First Half

Causal – 2

Wes stepped out into the crisp morning air for a jog.

A few miles of running before work would be a great way to start the day.

He set out along his usual route near the waterfront.

He saw dog poo in his way but couldn’t avoid it. / He saw a few other joggers out along the path.

Suddenly, Wes began to gag. / Wes was making pretty good time.

He had stepped right in it, and the stench was overwhelming. / No shift: He thought about training for an upcoming 5K.

Wes was jogging along the waterfront (T)

Goal – 8

Julie furrowed her brow and stared at the game board.

Her next move was tough to figure out.

She wanted to avoid allowing her opponent to play on the triple-word square.

She glanced at the score and saw she was trailing. / She glanced at her tiles, but they were still the same.

Julie decided to maximize her score on this play. / Julie was taking a long time to make her move.

It was a gamble that she hoped would pay off. / No Shift: Her indecision was getting the better of her.

Julie was trying to avoid opening a double-word square. (F)

Spatial – 4

Blaire was relaxing in the teachers’ lounge.

It had been a long day, and she couldn’t wait to get home.

She rubbed her eyes.

She remembered she needed to grade some tests. / She could smell a fresh pot of coffee brewing.

When she got to her classroom, the lights were on. / She poured herself another cup of coffee.

She grabbed the tests and put them in her briefcase. / No shift: She made a mental note to decrease her caffeine intake.

Blaire needed to grade social studies tests. (F)

Entity – 8

Meghan took a sip of her coffee and stared at the road.

She had been watching traffic for about ten minutes.

She was there early because she didn’t want her companion to wait. / She was there early because she wanted to get a jump on the day.

Kathy arrived on time, as usual. / The flow of traffic was hypnotic.

It would be nice to catch up. / No shift: Meghan took another sip and smiled slightly.

Meghan was drinking coffee. (T)

Goal – 7

Cameron removed his safety glasses and wiped the sweat from his brow.

He’d been sanding the legs of the table he was making for a while.

Now they were almost done.

Woodworking was still fairly new to him, but he was learning quickly.

Cameron had been lonely, and his new hobby helped but not quite enough. / Cameron paused to appreciate his handiwork and was pleased with it.

He decided that he would adopt a puppy. / He thought about the shade of stain he had picked out.

He was happy about his decision.

Cameron was sanding the top of the table. (F)

Filler – 5

Roger sat down to watch the basketball game.

He had been waiting all week for this matchup.

His alma mater was playing one of their chief rivals.

Soon the room was filled with the sounds of squeaking shoes and the buzzer.

Roger snacked on some pretzels and yelled at the tv.

It seemed like the refs were working for the other team.

Eventually, the good guys took the lead and held on to win.

Roger snacked on pretzels. (T)

Temporal – 4

Jordan sat on the bench and threw breadcrumbs toward the birds.

She had been at the park most of the day, people-watching.

Now she had gathered quite the bird following.

She saw the leaves were starting to change color. / She saw the breeze making ripples on the lake.

Two weeks later, the birds had flown away for the winter. / She smiled as the birds jostled each other for some more crumbs.

She loved spending time at the park.

Jordan was feeding seeds to the birds. (F)

Goal – 4

Eric was staying late to finish some work.

His cubicle was filled with the files he needed to finish the project.

It was a little overwhelming.

He was trying to make dinner plans with a girl he had been dating. / His manager was trying to get the staff to put in extra work.

Eric decided to go to his favorite pizza place. / Eric watered his plant and restocked the supplies at his desk.

He figured he’d be able to get a few more things done that night online.

Eric worked in a cubicle. (T)

Spatial – 6

Carl’s shuttle van had only a few more stops left.

He was going to Florida for a little business and pleasure.

It wouldn’t be long before he was out of the cold and in the sun.

He could see the control tower getting near. / He could see the city skyline from the freeway.

Inside the terminal, Carl saw a long line. / The van was crowded with other passengers.

Carl daydreamed about warm sand and salty breezes.

Carl was going to Florida. (T)

Causal – 4

Andrea was playing tennis and waited for the serve.

The match was tied at two sets apiece, and she really wanted to win.

It had been a while since she’d last been able to play.

Unfortunately, the pollen count was high today. / Unfortunately, it was supposed to rain today.

Andrea began to cry. / Andrea returned the serve.

Her allergies just might cost her this one. / No shift: She and her opponent were evenly matched.

Andrea was leading two sets to one. (F)

Spatial – 8

Stan’s favorite team had finally won the pennant.

He had been waiting for years for this moment.

The best part was that he was there to see it happen.

All around him in the stadium, jubilant fans were cheering.

Stan knew he should head to his hotel. / Stan knew he should savor the moment.

As he opened the door to his room, Stan thought it seemed extra quiet. / As he celebrated the victory, Stan thought about the season.

Stan thought about getting tickets to the World Series.

Stan’s team had won the pennant the previous season. (F)

Filler – 4

Windy was having a pleasant day at the beach.

The sun was bright and warm, and it wasn’t too crowded.

She applied some more sunscreen.

You can’t be too careful, she thought.

She adjusted her towel and thought about reading her book some more.

Instead, she stared at the beachgoers and daydreamed.

Windy was at an amusement park. (F)

Causal – 1

Caitlin was typing furiously on her laptop.

The deadline for her paper was three hours away.

But now the words were finally starting to flow.

She noticed with some annoyance that she was over the page limit. / She noticed that when she looked outside there were more people in the street.

She became very irritated. / She revised her most recent sentence.

She was going to have to cut material to be under the limit for the paper.

The deadline was four hours away. (F)

Temporal – 5

Mitch was going to the gym for the first time.

He was pretty nervous about making a fool of himself.

But he wanted to get back in shape.

He had received some sessions with a trainer as a birthday gift.

Mitch had purchased new shoes for the occasion.

The sessions flew by, and he loved the routine. / The gym was extremely hot and smelled of sweat.

Four months later, he was impressed with the results. / He wondered how long it would take to see results.

The gym also offered classes about nutrition.

Mitch won the sessions with the trainer as a prize. (F)

Spatial – 7

Toby had been baking for the past three hours.

The smell of baking bread soothed his nerves.

He was working on a marble rye that he would give to his brother in law.

He surveyed his ingredients.

Toby realized he needed to pick up some more yeast. / Toby realized his sourdough was finished baking.

The supermarket’s parking lot was oddly crowded for the early hour. / He had also made a loaf of whole wheat bread with olives and rosemary.

He made a mental list of the different breads he would bake that afternoon.

Toby was working on a marble rye. (T)

Causal – 6

Matt had been waiting for almost two hours.

He didn’t care for the barn.

It was dark and still smelled of livestock.

Plus it was full of spider webs. / Plus it was full of rotting hay.

Suddenly, he started wiping his face. / He started wiping the tip of his nose.

He had walked into a large spider web.

Why did he agree to have the meeting here, anyway?

Matt had been waiting about two hours. (T)

Entity – 1

The gang was finally all together.

It had been about four months since they last played cards.

Everyone settled around the table, and Nick started to deal.

Someone texted that he was on the way. / Someone said no texting at the table.

When Jake arrived, everyone clapped. / Nick shuffled the cards and dealt them.

They joked that his new wife would expect him home soon.

Jake was newly married. (T)

Filler – 1

Alexis was stared at her computer with an expression of extreme focus.

She was working hard on her latest article, and her editor wanted to see a draft.

Soon, one of the interns would ask her for a coffee order.

She couldn’t wait for a jolt of caffeine.

The final paragraph of her piece was giving her some trouble.

Luckily the intern was here.

Alexis was writing a book. (F)

Goal – 2

Kathryn craned her head to hear the music.

It was loud in the coffee shop, and she couldn’t quite make out the song.

Her energy was flagging. / The patrons were all talking.

She decided to order an espresso. / She wished that it were just a bit quieter.

She could finally hear a bit of the song.

She made a mental note to listen to that album when she got home.

Kathryn was in a coffee shop. (T)

Filler – 6

Byron walked out of the salty air into the relative cool of the bridge.

It had been two months since he’d been on the yacht.

He couldn’t have asked for a better day than today.

The skies were clear, and the water was calm and smooth.

He looked again at the map to plot his course.

He found a route that would take the better part of the day to navigate.

Byron had not been on the yacht for two months. (T)

Temporal – 1

Janie was listening to the radio.

She had been stressed all day and was finally unwinding.

The dj was spinning some really great stuff.

Unfortunately, she would have to call it a night soon. / She really liked this song, especially the pounding bass line.

The next morning, she got up and turned on the radio. / She turned up the volume and adjusted the bass level.

The morning crew was talking about traffic, so she switched it off. / No shift: It was loud enough to rattle her windows.

Janie had had a very relaxing day. (F)

Temporal – 8

Curling was as much art as science.

At least, this is what Nigel was beginning to think.

He had been practicing for two weeks without much improvement.

His team’s first match was only a week away.

He was going to spend as much of the week as he could on the ice. / He was going to improve before the first game, he told himself.

The following weekend, Nigel was nervous but ready. / Nigel was nervous about his ability to play.

He took his place in the hack and waited for the skip’s signal.

Nigel had been practicing for two weeks. (T)

Entity – 5

George was having dinner with his wife, Lucille.

They sat in silence picking at their food.

Things had been tense between them lately.

This was thanks, in no small part, to his lazy brother hanging around. / This was thanks, in no small part, to the family’s financial troubles.

The doorbell rang, and there stood Oscar, George’s brother. / The telephone rang, but they chose to ignore it.

He had probably timed his arrival in hopes of a free meal. / No shift: George sipped his tea.

It was going to be a long dinner.

Things had been tense between George and Lucille. (T)

Entity – 3

Philip was excited to be back in the United States.

He had attended school here and tried to come back every few years.

But it had been almost four years since his last visit.

He saw a familiar shape approaching. / He saw a familiar landscape outside.

When Philip reached out his hand, Andrew hugged him. / Philip thought about his old friends and chuckled.

They were going to visit some of their regular haunts.

Philip had gone to school in the U.S. (T)

Second Half

Temporal – 6

Juan took his time walking back to his office.

His meeting with the boss didn’t quite go as expected.

He was going to have to finish the new designs before the next client meeting.

It was going to take all night. / It was a pretty tall order.

The next morning, he reached for his coffee before remembering the cup was empty. / He reached for his coffee but caught himself when he remembered that the cup was empty.

At least the designs were finished. / Foreshadowed No Shift: At least there was more in the break room.

He could probably get a couple of hours of sleep before the meeting. / Foreshadowed No Shift: He really needed to focus on the designs.

Juan’s meeting went as expected. (F) THESE AREN’T NECESSARILY THE SAME QUESTIONS. I MEAN, THIS ON IS, NOW, BUT IT WASN’T. I THINK THE FIRST THING HAS THE ACTUAL QUESTIONS I USED. BY FIRST THING, I MEAN RANDOMIZED 1. OKAY, I’LL STOP SHOUTING AT YOU NOW.

Temporal – 2

Katie had been working for months on her medical school applications.

Now it was November, and the deadlines were arriving.

She grew more nervous with each application she sent out.

She knew that it would take a while to hear from the schools. / She knew this was going to be a big decision.

Three months later, it was mid February, and she got an email. / She sat down at her computer to write her boyfriend an email.

Her top choice school wanted to invite her for an interview!

Katie was applying to medical school. (T)

Spatial – 3

Spencer looked down and frowned.

Apparently, a package had been wedged between his car seats all week.

He had to send it today to make sure it would get there in time. / He needed to be more careful about putting things on his seat.

The line at the post office was long but moved quickly. / The package was small and was easy to overlook.

He was assured that his package would arrive by Wednesday.

It was a gift for his grandmother who collected magnets.

Spencer’s package would arrive by Tuesday. (F)

Filler – 8

Hannah closed the book and rubbed her eyes.

It was pretty late, but she was almost finished.

There were only a couple more chapters.

The story was reaching its climax.

Hannah really liked the book’s main characters.

She knew that her time with them was almost over.

The realization made her feel a bit sad.

Hannah had only a couple more chapters to read. (T)

Causal – 7

Justin had to stretch to reach the next hold on the cliff face.

He had been climbing for almost an hour.

He was probably about halfway up the cliff’s face.

But the second half was going to be much more difficult.

He felt the strap on his backpack give out. / He reached behind himself for some more chalk.

Justin started to curse. / Justin looked at the view.

His backpack had fallen and, with it, his lunch. / No shift: He was starting to feel a little tired.

Justin had been climbing for about half an hour. (F)

Entity – 4

Christina had left work early to prepare for the party.

She thought maybe she hadn’t left early enough.

The guest of honor would arrive any minute. / The birthday cake would be done any minute.

Dylan came barreling through the door. / She wondered if she had enough ice.

He was very excited for his birthday. / No shift: She took the cake out of the oven to cool.

It was all he had thought about all day. / No shift: It would need to cool before she could decorate it.

Christina left school early. (F)

Temporal – 3

Steve hopped on a stool near the end of the bar.

The bartender was already pouring him a pint of his favorite beer.

Steve was going to spend some time watching the game. / Steve was going to savor the hoppy flavor.

A couple of hours later, he noticed the bar was pretty empty. / He glanced over his shoulder and noticed the bar was pretty empty.

He looked up at the television to check the score.

He thought about ordering another pint.

Steve sat near the end of the bar. (T)

Filler – 7

Marta opened another bottle of wine.

This made four so far for the night.

Her guests applauded when they heard the cork pop.

She laughed as she poured each of them a healthy portion.

The night was still young, and everyone was having a good time.

Marta generally didn’t enjoy hosting, but this time was an exception.

Maybe a copious amount of wine is the key she thought.

They were on their fifth bottle of wine. (F)

Spatial – 2

Alice was locked out of her house – again.

This was the third time in the past month.

She thought she really should hide a key somewhere for such occasions.

She’d have to go to her friend’s house to pick up a spare. / She’d have to find a good spot where she could hide the spare.

Alice stopped in front of her friend’s house. / Alice was really mad at herself.

Her friend was standing on the porch with the key and a smirk. / No shift: She couldn’t believe how careless she had been recently.

Alice had been locked out of her house three times over the past month. (T)

Filler – 3

Abigail was hungry again.

It had been almost three hours since the last time she had eaten.

She couldn’t wait to get some more food.

She also noticed an uncomfortable wetness on her leg.

A diaper change was in order.

She began to cry.

Abigail’s diaper was dry. (F)

Causal – 8

Lindsay had been out shopping all afternoon.

She had quite a bit of success and was struggling to carry the bags back to her car.

She couldn’t wait for the next opportunity to wear her new shoes.

Lindsay stopped when she saw the empty spot where her car had been parked. / Lindsay stopped when she saw another store that was having a sale.

She began to scream obscenities. / She finally reached her parking spot.

Apparently, she had parked in a two-hour zone, and her car had been towed.

Lindsay had purchased new shoes. (T)

Goal – 1

Mike was finally on his way to the concert.

He had been waiting for months to see The Decemberists.

He turned the car’s stereo up and smiled at his date.

They were starting to get a little hungry. / They were starting to feel the excitement.

They decided to stop for a bite to eat. / He double-checked that he still had the tickets.

He couldn’t wait for the show to begin.

Mike was going to see The Wallflowers. (F)

Goal – 5

Linda was working on a new design for a company logo on her laptop.

She was trying to find the perfect color for the text.

The software had almost too many choices.

She noticed her battery was getting low. / She noticed another option for the hue.

Linda decided to find an outlet. / Linda was quite proud of her new design.

Her work should be saved automatically.

But she wasn’t going to take any chances.

Linda was trying to choose a font. (F)

Spatial – 5

Jose strolled through the market putting various items in his basket.

He was planning to cook a nice meal that evening.

He smiled as he picked up some particularly good looking strawberries.

They would go nicely with dessert.

Jose remembered that he needed to stop by the winery to get his favorite Shiraz. / Jose remembered that he needed to stop by the dairy case to get his favorite cheddar.

At the winery, they were handing out samples of Merlot. / He quickly browsed through the market’s small selection of white wines.

Jose didn’t really care for it, so he just bought the Shiraz. / No shift: Jose didn’t really care for them, so he headed toward the checkout.

Jose picked up raspberries for dessert. (F)

Entity – 7

Barry was examining the brief he had just received.

This was his first big case and could really help his career.

Unfortunately, he didn’t know very much about patent law.

He needed the help of an expert and knew exactly whom to call. / He needed help with the case and tried to think of how he could get it.

His old roommate, Bob, answered Barry’s call. / He remembered some relevant case law.

Bob was happy to help. / No shift: If he could win this case, he’d be on the fast track for a partnership.

Soon, the old roommates were discussing the details of the case. / No shift: This thought motivated him even more.

The case dealt with securities fraud. (F)

Temporal – 7

Stephanie sat on the examination table and shivered.

She wondered why they always kept it so cold in here.

With a smile, she thought maybe it was to match her doctor’s personality.

She tried not to think about waiting for results. / She quickly got dressed, happy to escape the chill.

Two days later, her cellphone rang. / She saw her cellphone on a chair.

She took a deep breath and answered the phone, ready to hear her fate. / No shift: She grabbed it and checked for messages.

The examination room was cold. (T)

Spatial – 1

Oliver had been busy with laundry all day.

He was almost finished with his final load.

Folding sheets was always a struggle.

He realized that he had forgotten to pick up a book. / He realized he was almost out of fabric softener.

When he arrived at the library, it was completely dark. / When he looked in his linen closet, it was completely full.

He’d have to come back tomorrow. / No shift: This gave him some satisfaction.

Oliver was busy with laundry. (T)

Entity – 6

Rita sat down on the bench to eat some chocolate pudding.

She had been looking forward to it all day.

It wouldn’t be long before he arrived. / It wouldn’t be long before it was gone.

Her Uncle Trevor asked her if she had been eating anything. / She thought it was probably the best pudding she’d ever tasted.

She looked at him as innocently as possible and said no. / No shift: When she finished, she tossed the bowl in the dishwasher.

He could see some of the pudding smeared on her face. / No shift: She contemplated having seconds.

Rita was eating vanilla pudding. (F)

Filler – 2

Jude was learning to play the harmonica.

He’d gotten pretty good in just a couple of weeks.

Sometimes he worried about bothering his neighbors, though.

He lived in an apartment complex, and the walls were pretty thin.

He decided that he wouldn’t let it bother him today.

The lure of the harmonica was too sweet to resist.

Jude lived in an apartment. (T)

Entity – 2

Maggie and Michael were settling in for the night.

They were about to watch a movie.

Michael had just made some popcorn.

Maggie said they should wait for her coworker to swing by before they started. / Maggie said they should wait and change into their pajamas before they started.

Carli was knocking at the door. / The movie had won awards.

She was here to pick up the laptop she left in Maggie’s car. / No shift: It was a modern take on film noir.

Maggie and Michael were about to play a game. (F)

Goal – 6

Nicole answered the phone and transferred the call.

It had been non-stop since she’d arrived at nine this morning.

All she wanted to do was take a break and get some coffee.

She realized that she hadn’t eaten breakfast that morning. / She realized that someone had been on hold for five minutes.

She decided to get a snack from the vending machine. / She answered yet another call from an angry client.

Hopefully the afternoon wouldn’t be as busy.

Nicole arrived at eight that morning. (F)

Causal – 5

Ryan put his ball on the tee and judged his next shot.

He had sliced his past three drives and was already four over par.

At least this shot wasn’t too bad.

The ball landed, rolled directly toward the flag, and dropped into the cup. / The ball landed and started to roll as he started back toward the cart.

Ryan screamed loudly and threw his club in the air. / Ryan put his club away and looked at the green.

This was his first hole-in-one.

He couldn’t believe his luck.

Ryan had sliced three drives that day. (T)

Goal – 3

Rachel sighed and put her suitcase on her bed.

She really hated packing, especially for a funeral.

But it was only a couple of days away, and she couldn’t wait any longer.

She was feeling pretty grimy. / She packed a black dress and a veil.

She wanted to take a shower. / She thought about her great uncle.

Traveling was unpleasant enough without feeling dirty. / No shift: She sighed again and packed some more.

Rachel was going to a funeral. (T)

Causal – 3

Allan was on a hot streak bowling tonight.

It was only the fifth frame, and he already had a four strikes and a spare.

He saw a ball from the next lane coming toward him. / He could see that it was going to be a good night.

Allan began to curse and jump up and down. / Allan might even beat his personal best.

The guy next to him had slipped and rolled his ball into Allan’s ankle. / No shift: With this thought he promptly rolled his next ball right into the gutter.

Allan realized the night might not be so great after all.

Allan had two strikes and two spares. (F)

EXP3

Goal – 8

Julie furrowed her brow and stared at the game board.

**She was choosing her next move.**

She wanted to avoid allowing her opponent to play on the triple-word square.

She glanced at the score and saw she was trailing. / She glanced at her tiles, but they were still the same.

Julie decided to maximize her score on this play. / Julie was taking a long time to make her move.

It was a gamble that she hoped would pay off. / No Shift: Her indecision was getting the better of her.

CHOOSING

Julie was trying to avoid opening a double-word square. (F)

Spatial – 4

**Blaire was relaxing in the teachers’ lounge, listening to other faculty complain about the students.**

It had been a long day, and she couldn’t wait to get home.

She rubbed her eyes.

She remembered she needed to grade some tests. / She could smell a fresh pot of coffee brewing.

When she got to her classroom, the lights were on. / She poured herself another cup of coffee.

She grabbed the tests and put them in her briefcase. / No shift: She made a mental note to decrease her caffeine intake.

LISTENING

Blaire needed to grade social studies tests. (F)

Entity – 8

Meghan took a sip of her coffee and stared at the road.

She had been watching traffic for about ten minutes.

She was there early because she didn’t want her companion to wait. / She was there early because she wanted to get a jump on the day.

Kathy arrived on time, as usual. / The flow of traffic was hypnotic.

It would be nice to catch up. / No shift: Meghan took another sip and smiled slightly.

KEEP AS IS

Meghan was drinking coffee. (T)

Goal – 7

Cameron removed his safety glasses and wiped the sweat from his brow.

He’d been sanding the legs of the table he was making for a while.

Now they were almost done.

Woodworking was still fairly new to him, but he was learning quickly.

**Cameron thought about what he needed to do to finish the table**. / Cameron paused to appreciate his handiwork and was pleased with it.

He decided **to stain the table’s aprons**. / He thought about the shade of stain he had picked out.

He was happy about his decision.

SANDING

Cameron was sanding the top of the table. (F)

Filler – 5

Roger sat down to watch the basketball game.

He had been waiting all week for this matchup.

His alma mater was playing one of their chief rivals.

Soon the room was filled with the sounds of squeaking shoes and the buzzer.

Roger snacked on some pretzels and yelled at the tv.

It seemed like the refs were working for the other team.

Eventually, the good guys took the lead and held on to win.

Roger snacked on pretzels. (T)

Temporal – 4

Jordan sat on the **tossing breadcrumbs to** the birds.

She had been at the park most of the day, people-watching.

Now she had gathered quite the bird following.

She saw the leaves were starting to change color. / She saw the breeze making ripples on the lake.

Two weeks later, the birds had flown away for the winter. / She smiled as the birds jostled each other for some more crumbs.

She loved spending time at the park.

TOSSING

Jordan was feeding seeds to the birds. (F)

Goal – 4

Eric was staying late **typing a report.**

His cubicle was filled with the files he needed to finish the project.

It was a little overwhelming.

He was trying to make dinner plans with a girl he had been dating. / His manager was trying to get the staff to put in extra work.

Eric decided to go to his favorite pizza place. / Eric **tried to ignore distractions and focus on his work**.

He figured he’d be able to get a few more things done that night online.

TYPING

Eric worked in a cubicle. (T)

Spatial – 6

Carl’s shuttle van had only a few more stops left.

He was going to Florida for a little business and pleasure.

**He was talking to the other passengers to pass the time.**

He could see the control tower getting near. / He could see the city skyline from the freeway.

Inside the terminal, Carl saw a long line. / The van was crowded with other passengers.

Carl daydreamed about warm sand and salty breezes.

TALKING

Carl was in a van. (T)

Spatial – 8

Stan’s favorite team had finally won the pennant.

He had been waiting for years for this moment.

The best part was that he was there to see it happen.

All around him in the stadium, jubilant fans were cheering.

Stan knew he should head to his hotel. / Stan knew he should savor the moment.

As he opened the door to his room, Stan thought it seemed extra quiet. / As he celebrated the victory, Stan thought about the season.

Stan thought about getting tickets to the World Series.

KEEP AS IS

Stan’s team had won the pennant the previous season. (F)

Filler – 4

Windy was having a pleasant day at the beach.

The sun was bright and warm, and it wasn’t too crowded.

She applied some more sunscreen.

You can’t be too careful, she thought.

She adjusted her towel and thought about reading her book some more.

Instead, she stared at the beachgoers and daydreamed.

Windy was at an amusement park. (F)

Temporal – 5

Mitch was going to the gym for the first time.

**It was tough learning all of the new exercises.**

But he wanted to get back in shape.

He had received some sessions with a trainer as a birthday gift.

Mitch had purchased new shoes for the occasion.

The sessions flew by, and he loved the routine. / The gym was extremely hot and smelled of sweat.

Four months later, he was impressed with the results. / He wondered how long it would take to see results.

The gym also offered classes about nutrition.

LEARNING

Mitch won the sessions with the trainer as a prize. (F)

Spatial – 7

Toby had been baking for the past three hours.

The smell of baking bread soothed his nerves.

He was working on a marble rye that he would give to his brother in law.

He surveyed his ingredients.

Toby realized he needed to pick up some more yeast. / Toby realized his sourdough was finished baking.

The supermarket’s parking lot was oddly crowded for the early hour. / He had also made a loaf of whole wheat bread with olives and rosemary.

He made a mental list of the different breads he would bake that afternoon.

KEEP AS IS

Toby was working on a marble rye. (T)

Entity – 1

The gang was finally all together.

It had been about four months since they last played cards.

Everyone settled around the table, **chatting and catching up.**

Someone texted that he was on the way. / Someone said no texting at the table.

When Jake arrived, everyone clapped. / Nick shuffled the cards and dealt them.

They joked that his new wife would expect him home soon.

CHATTING

Jake was newly married. (T)

Goal – 2

Kathryn craned her head to hear the music.

**She was sitting in a loud coffee** shop, and she couldn’t quite make out the song.

Her energy was flagging. / The patrons were all talking.

She decided to order an espresso. / She wished that it were just a bit quieter.

She could finally hear a bit of the song.

She made a mental note to listen to that album when she got home.

SITTING

Kathryn was in a coffee shop. (T)

Temporal – 1

Janie was listening to the radio.

She had been stressed all day and was finally unwinding.

The dj was spinning some really great stuff.

Unfortunately, she would have to call it a night soon. / She really liked this song, especially the pounding bass line.

The next morning, she got up and turned on the radio. / She turned up the volume and adjusted the bass level.

The morning crew was talking about traffic, so she switched it off. / No shift: It was loud enough to rattle her windows.

KEEP AS IS

Janie had had a very relaxing day. (F)

Temporal – 8

Curling was as much art as science.

At least, this is what Nigel **thought while walking onto the ice**.

He had been practicing for two weeks without much improvement.

Nigel wondered if he’d ever get the hang of it.

He was going to spend as much of the week as he could on the ice. / He was going to improve before the first game, he told himself.

The following weekend, Nigel was nervous but ready. / Nigel was nervous about his ability to play.

He took his place in the hack and waited for the skip’s signal.

WALKING

Nigel had been practicing for two weeks. (T)

Entity – 5

George was eating dinner with his wife, Lucille.

They sat in silence picking at their food.

Things had been tense between them lately.

This was thanks, in no small part, to his lazy brother hanging around. / This was thanks, in no small part, to the family’s financial troubles.

The doorbell rang, and there stood Oscar, George’s brother. / The telephone rang, but they chose to ignore it.

He had probably timed his arrival in hopes of a free meal. / No shift: George sipped his tea.

It was going to be a long dinner.

KEEP AS IS

Things had been tense between George and Lucille. (T)

Entity – 3

Philip was excited to be back in the United States.

**He was waiting outside of his favorite bar.**

But it had been almost four years since his last visit.

He saw a familiar shape approaching. / He saw a familiar landscape outside.

When Philip reached out his hand, Andrew hugged him. / Philip thought about his old friends and chuckled.

They were going to visit some of their regular haunts.

WAITING

Philip had gone to school in the U.S. (T)

Second Half

Temporal – 6

**Juan’s meeting with the boss didn’t quite go as planned.**

**He sat at his desk snacking on mixed nuts.**

He was going to have to finish the new designs before the next client meeting.

It was going to take all night. / It was a pretty tall order.

The next morning, he reached for his coffee before remembering the cup was empty. / He reached for his coffee but caught himself when he remembered that the cup was empty.

At least the designs were finished. / Foreshadowed No Shift: At least there was more in the break room.

He could probably get a couple of hours of sleep before the meeting. / Foreshadowed No Shift: He really needed to focus on the designs.

SNACKING

Juan’s meeting went as expected. (F) a

Temporal – 2

Katie had been working for months on her medical school applications.

Now it was November, and the deadlines were arriving.

**She was sweating because the application process was nerve wracking.**

She knew that it would take a while to hear from the schools. / She knew this was going to be a big decision.

Three months later, it was mid February, and she got an email. / She sat down at her computer to write her boyfriend an email.

Her top choice school wanted to invite her for an interview!

SWEATING

Katie was applying to medical school. (T)

Spatial – 3

Spencer looked down and frowned.

**He was driving home and just noticed it.**

Apparently, a package had been wedged between his car seats all week.

He had to send it today to make sure it would get there in time. / He needed to be more careful about putting things on his seat.

The line at the post office was long but moved quickly. / The package was small and was easy to overlook.

He was assured that his package would arrive by Wednesday.

It was a gift for his grandmother who collected magnets.

SITTING

Spencer’s package would arrive by Tuesday. (F)

Filler – 8

Hannah closed the book and rubbed her eyes.

It was pretty late, but she was almost finished **reading**.

There were only a couple more chapters.

The story was reaching its climax.

Hannah really liked the book’s main characters.

She knew that her time with them was almost over.

The realization made her feel a bit sad.

Hannah had only a couple more chapters to read. (T)

Entity – 4

Christina had left work early **and was decorating** for the party.

She thought maybe she hadn’t left early enough.

The guest of honor would arrive any minute. / The birthday cake would be done any minute.

Dylan came barreling through the door. / She wondered if she had enough ice.

He was very excited for his birthday. / No shift: She took the cake out of the oven to cool.

It was all he had thought about all day. / No shift: It would need to cool before she could decorate it.

DECORATING

Christina left school early. (F)

Temporal – 3

Steve hopped on a stool near the end of the bar.

The bartender was already pouring him a pint of his favorite beer.

Steve was going to spend some time watching the game. / Steve was going to savor the hoppy flavor.

A couple of hours later, he noticed the bar was pretty empty. / He glanced over his shoulder and noticed the bar was pretty empty.

He looked up at the television to check the score.

He thought about ordering another pint.

KEEP AS IS

Steve sat near the end of the bar. (T)

Filler – 7

Marta opened another bottle of wine.

This made four so far for the night.

Her guests **were applauding** when they heard the cork pop.

She laughed as she poured each of them a healthy portion.

The night was still young, and everyone was having a good time.

Marta generally didn’t enjoy hosting, but this time was an exception.

Maybe a copious amount of wine is the key she thought.

They were on their fifth bottle of wine. (F)

Spatial – 2

Alice was locked out of her house – again.

This was the third time in the past month.

**She was thinking she** really should hide a key somewhere for such occasions.

She’d have to go to her friend’s house to pick up a spare. / She’d have to find a good spot where she could hide the spare.

Alice stopped in front of her friend’s house. / Alice was really mad at herself.

Her friend was standing on the porch with the key and a smirk. / No shift: She couldn’t believe how careless she had been recently.

THINKING

Alice had been locked out of her house three times over the past month. (T)

Filler – 3

Abigail was hungry again.

It had been almost three hours since the last time she had eaten.

She couldn’t wait to get some more food.

She also noticed an uncomfortable wetness on her leg.

A diaper change was in order.

She began to cry.

Abigail’s diaper was dry. (F)

Goal – 1

Mike was finally **driving** to the concert.

He had been waiting for months to see The Decemberists.

He turned the car’s stereo up and smiled at his date.

They were starting to get a little hungry. / They were starting to feel the excitement.

They decided to stop for a bite to eat. / He double-checked that he still had the tickets.

He couldn’t wait for the show to begin.

DRIVING

Mike was going to see The Wallflowers. (F)

Goal – 5

Linda was working on a new design for a company logo on her laptop.

She was trying to find the perfect color for the text.

The software had almost too many choices.

She noticed her battery was getting low. / She noticed another option for the hue.

Linda decided to find an outlet. / Linda was quite proud of her new design.

Her work should be saved automatically.

But she wasn’t going to take any chances.

KEEP AS IS

Linda was trying to choose a font. (F)

Spatial – 5

Jose strolled through the market putting various items in his basket.

He was **picking out items** **for** a nice meal that evening.

He smiled as he picked up some particularly good looking strawberries.

They would go nicely with dessert.

Jose remembered that he needed to stop by the winery to get his favorite Shiraz. / Jose remembered that he needed to stop by the dairy case to get his favorite cheddar.

At the winery, they were handing out samples of Merlot. / He quickly browsed through the market’s small selection of white wines.

Jose didn’t really care for it, so he just bought the Shiraz. / No shift: Jose didn’t really care for them, so he headed toward the checkout.

PICKING

Jose picked up raspberries for dessert. (F)

Entity – 7

Barry was **reading** the brief he had just received.

This was his first big case and could really help his career.

Unfortunately, he didn’t know very much about patent law.

He needed the help of an expert and knew exactly whom to call. / He needed help with the case and tried to think of how he could get it.

His old roommate, Bob, answered Barry’s call. / He remembered some relevant case law.

Bob was happy to help. / No shift: If he could win this case, he’d be on the fast track for a partnership.

Soon, the old roommates were discussing the details of the case. / No shift: This thought motivated him even more.

READING

The case dealt with securities fraud. (F)

Temporal – 7

Stephanie sat on the examination **table, shivering**.

She wondered why they always kept it so cold in here.

With a smile, she thought maybe it was to match her doctor’s personality.

She tried not to think about waiting for results. / **She couldn't wait to get out of the exam room.**

Two days later, her cellphone rang. / She saw her cellphone on a chair.

She took a deep breath and answered the phone, ready to hear her fate. / No shift: She grabbed it and checked for messages.

SHIVERING

The examination room was cold. (T)

Spatial – 1

Oliver had been busy **washing his clothes** all day.

He was almost finished with his final load.

Folding sheets was always a struggle.

He realized that he had forgotten to pick up a book. / He realized he was almost out of fabric softener.

When he arrived at the library, it was completely dark. / When he looked in his linen closet, it was completely full.

He’d have to come back tomorrow. / No shift: This gave him some satisfaction.

WASHING

Oliver was busy with laundry. (T)

Entity – 6

Rita sat down on the bench to eat some chocolate pudding.

She had been looking forward to it all day.

It wouldn’t be long before he arrived. / It wouldn’t be long before it was gone.

Her Uncle Trevor asked her if she had been eating anything. / She thought it was probably the best pudding she’d ever tasted.

She looked at him as innocently as possible and said no. / No shift: When she finished, she tossed the bowl in the dishwasher.

He could see some of the pudding smeared on her face. / No shift: She contemplated having seconds.

KEEP AS IS

Rita was eating vanilla pudding. (F)

Filler – 2

Jude was learning to play the harmonica.

He’d gotten pretty good in just a couple of weeks.

Sometimes he worried about bothering his neighbors, though.

He lived in an apartment complex, and the walls were pretty thin.

He decided that he wouldn’t let it bother him today.

The lure of the harmonica was too sweet to resist.

Jude lived in an apartment. (T)

Entity – 2

Maggie and Michael were settling in for the night.

They were about to watch a movie.

Michael had just made some popcorn.

Maggie said they should wait for her coworker to swing by before they started. / Maggie said they should wait and change into their pajamas before they started.

Carli was knocking at the door. / The movie had won awards.

She was here to pick up the laptop she left in Maggie’s car. / No shift: It was a modern take on film noir.

KEEP AS IS

Maggie and Michael were about to play a game. (F)

Goal – 6

Nicole was busy **answering the phone and transferring calls.**

It had been non-stop since she’d arrived at nine this morning.

All she wanted to do was take a break and get some coffee.

She realized that she hadn’t eaten breakfast that morning. / She realized that someone had been on hold for five minutes.

She decided to get a snack from the vending machine. / She answered yet another call from an angry client.

Hopefully the afternoon wouldn’t be as busy.

ANSWERING

Nicole arrived at eight that morning. (F)

Goal – 3

Rachel sighed and put her suitcase on her bed.

She really hated packing, especially for a funeral.

But it was only a couple of days away, and she couldn’t wait any longer.

She was feeling pretty grimy. / She packed a black dress and a veil.

She wanted to take a shower. / She thought about her great uncle.

Traveling was unpleasant enough without feeling dirty. / No shift: She sighed again and packed some more.

KEEP AS IS

Rachel was going to a funeral. (T)