The possession or use of any communications device is strictly prohibited when taking this examination. If you have or use any communications device, your examination will be invalidated and no score will be calculated for you. Keep in mind that the language and perspectives in a text may be written in pen.

The University of the State of New York

REGENTS HIGH SCHOOL EXAMINATION

ENGLISH LANGUAGE ARTS IN

REGENTS EXAMINATION

The University of the State of New York

Large-Type Edition

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When you have completed the examination, you must sign the statement printed at the bottom of the front of the answer sheet, indicating that you had no unlawful knowledge of the questions or answers prior to the examination and that you have neither given nor received assistance in answering any of the questions during the examination. Your answer sheet cannot be accepted if you fail to sign this declaration.
DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.
I never see asters without remembering her—never the haze of their pink and lavender blossoming as summer dies, but her name is in my heart: Reverdy, Reverdy.

I never say her name—not to anyone. When people ask about her, as they do occasionally even now, I say “she” and “her.” She is still gone. “We do not hear from her,” I never say her name—not to anyone. When people ask about her, as they do occasionally even now, I say “she” and “her.” She is still gone. “We do not hear from her,”

You mustn’t think she was like me. She wasn’t in the least. Not inside nor out. She had dark hair like a cloud. Yes, really. It wasn’t curly but it didn’t hang straight. It billowed out.

You mustn’t think she was like me. She wasn’t in the least. Not inside nor out. She had dark hair like a cloud. Yes, really. It wasn’t curly but it didn’t hang straight. It billowed out.

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Revers
One evening in October, when it was almost dark, I was coming home from the library, coasting across lots in the hot dry Santa Ana that had been blowing all day. Cool weather had already come, and then three days of this hot wind. Dust everywhere. Under your eyelids, between your fingers, in your mouth. When we went to school in the morning the first thing we’d do would be to write our names in the dust on our desks. I had on a skirt full of pleats that evening and I pulled the pleats out wide so the skirt made a sort of sail to the wind in the clump of eucalyptus by the bam, and felt miserable and gritty. Then I saw Reverdy walking up and down the driveway by the house and I felt suddenly glad. I knew there was some trouble—some trouble with Reverdy—and I knew what kind of trouble it was. I held it up in the wind so she could feel it tug and snap. When I saw her I forgot how holding it up in the wind, Revedy looked the wind, even Santa Ana, and she was always out walking or running when the wind blew, if she didn’t have any work to do. She liked to carry a scarf in her hand and in her skirt, but she didn’t wear or say a word, and when she reached the end of the driveway she turned back on me and started walking toward the bam.

I stood with my face to the window and looked out into the dusty, windy dark where I could just see Reverdy in her white dress walking up and down never stopping her head bent, not paying any attention to the wind she loved, it made me feel sick to see her walking up and down there in the dusty dark like a homeless dog, while we were snug inside.
But Mother came over to the window and took the curtain out of my hand and put it back over the glass. Then she put her arm around my shoulders and pressed me close to her and said, "The very best for you, just when I thought I was all alone I heard you telling me not to be sad."

"Mother's own dear girl who has never given her a moment's trouble."

That wasn't true. Mother had plenty of fault to find with me. Never. Never. Never. It was kind and sweet to have her speak lovingly to me, to be cherished and appreciated. Maybe you can't understand that, maybe your family...

Our ten-year-old brother Chummie came back from feeding his rabbits and sat with me in the dark room. Then I got the idea of a way to show Mother how much I was her comfort and mainstay, her darling daughter. I was her only living child, and...
Then she leaned over and kissed me and said, "Good night, now. I've put some asters in water for you. They're a little wilted but I think they'll be all right by morning. Go to sleep, now. I'll never forget, Clare."

If I could only have told her,—if I could only have told her then. If I could have said to her, "I was playing for Mother, Reverdy. I guess I was jealous of your always having the limelight, by her sister's actions. I feels humiliated by her sister's actions through 5 suggest that Clare

In the context of the passage as a whole, lines 14 and 15 help establish the figurative language in lines 14 and 15 helps

The New Mexico Quarterly Review, Spring 1943

excerpts and adapted from "Reverdy

—Jessamyn West

"Oh, Clare, what a thing to say."

They're a little wilted but I think they'll be all right by morning. Go to sleep,

Then she leaned over and kissed me and said, "Good night, now. I've put some asters in water for you. They're a little wilted but I think they'll be all right by morning. Go to sleep, now. I'll never forget, Clare."

Then she leaned over and kissed me and said, "Good night, now. I've put some asters in water for you. They're a little wilted but I think they'll be all right by morning. Go to sleep, now. I'll never forget, Clare."

1 In the context of the passage as a whole, lines 3 through 5 suggest that Clare

2 The figurative language in lines 14 and 15 helps

4 (1) is secret about the life of her sister

4 (2) is pained by the memory of her sister's choices

4 (3) feels resentful about her sister's choices

4 (4) feels secret about the life of her sister

5 The figurative language in lines 14 and 15 helps

5 (1) Reverdy's appreciation of attention

5 (2) Reverdy's mischievousness

5 (3) Reverdy's admiration for Reverdy

5 (4) Reverdy's aggressiveness toward Reverdy

6 (1) Clare's admiration for Reverdy

6 (2) Clare's mischievousness

6 (3) Clare's aggressiveness toward Reverdy

6 (4) Clare's admiration for Reverdy
3. The description of each sister's reaction to the wind (lines 19 through 33) serves to (1) demonstrate a contrast between the sisters (2) foreshadow a conflict between the sisters (3) emphasize the sisters' appreciation of nature (4) illustrate the sisters' competitive relationship

4. Clare's reaction to Reverdy's punishment (lines 44 and 45) reveals that Clare is (1) ashamed of Reverdy's attitude (2) concerned about Reverdy's reputation (3) envious of Reverdy's strength (4) distressed by Reverdy's situation

5. Clare's reflections in lines 49 through 54 convey (1) rejection of tenderness (2) acceptance of her mistake (3) justification for her behavior (4) reluctance to change

6. As used in line 56, the phrase "battened on" most nearly means (1) questioned (2) benefited from (3) learned from (4) imagined

7. Which statement best explains Clare's motivation for playing music (lines 62 through 65)? (1) Clare wants to be her mother's favorite. (2) Clare wants to console her brother. (3) Clare wants to distract her brother. (4) Clare wants to be her family's mediator.

8. In the context of the passage as a whole, the author suggests that the family interactions have been influenced by (1) Reverdy's love for her mother (2) Mother's reliance upon Clare (3) Reverdy's behavior toward Clare (4) Mother's attitude toward Reverdy
The occasional use of second person point of view contributes to the reader's (1) optimism (3) curiosity (2) sympathy (4) suspicion.

10 Which quotation best reflects a central idea of the text? (1) “You may scarcely believe it, but it is worse than a bad.” (lines 6 through 8) (2) “I watched the tumble weeds blowing, and listened to the wind in the clump of eucalyptus by the barn, and felt miserable and gritty.” (lines 25 and 26) (3) “And I forget I couldn’t make a boy look at me if I wanted to and blamed Reverdy for not being able to steer clear of them the way I did.” (lines 34 through 36) (4) “Usually we kicked and howled at having to play, so, I thought, if we play now it will show Mother how thoughtful and reliable we are.” (lines 62 and 63)
The Gift

To pull the metal splinter from my palm my father recited a story in a low voice. I watched his lovely face and not the blade. Before the story ended, he'd removed the iron sliver I thought I'd die from.

I can't remember the tale, but hear his voice still, a well of dark water, a prayer. Had you entered that afternoon he raised above my head, the flames of discipline, he laid against my face, two measures of tenderness. And I recall his hands, of dark water, a prayer, but hear his voice still, a well.

Had you have thought you saw a man planting something in a boy's palm, you would have thought you saw a man where I bend over my wife's right hand.

The Gift

Reading Comprehension Passage B
Look how I shave her thumbnail down so carefully she feels no pain. Watch as I lift the splinter out. I was seven when my father took my hand like this, and I did not hold that shard between my fingers and think, Metal that will bury me, christen it Little Assassin, Ore Going Deep for My Heart. And I did not lift up my wound and cry, Death visited here! I did what a child does when he’s given something to keep. I kissed my father.

—Li–Young Lee

“The Gift” from *Rose*, 1986

BOA Editions, Ltd.

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11 The figurative language in lines 6 through 11 reflects the father’s
(1) hesitation about inflicting pain
(2) pride about removing the splinter
(3) need to earn his son’s respect
(4) ability to calm his son

12 Lines 21 through 23 reveal that the narrator
(1) is worried that he might harm his wife
(2) is reassured by his wife’s confidence
(3) has mastered his father’s technique
(4) has forgotten his childhood trauma

13 In line 26, “shard” most nearly means
(1) wooden chip
(2) shiny object
(3) jagged piece
(4) small tool

14 Lines 33 through 35 convey a sense of
(1) longing
(2) gratitude
(3) uncertainty
(4) accomplishment
Dislike of noise has produced some of history's most eager advocates of silence, as Hillel Schwartz explains in his book *Making Noise: From Babel to the Big Bang and Beyond*. In 1859, the British nurse and social reformer Florence Nightingale wrote, "Unnecessary noise is the most cruel absence of care that can be inflicted on sick or well." Every careless clatter or banal bit of banter, Nightingale argued, can be a source of alarm, distress, and loss of sleep for recovering patients. She even quoted a lecture that identified "sudden noises" as a cause of death among sick children.

Studies of human physiology help explain how an invisible phenomenon can have such a pronounced physical effect. Sound waves vibrate the bones of the ear, which transmit electrical signals to the brain. The body reacts immediately and powerfully to these signals, even in the middle of deep sleep. Neurophysiological research suggests that the body reacts immediately and powerfully to electrical signals that the brain receives. The body reacts immediately and powerfully to movement of the small, round cochlea. The cochlea converts physical vibrations into electrical signals that the brain receives. The body reacts immediately and powerfully to these signals, even in the middle of deep sleep.

Surprisingly, recent research supports some of Nightingale's zealous claims. In the mid-20th century, epidemiologists discovered correlations between high blood pressure and chronic noise sources like highways and airports. Later research seemed to link noise to increased rates of heart disease, and tinnitus. (It's this line of research that hatched the 1960s-era notion of "noise pollution," a name that implicitly refashions transitory noises as toxic and long-lasting.)

This is your brain on silence.
Noise first activates the amygdala, clusters of neurons located in the temporal lobes of the brain, associated with memory formation and emotion. The activation prompts an immediate release of stress hormones, like cortisol.

People who live in consistently loud environments often experience chronically elevated levels of stress hormones. Just as the whooshing of a hundred individual cars accumulates into an irritating wall of background noise, the physical effects of noise add up. In 2011, the World Health Organization tried to quantify its effects. It argued that 3,000 heart disease deaths were, at their root, the result of excessive noise.

Silence first began to appear in scientific research as a control or baseline, against which scientists compare the effects of noise or music. Researchers have many studies that show that listening to music can have physiological effects on the body. Bernardi and his son are both amateur musicians, and they could be read directly in the bloodstream, via changes in blood pressure, carbon dioxide, and circulation in the brain. Bernardi and his son both amateur musicians, and they wanted to explore a shared interest. During almost all sorts of music, there is a physiological change compatible with a condition of arousal, he explains. That was not meant to be music. "We didn't think about the effect of silence," he says. "That was not meant to be the result of silence."

According to a 2006 study of the physiological effects of silence, an hour of silence is more relaxing than a hour of music. During almost all sorts of music, the body is in a state of tension, Bernardi explains. "This effect makes sense, given that active listening requires alertness and attention. But this effect makes sense, given that active listening requires alertness and attention. But just as the whooshing of a hundred individual cars accumulates into an irritating wall of background noise, the physical effects of noise add up. People who live in consistently loud environments often experience chronically elevated levels of stress hormones. The immediate release of stress hormones, like cortisol, is the result of processing all of the emotional burdens that a person has. The brain, associated with memory formation and emotion, is the first to respond to stress hormones.
The book pauses at Bernardi. The blank pauses that Bernardi considered irrelevant, in other words, became the most interesting object of study. Silence seemed to be heightened by contrasts, maybe because it gave test subjects a release from careful attention. Perhaps the arousal is something that researchers after that moment—when silence continues, and the auditory cortex settles into a state of relative inactivity—what happens when a sound starts. Bernardi’s paper on the physiological effects of silence was the most-downloaded research in the journal Heart in 2006. Bernardi’s paper was the most-downloaded research in the journal Heart. One of his key findings—what silence is like—was the most interesting object of study. Silence seemed to be heightened by contrasts, maybe because...
noise, and silence. She expected that baby mice could learn to communicate, like Bernardi, she thought of silence as a control that wouldn't produce an effect.

As it turned out, even though all the sounds had short-term neurological effects, not one of them had a lasting impact. Yet to her great surprise, Kirste found that two hours of silence per day produced cell development in the hippocampus, the brain region related to the formation of memory. This was deeply puzzling: The total absence of input was having a more pronounced effect than any sort of input tested.

Here's how Kirste made sense of the results. She knew that "environmental enrichment," like the introduction of toys or fellow mice, encouraged the development of neurons because they challenged the brains of mice. Perhaps the total absence of sound enriched the development of neurogenesis — development of neurons.

Subjective sensations are responsible for the illusion of sound. While it's clear that external silence can have tangible benefits, scientists are discovering that under the hoods of our skulls "there isn't really such a thing as silence," says Robert Zatorre, an expert on the neurology of sound. In the absence of sound, the brain often leads to produce internal representations of sound.

...unlike what it's clear that external silence can have tangible benefits, scientists are discovering that under the hoods of our skulls "there isn't really such a thing as silence," says Robert Zatorre, an expert on the neurology of sound. In the absence of sound, the brain often leads to produce internal representations of sound.
This is a reminder of the brain’s imaginative power: On the blank sensory slate of silence, the mind can conduct its own symphonies. But it’s also a reminder that even in the absence of a sensory input like sound, the brain remains active and dynamic.

—Daniel A. Gross
excerpted and adapted from “This Is Your Brain on Silence”

http://nautil.us, July 7, 2016
18 Initial findings about the effects of silence (lines 29 through 33) were (1) ignored (3) revised (2) unintended (4) repeated.

20 As used in the text, “striking” (line 41) most nearly means (1) impressive (3) confusing (2) disappointing (4) predictable.

21 Bernardi’s discovery (lines 41 through 44) contributes to a central idea by emphasizing the (1) distinction between sound and noise (2) calming effect of music (3) loss of attentiveness after silence (4) importance of silence between sounds.

22 The statement in lines 45 and 46 conveys a sense of (1) uncertainty (3) bias (2) irony (4) conflict.

23 The figurative language in lines 97 through 99 reinforces the idea that (1) the presence of sound interferes with thinking (2) the volume of sound increases appreciation of music (3) the presence of sound interferes with thinking (4) silence can limit the recollection of memories.

24 The author’s primary purpose in the text is to (1) explain (3) promote creativity (2) criticize (4) entertain.
Part 2

Argument

Directions:
Closely read each of the four texts provided on pages 22 through 32 and write a source-based argument on the topic below. You may use the margins to take notes as you read and scrap paper to plan your response.

Topic: Should protective headgear be mandatory in soccer?
Guidelines:

- Establish your claim regarding whether or not protective headgear should be mandatory in soccer.
- Distinguish your claim from alternate or opposing claims.
- Use specific, relevant, and sufficient evidence from at least three of the texts to develop your argument.
- Identify each source that you reference by text number and line number(s) or graphic (for example: Text 1, line 4 or Text 2, graphic).
- Organize your ideas in a cohesive and coherent manner.
- Maintain a formal style of writing.
- Follow the conventions of standard written English.
- Distinguish your claim regarding whether or not protective headgear should be mandatory in soccer.
- Be sure to:

Texts:

- Text 1 – U.S. Soccer’s Ali Krieger Wears a Concussion Headband. But Do They Work?
- Text 2 – Evidence Mounts for Headgear in Soccer
- Text 3 – Should High School Soccer Players Wear Helmets?
- Text 4 – Protect My Head? Soccer Pros Shrug and Carry On
U.S. Soccer's Ali Krieger Wears a Concussion Headband. But Do They Work?

Cleats and shin guards have long been the only two items needed to suit up for a soccer game. And while some members of the soccer community think a third piece of gear needs to be added to the list: concussion-prevention headbands. They don't like them. Every year, one or two of them try to talk me out of it, he said. It takes practice to get good at heading the ball, he said. If I were to take one out of the game, they'd feel like they were playing with only one hand.

But what's the player reaction to the headbands? They don't like them. Every year, one or two of them try to talk me out of it, he said. It takes practice to get good at heading the ball, he said. If I were to take one out of the game, they'd feel like they were playing with only one hand.

And while the headbands are designed to protect the head, Connolly has persisted. "I just feel the added protection is worth the minor discomfort."

George Connolly, head women's soccer coach at Holy Family High School in Broomfield, Colorado, has been requiring his players to wear the headbands during both practice and games for the past six years. The headbands, which are made by full, cost between $45 and $50. As for the concussion awareness, he's the only girl's high school soccer coach in Colorado Springs that requires his players to wear the headbands during both practice and games. But what's the player reaction to the headbands? "They don't like them. Every year, one or two of them try to talk me out of it," he said. It takes practice to get good at heading the ball, he said. But what's the player reaction to the headbands?""They don't like them. Every year, one or two of them try to talk me out of it," he said. It takes practice to get good at heading the ball, he said.
Connolly has nothing more than anecdotal evidence that the headbands make a difference, but he said when his players do get concussions, they seem to be less severe. What the data does show is that girls who play high school soccer are at a significant risk for concussions. A 2012 study in the American Journal of Sports Medicine found that women’s soccer had the second highest rate of concussions among high school athletes, behind only football. That same study also found that girls had a higher concussion rate than boys.

Some CU [Colorado University] soccer players have worn the headbands in the past, and the athletes who wear them tend to have a prior concussion history. Rueda has discussed laboratory studies have shown that the headbands are effective, but since there’s no scientifically evidence to support this theory, Connolly calls it “poppycock.” Some CU soccer players have worn the headbands in the past, and the athletes who wear them tend to have a prior concussion history. Rueda has discussed headbands. But Miguel Rueda, the associate director for health and performance for the University of Colorado athletic department, rejected the idea that there’s no downside to wearing the headbands. “Once you put a protective band on someone’s head, they start to play the game differently,” he said. Athletes may become more aggressive knowing that they have an extra layer of protection, so the headband could actually increase injury, he said. (Comstock notes there’s no scientific evidence to support this theory. Rueda lamented, “poppycock.”)

Dawn Comstock, one of the co-authors of the study and a professor at the Colorado School of Public Health, said she doesn’t think concussion headbands will alter this statistic. “Laboratory studies have shown that the headbands do dissipate some force, but since there’s no scientifically evidence to support this theory, Connolly calls it “poppycock.”

"Once you put a protective band on someone’s head, they start to play the game differently," he said. Athletes may become more aggressive knowing that they have an extra layer of protection, so the headband could actually increase injury, he said. (Comstock notes there's no scientific evidence to support this theory. Connolly calls it "poppycock.")
wearing the headbands with some athletes on a case-by-case basis, he said, but too many variables are involved to say whether the headbands actually work. Nor does he see them becoming a mandatory part of the sport anytime soon. …

—Jessica Iannetta

Evidence Mounts for Headgear in Soccer

A competitive 16-year-old soccer player, Lauren Skeen was leaping for a head ball when her head cracked into the head of an opposing player. It was her second such collision, and this time she fell into a grand mal seizure.

Evidence that a player on another field behind her had collided with another player, such as when a ball from one player's head cracks into another player's, is rare. About 8% of concussions in men and 13.9% in women result from contact with the ball, and most of these appear to be from unintentional contact, because the ball absorbs most of the energy from the collision.

In fact, studies so far support the use of headgear to prevent concussions. Some confusion arises because concussions from the unique way that players' heads are used in soccer—intentional heading itself stems from the way that players' heads are used in soccer. Intentional heading itself generates more impact than heading the ball, and it's rare for intentional heading to cause concussions. Other studies have shown that wearing headgear can decrease the incidence of concussions in soccer.

To Lauren Skeen's father, Jeff Skeen, the current recommendations fall short of what's necessary to protect his daughter during soccer. After Lauren's second concussion in 2001, Jeff, a former employee of Troxel, maker of equestrian helmets, put together a broad padded headband he thought would protect his daughter. The US Soccer Federation and Major League Soccer have responded to the problem, primarily with initiatives to reduce the amount of heading done by children under age 14, and the incidence could be much higher if as many as half of all players report symptoms.

The actual number of concussions in Chicago have been found to be as high as 9% of players. Researchers at Northwestern University in Chicago have found that since many concussions go unrecognized, the actual incidence of playing American football is over 10,000 per 10,000 games or practices—the same as playing American football, but the same head injuries are all too common in the world's most popular sport, particularly for girls. This player suffered 9 concussions per 10,000 games or practices—she was playing American football.

Such head injuries are all too common in the world's most popular sport, particularly for girls. This year she fell into a grand mal seizure.
In one experiment, FIFA researchers shot balls from a mechanical launcher at a subject holding accelerometers in his mouth, and found that headgear made little difference to the movements of his head. Nevertheless, some researchers have worried that repetitive subconcussive blows might cause cumulative trauma. An average player heads the ball 6-12 times per game and performs at least 200 headers during a 20-year career in addition to repetitive heading drills at training.

If intentional heading does cause damage, headgear doesn’t seem likely to protect against it. Researchers have suggested that headgear causes a change in the radius of the head, which increases both the ball’s moment arm and the head’s moment of inertia. That could explain why one study showed that volunteers who headed a soccer ball 12 times in 15 minutes suffered small but significant short-term memory losses if they wore headgear, but not if their heads were bare.

Instead, Skeen designed Full90 gear to protect against collisions between the head and other hard surfaces, such as another head, an elbow, a goal post, or the ground. As many as 80% of soccer concussions result from player-to-player collisions, such as “heading duels” of 20-year-old players. Fédération Internationale de Football Association (FIFA) has recommended that teams should limit heading to once every 4 minutes in contact training, but Skeen says that he didn’t design his headgear to protect against head-to-ball contact because that would change the way the game is played. “We’re trying to make the headgear ignore the head-to-ball impact,” he says. “Instead, Skeen designed Full90 gear to protect against collisions between the head and other hard surfaces, such as another head, an elbow, a goal post, or the ground.”

FIFA [Fédération Internationale de Football Association] researchers have worried that repetitive subconcussive blows might cause cumulative trauma, which could explain why one study showed that volunteers who headed a soccer ball 15 times in 15 minutes suffered small but significant short-term memory losses if they wore headgear, but not if their heads were bare.

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required players to wear shin guards in 1990 based on little more than such intuitive reasoning. And a handful of laboratory and observational studies support the idea. In one study, FIFA researchers outfitted crash test dummy heads with various types of soccer headgear. Earlier studies had shown that the number of head injuries needs to be reduced or the sport will die. "I just think that the number of head injuries needs to be reduced or the sport will die," Skeen says. He has lost money on every unit sold for the past 15 years and will gladly get out of the business if Nike or Adidas takes his place. "I just think that the number of head injuries needs to be reduced or the sport will die," Skeen says. He has lost money on every unit sold for the past 15 years and will gladly get out of the.”

On the basis of this and on angular acceleration, they calculated that the best of the headgear significantly reduced the risk for concussion from head-to-head contact. At 3 m/s, the risk was 10% without headgear and 5% with headgear. At 4 m/s, it was 56% without and 7% with headgear. By about a third.

earlier studies had shown that soccer players’ heads sometimes collide at speeds up to 7.5 m/s [meters per second], so the researchers dropped one dummy head against another at approximately that speed. They found that the headgear reduced peak linear acceleration about a third. PFLA researchers outraged crash test dummy heads with various types of soccer headgear and a handful of laboratory and observational studies support the idea. In one study, required players to wear shin guards in 1990 based on little more than such intuitive reasoning.

linear acceleration — the rate of change of velocity without a change in direction
Should High School Soccer Players Wear Helmets?

A high school soccer player leaps into the air, smacks the ball with his head and directs it any’

The doctors outlined several reasons helmets or other headgear provide little, if any,

Knowing that, why isn’t headgear useful? Isn’t some protection better than none at all?

and 20 percent of all boys soccer injuries... In total, the study found concussions accounted for 4.5 percent of all girls soccer injuries.

for boys soccer, concussions accounted for 23 percent of all game injuries and 10 percent

Simply put, science isn’t on the side of helmets...

Prevention for soccer players.

Robinson and Lemak prescribe proper training, not headgear, as the best concussion

Robinson said. “Good scientific evidence that they reduce the rate of concussion,” Robinson said. “Headgear may protect athletes from trauma — lacerations, fractures — but there is no

Headgear in Birmingham.

James Robinson, the Medical Director for DCH Sports Medicine, in Tuscaloosa and the head

absolutely not, said two of Alabamas top doctors who specialize in sports injuries — Dr.

and today’s growing awareness surrounding head injuries in sports, would wearing a

Should High School Soccer Players Wear Helmets?

Text 3
Players who understand soccer's rules and accepted norms are less likely to play aggressively or put themselves in harm's way. Minimizing aggressive play also promotes sportsmanship and ethical play, Robinson said. Finally, it's important to work on spatial awareness, or having players know where other players are positioned. This minimizes contact and can prevent head-to-head collisions or aggressive play if the players get too close.

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1) Teach proper rules
2) Promote proper technique
3) Strengthen neck muscles

Coaches and doctors agree on three main ways to prevent soccer concussions:

- This season, because they think they have that added layer of protection, "something the kids wearing headgear are more reckless", said Chad Harrison, boys' soccer coach at St. Paul's in Mobile [Alabama], who has two players wearing protective caps mandated in hockey, Robinson said. He said increased aggression because they felt invincible.
- Lastly, wearing headgear often gives teens a false sense of security. When helmets were mandated in hockey, Robinson said, "heard injuries increased because they felt invincible."
- Headgear could be especially dangerous for them.
- A helmet won't prevent whiplash.

First, wearing headgear makes the head heavier. Most soccer concussions occur because of acceleration-deceleration injury or rotational change like a boxer may get. Robinson said, in layman's terms, that's whiplash. It's dangerous situations...
Protect My Head? Soccer Pros Shrug and Carry On

Today, during a World Cup game between Morocco and Iran, Moroccan winger Nordin Amrabat suffered a wicked head injury when he collided with an opponent. After he went down, a team trainer tried to revive him by slapping his face—a move decried by athletes and followers online.

But despite the frequency of those kinds of injuries in soccer, you won't see many international pros wearing gear that might prevent a concussion. Recent tests show that some brands can reduce the impact of a concussive blow by more than 70 percent. Unlike sweated bands, these headbands are made with hardwired polyurethane foam, like that found inside military helmets, while still allowing players to see the action around them.

"It's not normal to wear them," says Steve Rowson, an assistant professor of biomedical engineering at Virginia Tech who just completed tests of 22 commercially available models. "Soccer pros are loath to slip them on. The combination of peer pressure ('Does it make me look weak?') and institutional inertia (some soccer officials don't think they help) means that soccer is sort of backwards when it comes to preventing head injuries.

For example, the fusion of two players, often when one or both is trying to head the ball, is a leading cause of injury. But despite the hea...
Regents Exam in ELA — v20

In two decades, and FIFA, the sport’s international governing organization, allowed them for play in 2004. But Rowson and colleagues wanted to find out whether the headbands really work or are just expensive bits of padding. They cost about $15 to $90, which for most players is less than a pair of primo soccer shoes.

Rowson connected sensors to the soccer headbands and slipped them on a pair of crash test dummies at Virginia Tech’s helmet lab, which has tested football helmets for 12 years. While direct head-to-head hits generated a force of 150 g’s (150 times the accelerative force of gravity), compared to an average of 100 g’s during football hits, the headbands could reduce that acceleration by 50%. While the best headband models received a five-star rating in a system developed by Rowson’s team, the Virginia Tech Five star ratings are given to a reduction in the impact that is at least 70 percent for the impacts tested. Though the best headband models received a five-star rating in a system developed by Rowson’s team, the Virginia Tech Five star ratings are given to a reduction in the impact that is at least 70 percent for the impacts tested.

Superstars like England’s Wayne Rooney and USA’s Alex Krieger have worn headbands religiously — regularly. Wayne Rooney has worn headbands after injuries but took them off after a while. A few goalkeepers, like former Czech Republic captain Petr Čech, wear them religiously. But the push for protection isn’t just hitting down the kids facing a lifetime of concussion-related health problems. …

In May 2018, a group of parents sued USA Soccer to force the sport’s governing body to allow the use of soccer headbands. The lawsuit was dismissed in 2015, but officials did agree to ban heading for both boys and girls under 12 years old. In 2014, a group of parents sued USA Soccer to force the sport’s governing body to prevent heading the ball because of the risk of head injury. That lawsuit was dismissed in 2017, but officials did agree to ban heading for both boys and girls under 12 years old. In 2014, a group of parents sued USA Soccer to force the sport’s governing body to prevent heading the ball because of the risk of head injury. That lawsuit was dismissed in 2017, but officials did agree to ban heading for both boys and girls under 12 years old.

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USA Youth Soccer claiming officials were negligent and failed to require headbands despite

Scientific evidence that they work. "We would like to protect these girls," says Joe Murphy, a Pittsburgh attorney who filed the class action. …

As those lawsuits progress, new science will hopefully inform best practices — procedures that are accepted as being most effective

Eric Niiler

excerpted and adapted from "Protect My Head? Soccer Pros Shrug and Carry On"

www.wired.com, June 15, 2018

— Tim McGuine, professor of sports medicine at the University of Wisconsin School of Medicine,

McGuinty, whose long tournament that just kicked off. Some will shake it off and return to play (just like Morocco’s Amrabat, who returned his teammates, while others will get a serious concussion that could lead to health issues down the road. But by the time the US hosts the 2026 World Cup, perhaps we’ll be seeing more soccer players deciding that headbands are worth wearing before they get hit.

It’s likely that more than one World Cup player will get a head injury during the month-long tournament that just kicked off. Some will shake it off and return to play (just like Morocco’s Amrabat, who returned his teammates, while others will get a serious concussion that could lead to health issues down the road. But by the time the US hosts the 2026 World Cup, perhaps we’ll be seeing more soccer players deciding that headbands are worth wearing before they get hit.

Tim McGuine, professor of sports medicine at the University of Wisconsin School of Medicine, is wrapping up a two-year clinical trial of 3,000 male and female high school soccer players in Wisconsin, Minnesota, and Ohio. He distributed headbands to half the group, while the other half play without them. He is still processing the data, but said an initial analysis shows that those who used them significantly reduce the risk of head injury.

Eric Niiler

excerpted and adapted from "Protect My Head? Soccer Pros Shrug and Carry On"

www.wired.com, June 15, 2018
Your Task: Closely read the text provided on pages 34 through 37 and write a well-developed, text-based response.

Guidelines:

- Identify a central idea in the text.
- Analyze how the author's use of one writing strategy (literary element or literary technique or rhetorical device) develops this central idea.
- Use strong and thorough evidence from the text to support your analysis.
- Do not simply summarize the text.
- Organize your ideas in a cohesive and coherent manner.
- Maintain a formal style of writing.
- Follow the conventions of standard written English.

Be sure to:

- Use notes and scrap paper to plan your response.
- Write in the spaces provided on pages 7 through 9 of your essay booklet.
It was the third day of a solid west swell. Winter is the prime season for surfing Ocean Beach—it’s when the biggest waves and the cleanest conditions (little or no wind, orderly sandbars) coincide—but this joyful conjunction usually falls apart in early February, so each good day now was gravy. Conditions this afternoon were superb: six-foot waves, not a breath of wind, a few dozen local surfers, and visitors were rare.

Beyond the inside [sand] bar, in the deeper water though that separated it from the shore break, as I prepared to paddle out...
back out. Two or three were actually on their feet, riding waves. All had passed the snarling mastiff of the inside bar—the price of admission to this green-gold world of glassy low-tide peaks. The channels through the outside bar looked wide and easy to read. I angled north, toward a field of open water. ... board, caught a good-sized wave. He fought to keep his balance as the wave, which was about twice his height, jacked and began to pitch. He didn’t fall, riding a serious wave is for an accomplished surfer what playing, say Chopin’s Polonaise in F-Sharp, might be for an accomplished pianist. Intense technical concentration is essential, but many less skilled emotions also crowd around. Even in the assumption, common among non-surfers, that riding waves is a slap-happy, lighthearted business—fun in the sun—is for the most part mistaken. The face of the stranger on the pale-blue board had reminded me, in fact, of nothing so much as the weeping, contorted faces of the pillow-beaters on the beach.

But this face, I saw in the moment he shot past, was twisted with anguish, and with something that looked like rage. The assumption, common among non-surfers, that riding waves is a slap-happy, lighthearted business—fun in the sun—is for the most part mistaken. The face of the stranger on the pale-blue board had reminded me, in fact, of nothing so much as the weeping, contorted faces of the pillow-beaters on the beach.
I slipped between the big, shifting peaks of the outside bar and arrived at the takeoff area, known as the lineup. I half knew a few of the people I could see there, but the crowd seemed amorphous, to make a good showing on one's first waves, for they established one's place in the pecking order.

Blowing a takeoff or failing to catch a catchable wave usually sent one to the end of the queue for waves; this was an improvised but fierce arrangement, and in an aggressive crowd, where waves were scarce, one could easily be stuck there for the duration. I moved to a spot about fifteen yards inside a group of four or five surfers—a risky position, vulnerable to a big set of waves, breaking farther out, but I was in better shape to make the break after the lip had made its split the surface behind me. About the motley upper hollows—about the great crack, the efforts of two guys farther out to catch it, and handing me a swift, swooping surge.

The usual crowd at Ocean Beach was older than most—in fact, I couldn't remember ever seeing younger people there, but they generally cool it when older surfers are in earshot. The basic premise of all surfers is that you're entitled to a slot, to participate in the surf's social contract, and that you're not entitled to infringe on anyone else's wave. Vocal instant replays and noisy exclamation are out of place in a delicate social unit. Everyone out there is staring in his own movie, and permission is required before you can venture out. I stood at the edge of the inside wall, but there was no way to tell a surf crowd is a delicate social unit. I had made the mistake of telling someone behind me about the motley upper hollows—about the great crack.
seeing a teen-ager out on a big day—and the unwritten limits on garrulity among strangers there were correspondingly firm. Those who exceeded them were shunned. Those who consistently exceeded them were hated, ... other surfers, especially the less garrulous, were doing out there—the emotions that many of them were surfing through.

Two black grebes 10 popped out of the foam beside me, their spindly necks like feathered periscopes, their big, surprised eyes staring. I murmured, "Did you see my wave?"

—William Finnegan

excerpted and adapted from "Playing Doc's Games-II"
The New Yorker, August 31, 1992

9garrulity — talkativeness
10grebes — diving birds