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Vocabulary Builder Reference from...

Guillaume Nery: The exhilarating peace of freediving | TED Talk

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

Advanced Words Only

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Session 1: Word List

announcer

n. a person who introduces and speaks on television or radio programs or provides commentary or information at a live event

synonym: emcee, broadcaster, commentator

(1) public address **announcer**, (2) radio **announcer**

The sports **announcer** provided live commentary during the game.

carp

n. a type of freshwater fish found in many parts of the world, typically with a scaleless body, barbels around the mouth, and erect fins; to complain or find fault with something repeatedly

synonym: fish, minnow

(1) **carp** fishing, (2) **carp** streamers

The fisherman showed off his biggest **carp** catch of the day.

compress

v. to press or squeeze together to make something take up less space

synonym: condense, constrict, squeeze

(1) **compress** the chest, (2) **compress** gas

She **compressed** the files into a single ZIP archive to save space on her computer.

reflex

n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

synonym: reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

vasoconstriction

n. the narrowing or constriction of blood vessels, particularly the contraction of smooth muscles in the vessel walls, which can result in reduced blood flow

synonym: narrowing, constriction, tightness

(1) induced **vasoconstriction**, (2) peripheral **vasoconstriction**

The body responds to cold temperatures through **vasoconstriction** to preserve heat.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym: intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

dolphin

n. a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid

synonym: porpoise, cetacean, marine mammal

(1) **dolphin** show, (2) **dolphin-watching** tour

The large group of **dolphins** swam gracefully in the ocean, jumping out of the water now and then.

descend

v. to move downward and lower; to come from, or to be connected by a relationship of blood

synonym : dip, drop, come down

(1) **descend** a steep hill, (2) **descend** by elevator

She was **descended** from an old Italian noble family.

capillary

n. a tube of small internal diameter; any of the minute tubes that carry blood

(1) a **capillary** tube, (2) **capillary** action

There are many **capillary** vessels in the gills of fish.

engorge

v. to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable

synonym : swell, fill, gorge

(1) **engorge** with water during rainy periods, (2) **engorge** with food

The mosquito's abdomen began to **engorge** with blood after it pierced the skin.

suction

n. the action of drawing something towards or into a vacuum or partial vacuum

synonym : vacuum, sucking

(1) **suction** aspiration, (2) **suction** device

The **suction** cup was able to lift the heavy object with ease.

suffocate

v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym : choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

diaphragm

n. a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device

with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control

synonym : midriff, pessary, shield

(1) **diaphragm** birth control, (2) **diaphragm** activity

Individuals with a weak **diaphragm** may experience difficulty breathing during physical activity.

rib

n. each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

synonym : costa

(1) brake a **rib**, (2) **rib** cage

The accident caused a cracked **rib**.

spit

v. to eject saliva or other liquid from the mouth

synonym : expectorate, saliva, spew

(1) **spit** a bullet, (2) **spit** a mouthful of saliva

She tried to **spit** out the gum that she had been chewing.

edema

n. the abnormal accumulation of fluid in the body's tissues, causing swelling and often resulting from an underlying medical condition or injury

synonym : swelling, hydrops, dropsy

(1) **edema** swelling, (2) pulmonary **edema**

The patient was diagnosed with peripheral **edema**, a tissue fluid build-up.

relinquish

v. to give up power, control, or possession

synonym : surrender, give up, abandon

(1) **relinquish** control, (2) **relinquish** all hope

She decided to **relinquish** her role as the leader of the group.

cocoon

n. a protective covering spun by some insects and other invertebrates

synonym :

chrysalis, pupa, case

(1) **cocoon** silk, (2) a dried **cocoon**

The caterpillar spins a **cocoon** around itself before turning into a butterfly.

diver

n. a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey

synonym : plunger, frogman, loon

(1) professional **diver**, (2) deep-sea **diver**

The search and rescue team sent a team of **divers** to search for the missing plane wreckage.

implode

v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely

synonym : collapse, crumble, disintegrate

(1) **implode** building, (2) **implode** business

The banking industry feared the economy would **implode** due to risky investments.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

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

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

speck

n. a very small spot, piece, or amount

synonym : blot, dot, mark

(1) a **speck** of dust, (2) **speck** of suspicion

The plane was just a **speck** in the sky.

stardust

n. the particles of matter that exist in space and which are thought to be the remnants of stars and other cosmic events; a poetic or romantic term for anything believed to be magical or ethereal

synonym :

cosmic dust, star matter, space debris

(1) **stardust** particles, (2) **stardust** trail

The universe is made up of **stardust** that formed after the Big Bang.

cosmos

n. another name for the universe, mainly used when it is thought of as an ordered system

synonym: universe, macrocosm

(1) exploration of **cosmos**, (2) origin of the **cosmos**

Supercomputers enable scientists to create computational models of the **cosmos**.

humility

n. the quality or condition of being humble; a low estimate of one's self

synonym: humbleness, modesty, unpretentiousness

(1) develop an attitude of **humility**, (2) lack of **humility**

We were filled with **humility** at the sight of the Queen.

narcotic

n. a drug or substance that dulls the senses and induces a state of lethargy or sleep; a drug that is illegal or highly regulated for medical use due to its ability to cause addiction or harm

synonym: drug, sedative, opiate

(1) **narcotic** drug, (2) **narcotic** addiction

The doctor prescribed a **narcotic** painkiller to alleviate her chronic pain.

dissolve

v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

synonym: disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage

The political party **dissolved** after much internal fighting.

flurry

n. a sudden and brief burst of activity or emotion; a light snowfall with gusty winds and swirling snowflakes; a rapid or disorganized movement of small objects, such as leaves or petals

synonym : burst, storm, bustle

(1) **flurry** of activity, (2) **flurry** of emails

A **flurry** of snowflakes fell from the sky as we stepped outside.

buoyancy

n. the ability or tendency of an object to float in a fluid

synonym : flotation, levitation, airiness

(1) **buoyancy** principle, (2) **buoyancy** compensator

The object's **buoyancy** helped it float on the water's surface.

commotion

n. a state of confused and noisy disturbance

synonym : disturbance, fuss, uproar

(1) a few minutes of **commotion**, (2) make **commotion**

The **commotion** in the classroom made it hard for the teacher to teach.

squash

v. to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

synonym : smash, crush, compress

(1) **squash** a package, (2) **squash** a rebellion

I like to **squash** my grapes when making homemade wine.

poetic

adj. of or relating to poetry (= a piece of writing that emphasizes the expression of feelings and ideas); using language in an imaginative and expressive way

synonym : literary, verse-like, rhythmic

(1) **poetic** genius, (2) **poetic** justice

The sunset was so beautiful it looked like a **poetic** scene from a movie.

overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

synonym : overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate

He **overworked** himself and ended up getting sick.

weightless

adj. having no weight or feeling as if one has no weight, often related to zero gravity or outer space

synonym : floatable, buoyant, light

(1) **weightless** flight, (2) **weightless** environment

The astronaut felt **weightless** as she floated inside the International Space Station.

plight

n. a difficult or unfortunate situation

synonym : crisis, predicament, trouble

(1) miserable **plight**, (2) the **plight** of the poor

The government has ignored the **plight** of the homeless population.

goggle

v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

synonym : gaze, gawk, gape

(1) **goggle** his eyes, (2) infrared **goggles**

The software company bought the VR **goggles** manufacturer.

seaweed

n. a plant that grows in the sea or on land very close to the sea, especially marine algae

synonym : kelp, algae

(1) floating **seaweed**, (2) **seaweed** broth

She soaked **seaweed** in water until tender.

fauna

n. the animal life of a particular region, habitat, or geological period

synonym : wildlife, creatures, animals

(1) the tropical **fauna**, (2) **fauna** reserve

The national park is home to a diverse **fauna** of animal species.

discreet

adj. characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in

behavior or speech; not likely to draw attention or cause offense

synonym: cautious, careful, circumspect

(1) **discreet** manner, (2) **discreet** conversation

He was **discreet** with the sensitive information he had been entrusted with.

reconnect

v. to connect again after a break or interruption

synonym: reopen, rejoin, link up

(1) **reconnect** a telephone, (2) **reconnect** with family

After a long period of estrangement, they **reconnected** with each other.

Session 2: Spelling

- | | |
|---------------------------|--|
| 1. na____ic addiction | <i>n.</i> a drug or substance that dulls the senses and induces a state of lethargy or sleep; a drug that is illegal or highly regulated for medical use due to its ability to cause addiction or harm |
| 2. peripheral vas_____ion | <i>n.</i> the narrowing or constriction of blood vessels, particularly the contraction of smooth muscles in the vessel walls, which can result in reduced blood flow |
| 3. aggressive in_____ct | <i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true |
| 4. origin of the co____s | <i>n.</i> another name for the universe, mainly used when it is thought of as an ordered system |
| 5. su_____n aspiration | <i>n.</i> the action of drawing something towards or into a vacuum or partial vacuum |
| 6. de_____d a steep hill | <i>v.</i> to move downward and lower; to come from, or to be connected by a relationship of blood |
| 7. lack of hu_____ty | <i>n.</i> the quality or condition of being humble; a low estimate of one's self |
| 8. su_____n device | <i>n.</i> the action of drawing something towards or into a vacuum or partial vacuum |

ANSWERS: 1. narcotic, 2. vasoconstriction, 3. instinct, 4. cosmos, 5. suction, 6. descend, 7. humility, 8. suction

9. brake a r_b *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
10. the pl___t of the poor *n.* a difficult or unfortunate situation
11. c__p streamers *n.* a type of freshwater fish found in many parts of the world, typically with a scaleless body, barbels around the mouth, and erect fins; to complain or find fault with something repeatedly
12. a few minutes of co_____on *n.* a state of confused and noisy disturbance
13. professional di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey
14. induced vas_____ion *n.* the narrowing or constriction of blood vessels, particularly the contraction of smooth muscles in the vessel walls, which can result in reduced blood flow
15. fl___y of emails *n.* a sudden and brief burst of activity or emotion; a light snowfall with gusty winds and swirling snowflakes; a rapid or disorganized movement of small objects, such as leaves or petals
16. ed__a swelling *n.* the abnormal accumulation of fluid in the body's tissues, causing swelling and often resulting from an underlying medical condition or injury

ANSWERS: 9. rib, 10. plight, 11. carp, 12. commotion, 13. diver, 14. vasoconstriction, 15. flurry, 16. edema

17. officially di____ved the marriage *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
18. wei_____ss environment *adj.* having no weight or feeling as if one has no weight, often related to zero gravity or outer space
19. a dried co____n *n.* a protective covering spun by some insects and other invertebrates
20. de____d by elevator *v.* to move downward and lower; to come from, or to be connected by a relationship of blood
21. c__p fishing *n.* a type of freshwater fish found in many parts of the world, typically with a scaleless body, barbels around the mouth, and erect fins; to complain or find fault with something repeatedly
22. su_____te fire *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
23. pulmonary ed__a *n.* the abnormal accumulation of fluid in the body's tissues, causing swelling and often resulting from an underlying medical condition or injury
24. the tropical fa__a *n.* the animal life of a particular region, habitat, or geological period
25. a ca_____ry tube *n.* a tube of small internal diameter; any of the minute tubes that carry blood

ANSWERS: 17. dissolve, 18. weightless, 19. cocoon, 20. descend, 21. carp, 22. suffocate, 23. edema, 24. fauna, 25. capillary

26. do____n-watching tour *n.* a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
27. di____et conversation *adj.* characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense
28. di____ve the sugar *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
29. sq____h a package *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
30. re____x test *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
31. s__t a bullet *v.* to eject saliva or other liquid from the mouth
32. na____ic drug *n.* a drug or substance that dulls the senses and induces a state of lethargy or sleep; a drug that is illegal or highly regulated for medical use due to its ability to cause addiction or harm
33. ov____rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
34. sq____h a rebellion *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

ANSWERS: 26. dolphin, 27. discreet, 28. dissolve, 29. squash, 30. reflex, 31. spit, 32. narcotic, 33. overwork, 34. squash

35. st____st trail *n.* the particles of matter that exist in space and which are thought to be the remnants of stars and other cosmic events; a poetic or romantic term for anything believed to be magical or ethereal
36. bu____cy principle *n.* the ability or tendency of an object to float in a fluid
37. im____e business *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
38. radio an____er *n.* a person who introduces and speaks on television or radio programs or provides commentary or information at a live event
39. po____c justice *adj.* of or relating to poetry (= a piece of writing that emphasizes the expression of feelings and ideas); using language in an imaginative and expressive way
40. bu____cy compensator *n.* the ability or tendency of an object to float in a fluid
41. fl____y of activity *n.* a sudden and brief burst of activity or emotion; a light snowfall with gusty winds and swirling snowflakes; a rapid or disorganized movement of small objects, such as leaves or petals
42. co____n silk *n.* a protective covering spun by some insects and other invertebrates
43. exploration of co____s *n.* another name for the universe, mainly used when it is thought of as an ordered system

ANSWERS: 35. stardust, 36. buoyancy, 37. implode, 38. announcer, 39. poetic, 40. buoyancy, 41. flurry, 42. cocoon, 43. cosmos

44. rel_____sh control *v.* to give up power, control, or possession
45. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
46. co_____ss the chest *v.* to press or squeeze together to make something take up less space
47. su_____te to death *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
48. ex_____ty injury *n.* the farthest or most remote point or the greatest or the highest degree
49. miserable pl____t *n.* a difficult or unfortunate situation
50. r_b cage *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
51. knee re____x *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
52. im_____e building *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
53. s__t a mouthful of saliva *v.* to eject saliva or other liquid from the mouth
54. make co_____on *n.* a state of confused and noisy disturbance

ANSWERS: 44. relinquish, 45. well-being, 46. compress, 47. suffocate, 48. extremity, 49. plight, 50. rib, 51. reflex, 52. implode, 53. spit, 54. commotion

55. st____st particles *n.* the particles of matter that exist in space and which are thought to be the remnants of stars and other cosmic events; a poetic or romantic term for anything believed to be magical or ethereal
56. go____e his eyes *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
57. public address an____er *n.* a person who introduces and speaks on television or radio programs or provides commentary or information at a live event
58. di____gm activity *n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control
59. ca____ry action *n.* a tube of small internal diameter; any of the minute tubes that carry blood
60. se____d broth *n.* a plant that grows in the sea or on land very close to the sea, especially marine algae
61. co____ss gas *v.* to press or squeeze together to make something take up less space

ANSWERS: 55. stardust, 56. goggles, 57. announcer, 58. diaphragm, 59. capillary, 60. seaweed, 61. compress

62. re_____ct with family *v.* to connect again after a break or interruption
63. do_____n show *n.* a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
64. re_____ct a telephone *v.* to connect again after a break or interruption
65. wei_____ss flight *adj.* having no weight or feeling as if one has no weight, often related to zero gravity or outer space
66. fa__a reserve *n.* the animal life of a particular region, habitat, or geological period
67. en_____e with food *v.* to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable
68. a sp__k of dust *n.* a very small spot, piece, or amount
69. deep-sea di__r *n.* a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey
70. po___c genius *adj.* of or relating to poetry (= a piece of writing that emphasizes the expression of feelings and ideas); using language in an imaginative and expressive way
71. sp__k of suspicion *n.* a very small spot, piece, or amount
72. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous

ANSWERS: 62. reconnect, 63. dolphin, 64. reconnect, 65. weightless, 66. fauna, 67. engorge, 68. speck, 69. diver, 70. poetic, 71. speck, 72. well-being

73. di_____gm birth control *n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control
74. floating se_____d *n.* a plant that grows in the sea or on land very close to the sea, especially marine algae
75. in_____ct for self-preservation *n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
76. die from ov_____rk *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
77. infrared go_____es *v.* to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes
78. ex_____ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
79. rel_____sh all hope *v.* to give up power, control, or possession
80. en_____e with water during rainy periods *v.* to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable

ANSWERS: 73. diaphragm, 74. seaweed, 75. instinct, 76. overwork, 77. goggle, 78. extremity, 79. relinquish, 80. engorge

81. di____et manner

adj. characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense

82. develop an attitude of hu____ty

n. the quality or condition of being humble; a low estimate of one's self

ANSWERS: 81. discreet, 82. humility

Session 3: Fill in the Blanks

1. The plane was just a _____ in the sky.
n. a very small spot, piece, or amount
2. He was _____ with the sensitive information he had been entrusted with.
adj. characterized by the ability to keep secrets or maintain confidentiality; showing prudence, tact, or reserve in behavior or speech; not likely to draw attention or cause offense
3. She tried to _____ out the gum that she had been chewing.
v. to eject saliva or other liquid from the mouth
4. A _____ of snowflakes fell from the sky as we stepped outside.
n. a sudden and brief burst of activity or emotion; a light snowfall with gusty winds and swirling snowflakes; a rapid or disorganized movement of small objects, such as leaves or petals
5. The caterpillar spins a _____ around itself before turning into a butterfly.
n. a protective covering spun by some insects and other invertebrates
6. She _____ the files into a single ZIP archive to save space on her computer.
v. to press or squeeze together to make something take up less space
7. The object's _____ helped it float on the water's surface.
n. the ability or tendency of an object to float in a fluid
8. The software company bought the VR _____ manufacturer.
v. to look at someone or something with amazement; to look stupidly; (noun, plural) tight-fitting spectacles that are worn to prevent particulates, water, or chemicals from striking the eyes

ANSWERS: 1. speck, 2. discreet, 3. spit, 4. flurry, 5. cocoon, 6. compressed, 7. buoyancy, 8. goggles

9. When faced with a dangerous situation, his initial _____ was to flee.
- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
10. The accident caused a cracked ____.
- n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
11. The large group of _____ swam gracefully in the ocean, jumping out of the water now and then.
- n.* a marine mammal that typically has a beaklike snout, a streamlined body, and flippers and that feeds on fish and squid
12. He broke his arm at the _____ of the bone.
- n.* the farthest or most remote point or the greatest or the highest degree
13. We are responsible for the care and _____ of all our employees.
- n.* the state of being happy and healthy and prosperous
14. Supercomputers enable scientists to create computational models of the _____.
- n.* another name for the universe, mainly used when it is thought of as an ordered system
15. The national park is home to a diverse _____ of animal species.
- n.* the animal life of a particular region, habitat, or geological period
16. Individuals with a weak _____ may experience difficulty breathing during physical activity.
- n.* a large, dome-shaped muscle located at the bottom of the chest cavity, essential for breathing and separating the chest and abdomen; a shallow, dome-shaped device with a flexible rim that is inserted into the vagina to cover the cervix and prevent sperm from reaching the uterus, serving as a method of birth control

ANSWERS: 9. instinct, 10. rib, 11. dolphins, 12. extremity, 13. well-being, 14.

cosmos, 15. fauna, 16. diaphragm

17. We were filled with _____ at the sight of the Queen.
n. the quality or condition of being humble; a low estimate of one's self
18. The search and rescue team sent a team of _____ to search for the missing plane wreckage.
n. a person who dives, especially one who does so professionally or as a sport; a bird that dives into the water to catch fish or other prey
19. The _____ cup was able to lift the heavy object with ease.
n. the action of drawing something towards or into a vacuum or partial vacuum
20. She decided to _____ her role as the leader of the group.
v. to give up power, control, or possession
21. She soaked _____ in water until tender.
n. a plant that grows in the sea or on land very close to the sea, especially marine algae
22. I like to _____ my grapes when making homemade wine.
v. to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
23. The fisherman showed off his biggest _____ catch of the day.
n. a type of freshwater fish found in many parts of the world, typically with a scaleless body, barbels around the mouth, and erect fins; to complain or find fault with something repeatedly
24. My leg kicked involuntarily when the doctor tapped my knee with the _____ hammer.
n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

ANSWERS: 17. humility, 18. divers, 19. suction, 20. relinquish, 21. seaweed, 22. squash, 23. carp, 24. reflex

25. The astronaut felt _____ as she floated inside the International Space Station.
- adj.* having no weight or feeling as if one has no weight, often related to zero gravity or outer space
26. He _____ himself and ended up getting sick.
- v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
27. The doctor prescribed a _____ painkiller to alleviate her chronic pain.
- n.* a drug or substance that dulls the senses and induces a state of lethargy or sleep; a drug that is illegal or highly regulated for medical use due to its ability to cause addiction or harm
28. The _____ in the classroom made it hard for the teacher to teach.
- n.* a state of confused and noisy disturbance
29. The patient was diagnosed with peripheral _____ a tissue fluid build-up.
- n.* the abnormal accumulation of fluid in the body's tissues, causing swelling and often resulting from an underlying medical condition or injury
30. The sunset was so beautiful it looked like a _____ scene from a movie.
- adj.* of or relating to poetry (= a piece of writing that emphasizes the expression of feelings and ideas); using language in an imaginative and expressive way
31. The body responds to cold temperatures through _____ to preserve heat.
- n.* the narrowing or constriction of blood vessels, particularly the contraction of smooth muscles in the vessel walls, which can result in reduced blood flow

ANSWERS: 25. weightless, 26. overworked, 27. narcotic, 28. commotion, 29. edema, 30. poetic, 31. vasoconstriction

32. The banking industry feared the economy would _____ due to risky investments.
- v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
33. The government has ignored the _____ of the homeless population.
- n. a difficult or unfortunate situation
34. The political party _____ after much internal fighting.
- v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
35. The mosquito's abdomen began to _____ with blood after it pierced the skin.
- v. to fill up or become swollen with blood or another bodily fluid; to eat or drink excessively to the point of becoming overfull or uncomfortable
36. After a long period of estrangement, they _____ with each other.
- v. to connect again after a break or interruption
37. She was _____ from an old Italian noble family.
- v. to move downward and lower; to come from, or to be connected by a relationship of blood
38. There are many _____ vessels in the gills of fish.
- n. a tube of small internal diameter; any of the minute tubes that carry blood
39. The sports _____ provided live commentary during the game.
- n. a person who introduces and speaks on television or radio programs or provides commentary or information at a live event

ANSWERS: 32. implode, 33. plight, 34. dissolved, 35. engorge, 36. reconnected, 37. descended, 38. capillary, 39. announcer

40. People can _____ from a lack of oxygen in confined spaces.
- v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
41. The universe is made up of _____ that formed after the Big Bang.
- n.* the particles of matter that exist in space and which are thought to be the remnants of stars and other cosmic events; a poetic or romantic term for anything believed to be magical or ethereal

ANSWERS: 40. suffocate, 41. stardust