**English–Language Arts** 

Read these three documents and answer the questions that follow.

Document A



### **Document B**

### *Fitness Journal* Consumer Report: FitQuest 2000—Everything You Need in a Home Gym!

The editors of Fitness Journal asked me to check out and critique three of the most popular home gyms.

I chose three machines that seemed to target different markets: the Bodyworks II, the FitQuest 2000, and the Home Training System by Cawells Industries. All three machines are said to fold away and store easily; all three claim a full body workout can be completed in as little as 30 minutes; and all three stress they can help the user lose weight and look better.

FitQuest 2000	Rank: 1	Price: \$199	Available: Most large department stores.
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The FitQuest 2000 turned out to be a great little home gym. It was not the most expensive, nor did it offer the most options, but it was fast, easy to use, and left me feeling like I'd had a real workout. The first pleasant surprise was opening the box to find it fully assembled. The FitQuest easily unpacked and unfolded, and within ten minutes, I was working out! Using the enclosed wall chart and operating instructions I was able to perform all 20 of the exercises the machine claims to offer. Note: FitQuest does not recommend doing all 20 exercises during each workout. The machine is fast. The only adjustments between exercises are to the incline and the cables, and are simple and easy to accomplish. Still, when I attempted a "suggested" workout the next day, it took some hustle to get through it in 30 minutes. However, users could probably still complete the workout in less than 45 minutes at a reasonable pace. Bottom line: If you can't join a gym, this is a good alternative.

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#### **Document B** (continued)

Home Training System	Rank: 2	Price: \$699	Available: Sporting goods stores.
Cawells Industries advertises the	Home Training Sy	ystem as "the ultimat	e home workout for the serious trainer."

These are not just hollow promises. The first clue that this will be a "serious" machine is the price tag, a full \$500 more than the FitQuest 2000. The Home Training System does offer almost everything you can think of in a home gym, and its 58 exercises are almost double that offered by the FitQuest or Bodyworks II machines. The Home Training System provides a genuine workout that nearly rivals what could be achieved at commercial fitness gyms. However, this is a gym for someone with plenty of time for training. Changing exercise positions on this machine is cumbersome and sometimes more of a workout than the exercises themselves. It required almost two hours to assemble. It is bulky and would only be considered portable by Arnold Schwarzenegger—maybe. Bottom line: This is a good machine, but if you've got this much time and money, join a gym.

### Bodyworks II Rank: 3 Price: \$129 Available: Most department stores.

The Bodyworks II claims to offer a "superb workout in just a half-hour." Well, not exactly. The machine, the least expensive of the three, did provide a good workout. Its 35 positions were slightly more than the FitQuest though less than the Home Training System. It also came unassembled, but was not as difficult to put together as the Home Training System. Though some of the exercises were a bit awkward, none seemed dangerous. Changing positions, however, was somewhat difficult and seemed to make a 30-minute workout unlikely unless limited to three or four exercises. Though the machine is not bulky and can easily fit under a bed, it is heavy, and unfolding it was a challenge. Its caster wheels are not adequate for pushing it more than a few feet. Bottom line: You can get a good workout from this machine, but if you can afford it, spend a little more for the FitQuest 2000.

#### **Document C**

### FitQuest 2000 5-Year Limited Warranty

If your FitQuest 2000 fails structurally during normal usage, we will repair or replace it without charge to you. Parts, cables, and labor are included. This warranty is not transferable and does not cover the failure of FitQuest 2000 machines used commercially or for institutional purposes. The warranty excludes failure caused by unreasonable or abusive use, improper assembly following user-performed disassembly, or failure to provide reasonable and necessary care and maintenance. Please consult the User's Manual for maintenance and care instructions. FitQuest, Inc., shall not be liable for shipping or packaging charges to or from the factory for returned items. To obtain service, contact the FitQuest Customer Service Department at the number provided in the User's Guide. Users can also write with questions to FitQuest, Inc., Customer Service, P.O. Box 1800, Oceanside, CA, 90000.

### FitQuest 30-Day Money Back Guarantee

All FitQuest products come with a 30-day money back guarantee, less all freight charges. Returns should be made in the original box. Please include a copy of the original sales receipt with the date of purchase clearly marked. Make sure that all parts are returned with the machine. Please attach a letter detailing any damage. It is requested that you also provide an explanation of why you were dissatisfied with the machine. This information is optional and will be used by FitQuest only to improve our products.

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### **Released Test Questions**

### English–Language Arts

### 1

2

### The point of the large, boldfaced reference to a magazine article in Document A is to

- A persuade the reader of the machine's popularity.
- **B** convince the reader to subscribe to the magazine.
- C encourage the reader to find out more about fitness.
- **D** let the reader know that the machine is expensive.

CSR02148.292

#### Which of these is not an advantage of the FitQuest 2000 over the Home Training System?

- A the opportunity to get a real workout
- **B** the price of the machine
- **C** the portability of the machine
- **D** the easy movement between exercises

CSR02143.292

### According to Document C, the FitQuest warranty does *not* include

- A machines which have a manufacturing defect.
- **B** machines that fail structurally during normal usage.
- **C** failures caused by unreasonable or abusive use.
- **D** parts, cables, or labor costs for repairs.

CSR02295.311

GRADE

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### My Watch An Instructive Little Tale by Mark Twain

- My beautiful new watch had run eighteen months without losing or gaining, and without breaking any part of its machinery or stopping. I had come to believe it infallible in its judgments about the time of day, and to consider its anatomy imperishable. But at last, one night, I let it run down. I grieved about it as if it were a recognized messenger and forerunner of calamity. But by and by I cheered up, set the watch by guess.
- 2 Next day I stepped into the chief jeweler's to set it by the exact time, and the head of the establishment took it out of my hand and proceeded to set it for me. Then he said, "She is four minutes slow—regulator wants pushing up."
- I tried to stop him—tried to make him understand that the watch kept perfect time. But no; all this human cabbage could see was that the watch was four minutes slow, and the regulator must be pushed up a little; and so, while I danced around him in anguish, and implored him to let the watch alone, he calmly and cruelly did the shameful deed.
- My watch began to gain. It gained faster and faster day by day. Within the week it sickened to a raging fever, and its pulse went up to a hundred and fifty in the shade. At the end of two months it had left all the timepieces of the town far in the rear, and was a fraction over thirteen days ahead of the almanac. It was away into November enjoying the snow, while the October leaves were still turning. It hurried up house rent, bills payable, and such things, in such a ruinous way that I could not abide it. I took it to the watchmaker to be regulated.
- 5 After being cleaned and oiled, and regulated, my watch slowed down to that degree that it ticked like a tolling bell. I began to be left by trains, I failed all appointments, I got to missing my dinner. I went to a watchmaker again.
- <sup>6</sup> He took the watch all to pieces while I waited, and then said the barrel was "swelled." He said he could reduce it in three days. After this the watch averaged well, but nothing more. For half a day it would go like the very mischief, and keep up such a barking and wheezing and whooping and sneezing and snorting, that I could not hear myself think for the disturbance; and as long as it held out there was not a watch in the land that stood any chance against it. But the rest of the day it would keep on slowing down and fooling along until all the clocks it had left behind caught up again. So at last, at the end of twenty-four hours, it would trot up to the judges' stand all right and just in time. It would show a fair and square average, and no man could say it had done more or less than its duty. But a correct average is only a mild virtue in a watch, and I took this instrument to another watchmaker.
- <sup>7</sup> He said the king-bolt was broken. He repaired the king-bolt, but what the watch gained in one way it lost in another. It would run awhile and then stop awhile, and then run awhile again, and so on, using its own discretion about the intervals. And every time it went off it kicked back like a musket. I padded my breast for a few days, but finally took the watch to another watchmaker.

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- <sup>8</sup> He picked it all to pieces, and turned the ruin over and over under his glass; and then he said there appeared to be something the matter with the hair-trigger. He fixed it, and gave it a fresh start. It did well now, except that always at ten minutes to ten the hands would shut together like a pair of scissors, and from that time forth they would travel together. The oldest man in the world could not make head or tail of the time of day by such a watch, and so I went again to have the thing repaired.
- <sup>9</sup> This person said that the crystal had got bent, and that the mainspring was not straight. He also remarked that part of the works needed half-soling. He made these things all right, and then my timepiece performed unexceptionably, save that now and then, after working along quietly for nearly eight hours, everything inside would let go all of a sudden and begin to buzz like a bee, and the hands would straightway begin to spin round and round so fast that their individuality was lost completely, and they simply seemed a delicate spider's web over the face of the watch. She would reel off the next twenty-four hours in six or seven minutes, and then stop with a bang.
- I went with a heavy heart to one more watchmaker, and looked on while he took her to pieces. Then I prepared to cross-question him rigidly, for this thing was getting serious. The watch had cost two hundred dollars originally, and I seemed to have paid out two or three thousand for repairs.
- While I waited and looked on I presently recognized in this watchmaker an old acquaintance—a steamboat engineer of other days, and not a good engineer, either. He examined all the parts carefully, just as the other watchmakers had done, and then delivered his verdict with the same confidence of manner.
- 12 He said: "She makes too much steam—you want to hang the monkey-wrench on the safety-valve!"
- My uncle William used to say that a good horse was a good horse until it had run away once, and that a good watch was a good watch until the repairers got a chance at it.

5

[Public Domain]

4	
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### Throughout this story, the author references periods of time in order to

- A identify the historical period in which the narrator lived.
- **B** justify the narrator's lack of timeliness.
- C illustrate the narrator's desire to learn watch repair.
- **D** emphasize the magnitude of the narrator's ordeal.

CSR00683.075

What literary device is the narrator using when he says, "Within the week it sickened to a raging fever, and its pulse went up to a hundred and fifty in the shade"?

- A repetition
- **B** symbolism
- C irony
- **D** personification

CSR00680.075

CSR0P075

### GRADE

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### **Released Test Questions**

6 In the last paragraph the narrator references what his uncle William said in order to show that

- A he will pay more money for his next watch.
- **B** watches are as difficult to maintain as horses.
- C he is ready to quit trying to have the watch fixed.
- **D** his uncle has also tried to fix the watch.

CSR00675.075

7

One indication that this was *not* written in recent times is the comparison of the watch to a

- A pair of scissors.
- **B** musket.
- C spider's web.
- **D** bee.

CSR00677.075

### English–Language Arts

These three documents are about a software program. You will need to refer to them as you answer the questions that follow.

### **Music to Your Ears**

by Mark Sanders

If you are like most American teenagers, you probably own a music CD. In fact, you may own dozens of them—even hundreds of them. Young people are buying more compact discs than ever before! As their libraries have grown, so has the demand for a way to organize their collections.

New Generation Software Company has the answer. Today, the company announced the release of **Collector's Catalog**, a new user-friendly software program that allows collectors to catalog their music collections. The database has the capability of maintaining an inventory of as many as 1,000 CDs. The program stores the tracking information, such as record title, artist, category, and release date, that is needed to locate any CD in seconds.

Harrison Quaile, Vice President of Marketing for New Generation, explained that with **Collector's Catalog**, "an inventory can be progressively enlarged and retrieved with ease." If you are a serious music collector, this news should be music to your ears!

### Bibliography

American Marketing Resources. *Keeping Pace With Consumer Demand* (The Kilmartin report). Washington: Capitol Hill Press, 1999.

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"Compact Discs." The Universal Encyclopedia of Technology. 1998 ed.

Hauser, Melanie. "Compact Disc Packaging Analysis." Music Plus Digest 15 December 2000: 32.

Larkin, Esther. Not Compact Enough-Solving the Music Storage Question. London: Choice Publications, 1998.

Valez, Hector. Working Teens as Consumers. Los Angeles: Victory Press, 1996.

### **Document A**



English–Language Arts

# **Solving the Organization Puzzle!**



**Collector's Catalog** is the hottest new database

software program for cataloging, classifying, and managing compact disc collections.

Imagine! No more digging through boxes or stacks of CDs to find what you want. With **Collector's Catalog** your



entire collection is just a "mouse click" away.



It's no puzzle why **Collector's Catalog** is America's #1 choice.

**Document B** 

### Creating a New Data Record

- 1. Select NEW RECORD from the FILE menu.
- 2. Type the title of the CD in the box below the word TITLE.
- 3. Use the TAB key to move from one field to the next until you have entered all the requested information.
- 4. Select NEW RECORD from the FILE menu. The entry is automatically saved and the title of the CD will appear on the left side of the screen under ALL RECORDS.
- Repeat the procedure to enter additional CDs. After you have made all of your entries, simply hit EXIT. All information you entered is saved.

*Note:* All fields in the record except comments are "required." This means they can NOT be left blank—you must enter information in each box.

File Search Options Move	Help	
All Records	Title	Category
Friends for Better or Worse		Country
	Artist	Label
1	Kevin Mc	Star Reco
	Released	Cost
-	1999	\$14.99
	Color Code	Item No.
	White	3
	Entry Date	Comment
Print Exit	10-3-99	One of my favorites



Included with your User's Manual is a booklet of colored and numbered adhesive stickers. Remove the colored sticker that corresponds with the color code and number you assign to each CD, and stick it on the hinged side of the plastic CD holder.



This is a sample of California Standards Test questions. This is NOT an operational test form. Test scores cannot be projected based on performance on released test questions. Copyright © 2009 California Department of Education.

### English–Language Arts

#### 8 In the bibliography (Document A), when information is given about a book, a colon is used to separate

- A the name of the book and the publication date.
- **B** the title of the book and the name of the publisher.
- C the name of the author and the title of the book.
- **D** the name of the publishing company and city where it is located.

CSR00714.080

Based on information in the bibliography (Document A), which of these could be consulted for a report on how compact discs were invented?

- A Keeping Pace With Consumer Demand
- **B** Music Plus Digest

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- C Software Inside News
- **D** The Universal Encyclopedia of Technology

CSR00716.080

## **10** The advertisement (Document B) is the only document that includes information regarding the

- A type of program.
- **B** cost of the software.
- **C** name of the program.
- D program's search capabilities.

CSR00724.081



### **12** According to Document C, a document is *saved* each time you select

- A FILE.
- **B** TITLE.
- C NEW RECORD.
- D ALL RECORDS.

CSR00722.081

GRADE