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Ruby Sales: How we can start to heal the pain of

racial division | TED Talk

https://www.ted.com/talks/ruby_sales_how_we_can_

start_to_heal_the_pain_of_racial_division



Advanced Words Only

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Session 1: Word List

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym: immobilize, disable, numb

(1) paralyze a city, (2) paralyze a person

The venom from the snake bite **paralyzed** his arm.

seminary

 an educational institution, typically for the training of candidates for the priesthood or ministry; a school for higher learning

synonym: school, academy, college

(1) theological **seminary**, (2) college **seminary**He enrolled in the **seminary** to study theology and become a minister.

idealist

n. a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity

synonym: dreamer, idealizer, visionary

(1) idealist at heart, (2) an idealist perspective

As a dedicated **idealist**, she always fought for what was right, no matter the cost.

ignite

- v. to set on fire; to cause to start burning
- synonym: light, set fire to, ignite
- (1) ignite a boom, (2) ignite passion

He **ignited** the fireworks with a single spark.

nonviolence

n. the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change

synonym: pacifism, nonresistance, peacekeeping

(1) **nonviolence** movement, (2) **nonviolence** protest Martin Luther King Jr. was a champion of **nonviolence** in the fight for civil rights.

redeem

v. to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation

synonym: rescue, save, recover

(1) **redeem** a coupon, (2) **redeem** a government bond He tried to **redeem** himself by volunteering at the local charity after his mistakes.

stranglehold

 a grip that strangles or suffocates; an excessive grip or control

synonym: grip, tight control, hold

(1) escape their **stranglehold**, (2) information **stranglehold** The monopoly has a **stranglehold** on the market, making it difficult for new businesses to compete.

sharecropper

 a farmer who cultivates a piece of land owned by someone else, usually in exchange for a share of the crops produced

synonym: tenant farmer, cropper, farmer

sharecropper system, (2) sharecropper labor
 Many sharecroppers in the South were impoverished and

trapped in a cycle of debt.

howl

v. to make a prolonged, loud, mournful cry or noise, typically as a signal of distress, pain, or an intense emotion; to express one's strong feelings or emotions in a loud and unrestrained manner; (noun) a long, loud, mournful sound made by a person or an animal, often in response to pain, fear, or sadness

synonym: wail, scream, shriek

(1) howl at the moon, (2) howl of anger

The wolves began to **howl** in the distance as the sunset.

shotgun

 a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot

synonym: scattergun, blunderbuss

(1) a **shotgun** marriage, (2) a 12-gauge **shotgun**The robbers used a **shotgun** to threaten the store clerk.

inhumane

 adj. lacking compassion or mercy towards humans or animals; causing or involving extreme physical or mental pain

synonym: cruel, brutal, barbaric

(1) **inhumane** forms of punishment, (2) **inhumane** living conditions

The conditions at the factory were deemed **inhumane** and caused outrage among the public.

fervent

adj. characterized by intense or passionate emotion or enthusiasm; showing great warmth or devotion

synonym: ardent, passionate, enthusiastic

(1) **fervent** supporter, (2) **fervent** belief

She had a **fervent** desire to pursue her passion and make a difference in the world.

pave

v. to cover something with a hard, flat material such as stones, bricks, or concrete, to make it suitable for travel

or use

synonym: surface, coat, cover

(1) **pave** a new path, (2) **pave** a smoother road They **paved** the courtyard with bricks, giving it a more polished appearance.

seep

v. to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually

synonym: leak, ooze, trickle

(1) **seep** cool and moist air, (2) **seep** into paper

The rain began to **seep** through the roof, causing damage to the walls and floors.

doorway

n. an opening in a wall for a door to fit into

synonym: entrance, portal, gateway

(1) a wide **doorway**, (2) **doorway** to success He leaned against the **doorway**, waiting for her to come home.

blouse

n. a loose-fitting upper garment for women, typically having a collar, buttons, and sleeves

synonym: shirt, top, tunic

(1) a lacy **blouse**, (2) **blouse** with sleeves

She paired her denim jeans with a delicate floral **blouse**.

mire

 a wet, muddy ground or area that is difficult to walk or move through

synonym: swamp, quagmire, bog

(1) stick in the **mire**, (2) **mire** of debt

The project was bogged down in a **mire** of bureaucracy.

quicksand

n. a type of loose sand or soil that behaves like a liquid, capable of trapping and engulfing living beings or objects that become stuck in it; dangerous or difficult situations that can trap or overwhelm people who find themselves in them

synonym:

sinkhole, bog, mire

(1) escaping from **quicksand**, (2) sink in **quicksand**During my hiking trip, I got stuck in **quicksand** and had to be rescued.

volley

 a simultaneous discharge or release of multiple objects, often projectiles like arrows or bullets; a rapid and continuous series of utterances or actions

synonym: salvo, bombardment, barrage

(1) **volley** of conversation, (2) **volley** of insults
The soldiers fired a **volley** of shots at the approaching enemy.

stereotype

- n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense
- avoid stereotype,
 negative stereotypes
 changing stereotypes about LGBTQ requires considerable effort.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym: intrude, raid, overrun

(1) invade other tissues, (2) invade his privacyI have no intention to invade your privacy.

unequal

adj. different in amount, size, degree, or value; not fair synonym: unfair, uneven, imbalanced

(1) **unequal** distribution, (2) **unequal** opportunity

The income inequality in the country is becoming increasingly **unequal**.

betray

v. to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally

synonym: fail, denounce, display

(1) **betray** a friend, (2) **betray** confidence

He felt **betrayed** when his best friend revealed their secret to the enemy.

drown

v. to die or cause to die by being unable to breathe underwater

synonym: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work Floods have the potential to **drown** any subsurface animals easily.

uniformity

 the state or quality of being the same or consistent in form, character, or action; the absence of variation or diversity

synonym: uniformness, consistency, sameness

(1) lack of **uniformity**, (2) strive for **uniformity**The **uniformity** of the products in this brand results from strict quality control measures.

quo

n. the existing state or condition of something, especially in relation to a particular situation or issue

synonym: status, condition, state

(1) status quo politician, (2) quo warranto

The company has been successful in maintaining the status **quo**.

humanize

v. to make something or someone more humane or compassionate; to make something more relatable or understandable to humans

synonym: civilize, personalize

(1) humanize my pet, (2) humanize a room

The charity event aims to **humanize** the homeless rather than treat them as mere statistics.

interlocking

adj. fitting or locking together in a way that makes a continuous and secure whole

synonym: connected, linked, joined

(1) interlocking braid, (2) interlocking mechanism

The **interlocking** puzzle pieces were difficult to separate.

complicit

adj. involved in or responsible for a wrongful or unethical act, often through inaction or silence; in cooperation with another person or group

synonym: compliant, involved, accessory

(1) complicit behavior, (2) complicit in cover-up

The accomplice was **complicit** in the crime committed by her partner.

quagmire

 a soft, muddy area that is difficult to walk or move through; a difficult or complicated situation; a dilemma or predicament

synonym: morass, swamp, bog

(1) sink into a quagmire, (2) quagmire debate

The company found itself in a legal **quagmire**, unable to resolve the issue without causing harm to its reputation.

punitive

adj. relating to or involving punishment or inflicting punishment; aimed at punishing or disciplining

synonym: punishing, retributive, disciplinary

(1) punitive response, (2) punitive damages

His coworkers deemed the **punitive** measures taken against the employee too harsh.

vitriolic

adj. bitter, acidic, or harsh in tone or language; expressing intense and vehement hatred or criticism; pertains to or derived from vitriol (= an archaic name for certain sulfates, initially used to describe sulfuric acid)

synonym: acerbic, caustic, biting

(1) vitriolic assault, (2) vitriolic discussion

Her **vitriolic** remarks caused much tension in the workplace.

oppress

v. to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people

synonym: antagonize, distress, burden

(1) **oppress** the minority, (2) **oppress** the people with force Historically, many countries have often **oppressed** certain religions to gain the support of the majority of the population.

perpetuate

- v. to make something continue or prevail for a long time synonym: eternalize, preserve, maintain
- (1) **perpetuate** a myth, (2) **perpetuate** chronic pain That work **perpetuates** his fame.

indulge

 to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym: pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children

She **indulged** in a warm bath after a long day at work.

bully

 a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) bully bystander, (2) bully the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

degrade

v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

synonym: demean, disgrace, impair

(1) **degrade** his public image, (2) **degrade** environmental quality

You should not **degrade** yourself by allowing them to use you.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

segregate

- v. to separate or set apart from others, often based on race, gender, or some other characteristicsynonym: isolate, separate, divide
- (1) **segregate** by race, (2) **segregate** boys and girls The school board decided to **segregate** students by the ability to meet their needs better.

cannibal

- n. a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practicesynonym: man-eater, anthropophagite
- (1) **cannibal** tribe, (2) habitual **cannibal**The horror movie portrayed a group of **cannibals** who hunted humans in the woods.

Session 2: Spelling

1. sha____per system

2. m__e of debt

3. per te a myth

4. re___m a government bond

5. hu ze my pet

6. escape their str____old

7. h lat the moon

- a farmer who cultivates a piece of land owned by someone else, usually in exchange for a share of the crops produced
- n. a wet, muddy ground or area that is difficult to walk or move through
- v. to make something continue or prevail for a long time
- v. to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation
- v. to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
- a grip that strangles or suffocates; an excessive grip or control
- v. to make a prolonged, loud, mournful cry or noise, typically as a signal of distress, pain, or an intense emotion; to express one's strong feelings or emotions in a loud and unrestrained manner; (noun) a long, loud, mournful sound made by a person or an animal, often in response to pain, fear, or sadness

ANSWERS: 1. sharecropper, 2. mire, 3. perpetuate, 4. redeem, 5. humanize, 6. stranglehold, 7. howl

8.	theological sery	n.	an educational institution, typically for the training of candidates for the priesthood or ministry; a school for higher learning
9.	sp cool and moist air	v.	to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
10.	dee his public image	v.	to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
11.	a 12-gauge shn	n.	a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot
12.	ige passion	<i>v</i> .	to set on fire; to cause to start burning
13.	bey confidence	ν.	to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally
14.	college sery	n.	an educational institution, typically for the training of candidates for the priesthood or ministry; a school for higher learning
15.	nonce protest	n.	the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change

ANSWERS: 8. seminary, 9. seep, 10. degrade, 11. shotgun, 12. ignite, 13. betray, 14. seminary, 15. nonviolence

16. bl e with sleeves a loose-fitting upper garment for n. women, typically having a collar, buttons, and sleeves 17. se____te boys and girls to separate or set apart from others, ν. often based on race, gender, or some other characteristic 18. in____e in debauchery to allow oneself or another person to ν. have or enjoy something, especially something that is considered to be a luxury or treat to die or cause to die by being unable to 19. dr n in a bath ν. breathe underwater 20. in___e other tissues to enter aggressively into another's ν. territory by military force for conquest and occupation 21. de___e environmental quality to make something worse, especially in ν. quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others to cover something with a hard, flat 22. p e a smoother road ν. material such as stones, bricks, or concrete, to make it suitable for travel or use 23. ig e a boom to set on fire; to cause to start burning ν. 24. per____te chronic pain to make something continue or prevail ν. for a long time the existing state or condition of 25. status q o politician n. something, especially in relation to a particular situation or issue

ANSWERS: 16. blouse, 17. segregate, 18. indulge, 19. drown, 20. invade, 21. degrade, 22. pave, 23. ignite, 24. perpetuate, 25. quo

26.	an idst perspective	n.	a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or humanity
27.	shaper labor	n.	a farmer who cultivates a piece of land owned by someone else, usually in exchange for a share of the crops produced
28.	buy bystander	n.	a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
29.	inting braid	adj.	fitting or locking together in a way that makes a continuous and secure whole
30.	a lacy ble	n.	a loose-fitting upper garment for women, typically having a collar, buttons, and sleeves
31.	ine children	v.	to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
32.	a wide doy	n.	an opening in a wall for a door to fit into
33.	doy to success	n.	an opening in a wall for a door to fit into
34.	voy of conversation	n.	a simultaneous discharge or release of multiple objects, often projectiles like arrows or bullets; a rapid and

ANSWERS: 26. idealist, 27. sharecropper, 28. bully, 29. interlocking, 30. blouse, 31. indulge, 32. doorway, 33. doorway, 34. volley

actions

continuous series of utterances or

ANSWERS: 35. oppress, 36. seep, 37. complicit, 38. quicksand, 39. uniformity, 40. unequal, 41. fervent, 42. punitive, 43. paralyze

ν.

43. pa ze a person

inflicting punishment; aimed at

become unable to move or feel

to cause a person or part of the body to

punishing or disciplining

ANSWERS: 44. cannibal, 45. stereotype, 46. howl, 47. paralyze, 48. redeem, 49. inhumane, 50. inhumane

ANSWERS: 51. nonviolence, 52. quo, 53. drown, 54. elevate, 55. bully, 56. pave, 57. vitriolic, 58. complicit

or silence; in cooperation with another

person or group

59.	information str	old	n.	a grip that strangles or suffocates; an excessive grip or control
60.	sink in qund		n.	a type of loose sand or soil that behaves like a liquid, capable of trapping and engulfing living beings or objects that become stuck in it; dangerous or difficult situations that can trap or overwhelm people who find themselves in them
61.	lack of unity		n.	the state or quality of being the same or consistent in form, character, or action; the absence of variation or diversity
62.	ops the people w	rith force	<i>v</i> .	to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
63.	huze a room		<i>v</i> .	to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
64.	unI opportunity		adj.	different in amount, size, degree, or value; not fair
65.	sete by race		<i>v</i> .	to separate or set apart from others, often based on race, gender, or some other characteristic
66.	idst at heart		n.	a person who is guided by ideals or principles rather than practical considerations or reality; a person who seeks to achieve a particular vision or goal for the betterment of society or

ANSWERS: 59. stranglehold, 60. quicksand, 61. uniformity, 62. oppress, 63. humanize, 64. unequal, 65. segregate, 66. idealist

humanity

to reveal or deliver to an enemy by 67. be y a friend ν. treachery or disloyalty; to reveal something unintentionally adj. characterized by intense or passionate 68. fe___t belief emotion or enthusiasm; showing great warmth or devotion 69. qu___re debate a soft, muddy area that is difficult to walk or move through; a difficult or complicated situation; a dilemma or predicament to enter aggressively into another's 70. in e his privacy territory by military force for conquest and occupation adj. relating to or involving punishment or 71. pu ve damages inflicting punishment; aimed at punishing or disciplining a firearm that is designed to be fired 72. a sh___n marriage n. from the shoulder and that typically fires several small metal balls or pellets called shot 73. vo y of insults a simultaneous discharge or release of multiple objects, often projectiles like arrows or bullets; a rapid and continuous series of utterances or actions 74. negative ste____pes a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and

ANSWERS: 67. betray, 68. fervent, 69. quagmire, 70. invade, 71. punitive, 72. shotgun, 73. volley, 74. stereotype

offense

75.	ele a close relationship	ν.	to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
76.	viic discussion	adj.	bitter, acidic, or harsh in tone or language; expressing intense and vehement hatred or criticism; pertains to or derived from vitriol (= an archaic name for certain sulfates, initially used to describe sulfuric acid)
77.	sink into a qure	n.	a soft, muddy area that is difficult to walk or move through; a difficult or complicated situation; a dilemma or predicament
78.	caal tribe	n.	a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice
79.	stick in the me	n.	a wet, muddy ground or area that is difficult to walk or move through
80.	inting mechanism	adj.	fitting or locking together in a way that makes a continuous and secure whole

ANSWERS: 75. elevate, 76. vitriolic, 77. quagmire, 78. cannibal, 79. mire, 80. interlocking

Session 3: Fill in the Blanks

1.	The puzzle pieces were difficult to separate.
adj	fitting or locking together in a way that makes a continuous and secure whole
2.	The of the products in this brand results from strict quality control measures.
n.	the state or quality of being the same or consistent in form, character, or action; the absence of variation or diversity
3.	The horror movie portrayed a group of who hunted humans in the woods.
n.	a person who eats the flesh or internal organs of other human beings, especially as a cultural or ritual practice
4.	The wolves began to in the distance as the sunset.
v.	to make a prolonged, loud, mournful cry or noise, typically as a signal of distress, pain, or an intense emotion; to express one's strong feelings or emotions in a loud and unrestrained manner; (noun) a long, loud, mournful sound made by a person or an animal, often in response to pain, fear, or sadness
5.	The charity event aims to the homeless rather than treat them as mere statistics.
v.	to make something or someone more humane or compassionate; to make something more relatable or understandable to humans
6.	The income inequality in the country is becoming increasingly
adj	different in amount, size, degree, or value; not fair
	SWERS: 1. interlocking, 2. uniformity, 3. cannibals, 4. howl, 5. humanize, 6.

7.	The company has been successful in maintaining the status
n.	the existing state or condition of something, especially in relation to a particular situation or issue
8.	The monopoly has a on the market, making it difficult for new businesses to compete.
n.	a grip that strangles or suffocates; an excessive grip or control
9.	The school board decided to students by the ability to meet their needs better.
<i>v</i> .	to separate or set apart from others, often based on race, gender, or some other characteristic
10.	She in a warm bath after a long day at work.
<i>v</i> .	to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
11.	That work his fame.
<i>v</i> .	to make something continue or prevail for a long time
12.	He felt when his best friend revealed their secret to the enemy.
<i>v</i> .	to reveal or deliver to an enemy by treachery or disloyalty; to reveal something unintentionally
13.	Martin Luther King Jr. was a champion of in the fight for civil rights.
n.	the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change
	SWERS: 7. quo, 8. stranglehold, 9. segregate, 10. indulged, 11. perpetuates, 12. rayed, 13. nonviolence

ANSWERS: 14. mire, 15. invade, 16. shotgun, 17. oppressed, 18. fervent, 19.

Vocab-Builder Ref from "Ruby Sales: How we can start to heal the pain of racial division	TED Talk" (40 words)
paralyzed, 20. degrade, 21. bully	

Vocab-Builder Ref from "Ruby Sales: How we can start to heal the pain of racial division | TED Talk" (40 words)

ANSWERS: 29. blouse, 30. vitriolic, 31. complicit, 32. quagmire, 33. ignited, 34. drown, 35. idealist,

Vocab-Builder Ref from "Ruby Sales: How we can start to heal the pain of racial division | TED Talk" (40 words)