

MINISTRY USE ONLY

MINISTRY USE ONLY

Place Personal Education Number (PEN) here.

Place Personal Education Number (PEN) here.



BRITISH
COLUMBIA

© 2003 Ministry of Education

MINISTRY USE ONLY

Communications 12

JANUARY 2003

Course Code = COM

Student Instructions

1. Place the stickers with your Personal Education Number (PEN) in the allotted spaces above. **Under no circumstance is your name or identification, other than your Personal Education Number, to appear on this booklet.**
2. Ensure that in addition to this examination booklet, you have a **Readings Booklet** and an **Examination Response Form**. Follow the directions on the front of the Response Form.
3. **Disqualification** from the examination will result if you bring books, paper, notes or unauthorized electronic devices into the examination room.
4. When instructed to open this booklet, **check the numbering of the pages** to ensure that they are numbered in sequence from page one to the last page, which is identified by **END OF EXAMINATION**.
5. At the end of the examination, place your Response Form inside the front cover of this booklet and return the booklet and your Response Form to the supervisor.

Question 1:
1. .
(3)

Question 9:
9. .
(2)

Question 2:
2. .
(3)

Question 10:
10. .
(2)

Question 3:
3. .
(3)

Question 11:
11. .
(2)

Question 4:
4. .
(2)

Question 12:
12. .
(2)

Question 5:
5. .
(2)

Question 13:
13. .
(2)

Question 6:
6. .
(1)

Question 14:
14. .
(6)

Question 7:
7. .
(2)

Question 15:
15.
(12)

Question 8:
8. .
(2)

Communications 12

JANUARY 2003

Course Code = COM

GENERAL INSTRUCTIONS

1. Electronic devices, including dictionaries and pagers, are **not** permitted in the examination room.
2. All multiple-choice answers must be entered on the Response Form using an **HB pencil**. Multiple-choice answers entered in this examination booklet will **not** be marked.
3. There is a number on the Response Form for each multiple-choice question in this examination booklet. When you answer each question, make sure that the number on the Response Form is the same as the number in this examination booklet.

For each of the written-response questions, write your answer in **ink** in the space provided in this booklet.

4. Adequate writing space has been provided for average-sized writing. Do not attempt to determine the length of your answers by the amount of writing space available.
5. Ensure that you use language and content appropriate to the purpose and audience of this examination. Failure to comply may result in your paper being awarded a zero.
6. This examination is designed to be completed in **two hours**. *Students may, however, take up to 30 minutes of additional time to finish.*

COMMUNICATIONS 12 PROVINCIAL EXAMINATION

	Value	Suggested Time
1. This examination consists of six parts:		
PART A: Language Skills	19	15
PART B: Reading: Non-Fiction	11	15
PART C: Reading: Fiction (Poetry)	10	15
PART D: Reading: Fiction (Prose)	12	20
PART E: Formats	14	20
PART F: Composition	24	35
	Total:	
	90 marks	120 minutes
2. The Readings Booklet contains the prose, poetry and format passages you will need to answer certain questions on this examination.		

THIS PAGE INTENTIONALLY BLANK

PART A: LANGUAGE SKILLS

Value: 19 marks

Suggested Time: 15 minutes

INSTRUCTIONS: Read the passage below. In each case, select the answer which **best** completes each blank in the passage and record your choice on the Response Form provided. Using an HB pencil, completely fill in the circle that has the letter corresponding to your answer.

Sports Fans' Complaints

Professional sports fans are a fickle crowd. When their teams play 1, they are elated. 2 when their teams struggle, fans are quick to find fault.

Many fans may be justified in their opinions. Some believe that athletes 3 sense of direction on reaching the pro level. Today, players 4 a great deal of money to perform. These high wages 5, to high ticket prices at sporting events. 6 frustrating for fans to spend their money on a team that performs poorly. "Fans don't want to waste hard-earned money supporting a team that 7 plays to its full potential," a local sports commentator recently stated on his radio 8 want to get their money's worth."

Some fans have suggested that a professional athlete 9 salary based on performance. A sports fan wondered if, before individual players deserve full salary, the team should have to win a minimum 10. People in other professions have to perform to certain standards; why should the professional athlete be any different?

- | | |
|---|---|
| 1. A. real well
B. real good
C. really well
D. really good | 6. A. Its always
B. Its all ways
C. It's always
D. It's all ways |
| 2. A. However
B. However,
C. Therefore
D. Therefore, | 7. A. hardly ever
B. hardly never
C. doesn't ever
D. doesn't never |
| 3. A. lose your
B. lose their
C. loose your
D. loose their | 8. A. show, people
B. show, "people
C. show. People
D. show. "People |
| 4. A. is paid
B. are paid
C. is payed
D. are payed | 9. A. receive their
B. receives their
C. receive his or her
D. receives his or her |
| 5. A. led of course
B. led, of course
C. lead of course
D. lead, of course | 10. A. amount of games.
B. amount of games?
C. number of games.
D. number of games? |

OVER

Organization and Planning

Written-response questions (9 marks)

INSTRUCTIONS: Combine the ideas contained in each group of short sentences below into **one** correctly structured sentence. You will be marked for the way you link the ideas together by using punctuation, by using connecting words and by changing the form of words, as necessary (tense, part of speech, etc.). Use standard English. Write in **ink**.

1. My cat is named Simba.
Simba is male.
Simba's fur is shiny.
Simba's fur is thick.

(3 marks)

2. The snowboarder flew down the mountain.
The mountain was covered in deep powder.
The flying was with ease.
The flying was with grace.

(3 marks)

3. Sally knew something.
What she knew was a secret.
She refused to tell the secret.
She wanted to stay loyal to her friend Susan.

(3 marks)

PART B: READING: NON-FICTION

Value: 11 marks

Suggested Time: 15 minutes

INSTRUCTIONS: Read **Lost in the Bowels of the Earth** on pages 1 and 2 in the **Readings Booklet**. For each question, select the **best** answer and record your choice on the Response Form provided.

11. The narrator frees herself from the narrow space when she
- A. faints.
 - B. laughs.
 - C. moves her elbow.
 - D. grovels in the gravel.
12. While in the cave, the cavers communicate with one another by
- A. radio.
 - B. cell phone.
 - C. rapping on walls.
 - D. talking in person.
13. In paragraph 4, the phrase “subterranean life forms” means
- A. bats.
 - B. water.
 - C. plants.
 - D. insects.
14. What is the source of the colours in the rocks?
- A. rust
 - B. minerals
 - C. human breath
 - D. various paints
15. In paragraph 6, the statement “Food references aside, this cave is no picnic,” is intended to be
- A. critical.
 - B. scientific.
 - C. humorous.
 - D. encouraging.

16. The purpose of this article is to

- A. clarify and to judge.
- B. caution and to censor.
- C. inform and to entertain.
- D. promote and to exaggerate.

Lost in the Bowels of the Earth
(pages 1 and 2 in the **Readings Booklet**)
Written-response questions (5 marks)

INSTRUCTIONS: Answer questions 4 to 6. Complete sentences are **not** required. Write in **ink**.

4. Identify two processes that helped to create the caves at Horne Lake. **(2 marks)**

a) _____

b) _____

5. Name two foods that the rock forms resemble. **(2 marks)**

a) _____

b) _____

6. Describe the narrator's overall attitude toward her caving experience. **(1 mark)**

PART C: READING: FICTION (POETRY)

Value: 10 marks

Suggested Time: 15 minutes

INSTRUCTIONS: Read **My Father Is a Simple Man** on page 3 in the **Readings Booklet**. For each question, select the **best** answer and record your choice on the Response Form provided.

17. The narrator and his father are walking to town to buy
- A. oranges.
 - B. a magazine.
 - C. a newspaper.
 - D. pomegranates.
18. The narrator and his father argue about the
- A. price of oranges.
 - B. price of pomegranates.
 - C. importance of greatness.
 - D. importance of education.
19. According to lines 5 to 15, how does the father feel about his son, the narrator?
- A. He cares for him.
 - B. He worries about him.
 - C. He is frustrated with him.
 - D. He is embarrassed by him.
20. In line 13, the word “perpetual” means
- A. sweet.
 - B. round.
 - C. endless.
 - D. healthful.
21. The narrator suggests that his father is
- A. unhealthy.
 - B. waiting to die.
 - C. always thinking about death.
 - D. willing to face death when it is time.

22. According to the poem, the father is

- A. a poor man.
- B. a wise man.
- C. an angry man.
- D. a well-educated man.

My Father Is a Simple Man
(page 3 in the **Readings Booklet**)
Written-response questions (4 marks)

INSTRUCTIONS: Answer questions 7 and 8. Complete sentences are **not** required. Write in **ink**.

7. **Quote** one example from the body of the poem which suggests the narrator's father is

- a) an elderly man. **(1 mark)**

- b) a simple man. **(1 mark)**

8. In lines 21–24, name two qualities of the father's character that the narrator mentions. **(2 marks)**

a) _____

b) _____

PART D: READING: FICTION (PROSE)

Value: 12 marks

Suggested Time: 20 minutes

INSTRUCTIONS: Read **The Harvest** on pages 4 to 6 in the **Readings Booklet**. For each question, select the **best** answer and record your choice on the Response Form provided.

23. What is Sarah's relationship to Annie?
- A. aunt
 - B. sister
 - C. mother
 - D. hired girl
24. The machinery was moved from
- A. Altona farm.
 - B. Jacob's farm.
 - C. Penners' farm.
 - D. Thiessens' farm.
25. The **main** meal of the day for the crew was their
- A. breakfast.
 - B. noon meal.
 - C. evening lunch.
 - D. five o'clock supper.
26. The reader knows that storms may have happened in the past because of the
- A. women's quick cleaning.
 - B. darkness of the overcast sky.
 - C. men's eagerness to finish the harvesting.
 - D. amount of food the women have to make.
27. On a typical day, the harvesting crew worked
- A. a seven-hour day.
 - B. from dawn to dusk.
 - C. only in the morning.
 - D. only in the afternoon.

28. What is the mother's attitude during the hailstorm?

- A. severe fright
- B. raging anger
- C. resigned fear
- D. quiet preparedness

The Harvest

(pages 4 to 6 in the **Readings Booklet**)

Written-response questions (6 marks)

INSTRUCTIONS: Answer questions 9 to 11. Complete sentences are **not** required. Write in **ink**.

9. Describe two of Annie's actions that suggest that she is fond of Jacob. **(2 marks)**

a) _____

b) _____

10. Provide two **quotes** that illustrate that the weather is of concern to the men. **(2 marks)**

a) _____

b) _____

11. **Quote** two examples that show Annie noticed the signs of the approaching storm. **(2 marks)**

a) _____

b) _____

PART E: FORMATS

Value: 14 marks

Suggested Time: 20 minutes

INSTRUCTIONS: Read **Preventing Ski Injury** on page 7 in the **Readings Booklet**. For each question, select the **best** answer and record your choice on the Response Form provided.

29. Equipment should be checked when
- A. you start every new ski trip.
 - B. it is less than 6–7 years old.
 - C. it is more than 6–7 years old.
 - D. you start your first ski trip of the year.
30. If you have a knee injury while skiing you should
- A. stop and put on a knee brace.
 - B. exercise before continuing to ski.
 - C. seek medical attention at the end of the day.
 - D. seek medical attention before continuing to ski.
31. Many injuries happen due to
- A. bailing out.
 - B. skiing too hesitantly.
 - C. tumbling, sprawling falls.
 - D. controlled tucked-in falls.
32. “Public thoroughfare” suggests all of the following **except**
- A. children may be present.
 - B. controlled skiing is essential.
 - C. wide-open areas are available.
 - D. excessive speed may harm others.

Preventing Ski Injury
(page 7 in the **Readings Booklet**)
Written-response questions (4 marks)

INSTRUCTIONS: Answer questions 12 and 13. Complete sentences are **not** required. Write in **ink**.

12. a) Identify an injury that can occur in the knee. **(1 mark)**

b) Identify an injury that can occur in the shoulder. **(1 mark)**

13. Aside from injury, identify two conditions under which a person should **not** ski. **(2 marks)**

a) _____

b) _____

Pre-writing

Written-response question (6 marks)

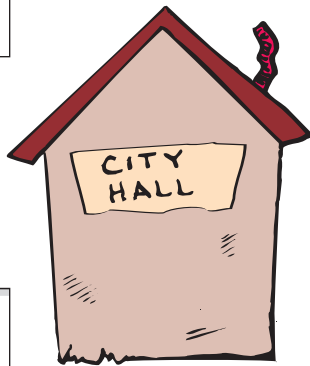
INSTRUCTIONS: Writing as the individual below and using the information provided, write a **business** letter of **more than one** paragraph. Use complete and correct sentences. Use the **Pre-writing** page to plan your work. Write your final letter in the space marked **Finished Work (Letter)**. Only your finished work will be marked. Write your letter in **ink**.

14. Assume your name is **Raj Singh**. You live at 260 Westwood Street, Kimberley, BC. Your postal code is V1A 2S0. Use the following situation to write your business letter.

(6 marks)

SITUATION

Your community is trying to include local youth in its decision making process. The town council is looking for suggestions on what teens would like to see offered for recreation programs. Write to the name and address below with your suggestions on what recreation programs or events you think would make your community a better place for teens. Request a reply.



Jo Birch
Community Recreation Programmer
Town of Kimberley
123 North Road
Kimberley, BC
V1A 8K9

**You may detach this page for convenient reference.
Exercise care when tearing along perforations.**

OVER

THIS PAGE INTENTIONALLY BLANK

PART F: COMPOSITION

Value: 24 marks

Suggested Time: 35 minutes

INSTRUCTIONS: Using standard English, write a multi-paragraph composition of 200–250 words based on **one** of the following prompts.

If you write on more than one prompt, only the **first** will be marked.

Use the **Checklist and Pre-writing** page to plan your work. Write your final composition in the space marked **Finished Work (Composition)**. Only your finished work will be marked. Write your composition in **ink**.

15. Choose **one** of the following prompts.

(24 marks)

a)

PROMPT A

A sense of humour is vital in everyday life.

OR

b)

PROMPT B

It was definitely time for “Plan B.”

Checklist

BEFORE you write, remember to

- think of ideas on the topic
- support your ideas with examples
- organize your ideas into paragraphs.

AFTER you write, remember to

- reread your composition
 - check spelling
 - check punctuation
 - check word choice
 - check that the sentences are complete.
-

Pre-writing
(this will not be marked)

PART F: COMPOSITION

	SUBTOTAL

THIS PAGE INTENTIONALLY BLANK

COMMUNICATIONS 12

READINGS BOOKLET

JANUARY 2003

THIS PAGE INTENTIONALLY BLANK

PART B: READING: NON-FICTION

INSTRUCTIONS: Read the following selection and answer the questions on pages 4 and 5 in the examination booklet.

Lost in the Bowels of the Earth

by *Melaney Black*

(adapted)



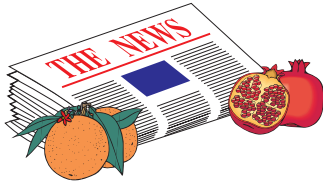
- 1 I'm stuck. I'm really stuck. I'm on my stomach like a lizard, crawling painfully through a very narrow tubular section of Riverbend Cave at Horne Lake called The Siphon, and I can't move my head or my right foot. Worse, my guide, Dave Weeks, and his faint light have disappeared around a corner up ahead. I'm soaked to the skin, courtesy of water seeping up slowly through the uneven floor, even though Weeks just gravity-pumped out the several inches of water that live in this rocky tunnel year round. Sharp rock edges jut into my torso, elbows and knees. I'm fighting my fear and my awareness of being surrounded by tons of inescapable rock. The phrase "lost in the bowels of the earth" keeps running through my head. Suddenly it's all too surreal for me, and I laugh, slumping my shoulders. That slight physical surrender frees me to continue groveling in the gravel, chasing the faint glow my headlamp casts on teeming geological history.
- 2 For the past few hours, I have been clambering up, down and around limestone and calcite formations that are literally tens of thousands of years old. Patiently sculpted by water, the cave's layers of sediment are 300 million years old, formed off the coast of what is now southern California and brought north by plate tectonics and continental drift at a rate of five centimeters a year. Originally part of an ancient seabed composed of organic matter, the rock was ultimately stressed and exposed by volcanic activity. The resulting cracks and fissures were widened and shaped by water into a vast network of caves, hundreds of which have yet to be explored.
- 3 It's eerie, scrambling over living rock formations that existed before civilization as we know it. Even more startling is the inky blackness that absorbs us all when we douse our lights. The cave has virtually zero light. The air is rich with moisture and is sweet to breathe. The only sound we hear, other than our own breathing, is the constant chuckle of water, echoing off the ancient walls. Neither radios nor cell phones will function this far underground, so communication remains up close and personal.
- 4 We are the only living beings in this place. The usual temperature here, a cool eight degrees Celsius, varies a slim three degrees annually. This makes it too cold for bats, and total darkness precludes any plant growth. In some areas, guides have found unidentifiable larvae and grubs, but the insects never survive. Personally, I find that reassuring. I have no desire to export subterranean life forms on my person.

OVER

- 5 Looking around, I'm surprised that the rock exhibits a wide range of subtle colours. Fortunately, colour isn't dependent upon the presence of light. The variety of minerals deposited in the various strata paints the cave in blues, greys, warmer ochres and rusts. The most inspiring hue, however, is the pure white of newly formed flowstone, the product of calcite particles deposited by water over time. This is living rock, fragile and easily damaged. Because it is porous, the rock absorbs the oils and dust particles from any human hand that touches it. The resulting brown stain, commonplace in unguided caves open to the public, is proof of human damage to the cave ecology. If a piece of flowstone is removed from the cave, it effectively dies and starts to break down. A formation that took hundreds or thousands of years to develop can deteriorate in a very short time.
- 6 Left unmolested, flowing rock ultimately turns a honey colour, taking amazing forms that cavers strive to reconcile by relating their shapes and proportions to familiar objects. There's cauliflower rock and popcorn rock. Icicle-like forms and globes become bread, meringue, marshmallows or mocha ice cream. Food references aside, this cave is no picnic. Between scrabbling up and down caverns, climbing freestanding wire rigging ladders, belaying here and crawling there, I'm spent.
- 7 Catching my breath on a ledge while I wait for the other climbers, I'm also disoriented. My headlamp reduces my peripheral vision, which affects balance. And it's very easy to scramble a person's senses when it's hard to tell a shadow from a toehold or a pool of water. I'm filthy, I'm bruised and all my senses are on overload. I love it.
- 8 Finally, after five hours of strenuous adventuring amid jaw-dropping raw beauty, I crawl into daylight again, blinking against the light. I'm sore, thirsty, tired, and blissfully smiling. I'm even a little bit proud of myself.

PART C: READING: FICTION (POETRY)

INSTRUCTIONS: Read the following poem and answer the questions on pages 6 and 7 in the examination booklet.



My Father Is a Simple Man

by Luis Omar Salinas

(Removed due to copyright restrictions.)

PART D: READING: FICTION (PROSE)

INSTRUCTIONS: Read the following selection and answer the questions on pages 8 and 9 in the examination booklet.



The Harvest

by Josephine Friesen
(adapted)



- 1 Annie wiped her hands on her apron and looked up at the old clock on the kitchen wall. Nearly noon already! The men would be in for dinner any minute now. There were twenty-six of them this year in the threshing crew. Well, dinner was almost ready. Using a tea towel to protect her hand, she bent and opened the oven door to check on the pies. Just a few more minutes, she thought, closing the door quickly against the wave of heat that rushed up at her face. She wiped the perspiration from her forehead with the hem of her apron. It was hot enough for September without having the cookstove going all day.
- 2 “Did you cut the bread, Annie?” her mother called from the pantry. “Sarah, go fetch the butter and cream from the well, and be quick about it!”
- 3 “It’s all ready, Mother.” She and her mother and sister, with the help of the hired girl, Hilda, had worked all morning, peeling and cooking, mixing and baking. Annie stepped back to survey the long table, actually two tables pushed together, that stretched the entire length of the kitchen. On the worn, blue, flowered oilcloth were set big platters of sliced ham, dishes of dill pickles, stacks of crusty, fresh-baked bread, shimmering bowls of chokecherry jam and the yellow rounds of homemade butter that Sarah was just now putting out.
- 4 “Annie, hurry and drain the potatoes and carrots while I take the pies out of the oven. I can hear the men now.”
- 5 Through the open kitchen door came the rattle of wagon wheels and the thudding of horses’ hooves, mixed with shouts of “Whoa! Whoa there!” Jacob would be among them, Annie was sure. The crew had only moved the machinery over from Thiessens’ farm this morning, so she hadn’t seen the men yet, but she had heard that he was with them. He would wash up outside at the pump with the others and then come in all scrubbed, his hair wet, his shirtsleeves rolled up over his brown arms. Annie tucked stray wisps of hair back into the braid over her forehead and straightened the folds of her long grey skirt. The men entered in little knots of two and three, sunburned, their overalls dusty with chaff, each in turn directing a polite nod at Annie and her mother. She recognised some of them, the Penners, father and sons; the four Wiebe boys from Altona; old Mr. Dyck; and then, there he was, Jacob, filing in with the others and sitting down on the bench behind the table. She caught his eye and smiled shyly but from then on was too busy to think about him any more. The men wasted no time in heaping their plates and eating with hearty appetites. The platters of ham and bowls of vegetables emptied quickly and had to be replenished. Hilda was circling the table refilling empty cups.

- 6 “More cream here, Annie.” She held up an empty pitcher for refilling. Above the steady clatter of dishes the sound of men’s voices rose and fell.
- 7 “Looks like a good crop this year.”
- 8 “Should finish here by Saturday if the weather holds.”
- 9 “Don’t much like the looks of it, though; been too hot and close this morning for my liking.”
- 10 Annie’s mother was bringing in the pies from the pantry now and passing them around, letting the men help themselves to huge steaming chunks.
- 11 “No more for me, Mary.” Her father tilted back his chair on its two back legs and studied his toothpick. Here and there, men pushed back their plates contentedly, saying little. Then her father pushed back his chair.
- 12 “Guess we ought to be getting back to work.”
- 13 There was a scraping and shuffling of feet, and with another nod in the direction of the women, they were gone, leaving only silence and the debris of the meal behind them.
- 14 Annie cleared a small space at one end of the table, and the four women were at last able to sit down for a few minutes to eat their own meal. But there was no time to waste, and as soon as they had finished, they began clearing the table. After the dishes were washed, there was baking to be done, and then it would be time to pack the supper. Large cardboard boxes were lined with clean tea towels and filled with loaves of bread, jars of butter, cold sausage and ham, cheese, plain white cookies and raisin cakes. There would be pails of fresh drinking water sent along with the boys who came to fetch the food around five o’clock. The men stopped barely long enough to eat and then continued working until dark. Other farms were waiting for the machinery, and every year it was a race against the weather.
- 15 When the boys had taken away the supper, the table had to be set for an evening lunch of coffee, buns, butter and jam. After the men had eaten and gone to bed in the hayloft, once again the table had to be cleared and laid for breakfast and the dishes washed. Annie’s mother would set a huge pot of porridge to simmer on the back of the stove ready for breakfast. The men would be up before dawn and were usually in the field by sunrise.
- 16 If all went well — that is, if it didn’t rain and the machinery didn’t break down — the crew would finish here in five or six days and move on to another farm. Last year there had been a three-day spell of rain during which the men were unable to work but had to be fed anyway. Jacob had told her later that if they had to be stuck anywhere, the men were glad it was here where the food was good. At Hildebrants’, he said, the cooking was usually bad and the food skimpy, and they all dreaded going there. Annie felt a little blush of pride at the compliment, but she prayed for good weather this year all the same.
- 17 As she was hanging the tea towels out on the line, Annie noticed the thin black line of cloud along the horizon. A heaviness in the air, a breathless silence, puzzled her, until she realised that there were no chickens scratching about in the yard, nor were there any birds singing. The old black dog limped up close to her and whined. Annie stood very still, watching uneasily as the cloud bank thickened and rolled up to blot out the sun. From nowhere a wind sprang up and whipped her skirt about her legs. She turned and ran into the house. The kitchen was nearly dark. Her mother, stooping to put a cake into the oven, caught sight of her as she straightened.

OVER

- 18 “What’s wrong, Annie?”
- 19 “I think we’re going to have a storm. Look out there!” She pointed at the window. The sky was already covered by boiling black clouds.
- 20 “Go out and shut the barn door, Annie,” her mother said quietly. “Sarah, close all the windows.”
- 21 Before Annie was halfway across the yard, the first hailstones fell. The wind tore at the barn door, but by leaning her whole weight against it, she just managed to close and bolt it. Hailstones pelted her body as she raced back to the house. Her mother was standing in front of one of the kitchen windows pressing a pillow against the glass. She pointed at more pillows lying on the table.
- 22 “Hurry, Annie, the other window!”
- 23 The hail was coming faster now, a steady clattering against the glass. Annie pressed the pillow to the window and leaned her head against it, gasping for breath. Above the terrible rattle of hail and the roar of wind, she heard, from the parlour, the shattering of glass. How long she stood there she didn’t know. Her arms began to ache, but she dared not let go.
- 24 Then, as suddenly as it had come, the storm was over. The crackle of hail against glass ceased and there was silence. Slowly Annie lowered the pillow. The sun, just emerging from beneath the clouds, cast golden slanting bands of light on the desolate scene. A layer of hailstones, some as big as eggs, covered the yard and garden. Not a plant remained standing. And in the field beyond the fence, the wheat lay smashed to the ground. The silence was broken only by the sound of Annie’s mother weeping quietly against the window.

PART E: FORMATS

INSTRUCTIONS: Read the following selection and answer the questions on pages 10 and 11 in the examination booklet.



Preventing Ski Injury

(adapted)



Muscle Training:

If you are on a long ski trip or far from any exercise equipment, a number of simple exercises will help build your ski muscles.

Stretching is extremely important in the prevention of injury, particularly in the cold. The best way to loosen up and prevent a disabling back, neck or hamstring injury is to do 10 minutes of aerobic activity prior to skiing and to stretch for at least five minutes. If you are at a ski resort, try running the stairs or hallway for a few minutes to warm up.

Equipment:

Bindings have improved dramatically over the past 6–7 years and are the most important piece of equipment for the prevention of injury. If you have bindings older than this you might want to consider upgrading your equipment. In any case, make sure to have your equipment checked at the beginning of every ski season by a qualified ski shop (affiliated with the American Society for the Testing of Materials, ASTM).

Knee Injuries:

If you have problems with your knee, use of a knee brace and a specialized exercise program may help reduce your chances of further injury. If you injure yourself on the slopes, don't continue skiing without seeking medical attention. A bad problem can easily be made worse!

One of the telltale signs of a ligament injury is an audible “pop” at the time of the injury followed by swelling on the knee. If either of these symptoms occurs, you should see your doctor immediately.

The meniscus or “cartilage” can also be injured while skiing. This is usually caused by a twisting fall and results in pain and clicking along the joint. Unfortunately, cartilage tears do not usually heal and often require arthroscopic surgical treatment (outpatient surgery through small puncture holes).

Shoulder:

Dislocation of the shoulder can occur when a skier falls with the arm outstretched, usually after planting the pole. This injury can be avoided by letting go of the pole during a fall and by trying to keep the arms close to the body while falling. Once a dislocation has occurred, recurrences are likely and medical attention should be sought.

Fatigue:

Do not ski when you are tired. It is not a myth that more ski injuries happen later in the day when muscles are fatigued and less responsive. Better to quit early and enjoy après-ski.

Bail Out:

Many injuries can be avoided if you are willing to bail out of an uncontrolled turn rather than trying to salvage your pride. Try to fall with your head tucked in, your skis together and your arms at your side. Tumbling, sprawling falls are much more likely to cause injury.

Ski in Control:

Collision is a common cause of injury. You are skiing too fast if you cannot avoid obstacles in your path. Remember, the ski slope is a public thoroughfare!

ACKNOWLEDGEMENTS

Black, Melaney. "Lost in the Bowels of the Earth." *Monday Magazine*.
27 September–02 October 2001. 11.

"My Father Is a Simple Man" by Luis Omar Salinas is reprinted with permission
from the publisher of *The Sadness of Days: Selected and New Poems*
Houston: Arte Publico Press—University of Houston, 1987.

Friesen, Josephine. "The Harvest." *Celebrating Canadian Women*. Ed. Greta
Hofmann Nemiroff. Toronto: Fitzhenry & Whiteside, 1989. 198–200.

Halbrecht, Dr. Jeffrey L. *Preventing Ski Injury*. 2001.
<http://www.iasm.com/brochure.html>