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Judith Heumann: Our fight for disability rights -- and why we're not done yet | TED Talk

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Advanced Words Only

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Session 1: Word List

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.

contagion

n. the spread of a disease or harmful influence from one person or thing to another

synonym : infection, disease, transmission

(1) a **contagion** of fear, (2) **contagion** effect

The government has implemented measures to prevent the **contagion** of COVID-19, such as social distancing and mandatory mask-wearing.

institutionalize

v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym : formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable

energy sources.

greet

v. to say hello to someone; to express welcome on meeting someone

synonym: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

murmur

v. to say something very quietly; to complain about somebody or something under one's breath

synonym: burble, gurgle, mutter

(1) **murmur** at low wages, (2) **murmur** a greeting

He always **murmurs** at the ill-treatment.

sheltered

adj. protected or shielded from danger or harmful influences; inexperienced or innocent of certain unpleasantness or harsh realities of life

synonym: protected, secure, guarded

(1) **sheltered** life, (2) **sheltered** housing

The birds found **sheltered** spots in the trees to avoid the rain.

germ

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym: bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment

The **germ** of his idea came from watching birds flying in flocks.

Jewish

adj. of or relating to people whose traditional religion is Judaism

synonym: Judaic

(1) **Jewish** history, (2) **Jewish** culture

My friend is a **Jewish** woman who celebrates Hanukkah every year.

inaccessible

adj. unable to travel to or reach; not available
synonym : inapproachable, unreachable, remote

(1) **inaccessible** to an unauthorized user, (2) **inaccessible** areas

Heavy snow made it **inaccessible** to go to the mountain village.

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.

poliomyelitis

n. a viral disease caused by the poliovirus, often affecting the nervous system and leading to paralysis (= being unable to move the body) or muscle weakness

synonym : polio, infantile paralysis

(1) **poliomyelitis** vaccine, (2) paralytic **poliomyelitis**

Before the vaccine was developed, many countries experienced widespread outbreaks of **poliomyelitis**.

sequela

n. a condition or event that is a consequence or follows due to a previous injury, disease, or medical treatment; physical or psychological effects that persist after the initial cause has been resolved or treated

synonym : consequence, aftermath

(1) severe **sequelae**, (2) **sequela** of a stroke

The patient was left with long-term **sequela** following a severe head injury.

frightening

adj. causing fear or alarm, or very surprising and alarming
synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

motley

adj. consisting of a diverse or varied mixture of things or people; variegated or patchwork in appearance; multi-colored

synonym : varied, piebald, heterogeneous

(1) **motley** outfit, (2) **motley** assortment

The circus performers entertained the crowd with their **motley** costumes and impressive acrobatics.

riddle

n. a type of question that describes something in a difficult and confusing way, and that has a surprising answer, often asked as a game

synonym : mystery, puzzle, enigma

(1) **riddle** me a riddle, (2) solve the **riddle**

The **riddle** remains mysterious to us.

paddy

n. a flooded field where rice is grown, also known as a rice paddy; rice that is still in its husk, harvested from marshy fields called paddies, usually in Asia

synonym : rice field, wetland

(1) **paddy** farming, (2) **paddy** production

The sight of the **paddy** fields swaying in the wind was breathtaking.

sidle

v. to move or walk sideways carefully or furtively; to approach or move sneakily or cautiously, often to avoid attention or confrontation

synonym : slip, edge, inch

(1) **sidle** up to a microphone, (2) **sidle** into the room

The politician tried to **sidle** away from the controversial topic during the debate.

veto

n. the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president

synonym : rejection, disapproval, interdict

(1) **veto** power, (2) legislative **veto**

The president's **veto** prevented the bill from becoming law.

rehabilitate

v. to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

synonym : reform, restore, renovate

(1) **rehabilitate** prisoners, (2) **rehabilitate** wildlife

The organization works to **rehabilitate** drug addicts and help them rebuild their lives.

promulgate

v. to make known or announce officially; to publicly declare or communicate a law, rule, belief, or idea

synonym : announce, proclaim, declare

(1) **promulgate** guidelines, (2) **promulgate** new regulations

The government issued a decree to **promulgate** new laws regarding environmental conservation.

emancipation

n. the act or process of setting someone free from control or influence

synonym : liberation, freedom, release

(1) self- **emancipation**, (2) history of **emancipation**

His **emancipation** from his parents was a defining moment and gave him newfound freedom.

proclamation

n. an official announcement or statement

synonym : announcement, declamation, edict

(1) **proclamation** of innocence, (2) nullify a **proclamation**

The king made a **proclamation** declaring war on the neighboring country.

Senate

n. a legislative body, especially the upper house of a parliament

synonym : upper house, council, assembly

(1) **Senate** hearing, (2) **Senate** Finance Committee

The **Senate** majority leader announced plans to bring the bill to the floor for a vote.

capitol

n. a building that houses a legislative assembly, especially the US Congress

synonym : government building, legislative center

(1) the nation's **capitol**, (2) **Capitol** Hill hearing

The **capitol** building was a stunning example of classical architecture, with its marble columns and grand dome.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

tumble

v. to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance

synonym : fall, stumble, plummet

(1) **tumble** down the hill, (2) confidence **tumbles** as unemployment rates rose

The value of the currency **tumbled** against major international currencies.

Braille

n. a system of raised dots that are used by people who are blind or visually impaired to read and write consisting of one to six dots arranged in a specific pattern that represents letters, numbers, punctuation, and other symbols

(1) **Braille** alphabet, (2) **Braille** system

The museum provided **Braille** labels for visually impaired visitors.

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.

adjudicate

v. to act as a judge in a dispute or case; to make a formal decision on an issue

synonym: arbitrate, adjudge

(1) **adjudicate** case, (2) **adjudicate** on the question

When the sons were arguing about their inheritance, the father **adjudicated**.

stench

n. a strong or unpleasant odor; a foul or nauseating smell

synonym: stench, odor, smell

(1) bad **stench**, (2) strong **stench**

The **stench** of rotting garbage wafted through the alleyway, making breathing hard.

Session 2: Spelling

1. Je___h culture *adj.* of or relating to people whose traditional religion is Judaism
2. pro_____ion of innocence *n.* an official announcement or statement
3. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
4. antibiotic-resistant g__m *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
5. se_____a of a stroke *n.* a condition or event that is a consequence or follows due to a previous injury, disease, or medical treatment; physical or psychological effects that persist after the initial cause has been resolved or treated
6. pol_____tis vaccine *n.* a viral disease caused by the poliovirus, often affecting the nervous system and leading to paralysis (= being unable to move the body) or muscle weakness
7. 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
8. solve the ri___e *n.* a type of question that describes something in a difficult and confusing way, and that has a surprising answer, often asked as a game

ANSWERS: 1. Jewish, 2. proclamation, 3. frightening, 4. germ, 5. sequela, 6. poliomyelitis, 7. paralysis, 8. riddle

9. Se___e hearing *n.* a legislative body, especially the upper house of a parliament
10. tu___e down the hill *v.* to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance
11. turn out to be all s___m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
12. self-ema_____ion *n.* the act or process of setting someone free from control or influence
13. a co_____on of fear *n.* the spread of a disease or harmful influence from one person or thing to another
14. ina_____ble to an unauthorized user *adj.* unable to travel to or reach; not available
15. mo___y assortment *adj.* consisting of a diverse or varied mixture of things or people; variegated or patchwork in appearance; multi-colored
16. Je___h history *adj.* of or relating to people whose traditional religion is Judaism
17. pa___y production *n.* a flooded field where rice is grown, also known as a rice paddy; rice that is still in its husk, harvested from marshy fields called paddies, usually in Asia
18. confidence tu___es as unemployment rates rose *v.* to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance

ANSWERS: 9. Senate, 10. tumble, 11. sham, 12. emancipation, 13. contagion, 14. inaccessible, 15. motley, 16. Jewish, 17. paddy, 18. tumble

19. Br_____e system *n.* a system of raised dots that are used by people who are blind or visually impaired to read and write consisting of one to six dots arranged in a specific pattern that represents letters, numbers, punctuation, and other symbols
20. pro_____te new regulations *v.* to make known or announce officially; to publicly declare or communicate a law, rule, belief, or idea
21. a g__m-free environment *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
22. adj_____te case *v.* to act as a judge in a dispute or case; to make a formal decision on an issue
23. bad st____h *n.* a strong or unpleasant odor; a foul or nauseating smell
24. gr__t an idea *v.* to say hello to someone; to express welcome on meeting someone
25. Se____e Finance Committee *n.* a legislative body, especially the upper house of a parliament
26. Ca_____l Hill hearing *n.* a building that houses a legislative assembly, especially the US Congress
27. paralytic pol_____tis *n.* a viral disease caused by the poliovirus, often affecting the nervous system and leading to paralysis (= being unable to move the body) or muscle weakness
28. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 19. Braille, 20. promulgate, 21. germ, 22. adjudicate, 23. stench, 24. greet, 25. Senate, 26. capitol, 27. poliomyelitis, 28. opportune

29. legislative v__o *n.* the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president
30. strong st___h *n.* a strong or unpleasant odor; a foul or nauseating smell
31. severe se_____ae *n.* a condition or event that is a consequence or follows due to a previous injury, disease, or medical treatment; physical or psychological effects that persist after the initial cause has been resolved or treated
32. adj_____te on the question *v.* to act as a judge in a dispute or case; to make a formal decision on an issue
33. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
34. co_____on effect *n.* the spread of a disease or harmful influence from one person or thing to another
35. si__e into the room *v.* to move or walk sideways carefully or furtively; to approach or move sneakily or cautiously, often to avoid attention or confrontation
36. reh_____ate prisoners *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

ANSWERS: 29. veto, 30. stench, 31. sequela, 32. adjudicate, 33. sham, 34. contagion, 35. sidle, 36. rehabilitate

37. 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
38. history of ema_____ion *n.* the act or process of setting someone free from control or influence
39. pro_____te guidelines *v.* to make known or announce officially; to publicly declare or communicate a law, rule, belief, or idea
40. mu___r at low wages *v.* to say something very quietly; to complain about somebody or something under one's breath
41. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
42. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
43. sh_____ed life *adj.* protected or shielded from danger or harmful influences; inexperienced or innocent of certain unpleasantness or harsh realities of life
44. v__o power *n.* the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president
45. nullify a pro_____ion *n.* an official announcement or statement

ANSWERS: 37. polio, 38. emancipation, 39. promulgate, 40. murmur, 41. institutionalize, 42. opportune, 43. sheltered, 44. veto, 45. proclamation

46. 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
47. mu___r a greeting *v.* to say something very quietly; to complain about somebody or something under one's breath
48. reh_____ate wildlife *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
49. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
50. 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
51. Br_____e alphabet *n.* a system of raised dots that are used by people who are blind or visually impaired to read and write consisting of one to six dots arranged in a specific pattern that represents letters, numbers, punctuation, and other symbols
52. pa__y farming *n.* a flooded field where rice is grown, also known as a rice paddy; rice that is still in its husk, harvested from marshy fields called paddies, usually in Asia
53. sh_____ed housing *adj.* protected or shielded from danger or harmful influences; inexperienced or innocent of certain unpleasantness or harsh realities of life

ANSWERS: 46. polio, 47. murmur, 48. rehabilitate, 49. frightening, 50. paralysis, 51. Braille, 52. paddy, 53. sheltered

54. the nation's ca____l
n. a building that houses a legislative assembly, especially the US Congress
55. mo___y outfit
adj. consisting of a diverse or varied mixture of things or people; variegated or patchwork in appearance; multi-colored
56. ina_____ble areas
adj. unable to travel to or reach; not available
57. ins_____ize customary laws
v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
58. gr__t a customer
v. to say hello to someone; to express welcome on meeting someone
59. si__e up to a microphone
v. to move or walk sideways carefully or furtively; to approach or move sneakily or cautiously, often to avoid attention or confrontation
60. ri___e me a riddle
n. a type of question that describes something in a difficult and confusing way, and that has a surprising answer, often asked as a game

ANSWERS: 54. capitol, 55. motley, 56. inaccessible, 57. institutionalize, 58. greet, 59. sidle, 60. riddle

Session 3: Fill in the Blanks

1. The government issued a decree to _____ new laws regarding environmental conservation.
 - v. to make known or announce officially; to publicly declare or communicate a law, rule, belief, or idea

2. Heavy snow made it _____ to go to the mountain village.
 - adj. unable to travel to or reach; not available

3. He always _____ at the ill-treatment.
 - v. to say something very quietly; to complain about somebody or something under one's breath

4. The _____ majority leader announced plans to bring the bill to the floor for a vote.
 - n. a legislative body, especially the upper house of a parliament

5. The _____ of rotting garbage wafted through the alleyway, making breathing hard.
 - n. a strong or unpleasant odor; a foul or nauseating smell

6. The organization works to _____ drug addicts and help them rebuild their lives.
 - v. to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

7. The new policy aims to _____ the use of renewable energy sources.
 - v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

ANSWERS: 1. promulgate, 2. inaccessible, 3. murmurs, 4. Senate, 5. stench, 6. rehabilitate, 7. institutionalize

8. He _____ his friends with a warm smile and a hug.
v. to say hello to someone; to express welcome on meeting someone
9. The government has implemented measures to prevent the _____ of COVID-19, such as social distancing and mandatory mask-wearing.
n. the spread of a disease or harmful influence from one person or thing to another
10. Before the vaccine was developed, many countries experienced widespread outbreaks of _____.
n. a viral disease caused by the poliovirus, often affecting the nervous system and leading to paralysis (= being unable to move the body) or muscle weakness
11. 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
12. The circus performers entertained the crowd with their _____ costumes and impressive acrobatics.
adj. consisting of a diverse or varied mixture of things or people; variegated or patchwork in appearance; multi-colored
13. The _____ of his idea came from watching birds flying in flocks.
n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
14. The sight of the _____ fields swaying in the wind was breathtaking.
n. a flooded field where rice is grown, also known as a rice paddy; rice that is still in its husk, harvested from marshy fields called paddies, usually in Asia

ANSWERS: 8. greeted, 9. contagion, 10. poliomyelitis, 11. polio, 12. motley, 13. germ, 14. paddy

15. The value of the currency _____ against major international currencies.
v. to fall suddenly, often uncontrollably; to topple or turn over; to decline sharply and quickly in value, quality, or performance
16. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming
17. The patient was left with long-term _____ following a severe head injury.
n. a condition or event that is a consequence or follows due to a previous injury, disease, or medical treatment; physical or psychological effects that persist after the initial cause has been resolved or treated
18. 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
19. The _____ building was a stunning example of classical architecture, with its marble columns and grand dome.
n. a building that houses a legislative assembly, especially the US Congress
20. The king made a _____ declaring war on the neighboring country.
n. an official announcement or statement
21. The museum provided _____ labels for visually impaired visitors.
n. a system of raised dots that are used by people who are blind or visually impaired to read and write consisting of one to six dots arranged in a specific pattern that represents letters, numbers, punctuation, and other symbols
22. My friend is a _____ woman who celebrates Hanukkah every year.
adj. of or relating to people whose traditional religion is Judaism

ANSWERS: 15. tumbled, 16. frightening, 17. sequela, 18. paralysis, 19. capitol, 20. proclamation, 21. Braille, 22. Jewish

23. The _____ remains mysterious to us.

- n.* a type of question that describes something in a difficult and confusing way, and that has a surprising answer, often asked as a game

24. The birds found _____ spots in the trees to avoid the rain.

- adj.* protected or shielded from danger or harmful influences; inexperienced or innocent of certain unpleasantness or harsh realities of life

25. The data he prepared was completely _____.

- n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

26. The phone rang at the most _____ time.

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

27. The president's _____ prevented the bill from becoming law.

- n.* the power or right to prevent a decision or law from being enacted or enforced, typically granted to a person in authority, such as a government official or a president

28. When the sons were arguing about their inheritance, the father _____.

- v.* to act as a judge in a dispute or case; to make a formal decision on an issue

29. The politician tried to _____ away from the controversial topic during the debate.

- v.* to move or walk sideways carefully or furtively; to approach or move sneakily or cautiously, often to avoid attention or confrontation

30. His _____ from his parents was a defining moment and gave him newfound freedom.

- n.* the act or process of setting someone free from control or influence

ANSWERS: 23. riddle, 24. sheltered, 25. sham, 26. opportune, 27. veto, 28. adjudicated, 29. sidle, 30. emancipation

ANSWERS: