrough came in 1828 when cocoa butter was extracted from the bean. Twenty years later, an English firm mixed the butter with chocolate liquor, which resulted in the first solid chocolate. Milton Hershey's first candy bar came on the scene in 1894, and Tootsie Rolls hit the market two years later. The popularity of chocolate bars soared during World War I when they were given to soldiers for fast energy. M\&Ms gave the industry another boost during World War II; soldiers needed candy that wouldn't melt in their hands.

On the average, Americans today eat ten pounds of hard chocolate a year. Their number-one choice is Snickers, which sells more than a billion bars every year. However,

Americans consume far less chocolate than many Western Europeans. The average Dutch person gobbles up more than fifteen pounds a year while a Swiss packs away almost twenty pounds. Chocolate is obviously an international favorite.

## Practice 6 (p. 283)

1. An individual's self-esteem can affect his or her performance.
2. Jorge started drinking diet sodas only last November, but already he hates the taste of them.
3. The headlines encouraged us, but we feared that they weren't accurate.
4. The defendant has decided that he will represent himself.
5. Dreams fascinate me; they are like another world.
6. If people don't know how to write well, they will face limited job opportunities.
7. Oxford University boasts of the great number of ancient manuscripts it owns.
8. Always buy corn and tomatoes when they are in season.
9. The average American takes his or her freedom for granted.
10. A woman has more opportunities than ever before. She is freer to go to school, get a job, and choose the kind of life she wants.

## Practice 7 (p. 285)

1. Sooner or later, most addicts realize that they can't just quit when they want to.
2. One problem facing students on this campus is that they don't know when the library will be open and when it will be closed.
3. One should rely on reason, not emotion, when he or she is forming opinions about such charged issues as abortion.
4. I have reached a time in my life when what others expect is less important than what I really want to do.
5. Members of the orchestra should meet after the concert and bring their instruments and music.
6. The wise mother knows that she is asking for trouble if she lets a small child watch violent television shows.
7. The student who participates in this program will spend six weeks in Spain and Morocco. He or she will study the art and architecture firsthand, working closely with an instructor.
8. You shouldn't judge a person by the way he or she dresses.
9. If you have been working that hard, you need a vacation.
10. People who visit the Caribbean for the first time are struck by the lushness of the landscape. The sheer size of the flowers and fruit amazes them.

Practice 8 (p. 286)
In a job interview these days, job applicants should stress their personal skills, rather than only technical skills. This strategy could increase their chances of getting hired. Job seekers should point out such skills as speaking and writing confidently, working well on a team, solving problems quickly, or managing people. These days, many employers assume that if applicants have excellent "soft skills" like these, they can be trained in the technical fine points of the job.

Practice 9 (p. 286)
"Madame Tussaud's. Come and find out who's in. And who's out." That's how English advertisers lure visitors to a most unusual show-a display of the rich, the famous, and the infamous in the form of lifelike wax statues. Nearly three million people line up each year to rub shoulders with the images of historic and contemporary celebrities. They make Madame Tussaud's the most popular paid tourist attraction in England.

Visitors can see and have their photograph taken with more than 400 eerily lifelike statues of people such as Princess Di, Joan of Arc, Elvis Presley, Naomi Campbell, the Dalai Lama, and Britney Spears. The popular Chamber of Horrors displays the most notorious criminals of all time.

Recently two new Tussaud Museums have opened. In New York, tourists can now mingle with the likes of Whoopi Goldberg, Nicolas Cage, Martin Luther King, Jr., and Buffalo Bill. In Las Vegas, they can pose with Muhammad Ali, Liberace, Gloria Estefan, Lenny Kravitz, and nearly 100 others.

Each month, a committee decides who is in and who is out of the collections. A celebrity is chosen for his or her fame, recognizability, and publicity potential. He or she is invited to sit for moldings, a process that takes six months and costs $\$ 45,000$. Mother Teresa was one of the few persons ever to decline an invitation from Madame Tussaud's.

Practice 10 (p. 288)

1. Teresa is a gifted woman-a chemist, a carpenter, and a cook.
2. The rock's shape, size, and color reminded me of a small turtle.
3. He is an affectionate husband, a thoughtful son, and a kind father.
4. Marvin was happy and surprised to win the chess tournament.
5. Dr. Tien is the kindest and most concerned physician I know.
6. Joe would rather work on a farm than spend time in an office.
7. Every afternoon in the mountains, it either rains or hails.
8. Sesame Street teaches children nursery rhymes, songs, courtesy, and kindness.
9. Alexis would rather give orders than take them.
10. His writing reveals not only intelligence but also humor.

## Practice 11 (p. 290)

1. When he was forty, he worked four days a week as the owner of a chain of fruit stores.
2. The adult in me knows I must face them.
3. The visiting team sat dejectedly in the dugout.
4. "Nothing ventured, nothing gained" is mine.
5. The women thought it was insulting.

Practice 12 (p. 290)
During World War II, United States Marines who fought in the Pacific possessed a powerful and unbeatable weapon: Navaho Code Talkers. Creating a secret code, Code Talkers sent and translated vital military information. Four hundred twenty Navahos memorized and used the code. It consisted of both common Navaho words and about 400 invented words. For example, Code Talkers used the Navaho words for owl, chicken
hawk, and swallow to describe different kinds of aircraft. Because Navaho is a complex and uncommon language, the Japanese military could not break the code. Although Code Talkers helped the Allied Forces win the war, their efforts were not publicly recognized until the code was declassified in 1968. On August 14, 1982, the first Navaho Code Talkers Day honored these heroes, who not only had risked their lives, but also had developed one of the few unbroken codes in history.

## Practice 13 (p. 291)

Vincent Van Gogh sold only one painting in his lifetime, but his oil paintings later influenced modern art and established him as one of the greatest artists of all time. Born in Holland in 1853, Van Gogh struggled to find an inspiring career. After failing as a tutor and a clergyman, he began to paint. Van Gogh's younger brother Theo supported him with money and art supplies. Eventually, Van Gogh went to live with Theo in Paris, where the young artist was introduced to Impressionism, a style of painting that emphasizes light at different times of day. Using vivid color and broad brush strokes, Van Gogh made powerful pictures full of feeling. His favorite subjects were landscapes, still lifes, sunflowers, and everyday people. Perhaps his most famous picture, "Starry Night," shows a wild night sky over a French village, with the moon and starts swirling in fiery circles.

When mental illness or depression clouded Van Gogh's spirit, Theo gently and firmly urged him to keep painting. Gradually, however, the penniless Van Gogh sank into insanity and despair. "Wheatfield with Crows," completed shortly before his death, shows a darkening sky spattered black with crows. Van Gogh committed suicide in 1890; his devoted brother died six months later. Theo's widow Johanna took the paintings back to Holland and worked hard to get recognition for her brother-in-law's genius. Thanks to Theo's encouragement during Vincent's lifetime and Johanna's efforts after his death, the dynamic paintings of Van Gogh today are admired, studied, and loved all over the world.

## CHAPTER 21 Revising for Sentence Variety

Practice 1 (p. 295) Answers will vary.
The park is alive with motion today. Joggers pound up and down on the boardwalk, and old folks watch them from the benches. Couples row green wooden boats across the lake. On the nearby grass, two teenagers hurl a Frisbee back and forth, yelling and leaping. Suddenly, a shaggy white dog dashes in from nowhere, snatches the red disk in his mouth, and bounds away. The teenagers run after him.

Practice 2 (p. 298)

1. Silently, two deer moved across the clearing.
2. Occasionally, the chief of the research division visits the lab.
3. Always proofread your writing.
4. Often children of alcoholics marry alcoholics.
5. Foolishly, Jake lied to his supervisor.

Practice 3 (p. 298) Answers will vary.

1. Cautiously
2. Enthusiastically
3. Yesterday
4. Reluctantly
5. Slowly

Practice 4 (p. 298) Sample answers:

1. Graciously, Rosa offered us use of her vacation home.
2. Furiously, she slammed the door.
3. Sometimes I go for long walks on the beach.

Practice 5 (p. 300)

1. Underline: at seven o'clock sharp

At seven o'clock sharp, the coffee maker turned itself on.
2. Underline: behind the chainlink fence

Behind the chainlink fence, a growling Doberman paced.
3. Underline: under the street lamp

Under the street lamp, a man and a woman held hands.
4. Underline: except athletic shoes for years

For years, they have sold nothing except athletic shoes.
5. Underline: of men; beside the small shop

Beside the small shop, a group of men played checkers and drank iced tea.
Practice 6 (p. 301) Answers will vary.

1. From the à la carte menu,
2. At the far table,
3. After work,
4. In the museum,
5. Over our heads,

Practice 7 (p. 301) Answers will vary.

1. In the dentist's office, the patients waited nervously.
2. Under that stack of books, you'll find the grocery list.
3. Behind his friendly smile, he is a dishonest salesman.

Practice 8 (p. 302) Answers will vary.

1. Americans eat more than 800 million pounds of peanut butter and spend more than $\$ 1$ billion on the product each year.
2. Peanut butter was first concocted in the 1890s but did not become the food we know for thirty years.
3. George Washington Carver did not discover peanut butter yet published many recipes for pastes much like it.
4. The average American becomes a peanut butter lover in childhood but loses enthusiasm for it later on.
5. Older adults regain their passion for peanut butter and consume great quantities of the delicious stuff.

Practice 9 (p. 303) Answers will vary.

1. met with aspiring novelists.
2. didn't sing a note.
3. move to a hotel.
4. didn't check the facts first.
5. threw confetti on the surprised card players.

Practice 10 (p. 304) Sample Answers:

1. Many people like to cook but do not like to clean up.
2. We could see a movie or go out to dinner.
3. Renee can drive a car but has never parallel parked.

Practice 11 (p. 305)

1. Installing the air conditioner, she saved herself $\$ 50$ in labor.
2. Racing against time, the surgeons performed a liver transplant on the child.
3. Conducting a survey of Jackson Heights residents, they found that most opposed construction of the airport.
4. Spiraling up from the little boat, three flares exploded against the night sky.
5. Dancing in the Pennsylvania Ballet, Virgil learned discipline and self-control.
6. Squawking loudly, the hen fluttered out of our path.
7. Making a routine check of the blueprints, the engineer discovered a flaw in the design.
8. Opening commencement exercises with a humorous story, Dr. Jackson put everyone at ease.

Practice 12 (p. 306) Sample Answers:

1. Finally finishing her report
2. he was not dazzled by movie stars.
3. Talking over their differences at last
4. Jason collected many family stories.
5. Moving slowly on its long chain

Practice 13 (p. 306) Answers will vary.

1. Giving myself a pep talk, I sat down to study Japanese.
2. Practicing with her roommate's manual, Ellen finally learned to use PowerPoint.
3. Rummaging through his drawers, Joe found a stack of unpaid bills.

Practice 14 (p. 307)

1. Married at the age of sixteen, my mother never finished high school.
2. Delayed by an electrical storm, the 2:30 flight arrived in Lexington three hours late.
3. Waxed and polished, the old car shone in the sun.
4. Built by Frank Lloyd Wright, the house has become famous.
5. Ratified in 1920, the Nineteenth Amendment gave women the right to vote.
6. Written in code, the manuscript seems impossible to decipher.
7. Recognized for his contributions in the field of immunology, Dr. Bentley will address the premed students.
8. Exhausted by night classes, Mrs. Witherspoon declined the chance to work overtime.

Practice 15 (p. 309)

1. the snuffbox was a wonder to behold.
2. Marietta limited the number of people she would interview to ten.
3. Tired of junk mail
4. Laden with parcels from a shopping trip
5. Consuela reached for the telephone and dialed 911.

Practice 16 (p. 309) Sample answers:

1. Awakened by the fire alarm, the hotel guests rushed outside.
2. Dressed in her ballet costume, the little girl performed for her parents.
3. Lost for several hours, the hikers were cold and tired when they were rescued.

Practice 17 (p. 310)

1. A dedicated fire fighter, Dan has saved many lives.
2. An ancient Chinese healing system, acupuncture is becoming popular in the United States.
3. An elegant example of Mexican architecture, the Cromwell Hotel was built in 1806.
4. The Korean Ping-Pong champion, a small and wiry athlete, won ten games in a row.
5. The pituitary, the body's master gland, is located below the brain.
6. The elevator, an ancient box of wood and hope, shudders violently and begins to rise.
7. Jennifer flaunted her new camera, a Nikon with a telephoto lens.
8. At the intersection stood a hitchhiker, a young man dressed in a tuxedo.
9. We met for pancakes at the Cosmic Café, a greasy diner at the corner of $10^{\text {th }}$ and Vine.

Practice 18 (p. 312) Sample answers:

1. An avid sailor, my brother-in-law dreams of owning a thirty-foot sailboat.
2. We serve vichyssoise, a cold potato soup, on hot summer days.
3. The tall woman standing on the dock is Isabel, my mother's neighbor.

Practice 19 (p. 314)

1. Scrabble, which is my favorite game, has greatly increased my vocabulary.
2. Contestants on game shows, who may travel thousands of miles to play, often make fools of themselves.
3. Arabic, which has a complicated verb system, is a difficult language to learn.
4. The house that I was born in is for sale.
5. My boss likes reports that are clear and to the point.
6. People who have owned a bird know how intelligent birds are.

Practice 20 (p. 315)

1. Her grandfather, who is seventy-seven years old, enjoys scuba diving.
2. You just dropped an antique pitcher that was worth two thousand dollars.
3. Parenthood, which used to terrify me, has taught me acceptance, forgiveness, and love.
4. James Fenimore Cooper, who was expelled from college, later became a famous American novelist.
5. The verb to hector, which derives from a character in Greek literature, means "to bully someone."

## Practice 21 (p. 317)

1. The dinner guests looked forward to the main course, plump sausages.
2. Soaring over the treetops in a hot air balloon, they enjoyed the spectacular view.
3. The engineers designed a new kind of car, powered by hydrogen.
4. I introduced my boyfriend, who wanted to marry me, to my father.
5. Marcelo was proud of his new résumé, revised to highlight his computer expertise.
6. Jim drove his dog, who loved to lick car windows, to the vet.
7. Carla heard the lost keys banging inside the dryer.
8. We complained to the mayor about the proposed building, which we found ugly and too large for the neighborhood.

Practice 22 (p. 319) Answers will vary.
With "A Wop-Bop-A-Loo-Bop-A-Lop-Bam-Boom," Little Richard hit the U.S. music scene on September 14, 1955. It has never been the same since. With his almost insane energy and flamboyant clothes, he defined the rebellious behavior at the heart of rock 'n' roll. He has influenced countless performers, including the Beatles, the Rolling Stones, Prince, and Michael Jackson.

Richard Wayne Penniman was born on December 5, 1932, in Macon, Georgia. The third of thirteen children, he sang gospel music with his siblings. Richard was a wild and independent child who left home at fourteen. He traveled through Georgia with musical shows of all kinds. Singing with B. Brown and his orchestra, he was called "Little Richard" for the first time.

By 1955, Richard had developed his own musical style that combined gospel with rhythm and blues. At its center was a wild scream of pure joy. He had developed a stage style as well; it combined outrageous costumes, a mile-high pompadour, thick mascara, manic piano-playing, and uninhibited hip-swinging. "Tutti Frutti" made him an overnight sensation. Over the next two years, he produced one hit after another, including "Long Tall Sally," "Slippin' and Slidin'," "Lucille," and "Good Golly Miss Molly."

Richard's fans loved him, but in 1957, he stopped performing. He had a spiritual awakening, quitting alcohol, drugs, and sexual promiscuity. In 1962, he resurfaced and became a cult figure over the next thirteen years. He was called "The King of Rock 'n' Roll." His behavior on and off-stage became more outrageous. He dressed as Queen Elizabeth or the pope and once wore a suit completely covered with small mirrors. In 1986, Richard's contribution to music history was recognized when he was one of the first inductees to the Rock and Roll Hall of Fame and Museum.

Today Richard is still going strong. In 1993, he performed at the presidential inauguration. In 2000, he was the subject of a made-for-television biography. And in

2001, his All-Time Greatest Hits CD was issued. It's easy to believe Richard when he proclaims, "Rock still lifts my spirit and gives me joy and an energy force."

## CHAPTER 22 Revising for Language Awareness

Practice 1 (p. 324) Answers will vary.

1. crept
2. crawled
3. teetered
4. strode
5. witnessed
6. spy
7. spotted
8. studied
9. munching
10. slurping
11. crunched
12. gulped
13. stalled
14. lies
15. sit
16. paced

Practice 2 (p. 325) Answers will vary.

1. Even the angle of the shifty-eyed stranger's hat looked mean.
2. I feel giddy today because it's Saturday, it's springtime, and I'm in love.
3. A six-foot tall woman in flowing African robes strode regally down the street.
4. The streaming sunlight painted every corner of the yard in technicolor.
5. The company's dumping practices enraged the townspeople.
6. The pediatrician's waiting room overflowed with whining children and impatient parents.
7. The minute he walks in the door from work, his ears are assailed by Rover's piteous yelps begging for dinner.
8. A cacophony of jackhammers, diesel engines, and rumbling dump trucks rose from the construction site.
9. When I had the flu for a week, you brought me chicken soup every day.
10. The inadequate security in the college's dormitories worries and angers many students.

Practice 3 (p. 326)

1. discovered
2. perches
3. constructed
4. massive
5. retreat
6. casts
7. magically
8. ruthlessly
9. abandoned
10. battle

Practice 4 (p. 327) Answers will vary.
Practice 5 (p. 329)

1. The Constitution requires the federal government to take a national census every ten years.
2. The original function of the census was to ensure fair taxation and representation.
3. Since the first count in 1790 , however, the census has been controversial for several reasons.
4. One reason is that some people aren't included.
5. The 1990 census, for example, missed almost five million people, many of whom were homeless.
6. For the 2000 census, the Census Bureau considered using statistical methods instead of the traditional direct head count.
7. The Bureau would have directly counted about 90 percent of U.S. residents and then estimated the number and characteristics of the remainder.
8. Those who opposed the idea believed that statistical methods would have introduced new errors into the count.
9. The distribution of $\$ 100$ billion, as well as the balance of power in the House of Representatives, depended on how the census was conducted.
10. Despite controversy, the census serves a beneficial purpose for the United States.

Practice 6 (p. 330) Answers may vary.
At the age of forty, Dr. Alice Hamilton became a pioneer in industrial medicine. In 1910, the governor of Illinois appointed her to investigate rumors that workers in Chicago's paint factories were dying from lead poisoning. The result of her investigation was the first state law to protect workers.

The following year, the U.S. Department of Labor hired Dr. Hamilton to study industrial illness throughout the country. In the next decade, she researched many occupational diseases, including tuberculosis among quarry workers and silicosisclogged lungs-among sandblasters. To gather information, Dr. Hamilton went to the workplace-deep in mine, quarries, and underwater tunnels. She also spoke to the workers in their homes.

With great zeal, Dr. Hamilton spread her message about poor health conditions on the job. Her reports led to new safety regulations, workmen's compensation insurance, and improved working conditions in many industries. She wrote many popular articles and spoke to groups of interested citizens. In 1919, she became the first woman to teach at Harvard University. Her textbook, Industrial Poisons in the U.S., became the standard book on the subject. By the time she died in 1970 - she was 101 - she had done much to improve the plight of many working people. She is remembered today because she cared at a time when many others seemed not to care at all.

Practice 7 (p. 333) Answers will vary.

1. Many men and women would like to propose marriage to their loved one in a unique and memorable way.
2. However, coming up with a special idea is not easy, especially for people who are busy, unimaginative, or "romantically challenged."
3. Fortunately, resources exist to help them propose in style.
4. Several web sites, for example, make the process easier by offering creative proposal ideas for a small fee.
5. At www.2propose.com, one sees "Dinner on the Beach,"-the suitor taking the fiancée-to-be for a sunset stroll along the shore, "discovering" a violinist and a candlelit dinner for two, and then kneeling to offer a lovely ring.
6. In "Reverse Surprise Party," a relative convinces the unsuspecting loved one to throw a surprise party for the would-be spouse, who walks in handsomely dressed and calmly asks, "Will you marry me?"
7. According to www.romancestuck.com, the beloved will be delighted if his or her sweetheart persuades all the neighbors in an apartment building to turn on or off their lights, spelling out MARRY ME.
8. The proposal stories in books like Michael Webb's The RoMANtic's Guide to Popping the Question will move even the most unromantic fellow and help him overcome his nervousness.
9. Finally, proposers can hire consultants to think up one-of-a-kind splashy or romantic moments and then help make them happen.
10. One consultant, for instance, arranged for a client to fly his girlfriend to a secluded Hawaiian waterfall, where he proposed, vowing that they'd share a joyful life.

## Practice 8 (p. 334)

Underlined: like a sea turtle; bend like elbows
Circled: pane of ice; green ladders of lakeweed
Practice 9 (p. 335) Answers will vary.

1. a game of chess; rock climbing; a plunge into cold water
2. yesterday's scrambled eggs; a shipwreck; a supernova
3. riding down the freeway; sailing in a stiff wind; reaching the top of a mountain
4. a broken record; a trip around the world; completing a puzzle

Practice 10 (p. 335) Answers will vary.

1. a bottle of sedatives; a palace with many rooms; an undiscovered continent
2. a battlefield; a snakepit; a lesson in patience
3. a two-eyed monster; a goldfish bowl; another child
4. a taut rope; a doorway; a searchlight

## CHAPTER 23 Putting Your Revision Skills to Work

Practice (p. 342)

For years, I was a yo-yo dieter, bouncing from fad diets to eating binges that left me tired and depressed. Along the way, though, I learned a few things. As a result, I will never go on a diet again.

First, diets are unhealthy. Some of the low carbohydrate diets are high in fat, and fat from meat, eggs, and cheese can raise blood levels of cholesterol and lead to artery and heart disease. Other diets are too high in protein and can cause kidney ailments and other disorders. Most diets also leave a person deficient in essential vitamin and minerals, such as calcium and iron.

In addition, diets are short-term. I lose about ten pounds; then I wind up gaining more weight than I originally lost. I also get bored on the restricted diet. On one diet, I ate cabbage soup for breakfast, lunch, and dinner. I was allowed to eat some fruit on day one, some vegetables on day two, and so on, but mostly I was supposed to eat cabbage soup. After a week, I never wanted to see a bowl of cabbage soup again. Because the diet was nutritionally unbalanced, I ended up craving bread, meat, and all the other foods I was not supposed to eat. Moreover, in the short term, all you lose is water. You cannot lose body fat unless you reduce steadily over a long period of time.

The last diet I tried was a fat-free diet. I was surprised to discover that you can actually gain weight snacking on fat-free cookies, ice cream, and cheese and crackers. I also learned that the body needs fat-in particular, the unsaturated fat in foods like olive oil, nuts, avocados, and salad dressings. If you take in too little fat, you are constantly hungry. Furthermore, the body thinks that it is starving, so it tries to conserve fat, which makes losing weight much harder.

In place of fad diets, I now follow a long-range plan that is sensible and healthful. I eat three well-balanced meals, exercise daily, and meet regularly with my support group for weight control. I am much happier and thinner than I used to be.

## Writers' Workshop (p. 344)

1. $\mathrm{Y}, \mathrm{Y}, \mathrm{Y}, \mathrm{Y}$
2. Answers will vary.
3. Answers will vary.
4. Answers will vary.
5. Inconsistent tense in paragraph 2
6. Yes, paragraph 5
7. Yes, wordiness in paragraph 1 and inconsistent person in paragraph 5. See corrections in green.
