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Vocabulary Builder Reference from...

Conor Heffernan: *The treadmill's dark and twisted past* | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

thud

n. a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance

synonym: bang, collision, crash

(1) **thud** of footsteps, (2) a distant **thud**

The loud **thud** of the door closing echoed through the empty hallway.

underneath

adv. under or below something else

synonym: below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

constrain

v. to restrict or limit someone or something's freedom or ability to do something

synonym: restrict, limit, confine

(1) **constrain** his freedom, (2) **constrain** information flow

The political situation **constrained** the country's economic growth and foreign relations.

monotony

n. a situation in which something unchanging and boring
synonym: boredom, tedium, sameness

(1) the **monotony** of the daily routine, (2) break the **monotony**

The **monotony** of the assembly line work made the days feel very long.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere**
I've been thinking all day and getting **nowhere**.

torture

n. the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason

synonym: torment, abuse, mistreatment

(1) a **torture** chamber, (2) an instrument of **torture**

The use of **torture** is strictly prohibited under international law.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym: heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

punishment

n. a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing

synonym: penalty, discipline, retribution

(1) **punishment** for a crime, (2) humiliating **punishment**

The judge gave severe **punishment** to the criminal who committed the heinous crime.

treadmill

n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

synonym: exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

pun

n. a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

synonym: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

abysmal

adj. extremely bad or unsuccessful, to the degree of being bottomless or unfathomable

synonym: dreadful, terrible, appalling

(1) **abysmal** performance, (2) **abysmal** living conditions

The company's **abysmal** sales performance led to layoffs and budget cuts.

execution

n. the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty

synonym: carrying out, implementation, completion

(1) compulsory **execution**, (2) **execution** by injection

The **execution** of the plan was flawless, resulting in a record-breaking profit for the company.

deport

v. to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime

synonym: expel, banish, repatriate

(1) **deport** a refugee, (2) **deport** dissidents from the party

The government has decided to **deport** illegal immigrants

back to their home countries.

solitude

n. the state of being alone and isolated from others
synonym : isolation, seclusion, loneliness

(1) live in **solitude**, (2) enjoyment of **solitude**

He sought **solitude** in the wilderness to escape the distractions of modern life.

filthy

adj. dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene

synonym : dirty, grimy, soiled

(1) **filthy** streets, (2) **filthy** language

The hotel room was **filthy** with dirty sheets and stained carpets.

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.

religion

n. a deep conviction in a supernatural power that controls human destiny

synonym : faith, creed, belief

(1) **religion** sociology, (2) freedom of **religion**

Their **religion** strictly prohibits them from drinking or gambling.

philanthropy

n. the practice of voluntarily helping the poor, especially by giving money

synonym : altruism, benevolence, generosity

(1) **philanthropy** organization, (2) private **philanthropy**

Tech billionaires often spend the majority of their time on

philanthropy.

celebrity

n. someone who is well-known, particularly in the entertainment industry

synonym: figure, star, VIP

(1) baseball **celebrity**, (2) **celebrity** known worldwide

The popularity of the show made her an instant **celebrity**.

dire

adj. extremely serious or urgent; critical, grave, or disastrous

synonym: serious, critical, desperate

(1) suffer **dire** poverty, (2) **dire** situation

The **dire** economic straits called for immediate action.

reform

n. the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem

synonym: change, modify, improve

(1) economic **reform**, (2) **reform** movement

The government is proposing a **reform** to the healthcare system to make it more accessible and affordable for all citizens.

remodel

v. to change the structure or form of something

synonym: refurbish, remake, revamp

(1) **remodel** the car, (2) **remodel** portfolio

We are **remodeling** these rooms now.

rehabilitate

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

synonym: reform, restore, renovate

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

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

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing

something new into existence or introducing something to a wider audience or new market

synonym : initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

invention

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym : creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention**

Necessity is the mother of **invention**.

engineer

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

synonym : architect, creator, builder

(1) a civil **engineer**, (2) **engineer** shortage

The **engineer** will repair my telephone tomorrow morning.

paddle

n. a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance

synonym : oar, oarlock, scull

(1) **paddle** strokes, (2) canoe **paddle**

The **paddle** boarders glided across the crystal-clear waters of the cove.

modern

adj. of or belonging to the present time or recent times

synonym : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

rotation

n. the action or process of moving in a circle around an axis or center

synonym : revolution, spin, turning

(1) job **rotation**, (2) a period of **rotation**

The **rotation** of the Earth causes day and night.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym : equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym : drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym : destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

grain

n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance

synonym : seed, piece, cereal

(1) a **grain** of sand, (2) flour made from **grain**

Ordinary air purifiers cannot adequately remove pollen **grains**.

origin

n. the first existence or beginning of something

synonym : root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

device

n. a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

synonym : gadget, instrument, tool

(1) electronic **device**, (2) tracking **device**

I always carry a backup **device** in case my phone runs out of battery.

fantastic

adj. extremely good; excellent

synonym : incredible, unbelievable, marvelous

(1) a **fantastic** dress, (2) absolutely **fantastic** event

The new amusement park ride was **fantastic**, with twists, turns, and drops that left riders screaming with excitement.

whip

v. to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.

synonym : thrash, flog, scourge

(1) **whip** egg whites, (2) **whip** into shape

The jockey **whipped** the horse hard to take first place.

rebuild

v. to build again or anew

synonym : reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

decimate

v. to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number

synonym: devastate, destroy, annihilate

(1) **decimate** population, (2) **decimate** economy

The hurricane **decimated** the small town, leaving behind destruction and devastation.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

equivalent

n. having the same value, quality, meaning, purpose, etc.

synonym: equal, counterpart, match

(1) **equivalent** amounts, (2) **equivalent** in meaning

The European Central Bank is Europe's **equivalent** of the Federal Reserve.

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.

mount

v. to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone

synonym: climb, increase, get on

(1) **mount** a hill, (2) **mount** a counterattack

They **mounted** pictures on the paper in preparation for the birthday card.

halfway

adj. in or at a point midway or an equal distance between two points

synonym : middle, median, center

(1) **halfway** through my journey, (2) **halfway** decent job
The famous restaurant stands **halfway** up the hill.

empire

n. a group of countries ruled by one leader or government

synonym : imperium, conglomerate, kingdom

(1) **empire** building, (2) **empire** of the Maya
He has built a thriving e-commerce **empire**.

boast

v. to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction

synonym : show off, brag, bluster

(1) **boast** of his success, (2) **boast** a long history
This town **boasts** a national park.

unsurprising

adj. not surprising, and what was expected; able to be predicted

synonym : predictable, expected, foreseeable

(1) **unsurprising** success, (2) **unsurprising** result
The **unsurprising** outcome of the election was a victory for the incumbent candidate.

exertion

n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result

synonym : exercise, effort, struggle

(1) physical **exertion**, (2) **exertion** of energy
The intense **exertion** required to climb the mountain left him feeling exhausted.

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.

nutrition

n. the substances or the process that organisms take into their bodies as food for their growth and health

synonym: alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

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.

breakdown

n. a failure or collapse of a system or organization

synonym: collapse, failure, malfunction

(1) a nervous **breakdown**, (2) **breakdown** maintenance

The **breakdown** of the machinery caused a delay in production.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

tame

v. to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training

synonym: domesticate, soften, (adjective) harmless

(1) **tame** a wild beast, (2) a **tame** animal

We have to **tame** substantial financial deficits at first.

boisterous

adj. characterized by high energy, noise, or excitement; exuberant; rowdy

synonym : rowdy, loud, uproarious

(1) **boisterous** crowd, (2) **boisterous** children

The children's **boisterous** laughter could be heard from down the street.

inmate

n. a person who is confined to an institution such as a prison, hospital, or mental health facility

synonym : prisoner, convict, detainee

(1) **inmate** population, (2) **inmate** rights

The prison implemented a new educational program for **inmates** to learn skills and prepare for life after release.

monotonous

adj. lacking in variety, excitement, or interest; repetitive and tedious

synonym : tedious, dull, boring

(1) **monotonous** routine, (2) **monotonous** job

The **monotonous** task of data entry required intense concentration.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym : stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

severity

n. the quality or condition of being severe, strict, or harsh

synonym : harshness, rigidity, austerity

(1) the **severity** of cold, (2) high **severity**

The **severity** of the drought was a major concern for farmers.

constitute

v. to be the essential or fundamental elements or parts of something; to establish, appoint, or assign someone to a particular office or position; to make up or compose something

synonym: comprise, form, make up

(1) **constitute** a threat, (2) **constitute** a majority

The new regulations **constitute** a significant change in the industry standards.

ban

v. to officially or legally forbid or refuse to allow something

synonym: forbid, prohibit, restrict

(1) **ban** gender-related job discrimination, (2) **ban** any type of cloning

We should **ban** mildly violent video games from a child's development perspective.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym: unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

vengeance

n. the act of punishing or harming someone in return for something harmful that they have done

synonym: retaliation, retribution, revenge

(1) **vengeance** justice, (2) wreak **vengeance**

He sought **vengeance** for the wrongs done to him.

unsuspecting

adj. unaware of the presence of danger; not suspicious

synonym: unaware, unassuming, gullible

(1) **unsuspecting** boys and girls, (2) **unsuspecting** victim

The thief stole the wallet from the **unsuspecting** tourist.

patent

n. a legal document that grants an inventor exclusive rights to their invention for a certain period of time; the invention or process for which a patent has been

granted

synonym: copyright, trademark, license

(1) **patent** application, (2) **patent** law

The company has filed for a **patent** to protect its new invention.

forerunner

n. a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something

synonym: predecessor, antecedent, precursor

(1) **forerunner** of technology, (2) **forerunner** in the field

The steam engine was a **forerunner** to modern locomotives.

jog

v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

synonym: run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

craze

n. an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad

synonym: mania, fad, agitation

(1) **craze** for speculation, (2) fitness **craze**

We experienced a **craze** for electric vehicles as interest in green tech grew.

thrust

v. to push or drive forcibly; to impose or insert; (noun) the force used in pushing

synonym: push, shove, prod

(1) **thrust** a dagger home, (2) **thrust** a plate away

The engine **thrust** the rocket into space.

limelight

n. a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye

synonym : spotlight, public attention, center stage

(1) **limelight** actor, (2) step into the **limelight**

The actor was in the **limelight** for his outstanding performance in the play.

convenient

adj. useful, helpful, or quick to do

synonym : timely, fortunate, suitable

(1) **convenient** way, (2) **convenient** location

The airport offers five **convenient** access routes.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

aerobic

adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling

synonym : cardiovascular, aerophilous, heart-healthy

(1) **aerobic** bacteria, (2) **aerobic** respiration

Aerobic exercise is important for maintaining a healthy heart and lungs.

unwanted

adj. not wanted or desired

synonym : undesired, unneeded

(1) **unwanted** attention, (2) **unwanted** guests

He threw away the **unwanted** items in his closet.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym :

preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

voluntary

adj. done of one's own free will; without being forced or coerced

synonym: voluntary, self-willed, spontaneous

(1) **voluntary** action, (2) **voluntary** participation

The program is **voluntary**, so participants can choose whether or not to take part.

hop

v. to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

synonym: jump, bounce, skip

(1) **hop** on one foot, (2) **hop** from one place to another

The rabbit **hopped** over the fence.

Session 2: Spelling

1. ex_____on of energy
n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
2. em___e building
n. a group of countries ruled by one leader or government
3. ro_____y explain my idea
adv. approximately but not precisely; with a violent manner
4. compulsory ex_____on
n. the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty
5. without in___y
n. harm done to a person's or an animal's body caused by an accident or an attack
6. a civil en_____er
n. a person whose job is designing, building, or maintaining something such as machines, structures, or software
7. t__d of footsteps
n. a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance
8. come out of no_____e
adv. not in, at, or to any place; not anywhere
9. con_____nt location
adj. useful, helpful, or quick to do
10. mo__t a hill
v. to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone

ANSWERS: 1. exertion, 2. empire, 3. roughly, 4. execution, 5. injury, 6. engineer, 7. thud, 8. nowhere, 9. convenient, 10. mount

- | | |
|-----------------------------|---|
| 11. vo_____ry participation | <i>adj.</i> done of one's own free will; without being forced or coerced |
| 12. equ_____nt in meaning | <i>n.</i> having the same value, quality, meaning, purpose, etc. |
| 13. the se_____ty of cold | <i>n.</i> the quality or condition of being severe, strict, or harsh |
| 14. ma_____in good health | <i>v.</i> to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true |
| 15. re_____on sociology | <i>n.</i> a deep conviction in a supernatural power that controls human destiny |
| 16. co_____in his freedom | <i>v.</i> to restrict or limit someone or something's freedom or ability to do something |
| 17. private phi_____opy | <i>n.</i> the practice of voluntarily helping the poor, especially by giving money |
| 18. int_____ion education | <i>n.</i> a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market |
| 19. re_____d a company | <i>v.</i> to build again or anew |
| 20. h_p on one foot | <i>v.</i> to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc. |
| 21. a period of ro_____on | <i>n.</i> the action or process of moving in a circle around an axis or center |

ANSWERS: 11. voluntary, 12. equivalent, 13. severity, 14. maintain, 15. religion, 16. constrain, 17. philanthropy, 18. introduction, 19. rebuild, 20. hop, 21. rotation

22. a nervous br_____wn *n.* a failure or collapse of a system or organization
23. bo__t a long history *v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction
24. step into the li_____ht *n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
25. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
26. pa____t application *n.* a legal document that grants an inventor exclusive rights to their invention for a certain period of time; the invention or process for which a patent has been granted
27. mon_____us job *adj.* lacking in variety, excitement, or interest; repetitive and tedious
28. 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
29. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

ANSWERS: 22. breakdown, 23. boast, 24. limelight, 25. estimate, 26. patent, 27. monotonous, 28. movement, 29. gear

30. or___n of information *n.* the first existence or beginning of something
31. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
32. con_____nt way *adj.* useful, helpful, or quick to do
33. de_____te economy *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
34. a gr__n of sand *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
35. fitness cr__e *n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad
36. th___t a plate away *v.* to push or drive forcibly; to impose or insert; (noun) the force used in pushing
37. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
38. con_____te a majority *v.* to be the essential or fundamental elements or parts of something; to establish, appoint, or assign someone to a particular office or position; to make up or compose something
39. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

ANSWERS: 30. origin, 31. pound, 32. convenient, 33. decimate, 34. grain, 35. craze, 36. thrust, 37. crush, 38. constitute, 39. gear

40. boi_____us crowd *adj.* characterized by high energy, noise, or excitement; exuberant; rowdy
41. pa____t law *n.* a legal document that grants an inventor exclusive rights to their invention for a certain period of time; the invention or process for which a patent has been granted
42. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
43. co_____in information flow *v.* to restrict or limit someone or something's freedom or ability to do something
44. canoe pa____e *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
45. con_____te a threat *v.* to be the essential or fundamental elements or parts of something; to establish, appoint, or assign someone to a particular office or position; to make up or compose something
46. for_____er of technology *n.* a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something
47. j_g in place *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

ANSWERS: 40. boisterous, 41. patent, 42. pump, 43. constrain, 44. paddle, 45. constitute, 46. forerunner, 47. jog

48. co_____e chemically with another substance *v.* to join or merge to form a single thing or group
49. phi_____opy organization *n.* the practice of voluntarily helping the poor, especially by giving money
50. j_g my memory *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
51. the cr_____or's claims *n.* a person, company, etc. to whom a debtor owes money
52. nu_____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
53. uns_____ing boys and girls *adj.* unaware of the presence of danger; not suspicious
54. a co_____nt temperature *adj.* happening repeatedly or all the time
55. fi___y language *adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene
56. cr__e for speculation *n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad
57. ha_____y through my journey *adj.* in or at a point midway or an equal distance between two points
58. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 48. combine, 49. philanthropy, 50. jog, 51. creditor, 52. nutrition, 53. unsuspecting, 54. constant, 55. filthy, 56. craze, 57. halfway, 58. suffer

59. de____te population *v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
60. en____er shortage *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
61. in____e rights *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
62. boi____us children *adj.* characterized by high energy, noise, or excitement; exuberant; rowdy
63. absolutely fa____ic event *adj.* extremely good; excellent
64. ce____ty known worldwide *n.* someone who is well-known, particularly in the entertainment industry
65. self-int____ion *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
66. suffer d__e poverty *adj.* extremely serious or urgent; critical, grave, or disastrous
67. ec____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 59. decimate, 60. engineer, 61. inmate, 62. boisterous, 63. fantastic, 64. celebrity, 65. introduction, 66. dire, 67. economy

68. im____e the test score *v.* to make or become better
69. a cr__l and unusual punishment *adj.* feeling or showing pleasure in causing pain or suffering to others
70. ab____l living conditions *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
71. physical ex____on *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
72. im____e a process *v.* to make or become better
73. reh____ate wildlife *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
74. ma____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
75. re____l portfolio *v.* to change the structure or form of something
76. electronic de____e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
77. an instrument of to____e *n.* the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason

ANSWERS: 68. improve, 69. cruel, 70. abysmal, 71. exertion, 72. improve, 73. rehabilitate, 74. maintain, 75. remodel, 76. device, 77. torture

78. nu_____on condition
n. the substances or the process that organisms take into their bodies as food for their growth and health
79. humiliating pun_____nt
n. a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
80. w__p into shape
v. to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.
81. for_____er in the field
n. a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something
82. ro_____y speaking
adv. approximately but not precisely; with a violent manner
83. t__e a wild beast
v. to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
84. baseball ce_____ty
n. someone who is well-known, particularly in the entertainment industry
85. ex_____on by injection
n. the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty
86. d__e situation
adj. extremely serious or urgent; critical, grave, or disastrous

ANSWERS: 78. nutrition, 79. punishment, 80. whip, 81. forerunner, 82. roughly, 83. tame, 84. celebrity, 85. execution, 86. dire

87. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
88. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
89. a co_____nt wind *adj.* happening repeatedly or all the time
90. a fa_____ic dress *adj.* extremely good; excellent
91. high se_____ty *n.* the quality or condition of being severe, strict, or harsh
92. pun_____nt for a crime *n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
93. w__p egg whites *v.* to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.
94. the mo_____ny of the daily routine *n.* a situation in which something unchanging and boring
95. pa___e strokes *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
96. und_____th the surface of the water *adv.* under or below something else
97. a distant t__d *n.* a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance

ANSWERS: 87. pound, 88. suffer, 89. constant, 90. fantastic, 91. severity, 92. punishment, 93. whip, 94. monotony, 95. paddle, 96. underneath, 97. thud

98. a fatal in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
99. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
100. em___e of the Maya *n.* a group of countries ruled by one leader or government
101. th___t a dagger home *v.* to push or drive forcibly; to impose or insert; (noun) the force used in pushing
102. ha_____y decent job *adj.* in or at a point midway or an equal distance between two points
103. freedom of re_____on *n.* a deep conviction in a supernatural power that controls human destiny
104. st___y increase *adj.* firmly fixed, supported, or balanced; not shaking or moving
105. pre-mo___n agricultural society *adj.* of or belonging to the present time or recent times
106. reh_____ate prisoners *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
107. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
108. ve_____ce justice *n.* the act of punishing or harming someone in return for something harmful that they have done
109. uns_____ing victim *adj.* unaware of the presence of danger; not suspicious

ANSWERS: 98. injury, 99. excessive, 100. empire, 101. thrust, 102. halfway, 103. religion, 104. steady, 105. modern, 106. rehabilitate, 107. excessive, 108. vengeance, 109. unsuspecting

110. un_____ed attention *adj.* not wanted or desired
111. mon_____us routine *adj.* lacking in variety, excitement, or interest; repetitive and tedious
112. 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
113. equ_____nt amounts *n.* having the same value, quality, meaning, purpose, etc.
114. uns_____ing result *adj.* not surprising, and what was expected; able to be predicted
115. in___e population *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
116. bankrupt cr_____or *n.* a person, company, etc. to whom a debtor owes money
117. a to_____e chamber *n.* the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason
118. bo__t of his success *v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction
119. b_n gender-related job discrimination *v.* to officially or legally forbid or refuse to allow something
120. un_____ed guests *adj.* not wanted or desired

ANSWERS: 110. unwanted, 111. monotonous, 112. movement, 113. equivalent, 114. unsurprising, 115. inmate, 116. creditor, 117. torture, 118. boast, 119. ban, 120. unwanted

121. witty p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
122. h_p from one place to another *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
123. the in_____on of new techniques *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
124. li_____ht actor *n.* a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
125. live in so_____de *n.* the state of being alone and isolated from others
126. mo__t a counterattack *v.* to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone
127. b_n any type of cloning *v.* to officially or legally forbid or refuse to allow something
128. tr_____ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

ANSWERS: 121. pun, 122. hop, 123. invention, 124. limelight, 125. solitude, 126. mount, 127. ban, 128. treadmill

129. break the mo____ny *n.* a situation in which something unchanging and boring
130. re____m movement *n.* the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem
131. ae____c respiration *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
132. enjoyment of so____de *n.* the state of being alone and isolated from others
133. mo____n poetry *adj.* of or belonging to the present time or recent times
134. re____d communities *v.* to build again or anew
135. tracking de____e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
136. wreak ve____ce *n.* the act of punishing or harming someone in return for something harmful that they have done
137. nonstop tr____ll *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

ANSWERS: 129. monotony, 130. reform, 131. aerobic, 132. solitude, 133. modern, 134. rebuild, 135. device, 136. vengeance, 137. treadmill

138. uns_____ing success *adj.* not surprising, and what was expected; able to be predicted
139. cr__l joke *adj.* feeling or showing pleasure in causing pain or suffering to others
140. re_____l the car *v.* to change the structure or form of something
141. flour made from gr__n *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
142. no_____e else to go *adv.* not in, at, or to any place; not anywhere
143. ae_____c bacteria *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
144. co_____e augmented reality *v.* to join or merge to form a single thing or group
145. vo_____ry action *adj.* done of one's own free will; without being forced or coerced
146. und_____th the laughter *adv.* under or below something else
147. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
148. fi___y streets *adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene

ANSWERS: 138. unsurprising, 139. cruel, 140. remodel, 141. grain, 142. nowhere, 143. aerobic, 144. combine, 145. voluntary, 146. underneath, 147. economy, 148. filthy

149. job ro____on *n.* the action or process of moving in a circle around an axis or center
150. racial or____n *n.* the first existence or beginning of something
151. common in____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
152. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
153. de____t a refugee *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
154. take a st____y job *adj.* firmly fixed, supported, or balanced; not shaking or moving
155. br____wn maintenance *n.* a failure or collapse of a system or organization
156. a t__e animal *v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training
157. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
158. silly p_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

ANSWERS: 149. rotation, 150. origin, 151. invention, 152. pump, 153. deport, 154. steady, 155. breakdown, 156. tame, 157. crush, 158. pun

159. economic re___m *n.* the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem
160. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
161. de___t dissidents from the party *v.* to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
162. ab_____l performance *adj.* extremely bad or unsuccessful, to the degree of being bottomless or unfathomable

ANSWERS: 159. reform, 160. estimate, 161. deport, 162. abysmal

Session 3: Fill in the Blanks

1. The _____ of the Earth causes day and night.
n. the action or process of moving in a circle around an axis or center
2. He sought _____ in the wilderness to escape the distractions of modern life.
n. the state of being alone and isolated from others
3. The _____ economic straits called for immediate action.
adj. extremely serious or urgent; critical, grave, or disastrous
4. The new regulations _____ a significant change in the industry standards.
v. to be the essential or fundamental elements or parts of something; to establish, appoint, or assign someone to a particular office or position; to make up or compose something
5. The airport offers five _____ access routes.
adj. useful, helpful, or quick to do
6. The patient's vital signs are _____ indicating a stable condition.
adj. firmly fixed, supported, or balanced; not shaking or moving
7. It would be best if you did not demand such an _____ charge.
adj. greater than what seems necessary, normal, or desirable
8. The prison implemented a new educational program for _____ to learn skills and prepare for life after release.
n. a person who is confined to an institution such as a prison, hospital, or mental health facility

ANSWERS: 1. rotation, 2. solitude, 3. dire, 4. constitute, 5. convenient, 6. steady, 7. excessive, 8. inmates

9. The _____ of the drought was a major concern for farmers.
n. the quality or condition of being severe, strict, or harsh
10. The company has filed for a _____ to protect its new invention.
n. a legal document that grants an inventor exclusive rights to their invention for a certain period of time; the invention or process for which a patent has been granted
11. I've been thinking all day and getting _____.
adv. not in, at, or to any place; not anywhere
12. He threw away the _____ items in his closet.
adj. not wanted or desired
13. The new amusement park ride was _____ with twists, turns, and drops that left riders screaming with excitement.
adj. extremely good; excellent
14. Five miles is _____ similar to eight kilometers.
adv. approximately but not precisely; with a violent manner
15. The government has decided to _____ illegal immigrants back to their home countries.
v. to force someone to leave a country, typically on the grounds of illegal status or for having committed a crime
16. The use of _____ is strictly prohibited under international law.
n. the act of causing intense pain or suffering to someone to punish them, extract information from them, or for some other reason

ANSWERS: 9. severity, 10. patent, 11. nowhere, 12. unwanted, 13. fantastic, 14. roughly, 15. deport, 16. torture

17. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
18. The jockey _____ the horse hard to take first place.
- v.* to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.
19. Their headquarters are in a _____ skyscraper.
- adj.* of or belonging to the present time or recent times
20. The _____ will repair my telephone tomorrow morning.
- n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
21. The hotel room was _____ with dirty sheets and stained carpets.
- adj.* dirty or unclean, often to an extreme or offensive degree; morally offensive or obscene
22. I always carry a backup _____ in case my phone runs out of battery.
- n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
23. The judge gave severe _____ to the criminal who committed the heinous crime.
- n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
24. The engine _____ the rocket into space.
- v.* to push or drive forcibly; to impose or insert; (noun) the force used in pushing

ANSWERS: 17. pounds, 18. whipped, 19. modern, 20. engineer, 21. filthy, 22. device, 23. punishment, 24. thrust

25. The European Central Bank is Europe's _____ of the Federal Reserve.
n. having the same value, quality, meaning, purpose, etc.
26. The company's _____ sales performance led to layoffs and budget cuts.
adj. extremely bad or unsuccessful, to the degree of being bottomless or unfathomable
27. Tech billionaires often spend the majority of their time on _____.
n. the practice of voluntarily helping the poor, especially by giving money
28. The intense _____ required to climb the mountain left him feeling exhausted.
n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
29. The _____ task of data entry required intense concentration.
adj. lacking in variety, excitement, or interest; repetitive and tedious
30. He has built a thriving e-commerce _____.
n. a group of countries ruled by one leader or government
31. I like to watch TV while running on the _____ to pass the time.
n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
32. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
33. The children's _____ laughter could be heard from down the street.
adj. characterized by high energy, noise, or excitement; exuberant; rowdy

ANSWERS: 25. equivalent, 26. abysmal, 27. philanthropy, 28. exertion, 29. monotonous, 30. empire, 31. treadmill, 32. creditor, 33. boisterous

34. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

35. The penny fell _____ the piano.

adv. under or below something else

36. She decided to ____ around the park to clear her head.

v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

37. We _____ the season's total trade deficit at \$50 billion.

v. to guess or calculate the cost, size, value, etc. of something

38. They are planning to _____ the house after the fire.

v. to build again or anew

39. The loud _____ of the door closing echoed through the empty hallway.

n. a dull, heavy sound made when a heavy object falls or strikes a surface, often with a low frequency and resonance

40. The steam engine was a _____ to modern locomotives.

n. a person or thing that comes before another and serves as a sign or indication of what is to come; a predecessor or early stage of something

41. The _____ to the new class was informative and engaging.

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

ANSWERS: 34. Constant, 35. underneath, 36. jog, 37. estimated, 38. rebuild, 39. thud, 40. forerunner, 41. introduction

42. We have to _____ substantial financial deficits at first.

- v.* to make wild animals domesticated or controlled, especially through specific training; (adjective) not dangerous or afraid of people, either naturally or because of specific training

43. The program is _____ so participants can choose whether or not to take part.

- adj.* done of one's own free will; without being forced or coerced

44. We should _____ mildly violent video games from a child's development perspective.

- v.* to officially or legally forbid or refuse to allow something

45. The famous restaurant stands _____ up the hill.

- adj.* in or at a point midway or an equal distance between two points

46. This food contains all the _____ your dog requires.

- n.* the substances or the process that organisms take into their bodies as food for their growth and health

47. The popularity of the show made her an instant _____.

- n.* someone who is well-known, particularly in the entertainment industry

48. The government is proposing a _____ to the healthcare system to make it more accessible and affordable for all citizens.

- n.* the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem

49. 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: 42. tame, 43. voluntary, 44. ban, 45. halfway, 46. nutrition, 47. celebrity, 48. reform, 49. movement

50. My accidental _____ got better right away.

- n.* harm done to a person's or an animal's body caused by an accident or an attack

51. He was alert and could not _____ any critical information out of him.

- v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

52. The organization works to _____ drug addicts and help them rebuild their lives.

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

53. The car was completely _____ in the accident.

- v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

54. 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

55. The _____ of the machinery caused a delay in production.

- n.* a failure or collapse of a system or organization

56. We experienced a _____ for electric vehicles as interest in green tech grew.

- n.* an enthusiasm for a particular activity, object, or idea that appears suddenly and achieves widespread but short-lived popularity; a fad

57. I need to _____ my car regularly to prevent any major mechanical issues.

- v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

ANSWERS: 50. injury, 51. pump, 52. rehabilitate, 53. crushed, 54. suffers, 55. breakdown, 56. craze, 57. maintain

58. The hurricane _____ the small town, leaving behind destruction and devastation.
- v.* to destroy a significant portion of something or reduce by ten percent; to cause extensive destruction or severe damage; to drastically reduce in size or number
59. Their _____ strictly prohibits them from drinking or gambling.
- n.* a deep conviction in a supernatural power that controls human destiny
60. They _____ pictures on the paper in preparation for the birthday card.
- v.* to increase, go up, or advance gradually or continuously; to prepare and supply with the necessary equipment for execution or performance; to ride on something or someone
61. We are _____ these rooms now.
- v.* to change the structure or form of something
62. The dictator was known for his _____ and oppressive regime.
- adj.* feeling or showing pleasure in causing pain or suffering to others
63. The _____ of the assembly line work made the days feel very long.
- n.* a situation in which something unchanging and boring
64. Hydrogen and oxygen _____ to form water.
- v.* to join or merge to form a single thing or group
65. The rabbit _____ over the fence.
- v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

ANSWERS: 58. decimated, 59. religion, 60. mounted, 61. remodeling, 62. cruel, 63. monotony, 64. combine, 65. hopped

66. This town _____ a national park.

- v.* to talk about someone's accomplishments, wealth, or abilities excessively with undue pride and self-satisfaction

67. The _____ outcome of the election was a victory for the incumbent candidate.

- adj.* not surprising, and what was expected; able to be predicted

68. The _____ boarders glided across the crystal-clear waters of the cove.

- n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance

69. The _____ of the plan was flawless, resulting in a record-breaking profit for the company.

- n.* the act or process of carrying out a plan, order, or course of action; the act or process of carrying out the death penalty

70. The _____ of the country is struggling due to the recent political instability.

- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

71. He sought _____ for the wrongs done to him.

- n.* the act of punishing or harming someone in return for something harmful that they have done

72. She checked her _____ before embarking on the hike.

- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

ANSWERS: 66. boasts, 67. unsurprising, 68. paddle, 69. execution, 70. economy, 71. vengeance, 72. gear

73. The actor was in the _____ for his outstanding performance in the play.
n. a bright light produced by heating a piece of lime in an oxygen-hydrogen flame; a metaphorical expression meaning to be the center of attention or in the public eye
74. The political situation _____ the country's economic growth and foreign relations.
v. to restrict or limit someone or something's freedom or ability to do something
75. _____ exercise is important for maintaining a healthy heart and lungs.
adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
76. Ordinary air purifiers cannot adequately remove pollen _____.
n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
77. We want to _____ ties between our two countries.
v. to make or become better
78. Necessity is the mother of _____.
n. the creation of a new device or process resulting from study and experimentation; the act of inventing
79. There are various hypotheses concerning the _____ of life.
n. the first existence or beginning of something
80. The thief stole the wallet from the _____ tourist.
adj. unaware of the presence of danger; not suspicious

ANSWERS: 73. limelight, 74. constrained, 75. Aerobic, 76. grains, 77. improve, 78. invention, 79. origin, 80. unsuspecting

81. The comedian's ____ had the audience laughing out loud.

- n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

ANSWERS: 81. pun