THE LONG AND THE SHORT OF IT

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The Long And The Short Of It is devoted to long and short vowel sounds of the same vowel, in various guises. No extraneous vowels are allowed. Long vowel sounds are underlined; short vowel sounds are italicised.
Almost all the words can be found in the Oxford English Dictionary 2nd. Ed. and conform to the phonetics therein.

PHONETIC SYMBOLS USED FOR A, E, I, O AND U

short vowel sounds:

æ (as in CAN, WAAL, YAAS, LAUGH, DRAUGHT)
I (as in FIG, BISCUIT, WILLIES)
Λ (as in PLUS, ROUGH, BLOOD)

long vowel sounds:

ei (as in BASS, GAIT, VEIN, BRAE, GAOL)
ai (as in FIND, DYE, GNEISS, TAI)
ju: (as in MU, DUE, FEUD, QUEUE, LIEU)

The above words use only vowels to make long and short vowel sounds but long vowel sounds can also be made from adjacent vowel/consonant mixes.
ei (as in EH, SLEIGH, DEIGN, WEGHT)
ai (as in HEIGHT, SIGH)
SCEAUX
ju: (as in STEW, VIEW)

SHORT VOWEL SOUNDS

the same single letter represents the same short vowel sound
AFGHAN HANDCLAP ANTHRAX PHALANX JACKASS
EFFECT TENREC—an insectivorous mammal EGGSHELL
IMPRINT FINISH DISTRCT INFILLING VISITING
DIMINISHING MISSISSIPPI SIGILLISTIC—pertaining to seals PRIMITIVISTIC
OBLONG ONCOST ONDOL—Korean form of domestic heating
HUBBUB SUNUP DUMBSTRUCK UNSUNG MUCKLUCK NUMSKULL

2 different single letters represent the same short vowel sound
JIFFY SKIMPY SIXTY SILLY PYRRHIC CYRILLIC CYLINDRIC SICILY MIMICRY
INDIVISIBILITY
MIDGET FIDGET WIDGET
3 different single letters represent the same short vowel sound
FIDGETY  WITCHETTY - name of a grub  CICELY - various umbelliferous plants  CLINKETY
KITCHENY  SYNTHESIS  INDEFINITY  IMBECILITY  INFELICITY
BUSYING  BUSYSH

the same short vowel sound is represented both by a single letter and by a group of 2 vowels
BACK-DRAUGHT
WELL-READ  BEDSPREAD
INBUILT  BISCUIT  WILLIES  INDIE
HOG-TROUGH  COUGHDROP
UNROUGH  BLOOD-SUCK

LONG VOWEL SOUNDS

the same single letter represents the same long vowel sound
MALA  fide  EWE (pronounced AWA) - an African language  MTEPE (pron. MTAPA) - East African sailing craft
MEZE (pron. MAZA) - type of hors-d'œuvres  REGGE (pron. RAGGA) - an Italian physicist
THEBE (pron. THABA) - a currency unit of Botswana  KERES (pron. KARAS) - a Pueblo Indian people
HEBE  FIJ  IVI (pron. EVE) - the Tahitian chestnut
ITI - Italian  HIFI  NISI - decree nisi  GLYCYLE - univalent radical derived from glycine
POLO  KOMODO  COCOBOLO - a central American tree

2 different single letters represent the same long vowel sound
VADE
VICHY  PEWIT  ELY - Cathedral
IDRYL - a chemical  IDYL - type of short poem  THYMI - pl. thymus  VINYL

the same long vowel sound is represented both by a single letter and by more than one letter
A-TRAIN - satellite constellation
REHEAT  DEBRIEF  SPECIES  MESEMS  TEPEE
HINDSIGHT  SKYLIGHT
OBOE  COCOA  GO-SLOW
JUDEW

the same long vowel sound is represented twice by more than one letter
RAILWAY  HAYWAIN  LAISSEZ  HEYDAY  MAIGRET  STRAIGHTWAY
EASTLEIGH  SEAWEED
EYETIE  EYEBRIGHT  PIE-EYED
ROW-BOAT  GO-SLOW
... and by the same letter group: MAINTAIN  SIEGFRIED  EINSTEIN  OWN-GROWN  JEWMEW

LONG AND SHORT VOWEL SOUNDS

the same single letter represents both long and short vowel sounds
ABAC - an alignment chart  ABRAM
RECESS  DEFECT  JESSE
SMILING  CRISIS  BJID  VII
PHOTON  ROBOT  OSL0  PROLONG  GROTTO  POSTBOX  BRONCO
TUMULT
2 different single letters represent long and short vowel sounds
MATÉ SAKÉ ABBÈ CAFÉ JASPE – resembling jasper PÂTE HÂLLE ANDRÈ – as in André Rieu
SEAT – car (pron. SÀAT) DÉHÂCHÈ
PENNÈ (pron. PENNE) – a Finnish monetary unit
IDLY IVY IMPLY TRY/NG CYCLIC HYBRID
TIGRESS (pron. TIGRÈS)
...in addition, one of the 2 different letters may also represent both the long and short vowel sounds:
CYSTITIS TYPFYING

3 identical letters represent 2 long and 1 short vowel sounds
ENSETE
IRITIS
BONOBOS
USUFRUCT

3 identical letters represent 1 long and 2 short vowel sounds
RE-CEMENT
DICTION DIVIDING MISTIMING MIDWIFISH
MONOCOT MONDONGO

a single letter represents the short vowel sound; and more than one letter the long vowel sound
BALLET TRACKWAY PLANTAIN CAMPAIGN CALAIS ABSEIL
DEBRIS TEALESS GENTEEL THERMÆ (pron. THERME)
TIE/IPN EYESTRING SEISMIC LEIBNITZ FEISTY INSIGN INDICT INSIGHT BUYING
HOLLOW OXBOW CROSSBOW BEAU-POT
UNDUE SUNDÆW NEW-SPRUNG NEW-CUT YOU-UNS

a single letter represents the long vowel sound; more than one letter represents the short vowel sound
DEHEAD
PRICEY CRKEY

more than one letter represents the short vowel sound; more than one letter the long vowel sound
DRAUGHT-WAY
SWEETBREAD
HEINIE – German soldier
DOUGH-TROUGH
ROUGH-HEWN

REPLACING THE LONG VOWEL SOUND WITH THE SHORT VOWEL SOUND or vV.

In some cases, where a long vowel sound is represented by a group of 2 vowels, one of the 2 vowels can be removed to make a word with the equivalent short vowel sound. Together these two words sometimes make a logical configuration; sometimes different tenses.
Logical Configurations
BAIT BAY CAIN CAN RAIN RAN MAM MAHM
vv...SAL'S SAILS AL'S AILS BRAD'S BRAIDS and LAD LAID MAD MAID!

BEAT BET MEAN MEN LEAN LEN NEAT NET DEAN'S DENS
FREED FRED STEEP STEP KEEN KEN CHIEF CHEF
vv...BEN'S BEANS BEST BEAST GREG GRIEG (coined name) SHREK'S SHRIEKS
vv...HIST! HEIST
vv...TOD'S TOADS GOT GOAT

Different Tenses
LEAD...LED BLEED...BLED BRED...BRED FEED...FED MEET...MET

In other cases, where the long vowel sound is represented by a group of one vowel and one or more consonants, the consonants can be removed to make a word with the equivalent short vowel sound. These two words together sometimes make a logical configuration.

Logical Configurations
SLIGHT SLIT
vv...SIS SIGHS LIT LIGHT

THE PROPER COMMONS

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The challenge is to create prose using captonyms-- words that are both proper and common nouns, and write parallel sentences. You must use them all as proper nouns in one, and then as common nouns, in the same order, in the companion sentence.

Here's an example:

From March to May, Ford, a Polish Catholic from Buffalo, will study Mars as he travels from Turkey with Herb to China to meet up with Nick. Last year during Lent, he studied the Book of Job with another Pole from Nice, France, as they traveled from Reading, PA to Lima, OH in their Fiat. Next August, he and Bill, Tom, Rich, Peter, and Will plan to study Mosaic law.

As he does march there, he may ford many rivers, polish his knowledge of the church catholic, buffalo his companions, and though he mars his cuffs, he will eat turkey seasoned with an herb on fine china that is without a blemish or a nick. Since he lent out his book of jobs available, he decided to pole his way down river having a nice time reading about everything from lima beans to the Pope's latest fiat. Such an august topic does far outweigh consideration of his phone bill and tom cats. Though rich with meaning, it will no doubt peter out, and they will then tour the mosaic tile sculptures.