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Vocabulary Builder Reference from...

Elizabeth Blackburn: The science of cells that never get old | TED Talk

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

Advanced Words Only

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Session 1: Word List

scum

n. a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups

synonym : dregs, slime, filth

(1) bathtub **scum**, (2) **scum** of the earth

The **scum** on the pond's surface made seeing the fish swimming below difficult.

poisonous

adj. containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

synonym : toxic, venomous, deadly

(1) **poisonous** plants, (2) **poisonous** chemicals

Some species of **poisonous snakes** can be deadly to humans if bitten.

sting

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

synonym : bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel

threatened.

jellyfish

n. a marine creature with a soft, jelly-like body and tentacles for stinging

synonym: medusa, sea nettle, moon jelly

(1) spineless **jellyfish**, (2) **jellyfish** sting

The beach was filled with hundreds of **jellyfish**, so swimming was not recommended.

critter

n. a small or unimportant creature or animal, often used in a familiar or affectionate way

synonym: animal, creature, beast

(1) cute **critter**, (2) wild **critter**

During their camping trip, the kids were excited to go **critter** hunting in the woods.

telomere

n. a structure that protects the terminal regions of chromosome

(1) **telomere** length, (2) **telomere** protein

Cancer cells are thought to be able to proliferate indefinitely because of the activation of **telomere** synthase.

furious

adj. extremely angry; full of rage

synonym: angry, rageful, livid

(1) **furious** anger, (2) a **furious** sea

The coach was **furious** with the players for their lack of effort during the game.

replenish

v. to fill something that had previously been emptied

synonym: refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

glitch

n. a minor problem or malfunction, especially in a computer program, system, or machine

synonym: malfunction, bug, fault

(1) computer **glitch**, (2) unanticipated **glitch**

The computer system had a minor **glitch** that caused a delay.

fray

v. to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict

synonym: tangle, brawl, skirmish

(1) **fray** tempers, (2) **fray** our relationship

The edges of the old blanket had started to **fray**, so I decided to sew them up.

carol

n. a song or hymn typically sung at Christmas, often with a joyful or celebratory theme

synonym: song, hymn, anthem

(1) Christmas **carol**, (2) sing a **carol**

I love the sound of **carols** playing in the background while we decorate the Christmas tree.

telomerase

n. an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly

(1) **telomerase** activity, (2) **telomerase** inhibition

Studies have suggested that **telomerase** dysfunction may contribute to cellular aging.

shorten

v. to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise

synonym: reduce, truncate, abridge

(1) **shorten** the deadline, (2) **shorten** the sentence

I want to **shorten** my haircut before the summer heat arrives.

wrinkle

n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty

synonym : crinkle, fold, crumple

(1) a fine **wrinkle** on a fabric, (2) a facial **wrinkle**

This suit is made of **wrinkle-proof** material.

attrition

n. a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them

synonym : corrosion, decay, erosion

(1) a war of **attrition**, (2) high **attrition** rates

They are attempting to prevent the **attrition** of their rights.

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.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

alas

adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

synonym : alack, regrettably, unluckily

(1) **alas**, we did not win the game, (2) **alas**, I cannot attend the party

Alas, I realized I had left my keys at home and couldn't enter the building.

nudge

v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a

small push or prod to encourage a desired action or behavior

synonym: bump, elbow, (noun) prod

(1) **nudge** price levels up, (2) give a person a **nudge**

The teacher **nudged** the student to get his attention and asked him a question.

dubious

adj. having doubts or reservations; uncertain

synonym: uncertain, questionable, skeptical

(1) **dubious** credibility, (2) direct a **dubious** look

The evidence presented in court had a **dubious** origin, raising questions about its authenticity.

lifespan

n. the length of time for which a person, animal lives, or thing exists

synonym: duration, lifetime, continuance

(1) **lifespan** extension, (2) **lifespan** retrieval curve

Generally speaking, men have a shorter **lifespan** than women.

immortality

n. the state or quality of being able to live or last forever

synonym: endless life, timelessness, agelessness

(1) the **immortality** of the soul, (2) achieve **immortality**

Many people believe in the concept of **immortality** and an afterlife.

zest

n. enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food

synonym: enthusiasm, liveliness, gusto

(1) **zest** for life, (2) lemon **zest**

He discovered a new **zest** for running after completing a 10k race.

guzzle

v. to drink something quickly, greedily, and usually in large amounts.

synonym : gobble, carouse, quaff

(1) **guzzle** beer, (2) **guzzle** their food

They **guzzled** the cheap vodka.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

downside

n. the negative aspects or consequences of something; the potential for loss or failure

synonym : drawback, negative, disadvantage

(1) major **downside**, (2) **downside** of globalization

The **downside** of the new policy was that it would be more expensive for customers.

minutely

adv. in an extremely precise or detailed manner; in tiny increments

synonym : carefully, circumstantially, precisely

(1) **minutely** detailed, (2) analyze **minutely**

She examined the document **minutely** to catch any errors.

scrutinize

v. to examine carefully and critically; to inspect closely

synonym : examine, inspect, audit

(1) **scrutinize** her belongings, (2) **scrutinize** a suspect

The detective **scrutinized** the evidence for any clues.

teeny

adj. extremely small; tiny

synonym : tiny, mini, minuscule

(1) **teeny** bit, (2) so **teeny** tiny

The ring was so **teeny** that it almost looked like a toy.

overlook

v. to fail to notice something; to watch over someone; to provide a view from above

synonym : disregard, look down, supervise

(1) **overlook** a street, (2) **overlook** that fact
We cannot **overlook** an opportunity for great success.

mortuary

n. a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals

synonym: funeral home, morgue

(1) **mortuary** services, (2) small-town **mortuary**
I received the sad news that my uncle passed away, and his body was taken to the local **mortuary**.

caregiving

n. the act of providing care and support for someone who is ill, disabled, or elderly

synonym: nurturing, caring, assisting

(1) **caregiving** process, (2) **caregiving** responsibilities
She devoted her life to **caregiving**, looking after her aging parents.

prolong

v. to extend the duration or length of something, particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan
We need to **prolong** the meeting for another hour to discuss all the issues.

profoundly

adv. to a great or complete degree; deeply

synonym: deeply, greatly, completely

(1) **profoundly** insightful, (2) sleep **profoundly**
The novel affected her **profoundly**, causing her to question her beliefs and values.

minuscule

adj. extremely small; tiny

synonym: tiny, insignificant, microscopic

(1) **minuscule** amount, (2) **minuscule** letters
This ore emits **minuscule** quantities of radiation

overdrive

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

synonym: high gear, high speed, turbocharge

(1) atrial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

scatter

v. to cause to separate and go in different directions

synonym: disperse, spread, bestrew

(1) **scatter** seeds, (2) **scatter** around the internet

The hunter's approach **scattered** the geese.

gasp

v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

synonym: breathe, pant, heave

(1) **gasp** for air, (2) **gasp** in shock

The audience **gasped** when the magician made the rabbit disappear from the hat.

unheard

adj. not heard, listened to, or noticed; not having been brought to public attention

synonym: unknown, obscure

(1) an **unheard** story, (2) previously **unheard-of** economic development

The **unheard** melody was beautiful and touched everyone's hearts.

untimely

adj. happening at an inappropriate or unfortunate time

synonym: inappropriate, unfortunate, inopportune

(1) die an **untimely** death, (2) **untimely** snowfall in May

The **untimely** arrival of the storm ruined their plans for a picnic.

- rev** *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
synonym: revolution, RPM, speed
(1) low- **rev** engine, (2) **rev** up the crowd
He stepped on the gas pedal, and the engine released a loud **rev**.
- resilient** *adj.* able to withstand or recover quickly from difficult conditions
synonym: robust, sturdy, tough
(1) a hard and **resilient** steel, (2) **resilient** population
She is a **resilient** person and has always bounced back from setbacks.
- dementia** *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
synonym: cognitive decline, memory loss, Alzheimer's disease
(1) **dementia** patients, (2) probably have **dementia**
The study found that regular exercise can help to prevent the onset of **dementia** in older age.
- improvisation** *n.* the act of making something up on the spot or creating or performing something without preparation
synonym: spontaneity, ad-lib, extemporization
(1) **improvisation** on stage, (2) jazz **improvisation**
He created a beautiful piece of music using only **improvisation**.
- constrict** *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
synonym: squeeze, compress, tighten
(1) **constrict** blood vessels, (2) **constrict** freedom
The snake's muscles began to **constrict** around its prey.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

creep

v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

synonym : crawl, glide, encroach

(1) **creep** along the leaf, (2) **creep** toward the mouse

Aging **creeps** up slowly with time.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

startling

adj. extremely surprising, astonishing, and sometimes worrying

synonym : alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

bully

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

synonym : tormentor, intimidator, aggressor

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

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

interconnect

v. to connect similar things

synonym : interlink, complect, annex

(1) directly **interconnect** with those systems, (2) human activities **interconnect** with the environment

Our system can now **interconnect** with other databases.

brim

n. the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat

synonym: beak, edge, bound

(1) the **brim** of a hat, (2) the pelvic **brim**

The glass was filled to the **brim** with beer.

Session 2: Spelling

- | | | |
|--------------------------------|------|--|
| 1. sc____r around the internet | v. | to cause to separate and go in different directions |
| 2. en____ze a team | v. | to give energy or vitality to someone or something; to invigorate |
| 3. scr_____ze her belongings | v. | to examine carefully and critically; to inspect closely |
| 4. st__g his face | v. | to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick |
| 5. cr__p along the leaf | v. | to move slowly, quietly, and carefully, usually to avoid being seen or heard |
| 6. a fine wr_____e on a fabric | n. | a small line or fold in something, especially fabric or the skin of the face; a minor difficulty |
| 7. re_____nt population | adj. | able to withstand or recover quickly from difficult conditions |
| 8. gu____e beer | v. | to drink something quickly, greedily, and usually in large amounts. |
| 9. dr__d getting old | v. | to be very afraid of or worried about something that is going to happen or that might happen |
| 10. en____ze the body | v. | to give energy or vitality to someone or something; to invigorate |
| 11. so te__y tiny | adj. | extremely small; tiny |

ANSWERS: 1. scatter, 2. energize, 3. scrutinize, 4. sting, 5. creep, 6. wrinkle, 7. resilient, 8. guzzle, 9. dread, 10. energize, 11. teeny

12. ov_____ok a street
v. to fail to notice something; to watch over someone; to provide a view from above
13. an un_____d story
adj. not heard, listened to, or noticed; not having been brought to public attention
14. high at_____on rates
n. a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
15. re_____sh my spirit
v. to fill something that had previously been emptied
16. je_____sh sting
n. a marine creature with a soft, jelly-like body and tentacles for stinging
17. jazz imp_____ion
n. the act of making something up on the spot or creating or performing something without preparation
18. direct a du_____s look
adj. having doubts or reservations; uncertain
19. previously un_____d-of economic development
adj. not heard, listened to, or noticed; not having been brought to public attention
20. un_____ly snowfall in May
adj. happening at an inappropriate or unfortunate time
21. du_____s credibility
adj. having doubts or reservations; uncertain
22. z__t for life
n. enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food
23. co_____ct freedom
v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

ANSWERS: 12. overlook, 13. unheard, 14. attrition, 15. replenish, 16. jellyfish, 17. improvisation, 18. dubious, 19. unheard, 20. untimely, 21. dubious, 22. zest, 23. constrict

24. s__m of the earth *n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups
25. the b__m of a hat *n.* the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
26. sleep pro_____ly *adv.* to a great or complete degree; deeply
27. human activities int_____ect with the environment *v.* to connect similar things
28. tel_____se activity *n.* an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly
29. excessive co_____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
30. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
31. po_____us plants *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

ANSWERS: 24. scum, 25. brim, 26. profoundly, 27. interconnect, 28. telomerase, 29. cortisol, 30. resilient, 31. poisonous

32. sh____n the deadline *v.* to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise
33. directly int____ect with those systems *v.* to connect similar things
34. bu__y 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
35. g__p for air *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
36. mi____le amount *adj.* extremely small; tiny
37. Al____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
38. li____an retrieval curve *n.* the length of time for which a person, animal lives, or thing exists
39. the wel____ng of a nation *n.* the state of being happy and healthy and prosperous
40. tel____se inhibition *n.* an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly

ANSWERS: 32. shorten, 33. interconnect, 34. bully, 35. gasp, 36. minuscule, 37. Alzheimer, 38. lifespan, 39. well-being, 40. telomerase

41. computer gl___h *n.* a minor problem or malfunction, especially in a computer program, system, or machine
42. st_____ng discovery *adj.* extremely surprising, astonishing, and sometimes worrying
43. a facial wr_____e *n.* a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
44. cr__p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
45. re_____sh a reserve fund *v.* to fill something that had previously been emptied
46. pro_____ly insightful *adv.* to a great or complete degree; deeply
47. pr_____g the agony *v.* to extend the duration or length of something, particularly a period of time or an event
48. do_____de of globalization *n.* the negative aspects or consequences of something; the potential for loss or failure
49. lemon z__t *n.* enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food
50. fu_____s anger *adj.* extremely angry; full of rage
51. te_____re protein *n.* a structure that protects the terminal regions of chromosome
52. analyze mi_____ly *adv.* in an extremely precise or detailed manner; in tiny increments

ANSWERS: 41. glitch, 42. startling, 43. wrinkle, 44. creep, 45. replenish, 46. profoundly, 47. prolong, 48. downside, 49. zest, 50. furious, 51. telomere, 52. minutely

53. sing a ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
54. a__s, we did not win the game *adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing
55. bathtub s__m *n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups
56. bu__y the weak *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
57. nu__e price levels up *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
58. small-town mo____ry *n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals
59. a sense of wel____ng *n.* the state of being happy and healthy and prosperous
60. f__y tempers *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict

ANSWERS: 53. carol, 54. alas, 55. scum, 56. bully, 57. nudge, 58. mortuary, 59. well-being, 60. fray

61. the pelvic b__m *n.* the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
62. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
63. scr_____ze a suspect *v.* to examine carefully and critically; to inspect closely
64. f__y our relationship *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
65. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
66. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
67. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
68. a war of at_____on *n.* a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
69. g__p in shock *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

ANSWERS: 61. brim, 62. constrict, 63. scrutinize, 64. fray, 65. dread, 66. Alzheimer, 67. rev, 68. attrition, 69. gasp

70. die an un_____ly death *adj.* happening at an inappropriate or unfortunate time
71. gu___e their food *v.* to drink something quickly, greedily, and usually in large amounts.
72. the imm_____ty of the soul *n.* the state or quality of being able to live or last forever
73. st_____ng earthquake shocks *adj.* extremely surprising, astonishing, and sometimes worrying
74. po_____us chemicals *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
75. give a person a nu___e *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
76. major do_____de *n.* the negative aspects or consequences of something; the potential for loss or failure
77. car_____ng process *n.* the act of providing care and support for someone who is ill, disabled, or elderly
78. go into ov_____ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
79. a__s, I cannot attend the party *adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

ANSWERS: 70. untimely, 71. guzzle, 72. immortality, 73. startling, 74. poisonous, 75. nudge, 76. downside, 77. caregiving, 78. overdrive, 79. alas

80. de____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
81. te____re length *n.* a structure that protects the terminal regions of chromosome
82. te__y bit *adj.* extremely small; tiny
83. unanticipated gl____h *n.* a minor problem or malfunction, especially in a computer program, system, or machine
84. sh____n the sentence *v.* to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise
85. atrial ov____ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
86. car____ng responsibilities *n.* the act of providing care and support for someone who is ill, disabled, or elderly
87. st__g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
88. mi____le letters *adj.* extremely small; tiny
89. cute cr____r *n.* a small or unimportant creature or animal, often used in a familiar or affectionate way

ANSWERS: 80. dementia, 81. telomere, 82. teeny, 83. glitch, 84. shorten, 85. overdrive, 86. caregiving, 87. sting, 88. minuscule, 89. critter

90. mo____ry services *n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals
91. a fu____s sea *adj.* extremely angry; full of rage
92. ov____ok that fact *v.* to fail to notice something; to watch over someone; to provide a view from above
93. Christmas ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
94. spineless je____sh *n.* a marine creature with a soft, jelly-like body and tentacles for stinging
95. measures to pr____g the lifespan *v.* to extend the duration or length of something, particularly a period of time or an event
96. co____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
97. mi____ly detailed *adv.* in an extremely precise or detailed manner; in tiny increments
98. li____an extension *n.* the length of time for which a person, animal lives, or thing exists
99. wild cr____r *n.* a small or unimportant creature or animal, often used in a familiar or affectionate way
100. imp______ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 90. mortuary, 91. furious, 92. overlook, 93. carol, 94. jellyfish, 95. prolong, 96. cortisol, 97. minutely, 98. lifespan, 99. critter, 100. improvisation

101. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
102. achieve imm_____ty *n.* the state or quality of being able to live or last forever
103. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
104. sc_____r seeds *v.* to cause to separate and go in different directions

ANSWERS: 101. dementia, 102. immortality, 103. rev, 104. scatter

Session 3: Fill in the Blanks

1. Studies have suggested that _____ dysfunction may contribute to cellular aging.
 - n.* an enzyme that is responsible for maintaining the length of telomeres, which are protective structures at the ends of chromosomes, and which prevents the shortening of telomeres during cell division, allowing cells to divide and replicate properly
2. This ore emits _____ quantities of radiation
 - adj.* extremely small; tiny
3. The novel affected her _____ causing her to question her beliefs and values.
 - adv.* to a great or complete degree; deeply
4. Some species of _____ can be deadly to humans if bitten.
 - adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
5. The car's _____ function allows it to shift into a higher gear for better fuel efficiency on the highway.
 - n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
6. I love the sound of _____ playing in the background while we decorate the Christmas tree.
 - n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme

ANSWERS: 1. telomerase, 2. minuscule, 3. profoundly, 4. poisonous snakes, 5. overdrive, 6. carols

7. He stepped on the gas pedal, and the engine released a loud ____.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
8. We all _____ to think about what will happen if the company goes bankrupt.
- v.* to be very afraid of or worried about something that is going to happen or that might happen
9. She is a _____ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
10. We are responsible for the care and _____ of all our employees.
- n.* the state of being happy and healthy and prosperous
11. Many people believe in the concept of _____ and an afterlife.
- n.* the state or quality of being able to live or last forever
12. The glass was filled to the _____ with beer.
- n.* the top edge of a cup, bowl, or other containers; a circular projecting edge at the bottom of a hat
13. I want to _____ my haircut before the summer heat arrives.
- v.* to make something shorter in length, duration, or extent; to reduce the length of something; to make something briefer or more concise
14. We cannot _____ an opportunity for great success.
- v.* to fail to notice something; to watch over someone; to provide a view from above

ANSWERS: 7. rev, 8. dread, 9. resilient, 10. well-being, 11. immortality, 12. brim, 13. shorten, 14. overlook

15. The coach was _____ with the players for their lack of effort during the game.
adj. extremely angry; full of rage
16. The computer system had a minor _____ that caused a delay.
n. a minor problem or malfunction, especially in a computer program, system, or machine
17. They are attempting to prevent the _____ of their rights.
n. a process of weakening someone or something, especially an enemy, by continuously attacking or causing issues for them
18. She devoted her life to _____ looking after her aging parents.
n. the act of providing care and support for someone who is ill, disabled, or elderly
19. The ring was so _____ that it almost looked like a toy.
adj. extremely small; tiny
20. The evidence presented in court had a _____ origin, raising questions about its authenticity.
adj. having doubts or reservations; uncertain
21. She examined the document _____ to catch any errors.
adv. in an extremely precise or detailed manner; in tiny increments
22. The schoolyard _____ terrorized the other children and made their lives miserable.
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

ANSWERS: 15. furious, 16. glitch, 17. attrition, 18. caregiving, 19. teeny, 20. dubious, 21. minutely, 22. bully

23. The motivational speaker _____ the crowd with their words.
- v.* to give energy or vitality to someone or something; to invigorate
24. The edges of the old blanket had started to _____ so I decided to sew them up.
- v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
25. I received the sad news that my uncle passed away, and his body was taken to the local _____.
- n.* a place where dead bodies are kept, prepared, and stored before burial or cremation; a funeral home or a building or facility for handling deceased individuals
26. The audience _____ when the magician made the rabbit disappear from the hat.
- v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
27. The beach was filled with hundreds of _____ so swimming was not recommended.
- n.* a marine creature with a soft, jelly-like body and tentacles for stinging
28. Cancer cells are thought to be able to proliferate indefinitely because of the activation of _____ synthase.
- n.* a structure that protects the terminal regions of chromosome
29. The _____ on the pond's surface made seeing the fish swimming below difficult.
- n.* a layer of unwanted or unclean material that forms on the surface of a liquid or a solid, often containing dirt, oil, or other debris, also used figuratively to describe undesirable people or groups

ANSWERS: 23. energized, 24. fray, 25. mortuary, 26. gasped, 27. jellyfish, 28. telomere, 29. scum

30. The snake's muscles began to _____ around its prey.
- v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
31. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
32. The _____ of the new policy was that it would be more expensive for customers.
- n.* the negative aspects or consequences of something; the potential for loss or failure
33. 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
34. The detective _____ the evidence for any clues.
- v.* to examine carefully and critically; to inspect closely
35. The _____ arrival of the storm ruined their plans for a picnic.
- adj.* happening at an inappropriate or unfortunate time
36. Bees _____ as a defense mechanism when they feel threatened.
- v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
37. He discovered a new _____ for running after completing a 10k race.
- n.* enthusiasm, energy, or excitement; a quality that makes something enjoyable or interesting; the outer layer of citrus fruit which can be used to flavor food

ANSWERS: 30. constrict, 31. improvisation, 32. downside, 33. Alzheimer's, 34. scrutinized, 35. untimely, 36. sting, 37. zest

38. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
39. We need to _____ the meeting for another hour to discuss all the issues.
- v.* to extend the duration or length of something, particularly a period of time or an event
40. Please _____ my glass with some more wine.
- v.* to fill something that had previously been emptied
41. During their camping trip, the kids were excited to go _____ hunting in the woods.
- n.* a small or unimportant creature or animal, often used in a familiar or affectionate way
42. He describes the story with _____ reality.
- adj.* extremely surprising, astonishing, and sometimes worrying
43. Our system can now _____ with other databases.
- v.* to connect similar things
44. They _____ the cheap vodka.
- v.* to drink something quickly, greedily, and usually in large amounts.
45. The hunter's approach _____ the geese.
- v.* to cause to separate and go in different directions
46. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 38. Cortisol, 39. prolong, 40. replenish, 41. critter, 42. startling, 43. interconnect, 44. guzzled, 45. scattered, 46. dementia

47. The teacher _____ the student to get his attention and asked him a question.
v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
48. _____ I realized I had left my keys at home and couldn't enter the building.
adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing
49. This suit is made of _____ material.
n. a small line or fold in something, especially fabric or the skin of the face; a minor difficulty
50. Generally speaking, men have a shorter _____ than women.
n. the length of time for which a person, animal lives, or thing exists
51. The _____ melody was beautiful and touched everyone's hearts.
adj. not heard, listened to, or noticed; not having been brought to public attention
52. Aging _____ up slowly with time.
v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

ANSWERS: 47. nudged, 48. Alas, 49. wrinkle-proof, 50. lifespan, 51. unheard, 52. creeps