

# Englist.me



## Vocabulary Builder Reference from...

*Minda Dentler: What I learned when I conquered the world's toughest triathlon | TED Talk*

[https://www.ted.com/talks/minda\\_dentler\\_what\\_i\\_learned\\_when\\_i\\_conquered\\_the\\_world\\_s\\_toughest\\_triathlon](https://www.ted.com/talks/minda_dentler_what_i_learned_when_i_conquered_the_world_s_toughest_triathlon)

### Advanced Words Only

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### dehydrated

*adj.* to remove the water or moisture from something by a natural or artificial process

*synonym* : dried, desiccated, parched

(1) **dehydrated** skin, (2) **dehydrated** skimmed milk

I need to drink more water because I'm feeling **dehydrated**.

### emanate

*v.* to emit, send out something; to express a quality or feeling

*synonym* : radiate, exude, give off

(1) **emanate** light, (2) **emanate** happiness

The fragrance of flowers **emanated** from the garden.

### asphalt

*n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen

*synonym* : tar, road surface, blacktop

(1) **asphalt** pavement, (2) **asphalt** driveway

The road crew was laying fresh **asphalt** on the highway.

### grueling

*adj.* extremely tiring or demanding great effort, especially with long duration or intensity

*synonym* : exhausting, draining, demanding

(1) **grueling** process, (2) a **grueling** campaign  
The marathon was a **grueling** test of endurance.

## spectator

*n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it  
*synonym*: onlooker, observer, viewer

(1) mass **spectator** sport, (2) **spectator** seat  
She enjoyed watching the game as a **spectator**.

## sideline

*n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure

*synonym*: sidestep, periphery, (verb) ignore

(1) **sideline** reporter, (2) lucrative **sideline**  
The coach benched the star player after he broke a team rule, leaving him on the **sideline** for the entire game.

## sibling

*n.* a brother or sister; member of a family born to the same parents

*synonym*: brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**  
Children often copy their parents or elder **siblings**.

## intern

*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

*synonym*: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**  
The navy **interned** ships of defeated nations.

## brace

*n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

*synonym*: support, clamp, (verb) strengthen

(1) **brace** for impact, (2) **brace** my energies

She wore a **brace** on her leg to support her injured ankle.

## crutch

*n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility

*synonym*: brace, support, prop

(1) **crutch** support, (2) emotional **crutch**

He walked with the aid of a **crutch** after breaking his leg in a skiing accident.

## handcycle

*n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities

*synonym*: handbike, arm-powered bike

(1) **handcycle** race, (2) **handcycle** marathon

The coach guided proper **handcycle** technique to improve riders' speed and stamina.

## triathlon

*n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race

(1) **triathlon** race, (2) **triathlon** training

The **triathlon** course included challenging hills on the cycling segment.

## fowl

*n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys

*synonym*: poultry, bird, chicken

(1) chicken **fowl**, (2) **fowl** farm

We had roasted **fowl** for dinner, and it was delicious.

## lava

*n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material

*synonym* : molten rock, magma, volcanic rock

(1) **lava** flow, (2) molten **lava**

The volcano's eruption caused a **lava** river to flow down the mountainside.

## desolate

*adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

*synonym* : barren, stark, uninhabited

(1) a **desolate** scene, (2) **desolate** moon

The deserted island was **desolate** and uninhabited.

## 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.

## discotheque

*n.* a nightclub or restaurant where recorded music is played, and people dance

*synonym* : nightclub, dance club, disco

(1) **discotheque** party, (2) **discotheque** scene

He couldn't wait to hit the **discotheque** and dance the night away.

## agon

*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

*synonym* : struggle, conflict, fight

(1) emotional **agon**, (2) an **agon** of creativity

The weightlifting competition brought together athletes from different countries for an international **agon**.

## quitter

*n.* a person who gives up easily or does not have the determination to finish what they have started

*synonym*: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

## embarrass

*v.* to cause someone to feel awkward, worried, or ashamed

*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

## insurmountable

*adj.* impossible to overcome or conquer; too difficult or daunting to overcome

*synonym*: invincible, hopeless, overwhelming

(1) **insurmountable** odds, (2) **insurmountable**

disadvantage

The challenge seemed **insurmountable**, but they overcame it with hard work and determination.

## polio

*n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

*synonym*: poliomyelitis, infantile paralysis

(1) **polio** epidemic, (2) **polio** eradication

The **polio** vaccine development is regarded as one of the greatest medical achievements of the 20th century.

## 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.

## orphanage

*n.* an institution for the care of orphans (= a child whose parents are dead)

*synonym*: home for orphans, children's home, foster home

(1) build an **orphanage**, (2) **orphanage** director

He grew up in a Christian **orphanage** and never knew his biological parents.

## paralysis

*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

*synonym*: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg

Massive demonstrations lead to total **paralysis** of transportation.

## 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.

## pier

*n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area

*synonym*: jetty, wharf, dock

(1) **pier** fishing, (2) a landing **pier**

Families gathered on the head of a **pier** to watch the sunset and catch a glimpse of the dolphins swimming in the bay.

## cannon

*n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting

*synonym*: artillery, gun, ordnance

(1) **cannon** salute, (2) **cannon** ball

The heavy **cannon** fired a loud shot that echoed across the battlefield.

## shoreline

*n.* a line that separates land and sea

(1) **shoreline** erosion, (2) coral-reef **shoreline**

Flooding occurs along the city's **shoreline** due to the storm surge.

## stun

*v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

*synonym*: shock, amaze, astound

(1) **stun** fish, (2) **stun** an audience

This sprinter **stunned** the world with his speed.

## enormity

*n.* the quality of being extremely evil or wicked; the vastness of size or extent

*synonym*: horribleness, seriousness, immensity

(1) grasp the **enormity**, (2) the **enormity** of the task

The **enormity** of the financial fraud was uncovered after years of investigation.

## jeopardy

*n.* the state of being in danger or at risk of harm or loss

*synonym*: danger, risk, peril

(1) put his life in **jeopardy**, (2) tax in **jeopardy**

The project is in **jeopardy** of being canceled due to a lack of funding.

## sizable

*adj.* large in size or amount

*synonym*: large, significant, considerable

(1) **sizable** portion, (2) **sizable** audience

He has a **sizable** fortune and is one of the wealthiest people in the city.

## crank

*n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person

*synonym*: eccentric, oddball, kook

(1) **crank** handle, (2) **crank** caller

The fishing reel had a **crank** that made it easy to reel in the catch.

## loudspeaker

*n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas

*synonym*: speaker, loudhailer, megaphone

(1) wireless **loudspeaker**, (2) **loudspeaker** system

The teacher spoke through the **loudspeaker** so that every student could hear the announcement.

## excite

*v.* to make someone feel suddenly enthusiastic or eager

*synonym*: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

## roar

*v.* to make a loud, deep sound, like a lion or a car engine

*synonym*: bellow, yell, shout

(1) **roar** with laughter, (2) **roar** for more

The lion **roared** loudly, signaling its dominance over the other animals.

## orphan

*n.* a child whose parents are dead or have abandoned them

*synonym*: waif, stray, fatherless child

(1) **orphan** care, (2) asylum for **orphan** children

The little girl was a war **orphan** and lived in a group home.

## conquer

*v.* to bring under control by force or authority

*synonym*: defeat, overpower, subdue

(1) **conquer** fatal disease, (2) **conquer** the world

You must **conquer** your anxiety about driving.

## afflict

*v.* to cause pain, suffering, or distress to someone or something

*synonym*: trouble, distress, bother



(1) **afflict** with the plague, (2) **afflict** the economy  
The disease can **afflict** both humans and animals.

## endemic

*adj.* (of a disease or other problem) regularly found among particular people or in a certain area

*synonym*: prevalent, widespread, native

(1) **endemic** disease, (2) cholera- **endemic** area

Malaria is **endemic** in many tropical countries.

## immunization

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

*synonym*: vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**

Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

## eradicate

*v.* to get rid of or destroy something completely, especially something bad

*synonym*: destroy, eliminate, exterminate

(1) **eradicate** the deficit, (2) **eradicate** racial discrimination

We are trying to **eradicate** this disease from the world.

## scoot

*v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device

*synonym*: glide, slide, scurry

(1) **scoot** out of my room, (2) **scoot** over

I have to **scoot** over to the next desk because there's not enough room for me to sit comfortably.

## crippling

*adj.* causing someone to become unable to walk or move; causing severe damage or harm

*synonym*: harmful, damaging, catastrophic

(1) **crippling** debt, (2) a **crippling** strike

He is still struggling with a **crippling** disease.

## Session 2: Spelling

- |                             |  |
|-----------------------------|--|
| 1. br__e for impact         | <i>n.</i> a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast |
| 2. af____t the economy      | <i>v.</i> to cause pain, suffering, or distress to someone or something  |
| 3. dis_____ue party         | <i>n.</i> a nightclub or restaurant where recorded music is played, and people dance   |
| 4. r__r for more            | <i>v.</i> to make a loud, deep sound, like a lion or a car engine  |
| 5. serial qu____r           | <i>n.</i> a person who gives up easily or does not have the determination to finish what they have started   |
| 6. build an or_____ge       | <i>n.</i> an institution for the care of orphans (= a child whose parents are dead)  |
| 7. ins_____ble disadvantage | <i>adj.</i> impossible to overcome or conquer; too difficult or daunting to overcome   |
| 8. r__r with laughter       | <i>v.</i> to make a loud, deep sound, like a lion or a car engine  |
| 9. em_____ss my project     | <i>v.</i> to cause someone to feel awkward, worried, or ashamed  |
| 10. en____c disease         | <i>adj.</i> (of a disease or other problem) regularly found among particular people or in a certain area   |

ANSWERS: 1. brace, 2. afflict, 3. discotheque, 4. roar, 5. quitter, 6. orphanage, 7. insurmountable, 8. roar, 9. embarrass, 10. endemic

11. a landing p\_\_r *n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area
12. cr\_\_k handle *n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
13. si\_\_\_\_\_ne reporter *n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure
14. af\_\_\_\_\_t with the plague *v.* to cause pain, suffering, or distress to someone or something
15. as\_\_\_\_\_t pavement *n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen
16. ca\_\_\_\_\_n salute *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
17. coral-reef sh\_\_\_\_\_ne *n.* a line that separates land and sea
18. si\_\_\_\_\_e audience *adj.* large in size or amount
19. cr\_\_\_h support *n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility

ANSWERS: 11. pier, 12. crank, 13. sideline, 14. afflict, 15. asphalt, 16. cannon, 17. shoreline, 18. sizable, 19. crutch

20. sc\_\_t out of my room      *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
21. s\_\_n fish      *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
22. cu\_\_\_f frequency      *n.* a point or level beyond which something will not be tolerated or allowed; the act of stopping or interrupting the supply of something
23. lucrative si\_\_\_\_ne      *n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure
24. si\_\_\_\_e portion      *adj.* large in size or amount
25. emotional cr\_\_\_h      *n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility
26. pa\_\_\_\_\_is in the leg      *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
27. cholera-en\_\_\_\_c area      *adj.* (of a disease or other problem) regularly found among particular people or in a certain area

ANSWERS: 20. scoot, 21. stun, 22. cutoff, 23. sideline, 24. sizable, 25. crutch, 26. paralysis, 27. endemic

28. the en\_\_\_\_ty of the task  
*n.* the quality of being extremely evil or wicked; the vastness of size or extent
29. po\_\_o eradication  
*n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
30. in\_\_\_n civilians  
*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
31. medical in\_\_\_n  
*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
32. sh\_\_\_\_\_ne erosion  
*n.* a line that separates land and sea
33. co\_\_\_\_\_r the world  
*v.* to bring under control by force or authority
34. grasp the en\_\_\_\_ty  
*n.* the quality of being extremely evil or wicked; the vastness of size or extent
35. f\_\_l farm  
*n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys
36. op\_\_\_\_\_ne occasion  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 28. enormity, 29. polio, 30. intern, 31. intern, 32. shoreline, 33. conquer, 34. enormity, 35. fowl, 36. opportune

37. em\_\_\_\_e light *v.* to emit, send out something; to express a quality or feeling
38. de\_\_\_\_te moon *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness
39. emotional a\_\_n *n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others
40. chicken f\_\_l *n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys
41. play with my si\_\_\_\_gs *n.* a brother or sister; member of a family born to the same parents
42. sc\_\_t over *v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device
43. co\_\_\_\_r fatal disease *v.* to bring under control by force or authority
44. ex\_\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
45. pa\_\_\_\_ze a person *v.* to cause a person or part of the body to become unable to move or feel
46. a gr\_\_\_\_ng campaign *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
47. mass sp\_\_\_\_or sport *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
48. an op\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 37. emanate, 38. desolate, 39. agon, 40. fowl, 41. sibling, 42. scoot, 43. conquer, 44. excite, 45. paralyze, 46. grueling, 47. spectator, 48. opportune

49. molten l\_\_a *n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material
50. ca\_\_\_n ball *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
51. er\_\_\_\_\_te racial discrimination *v.* to get rid of or destroy something completely, especially something bad
52. em\_\_\_\_\_ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
53. have a si\_\_\_\_\_g quarrel *n.* a brother or sister; member of a family born to the same parents
54. or\_\_\_n care *n.* a child whose parents are dead or have abandoned them
55. a cr\_\_\_\_\_ng strike *adj.* causing someone to become unable to walk or move; causing severe damage or harm
56. moral pa\_\_\_\_\_is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
57. wireless lou\_\_\_\_\_er *n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas
58. dis\_\_\_\_\_ue scene *n.* a nightclub or restaurant where recorded music is played, and people dance
59. deh\_\_\_\_\_ed skin *adj.* to remove the water or moisture from something by a natural or artificial process

ANSWERS: 49. lava, 50. cannon, 51. eradicate, 52. embarrass, 53. sibling, 54. orphan, 55. crippling, 56. paralysis, 57. loudspeaker, 58. discotheque, 59. dehydrated

60. ins\_\_\_\_\_ble odds *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
61. ha\_\_\_\_\_le race *n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities
62. tr\_\_\_\_\_on race *n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
63. sp\_\_\_\_\_or seat *n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
64. gr\_\_\_\_\_ng process *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
65. br\_\_e my energies *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
66. deh\_\_\_\_\_ed skimmed milk *adj.* to remove the water or moisture from something by a natural or artificial process
67. put his life in je\_\_\_\_\_dy *n.* the state of being in danger or at risk of harm or loss
68. em\_\_\_\_\_e happiness *v.* to emit, send out something; to express a quality or feeling

ANSWERS: 60. insurmountable, 61. handcycle, 62. triathlon, 63. spectator, 64. grueling, 65. brace, 66. dehydrated, 67. jeopardy, 68. emanate



69. pa\_\_\_\_\_ze a city                      *v.* to cause a person or part of the body to become unable to move or feel
70. l\_\_a flow                                      *n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material
71. lou\_\_\_\_\_er system                      *n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas
72. ha\_\_\_\_\_le marathon                      *n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities
73. childhood imm\_\_\_\_\_ion                      *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
74. or\_\_\_\_\_ge director                      *n.* an institution for the care of orphans (= a child whose parents are dead)
75. cr\_\_\_\_\_ng debt                              *adj.* causing someone to become unable to walk or move; causing severe damage or harm
76. ex\_\_\_e the crowd                              *v.* to make someone feel suddenly enthusiastic or eager
77. er\_\_\_\_\_te the deficit                      *v.* to get rid of or destroy something completely, especially something bad
78. a de\_\_\_\_\_te scene                              *adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

ANSWERS: 69. paralyze, 70. lava, 71. loudspeaker, 72. handcycle, 73. immunization, 74. orphanage, 75. crippling, 76. excite, 77. eradicate, 78. desolate

79. tax in je\_\_\_\_dy      *n.* the state of being in danger or at risk of harm or loss
80. s\_\_n an audience      *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
81. p\_\_r fishing      *n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area
82. easy qu\_\_\_\_r      *n.* a person who gives up easily or does not have the determination to finish what they have started
83. asylum for or\_\_\_\_n children      *n.* a child whose parents are dead or have abandoned them
84. cr\_\_k caller      *n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person
85. as\_\_\_\_t driveway      *n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen
86. tr\_\_\_\_on training      *n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
87. po\_\_o epidemic      *n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

ANSWERS: 79. jeopardy, 80. stun, 81. pier, 82. quitter, 83. orphan, 84. crank, 85. asphalt, 86. triathlon, 87. polio

88. imm\_\_\_\_\_ion program

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

89. an a\_\_n of creativity

*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

90. 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

ANSWERS: 88. immunization, 89. agon, 90. cutoff

## Session 3: Fill in the Blanks

1. She wore a \_\_\_\_\_ on her leg to support her injured ankle.  
*n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
  
2. The \_\_\_\_\_ vaccine development is regarded as one of the greatest medical achievements of the 20th century.  
*n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
  
3. The marathon was a \_\_\_\_\_ test of endurance.  
*adj.* extremely tiring or demanding great effort, especially with long duration or intensity
  
4. He has a \_\_\_\_\_ fortune and is one of the wealthiest people in the city.  
*adj.* large in size or amount
  
5. The heavy \_\_\_\_\_ fired a loud shot that echoed across the battlefield.  
*n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
  
6. The coach guided proper \_\_\_\_\_ technique to improve riders' speed and stamina.  
*n.* a bicycle-like vehicle that is powered by hand-cranking instead of pedaling, often used by people with lower-body disabilities
  
7. 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

ANSWERS: 1. brace, 2. polio, 3. grueling, 4. sizable, 5. cannon, 6. handcycle, 7. cutoff

8. She enjoyed watching the game as a \_\_\_\_\_.
- n.* someone present at an event, such as a sports game, play, or concert, to watch or observe it
9. He walked with the aid of a \_\_\_\_\_ after breaking his leg in a skiing accident.
- n.* a device used to provide support or stability to a person with limited mobility or strength, such as a cane, walker, or pair of crutches; anything that is relied upon excessively or used as a way of avoiding difficulty or responsibility
10. I need to drink more water because I'm feeling \_\_\_\_\_.
- adj.* to remove the water or moisture from something by a natural or artificial process
11. He was labeled as a \_\_\_\_\_ after he abandoned the project halfway.
- n.* a person who gives up easily or does not have the determination to finish what they have started
12. The \_\_\_\_\_ course included challenging hills on the cycling segment.
- n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
13. The project is in \_\_\_\_\_ of being canceled due to a lack of funding.
- n.* the state of being in danger or at risk of harm or loss
14. Families gathered on the head of a \_\_\_\_\_ to watch the sunset and catch a glimpse of the dolphins swimming in the bay.
- n.* a structure built on posts extending from land out into a body of water used as a landing place for boats or as a recreational area

ANSWERS: 8. spectator, 9. crutch, 10. dehydrated, 11. quitter, 12. triathlon, 13. jeopardy, 14. pier

15. The challenge seemed \_\_\_\_\_ but they overcame it with hard work and determination.

*adj.* impossible to overcome or conquer; too difficult or daunting to overcome

16. The volcano's eruption caused a \_\_\_\_\_ river to flow down the mountainside.

*n.* molten rock that has been extruded from a volcano and solidified; a highly fluid, highly heated substance or material

17. Flooding occurs along the city's \_\_\_\_\_ due to the storm surge.

*n.* a line that separates land and sea

18. We had roasted \_\_\_\_\_ for dinner, and it was delicious.

*n.* birds that are kept for their meat or eggs, particularly domesticated birds, including chickens, ducks, and turkeys

19. The little girl was a war \_\_\_\_\_ and lived in a group home.

*n.* a child whose parents are dead or have abandoned them

20. The teacher spoke through the \_\_\_\_\_ so that every student could hear the announcement.

*n.* an electronic device that amplifies sound, typically used to address a large audience or to play music or other audio content in public areas

21. Malaria is \_\_\_\_\_ in many tropical countries.

*adj.* (of a disease or other problem) regularly found among particular people or in a certain area

22. The navy \_\_\_\_\_ ships of defeated nations.

*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 15. insurmountable, 16. lava, 17. shoreline, 18. fowl, 19. orphan, 20. loudspeaker, 21. endemic, 22. interned

23. We are trying to \_\_\_\_\_ this disease from the world.

*v.* to get rid of or destroy something completely, especially something bad

24. The news of her promotion \_\_\_\_\_ her.

*v.* to make someone feel suddenly enthusiastic or eager

25. I have to \_\_\_\_\_ over to the next desk because there's not enough room for me to sit comfortably.

*v.* to move or glide along quickly and smoothly on a surface, especially on a scooter or similar device

26. The weightlifting competition brought together athletes from different countries for an international \_\_\_\_\_.

*n.* a contest or competition, typically one in which participants exert themselves physically or mentally to achieve victory or surpass others

27. The \_\_\_\_\_ of the financial fraud was uncovered after years of investigation.

*n.* the quality of being extremely evil or wicked; the vastness of size or extent

28. Due to the success of \_\_\_\_\_ programs, certain diseases, such as smallpox, have been eradicated.

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

29. The fishing reel had a \_\_\_\_\_ that made it easy to reel in the catch.

*n.* a mechanical device that converts rotary motion into linear motion or vice versa; an eccentric or unpredictable person

30. The coach benched the star player after he broke a team rule, leaving him on the \_\_\_\_\_ for the entire game.

*n.* a secondary or less significant job, interest, or activity; a line on the side of a sports field that players must stay behind; (verb) to remove someone from their position or role, often temporarily or as a result of a setback or failure

ANSWERS: 23. eradicate, 24. excited, 25. scoot, 26. agon, 27. enormity, 28. immunization, 29. crank, 30. sideline

31. The disease can \_\_\_\_\_ both humans and animals.

*v.* to cause pain, suffering, or distress to someone or something

32. The fragrance of flowers \_\_\_\_\_ from the garden.

*v.* to emit, send out something; to express a quality or feeling

33. He is still struggling with a \_\_\_\_\_ disease.

*adj.* causing someone to become unable to walk or move; causing severe damage or harm

34. Massive demonstrations lead to total \_\_\_\_\_ of transportation.

*n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

35. The lion \_\_\_\_\_ loudly, signaling its dominance over the other animals.

*v.* to make a loud, deep sound, like a lion or a car engine

36. The road crew was laying fresh \_\_\_\_\_ on the highway.

*n.* a black, sticky substance that is used to surface roads, roofs, and other structures made from a mixture of sand, gravel, and a petroleum-based material called bitumen

37. He grew up in a Christian \_\_\_\_\_ and never knew his biological parents.

*n.* an institution for the care of orphans (= a child whose parents are dead)

38. He looked for an opportunity to \_\_\_\_\_ that actor in public.

*v.* to cause someone to feel awkward, worried, or ashamed

39. This sprinter \_\_\_\_\_ the world with his speed.

*v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

ANSWERS: 31. afflict, 32. emanated, 33. crippling, 34. paralysis, 35. roared, 36. asphalt, 37. orphanage, 38. embarrass, 39. stunned



40. The venom from the snake bite \_\_\_\_\_ his arm.

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

41. The deserted island was \_\_\_\_\_ and uninhabited.

*adj.* deserted, barren, or lonely; causing a feeling of sadness or hopelessness

42. Children often copy their parents or elder \_\_\_\_\_.

*n.* a brother or sister; member of a family born to the same parents

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

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

44. He couldn't wait to hit the \_\_\_\_\_ and dance the night away.

*n.* a nightclub or restaurant where recorded music is played, and people dance

45. You must \_\_\_\_\_ your anxiety about driving.

*v.* to bring under control by force or authority

ANSWERS: 40. paralyzed, 41. desolate, 42. siblings, 43. opportune, 44. discotheque, 45. conquer