

# Englist.me



## Vocabulary Builder Reference from...

*Diane Knutson: Why we need darkness | TED Talk*  
[https://www.ted.com/talks/diane\\_knutson\\_why\\_we\\_need\\_darkness](https://www.ted.com/talks/diane_knutson_why_we_need_darkness)

### All Words

#### IMPORTANT

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## Session 1: Word List

### meadowlark

*n.* a type of bird found in North America, known for its distinctively beautiful and melodic song

(1) **meadowlark** conservation, (2) **meadowlark** nest

I heard the beautiful song of a **meadowlark** perched on a nearby branch.

### perch

*v.* to sit, stand, or rest on something, particularly a narrow or elevated surface; to position oneself confidently or dominantly; to place something in a high or elevated position; (noun) a branch or other elevated place where a bird can rest or roost

*synonym* : sit, roost, squat

(1) **perch** on a ledge, (2) **perch** of a bird of prey

The bird **perched** on the branch, watching the world below.

### prairie

*n.* a large open grassland or meadow, typically in North America

*synonym* : grassland, savanna, meadow

(1) **prairie** landscape, (2) **prairie** dogs

The early morning dew on the **prairie** made the grass glisten like diamonds.

### boundary

*n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places

*synonym*

: border, frontier, limitation

(1) geographical **boundary**, (2) the **boundary** between reality and fantasy

He wandered the **boundary** between life and death by gunfire.

## cave

*n.* a large hole in the side of a hill, cliff, mountain, or under the ground

*synonym*: cavern, grotto, burrow

(1) domiciliary **caves**, (2) the mouth of the **cave**

Bats reside in sheltered **caves**.

## nation

*n.* a large organized community of people living in a particular country or region and having a particular culture

*synonym*: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

## songbird

*n.* a bird with a musical call, such as a blackbird or thrush

*synonym*: songster

(1) migratory **songbird**, (2) tropical **songbird**

Federal law protects the majority of **songbirds**.

## attract

*v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones

*synonym*: lure, entice, draw in

(1) **attract** attention, (2) **attract** customers

The government is eager to **attract** international investment.

## midnight

*n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day

*synonym*: middle of the night, witching hour

(1) **midnight** snack, (2) **midnight** shift

I stayed up until **midnight** watching my favorite movie.

## confuse

*v.* to mistake one thing for another; to make somebody hard to understand

*synonym*: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

## improper

*adj.* not following established conventions or norms for appropriate behavior, manners, or conduct; inappropriate or unsuitable for a particular situation or context

*synonym*: inappropriate, unsuitable, incorrect

(1) **improper** behavior, (2) **improper** road use

The patient suffered complications due to **improper** dosage of medication

## illumination

*n.* light or source of light; the degree of visibility of your environment

*synonym*: light, luminosity, brightness

(1) starry **illumination**, (2) indirect **illumination**

The skylight will give adequate **illumination** from above.

## residential

*adj.* relating to, suitable for, or used for living in

*synonym*: domestic, homely, dwelling

(1) a **residential** district, (2) **residential** property

The city's **residential** area is known for its quiet streets and beautiful homes.

## hue

*n.* the quality of a color as determined by its dominant wavelength

*synonym*: dye, tint, coloring

(1) the **hues** of a rainbow, (2) **hue** change

To achieve a warmer **hue**, add orange paint.

## creature

*n.* a living being, especially an animal

*synonym*: being, animal, organism

(1) **creature** of habit, (2) artificial **creature**

The deep sea **creature** was unlike anything the scientists had ever seen before.

## spectacular

*adj.* striking or impressive to look at or in performance or achievement

*synonym* : breathtaking, impressive, grand

(1) **spectacular** view, (2) achieve **spectacular** growth

The **spectacular** fireworks display was the highlight of the festival.

## pollution

*n.* the introduction of harmful substances or waste into the natural environment that causes adverse change

*synonym* : corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**

The **pollution** is endangering the local plants and animals.

## universe

*n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

*synonym* : cosmos, macrocosm

(1) theory of the **universe**, (2) expansion of the **universe**

The **universe** is about 13.8 billion years old.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym* : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## individual

*n.* a single person or thing, as distinct from a group

*synonym* : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## consumption

*n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials

*synonym*: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

## component

*n.* one of several parts that combines with others to form something bigger

*synonym*: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

## glow

*v.* to give out a steady, strong light

*synonym*: shine, radiate, beam

(1) **glow** a pale orange, (2) **glow** gold in the light

The sun was setting, and the sky **glowed** with beautiful colors.

## glare

*v.* to shine with a bright, harsh, or dazzling light; to stare fiercely or angrily, often with a piercing or threatening gaze; (noun) a strong, bright, and often harsh or uncomfortable light that can be blinding or difficult to look at directly

*synonym*: glower, stare, scowl

(1) the **glare** of the sun, (2) **glare** at my opponent

The sun **glared** down on us, making it difficult to see without squinting our eyes.

## trespass

*v.* to enter someone's private property without permission or legal authority; to infringe upon or violate someone's rights, boundaries, or personal space

*synonym*: intrude, invade, encroach

(1) **trespass** against his rights, (2) **trespass** into the country's waters

The sign warns visitors not to **trespass** on private property.

### excessive

*adj.* greater than what seems necessary, normal, or desirable

*synonym* : unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

### visual

*adj.* relating to seeing or sight

*synonym* : optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts

The building makes a remarkable **visual** impact.

### discomfort

*n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

*synonym* : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

### illuminate

*v.* to light something or to make something lighter or brighter; to make something free from confusion or ambiguity

*synonym* : brighten, light, adorn

(1) **illuminate** a dark hall, (2) **illuminate** my understanding

That biologist **illuminated** the mechanism of heredity.

### attempt

*n.* an act or effort of trying to do something, especially something difficult

*synonym* : endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

**flip** v. to turn over into a different position quickly; to throw or toss with a light motion  
*synonym*: throw, jump  
(1) **flip** over the pork chop, (2) **flip** a coin  
He **flipped** when he heard that he had been accepted into the university.

**grand** *adj.* important and large in size, scope, or extent  
*synonym*: impressive, great, ambitious  
(1) a **grand** meal, (2) **grand** bargain  
This year's **grand** gathering will be held in Canada.

**journal** *n.* a newspaper or magazine specialized in a specific topic or profession  
*synonym*: periodical, diary, bulletin  
(1) scientific **journal**, (2) **journal** articles  
The physician is reading the **journals** related to medicine

**epidemiology** *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems  
*synonym*: public health, disease control  
(1) **epidemiology** research, (2) cancer **epidemiology**  
The **epidemiology** of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

**communal** *adj.* belonging to or used by a group rather than individuals; for common use  
*synonym*: collaborative, combined, collective  
(1) **communal** swimming pool, (2) **communal** combination of funds  
**Communal** elections were held in several European countries.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

## dim

*adj.* poorly lit; not bright

*synonym*: dull, faint, weak

(1) **dim** and distant past, (2) **dim** memory

The **dim** light made it difficult to read the book.

## traffic

*n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

*synonym*: congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

## collision

*n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict

*synonym*: crash, impact, smash

(1) **collision** detection, (2) come into **collision** with my friend

The **collision** of tectonic plates can result in new mountain ranges, such as the Himalayas or the Alps.

## prop

*n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

*synonym*: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.



## shield

*n.* a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves

*synonym* : guard, protection, safeguard

(1) a heat **shield**, (2) a **shield** for protecting against a bullet  
Lead is an effective **shield** against X-rays, gamma rays, and other harmful radiation.

## envision

*v.* to imagine or expect what a situation will be like in the future

*synonym* : anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success  
We cannot **envision** her as President.

## blackout

*n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness

*synonym* : outage, failure, knockout

(1) media **blackout**, (2) memory **blackout**

The nationwide **blackout** caused widespread power outages and disrupted daily life.

## tuck

*v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

*synonym* : insert, wrap, pinch

(1) **tuck** a baby in the blanket, (2) **tuck** into another cigarette

You should **tuck** your shirt into your trousers.

## crevice

*n.* a long narrow depression or opening in a surface of rock or wall

*synonym* : crack, chink, slit

(1) small **crevices**, (2) peep through a **crevice**

He wedged a knife into the **crevice**

## unintended

*adj.* not planned or meant

*synonym* : accidental, unconsenting, involuntary

(1) **unintended** bias, (2) **unintended** misunderstanding

Excessive human interference in the global environment may bring **unintended** consequences.

## unwanted

*adj.* not wanted or desired

*synonym* : undesired, unneeded

(1) **unwanted** attention, (2) **unwanted** guests

He threw away the **unwanted** items in his closet.

## origin

*n.* the first existence or beginning of something

*synonym* : root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

## depict

*v.* to illustrate someone or something in a photograph

*synonym* : illustrate, describe, express

(1) **depict** a scene, (2) **depict** a feeling of isolation

His son had accurately **depicted** the bloom.

## zoom

*v.* to move along very quickly; (noun) the act of rising upward into the air

*synonym* : move quickly, dive, buzz

(1) **zoom** in on a photo, (2) **zoom** lens

He **zoomed** back in time to the soccer game.

## downtown

*adv.* in or towards the central area of a town or city

*synonym* : central, city-center, urban

(1) **downtown** building, (2) **downtown** traffic

He decided to take a walk **downtown** area to explore the city.

## blanket

*n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content

*synonym* :

cover, coverlet, bedspread

(1) **blanket** authority, (2) **blanket** scarf

The electric **blanket** keeps me warm on cold nights.

## stargaze

*v.* to gaze at the stars, especially at night; to daydream or fantasize:

*synonym*: observe, daydream, woolgather

(1) **stargaze** on the roof, (2) **stargaze** in wonder

We like to **stargaze** on clear summer nights and try to identify as many constellations as we can.

## relative

*adj.* considered and evaluated through comparison with something else

*synonym*: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

## dip

*v.* to put something into a liquid for a short time and take it out again

*synonym*: dunk, dive, plunge

(1) **dip** a pen in ink, (2) **dip** a chip in the sauce

Please **dip** up a bucketful of water from the well.

## belong

*v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

*synonym*: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

## zone

*n.* a specific area, region, or section that is marked off or defined in some way

*synonym*: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

## observatory

*n.* a building designed and equipped to observe the planets, the stars, the weather, etc.

(1) space **observatory**, (2) a meteorological **observatory**  
That astronomical **observatory** stands at the top of the mountain.

## naturally

*adv.* as might be expected; by natural manners  
*synonym*: by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest  
He was **naturally** gifted.

## slim

*adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited  
*synonym*: slender, thin, lean

(1) **slim** chances, (2) **slim** margin  
The **slim** laptop was easy to carry around and perfect for travel.

## cast

*v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process  
*synonym*: throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye  
This accident **cast** a dark shadow over their lives.

## shadow

*n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner  
*synonym*: shade, silhouette, outline

(1) **shadow** cast, (2) **shadow** puppetry  
The tree cast a **shadow** over the picnic area, providing relief

from the sun.

## plague

*n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body

*synonym* : epidemic, pandemic, pest

(1) catch the **plague**, (2) deadly **plague**

Our farm experienced a **plague** of locusts this year.

## modern

*adj.* of or belonging to the present time or recent times

*synonym* : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

## overnight

*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

*synonym* : all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

## decide

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

*synonym* : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

## twist

*v.* to bend or turn something into a certain shape

*synonym* : wrench, turn, twirl

(1) **twist** around to the left, (2) **twist** a wet towel

He **twisted** pieces of rope out of straw.

## hint

*n.* an indirect suggestion; a slight but appreciable amount of something

*synonym* : clue, indication, suggestion

(1) **hint** of trouble, (2) helpful **hints**

There was no **hint** of a problem.

## **inhibit**

*v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

*synonym*: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

## **skyline**

*n.* the outline of buildings and other structures against the sky, especially when viewed from a distance

*synonym*: silhouette, cityscape, horizon

(1) **skyline** view, (2) downtown **skyline**

The **skyline** of the city was dotted with tall buildings.

## **prefer**

*v.* to like, choose, or want one thing or person better than another

*synonym*: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat

The birds **prefer** open water areas with reeds around them.

## **nocturnal**

*adj.* relating to or occurring in the night; active or awake during the night

*synonym*: nighttime, nightly, after-dark

(1) **nocturnal** insects, (2) **nocturnal** habits

**Nocturnal** animals, such as owls and bats, are active at night.

## **opportune**

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym*: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

- bat** *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis  
*synonym*: cane, rod, stick  
(1) **bat** cave, (2) **bat** an eye  
The cave was a habitat for **bats**.
- memo** *n.* a short written message or communication intended for internal use within an organization or company  
*synonym*: memorandum, note, reminder  
(1) a **memo** pad, (2) **memo** content  
I received a **memo** from the CEO outlining the new company policies.
- shift** *n.* a slight transition in position, direction, or trend  
*synonym*: transition, change, modification  
(1) Doppler **shift**, (2) major paradigm **shift**  
Could you help me **shift** some furniture?
- moonflower** *n.* a type of flowering plant that typically blooms at night or in the early morning and is known for its fragrant scent and large, showy blooms  
*synonym*: ipomoea, nocturnal flower, morning glory  
(1) purple **moonflower**, (2) night-blooming **moonflower**  
The **moonflower** vines can climb up to 15 feet tall.
- bloom** *n.* a flower, especially one having showy or colorful parts; the best time of youth  
*synonym*: blossom, flush, flower  
(1) **bloom** in autumn, (2) black-and-white **blooms**  
The cherry blossoms in the park were in full **bloom**.
- evolve** *v.* to develop gradually, or to cause the development of something or someone gradually  
*synonym*: develop, mature, grow  
(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

- owl** *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call  
*synonym*: raptor, bird of prey, nocturnal bird  
(1) a night **owl**, (2) an **owl** hooted  
The snowy **owl** is a large, white bird often seen in the Arctic.
- detect** *v.* to find or recognize something, especially something difficult to see, hear, etc.  
*synonym*: catch, observe, notice  
(1) **detect** a bad event, (2) **detect** smuggling across borders  
The security camera has **detected** four intruders.
- rod** *n.* a long, thin, straight piece of wood, metal, or other material used for support, as a weapon, or for punishment  
*synonym*: stick, wand, staff  
(1) **rod** cell, (2) curtain **rod**  
He used a fishing **rod** to catch the biggest fish of the day.
- medical** *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine  
*synonym*: health, disease, treatment  
(1) a **medical** opinion, (2) temporary **medical** treatment  
The **medical** team worked quickly to save the patient's life.
- association** *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship  
*synonym*: affiliation, collaboration, society  
(1) word **associations**, (2) a scholarship **association**  
His membership in the **association** provided him with numerous benefits.
- survive** *v.* to live or exist despite a dangerous event or period  
*synonym*: endure, persist, stay



(1) **survive** a blizzard, (2) **survive** a plane crash  
These birds can only **survive** in temperate climates.

## tract

*n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

*synonym*: region, area, tube

(1) a urinary **tract** infection, (2) a **tract** of virgin forest  
The farmer owns a large **tract** of land where he grows corn and soybeans.

## nucleus

*n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom

*synonym*: core, heart, middle

(1) form a **nucleus**, (2) the **nucleus** of a team  
DNA is stored in the **nucleus** of a cell.

## cluster

*n.* a group of similar things or people close together, often forming a distinct mass or unit

*synonym*: group, aggregation, array

(1) live in a **cluster**, (2) a **cluster** of stars  
A **cluster** of grapes hung from the vine.

## gland

*n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

*synonym*: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**  
The adrenal **glands** produce steroids.

## hormone

*n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**  
The doctor diagnosed me with a **hormone** disorder.

## melatonin

*n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles  
*synonym* : pineal hormone, sleep hormone, chronobiotic  
(1) disrupt **melatonin** production, (2) **melatonin** receptor  
A **melatonin** supplement can help regulate sleep-wake cycles in people with insomnia.

## antioxidant

*n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products  
(1) high levels of **antioxidants**, (2) **antioxidant** behavior  
Fruits and vegetables are good sources of **antioxidants**.

## rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person  
*synonym* : do away with, free, clear  
(1) get **rid** of the rats, (2) **rid** the body of waste products  
We must **rid** ourselves of pollution.

## brain

*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling  
*synonym* : intellect, mind, encephalon  
(1) basic **brain** function, (2) permanent **brain** damage  
X-rays revealed a small tumor in his **brain**.

## radical

*adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions  
*synonym* : extreme, revolutionary  
(1) a **radical** flaw in the plan, (2) a **radical** cure  
The government established by the coup was more **radical** than before.

## damage

*v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity  
*synonym* : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

## exposure

*n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

*synonym* : vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

## Alzheimer

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

*synonym* : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

## breast

*n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

*synonym* : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

## cancer

*n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

*synonym* : tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

## obesity

*n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

*synonym* : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym*: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## estimate

*v.* to guess or calculate the cost, size, value, etc. of something

*synonym*: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

## suppose

*v.* to think that something is likely to be actual or possible

*synonym*: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

## spectrum

*n.* an ordered array of colors into which a light beam can be split

*synonym*: range, scale, spread

(1) a broad **spectrum** of opinion, (2) infrared **spectrum**

This device displayed the speech **spectrum** spectrographically.

## chart

*n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

*synonym*: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

## temperature

*n.* the degree of hotness or coldness of a thing or place  
*synonym* : climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

## impair

*v.* to damage something or make it weaker or worse  
*synonym* : degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

## vision

*n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

*synonym* : sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

## fixture

*n.* an object firmly installed in place, especially in a household, such as a bath or a toilet

*synonym* : fitting, appliance, equipment

(1) a light **fixture**, (2) a **fixture** in the life

He has become a **fixture** of that restaurant.

## intent

*n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

*synonym* : purpose, aim, goal

(1) the **intent** of a question, (2) **intent** gaze

The designer's **intent** was to create a minimalist aesthetic for the interior of the building.

## outdo

*v.* to do better than someone; to surpass

*synonym* : excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition  
He tried to **outdo** his rival by breaking the world record.

## outward

*adj.* relating to the external appearance or surface of something; visible

*synonym* : external, surface, exterior

(1) an **outward** journey, (2) **outward** cheerfulness

The **outward** appearance of the building was impressive, but the inside was in dire need of repairs.

## upward

*adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

*synonym* : skyward, uphill

(1) look **upward**, (2) demonstrate an **upward** trend

The company adjusted the revenue **upward**.

## carbon

*n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

## emission

*n.* the act of production or sending out gas, heat, light, etc.

*synonym* : emanation, radiation, discharge

(1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

## addition

*n.* the act or process of adding something to something else; the process of adding numbers

*synonym* : accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

## porch

*n.* a covered entrance to a building, typically one leading to the front door and extending outwards

*synonym* : veranda, balcony, deck

(1) **porch** light, (2) a glass **porch**

The old rocking chair on the **porch** creaked as he sat down to read his book.

## convert

*v.* to have a talk with someone; (adjective) reversed in order, relation, or action

*synonym* : alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16

I want to **convert** my sadness into strength.

## cutoff

*n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something

*synonym* : limit, threshold, boundary

(1) **cutoff** frequency, (2) a **cutoff** point

The **cutoff** date for submitting applications was fast approaching.

## retrofit

*v.* to put a new component or accessory into a machine that did not initially have it when manufactured

*synonym* : backfit, reconstruct, recycle

(1) **retrofit** an electronic system, (2) **retrofit** applications

A **retrofit** may involve putting in new door jambs.

## downward

*adj.* moving towards a lower position or a lower level

*synonym* : lower, earthward, descending

(1) a **downward** slope, (2) maintain **downward** compatibility

The stock market has been in a **downward** trend for the past month.

## enact

*v.* to make a law; to put something into practice

*synonym* : legislate, pass, decree

(1) **enact** new legislation, (2) **enact** the smoking ban

The government **enacted** this law in 1925.

## curfew

*n.* a regulation requiring people to be off the streets and indoors at a specified time, especially at night, typically imposed during a period of emergency or unrest

*synonym* : time limit, restriction

(1) **curfew** law, (2) teenage **curfew**

The city imposed a **curfew** to reduce crime and keep citizens safe.

## employ

*v.* to give somebody a job and pay them for it; to make use of

*synonym* : hire, engage, use

(1) **employ** job seekers, (2) **employ** a new method

When making arrests, police officers frequently **employ** excessive force.

## departure

*n.* the act of leaving, especially to start a journey

*synonym* : leaving, exit, flight

(1) **departure** from tradition, (2) **departure** from the company

The **departure** time for the flight is 6:00 am.



## Session 2: Spelling

- |                                |  |
|--------------------------------|--|
| 1. uni_____ed bias             | <i>adj.</i> not planned or meant   |
| 2. ev___e over the past decade | <i>v.</i> to develop gradually, or to cause the development of something or someone gradually  |
| 3. un_____ed guests            | <i>adj.</i> not wanted or desired  |
| 4. sh___w puppetry             | <i>n.</i> a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner |
| 5. cu___f frequency            | <i>n.</i> a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something  |
| 6. high levels of ant_____nts  | <i>n.</i> a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products   |
| 7. sta_____cs for cancer       | <i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data  |
| 8. mi_____ht shift             | <i>n.</i> the middle point of the night, usually defined as 12:00 AM or the start of a new day   |

ANSWERS: 1. unintended, 2. evolve, 3. unwanted, 4. shadow, 5. cutoff, 6. antioxidant, 7. statistics, 8. midnight

9. a seafaring na\_\_\_n *n.* a large organized community of people living in a particular country or region and having a particular culture
10. endure dis\_\_\_\_\_rt and pain *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
11. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
12. do\_\_\_\_\_wn building *adv.* in or towards the central area of a town or city
13. sk\_\_\_\_\_e view *n.* the outline of buildings and other structures against the sky, especially when viewed from a distance
14. d\_m and distant past *adj.* poorly lit; not bright
15. a prodigious vi\_\_\_n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
16. domiciliary c\_\_es *n.* a large hole in the side of a hill, cliff, mountain, or under the ground
17. in\_\_\_t gaze *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
18. at\_\_\_\_\_t attention *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
19. curtain r\_d *n.* a long, thin, straight piece of wood, metal, or other material used for support, as a weapon, or for punishment

ANSWERS: 9. nation, 10. discomfort, 11. individual, 12. downtown, 13. skyline, 14. dim, 15. vision, 16. cave, 17. intent, 18. attract, 19. rod

20. su\_\_\_\_e you're right      *v.* to think that something is likely to be actual or possible
21. achieve spe\_\_\_\_\_ar growth      *adj.* striking or impressive to look at or in performance or achievement
22. no\_\_\_\_\_al habits      *adj.* relating to or occurring in the night; active or awake during the night
23. ou\_\_o him in trickery      *v.* to do better than someone; to surpass
24. helpful h\_\_ts      *n.* an indirect suggestion; a slight but appreciable amount of something
25. es\_\_\_\_\_te this chicken to weigh three pounds      *v.* to guess or calculate the cost, size, value, etc. of something
26. pre-mo\_\_\_n agricultural society      *adj.* of or belonging to the present time or recent times
27. a weather ch\_\_t      *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
28. come into co\_\_\_\_\_on with my friend      *n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict
29. a gr\_\_d meal      *adj.* important and large in size, scope, or extent
30. purple moo\_\_\_\_\_er      *n.* a type of flowering plant that typically blooms at night or in the early morning and is known for its fragrant scent and large, showy blooms
31. de\_\_\_t a feeling of isolation      *v.* to illustrate someone or something in a photograph

ANSWERS: 20. suppose, 21. spectacular, 22. nocturnal, 23. outdo, 24. hint, 25. estimate, 26. modern, 27. chart, 28. collision, 29. grand, 30. moonflower, 31. depict

32. form a nu\_\_\_\_s *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
33. extreme tem\_\_\_\_\_res *n.* the degree of hotness or coldness of a thing or place
34. do\_\_\_\_\_wn traffic *adv.* in or towards the central area of a town or city
35. key co\_\_\_\_\_nt *n.* one of several parts that combines with others to form something bigger
36. de\_\_\_\_t a scene *v.* to illustrate someone or something in a photograph
37. r\_d cell *n.* a long, thin, straight piece of wood, metal, or other material used for support, as a weapon, or for punishment
38. the at\_\_\_\_\_t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
39. average fuel con\_\_\_\_\_on *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
40. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
41. de\_\_\_\_t smuggling across borders *v.* to find or recognize something, especially something difficult to see, hear, etc.

ANSWERS: 32. nucleus, 33. temperature, 34. downtown, 35. component, 36. depict, 37. rod, 38. attempt, 39. consumption, 40. individual, 41. detect

42. bl\_\_\_\_t authority *n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
43. ou\_\_\_\_d cheerfulness *adj.* relating to the external appearance or surface of something; visible
44. a scholarship ass\_\_\_\_on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
45. the in\_\_\_\_t of a question *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
46. tropical so\_\_\_\_rd *n.* a bird with a musical call, such as a blackbird or thrush
47. de\_\_\_\_e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
48. teenage cu\_\_\_\_w *n.* a regulation requiring people to be off the streets and indoors at a specified time, especially at night, typically imposed during a period of emergency or unrest
49. look up\_\_\_\_d *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
50. me\_\_\_\_in receptor *n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles

ANSWERS: 42. blanket, 43. outward, 44. association, 45. intent, 46. songbird, 47. decide, 48. curfew, 49. upward, 50. melatonin

51. mi\_\_\_\_ht snack *n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day
52. st\_\_\_\_ze on the roof *v.* to gaze at the stars, especially at night; to daydream or fantasize:
53. disrupt me\_\_\_\_\_in production *n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
54. a meteorological obs\_\_\_\_\_ry *n.* a building designed and equipped to observe the planets, the stars, the weather, etc.
55. epi\_\_\_\_\_ogy research *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
56. s\_\_m margin *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
57. live in a cl\_\_\_\_r *n.* a group of similar things or people close together, often forming a distinct mass or unit
58. no\_\_\_\_\_al insects *adj.* relating to or occurring in the night; active or awake during the night
59. a tr\_\_t of virgin forest *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
60. pe\_\_h on a ledge *v.* to sit, stand, or rest on something, particularly a narrow or elevated surface; to position oneself confidently or dominantly; to place something in a high or elevated position; (noun) a branch or other elevated place where a bird can rest or roost

ANSWERS: 51. midnight, 52. stargaze, 53. melatonin, 54. observatory, 55. epidemiology, 56. slim, 57. cluster, 58. nocturnal, 59. tract, 60. perch

61. s\_\_m chances *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
62. a night o\_l *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
63. catch the pl\_\_\_e *n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body
64. im\_\_\_\_\_er road use *adj.* not following established conventions or norms for appropriate behavior, manners, or conduct; inappropriate or unsuitable for a particular situation or context
65. an ex\_\_\_\_\_ve force *adj.* greater than what seems necessary, normal, or desirable
66. a urinary tr\_\_t infection *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
67. na\_\_\_n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
68. da\_\_\_e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 61. slim, 62. owl, 63. plague, 64. improper, 65. excessive, 66. tract, 67. nation, 68. damage

69. a heat sh\_\_\_d *n.* a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves
70. the em\_\_\_\_on of light *n.* the act of production or sending out gas, heat, light, etc.
71. co\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
72. f\_\_p a coin *v.* to turn over into a different position quickly; to throw or toss with a light motion
73. br\_\_\_t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
74. time z\_\_e *n.* a specific area, region, or section that is marked off or defined in some way
75. h\_e change *n.* the quality of a color as determined by its dominant wavelength
76. scientific jo\_\_\_\_l *n.* a newspaper or magazine specialized in a specific topic or profession
77. ev\_\_\_\_e *v.* to develop gradually, or to cause the development of something or someone gradually
78. tr\_\_\_\_ss against his rights *v.* to enter someone's private property without permission or legal authority; to infringe upon or violate someone's rights, boundaries, or personal space
79. spare co\_\_\_\_nts for cars *n.* one of several parts that combines with others to form something bigger

ANSWERS: 69. shield, 70. emission, 71. confuse, 72. flip, 73. breast, 74. zone, 75. hue, 76. journal, 77. evolve, 78. trespass, 79. component



80. spe\_\_\_\_\_ar view *adj.* striking or impressive to look at or in performance or achievement
81. peep through a cr\_\_\_\_\_e *n.* a long narrow depression or opening in a surface of rock or wall
82. da\_\_\_\_e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
83. the ex\_\_\_\_\_re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
84. r\_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
85. a cl\_\_\_\_\_r of stars *n.* a group of similar things or people close together, often forming a distinct mass or unit
86. en\_\_\_\_\_on the future *v.* to imagine or expect what a situation will be like in the future
87. a fi\_\_\_\_\_e in the life *n.* an object firmly installed in place, especially in a household, such as a bath or a toilet
88. su\_\_\_\_\_e a plane crash *v.* to live or exist despite a dangerous event or period

ANSWERS: 80. spectacular, 81. crevice, 82. damage, 83. exposure, 84. rid, 85. cluster, 86. envision, 87. fixture, 88. survive

89. ca\_\_\_r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
90. a do\_\_\_\_\_rd slope *adj.* moving towards a lower position or a lower level
91. word ass\_\_\_\_\_ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
92. pe\_\_h of a bird of prey *v.* to sit, stand, or rest on something, particularly a narrow or elevated surface; to position oneself confidently or dominantly; to place something in a high or elevated position; (noun) a branch or other elevated place where a bird can rest or roost
93. c\_\_t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
94. pr\_\_\_\_\_e landscape *n.* a large open grassland or meadow, typically in North America
95. high levels of air po\_\_\_\_\_on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
96. re\_\_\_\_\_it an electronic system *v.* to put a new component or accessory into a machine that did not initially have it when manufactured

ANSWERS: 89. cancer, 90. downward, 91. association, 92. perch, 93. cast, 94. prairie, 95. pollution, 96. retrofit

97. theory of the un\_\_\_\_\_se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
98. cancer epi\_\_\_\_\_ogy *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
99. global em\_\_\_\_\_ons of greenhouse gases *n.* the act of production or sending out gas, heat, light, etc.
100. the nu\_\_\_\_\_s of a team *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
101. a remote re\_\_\_\_\_ve *adj.* considered and evaluated through comparison with something else
102. female ho\_\_\_\_\_e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
103. en\_\_\_\_\_on the project's success *v.* to imagine or expect what a situation will be like in the future
104. tw\_\_t around to the left *v.* to bend or turn something into a certain shape
105. ca\_\_\_n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

ANSWERS: 97. universe, 98. epidemiology, 99. emission, 100. nucleus, 101. relative, 102. hormone, 103. envision, 104. twist, 105. carbon

106. tr\_\_\_\_c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
107. a ra\_\_\_\_l flaw in the plan *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
108. telescopic vi\_\_\_\_n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
109. an ou\_\_\_\_d journey *adj.* relating to the external appearance or surface of something; visible
110. na\_\_\_\_ly arising *adv.* as might be expected; by natural manners
111. ill\_\_\_\_te a dark hall *v.* to light something or to make something lighter or brighter; to make something free from confusion or ambiguity
112. bl\_\_\_\_t scarf *n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content
113. official sta\_\_\_\_cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
114. de\_\_\_\_e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
115. z\_\_e defense *n.* a specific area, region, or section that is marked off or defined in some way

ANSWERS: 106. traffic, 107. radical, 108. vision, 109. outward, 110. naturally, 111. illuminate, 112. blanket, 113. statistics, 114. decide, 115. zone

116. a glass po\_\_h *n.* a covered entrance to a building, typically one leading to the front door and extending outwards
117. chemical ad\_\_\_\_on *n.* the act or process of adding something to something else; the process of adding numbers
118. f\_\_p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
119. a statistical ch\_\_t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
120. night-blooming moo\_\_\_\_er *n.* a type of flowering plant that typically blooms at night or in the early morning and is known for its fragrant scent and large, showy blooms
121. mea\_\_\_\_rk nest *n.* a type of bird found in North America, known for its distinctively beautiful and melodic song
122. bl\_\_m in autumn *n.* a flower, especially one having showy or colorful parts; the best time of youth
123. small cr\_\_\_\_es *n.* a long narrow depression or opening in a surface of rock or wall
124. chaotic env\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
125. ov\_\_\_\_ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

ANSWERS: 116. porch, 117. addition, 118. flip, 119. chart, 120. moonflower, 121. meadowlark, 122. bloom, 123. crevice, 124. environment, 125. overnight

126. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
127. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
128. st\_\_\_\_\_ze in wonder *v.* to gaze at the stars, especially at night; to daydream or fantasize:
129. co\_\_\_\_\_on detection *n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict
130. un\_\_\_\_\_ed attention *adj.* not wanted or desired
131. res\_\_\_\_\_al property *adj.* relating to, suitable for, or used for living in
132. a sh\_\_\_d for protecting against a bullet *n.* a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves
133. a ra\_\_\_\_\_l cure *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
134. the gl\_\_e of the sun *v.* to shine with a bright, harsh, or dazzling light; to stare fiercely or angrily, often with a piercing or threatening gaze; (noun) a strong, bright, and often harsh or uncomfortable light that can be blinding or difficult to look at directly
135. gr\_\_d bargain *adj.* important and large in size, scope, or extent

ANSWERS: 126. opportune, 127. opportune, 128. stargaze, 129. collision, 130. unwanted, 131. residential, 132. shield, 133. radical, 134. glare, 135. grand

136. emotional p\_\_p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
137. a mammary gl\_\_d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
138. a reckless at\_\_\_\_\_t *n.* an act or effort of trying to do something, especially something difficult
139. im\_\_\_r insulin sensitivity *v.* to damage something or make it weaker or worse
140. im\_\_\_r my health *v.* to damage something or make it weaker or worse
141. be\_\_\_g to a group *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
142. the atmospheric tem\_\_\_\_\_re *n.* the degree of hotness or coldness of a thing or place
143. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
144. p\_\_p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 136. prop, 137. gland, 138. attempt, 139. impair, 140. impair, 141. belong, 142. temperature, 143. brain, 144. prop

145. field of vi\_\_\_l arts *adj.* relating to seeing or sight
146. sh\_\_\_w cast *n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner
147. es\_\_\_\_\_te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
148. the function of the thyroid gl\_\_\_d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
149. pr\_\_\_r a window seat *v.* to like, choose, or want one thing or person better than another
150. space obs\_\_\_\_\_ry *n.* a building designed and equipped to observe the planets, the stars, the weather, etc.
151. environmental po\_\_\_\_\_on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
152. z\_\_\_m lens *v.* to move along very quickly; (noun) the act of rising upward into the air
153. ad\_\_\_\_\_on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
154. ca\_\_\_n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

ANSWERS: 145. visual, 146. shadow, 147. estimate, 148. gland, 149. prefer, 150. observatory, 151. pollution, 152. zoom, 153. addition, 154. carbon



155. a cu\_\_\_f point *n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something
156. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
157. po\_\_h light *n.* a covered entrance to a building, typically one leading to the front door and extending outwards
158. na\_\_\_\_\_ly regenerated forest *adv.* as might be expected; by natural manners
159. cr\_\_\_\_\_re of habit *n.* a living being, especially an animal
160. en\_\_t the smoking ban *v.* to make a law; to put something into practice
161. vi\_\_\_l navigation *adj.* relating to seeing or sight
162. a southern ex\_\_\_\_\_re *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
163. racial or\_\_\_n *n.* the first existence or beginning of something
164. maintain do\_\_\_\_\_rd compatibility *adj.* moving towards a lower position or a lower level
165. g\_\_w gold in the light *v.* to give out a steady, strong light
166. ho\_\_\_\_\_e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 155. cutoff, 156. environment, 157. porch, 158. naturally, 159. creature, 160. enact, 161. visual, 162. exposure, 163. origin, 164. downward, 165. glow, 166. hormone

167. heavy tr\_\_\_\_c  
*n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
168. a m\_\_o pad  
*n.* a short written message or communication intended for internal use within an organization or company
169. z\_\_m in on a photo  
*v.* to move along very quickly; (noun) the act of rising upward into the air
170. major paradigm sh\_\_t  
*n.* a slight transition in position, direction, or trend
171. de\_\_\_t a bad event  
*v.* to find or recognize something, especially something difficult to see, hear, etc.
172. geographical bo\_\_\_\_ry  
*n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
173. the mouth of the c\_\_e  
*n.* a large hole in the side of a hill, cliff, mountain, or under the ground
174. im\_\_\_\_er behavior  
*adj.* not following established conventions or norms for appropriate behavior, manners, or conduct; inappropriate or unsuitable for a particular situation or context
175. de\_\_\_\_\_re from tradition  
*n.* the act of leaving, especially to start a journey
176. media bl\_\_\_\_ut  
*n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness

ANSWERS: 167. traffic, 168. memo, 169. zoom, 170. shift, 171. detect, 172. boundary, 173. cave, 174. improper, 175. departure, 176. blackout

177. a res\_\_\_\_\_al district      *adj.* relating to, suitable for, or used for living in
178. mea\_\_\_\_\_rk conservation      *n.* a type of bird found in North America, known for its distinctively beautiful and melodic song
179. co\_\_\_\_\_al swimming pool      *adj.* belonging to or used by a group rather than individuals; for common use
180. em\_\_\_\_y a new method      *v.* to give somebody a job and pay them for it; to make use of
181. downtown sk\_\_\_\_\_e      *n.* the outline of buildings and other structures against the sky, especially when viewed from a distance
182. or\_\_\_\_n of information      *n.* the first existence or beginning of something
183. ant\_\_\_\_\_nt behavior      *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
184. the bo\_\_\_\_\_ry between reality and fantasy      *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
185. ob\_\_\_\_\_y-related diseases      *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
186. the Great Dep\_\_\_\_\_on      *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
187. b\_t an eye      *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

ANSWERS: 177. residential, 178. meadowlark, 179. communal, 180. employ, 181. skyline, 182. origin, 183. antioxidant, 184. boundary, 185. obesity, 186. depression, 187. bat

188. tr\_\_\_\_ss into the country's waters      *v.* to enter someone's private property without permission or legal authority; to infringe upon or violate someone's rights, boundaries, or personal space
189. uni\_\_\_\_\_ed misunderstanding      *adj.* not planned or meant
190. an o\_l hooted      *n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call
191. g\_\_w a pale orange      *v.* to give out a steady, strong light
192. jo\_\_\_\_\_l articles      *n.* a newspaper or magazine specialized in a specific topic or profession
193. ou\_\_o the competition      *v.* to do better than someone; to surpass
194. b\_t cave      *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
195. cu\_\_\_w law      *n.* a regulation requiring people to be off the streets and indoors at a specified time, especially at night, typically imposed during a period of emergency or unrest
196. de\_\_\_\_\_re from the company      *n.* the act of leaving, especially to start a journey
197. t\_\_k a baby in the blanket      *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 188. trespass, 189. unintended, 190. owl, 191. glow, 192. journal, 193. outdo, 194. bat, 195. curfew, 196. departure, 197. tuck

198. migratory so\_\_\_\_rd *n.* a bird with a musical call, such as a blackbird or thrush
199. Doppler sh\_\_t *n.* a slight transition in position, direction, or trend
200. pr\_\_\_\_r physics to chemistry *v.* to like, choose, or want one thing or person better than another
201. d\_p a chip in the sauce *v.* to put something into a liquid for a short time and take it out again
202. em\_\_\_\_y job seekers *v.* to give somebody a job and pay them for it; to make use of
203. a light fi\_\_\_\_e *n.* an object firmly installed in place, especially in a household, such as a bath or a toilet
204. deadly pl\_\_\_\_e *n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body
205. dis\_\_\_\_\_rt in the abdomen *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
206. artificial cr\_\_\_\_re *n.* a living being, especially an animal
207. indirect ill\_\_\_\_\_ion *n.* light or source of light; the degree of visibility of your environment
208. the mountain's br\_\_\_\_t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
209. a broad sp\_\_\_\_um of opinion *n.* an ordered array of colors into which a light beam can be split

ANSWERS: 198. songbird, 199. shift, 200. prefer, 201. dip, 202. employ, 203. fixture, 204. plague, 205. discomfort, 206. creature, 207. illumination, 208. breast, 209. spectrum

210. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
211. re\_\_\_\_ve factors *adj.* considered and evaluated through comparison with something else
212. get r\_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
213. a me\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
214. su\_\_\_\_e a blizzard *v.* to live or exist despite a dangerous event or period
215. suffer from ob\_\_\_\_y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
216. demonstrate an up\_\_\_\_d trend *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
217. tw\_\_t a wet towel *v.* to bend or turn something into a certain shape
218. the con\_\_\_\_\_on of food *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
219. black-and-white bl\_\_ms *n.* a flower, especially one having showy or colorful parts; the best time of youth
220. co\_\_\_\_t fat into energy *v.* to have a talk with someone; (adjective) reversed in order, relation, or action

ANSWERS: 210. brain, 211. relative, 212. rid, 213. medical, 214. survive, 215. obesity, 216. upward, 217. twist, 218. consumption, 219. bloom, 220. convert

221. expansion of the un\_\_\_\_se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
222. co\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
223. starry ill\_\_\_\_ion *n.* light or source of light; the degree of visibility of your environment
224. ca\_\_\_\_r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
225. temporary me\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
226. gl\_\_e at my opponent *v.* to shine with a bright, harsh, or dazzling light; to stare fiercely or angrily, often with a piercing or threatening gaze; (noun) a strong, bright, and often harsh or uncomfortable light that can be blinding or difficult to look at directly
227. en\_\_t new legislation *v.* to make a law; to put something into practice
228. pr\_\_\_\_e dogs *n.* a large open grassland or meadow, typically in North America
229. t\_\_k into another cigarette *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 221. universe, 222. confuse, 223. illumination, 224. cancer, 225. medical, 226. glare, 227. enact, 228. prairie, 229. tuck

230. d_m memory	<i>adj.</i> poorly lit; not bright
231. be___g to different species	<i>v.</i> to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
232. in____t desires	<i>v.</i> to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
233. memory bl____ut	<i>n.</i> a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness
234. ill_____te my understanding	<i>v.</i> to light something or to make something lighter or brighter; to make something free from confusion or ambiguity
235. Al_____er's brain	<i>n.</i> a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
236. re_____it applications	<i>v.</i> to put a new component or accessory into a machine that did not initially have it when manufactured
237. d_p a pen in ink	<i>v.</i> to put something into a liquid for a short time and take it out again
238. Al_____er's risk factors	<i>n.</i> a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

ANSWERS: 230. dim, 231. belong, 232. inhibit, 233. blackout, 234. illuminate, 235. Alzheimer, 236. retrofit, 237. dip, 238. Alzheimer



239. mo\_\_\_n poetry *adj.* of or belonging to the present time or recent times
240. the root problem of her dep\_\_\_\_\_on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
241. in\_\_\_\_\_t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
242. c\_\_t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
243. co\_\_\_\_\_t base 10 to base 16 *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
244. m\_\_o content *n.* a short written message or communication intended for internal use within an organization or company
245. h\_\_t of trouble *n.* an indirect suggestion; a slight but appreciable amount of something
246. co\_\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
247. at\_\_\_\_\_t customers *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
248. take ex\_\_\_\_\_ve care *adj.* greater than what seems necessary, normal, or desirable

ANSWERS: 239. modern, 240. depression, 241. inhibit, 242. cast, 243. convert, 244. memo, 245. hint, 246. communal, 247. attract, 248. excessive

249. ov\_\_\_\_\_ht success

*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

250. su\_\_\_\_\_e beforehand

*v.* to think that something is likely to be actual or possible

251. infrared sp\_\_\_\_\_um

*n.* an ordered array of colors into which a light beam can be split

252. the h\_es of a rainbow

*n.* the quality of a color as determined by its dominant wavelength

ANSWERS: 249. overnight, 250. suppose, 251. spectrum, 252. hue

## Session 3: Fill in the Blanks

1. He \_\_\_\_\_ pieces of rope out of straw.  
*v.* to bend or turn something into a certain shape
2. The \_\_\_\_\_ fireworks display was the highlight of the festival.  
*adj.* striking or impressive to look at or in performance or achievement
3. Driving is difficult for me because of my poor \_\_\_\_\_.  
*n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
4. The farmer owns a large \_\_\_\_\_ of land where he grows corn and soybeans.  
*n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
5. The early morning dew on the \_\_\_\_\_ made the grass glisten like diamonds.  
*n.* a large open grassland or meadow, typically in North America
6. Every human is responsible for taking care of the Earth's \_\_\_\_\_.  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
7. DNA is stored in the \_\_\_\_\_ of a cell.  
*n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
8. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.  
*n.* a single person or thing, as distinct from a group

ANSWERS: 1. twisted, 2. spectacular, 3. vision, 4. tract, 5. prairie, 6. environment, 7. nucleus, 8. individual,

9. X-rays revealed a small tumor in his \_\_\_\_\_.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
10. There are various hypotheses concerning the \_\_\_\_\_ of life.
- n.* the first existence or beginning of something
11. We have finally lost our last \_\_\_\_\_.
- n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
12. The \_\_\_ light made it difficult to read the book.
- adj.* poorly lit; not bright
13. He felt no \_\_\_\_\_ as the dentist drilled his deadened tooth.
- n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
14. A \_\_\_\_\_ supplement can help regulate sleep-wake cycles in people with insomnia.
- n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
15. He grilled the \_\_\_\_\_ meat of a chicken.
- n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
16. In our country, water \_\_\_\_\_ usually decreases during the winter.
- n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials

ANSWERS: 9. brain, 10. origin, 11. prop, 12. dim, 13. discomfort, 14. melatonin, 15. breast, 16. consumption

17. It would be best if you did not demand such an \_\_\_\_\_ charge.  
*adj.* greater than what seems necessary, normal, or desirable
18. Excessive parental interference may \_\_\_\_\_ children's eagerness to learn.  
*v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
19. We must \_\_\_\_ ourselves of pollution.  
*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
20. This year's \_\_\_\_\_ gathering will be held in Canada.  
*adj.* important and large in size, scope, or extent
21. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.  
*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
22. The cave was a habitat for \_\_\_\_\_.  
*n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
23. The prevalence of \_\_\_\_\_ has increased significantly in recent years.  
*n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
24. Excessive human interference in the global environment may bring \_\_\_\_\_ consequences.  
*adj.* not planned or meant

ANSWERS: 17. excessive, 18. inhibit, 19. rid, 20. grand, 21. Depression, 22. bats, 23. obesity, 24. unintended

25. Federal law protects the majority of \_\_\_\_\_.
- n.* a bird with a musical call, such as a blackbird or thrush
26. The government \_\_\_\_\_ this law in 1925.
- v.* to make a law; to put something into practice
27. He wedged a knife into the \_\_\_\_\_
- n.* a long narrow depression or opening in a surface of rock or wall
28. The nationwide \_\_\_\_\_ caused widespread power outages and disrupted daily life.
- n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness
29. The city imposed a \_\_\_\_\_ to reduce crime and keep citizens safe.
- n.* a regulation requiring people to be off the streets and indoors at a specified time, especially at night, typically imposed during a period of emergency or unrest
30. The \_\_\_\_\_ of the city was dotted with tall buildings.
- n.* the outline of buildings and other structures against the sky, especially when viewed from a distance
31. These birds can only \_\_\_\_\_ in temperate climates.
- v.* to live or exist despite a dangerous event or period
32. The \_\_\_\_\_ of tectonic plates can result in new mountain ranges, such as the Himalayas or the Alps.
- n.* an instance of two or more objects or entities crashing into each other, usually resulting in damage, impact, or conflict

ANSWERS: 25. songbirds, 26. enacted, 27. crevice, 28. blackout, 29. curfew, 30. skyline, 31. survive, 32. collision

33. All the books in this section \_\_\_\_\_ to the library's rare collection and must be handled carefully.
- v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
34. My grandmother has \_\_\_\_\_ disease requires special care and attention from her caregivers.
- n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
35. During the surgery, the doctor had to be extremely cautious not to \_\_\_\_\_ a blood vessel.
- v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
36. He \_\_\_\_\_ when he heard that he had been accepted into the university.
- v. to turn over into a different position quickly; to throw or toss with a light motion
37. The stock market has been in a \_\_\_\_\_ trend for the past month.
- adj. moving towards a lower position or a lower level
38. This device displayed the speech \_\_\_\_\_ spectrographically.
- n. an ordered array of colors into which a light beam can be split
39. The designer's \_\_\_\_\_ was to create a minimalist aesthetic for the interior of the building.
- n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 33. belong, 34. Alzheimer's, 35. damage, 36. flipped, 37. downward, 38. spectrum, 39. intent

40. Most countries prohibit sexual activity between certain close \_\_\_\_\_.

*adj.* considered and evaluated through comparison with something else

41. The bird \_\_\_\_\_ on the branch, watching the world below.

*v.* to sit, stand, or rest on something, particularly a narrow or elevated surface; to position oneself confidently or dominantly; to place something in a high or elevated position; (noun) a branch or other elevated place where a bird can rest or roost

42. We cannot \_\_\_\_\_ her as President.

*v.* to imagine or expect what a situation will be like in the future

43. The company adjusted the revenue \_\_\_\_\_.

*adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

44. The government is eager to \_\_\_\_\_ international investment.

*v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones

45. He was reluctant to leave his comfort \_\_\_\_\_ and try something new.

*n.* a specific area, region, or section that is marked off or defined in some way

46. The building makes a remarkable \_\_\_\_\_ impact.

*adj.* relating to seeing or sight

47. I stayed up until \_\_\_\_\_ watching my favorite movie.

*n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day

ANSWERS: 40. relatives, 41. perched, 42. envision, 43. upward, 44. attract, 45. zone, 46. visual, 47. midnight



48. We like to \_\_\_\_\_ on clear summer nights and try to identify as many constellations as we can.

*v.* to gaze at the stars, especially at night; to daydream or fantasize:

49. A \_\_\_\_\_ of grapes hung from the vine.

*n.* a group of similar things or people close together, often forming a distinct mass or unit

50. The \_\_\_\_\_ team worked quickly to save the patient's life.

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

51. You should \_\_\_\_\_ your shirt into your trousers.

*v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

52. Breast \_\_\_\_\_ is the most common type of cancer in women.

*n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

53. Please \_\_\_\_\_ up a bucketful of water from the well.

*v.* to put something into a liquid for a short time and take it out again

54. The patient suffered complications due to \_\_\_\_\_ dosage of medication

*adj.* not following established conventions or norms for appropriate behavior, manners, or conduct; inappropriate or unsuitable for a particular situation or context

55. The phone rang at the most \_\_\_\_\_ time.

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 48. stargaze, 49. cluster, 50. medical, 51. tuck, 52. cancer, 53. dip, 54. improper, 55. opportune

56. I received a \_\_\_\_\_ from the CEO outlining the new company policies.  
*n.* a short written message or communication intended for internal use within an organization or company
57. The \_\_\_\_\_ of Japan is known for its unique culture and advanced technology.  
*n.* a large organized community of people living in a particular country or region and having a particular culture
58. Cities around the world set records for highest \_\_\_\_\_ this summer.  
*n.* the degree of hotness or coldness of a thing or place
59. The skylight will give adequate \_\_\_\_\_ from above.  
*n.* light or source of light; the degree of visibility of your environment
60. There are five distinct \_\_\_\_\_ at five unique wavelengths.  
*n.* the act of production or sending out gas, heat, light, etc.
61. Their headquarters are in a \_\_\_\_\_ skyscraper.  
*adj.* of or belonging to the present time or recent times
62. The \_\_\_\_\_ package delivery arrived at my door this morning.  
*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
63. I heard the beautiful song of a \_\_\_\_\_ perched on a nearby branch.  
*n.* a type of bird found in North America, known for its distinctively beautiful and melodic song
64. \_\_\_\_\_ elections were held in several European countries.  
*adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 56. memo, 57. nation, 58. temperatures, 59. illumination, 60. emissions, 61. modern, 62. overnight, 63. meadowlark, 64. Communal

65. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.

- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

66. He decided to take a walk \_\_\_\_\_ area to explore the city.

- adv.* in or towards the central area of a town or city

67. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.

- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

68. The accident made his vision \_\_\_\_\_.

- v.* to damage something or make it weaker or worse

69. Fruits and vegetables are good sources of \_\_\_\_\_.

- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

70. The \_\_\_\_\_ appearance of the building was impressive, but the inside was in dire need of repairs.

- adj.* relating to the external appearance or surface of something; visible

71. The cherry blossoms in the park were in full \_\_\_\_\_.

- n.* a flower, especially one having showy or colorful parts; the best time of youth

72. He was \_\_\_\_\_ gifted.

- adv.* as might be expected; by natural manners

ANSWERS: 65. decide, 66. downtown, 67. statistics, 68. impaired, 69. antioxidants, 70. outward, 71. bloom, 72. naturally

73. What do you \_\_\_\_\_ the culprit's motive was?

- v. to think that something is likely to be actual or possible

74. The long \_\_\_\_\_ to the air tarnished the antique tableware.

- n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

75. He tried to \_\_\_\_\_ his rival by breaking the world record.

- v. to do better than someone; to surpass

76. The \_\_\_\_\_ date for submitting applications was fast approaching.

- n. a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something

77. The birds \_\_\_\_\_ open water areas with reeds around them.

- v. to like, choose, or want one thing or person better than another

78. He \_\_\_\_\_ back in time to the soccer game.

- v. to move along very quickly; (noun) the act of rising upward into the air

79. The sun was setting, and the sky \_\_\_\_\_ with beautiful colors.

- v. to give out a steady, strong light

80. His membership in the \_\_\_\_\_ provided him with numerous benefits.

- n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

81. A \_\_\_\_\_ may involve putting in new door jambs.

- v. to put a new component or accessory into a machine that did not initially have it when manufactured

ANSWERS: 73. suppose, 74. exposure, 75. outdo, 76. cutoff, 77. prefer, 78. zoomed, 79. glowed, 80. association, 81. retrofit

82. Bats reside in sheltered \_\_\_\_\_.

*n.* a large hole in the side of a hill, cliff, mountain, or under the ground

83. He has become a \_\_\_\_\_ of that restaurant.

*n.* an object firmly installed in place, especially in a household, such as a bath or a toilet

84. The city's \_\_\_\_\_ area is known for its quiet streets and beautiful homes.

*adj.* relating to, suitable for, or used for living in

85. The \_\_\_\_\_ time for the flight is 6:00 am.

*n.* the act of leaving, especially to start a journey

86. The snowy \_\_\_\_ is a large, white bird often seen in the Arctic.

*n.* a nocturnal bird of prey with large eyes, a facial disc, and typically a loud hooting call

87. Eyeless fish \_\_\_\_\_ in dark caves.

*v.* to develop gradually, or to cause the development of something or someone gradually

88. We decided to take a detour to avoid the construction \_\_\_\_\_ on the main road.

*n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

89. This pie \_\_\_\_\_ represents our market share.

*n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

ANSWERS: 82. caves, 83. fixture, 84. residential, 85. departure, 86. owl, 87. evolved, 88. traffic, 89. chart

90. The researchers try to discover a common \_\_\_\_\_ in all types of successful organizations.  
*n.* one of several parts that combines with others to form something bigger
91. Trees absorb \_\_\_\_\_ dioxide and give off oxygen.  
*n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
92. The \_\_\_\_\_ laptop was easy to carry around and perfect for travel.  
*adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
93. The government established by the coup was more \_\_\_\_\_ than before.  
*adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
94. The security camera has \_\_\_\_\_ four intruders.  
*v.* to find or recognize something, especially something difficult to see, hear, etc.
95. Could you help me \_\_\_\_\_ some furniture?  
*n.* a slight transition in position, direction, or trend
96. The old rocking chair on the \_\_\_\_\_ creaked as he sat down to read his book.  
*n.* a covered entrance to a building, typically one leading to the front door and extending outwards
97. He wandered the \_\_\_\_\_ between life and death by gunfire.  
*n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places

ANSWERS: 90. component, 91. carbon, 92. slim, 93. radical, 94. detected, 95. shift, 96. porch, 97. boundary

98. To achieve a warmer \_\_\_\_\_ add orange paint.

*n.* the quality of a color as determined by its dominant wavelength

99. The \_\_\_\_\_ vines can climb up to 15 feet tall.

*n.* a type of flowering plant that typically blooms at night or in the early morning and is known for its fragrant scent and large, showy blooms

100. The adrenal \_\_\_\_\_ produce steroids.

*n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

101. Her remarks \_\_\_\_\_ the debate.

*v.* to mistake one thing for another; to make somebody hard to understand

102. In \_\_\_\_\_ private corporations provide healthcare services.

*n.* the act or process of adding something to something else; the process of adding numbers

103. This accident \_\_\_\_\_ a dark shadow over their lives.

*v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

104. The \_\_\_\_\_ of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

*n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems

105. I want to \_\_\_\_\_ my sadness into strength.

*v.* to have a talk with someone; (adjective) reversed in order, relation, or action

ANSWERS: 98. hue, 99. moonflower, 100. glands, 101. confused, 102. addition, 103. cast, 104. epidemiology, 105. convert

106. The doctor diagnosed me with a \_\_\_\_\_ disorder.

- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

107. The \_\_\_\_\_ is endangering the local plants and animals.

- n.* the introduction of harmful substances or waste into the natural environment that causes adverse change

108. That astronomical \_\_\_\_\_ stands at the top of the mountain.

- n.* a building designed and equipped to observe the planets, the stars, the weather, etc.

109. He used a fishing \_\_\_\_ to catch the biggest fish of the day.

- n.* a long, thin, straight piece of wood, metal, or other material used for support, as a weapon, or for punishment

110. The physician is reading the \_\_\_\_\_ related to medicine

- n.* a newspaper or magazine specialized in a specific topic or profession

111. That biologist \_\_\_\_\_ the mechanism of heredity.

- v.* to light something or to make something lighter or brighter; to make something free from confusion or ambiguity

112. The sun \_\_\_\_\_ down on us, making it difficult to see without squinting our eyes.

- v.* to shine with a bright, harsh, or dazzling light; to stare fiercely or angrily, often with a piercing or threatening gaze; (noun) a strong, bright, and often harsh or uncomfortable light that can be blinding or difficult to look at directly

113. The third \_\_\_\_\_ was far more successful.

- n.* an act or effort of trying to do something, especially something difficult

ANSWERS: 106. hormone, 107. pollution, 108. observatory, 109. rod, 110. journals, 111. illuminated, 112. glared, 113. attempt



114. Our farm experienced a \_\_\_\_\_ of locusts this year.

- n.* any epidemic disease with a high death rate; (also called pest) a serious, sometimes fatal, infection spread by rats that causes fever and swellings on the body

115. The \_\_\_\_\_ is about 13.8 billion years old.

- n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

116. The sign warns visitors not to \_\_\_\_\_ on private property.

- v.* to enter someone's private property without permission or legal authority; to infringe upon or violate someone's rights, boundaries, or personal space

117. We \_\_\_\_\_ the season's total trade deficit at \$50 billion.

- v.* to guess or calculate the cost, size, value, etc. of something

118. He threw away the \_\_\_\_\_ items in his closet.

- adj.* not wanted or desired

119. The electric \_\_\_\_\_ keeps me warm on cold nights.

- n.* a large piece of soft material used to cover or wrap a person or thing to keep them warm; (adjective) broad in scope or content

120. Lead is an effective \_\_\_\_\_ against X-rays, gamma rays, and other harmful radiation.

- n.* a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves

121. When making arrests, police officers frequently \_\_\_\_\_ excessive force.

- v.* to give somebody a job and pay them for it; to make use of

ANSWERS: 114. plague, 115. universe, 116. trespass, 117. estimated, 118. unwanted, 119. blanket, 120. shield, 121. employ

122. \_\_\_\_\_ animals, such as owls and bats, are active at night.

*adj.* relating to or occurring in the night; active or awake during the night

123. His son had accurately \_\_\_\_\_ the bloom.

*v.* to illustrate someone or something in a photograph

124. The tree cast a \_\_\_\_\_ over the picnic area, providing relief from the sun.

*n.* a dark area or shape cast by an object blocking the passage of light; an area in darkness or shade; a reflected image or copy of something; a person, activity, or influence that follows or accompanies someone or something closely and persistently, often in a secretive or ominous manner

125. The deep sea \_\_\_\_\_ was unlike anything the scientists had ever seen before.

*n.* a living being, especially an animal

126. There was no \_\_\_\_\_ of a problem.

*n.* an indirect suggestion; a slight but appreciable amount of something

ANSWERS: 122. Nocturnal, 123. depicted, 124. shadow, 125. creature, 126. hint