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T. Morgan Dixon and Vanessa Garrison: The trauma of systematic racism is killing Black women. A first step toward change... | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

garrison

n. a group of soldiers stationed to defend a town or fort
synonym : fort, regiment, soldiers

(1) **garrison** troops, (2) reinforce a **garrison**

They formed a vast **garrison** to withstand an assault.

parish

n. a territorial division of a diocese, having its church and member of the clergy, typically for administrative and community purposes

synonym : district, community, congregation

(1) **parish** church, (2) civil **parish**

The **parish** council met monthly to discuss community issues and plan events.

county

n. an administrative division of a country or state, typically one of several comprising a larger division

synonym : district, region, territory

(1) **county** seat, (2) throughout the **county**

The **county's** population has been increasing rapidly in recent years.

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.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

church

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) **church** bell, (2) small **church**

The **church** on the corner is hosting a free community meal tonight.

pray

v. to make a request or petition to a higher power, especially in the form of a respectful or humble request

synonym: implore, supplicate, entreat

(1) **pray** devoutly, (2) **pray** for rain

She closed her eyes and **prayed** for strength to overcome difficult times.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

lord

n. a person who has general authority, control, or power over others; a man of noble rank or high office

synonym: master, noble, peer

(1) a young **lord**, (2) **lord** of castle

The feudal **lord** had ruled the land for many years.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

redeem

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

synonym: rescue, save, recover

(1) **redeem** a coupon, (2) **redeem** a government bond

He tried to **redeem** himself by volunteering at the local charity after his mistakes.

ritual

n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a **ritual** dance, (2) morning **ritual**

The woman of the house does the holy **ritual** of lighting two candles.

ancestor

n. a person from whom one is descended; a forefather

synonym: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

blueprint

n. a photographic print of an early plan for a building or machine

synonym: draft, prototype, sketch

(1) **blueprint** for economic reform, (2) architect's **blueprint**

A business plan is a **blueprint** for your success.

survival

n. the state of continuing to exist or live, frequently in the face of difficulty or danger

synonym: endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

tactics

n. the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports

synonym: strategy, maneuvers, plan

(1) blitz **tactics**, (2) political **tactics**

The marketing team developed new **tactics** to boost sales.

healing

n. the process of becoming or making somebody or something well again

synonym: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document
Our knowledge helps **navigate** our clients successfully.

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.

slavery

n. the practice or system of owning, buying, and selling people as property and forcing them to work

synonym: bondage, servitude, enslavement

(1) **slavery** labor, (2) institution of **slavery**

The abolition of **slavery** in the United States was a major achievement in the fight for human rights.

sponsor

v. to provide funds for a particular event, program, individual, etc. as a way of advertising

synonym: back, fund, finance

(1) **sponsor** a contest, (2) **sponsor** a local group

Our company **sponsors** numerous disabled athletes.

discriminate

v. to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

synonym: show prejudice, segregate, differentiate

(1) **discriminate** against women employees,

(2) **discriminate** between different things

You should not **discriminate** against minorities.

footstep

n. a step, or the sound generated by a person walking when their foot hits the ground

synonym: footfall, step

(1) **footsteps** in the corridor, (2) approaching **footsteps**

The sound of oncoming **footsteps** grew louder, closer.

forebear

n. an ancestor or a precursor

synonym: ancestor, predecessor, forefather

(1) a **forebear** of one of the tribes, (2) **forebear** predecessor

His **forebear** was one of the first settlers in the area.

legend

n. an old story that may or may not be accurate regarding some persons and events; a well-known person who is admired by others for a long time, particularly in a particular field

synonym: fable, fiction, myth

(1) basketball **legend**, (2) **legend** of King Arthur

Many of the **legends** of the famous general came about hundreds of years after his death.

single-handed

adj. done or accomplished by one person alone

synonym: alone, unassisted, solo

(1) **single-handed** responsibility, (2) **single-handed** victory

He started a **single-handed** project to earn additional money.

voter

n. a person who votes or has a legal right to vote in a political election

synonym: elector, citizen

(1) an eligible **voter**, (2) **voter** apathy

The election administration nullified the election results because of **voter** fraud.

inspiring

adj. stimulating and motivating you to want to do something

synonym: exhilarating, encouraging, heartening

(1) **inspiring** stories, (2) awe- **inspiring** sight

An **inspiring** teacher might spark students' motivation to succeed.

committed

adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

synonym: devoted, faithful, attached

(1) in a **committed** relationship, (2) strong and **committed** sales staff

Our company is strongly **committed** to meeting customers' needs.

lace

n. a delicate fabric made of interlacing thread or other material; a cord used to fasten or adorn clothing, often with a pattern of holes or spaces; a decorative netting or interlaced design

synonym: cord, string, ribbon

(1) **lace** curtains, (2) **lace** trim

She wore a beautiful dress with delicate **lace** detailing.

sneak

v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

synonym: creep, tiptoe, smuggle

(1) **sneak** a cigarette, (2) **sneak** out of danger

The children tried to **sneak** out and eat the candy.

transformation

n. a complete change in form, nature, or appearance of someone or something

synonym: change, conversion, renewal

(1) the **transformation** of a tadpole into a frog, (2) cast a **transformation** spell

Understanding unitary **transformations** of a normal matrix require considerable mathematical sophistication.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

pajama

n. a pair of loose pants with a matching top, worn for sleeping or lounging

synonym : nightgown, nightdress

(1) care **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym : ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

spam

n. unwanted email, usually of advertising material sent out in bulk

synonym : junk email

(1) receive a **spam** email, (2) anti- **spam** technology

You can remove **spam** messages with special software.

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.

grant

v. to agree to give or allow somebody

synonym : allocate, authorize, give

(1) **grant** a new license, (2) **grant** a land

The chairperson **granted** him the right to speak.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

decide

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

synonym: choose, determine, settle

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

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

obesity

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

synonym: overweight, corpulence, fattiness

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

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

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

laden

adj. heavily loaded or burdened

synonym : loaded, weighed down, heavy

(1) a **laden** ship, (2) water- **laden** soil

The traffic- **laden** street was gridlocked during rush hour, with cars moving at a snail's pace.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym : depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

stove

n. a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food

synonym : range, cooker, hotplate

(1) **stove** top, (2) hot **stove**

I made dinner on the **stove** using a pot and a pan.

precision

n. the quality or condition of being exact and accurate

synonym : accuracy, exactness, rigor

(1) a **precision** instrument, (2) speak with **precision**

This operation requires both patience and **precision**.

legendary

adj. famous or well-known, especially through long-standing popular stories or tradition

synonym : mythical, fabled, storied

(1) **legendary** actor, (2) achieve a **legendary** status

The **legendary** stories of King Arthur have been passed down for centuries.

laughter

n. the act or sound of laughing

synonym : laugh, chuckle, giggle

(1) **laughter** all around, (2) bring **laughter**

Some doctor says **laughter** is the best medicine.

curse

n. a rude or offensive word or an expression that is not polite and shows that you are very angry

synonym : condemnation, cuss, hex

(1) under a **curse**, (2) few **curse** words

Many autocratic policies became a **curse** for that country's economy.

peach

n. juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive

synonym : fruit, nectarine, apricot

(1) **peach** cobbler, (2) juicy **peaches**

The **peach** tree in my backyard produced a bountiful harvest this year.

cobbler

n. a person who makes or repairs shoes; a type of dessert made with fruit and a crumbly topping

synonym : shoemaker, shoe repairperson

(1) **cobbler's** wax, (2) peach **cobbler**

The **cobbler's** shop was located on Main Street and was open seven days a week.

grandchild

n. a child of someone's son or daughter

synonym : offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild**

development

The grandparents take care of their **grandchild** while the parents are at work.

prioritize

v. to assign a higher level of importance to something compared to other things

synonym: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

celebrated

adj. renowned for possessing admirable attributes

synonym: acclaimed, notable, prominent

(1) **celebrated** artist, (2) **celebrated** paper

Three **celebrated** tenors performed during the president's inauguration.

grade

n. a particular level of quality, size, importance, etc.

synonym: score, rate, degree

(1) boys in the twelfth **grade**, (2) students at all **grade** levels

Departments may set requirements for a higher **grade** point average.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

beloved

adj. loved very much

synonym : adored, cherished, dear

(1) **beloved** author, (2) **beloved** by many people

I am here to save my **beloved**.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

calculate

v. to judge or find out the amount or number of something by using mathematics

synonym : compute, figure, estimate

(1) **calculate** the distance, (2) **calculate** his credit score

He couldn't **calculate** the actual value of the artwork.

stare

v. to gaze or look fixedly and intently at someone or something, often in a questioning, curious, or suspicious manner; (noun) a fixed, intense, and prolonged gaze or look

synonym : gaze, look, gawk

(1) **stare** blankly, (2) give a menacing **stare**

He couldn't help but **stare** at the beautiful sunset over the ocean.

statistics

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

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

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

alarming

adj. causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

synonym : forbidding, concerning, disturbing

(1) **alarming** news, (2) **alarming** statistics

The sudden rise in crime rates in our neighborhood is quite **alarming**.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

hike

n. a long walk or journey, especially for pleasure or exercise; an increase in cost

synonym: walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

dial

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

synonym: adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension

He **dialed** the phone number and waited for an answer.

rally

v. a public meeting of a group of people intended to arouse enthusiasm

synonym: gathering, meetup, demonstration

(1) **rally** in front of the embassy, (2) the preliminary **rally**

There was a massive police presence at the anti-government

rally.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym : overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

cigarette

n. a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking

synonym : smoke, cigar, tobacco

(1) a mild **cigarette**, (2) a **cigarette** case

He lit a **cigarette** and leaned against the wall.

combine

v. to join or merge to form a single thing or group

synonym : coalesce, cohere, blend

(1) **combine** chemically with another substance,

(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

roughly

adv. approximately but not precisely; with a violent manner

synonym : approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

jersey

n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover

synonym : shirt, sweater, top

(1) **jersey** material, (2) fabric of the **jersey**

I always wear my favorite basketball player's **jersey** to the games.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

intervention

n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so

synonym: interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical

intervention

This **intervention** does not require the patient's consent.

skinny

adj. having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

synonym: slender, lean, thin

(1) **skinny** jeans, (2) **skinny** finger

His mom was always concerned about his **skinny** frame and encouraged him to eat more

jean

n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

synonym: denim, cotton, pants

(1) a **jean** skirt, (2) **jean** denim

She wore her favorite pair of **jeans** to the party.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment,

etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help
He never **acknowledged** his fault.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

belly

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

synonym : stomach, abdomen, gut

(1) the **belly** of the ship, (2) with an empty **belly**

She had a tattoo just above her **belly** button.

embedded

adj. fixed firmly into the surface of something

synonym : ingrained, implanted, inserted

(1) **embedded** systems, (2) LED- **embedded** glass

The **embedded** chip in my credit card allows me to make contactless payments.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym : cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

pharmaceutical

adj. relating to the production and selling of the medical drugs

synonym : drug, medication, prescription

(1) major **pharmaceutical** companies, (2) commercial

pharmaceutical products

She gave money to help set up a **pharmaceutical** laboratory.

congest

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

synonym : clog, choke, crowd

(1) **congest** in a vein, (2) **congest** a highway

The roads to the airport were heavily **congested**.

systemic

adj. affecting or related to the whole of something, especially the human body or a society

(1) the **systemic** arteries, (2) **systemic** reforms of the organization

This vaccine causes mild **systemic** side effects.

racism

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

synonym : prejudice, discrimination, bias

(1) systemic **racism**, (2) research on anti- **racism**

The school's lack of diversity was a clear indication of the **racism** present in the community.

divest

v. to strip or rid oneself of something; to deprive or dispossess someone of a possession, title, or right

synonym : divestiture, strip, rid

(1) **divest** assets, (2) **divest** from fossil fuels

The company decided to **divest** its holdings in the fossil fuel industry.

predatory

adj. living by eating other animals, especially by catching prey that is still alive

synonym : raptorial, hunting, greedy

(1) a **predatory** bird, (2) **predatory** warfare

The domesticated cat still has its **predatory** instincts.

crack

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym : snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board

He that would eat the kernel must **crack** the nut.

cocaine

n. a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor

synonym : narcotic, coke, snow

(1) powder **cocaine**, (2) **cocaine** overdose

The drug dealer was arrested for possession of **cocaine**.

epidemic

n. the widespread outbreak of a particular disease in a large number of people at the same time

synonym : outbreak, contagion, plague

(1) a worldwide **epidemic**, (2) health **epidemic**

The disease is now reaching **epidemic** proportions in our country.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

incarceration

n. the state of being confined in prison or jail

synonym : confinement, imprisonment, detention

(1) mass **incarceration**, (2) **incarceration** rates

The judge sentenced him to five years of **incarceration** for embezzlement.

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym : bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

lifeline

n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

synonym : savior, support, safety net

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

My best friend has been my **lifeline** throughout all of my hardships.

Norman

adj. relating to or characteristic of the Normans, a people who originally came from Normandy, France, and who had a significant impact on the history and culture of Britain and other European countries; the term can also refer to a style of architecture or art that developed during the Norman period

synonym : medieval, antique, archaic

(1) **norman** cathedral, (2) **norman** invasion

The **Norman** architecture in the old city was a sight to behold.

grief

n. a very great sadness, especially when somebody dies

synonym : anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym : beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

immobilize

v. to render someone or something unable to move or function normally; to restrain, inhibit, or stop

synonym: incapacitate, paralyze, disable

(1) **immobilize** the city, (2) **immobilize** our opponent

The paramedics had to **immobilize** the accident victim to prevent further injury during transport to the hospital.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

desegregation

n. the action or process of eliminating segregation, typically of races or ethnic groups, in educational, social, or other institutions

synonym: integration, assimilation

(1) **desegregation** plan, (2) legal **desegregation**

Desegregation of schools was a major social issue in the 1960s.

abandon

v. to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

synonym: relinquish, leave behind, disregard

(1) **abandon** a friend, (2) **abandon** the practice

The castle was **abandoned** several years later.

sharecropper

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

synonym: tenant farmer, cropper, farmer

(1) **sharecropper** system, (2) **sharecropper** labor

Many **sharecroppers** in the South were impoverished and trapped in a cycle of debt.

territory

n. an area under the control of a ruler or state

synonym: domain, region, realm

(1) acquire **territory**, (2) **territory** in charge

They incorporated the conquered **territory** into their nation.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

regiment

n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine

synonym: unit, brigade, battalion

(1) logistics **regiment**, (2) marching **regiment**

The army **regiment** marched in perfect unison during the parade.

slave

n. a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person

synonym: captive, bondservant, hard worker

(1) a **slave** of drink, (2) a **slave** trader

You should work hard but not be a **slave** to it.

AI

n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

synonym: robot, machine learning, neural network

(1) **AI** expert, (2) apply **AI** technology to art

The evolution of processors has dramatically improved the performance of **AI**.

inheritance

n. the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological

heredity from ancestors

synonym : legacy, estate, heritage

(1) paternal **inheritance**, (2) **inheritance** tax

His vast **inheritance** was equitably divided among the brothers.

scalable

adj. capable of being easily expanded or increased in size, number, or scale to meet changing demands

synonym : expandable, flexible, adjustable

(1) **scalable** solution, (2) dynamically **scalable**

The company's new software is highly **scalable**, allowing it to handle increasing number of users.

brink

n. the point at which something is about to happen; the edge of a steep place

synonym : edge, verge, threshold

(1) **brink** of war, (2) on the **brink**

We were on the **brink** of a financial crisis.

environment

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

synonym : atmosphere, surroundings, climate

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

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

devastation

n. the act of causing great destruction or damage, often on a large scale

synonym : destruction, ruin, havoc

(1) financial **devastation**, (2) **devastation** to life

The economic recession caused **devastation** in the housing market, with many people losing their homes.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym :

blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

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.

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.

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

huddle

v. to crowd or press closely together; cuddle

synonym: cluster, crowd, group

(1) **huddle** in a temporary shelter, (2) **huddle** around the open fire

The children **huddled** together for warmth in the cold winter storm.

basement

n. a room or a part of a building that is partly or entirely below ground level

synonym: cellar, storage, vault

(1) four **basement** floor, (2) church **basement**

Underground rivers flow over a **basement** layer that is impervious to water.

grapevine

n. a climbing plant on which grapes grow; the informal transmission of information, gossip, or rumors from person to person

synonym: rumor, gossip, hearsay

(1) **grapevine** trellis, (2) office **grapevine**

I heard through the **grapevine** that they are planning to sell the company.

salon

n. a place for social gathering, especially for exchanging ideas and discussing artistic or cultural matters; a place of beauty treatment, such as a hair salon

synonym: gathering place, meeting place, social venue

(1) beauty **salon**, (2) cultural **salon**

She frequented the **salon** for intellectual discussions and to keep up with the latest cultural trends.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

commit

v. to do something illegal or wrong

synonym: engage, carry out, execute

(1) **commit** suicide, (2) **commit** mistakes

The military has **committed** an abuse of human rights.

grab

v. to take hold of something or someone suddenly with a hand, especially in a violent way

synonym: clutch, snatch, grasp

(1) **grab** an audience, (2) **grab** an opportunity

Shall we **grab** a bite to eat?

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

canvas

n. the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on

(1) blank **canvas**, (2) oil on **canvas**

Life is a vast **canvas**; you should put as much paint on it as possible.

drip

v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

synonym: drop, drizzle, trickle

(1) **drip** liquid, (2) **drip** from the vicious wound

Water is **dripping** from the faucet.

shore

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

synonym: coast, seaside, beach

(1) a sandy **shore**, (2) **shore** up demand

The waves are beating against the **shore**.

dirt *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
synonym : filth, grime, muck
(1) **dirt** road, (2) **dirt** track
The garden was filled with **dirt** and needed to be tilled before planting.

fulfill *v.* to meet the requirements or expectations; to achieve or realize
synonym : satisfy, complete, accomplish
(1) **fulfill** a contract, (2) **fulfill** a lifetime dream
It was the first time for her, but she **fulfilled** the role of Priest.

revolutionary *adj.* relating to or characterized by a complete or dramatic change
synonym : radical, innovative, groundbreaking
(1) **revolutionary** change, (2) enforce **revolutionary** justice
The **revolutionary** leader inspired others to join the fight for freedom and democracy.

complicit *adj.* involved in or responsible for a wrongful or unethical act, often through inaction or silence; in cooperation with another person or group
synonym : compliant, involved, accessory
(1) **complicit** behavior, (2) **complicit** in cover-up
The accomplice was **complicit** in the crime committed by her partner.

takeover *n.* an act of taking control of something, especially the buying out of one company by another; an act of taking control of a country or an area by force
synonym : seizure, confiscation, expropriation
(1) a **takeover** of a company, (2) consolidation **takeover**
The **takeover** deal was worth a few tens of billions of dollars.

underreport

- v.* to give an insufficient or incomplete account of something, often intentionally or due to negligence; to deliberately or accidentally provide less information than what is accurate or required

synonym : understate, downplay, minimize

(1) **underreport** the number of employees, (2) **underreport** expenses

Some companies **underreport** their profits to avoid paying higher taxes.

ordinary

- adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

synonym : mundane, prosaic, average

(1) an **ordinary** school, (2) **ordinary** annual revenue

The **ordinary** session of the Diet opened.

adopt

- v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym : accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

upstate

- adj.* relating to or located in the region that is located in the northern part of a state or country, particularly in the United States

synonym : northern

(1) **upstate** Connecticut, (2) **upstate** region

He grew up in a small town in **upstate** New York.

bloom

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

synonym : blossom, flush, flower

(1) **bloom** in autumn, (2) black-and-white **blooms**

The cherry blossoms in the park were in full **bloom**.

globe

n. the earth or world, mainly used to emphasize its vastness

synonym : Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

doctrine

n. a belief or set of ideas held and taught by a church, political party, or other groups

synonym : creed, principle, tenet

(1) religious **doctrine**, (2) **doctrine** of non-violence

The church **doctrine** teaches that all are equal in the eyes of God.

possibility

n. a chance that something may happen or be true

synonym : chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

mountainside

n. the side or slope of a mountain often used to describe the location or position of a particular object or activity

synonym : slope, hillside, incline

(1) climb a **mountainside**, (2) enjoy the view from the **mountainside**

The hiker slipped and fell down the **mountainside**, injuring herself.

indigenous

adj. someone or something that is native to or occurring naturally in a particular place

synonym : domestic, endemic, primitive

(1) **indigenous** crop, (2) **indigenous** peoples

The **indigenous** plants need to be pollinated by local insects.

reserve

v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

synonym : keep, hold, preserve

(1) **reserve** the right, (2) **reserve** a concert ticket
You can easily **reserve** seats over the telephone.

vast

adj. enormous in size, number, amount, or quantity

synonym : expansive, extended, boundless

(1) **vast** majority, (2) **vast** desert

A **vast** audience viewed the broadcast.

plain

adj. without being decorated in any way; (Noun) a vast
expanse of flat land with few trees

synonym : basic, straight, bare

(1) **plain** answer, (2) delta **plain**

The lowest lowland region is mostly flat **plain**.

fort

n. a military structure designed to be defended from attack

synonym : stronghold, bastion, fortress

(1) an isolated **fort**, (2) **fort** gate

The stone **fort** was built to protect the city from invading
forces.

recognize

v. to acknowledge or realize something or someone; to
identify, remember, or become aware of something that
was previously known or encountered

synonym : acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

whisper

v. to speak very quietly to somebody using the breath
rather than the voice so that only those close to you can
hear you

synonym : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

cousin

n. the child of your aunt or uncle

synonym : relative

(1) cross- **cousin** marriage, (2) **cousin's** family

I used to play with my younger male **cousins** when I was a little girl.

polluted

adj. contaminated with harmful or poisonous substances

synonym: contaminated, poisoned, unclean

(1) **polluted** air, (2) cadmium- **polluted** area

The river was **polluted** with chemicals, causing harm to the wildlife.

flint

n. a hard, gray stone that can produce sparks when struck with steel used historically to start fires; a type of microcrystalline quartz used for making tools, weapons, and jewelry

synonym: hardstone, tinder, firestone

(1) **flint** tools, (2) the **flint** on my lighter

The archeologist found a **flint** arrowhead on the dig site.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

disconnect

v. to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment

synonym: unplug, detach, take apart

(1) **disconnect** a plug, (2) **disconnect** the water supply

She finally decided to **disconnect** herself from the company.

worship

v. to have or show a strong feeling of profound respect and admiration for a religious entity such as God or a god

synonym: adore, idolize

(1) **worship** god, (2) absolutely **worship**

They traditionally **worship** their guru.

earshot

n. the distance within which a sound can be heard; the range or distance over which one can hear a sound

synonym : hearing range, audible distance, earreach

(1) beyond **earshot**, (2) out of **earshot**

I could hear the music from the concert within **earshot** of my home.

reception

n. the act of receiving or the state of being received, especially warmly or kindly; a formal party of people

synonym : welcome, greeting, party

(1) a cold **reception**, (2) **reception** desk

The wedding **reception** was held in the grand ballroom of the hotel.

brutality

n. the quality or state of being cruel or savage

synonym : cruelty, ferocity, savagery

(1) military **brutality**, (2) **brutality** against civilians

The protesters were outraged by the police **brutality** they witnessed at the demonstration.

sandy

adj. covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown

synonym : arenaceous, sandlike

(1) miles of **sandy** beaches, (2) **sandy** hair

The rain rapidly soaked into the **sandy** soil.

bland

adj. lacking in strong flavor, character, or interest; unremarkable or unexciting

synonym : boring, insipid, flavorless

(1) make a **bland** reply, (2) **bland** novel

The dinner was rather **bland** and in need of some seasoning.

custody

n. the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time

synonym : guardianship, care, detention

(1) take a person into **custody**, (2) **custody** arrangement

After a lengthy court battle, the child's **custody** was granted to the father.

courageous

adj. able to face and deal with danger or fear without flinching

synonym: brave, valiant, fearless

(1) make a **courageous** decision, (2) **courageous** rescue attempt

He was a **courageous** soldier who had served his country with honor.

faith

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

synonym: belief, trust, confidence

(1) religious **faith**, (2) **faith** in government

He kept his robust **faith** in his company.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

poet

n. a person who writes poetry

synonym: versifier, rhymer, writer

(1) a court **poet**, (2) a **poet** of sorts

She is a talented **poet** who has been recognized for her work.

laureate

n. a person who has been awarded an honor or a prize for achievement in a particular field, especially in literature or academia; a poet who is honored for achieving the highest level of excellence in a competition or for producing a lifetime body of work

(1) Oscar **laureate**, (2) poet **laureate**

The Nobel **laureate** delivered an inspiring speech to the graduating class.

gutsy

adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

synonym : courageous, brave, daring

(1) **gutsy** move, (2) **gutsy** performance

It was **gutsy** to quit her job and start her own business.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym : beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

jazz

n. a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression

synonym : swing, blues, bebop

(1) **jazz** club, (2) a school **jazz** band

He listened to **jazz** music to relax after a long day at work.

march

v. to walk militarily with stiff, regular steps

synonym : parade

(1) **march** against the war, (2) **march** east

The troops **marched** shoulder-to-shoulder.

boundary

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

synonym : border, frontier, limitation

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

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

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym : border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

synonym : recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

Session 2: Spelling

1. sp_____r a local group *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
2. the bo_____ry between reality and fantasy *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
3. hu_____e around the open fire *v.* to crowd or press closely together; cuddle
4. logistics re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
5. AI expert *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
6. gr_____ne trellis *n.* a climbing plant on which grapes grow; the informal transmission of information, gossip, or rumors from person to person
7. p__y devoutly *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
8. gr__t a land *v.* to agree to give or allow somebody

ANSWERS: 1. sponsor, 2. boundary, 3. huddle, 4. regiment, 5. AI, 6. grapevine, 7. pray, 8. grant

9. bl_____nt for economic reform *n.* a photographic print of an early plan for a building or machine
10. financial dev_____on *n.* the act of causing great destruction or damage, often on a large scale
11. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
12. the tra_____ion of a tadpole into a frog *n.* a complete change in form, nature, or appearance of someone or something
13. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
14. ra__y in front of the embassy *v.* a public meeting of a group of people intended to arouse enthusiasm
15. emotional li_____ne *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
16. suffer from ob_____y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
17. bu___e shoe *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
18. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

ANSWERS: 9. blueprint, 10. devastation, 11. diet, 12. transformation, 13. communal, 14. rally, 15. lifeline, 16. obesity, 17. buckle, 18. statistics

19. tr_____m an education system *v.* to change in outward structure or looks;
20. co_____e augmented reality *v.* to join or merge to form a single thing or group
21. di____t assets *v.* to strip or rid oneself of something; to deprive or dispossess someone of a possession, title, or right
22. the preliminary ra__y *v.* a public meeting of a group of people intended to arouse enthusiasm
23. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
24. sk____y finger *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential
25. ob_____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
26. a ci_____te case *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
27. ro_____y speaking *adv.* approximately but not precisely; with a violent manner
28. a sl__e trader *n.* a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person

ANSWERS: 19. transform, 20. combine, 21. divest, 22. rally, 23. recognize, 24. skinny, 25. obesity, 26. cigarette, 27. roughly, 28. slave

29. in___e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
30. gr__t a new license *v.* to agree to give or allow somebody
31. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
32. bu___e down to study *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
33. al_____ng news *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
34. the wh_____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
35. ins_____ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
36. imm_____ze our opponent *v.* to render someone or something unable to move or function normally; to restrain, inhibit, or stop
37. co_____it behavior *adj.* involved in or responsible for a wrongful or unethical act, often through inaction or silence; in cooperation with another person or group
38. ind_____us peoples *adj.* someone or something that is native to or occurring naturally in a particular place

ANSWERS: 29. invite, 30. grant, 31. chronic, 32. buckle, 33. alarming, 34. whisper, 35. institutionalize, 36. immobilize, 37. complicit, 38. indigenous

39. small ch___h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
40. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
41. consolidation ta_____er *n.* an act of taking control of something, especially the buying out of one company by another; an act of taking control of a country or an area by force
42. political ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
43. do_____ne of non-violence *n.* a belief or set of ideas held and taught by a church, political party, or other groups
44. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
45. cultural n___m *n.* something that is regarded as usual, typical, or standard
46. around the gl___e *n.* the earth or world, mainly used to emphasize its vastness
47. f___e their homes *v.* to leave by running away, especially out of fear or danger

ANSWERS: 39. church, 40. movement, 41. takeover, 42. tactics, 43. doctrine, 44. suffer, 45. norm, 46. globe, 47. flee

48. financial cr___s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
49. irregular heart rh___m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
50. re____m a competitive position *v.* to take back something previously lost, given, or paid, or ask to have it back
51. health ep____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
52. religious fa__h *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
53. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
54. und_____rt expenses *v.* to give an insufficient or incomplete account of something, often intentionally or due to negligence; to deliberately or accidentally provide less information than what is accurate or required
55. few cu__e words *n.* a rude or offensive word or an expression that is not polite and shows that you are very angry
56. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

ANSWERS: 48. crisis, 49. rhythm, 50. reclaim, 51. epidemic, 52. faith, 53. grandchild, 54. underreport, 55. curse, 56. dial

57. dull si__t *n.* the ability to see; anything that is seen
58. l__d of castle *n.* a person who has general authority, control, or power over others; a man of noble rank or high office
59. sl_____y labor *n.* the practice or system of owning, buying, and selling people as property and forcing them to work
60. a la__n ship *adj.* heavily loaded or burdened
61. wo_____p god *v.* to have or show a strong feeling of profound respect and admiration for a religious entity such as God or a god
62. surgical int_____ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
63. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
64. beyond ea_____t *n.* the distance within which a sound can be heard; the range or distance over which one can hear a sound
65. dis_____ate between different things *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
66. fl__t tools *n.* a hard, gray stone that can produce sparks when struck with steel used historically to start fires; a type of microcrystalline quartz used for making tools, weapons, and jewelry

ANSWERS: 57. sight, 58. lord, 59. slavery, 60. laden, 61. worship, 62. intervention, 63. possibility, 64. earshot, 65. discriminate, 66. flint

67. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
68. re_____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
69. na_____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
70. part of the he_____g process *n.* the process of becoming or making somebody or something well again
71. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
72. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
73. a ri___l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
74. sn__k out of danger *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
75. co_____e chemically with another substance *v.* to join or merge to form a single thing or group
76. acquire te_____ry *n.* an area under the control of a ruler or state
77. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

ANSWERS: 67. pajama, 68. reclaim, 69. navigate, 70. healing, 71. obese, 72. stroke, 73. ritual, 74. sneak, 75. combine, 76. territory, 77. institutionalize

78. li____ne support *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
79. bring la____er *n.* the act or sound of laughing
80. de____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
81. in____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
82. in samba rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
83. church ba____nt *n.* a room or a part of a building that is partly or entirely below ground level
84. gr____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
85. te____ry in charge *n.* an area under the control of a ruler or state
86. psychic tr____a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
87. sk____y jeans *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

ANSWERS: 78. lifeline, 79. laughter, 80. dementia, 81. inspire, 82. rhythm, 83. basement, 84. graduate, 85. territory, 86. trauma, 87. skinny

88. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
89. Oscar la____te *n.* a person who has been awarded an honor or a prize for achievement in a particular field, especially in literature or academia; a poet who is honored for achieving the highest level of excellence in a competition or for producing a lifetime body of work
90. an eligible vo__r *n.* a person who votes or has a legal right to vote in a political election
91. al____ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
92. br____ty against civilians *n.* the quality or state of being cruel or savage
93. up____e Connecticut *adj.* relating to or located in the region that is located in the northern part of a state or country, particularly in the United States
94. ca____te his credit score *v.* to judge or find out the amount or number of something by using mathematics
95. sa__y hair *adj.* covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
96. on the br__k *n.* the point at which something is about to happen; the edge of a steep place

ANSWERS: 88. relate, 89. laureate, 90. voter, 91. alarming, 92. brutality, 93. upstate, 94. calculate, 95. sandy, 96. brink

97. in_____ng stories *adj.* stimulating and motivating you to want to do something
98. no___n invasion *adj.* relating to or characteristic of the Normans, a people who originally came from Normandy, France, and who had a significant impact on the history and culture of Britain and other European countries; the term can also refer to a style of architecture or art that developed during the Norman period
99. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
100. co___y seat *n.* an administrative division of a country or state, typically one of several comprising a larger division
101. co_____t in a vein *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
102. approaching fo_____eps *n.* a step, or the sound generated by a person walking when their foot hits the ground
103. pe__h cobbler *n.* juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
104. throughout the co___y *n.* an administrative division of a country or state, typically one of several comprising a larger division
105. co___n's family *n.* the child of your aunt or uncle

ANSWERS: 97. inspiring, 98. Norman, 99. diabetes, 100. county, 101. congest, 102. footstep, 103. peach, 104. county, 105. cousin

106. ind_____us crop *adj.* someone or something that is native to or occurring naturally in a particular place
107. co___t suicide *v.* to do something illegal or wrong
108. cel_____ed artist *adj.* renowned for possessing admirable attributes
109. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
110. cu_____y arrangement *n.* the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time
111. sh___e up demand *n.* the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid
112. eat a vegetarian d___t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
113. dis_____ct a plug *v.* to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment
114. absolutely wo_____p *v.* to have or show a strong feeling of profound respect and admiration for a religious entity such as God or a god
115. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 106. indigenous, 107. commit, 108. celebrated, 109. dementia, 110. custody, 111. shore, 112. diet, 113. disconnect, 114. worship, 115. relate

116. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
117. le_____ry actor *adj.* famous or well-known, especially through long-standing popular stories or tradition
118. vo__r apathy *n.* a person who votes or has a legal right to vote in a political election
119. ch___h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
120. blitz ta_____s *n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
121. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
122. co_____r's wax *n.* a person who makes or repairs shoes; a type of dessert made with fruit and a crumbly topping
123. ro_____y explain my idea *adv.* approximately but not precisely; with a violent manner
124. ack_____ge his help *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

ANSWERS: 116. opportune, 117. legendary, 118. voter, 119. church, 120. tactics, 121. environment, 122. cobbler, 123. roughly, 124. acknowledge

125. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
126. a p__t of sorts *n.* a person who writes poetry
127. d__l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
128. cultural sa__n *n.* a place for social gathering, especially for exchanging ideas and discussing artistic or cultural matters; a place of beauty treatment, such as a hair salon
129. bl__m in autumn *n.* a flower, especially one having showy or colorful parts; the best time of youth
130. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
131. und_____rt the number of employees *v.* to give an insufficient or incomplete account of something, often intentionally or due to negligence; to deliberately or accidentally provide less information than what is accurate or required
132. the be__y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

ANSWERS: 125. meditation, 126. poet, 127. dial, 128. salon, 129. bloom, 130. strategy, 131. underreport, 132. belly

133. ga_____on troops *n.* a group of soldiers stationed to defend a town or fort
134. st__e blankly *v.* to gaze or look fixedly and intently at someone or something, often in a questioning, curious, or suspicious manner; (noun) a fixed, intense, and prolonged gaze or look
135. sha_____per system *n.* a farmer who cultivates a piece of land owned by someone else, usually in exchange for a share of the crops produced
136. boys in the twelfth gr__e *n.* a particular level of quality, size, importance, etc.
137. a worldwide ep_____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
138. su_____al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
139. br__k of war *n.* the point at which something is about to happen; the edge of a steep place
140. terrestrial gl__e *n.* the earth or world, mainly used to emphasize its vastness
141. research on anti-ra____m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
142. a fo_____ar of one of the tribes *n.* an ancestor or a precursor

ANSWERS: 133. garrison, 134. stare, 135. sharecropper, 136. grade, 137. epidemic, 138. survival, 139. brink, 140. globe, 141. racism, 142. forebear

143. ad__t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
144. hot st__e *n.* a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
145. oil on ca___s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
146. marching re____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
147. st__e top *n.* a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food
148. institution of sl____y *n.* the practice or system of owning, buying, and selling people as property and forcing them to work
149. make a bl__d reply *adj.* lacking in strong flavor, character, or interest; unremarkable or unexciting
150. re_____on desk *n.* the act of receiving or the state of being received, especially warmly or kindly; a formal party of people
151. em_____ed systems *adj.* fixed firmly into the surface of something
152. ma__h east *v.* to walk militarily with stiff, regular steps
153. re_____e the right *v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance

ANSWERS: 143. adopt, 144. stove, 145. canvas, 146. regiment, 147. stove, 148. slavery, 149. bland, 150. reception, 151. embedded, 152. march, 153. reserve

154. the fl__t on my lighter *n.* a hard, gray stone that can produce sparks when struck with steel used historically to start fires; a type of microcrystalline quartz used for making tools, weapons, and jewelry
155. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
156. l__e curtains *n.* a delicate fabric made of interlacing thread or other material; a cord used to fasten or adorn clothing, often with a pattern of holes or spaces; a decorative netting or interlaced design
157. natural he_____g ability *n.* the process of becoming or making somebody or something well again
158. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
159. imm_____ze the city *v.* to render someone or something unable to move or function normally; to restrain, inhibit, or stop
160. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
161. students at all gr__e levels *n.* a particular level of quality, size, importance, etc.
162. an isolated f__t *n.* a military structure designed to be defended from attack

ANSWERS: 154. flint, 155. tradition, 156. lace, 157. healing, 158. overcome, 159. immobilize, 160. empower, 161. grade, 162. fort

163. cou_____us rescue attempt *adj.* able to face and deal with danger or fear without flinching
164. pr_____ry warfare *adj.* living by eating other animals, especially by catching prey that is still alive
165. 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
166. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
167. co___t mistakes *v.* to do something illegal or wrong
168. beauty sa__n *n.* a place for social gathering, especially for exchanging ideas and discussing artistic or cultural matters; a place of beauty treatment, such as a hair salon
169. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
170. a court p__t *n.* a person who writes poetry
171. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
172. a lot of gr__f *n.* a very great sadness, especially when somebody dies

ANSWERS: 163. courageous, 164. predatory, 165. Alzheimer, 166. diabetes, 167. commit, 168. salon, 169. crisis, 170. poet, 171. mass, 172. grief

173. pa___h church *n.* a territorial division of a diocese, having its church and member of the clergy, typically for administrative and community purposes
174. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
175. a political rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
176. a m___s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
177. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
178. gu___y performance *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
179. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
180. care pa___a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
181. against tr_____on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

ANSWERS: 173. parish, 174. strength, 175. revolution, 176. mass, 177. disease, 178. gutsy, 179. obsess, 180. pajama, 181. tradition

182. LED-em____ed glass *adj.* fixed firmly into the surface of something
183. 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
184. dis_____ate against women employees *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
185. receive a s__m email *n.* unwanted email, usually of advertising material sent out in bulk
186. a young l__d *n.* a person who has general authority, control, or power over others; a man of noble rank or high office
187. pl__n answer *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
188. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
189. l__e trim *n.* a delicate fabric made of interlacing thread or other material; a cord used to fasten or adorn clothing, often with a pattern of holes or spaces; a decorative netting or interlaced design
190. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual

ANSWERS: 182. embedded, 183. Alzheimer, 184. discriminate, 185. spam, 186. lord, 187. plain, 188. overwhelm, 189. lace, 190. chronic

191. a j__n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
192. ma__h against the war *v.* to walk militarily with stiff, regular steps
193. rev_____ary change *adj.* relating to or characterized by a complete or dramatic change
194. water-la__n soil *adj.* heavily loaded or burdened
195. v__t desert *adj.* enormous in size, number, amount, or quantity
196. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
197. enjoy the view from the mou_____ide *n.* the side or slope of a mountain often used to describe the location or position of a particular object or activity
198. su_____al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
199. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
200. in_____e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
201. cadmium-po_____ed area *adj.* contaminated with harmful or poisonous substances
202. ab_____n a friend *v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

ANSWERS: 191. jean, 192. march, 193. revolutionary, 194. laden, 195. vast, 196. overcome, 197. mountainside, 198. survival, 199. violent, 200. inspire, 201. polluted, 202. abandon

203. the characters that re_____nt numbers
v. to speak, act, or be present on behalf of another person or group; to form or constitute
204. sn__k a cigarette
v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
205. make a cou_____us decision
adj. able to face and deal with danger or fear without flinching
206. bl__d novel
adj. lacking in strong flavor, character, or interest; unremarkable or unexciting
207. a ta_____er of a company
n. an act of taking control of something, especially the buying out of one company by another; an act of taking control of a country or an area by force
208. architect's bl_____nt
n. a photographic print of an early plan for a building or machine
209. cross-co____n marriage
n. the child of your aunt or uncle
210. ack_____ge the deed
v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
211. achieve a le_____ry status
adj. famous or well-known, especially through long-standing popular stories or tradition
212. sta_____cs for cancer
n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

ANSWERS: 203. represent, 204. sneak, 205. courageous, 206. bland, 207. takeover, 208. blueprint, 209. cousin, 210. acknowledge, 211. legendary, 212. statistics

213. out of ea____t *n.* the distance within which a sound can be heard; the range or distance over which one can hear a sound
214. morning ri____l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
215. systemic ra____m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
216. a school j__z band *n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression
217. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
218. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
219. ca____te the distance *v.* to judge or find out the amount or number of something by using mathematics
220. co____it in cover-up *adj.* involved in or responsible for a wrongful or unethical act, often through inaction or silence; in cooperation with another person or group
221. de____e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 213. earshot, 214. ritual, 215. racism, 216. jazz, 217. strength, 218. grief, 219. calculate, 220. complicit, 221. decide

222. pri_____ze tasks *v.* to assign a higher level of importance to something compared to other things
223. j__z club *n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression
224. sy_____ic reforms of the organization *adj.* affecting or related to the whole of something, especially the human body or a society
225. int_____ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
226. anti-s__m technology *n.* unwanted email, usually of advertising material sent out in bulk
227. gu__y move *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
228. fabric of the je___y *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
229. or_____ry annual revenue *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
230. hu___e in a temporary shelter *v.* to crowd or press closely together; cuddle
231. des_____ion plan *n.* the action or process of eliminating segregation, typically of races or ethnic groups, in educational, social, or other institutions

ANSWERS: 222. prioritize, 223. jazz, 224. systemic, 225. intervention, 226. spam, 227. gutsy, 228. jersey, 229. ordinary, 230. huddle, 231. desegregation

232. gra_____ld development *n.* a child of someone's son or daughter
233. tr_____rm heat into power *v.* to change in outward structure or looks;
234. sin_____ded responsibility *adj.* done or accomplished by one person alone
235. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
236. be_____d author *adj.* loved very much
237. in____e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
238. take a person into cu_____y *n.* the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time
239. the sy_____ic arteries *adj.* affecting or related to the whole of something, especially the human body or a society
240. fa__h in government *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
241. a sl__e of drink *n.* a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person
242. Christmas ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme

ANSWERS: 232. grandchild, 233. transform, 234. single-handed, 235. suffer, 236. beloved, 237. invite, 238. custody, 239. systemic, 240. faith, 241. slave, 242. carol

243. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
244. sing a ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
245. go on a h__e *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
246. sp_____r a contest *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
247. je___y material *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
248. cast a tra_____ion spell *n.* a complete change in form, nature, or appearance of someone or something
249. sin_____ded victory *adj.* done or accomplished by one person alone
250. em_____r my life *v.* to give someone the power or authority to do something
251. peach co_____r *n.* a person who makes or repairs shoes; a type of dessert made with fruit and a crumbly topping
252. pri_____ze people over cars *v.* to assign a higher level of importance to something compared to other things
253. ab_____n the practice *v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity
254. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 243. whisper, 244. carol, 245. hike, 246. sponsor, 247. jersey, 248. transformation, 249. single-handed, 250. empower, 251. cobbler, 252. prioritize, 253. abandon, 254. recognize

255. co____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
256. inh_____ce tax *n.* the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
257. strong and co_____ed sales staff *adj.* willing to put in a lot of effort, time, and energy into something; firmly believing in something
258. re_____e a concert ticket *v.* to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
259. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
260. legal des_____ion *n.* the action or process of eliminating segregation, typically of races or ethnic groups, in educational, social, or other institutions
261. re____m a government bond *v.* to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation
262. religious do_____ne *n.* a belief or set of ideas held and taught by a church, political party, or other groups

ANSWERS: 255. communal, 256. inheritance, 257. committed, 258. reserve, 259. conversation, 260. desegregation, 261. redeem, 262. doctrine

263. sc____le solution *adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands
264. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
265. geographical bo____ry *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
266. g__b an opportunity *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
267. ad__t a child *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
268. honor gr____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
269. re___m a coupon *v.* to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation
270. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
271. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 263. scalable, 264. decide, 265. boundary, 266. grab, 267. adopt, 268. graduate, 269. redeem, 270. represent, 271. stroke

272. up_____e region *adj.* relating to or located in the region that is located in the northern part of a state or country, particularly in the United States
273. pos_____ty for growth *n.* a chance that something may happen or be true
274. di____t from fossil fuels *v.* to strip or rid oneself of something; to deprive or dispossess someone of a possession, title, or right
275. d__t track *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
276. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
277. f__t gate *n.* a military structure designed to be defended from attack
278. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
279. po_____ed air *adj.* contaminated with harmful or poisonous substances
280. cel_____ed paper *adj.* renowned for possessing admirable attributes
281. inc_____ion rates *n.* the state of being confined in prison or jail
282. dis_____ct the water supply *v.* to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment

ANSWERS: 272. upstate, 273. possibility, 274. divest, 275. dirt, 276. opportune, 277. fort, 278. meditation, 279. polluted, 280. celebrated, 281. incarceration, 282. disconnect

283. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
284. gov_____nt funding *n.* the group of people with authority to control a country or state
285. mass inc_____ion *n.* the state of being confined in prison or jail
286. d__t road *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
287. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
288. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
289. a mild ci_____te *n.* a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
290. an or_____ry school *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
291. d__p liquid *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
292. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 283. crack, 284. government, 285. incarceration, 286. dirt, 287. violent, 288. grab, 289. cigarette, 290. ordinary, 291. drip, 292. medication

293. la_____er all around *n.* the act or sound of laughing
294. co_____e overdose *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
295. black-and-white bl__ms *n.* a flower, especially one having showy or colorful parts; the best time of youth
296. commercial pha_____cal products *adj.* relating to the production and selling of the medical drugs
297. a h__e in prices *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
298. delta pl__n *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
299. powder co_____e *n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
300. apply AI technology to art *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 293. laughter, 294. cocaine, 295. bloom, 296. pharmaceutical, 297. hike, 298. plain, 299. cocaine, 300. AI

301. dynamically sc____le *adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands
302. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
303. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
304. awe-in_____ng sight *adj.* stimulating and motivating you to want to do something
305. j__n denim *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
306. an unexpected si__t *n.* the ability to see; anything that is seen
307. four ba_____nt floor *n.* a room or a part of a building that is partly or entirely below ground level
308. co_____t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
309. p__y for rain *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
310. fo_____ar predecessor *n.* an ancestor or a precursor
311. d__p from the vicious wound *v.* to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
312. an_____or language *n.* a person from whom one is descended; a forefather

ANSWERS: 301. scalable, 302. government, 303. crack, 304. inspiring, 305. jean, 306. sight, 307. basement, 308. congest, 309. pray, 310. forebear, 311. drip, 312. ancestor

313. enforce rev_____ary justice

adj. relating to or characterized by a complete or dramatic change

314. poet la_____te

n. a person who has been awarded an honor or a prize for achievement in a particular field, especially in literature or academia; a poet who is honored for achieving the highest level of excellence in a competition or for producing a lifetime body of work

315. mo_____nt of troops

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

316. juicy pe__hes

n. juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive

317. civil pa____h

n. a territorial division of a diocese, having its church and member of the clergy, typically for administrative and community purposes

318. give a menacing st__e

v. to gaze or look fixedly and intently at someone or something, often in a questioning, curious, or suspicious manner; (noun) a fixed, intense, and prolonged gaze or look

319. a sandy sh__e

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

ANSWERS: 313. revolutionary, 314. laureate, 315. movement, 316. peach, 317. parish, 318. stare, 319. shore

320. blank ca___s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
321. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
322. a pr_____on instrument *n.* the quality or condition of being exact and accurate
323. f__e abroad *v.* to leave by running away, especially out of fear or danger
324. under a cu__e *n.* a rude or offensive word or an expression that is not polite and shows that you are very angry
325. climb a mou_____ide *n.* the side or slope of a mountain often used to describe the location or position of a particular object or activity
326. n__m of action *n.* something that is regarded as usual, typical, or standard
327. in a co_____ed relationship *adj.* willing to put in a lot of effort, time, and energy into something; firmly believing in something
328. miles of sa__y beaches *adj.* covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
329. paternal inh_____ce *n.* the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
330. a pr_____ry bird *adj.* living by eating other animals, especially by catching prey that is still alive

ANSWERS: 320. canvas, 321. strategy, 322. precision, 323. flee, 324. curse, 325. mountainside, 326. norm, 327. committed, 328. sandy, 329. inheritance, 330. predatory

331. military br_____ty *n.* the quality or state of being cruel or savage
332. speak with pr_____on *n.* the quality or condition of being exact and accurate
333. dev_____on to life *n.* the act of causing great destruction or damage, often on a large scale
334. fu_____l a contract *v.* to meet the requirements or expectations; to achieve or realize
335. basketball le____d *n.* an old story that may or may not be accurate regarding some persons and events; a well-known person who is admired by others for a long time, particularly in a particular field
336. a cold re_____on *n.* the act of receiving or the state of being received, especially warmly or kindly; a formal party of people
337. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
338. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
339. cost ba_____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
340. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 331. brutality, 332. precision, 333. devastation, 334. fulfill, 335. legend, 336. reception, 337. disease, 338. belly, 339. barrier, 340. medication

341. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
342. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
343. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
344. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
345. sha_____per labor *n.* a farmer who cultivates a piece of land owned by someone else, usually in exchange for a share of the crops produced
346. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
347. office gr_____ne *n.* a climbing plant on which grapes grow; the informal transmission of information, gossip, or rumors from person to person
348. be_____d by many people *adj.* loved very much
349. v__t majority *adj.* enormous in size, number, amount, or quantity
350. reinforce a ga_____on *n.* a group of soldiers stationed to defend a town or fort
351. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 341. obese, 342. overwhelm, 343. navigate, 344. trauma, 345. sharecropper, 346. environment, 347. grapevine, 348. beloved, 349. vast, 350. garrison, 351. obsess

352. major pha_____cal companies *adj.* relating to the production and selling of the medical drugs
353. no___n cathedral *adj.* relating to or characteristic of the Normans, a people who originally came from Normandy, France, and who had a significant impact on the history and culture of Britain and other European countries; the term can also refer to a style of architecture or art that developed during the Norman period
354. le___d of King Arthur *n.* an old story that may or may not be accurate regarding some persons and events; a well-known person who is admired by others for a long time, particularly in a particular field
355. fo_____eps in the corridor *n.* a step, or the sound generated by a person walking when their foot hits the ground
356. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
357. fu_____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
358. earliest human an_____or *n.* a person from whom one is descended; a forefather
359. beginning of the industrial
rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
360. information ba_____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

ANSWERS: 352. pharmaceutical, 353. Norman, 354. legend, 355. footstep, 356. conversation, 357. fulfill, 358. ancestor, 359. revolution, 360. barrier

ANSWERS:

Session 3: Fill in the Blanks

1. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
2. She wore her favorite pair of _____ to the party.
n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
3. The hiker slipped and fell down the _____ injuring herself.
n. the side or slope of a mountain often used to describe the location or position of a particular object or activity
4. The army _____ marched in perfect unison during the parade.
n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
5. He evaluated his chances for _____ rather pessimistically.
n. the state of continuing to exist or live, frequently in the face of difficulty or danger
6. The domesticated cat still has its _____ instincts.
adj. living by eating other animals, especially by catching prey that is still alive
7. Five miles is _____ similar to eight kilometers.
adv. approximately but not precisely; with a violent manner
8. They formed a vast _____ to withstand an assault.
n. a group of soldiers stationed to defend a town or fort

ANSWERS: 1. suffers, 2. jeans, 3. mountainside, 4. regiment, 5. survival, 6. predatory, 7. roughly, 8. garrison

9. He lit a _____ and leaned against the wall.
n. a small cylindrical roll of finely cut tobacco leaves wrapped in paper for smoking
10. Hydrogen and oxygen _____ to form water.
v. to join or merge to form a single thing or group
11. The protesters were outraged by the police _____ they witnessed at the demonstration.
n. the quality or state of being cruel or savage
12. The _____ stories of King Arthur have been passed down for centuries.
adj. famous or well-known, especially through long-standing popular stories or tradition
13. The rain rapidly soaked into the _____ soil.
adj. covered with or containing sand; (especially of hair color) pale yellowish to yellowish brown
14. Departments may set requirements for a higher _____ point average.
n. a particular level of quality, size, importance, etc.
15. Each person has a unique _____ experience.
n. a very great sadness, especially when somebody dies
16. The roads to the airport were heavily _____.
v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
17. I am here to save my _____.
adj. loved very much

ANSWERS: 9. cigarette, 10. combine, 11. brutality, 12. legendary, 13. sandy, 14. grade, 15. grief, 16. congested, 17. beloved

18. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
19. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
20. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
21. Our company _____ numerous disabled athletes.
- v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
22. Health and _____ are, above all, gold.
- n.* the quality or state of being physically, or sometimes mentally, strong
23. This _____ does not require the patient's consent.
- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
24. He tried to _____ his experience to the group, but they couldn't understand.
- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
25. The unique style of this martial arts _____ many action film producers.
- v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

ANSWERS: 18. norms, 19. diabetes, 20. diet, 21. sponsors, 22. strength, 23. intervention, 24. relate, 25. inspired

26. The sound of oncoming _____ grew louder, closer.
- n.* a step, or the sound generated by a person walking when their foot hits the ground
27. The _____ by the citizen resulted in a redistribution of wealth.
- n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
28. The marketing team developed new _____ to boost sales.
- n.* the methods or strategies used to achieve a specific goal or outcome, particularly in the context of military, business, or sports
29. They incorporated the conquered _____ into their nation.
- n.* an area under the control of a ruler or state
30. He grew up in a small town in _____ New York.
- adj.* relating to or located in the region that is located in the northern part of a state or country, particularly in the United States
31. The company's new software is highly _____ allowing it to handle increasing number of users.
- adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands
32. The sudden rise in crime rates in our neighborhood is quite _____.
- adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
33. There was a massive police presence at the anti-government _____.
- v.* a public meeting of a group of people intended to arouse enthusiasm

ANSWERS: 26. footsteps, 27. revolution, 28. tactics, 29. territory, 30. upstate, 31. scalable, 32. alarming, 33. rally

34. Three _____ tenors performed during the president's inauguration.

adj. renowned for possessing admirable attributes

35. He that would eat the kernel must _____ the nut.

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

36. It was _____ to quit her job and start her own business.

adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

37. She frequented the _____ for intellectual discussions and to keep up with the latest cultural trends.

n. a place for social gathering, especially for exchanging ideas and discussing artistic or cultural matters; a place of beauty treatment, such as a hair salon

38. This year's extreme heat has resulted in many heat _____ cases.

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

39. She had a tattoo just above her _____ button.

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

40. A business plan is a _____ for your success.

n. a photographic print of an early plan for a building or machine

41. She couldn't _____ whether to order the pizza or the pasta for dinner.

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

ANSWERS: 34. celebrated, 35. crack, 36. gutsy, 37. salon, 38. stroke, 39. belly, 40. blueprint, 41. decide

42. The drug dealer was arrested for possession of _____.
- n.* a highly addictive stimulant drug that is derived from the leaves of the coca plant, often used recreationally for its euphoric effects but also used in medicine as a local anesthetic and vasoconstrictor
43. The troops _____ shoulder-to-shoulder.
- v.* to walk militarily with stiff, regular steps
44. The _____ shop was located on Main Street and was open seven days a week.
- n.* a person who makes or repairs shoes; a type of dessert made with fruit and a crumbly topping
45. He never _____ his fault.
- v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
46. A _____ audience viewed the broadcast.
- adj.* enormous in size, number, amount, or quantity
47. Many employers hire _____ trainees to train as managers.
- n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
48. Our knowledge helps _____ our clients successfully.
- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
49. He wandered the _____ between life and death by gunfire.
- n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places

ANSWERS: 42. cocaine, 43. marched, 44. cobbler's, 45. acknowledged, 46. vast, 47. graduate, 48. navigate, 49. boundary

50. It is a basic instinct to _____ from a dangerous situation.

- v. to leave by running away, especially out of fear or danger

51. Every human is responsible for taking care of the Earth's _____.

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

52. Too much variety may _____ and confuse viewers.

- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

53. The children tried to _____ out and eat the candy.

- v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

54. Shall we _____ a bite to eat?

- v. to take hold of something or someone suddenly with a hand, especially in a violent way

55. The _____ deal was worth a few tens of billions of dollars.

- n. an act of taking control of something, especially the buying out of one company by another; an act of taking control of a country or an area by force

56. The Nobel _____ delivered an inspiring speech to the graduating class.

- n. a person who has been awarded an honor or a prize for achievement in a particular field, especially in literature or academia; a poet who is honored for achieving the highest level of excellence in a competition or for producing a lifetime body of work

57. They traditionally _____ their guru.

- v. to have or show a strong feeling of profound respect and admiration for a religious entity such as God or a god

ANSWERS: 50. flee, 51. environment, 52. overwhelm, 53. sneak, 54. grab, 55. takeover, 56. laureate, 57. worship

58. He started a _____ project to earn additional money.

adj. done or accomplished by one person alone

59. I heard through the _____ that they are planning to sell the company.

n. a climbing plant on which grapes grow; the informal transmission of information, gossip, or rumors from person to person

60. The _____ leader inspired others to join the fight for freedom and democracy.

adj. relating to or characterized by a complete or dramatic change

61. The cherry blossoms in the park were in full _____.

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

62. The _____ chip in my credit card allows me to make contactless payments.

adj. fixed firmly into the surface of something

63. The economic recession caused _____ in the housing market, with many people losing their homes.

n. the act of causing great destruction or damage, often on a large scale

64. He tried to _____ himself by volunteering at the local charity after his mistakes.

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

65. The disease is now reaching _____ proportions in our country.

n. the widespread outbreak of a particular disease in a large number of people at the same time

ANSWERS: 58. single-handed, 59. grapevine, 60. revolutionary, 61. bloom, 62. embedded, 63. devastation, 64. redeem, 65. epidemic

66. Some doctor says _____ is the best medicine.

n. the act or sound of laughing

67. The _____ plants need to be pollinated by local insects.

adj. someone or something that is native to or occurring naturally in a particular place

68. The grandparents take care of their _____ while the parents are at work.

n. a child of someone's son or daughter

69. He's utterly _____ with his promotion.

v. to fill the mind of someone continually so that one can't think of anything else

70. The feudal _____ had ruled the land for many years.

n. a person who has general authority, control, or power over others; a man of noble rank or high office

71. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

72. His _____ was one of the first settlers in the area.

n. an ancestor or a precursor

73. He was a _____ soldier who had served his country with honor.

adj. able to face and deal with danger or fear without flinching

74. Life is a vast _____ you should put as much paint on it as possible.

n. the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on

ANSWERS: 66. laughter, 67. indigenous, 68. grandchild, 69. obsessed, 70. lord, 71. tradition, 72. forebear, 73. courageous, 74. canvas;

75. Our plan includes a comprehensive marketing _____.
- n.* a detailed plan of action designed to achieve a long-term or overall goal.
76. 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
77. After a lengthy court battle, the child's _____ was granted to the father.
- n.* the state of being physically responsible for something or someone, especially a child; a state of being confined, usually for a short time
78. Underground rivers flow over a _____ layer that is impervious to water.
- n.* a room or a part of a building that is partly or entirely below ground level
79. 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
80. This vaccine causes mild _____ side effects.
- adj.* affecting or related to the whole of something, especially the human body or a society
81. The police placed a _____ across the street to halt traffic.
- n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
82. 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: 75. strategy, 76. Alzheimer's, 77. custody, 78. basement, 79. dementia, 80. systemic, 81. barrier, 82. carols

83. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
84. The wedding _____ was held in the grand ballroom of the hotel.
n. the act of receiving or the state of being received, especially warmly or kindly; a formal party of people
85. Each ancient tribe has its _____ traditions.
n. the process of becoming or making somebody or something well again
86. You should not _____ against minorities.
v. to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
87. The _____ tree in my backyard produced a bountiful harvest this year.
n. juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
88. The stone _____ was built to protect the city from invading forces.
n. a military structure designed to be defended from attack
89. You should work hard but not be a _____ to it.
n. a person who is, either legally or illegally, owned by someone; a person entirely dominated by some influence or a person
90. The _____ of the dancers on stage was graceful and elegant.
n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 83. ancestor, 84. reception, 85. healing, 86. discriminate, 87. peach, 88. fort, 89. slave, 90. movement

91. The _____ of getting the disease will drastically increase.

n. a chance that something may happen or be true

92. He took me aside and _____ in my ear.

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

93. We elected him to _____ us at the international conference.

v. to speak, act, or be present on behalf of another person or group; to form or constitute

94. We want to _____ you to our annual charity event.

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

95. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

96. The phone rang at the most _____ time.

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

97. She finally decided to _____ herself from the company.

v. to unfasten or disjoin something, especially to break the connection between a supply of gas, water, or electricity and a piece of equipment

98. My little sister loves to have _____ parties with her friends on the weekends.

n. a pair of loose pants with a matching top, worn for sleeping or lounging

ANSWERS: 91. possibility, 92. whispered, 93. represent, 94. invite, 95. crisis, 96. opportune, 97. disconnect, 98. pajama

99. She wore a beautiful dress with delicate _____ detailing.

- n.* a delicate fabric made of interlacing thread or other material; a cord used to fasten or adorn clothing, often with a pattern of holes or spaces; a decorative netting or interlaced design

100. He listened to _____ music to relax after a long day at work.

- n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression

101. He _____ the phone number and waited for an answer.

- v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

102. The traffic-_____ street was gridlocked during rush hour, with cars moving at a snail's pace.

- adj.* heavily loaded or burdened

103. The woman of the house does the holy _____ of lighting two candles.

- n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies

104. He couldn't _____ the actual value of the artwork.

- v.* to judge or find out the amount or number of something by using mathematics

105. Some companies _____ their profits to avoid paying higher taxes.

- v.* to give an insufficient or incomplete account of something, often intentionally or due to negligence; to deliberately or accidentally provide less information than what is accurate or required

ANSWERS: 99. lace, 100. jazz, 101. dialed, 102. laden, 103. ritual, 104. calculate, 105. underreport

106. My best friend has been my _____ throughout all of my hardships.

- n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help

107. Many civilians have suffered _____ as a result of the war.

- n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

108. We were on the _____ of a financial crisis.

- n.* the point at which something is about to happen; the edge of a steep place

109. The archeologist found a _____ arrowhead on the dig site.

- n.* a hard, gray stone that can produce sparks when struck with steel used historically to start fires; a type of microcrystalline quartz used for making tools, weapons, and jewelry

110. She closed her eyes and _____ for strength to overcome difficult times.

- v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request

111. The doctor diagnosed him with a rare _____ that had no known cure.

- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

112. I made dinner on the _____ using a pot and a pan.

- n.* a kitchen appliance consisting of a flat top, usually with heating elements, used for cooking food

113. I used to play with my younger male _____ when I was a little girl.

- n.* the child of your aunt or uncle

ANSWERS: 106. lifeline, 107. trauma, 108. brink, 109. flint, 110. prayed, 111. disease, 112. stove, 113. cousins

114. The organization _____ the needs of the community in its decision-making.
v. to assign a higher level of importance to something compared to other things
115. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
116. An _____ teacher might spark students' motivation to succeed.
adj. stimulating and motivating you to want to do something
117. Many famous _____ are within walking distance.
n. the ability to see; anything that is seen
118. The dinner was rather _____ and in need of some seasoning.
adj. lacking in strong flavor, character, or interest; unremarkable or unexciting
119. The accomplice was _____ in the crime committed by her partner.
adj. involved in or responsible for a wrongful or unethical act, often through inaction or silence; in cooperation with another person or group
120. His vast _____ was equitably divided among the brothers.
n. the money, property, etc., that someone gives you when they die; (genetics) attributes acquired via biological heredity from ancestors
121. The election administration nullified the election results because of _____ fraud.
n. a person who votes or has a legal right to vote in a political election
122. The evolution of processors has dramatically improved the performance of _____.
n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 114. prioritized, 115. violent, 116. inspiring, 117. sights, 118. bland, 119. complicit, 120. inheritance, 121. voter, 122. AI

123. This operation requires both patience and _____.

n. the quality or condition of being exact and accurate

124. You can remove _____ messages with special software.

n. unwanted email, usually of advertising material sent out in bulk

125. She is a talented _____ who has been recognized for her work.

n. a person who writes poetry

126. My father's death _____ my life completely.

v. to change in outward structure or looks;

127. _____ of schools was a major social issue in the 1960s.

n. the action or process of eliminating segregation, typically of races or ethnic groups, in educational, social, or other institutions

128. You may be entitled to _____ some tax.

v. to take back something previously lost, given, or paid, or ask to have it back

129. The family decided to _____ in the mountains to enjoy the beautiful scenery.

n. a long walk or journey, especially for pleasure or exercise; an increase in cost

130. He beat out a jazz _____ on the cajones.

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

131. The school's lack of diversity was a clear indication of the _____ present in the community.

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

ANSWERS: 123. precision, 124. spam, 125. poet, 126. transformed, 127.

Desegregation, 128. reclaim, 129. hike, 130. rhythm, 131. racism

132. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
133. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state
134. The judge sentenced him to five years of _____ for embezzlement.
n. the state of being confined in prison or jail
135. The paramedics had to _____ the accident victim to prevent further injury during transport to the hospital.
v. to render someone or something unable to move or function normally; to restrain, inhibit, or stop
136. He couldn't help but _____ at the beautiful sunset over the ocean.
v. to gaze or look fixedly and intently at someone or something, often in a questioning, curious, or suspicious manner; (noun) a fixed, intense, and prolonged gaze or look
137. You can easily _____ seats over the telephone.
v. to keep something for future use or contingency; to obtain or arrange something, such as a meeting, seat, etc., in advance
138. The abolition of _____ in the United States was a major achievement in the fight for human rights.
n. the practice or system of owning, buying, and selling people as property and forcing them to work
139. Our company is strongly _____ to meeting customers' needs.
adj. willing to put in a lot of effort, time, and energy into something; firmly believing in something

ANSWERS: 132. Chronic, 133. government, 134. incarceration, 135. immobilize, 136. stare, 137. reserve, 138. slavery, 139. committed

140. The _____ of people who do not own property is politically impotent.
- n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
141. The _____ population has been increasing rapidly in recent years.
- n.* an administrative division of a country or state, typically one of several comprising a larger division
142. His final goal is to sail around the _____.
- n.* the earth or world, mainly used to emphasize its vastness
143. The children _____ together for warmth in the cold winter storm.
- v.* to crowd or press closely together; cuddle
144. The lowest lowland region is mostly flat _____.
- adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
145. Many of the _____ of the famous general came about hundreds of years after his death.
- n.* an old story that may or may not be accurate regarding some persons and events; a well-known person who is admired by others for a long time, particularly in a particular field
146. The prevalence of _____ has increased significantly in recent years.
- n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
147. His mom was always concerned about his _____ frame and encouraged him to eat more
- adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

ANSWERS: 140. mass, 141. county's, 142. globe, 143. huddled, 144. plain, 145. legends, 146. obesity, 147. skinny

148. He tried to _____ a bad reputation and win the election.

- v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

149. The castle was _____ several years later.

- v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

150. Many autocratic policies became a _____ for that country's economy.

- n.* a rude or offensive word or an expression that is not polite and shows that you are very angry

151. The company decided to _____ its holdings in the fossil fuel industry.

- v.* to strip or rid oneself of something; to deprive or dispossess someone of a possession, title, or right

152. The doctor warned him that his _____ condition put him at risk for numerous health problems.

- adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

153. The military has _____ an abuse of human rights.

- v.* to do something illegal or wrong

154. Understanding unitary _____ of a normal matrix require considerable mathematical sophistication.

- n.* a complete change in form, nature, or appearance of someone or something

155. I could hear the music from the concert within _____ of my home.

- n.* the distance within which a sound can be heard; the range or distance over which one can hear a sound

ANSWERS: 148. overcome, 149. abandoned, 150. curse, 151. divest, 152. obese, 153. committed, 154. transformations, 155. earshot

156. The chairperson _____ him the right to speak.

v. to agree to give or allow somebody

157. The _____ on the corner is hosting a free community meal tonight.

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

158. The waves are beating against the _____.

n. the land along the edge of a sea, lake, broad river, or other large body of water; (verb) to support by placing against something solid or rigid

159. The national assembly has _____ the budget.

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

160. _____ elections were held in several European countries.

adj. belonging to or used by a group rather than individuals; for common use

161. The _____ council met monthly to discuss community issues and plan events.

n. a territorial division of a diocese, having its church and member of the clergy, typically for administrative and community purposes

162. Water is _____ from the faucet.

v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

163. The _____ instructor guided the group through the relaxation and breathing exercises.

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

ANSWERS: 156. granted, 157. church, 158. shore, 159. adopted, 160. Communal, 161. parish, 162. dripping, 163. meditation

164. It was the first time for her, but she _____ the role of Priest.

v. to meet the requirements or expectations; to achieve or realize

165. The pharmacist not only prescribes the _____ but also guides its proper use.

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

166. She gave money to help set up a _____ laboratory.

adj. relating to the production and selling of the medical drugs

167. The severe heat wave _____ railway tracks.

v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

168. Your _____ reflects your thoughts.

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

169. He kept his robust _____ in his company.

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

170. The _____ demonstrate that poverty and unemployment are genuine problems.

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

171. Many _____ in the South were impoverished and trapped in a cycle of debt.

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

ANSWERS: 164. fulfilled, 165. medication, 166. pharmaceutical, 167. buckled, 168. conversation, 169. faith, 170. statistics, 171. sharecroppers

172. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

173. I always wear my favorite basketball player's _____ to the games.

n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover

174. The garden was filled with _____ and needed to be tilled before planting.

n. soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock

175. The _____ session of the Diet opened.

adj. not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

176. 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.)

177. The _____ architecture in the old city was a sight to behold.

adj. relating to or characteristic of the Normans, a people who originally came from Normandy, France, and who had a significant impact on the history and culture of Britain and other European countries; the term can also refer to a style of architecture or art that developed during the Norman period

178. The church _____ teaches that all are equal in the eyes of God.

n. a belief or set of ideas held and taught by a church, political party, or other groups

ANSWERS: 172. empowered, 173. jersey, 174. dirt, 175. ordinary, 176. institutionalize, 177. Norman, 178. doctrine

179. The river was _____ with chemicals, causing harm to the wildlife.

adj. contaminated with harmful or poisonous substances

180. It's important to _____ your strengths and weaknesses.

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 179. polluted, 180. recognize