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Vocabulary Builder Reference from...

Ben Saunders: To the South Pole and back - the hardest 105 days of my life | TED Talk

https://www.ted.com/talks/ben_saunders_to_the_south_pole_and_back_the_hardest_105_days_of_my_life

All Words

IMPORTANT

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Session 1: Word List

oasis

n. a fertile land in a desert or semi-desert environment where there is water and therefore plants and trees and sometimes a village or town

(1) tropical **oasis**, (2) **oasis** farming

The **oasis** supplied water for early farms until the modern age.

intelligentsia

n. the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits

synonym: intellectuals, intelligents, savants

(1) members of **intelligentsia**, (2) artistic **intelligentsia**

The voices of the political and academic **intelligentsia** dominated the debate.

drag

v. to pull or haul with force

synonym: haul, pull, draw

(1) **drag** a chair over, (2) **drag** a team down

He **dragged** the heavy suitcase behind him as he walked.

polar

adj. relating to, or close to, the North or South Pole; characterized by complete opposites

synonym: opposing, contrary, contrasting

(1) **polar** bears, (2) **polar** regions

Polar animals are graceful and efficient swimmers.

expedition

n. a journey or voyage for a specific purpose
synonym : journey, trip, voyage

(1) **expedition** team, (2) a polar **expedition**

The **expedition** to the Amazon jungle was both exciting and challenging.

ambitious

adj. having a great desire to attain achievement, power, or wealth

synonym : enterprising, challenging, earnest

(1) achieve **ambitious** goals, (2) with an **ambitious** eye

Their company has been in business for a short time but has **ambitious** goals.

attempt

n. an act or effort of trying to do something, especially something difficult

synonym : endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

transport

n. a system for moving people or products from one location to another using automobiles, roads, and so on

synonym : shipment, transit, conveyance

(1) **transport** facilities, (2) access to public **transport**

Enhanced rail **transportation** is crucial for our business.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym : linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

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**.

grunt

v. to make a short, low noise in the throat

synonym : groan, mutter, murmur

(1) **grunt** a laugh, (2) **grunt** in discontent

She **grunted** and stopped drinking coffee.

swear

v. to make a solemn promise or vow; to use rude or offensive language

synonym : declare, assert, curse

(1) **swear** an oath, (2) **swear** a blue streak

I **swear** I didn't mean to break your vase.

transition

n. the process or period of changing from one state or circumstance to another

synonym : change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

entirely

adv. completely

synonym : completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

seamless

adj. without spaces or breaks between one part and the next

synonym : smooth, continuous, unseamed

(1) enable **seamless** access, (2) **seamless** device connectivity

The service was **seamless**, and the food was quite delicious.

sequence

n. a series of related events, actions, numbers, etc., which have a particular order

synonym : arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence**

We do move forward with those tasks in **sequence** next week.

genome

n. the complete set or sequence of genes of a human, animal, plant, or other living things

(1) sequencing of the human **genome**, (2) **genome** analyses

The human **genome** contains approximately three billion chemical base pairs.

telescope

n. a device like a tube in shape containing lenses used to magnify and observe distant objects

(1) a binocular **telescope**, (2) look through a **telescope**

This facility has the largest astronomical **telescope** in the country.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

windy

adj. characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

synonym: airy, gusty, breezy

(1) **windy** hillside, (2) **windy** eloquence

The weather is too **windy** for us to go on a boat ride.

altitude

n. the height of an object or point in relation to sea level or ground level

synonym: height, elevation, tallness

(1) the meridian **altitude**, (2) low **altitude**

The plane flew at a high **altitude** to avoid turbulence.

continent

n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex

synonym: landmass, (adjective) chaste, (adjective) pure

(1) the inland of a **continent**, (2) **continent** urinary diversion
Flight across the **continent** was a daring adventure in its day.

fascinating

adj. extremely interesting

synonym: alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me
The museum houses a **fascinating** collection of Celtic artifacts.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**
A rainbow is a natural **phenomenon**.

conversation

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

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**
Your **conversation** reflects your thoughts.

awesome

adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.

synonym: miraculous, marvelous, astounding

(1) **awesome** mental faculty, (2) have an **awesome** birthday
There is a lot of **awesome** nature and food in Hawaii.

anniversary

n. the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

synonym: commemoration, celebration, observance

(1) **anniversary** celebration, (2) a bicentennial **anniversary**
They celebrated their 10th **anniversary** with a romantic

dinner.

marathon

n. a long-distance race of 42.195 kilometers

synonym: endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

pole

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

synonym: rod, staff, shaft

(1) a fishing **pole**, (2) the plus **pole**

The North **Pole** is the northernmost point on Earth.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

bay

n. a part of the coast that is partially enclosed by land; a compartment or section of a ship or building

synonym: inlet, cove, gulf

(1) **bay** area, (2) the mouth of a **bay**

She walked along the **bay** and collected shells.

summarize

v. to give a brief statement of the most important facts or ideas about something

synonym: recap, outline, digest

(1) **summarizes** the main ideas, (2) **summarize** text

Each chapter **summarizes** the most critical issues.

succinct

adj. concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive

synonym : concise, brief, pithy

(1) **succinct** reply, (2) **succinct** explanation

My manager gave me a **succinct** summary of the project's goals and objectives.

hallowed

adj. considered holy or sacred; deserving of reverence or respect

synonym : sanctified, sacred, revered

(1) **hallowed** tradition, (2) **hallowed** memory

The church was considered a **hallowed** ground for the community, where their ancestors had worshiped for generations.

insider

n. a person who has privileged access to special or secret information about a particular organization or field

synonym : mole, privileged person

(1) **insider** trading, (2) company **insider**

He's a Wall Street **insider** with a lot of valuable information.

explorer

n. a person who travels to places where no one or few people have been before to find out what is there

synonym : adventurer, trailblazer, scout

(1) team of **explorers**, (2) a polar **explorer**

Aboriginal people killed the **explorer** who entered the sacred land for them.

eloquent

adj. able to speak or write clearly and impressively

synonym : persuasive, fluent, well-spoken

(1) an **eloquent** speaker, (2) **eloquent** writing

She gave an **eloquent** speech at the graduation ceremony.

odds

n. the degree or probability that a particular thing will or will not happen

synonym : chances, likelihoods, probabilities

(1) **odds** in favor, (2) **odds** of business
What are the **odds** that he will survive?

survival

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

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

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

captain

n. the leader of a group of people, especially who is in charge of a ship or aircraft
synonym: boss, director, leader

(1) the **captain** of an opposing team, (2) **captain** of industry

The **captain** ordered the troops to fire.

falcon

n. a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight
synonym: hawk, eagle, kestrel

(1) **falcon** feathers, (2) peregrine **falcon**

The **falcon's** keen eyesight makes it an excellent hunter.

rival

n. a person, company, or thing competing with others for the same thing or in the same area
synonym: adversary, competitor, contender

(1) **rival** bidder, (2) merge with a **rival** company

He interfered with his **rivals** in various ways during the campaign.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
synonym: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

interior

n. the inside or inner part of something; the space within the walls of a building

synonym: inner, inside, internal

(1) **interior** decoration, (2) plenty of **interior** space

The painter focused on the moody **interiors** of abandoned buildings in his work.

uncharted

adj. not mapped or surveyed; unknown or unexplored; without a clear or definite course of action

synonym: unknown, unexplored, undiscovered

(1) **uncharted** wilderness, (2) **uncharted** waters

The explorer ventured into **uncharted** territory, not knowing what to expect.

terra

n. a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area

synonym: earth, land, ground

(1) **terra** cotta, (2) **terra** firma

Scientists study the **terra** of other planets to learn more about their formations and compositions.

nova

n. a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

synonym: supernova, exploding star, nova remnant

(1) **nova** explosion, (2) **nova** star

The astronomer spent months studying the **nova's** light spectrum to learn more about its properties.

giant

adj. enormous; much bigger or more important than similar items usually are

synonym: big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

siege

n. the surrounding of a place and isolating it by an army to defeat those defending it

synonym: blockade, encirclement, barricade

(1) hostage **siege**, (2) lay **siege** to his house

People began storing up food and supplies for the **siege**.

pony

n. a small horse

synonym: cayuse

(1) **pony** engine, (2) a spotted **pony**

At this ranch, children can experience riding a **pony**.

petrol

n. a flammable liquid made from petroleum that is used as a fuel in internal combustion engines, commonly known as gasoline in North America

synonym: gasoline, fuel, gas

(1) **petrol** station, (2) **petrol** engine

I must fill my car with **petrol** before going on a long road trip.

tractor

n. a powerful vehicle with large back wheels and thick tires, used for pulling farm machines

(1) two-wheel **tractor**, (2) **tractor** engine

The farming **tractor** had been damaged by rough usage.

preposition

n. a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)

synonym: connective, particle, word

(1) English **preposition**, (2) complex **preposition**

When learning a new language, understanding the use of **prepositions** can be quite challenging.

depot

n. a place or a building where goods, materials, or equipment are stored, manufactured, or distributed; a transportation hub where buses or trains start or end their journeys

synonym: warehouse, storage, station

(1) weapon **depot**, (2) food **depot**

The train **depot** was a hub for commuters and travelers.

fuel

n. a substance that is typically burned to generate heat or energy

synonym: energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

sled

n. a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses

synonym: sleigh, toboggan, sledge

(1) pull a **sled**, (2) **sled** dog

We used a **sled** to slide down the hill in the snow.

high-water

n. the highest level of water in a river or other body of water, especially as it exceeds the normal level

synonym: flood, tide, crest

(1) **high-water** season, (2) **high-water** level

The **high-water** mark on the beach indicated the highest point the tide had reached.

endeavor

v. to make an earnest attempt or effort; to strive or work hard towards a goal or objective

synonym: attempt, strive, undertake

(1) **endeavor** to succeed, (2) **endeavor** as much as possible

We will **endeavor** to find a solution to the problem as quickly as possible.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym: accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

arguably

adv. used when expressing an opinion or idea that you believe can be proven true

synonym: probably, possibly

(1) she is **arguably** the best singer, (2) **arguably** the greatest discovery

He is **arguably** regarded as the finest actor of his generation.

harsh

adj. severe and unkind; extremely tough and unpleasant to inhabit

synonym: brutal, severe, backbreaking

(1) **harsh** climate, (2) use of **harsh** chemicals

The prime minister faced **harsh** criticism.

climate

n. the weather in a particular location averaged over some long period

synonym: atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

Climate and weather have an impact on every part of our lifestyles.

unbroken

adj. continuous and not interrupted; (of promises or contracts) not violated or disregarded

synonym: intact, unchanged, continuing

(1) an **unbroken** horse, (2) **unbroken** chain

He enjoyed the **unbroken** quiet of the afternoon at the villa.

predictable

adj. capable of being known, seen or declared in advance

synonym: foreseeable, expectable, likely

(1) **predictable** pattern, (2) in a **predictable** manner
The economy becomes more volatile and less **predictable**.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

curiosity

n. a strong desire to know or learn about something

synonym: interest, inquisitiveness, novelty

(1) boundless **curiosity**, (2) satisfy my intellectual **curiosity**

We are motivated by **curiosity** rather than necessity.

stubbornness

n. the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

synonym: inflexibility, doggedness, obstinacy

(1) plain **stubbornness**, (2) show **stubbornness**

Her **stubbornness** in negotiations prevented a successful outcome for both parties.

hubris

n. excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

synonym: arrogance, conceit, pride

(1) political **hubris**, (2) **hubris** in business

The athlete's **hubris** resulted in him underestimating his competition and losing the game.

haul

v. to physically drag or pull someone or something with effort

synonym: drag, pull, tug

(1) **haul** on a rope, (2) **haul** truck

They had to **haul** the boat out of the water for repairs.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion

synonym : consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

sledge

n. a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete

synonym : sled, toboggan, maul

(1) **sledge** hockey, (2) **sledge** dog

The athlete pushed the heavy **sledge** as part of her training regime.

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**.

claim

v. to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

synonym : assert, declare, maintain

(1) **claim** responsibility, (2) false **claim**

He wants to **claim** ownership of the abandoned property.

genuine

adj. real and exactly; not pretended; sincerely felt or expressed

synonym : actual, honest, unpretending

(1) a **genuine** article, (2) show **genuine** regret

Is this painting **genuine** or forged?

valley

n. a long depression on the surface of the land, which typically contains a river

synonym : canyon, gorge, dale

(1) **valley** bottom, (2) basin-shaped **valley**

The **valley** had received a mild snowfall the previous week.

territory

n. an area under the control of a ruler or state
synonym: domain, region, realm

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

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

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

curse

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

synonym: condemnation, cuss, hex

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

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

indoor

adj. located, happened, or used inside a building

(1) an **indoor** pool, (2) designed for **indoor** use

Table tennis is an **indoor** sport.

sunset

n. the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period

synonym: evening, sundown, dusk

(1) **sunset** this function, (2) spectacular **sunset** views

He is in the **sunset** of his life.

daylight

n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

synonym: sunlight, daytime, day

(1) **daylight** hours, (2) natural **daylight**

The view of the city skyline from the top of the building looked amazing in the **daylight**.

spartan

adj. of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity

synonym : ascetic, austere, hard

(1) **spartan** training, (2) a **spartan** diet

The soldier lived a **spartan** lifestyle, with few possessions and luxuries.

underwear

n. clothes worn next to the skin under outer clothes

synonym : undergarments, lingerie, innerwear

(1) **underwear** clothing, (2) men's **underwear**

I want to buy new winter **underwear** because mine have holes in them.

canvas

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

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

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

laptop

n. a portable computer that is small enough to be carried around easily and used on your lap

(1) bring my **laptop**, (2) thin-and-light **laptop**

I need to finish this report by tonight, so I'll be working on my **laptop** all day.

custom-made

adj. made to order or custom-designed for a particular customer or client, tailored to meet individual needs or specifications

synonym : custom-built, tailor-made, bespoke

(1) **custom-made** car, (2) **custom-made** furniture

The bride wore a **custom-made** dress that was designed to fit her perfectly.

satellite

n. an electronic device that is sent up into space and moves around the Earth or another planet, used for

gathering information or communicating by radio, television, etc.

synonym : orbiter, asteroid, moon

(1) a GPS **satellite**, (2) a meteorological **satellite**

Launching an artificial **satellite** contributed to the technological development of our country.

transmitter

n. a piece of equipment used for generating and sending electronic signals, especially radio or television signals

synonym : sender

(1) a **transmitter** of a family line, (2) radio **transmitter**

This substance acts as a neural **transmitter** substance.

solar

adj. of, from, or relating to the sun

(1) the **solar** system, (2) a **solar** eclipse

Solar panels have greatly improved not only in performance but also in durability.

flexible

adj. able to change or be changed to suit new conditions or situations; able to bend easily

synonym : adaptable, elastic, pliable

(1) **flexible** schedules, (2) a **flexible** wire

You can be more **flexible** and creative in your approach.

photovoltaics

n. a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels

synonym : solar cells, solar power

(1) **photovoltaics** recycling initiatives, (2) **photovoltaics** system

The development of thin-film **photovoltaics** has allowed for a wider range of applications in building design.

panel

n. a square or rectangular and flat piece of something that forms a distinct section or component of something; a small group of specialists who discuss particular topics

or give their advice or opinion about something

synonym: board, commission, discussion

(1) **panel** discussion, (2) cost of solar **panels**

A **panel** of economic advisers from the United States visited the country to help rebuild its economy.

inspire

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

synonym: boost, encourage, enlighten

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

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

adventure

n. a journey or a series of events that is unusual, exciting, or dangerous

synonym: experience, happening, incident

(1) gastronomic **adventures**, (2) **adventure** film

He sailed the Atlantic Ocean multiple times during his **adventures**.

importance

n. the quality of being important and worthy of note

synonym: significance, primacy, matter

(1) a man of **importance**, (2) high **importance**

I stopped by the branch though I have no business of **importance**.

storytelling

n. the act or art of narrating or writing stories

synonym: narrating, relating, recounting

(1) **storytelling** performance, (2) courtroom **storytelling**

She was skilled in **storytelling** techniques, such as using different voices for other characters.

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.

glide

v. to move smoothly and effortlessly

synonym: slide, skim, coast

(1) **glide** through the water, (2) **glide** down the mountain

The eagle gracefully **glided** on the thermals, soaring above the mountains.

friction

n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects

synonym: rub, scrape, resistance

(1) **friction** force, (2) surface **friction**

The **friction** between the two countries was causing tension.

chill

n. a feeling of coldness that makes one shiver; (verb) to make cool or cooler

synonym: coldness, coolness, (verb) freeze

(1) the **chill** of autumn, (2) feel a slight **chill**

His swear words cast a **chill** on the party.

visible

adj. capable of being seen; or open to easy view

synonym: clear, observable, seeable

(1) **visible** stars, (2) **visible** by X-ray

My home is easily **visible** from the shore.

whiteout

n. a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility

synonym: snowstorm, blizzard

(1) severe **whiteout**, (2) **whiteout** snowstorm

Travel advisories were issued due to the **whiteout** conditions

on the highway.

glacier

n. a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole

synonym: iceberg, ice floe

(1) **glacier** retreat, (2) **glaciers** move tardily

The **glaciers** of the ice age have shaped Fjord.

shimmer

v. to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten

synonym: gleam, glimmer, flash

(1) **shimmer** with tears, (2) **shimmer** in the moonlight

The sunlight made the water in the pool **shimmer** like diamonds.

steel

n. a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure

synonym: iron

(1) magnetic **steel**, (2) **steel** beam

This bridge is the third largest **steel** bridge in the world.

crevasse

n. a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening

synonym: crevice, fissure, gap

(1) fall into a **crevasse**, (2) dangerous **crevasse**

The mountaineer carefully crossed the glacier **crevasse** to continue climbing the icy peak.

crack

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

synonym: snap, burst, break

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

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

glacial

adj. relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement

synonym : cold, icy, frozen

(1) **glacial** movements, (2) **glacial** terrain

The **glacial** pace of the negotiations frustrated both parties.

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

slim

adj. having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited

synonym : slender, thin, lean

(1) **slim** chances, (2) **slim** margin

The **slim** laptop was easy to carry around and perfect for travel.

rescue

v. to save someone or something from a dangerous or difficult situation

synonym : save, extricate, retrieve

(1) **rescue** a dying dog, (2) **rescue** a company from bankruptcy

The fire department arrived just in time to **rescue** the family from the burning building.

anticlimax

n. a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation

synonym : disappointment, letdown

(1) **anticlimax** moment, (2) **anticlimax** ending

The movie had an unexpected **anticlimax**, leaving the audience disappointed and confused.

permanent

adj. lasting for a long time without essential change

synonym : lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

strip

v. to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.

synonym : deprive, undress, (noun) ribbon

(1) **strip** a tire off, (2) coast **strip**

The doctor advised him to **strip** down for a check.

canteen

n. a small cafeteria or dining hall, especially one in a military or school setting

synonym : mess hall, cafeteria, eatery

(1) military **canteen**, (2) school **canteen**

The soldiers gathered in the **canteen** to eat their rations and catch up on the latest news from home.

acre

n. a unit of land area in the US Customary System and the British Imperial System, equal to 4,840 square yards (= 4,047 square meters)

(1) half- **acre** parcel, (2) an **acre** of forest

The farm covers over 200 **acres** of land.

junk

n. discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

synonym : trash, debris, waste

(1) **junk** mail, (2) hunk of **junk**

I need to clear out some of the **junk** in my garage.

marvelous

adj. causing wonder or astonishment; excellent

synonym : wonderful, amazing, superb

(1) **marvelous** performance, (2) **marvelous** power

The view from the top of the mountain was **marvelous**.

cardboard

n. a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials

synonym: corrugated board, paperboard

(1) **cardboard** box, (2) **cardboard** cutout

I made a **cardboard** box to store my winter clothes in.

photograph

n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film

synonym: photo, picture, snapshot

(1) **photograph** album, (2) **photograph** memories

I found an old **photograph** of my grandparents from their wedding day.

assist

v. to help someone in doing anything

synonym: help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

unsupported

adj. not given financial or other aid; not having any proof or evidence

synonym: baseless, unfounded, unwarranted

(1) **unsupported** rumor, (2) fight **unsupported**

Removal of the central poll left the roof **unsupported**.

eminent

adj. famous, respected, or important, especially in a particular profession; standing above others in quality or position

synonym: outstanding, distinguished, superior

(1) an **eminent** writer, (2) hold **eminent** positions

She was a pre- **eminent** researcher in our lab.

determination

n. the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something

synonym: resolve, willpower, conviction

(1) a steely **determination**, (2) **determination** of a DNA sequence

His **determination** to succeed was unwavering, even in the face of adversity.

plateau

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

synonym: mesa, tableland, plain

(1) **plateau** region, (2) **plateau** in performance

The hikers finally reached the **plateau** after a long climb up the mountain.

exhausted

adj. extremely tired

synonym: drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents

The **exhausted** runner fell to the ground and gasped.

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.

beacon

n. a light or other visible object serving as a signal, guide, or warning

synonym: lighthouse, guidepost, marker

(1) an aerial **beacon**, (2) **beacon** of hope

The lighthouse served as a **beacon** to guide ships safely into port.

hindsight

n. understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

synonym: retrospect, afterthought

(1) **hindsight** bias, (2) 20/20 **hindsight**

With **hindsight**, we can see that investing in that company was a mistake.

absolute

adj. perfect or complete or to the most considerable degree possible

synonym: complete, infrangible, indisputable

(1) **absolute** loyalty, (2) an **absolute** must

Gandhi had an **absolute** zeal for nonviolence.

exquisite

adj. extremely beautiful and delicate

synonym: magnificent, glorious, gorgeous

(1) **exquisite** crafts, (2) a man of **exquisite** sensitivity

We can hear an **exquisite** piano melody from his room.

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.

exhaust

n. the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

synonym: emission, fumes, (verb) deplete

(1) **exhaust** pipe, (2) **exhaust** a topic

The factory's **exhaust** fumes polluted the air and affected the health of the nearby residents.

starvation

n. a severe lack of food that leads to malnutrition and, ultimately, death

synonym: hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

glib

adj. fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable;

characterized by superficial ease or insincerity

synonym : slick, smooth-talking, glib-tongued

(1) **glib** response, (2) **glib** remark

His **glib** explanation of the complex topic could have convinced the audience.

sponsor

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

synonym : back, fund, finance

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

Our company **sponsors** numerous disabled athletes.

proposal

n. a formal suggestion or offer, sometimes a written one

synonym : offer, suggestion, proposition

(1) an innovative **proposal**, (2) details of his **proposal**

Our skeleton outline of the **proposal** met with much opposition.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym : scary, terrifying, alarming

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

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

headwind

n. a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption

synonym : opposition

(1) facing **headwind**, (2) flying in a **headwind**

The cyclists had to contend with strong **headwinds** during the race.

finite

adj. having a limit or restriction of size, time, etc.

synonym : delimited, defined, limited

(1) **finite** resources, (2) **finite** decimal

Human beings have a **finite** lifespan, so we yearn for the

idea of immortality.

string

n. long, thin material used for tying things together, composed of several twisted threads

synonym: line, wire, rope

(1) retie the **string** and make it strong, (2) tense piano **strings**

She wore a **string** of pearls around her neck.

intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym: consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

calorie

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

increasingly

adv. more and more

synonym: more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

hypoglycemia

n. a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness

synonym: low blood sugar, insulin reaction, insulin shock

(1) **hypoglycemia** symptoms, (2) **hypoglycemia** diet

The doctor recommended frequent monitoring of blood sugar

levels to prevent **hypoglycemia**

susceptible

adj. easily influenced, harmed, or affected by something

synonym : exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof
Well-stretched muscles are less **susceptible** to injury.

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events
Solar gravity creates **extreme** pressures and temperatures.

hypothermic

adj. relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures

synonym : cold, chilled, freezing

(1) **hypothermic** condition, (2) **hypothermic** preservation
The hiker suffered from **hypothermic** symptoms after being exposed to extreme cold.

bout

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

synonym : match, round, contest

(1) **bout** of coughing, (2) boxing **bout**
He had a **bout** of anxiety before his big presentation.

humble

adj. having or showing a modest or low estimate of one's quality or importance

synonym : modest, unpretentious, abject

(1) a **humble** cottage, (2) **humble** opinion
The nobler, the more **humble**.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

utterly

adv. completely or absolutely

synonym : absolutely, completely, perfectly

(1) **utterly** changed, (2) **utterly** ignorant

We are **utterly** opposed to any form of terrorism.

incapacitate

v. to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage

synonym : disable, paralyze, immobilize

(1) **incapacitate** opponent, (2) **incapacitate** the enemy

The injury sustained during the game could **incapacitate** the player for the rest of the season.

toddler

n. a young child who has recently learned to walk

synonym : child, infant, youngster

(1) an active **toddler**, (2) **toddler** in nappy

A **toddler** needs constant supervision and firm control.

pathetic

adj. arousing pity, sorrow, or compassion; expressing or evoking sadness, weakness, or inadequacy; inadequate or inferior in quality or ability

synonym : pitiful, miserable, sad

(1) **pathetic** attempt, (2) **pathetic** display

The team's performance was **pathetic** and left the coach feeling disappointed.

peculiar

adj. odd and uncommon, sometimes in an unpleasant way

synonym : bizarre, abnormal, odd

(1) **peculiar** way, (2) **peculiar** people

The juice has a **peculiar** taste.

debilitate

v. to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or

mental exhaustion or fatigue

synonym: weaken, enfeeble, exhaust

(1) **debilitate** the body, (2) **debilitate** the mind

The disease has **debilitated** her to the point where she can no longer live independently.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

outward

adj. relating to the external appearance or surface of something; visible

synonym: external, surface, exterior

(1) an **outward** journey, (2) **outward** cheerfulness

The **outward** appearance of the building was impressive, but the inside was in dire need of repairs.

bury

v. to place a dead body in the ground, grave, or tomb

synonym: entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

melt

v. to turn from something solid into something soft or liquid as a result of heating

synonym: disintegrate, soften, disappear

(1) **melt** the ice, (2) **melt** down gold

Her resistance **melted** under his persuasion.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

resupply

v. to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations

synonym: restock, replenish, refill

(1) **resupply** food, (2) **resupply** water

We need to **resupply** our inventory before the holiday rush.

flee

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

synonym: exit, escape, run away

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

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

tide

n. the cyclical rise and fall of sea level caused by the moon's gravitational pull

synonym: ripple, surge, swell

(1) **tide** cycle, (2) ride the **tide** of change

Red **tide** is often harmful to the local ecosystem.

gap

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

synonym: opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**

Many people are working together to close the gender **gap**.

fraud

n. the crime of gaining money or financial benefits by deceiving people; a person who makes deceitful pretenses

synonym: trickery, deceit, blackmail

(1) get money by **fraud**, (2) victim of **fraud**

The police arrested them for committing insurance **fraud**.

belly

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

synonym : stomach, abdomen, gut

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

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

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

buffet

n. a meal where guests serve themselves from a counter or sideboard

synonym : sideboard, counter, smorgasbord

(1) **buffet** style, (2) have a **buffet** meal

The **buffet** at the hotel had a wide variety of food options.

regret

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym : apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

digit

n. one of the elements that collectively form a system of numeration; a finger, thumb, or toe

synonym : number, integer, numeral

(1) **digit** identifier, (2) the **digit** in the hundreds place

We must enter a six- **digit** number to unlock the safe.

intact

adj. undamaged and complete

synonym : flawless, unchanged, entire

(1) **intact** brain, (2) **intact** forestland

Despite the scandals, his reputation remained **intact**.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

ego

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

synonym : self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym : toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

spike

n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something

synonym : end, spindle, point

(1) to **spike**, (2) to prevent blood sugar **spikes**

The recent **spike** in grain prices is partly due to the war in the producing countries.

downhill

adv. in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

synonym : downslope

(1) ski **downhill**, (2) walk **downhill** to the beach

The family's finances have been going **downhill** since they lost their main source of income.

slippery

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

synonym : smooth, glistening, furtive

(1) a **slippery** customer, (2) **slippery** ice

How extraordinarily **slippery** a liar the camera is.

entirety

n. the state of being complete or whole; the total extent or scope of something

synonym : totality, completeness, wholeness

(1) the **entirety** of the situation, (2) the **entirety** of the book

They refused to accept the proposal in its **entirety**, demanding revisions.

horizon

n. the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated

synonym : skyline, view, visible boundary

(1) the event **horizon** of a black hole, (2) business **horizon**

As the sun set, the colors of the sky merged with the **horizon**, creating a beautiful orange and pink hue.

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.

obscure

adj. not well known to many people

synonym : esoteric, vague, unrecognized

(1) **obscure** answer, (2) **obscure** artist

This information was primarily **obscured** in the first release.

terrain

n. the physical features of a piece of land, including hills, valleys, rivers, and forests

synonym: land, geography, topography

(1) **terrain** map, (2) permafrost **terrain**

The mountainous **terrain** was rough and rocky.

railway

n. a transportation system consisting of tracks and trains, usually used for the transportation of goods or passengers over long distances

synonym: train line, rail line, track

(1) a private **railway**, (2) **railway** station

The **railway** system connects cities and countries, making travel more convenient.

occasionally

adv. now and then; sometimes but not often

synonym: periodically, sometimes, from time to time

(1) **occasionally** dine with friends, (2) **occasionally** change the routine

She still **occasionally** writes a short romance novel.

armpit

n. the hollow under the arm where it joins the shoulder

synonym: underarm, axilla

(1) hair of the **armpits**, (2) **armpit** area

This stick will deodorize your **armpits**.

oddly

adv. in a way that is unexpected, strange, or peculiar

synonym: strangely, peculiarly, weirdly

(1) behave **oddly**, (2) **oddly** familiar

He walked into the party with an **oddly** dressed companion, causing everyone to stare.

inauspicious

adj. indicating bad luck or ill fortune; not conducive to success or favorable outcomes

synonym: unlucky, ominous, unfavorable

(1) **inauspicious** start, (2) **inauspicious** sign

The weather on the event's opening day was **inauspicious**, with rain and thunderstorms.

foreground

n. the part of a view, picture, etc., that is nearest to the viewer

(1) **foreground** segmentation, (2) **foreground** galaxy

A happy group of friends occupies the **foreground** of the picture.

rubble

n. fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed

synonym: debris, ruins, wreckage

(1) clear away **rubble**, (2) **rubble-strewn** road

After the earthquake, the city was left in a pile of **rubble**.

trail

n. a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind

synonym: footpath, track, course

(1) a warm **trail**, (2) follow the **trail**

The storm left a **trail** of destruction behind it.

all-consuming

adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

synonym: engrossing, immersive

(1) **all-consuming** flame, (2) **all-consuming** passion

His **all-consuming** love for her made him forget about everything else in his life.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

superficial

adj. existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

synonym : shallow, facile, cursory

(1) **superficial** wound, (2) **superficial** knowledge

The journalist's **superficial** reporting should have captured the full scope of the issue.

faint

adj. not strong, clear, or vigorous; slight or weak

synonym : slight, vague, soft

(1) **faint** memory, (2) **faint** aroma of roses

She heard a **faint**, nearly invisible scream.

makeup

n. colored substances used on someone's face to improve or change their appearance

synonym : maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than **makeup**.

frostbite

n. a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation

synonym : cryopathy, chilblains, ice burn

(1) **frostbite** symptoms, (2) **frostbite** on the hand

The athlete had to quit the race due to severe **frostbite** on his feet.

cheek

n. either side of the face below the eye and between the nose and the jaw

synonym : jaw, mandible, malar

(1) **cheek** bone, (2) hollowed-out **cheek**

He gently touched her apple-red **cheek** and whispered that he loved her.

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.

proof

n. a fact or piece of information that shows something is true or exists

synonym : testimony, evidence, assurance

(1) documentary **proof**, (2) a geometric **proof**

Proof is better than argument.

accomplish

v. to finish or achieve something successfully

synonym : achieve, complete, execute

(1) **accomplish** a goal, (2) **accomplish** military operations

Humankind took centuries to **accomplish** true democracy.

ambition

n. a strong wish to do or achieve something

synonym : purpose, aim, endeavor

(1) an **ambition** for political power, (2) boundless **ambition**

Greed and **ambition** composed his personality.

refuse

v. to show that one is not willing to do or accept something

synonym : turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

sting

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

synonym : bite, prick, poke

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

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

cliche

n. a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

synonym: truism, platitude, stereotype

(1) **cliche** plot, (2) age-old **cliche**

Using the same **cliche** phrase in every conversation can take time and effort.

destination

n. the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action

synonym: location, endpoint, target

(1) travel **destination**, (2) romantic **destinations**

I am excited to reach my **destination** and explore the new city finally.

rocky

adj. full of or abounding in rocks; of, relating to, or made of rock

synonym: stony, boulder-strewn, rough

(1) **rocky** terrain, (2) **rocky** relationship

The **rocky** road made it difficult to drive on.

attain

v. to achieve or reach a goal or level of success

synonym: accomplish, achieve, reach

(1) **attain** success, (2) **attain** a complete victory

She is determined to **attain** her degree in computer science.

mess

n. a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

synonym: disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

strive

v. to try very hard to do, achieve, or obtain something

synonym: preserve, endure, persist

(1) **strive** hard to get, (2) **strive** for excellence

They **strived** to make their dream come true.

inhabit

v. to live in a specific location; to reside

synonym: settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym: circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

bob

v. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

synonym: bobble, bounce, wag

(1) **bob** a quick curtsy, (2) **bob** on the surface of the water

I need to **bob** my head to the beat of the music.

strength

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

synonym: resilience, power, muscles

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

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

Session 2: Spelling

- | | |
|-----------------------------------|--|
| 1. in a pre_____le manner | <i>adj.</i> capable of being known, seen or declared in advance |
| 2. gastronomic ad_____res | <i>n.</i> a journey or a series of events that is unusual, exciting, or dangerous |
| 3. h__l truck | <i>v.</i> to physically drag or pull someone or something with effort |
| 4. all_____ing flame | <i>adj.</i> taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence |
| 5. occ_____lly change the routine | <i>adv.</i> now and then; sometimes but not often |
| 6. hostage si__e | <i>n.</i> the surrounding of a place and isolating it by an army to defeat those defending it |
| 7. in_____r trading | <i>n.</i> a person who has privileged access to special or secret information about a particular organization or field |
| 8. in___t forestland | <i>adj.</i> undamaged and complete |
| 9. sto_____ing performance | <i>n.</i> the act or art of narrating or writing stories |
| 10. pe_____ar way | <i>adj.</i> odd and uncommon, sometimes in an unpleasant way |
| 11. st__g his face | <i>v.</i> to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick |

ANSWERS: 1. predictable, 2. adventure, 3. haul, 4. all-consuming, 5. occasionally, 6. siege, 7. insider, 8. intact, 9. storytelling, 10. peculiar, 11. sting

12. ex____e weather events *adj.* very great in amount or degree
13. have a bu____t meal *n.* a meal where guests serve themselves from a counter or sideboard
14. b_b on the surface of the water *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
15. st__l beam *n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure
16. f__e abroad *v.* to leave by running away, especially out of fear or danger
17. positive feedback l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
18. walk do_____ll to the beach *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner
19. e_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
20. an un_____en horse *adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded

ANSWERS: 12. extreme, 13. buffet, 14. bob, 15. steel, 16. flee, 17. loop, 18. downhill, 19. ego, 20. unbroken

21. completely fas_____ng to me *adj.* extremely interesting
22. English pre_____on *n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)
23. have a whole m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
24. gl__e through the water *v.* to move smoothly and effortlessly
25. deb_____te the body *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
26. fight uns_____ed *adj.* not given financial or other aid; not having any proof or evidence
27. the se_____ce of the seasons *n.* a series of related events, actions, numbers, etc., which have a particular order
28. g__b response *adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity
29. sl___e dog *n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete

ANSWERS: 21. fascinating, 22. preposition, 23. mess, 24. glide, 25. debilitate, 26. unsupported, 27. sequence, 28. glib, 29. sledge

30. an a__e of forest *n.* a unit of land area in the US Customary System and the British Imperial System, equal to 4,840 square yards (= 4,047 square meters)
31. pre_____le pattern *adj.* capable of being known, seen or declared in advance
32. fi___e resources *adj.* having a limit or restriction of size, time, etc.
33. basin-shaped va___y *n.* a long depression on the surface of the land, which typically contains a river
34. su_____ct reply *adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive
35. ha_____ed memory *adj.* considered holy or sacred; deserving of reverence or respect
36. fr_____te symptoms *n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
37. gi__t trees *adj.* enormous; much bigger or more important than similar items usually are
38. false cl__m *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

ANSWERS: 30. acre, 31. predictable, 32. finite, 33. valley, 34. succinct, 35. hallowed, 36. frostbite, 37. giant, 38. claim

39. 20/20 hi_____ht *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
40. ensure a smooth tra_____on *n.* the process or period of changing from one state or circumstance to another
41. 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
42. ca_____rd box *n.* a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials
43. boxing b__t *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
44. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
45. thin-and-light la___p *n.* a portable computer that is small enough to be carried around easily and used on your lap
46. tra_____on phase *n.* the process or period of changing from one state or circumstance to another

ANSWERS: 39. hindsight, 40. transition, 41. mount, 42. cardboard, 43. bout, 44. process, 45. laptop, 46. transition

47. flying in a he_____nd
n. a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
48. com_____on number
n. a collection of things that have been combined; an assemblage of separate parts or qualities
49. sl_____ry ice
adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
50. ro__y relationship
adj. full of or abounding in rocks; of, relating to, or made of rock
51. spectacular su____t views
n. the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period
52. d__g a chair over
v. to pull or haul with force
53. b_y area
n. a part of the coast that is partially enclosed by land; a compartment or section of a ship or building
54. re____e a request
v. to show that one is not willing to do or accept something
55. ex____t a topic
n. the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
56. a statistical ch__t
n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

ANSWERS: 47. headwind, 48. combination, 49. slippery, 50. rocky, 51. sunset, 52. drag, 53. bay, 54. refuse, 55. exhaust, 56. chart

57. wi__y hillside *adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance
58. take the ma___p off her face *n.* colored substances used on someone's face to improve or change their appearance
59. ra_____y station *n.* a transportation system consisting of tracks and trains, usually used for the transportation of goods or passengers over long distances
60. ad_____re film *n.* a journey or a series of events that is unusual, exciting, or dangerous
61. ca_____e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
62. re_____r a loss *v.* to return to a former condition, health, mind, or strength
63. ex_____al factors *adj.* belonging to or situated outside of someone or something
64. m__t down gold *v.* to turn from something solid into something soft or liquid as a result of heating
65. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb

ANSWERS: 57. windy, 58. makeup, 59. railway, 60. adventure, 61. calorie, 62. recover, 63. external, 64. melt, 65. bury

66. at___n success *v.* to achieve or reach a goal or level of success
67. ut____y changed *adv.* completely or absolutely
68. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
69. te_____ry in charge *n.* an area under the control of a ruler or state
70. literature of pe_____nt value *adj.* lasting for a long time without essential change
71. hyp_____ic preservation *adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
72. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
73. be___n of hope *n.* a light or other visible object serving as a signal, guide, or warning
74. sp_____n training *adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity
75. ut____y ignorant *adv.* completely or absolutely
76. pa__l discussion *n.* a square or rectangular and flat piece of something that forms a distinct section or component of something; a small group of specialists who discuss particular topics or give their advice or opinion about something

ANSWERS: 66. attain, 67. utterly, 68. straight, 69. territory, 70. permanent, 71. hypothermic, 72. achieve, 73. beacon, 74. spartan, 75. utterly, 76. panel

77. hold em____t positions *adj.* famous, respected, or important, especially in a particular profession; standing above others in quality or position
78. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
79. acquire te____ry *n.* an area under the control of a ruler or state
80. ex____al commerce *adj.* belonging to or situated outside of someone or something
81. m__t the ice *v.* to turn from something solid into something soft or liquid as a result of heating
82. va____y bottom *n.* a long depression on the surface of the land, which typically contains a river
83. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
84. the ca____n of an opposing team *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
85. 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
86. po__r regions *adj.* relating to, or close to, the North or South Pole; characterized by complete opposites

ANSWERS: 77. eminent, 78. loop, 79. territory, 80. external, 81. melt, 82. valley, 83. pound, 84. captain, 85. gear, 86. polar

87. a man of ex_____te sensitivity *adj.* extremely beautiful and delicate
88. sh_____r with tears *v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten
89. od__y familiar *adv.* in a way that is unexpected, strange, or peculiar
90. at___n a complete victory *v.* to achieve or reach a goal or level of success
91. dangerous cr_____se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
92. the at_____t to rescue the hostages *n.* an act or effort of trying to do something, especially something difficult
93. no_____e else to go *adv.* not in, at, or to any place; not anywhere
94. ha__h climate *adj.* severe and unkind; extremely tough and unpleasant to inhabit
95. to prevent blood sugar sp__es *n.* a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
96. in_____or decoration *n.* the inside or inner part of something; the space within the walls of a building
97. carry a s__r *n.* a mark that remains on the skin after a wound has healed
98. severe wh_____ut *n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility

ANSWERS: 87. exquisite, 88. shimmer, 89. oddly, 90. attain, 91. crevasse, 92. attempt, 93. nowhere, 94. harsh, 95. spike, 96. interior, 97. scar, 98. whiteout

99. in___t brain *adj.* undamaged and complete
100. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
101. high imp____ce *n.* the quality of being important and worthy of note
102. die of sta____on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
103. sp____r a local group *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
104. food de__t *n.* a place or a building where goods, materials, or equipment are stored, manufactured, or distributed; a transportation hub where buses or trains start or end their journeys
105. the ex____ed food sources *adj.* extremely tired
106. 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
107. pho____ph memories *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
108. designed for in___r use *adj.* located, happened, or used inside a building

ANSWERS: 99. intact, 100. strength, 101. importance, 102. starvation, 103. sponsor, 104. depot, 105. exhausted, 106. goggle, 107. photograph, 108. indoor

109. natural da____ht
n. the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
110. ha____y decent job
adj. in or at a point midway or an equal distance between two points
111. ant_____ax ending
n. a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation
112. co_____nt urinary diversion
n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
113. ro__y terrain
adj. full of or abounding in rocks; of, relating to, or made of rock
114. a spotted p__y
n. a small horse
115. all_____ing passion
adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence
116. ex_____te crafts
adj. extremely beautiful and delicate
117. a fl_____le wire
adj. able to change or be changed to suit new conditions or situations; able to bend easily
118. thousands of po__ds
n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

ANSWERS: 109. daylight, 110. halfway, 111. anticlimax, 112. continent, 113. rocky, 114. pony, 115. all-consuming, 116. exquisite, 117. flexible, 118. pound

119. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
120. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
121. g__b remark *adj.* fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity
122. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
123. hig_____er season *n.* the highest level of water in a river or other body of water, especially as it exceeds the normal level
124. radio tra_____er *n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
125. we__h a cargo *v.* to have a particular weight; to carefully evaluate things before making a conclusion
126. student ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
127. t__e cycle *n.* the cyclical rise and fall of sea level caused by the moon's gravitational pull

ANSWERS: 119. dedicate, 120. struggle, 121. glib, 122. combination, 123. high-water, 124. transmitter, 125. weigh, 126. achievement, 127. tide

128. ex_____e sports *adj.* very great in amount or degree
129. an am_____on for political power *n.* a strong wish to do or achieve something
130. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
131. an ab_____te must *adj.* perfect or complete or to the most considerable degree possible
132. details of his pr_____al *n.* a formal suggestion or offer, sometimes a written one
133. biomass f___l *n.* a substance that is typically burned to generate heat or energy
134. the be___y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
135. run a ma_____on *n.* a long-distance race of 42.195 kilometers
136. pe___l engine *n.* a flammable liquid made from petroleum that is used as a fuel in internal combustion engines, commonly known as gasoline in North America
137. documentary pr___f *n.* a fact or piece of information that shows something is true or exists
138. a private ra_____y *n.* a transportation system consisting of tracks and trains, usually used for the transportation of goods or passengers over long distances

ANSWERS: 128. extreme, 129. ambition, 130. conversation, 131. absolute, 132. proposal, 133. fuel, 134. belly, 135. marathon, 136. petrol, 137. proof, 138. railway

139. half-a__e parcel *n.* a unit of land area in the US Customary System and the British Imperial System, equal to 4,840 square yards (= 4,047 square meters)
140. coast st__p *v.* to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.
141. fall into a cr____se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
142. pl____u region *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
143. vi____e stars *adj.* capable of being seen; or open to easy view
144. romantic des____ons *n.* the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action
145. plenty of in____or space *n.* the inside or inner part of something; the space within the walls of a building
146. j__k mail *n.* discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

ANSWERS: 139. acre, 140. strip, 141. crevasse, 142. plateau, 143. visible, 144. destination, 145. interior, 146. junk

147. an aerial be___n *n.* a light or other visible object serving as a signal, guide, or warning
148. pa____ic display *adj.* arousing pity, sorrow, or compassion; expressing or evoking sadness, weakness, or inadequacy; inadequate or inferior in quality or ability
149. the plus p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
150. pull a s__d *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
151. 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
152. 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
153. as___t his goal *v.* to help someone in doing anything
154. ex____t pipe *n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

ANSWERS: 147. beacon, 148. pathetic, 149. pole, 150. sled, 151. goggle, 152. torture, 153. assist, 154. exhaust

155. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
156. fr_____te on the hand *n.* a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
157. inc_____ate opponent *v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage
158. the DNA se_____ce *n.* a series of related events, actions, numbers, etc., which have a particular order
159. ha_____ed tradition *adj.* considered holy or sacred; deserving of reverence or respect
160. un_____ed waters *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
161. watch a ma_____on *n.* a long-distance race of 42.195 kilometers
162. boundless cu_____ty *n.* a strong desire to know or learn about something
163. re____t a decision *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

ANSWERS: 155. dedicate, 156. frostbite, 157. incapacitate, 158. sequence, 159. hallowed, 160. uncharted, 161. marathon, 162. curiosity, 163. regret

164. ri__l bidder *n.* a person, company, or thing competing with others for the same thing or in the same area
165. as___t a patient *v.* to help someone in doing anything
166. hu___e opinion *adj.* having or showing a modest or low estimate of one's quality or importance
167. st____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
168. ant_____ax moment *n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation
169. te__a firma *n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area
170. artistic int_____sia *n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits
171. sequencing of the human ge___e *n.* the complete set or sequence of genes of a human, animal, plant, or other living things
172. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
173. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
174. re___t being so careless *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

ANSWERS: 164. rival, 165. assist, 166. humble, 167. strength, 168. anticlimax, 169. terra, 170. intelligentsia, 171. genome, 172. frightening, 173. recover, 174. regret

175. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
176. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
177. an innovative pr_____al *n.* a formal suggestion or offer, sometimes a written one
178. ar____t area *n.* the hollow under the arm where it joins the shoulder
179. satisfy my intellectual cu_____ty *n.* a strong desire to know or learn about something
180. a steely det_____ion *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
181. an el_____nt speaker *adj.* able to speak or write clearly and impressively
182. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
183. lay si__e to his house *n.* the surrounding of a place and isolating it by an army to defeat those defending it
184. tense piano st____gs *n.* long, thin material used for tying things together, composed of several twisted threads
185. peregrine fa____n *n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight

ANSWERS: 175. athlete, 176. quitter, 177. proposal, 178. armpit, 179. curiosity, 180. determination, 181. eloquent, 182. technique, 183. siege, 184. string, 185. falcon

186. n__a explosion *n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth
187. su_____al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
188. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
189. ma___p artist *n.* colored substances used on someone's face to improve or change their appearance
190. det_____ion of a DNA sequence *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
191. members of int_____sia *n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits
192. have an aw_____e birthday *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
193. su_____ct explanation *adj.* concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive

ANSWERS: 186. nova, 187. survival, 188. process, 189. makeup, 190. determination, 191. intelligentsia, 192. awesome, 193. succinct

194. for_____nd galaxy *n.* the part of a view, picture, etc., that is nearest to the viewer
195. a fishing p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
196. gl_____rs move tardily *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
197. tr_____r engine *n.* a powerful vehicle with large back wheels and thick tires, used for pulling farm machines
198. surface fr_____on *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
199. an ou_____d journey *adj.* relating to the external appearance or surface of something; visible
200. gl_____l movements *adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement
201. feel a slight ch__l *n.* a feeling of coldness that makes one shiver; (verb) to make cool or cooler
202. re____e a company from bankruptcy *v.* to save someone or something from a dangerous or difficult situation

ANSWERS: 194. foreground, 195. pole, 196. glacier, 197. tractor, 198. friction, 199. outward, 200. glacial, 201. chill, 202. rescue

203. uns_____ed rumor *adj.* not given financial or other aid; not having any proof or evidence
204. ina_____ous sign *adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes
205. a warm tr__l *n.* a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind
206. a man of imp_____ce *n.* the quality of being important and worthy of note
207. o__s of business *n.* the degree or probability that a particular thing will or will not happen
208. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
209. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
210. un_____ed wilderness *adj.* not mapped or surveyed; unknown or unexplored; without a clear or definite course of action
211. show ge_____e regret *adj.* real and exactly; not pretended; sincerely felt or expressed
212. age-old cl_____e *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

ANSWERS: 203. unsupported, 204. inauspicious, 205. trail, 206. importance, 207. odds, 208. decision, 209. struggle, 210. uncharted, 211. genuine, 212. cliché

213. f__e their homes *v.* to leave by running away, especially out of fear or danger
214. fas_____ng story *adj.* extremely interesting
215. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
216. un_____ar clothing *n.* clothes worn next to the skin under outer clothes
217. te_____n map *n.* the physical features of a piece of land, including hills, valleys, rivers, and forests
218. the so__r system *adj.* of, from, or relating to the sun
219. in_____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
220. bring my la____p *n.* a portable computer that is small enough to be carried around easily and used on your lap
221. effects of cl_____e change *n.* the weather in a particular location averaged over some long period
222. clear away ru____e *n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
223. permafrost te_____n *n.* the physical features of a piece of land, including hills, valleys, rivers, and forests

ANSWERS: 213. flee, 214. fascinating, 215. phenomenon, 216. underwear, 217. terrain, 218. solar, 219. inspire, 220. laptop, 221. climate, 222. rubble, 223. terrain

224. acc_____sh military operations *v.* to finish or achieve something successfully
225. ab_____te loyalty *adj.* perfect or complete or to the most considerable degree possible
226. a geometric pr__f *n.* a fact or piece of information that shows something is true or exists
227. team of ex_____ers *n.* a person who travels to places where no one or few people have been before to find out what is there
228. h__l on a rope *v.* to physically drag or pull someone or something with effort
229. the mouth of a b_y *n.* a part of the coast that is partially enclosed by land; a compartment or section of a ship or building
230. re_____ly food *v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations
231. su_____zes the main ideas *v.* to give a brief statement of the most important facts or ideas about something
232. inc_____ate the enemy *v.* to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage
233. the di__t in the hundreds place *n.* one of the elements that collectively form a system of numeration; a finger, thumb, or toe

ANSWERS: 224. accomplish, 225. absolute, 226. proof, 227. explorer, 228. haul, 229. bay, 230. resupply, 231. summarize, 232. incapacitate, 233. digit

234. an active to____r *n.* a young child who has recently learned to walk
235. hi_____ht bias *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
236. an em_____t writer *adj.* famous, respected, or important, especially in a particular profession; standing above others in quality or position
237. pl_____u in performance *n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
238. gr__t in discontent *v.* to make a short, low noise in the throat
239. hair of the ar____ts *n.* the hollow under the arm where it joins the shoulder
240. get into a m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
241. an in____r pool *adj.* located, happened, or used inside a building
242. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
243. oa__s farming *n.* a fertile land in a desert or semi-desert environment where there is water and therefore plants and trees and sometimes a village or town

ANSWERS: 234. toddler, 235. hindsight, 236. eminent, 237. plateau, 238. grunt, 239. armpit, 240. mess, 241. indoor, 242. crack, 243. oasis

244. boundless am_____on *n.* a strong wish to do or achieve something
245. hu___s in business *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
246. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
247. ou_____d cheerfulness *adj.* relating to the external appearance or surface of something; visible
248. b_b a quick curtsy *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
249. a tra_____er of a family line *n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
250. vi_____e by X-ray *adj.* capable of being seen; or open to easy view
251. pho_____ics system *n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels
252. 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: 244. ambition, 245. hubris, 246. phenomenon, 247. outward, 248. bob, 249. transmitter, 250. visible, 251. photovoltaics, 252. mount

253. pe____ar people *adj.* odd and uncommon, sometimes in an unpleasant way
254. a small in____e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
255. hollowed-out ch__k *n.* either side of the face below the eye and between the nose and the jaw
256. ma_____us performance *adj.* causing wonder or astonishment; excellent
257. a remarkable ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
258. look through a te_____pe *n.* a device like a tube in shape containing lenses used to magnify and observe distant objects
259. achieve am_____us goals *adj.* having a great desire to attain achievement, power, or wealth
260. the en____ty of the situation *n.* the state of being complete or whole; the total extent or scope of something
261. sh_____r in the moonlight *v.* to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten
262. hyp_____ic condition *adj.* relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures
263. sp_____r a contest *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising

ANSWERS: 253. peculiar, 254. intake, 255. cheek, 256. marvelous, 257. achievement, 258. telescope, 259. ambitious, 260. entirety, 261. shimmer, 262. hypothermic, 263. sponsor

264. sw__r a blue streak *v.* to make a solemn promise or vow; to use rude or offensive language
265. te__a cotta *n.* a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area
266. s__m margin *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
267. ina_____ous start *adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes
268. cus_____de furniture *adj.* made to order or custom-designed for a particular customer or client, tailored to meet individual needs or specifications
269. en_____ly satisfied with the meal *adv.* completely
270. fr_____on force *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
271. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
272. tropical oa__s *n.* a fertile land in a desert or semi-desert environment where there is water and therefore plants and trees and sometimes a village or town

ANSWERS: 264. swear, 265. terra, 266. slim, 267. inauspicious, 268. custom-made, 269. entirely, 270. friction, 271. calorie, 272. oasis

273. a sl____ry customer *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
274. st____e hard to get *v.* to try very hard to do, achieve, or obtain something
275. ann____ry celebration *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
276. gl____r retreat *n.* a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
277. wi__y eloquence *adj.* characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance
278. in____t the stomach *v.* to live in a specific location; to reside
279. sw__r an oath *v.* to make a solemn promise or vow; to use rude or offensive language
280. military ca____n *n.* a small cafeteria or dining hall, especially one in a military or school setting
281. we__h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
282. ar____ly the greatest discovery *adv.* used when expressing an opinion or idea that you believe can be proven true
283. aw____e mental faculty *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

ANSWERS: 273. slippery, 274. strive, 275. anniversary, 276. glacier, 277. windy, 278. inhabit, 279. swear, 280. canteen, 281. weigh, 282. arguably, 283. awesome

284. courtroom sto_____ing *n.* the act or art of narrating or writing stories
285. pe___l station *n.* a flammable liquid made from petroleum that is used as a fuel in internal combustion engines, commonly known as gasoline in North America
286. sup_____al wound *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
287. pa_____ic attempt *adj.* arousing pity, sorrow, or compassion; expressing or evoking sadness, weakness, or inadequacy; inadequate or inferior in quality or ability
288. sus_____le of proof *adj.* easily influenced, harmed, or affected by something
289. fa__t aroma of roses *adj.* not strong, clear, or vigorous; slight or weak
290. a hu___e cottage *adj.* having or showing a modest or low estimate of one's quality or importance
291. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
292. the event ho_____n of a black hole *n.* the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated
293. behave od__y *adv.* in a way that is unexpected, strange, or peculiar

ANSWERS: 284. storytelling, 285. petrol, 286. superficial, 287. pathetic, 288. susceptible, 289. faint, 290. humble, 291. belly, 292. horizon, 293. oddly

294. su___t this function *n.* the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period
295. the meridian al____de *n.* the height of an object or point in relation to sea level or ground level
296. re____ly water *v.* to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations
297. burn s__r *n.* a mark that remains on the skin after a wound has healed
298. bu___t style *n.* a meal where guests serve themselves from a counter or sideboard
299. business ho____n *n.* the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated
300. with an am____us eye *adj.* having a great desire to attain achievement, power, or wealth
301. re___e a dying dog *v.* to save someone or something from a dangerous or difficult situation
302. a binocular te____pe *n.* a device like a tube in shape containing lenses used to magnify and observe distant objects
303. show stu____ess *n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

ANSWERS: 294. sunset, 295. altitude, 296. resupply, 297. scar, 298. buffet, 299. horizon, 300. ambitious, 301. rescue, 302. telescope, 303. stubbornness

304. enable se_____ss access *adj.* without spaces or breaks between one part and the next
305. cus_____de car *adj.* made to order or custom-designed for a particular customer or client, tailored to meet individual needs or specifications
306. pho_____ics recycling initiatives *n.* a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels
307. an in___e pipe *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
308. ge___e analyses *n.* the complete set or sequence of genes of a human, animal, plant, or other living things
309. facing he_____nd *n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
310. un_____en chain *adj.* continuous and not interrupted; (of promises or contracts) not violated or disregarded
311. hyp_____mia diet *n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness

ANSWERS: 304. seamless, 305. custom-made, 306. photovoltaics, 307. intake, 308. genome, 309. headwind, 310. unbroken, 311. hypoglycemia

312. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
313. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
314. a polar ex____er *n.* a person who travels to places where no one or few people have been before to find out what is there
315. oil on ca____s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
316. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
317. p__y engine *n.* a small horse
318. use of ha__h chemicals *adj.* severe and unkind; extremely tough and unpleasant to inhabit
319. hyp_____mia symptoms *n.* a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness
320. complex pre_____on *n.* a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)

ANSWERS: 312. crack, 313. brain, 314. explorer, 315. canvas, 316. degree, 317. pony, 318. harsh, 319. hypoglycemia, 320. preposition

321. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
322. a sp____n diet *adj.* of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity
323. school ca____n *n.* a small cafeteria or dining hall, especially one in a military or school setting
324. s__d dog *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
325. a st____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
326. few cu__e words *n.* a rude or offensive word or an expression that is not polite and shows that you are very angry
327. political hu____s *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
328. cost of solar pa__ls *n.* a square or rectangular and flat piece of something that forms a distinct section or component of something; a small group of specialists who discuss particular topics or give their advice or opinion about something

ANSWERS: 321. chart, 322. spartan, 323. canteen, 324. sled, 325. straight, 326. curse, 327. hubris, 328. panel

329. the inland of a co_____nt *n.* one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
330. hunk of j__k *n.* discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition
331. ma_____us power *adj.* causing wonder or astonishment; excellent
332. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
333. a sus_____le young woman *adj.* easily influenced, harmed, or affected by something
334. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
335. gi__t tech company *adj.* enormous; much bigger or more important than similar items usually are
336. st___e for excellence *v.* to try very hard to do, achieve, or obtain something
337. a ge_____e article *adj.* real and exactly; not pretended; sincerely felt or expressed
338. tr_____rt facilities *n.* a system for moving people or products from one location to another using automobiles, roads, and so on

ANSWERS: 329. continent, 330. junk, 331. marvelous, 332. conversation, 333. susceptible, 334. decision, 335. giant, 336. strive, 337. genuine, 338. transport

339. magnetic st__l *n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure
340. occ_____lly dine with friends *adv.* now and then; sometimes but not often
341. men's un_____ar *n.* clothes worn next to the skin under outer clothes
342. ch__k bone *n.* either side of the face below the eye and between the nose and the jaw
343. wh_____ut snowstorm *n.* a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility
344. a reckless at_____t *n.* an act or effort of trying to do something, especially something difficult
345. victim of fr__d *n.* the crime of gaining money or financial benefits by deceiving people; a person who makes deceitful pretenses
346. under a cu__e *n.* a rude or offensive word or an expression that is not polite and shows that you are very angry
347. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
348. ski do_____ll *adv.* in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

ANSWERS: 339. steel, 340. occasionally, 341. underwear, 342. cheek, 343. whiteout, 344. attempt, 345. fraud, 346. curse, 347. gap, 348. downhill

349. ca_____rd cutout *n.* a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials
350. 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
351. st__p a tire off *v.* to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.
352. fi___e decimal *adj.* having a limit or restriction of size, time, etc.
353. low al_____de *n.* the height of an object or point in relation to sea level or ground level
354. b__y emotion *v.* to place a dead body in the ground, grave, or tomb
355. fl_____le schedules *adj.* able to change or be changed to suit new conditions or situations; able to bend easily
356. st__g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
357. el_____nt writing *adj.* able to speak or write clearly and impressively
358. inc_____gly become common *adv.* more and more
359. deb_____te the mind *v.* to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue

ANSWERS: 349. cardboard, 350. gear, 351. strip, 352. finite, 353. altitude, 354. bury, 355. flexible, 356. sting, 357. eloquent, 358. increasingly, 359. debilitate

360. en_____ or as much as possible *v.* to make an earnest attempt or effort; to strive or work hard towards a goal or objective
361. da_____ht hours *n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness
362. a bicentennial ann_____ry *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
363. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
364. di__t identifier *n.* one of the elements that collectively form a system of numeration; a finger, thumb, or toe
365. re___e the company *v.* to show that one is not willing to do or accept something
366. a GPS sa_____te *n.* an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.
367. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
368. gr__t a laugh *v.* to make a short, low noise in the throat
369. in_____t a cave *v.* to live in a specific location; to reside

ANSWERS: 360. endeavor, 361. daylight, 362. anniversary, 363. quitter, 364. digit, 365. refuse, 366. satellite, 367. achieve, 368. grunt, 369. inhabit

370. su____al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
371. cl__m responsibility *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
372. get money by fr__d *n.* the crime of gaining money or financial benefits by deceiving people; a person who makes deceitful pretenses
373. a cold cl_____e *n.* the weather in a particular location averaged over some long period
374. a meteorological sa_____te *n.* an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.
375. weapon de__t *n.* a place or a building where goods, materials, or equipment are stored, manufactured, or distributed; a transportation hub where buses or trains start or end their journeys
376. in_____e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
377. 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

ANSWERS: 370. survival, 371. claim, 372. fraud, 373. climate, 374. satellite, 375. depot, 376. inspire, 377. torture

378. travel des_____on *n.* the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action
379. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
380. company in____r *n.* a person who has privileged access to special or secret information about a particular organization or field
381. d__g a team down *v.* to pull or haul with force
382. acc_____sh a goal *v.* to finish or achieve something successfully
383. o__s in favor *n.* the degree or probability that a particular thing will or will not happen
384. sup_____al knowledge *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
385. fa__t memory *adj.* not strong, clear, or vigorous; slight or weak
386. se_____ss device connectivity *adj.* without spaces or breaks between one part and the next
387. a polar exp_____on *n.* a journey or voyage for a specific purpose
388. face inc_____gly complicated challenges *adv.* more and more
389. su_____ze text *v.* to give a brief statement of the most important facts or ideas about something

ANSWERS: 378. destination, 379. brain, 380. insider, 381. drag, 382. accomplish, 383. odds, 384. superficial, 385. faint, 386. seamless, 387. expedition, 388. increasingly, 389. summarize

390. fa___n feathers *n.* a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight
391. plain stu_____ess *n.* the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion
392. cl___e plot *n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement
393. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
394. for_____nd segmentation *n.* the part of a view, picture, etc., that is nearest to the viewer
395. pho_____ph album *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
396. ca_____n of industry *n.* the leader of a group of people, especially who is in charge of a ship or aircraft
397. ride the t__e of change *n.* the cyclical rise and fall of sea level caused by the moon's gravitational pull
398. the en_____ty of the book *n.* the state of being complete or whole; the total extent or scope of something
399. national e_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 390. falcon, 391. stubbornness, 392. cliché, 393. frightening, 394. foreground, 395. photograph, 396. captain, 397. tide, 398. entirety, 399. ego

400. en_____or to succeed *v.* to make an earnest attempt or effort; to strive or work hard towards a goal or objective
401. to _____r in nappy *n.* a young child who has recently learned to walk
402. to sp__e *n.* a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
403. the g_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
404. access to public tr_____rt *n.* a system for moving people or products from one location to another using automobiles, roads, and so on
405. retie the st____g and make it strong *n.* long, thin material used for tying things together, composed of several twisted threads
406. merge with a ri__l company *n.* a person, company, or thing competing with others for the same thing or in the same area
407. two-wheel tr_____r *n.* a powerful vehicle with large back wheels and thick tires, used for pulling farm machines
408. bachelor's de____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
409. n__a star *n.* a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

ANSWERS: 400. endeavor, 401. toddler, 402. spike, 403. gap, 404. transport, 405. string, 406. rival, 407. tractor, 408. degree, 409. nova

410. pe_____nt life insurance *adj.* lasting for a long time without essential change
411. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
412. she is ar_____ly the best singer *adv.* used when expressing an opinion or idea that you believe can be proven true
413. s__m chances *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
414. ex_____ed parents *adj.* extremely tired
415. gl_____l terrain *adj.* relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement
416. blank ca____s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
417. sta_____on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
418. follow the tr__l *n.* a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind
419. a so__r eclipse *adj.* of, from, or relating to the sun
420. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
421. ha_____y through my journey *adj.* in or at a point midway or an equal distance between two points

ANSWERS: 410. permanent, 411. technique, 412. arguably, 413. slim, 414. exhausted, 415. glacial, 416. canvas, 417. starvation, 418. trail, 419. solar, 420. fuel, 421. halfway

422. exp_____on team *n.* a journey or voyage for a specific purpose
423. ru___e-strewn road *n.* fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed
424. he was en_____ly to blame *adv.* completely
425. po__r bears *adj.* relating to, or close to, the North or South Pole; characterized by complete opposites
426. gl__e down the mountain *v.* to move smoothly and effortlessly
427. b__t of coughing *n.* a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease
428. ob_____e artist *adj.* not well known to many people
429. sl___e hockey *n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete
430. become a professional at_____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
431. hig_____er level *n.* the highest level of water in a river or other body of water, especially as it exceeds the normal level

ANSWERS: 422. expedition, 423. rubble, 424. entirely, 425. polar, 426. glide, 427. bout, 428. obscure, 429. sledge, 430. athlete, 431. high-water

432. ob____e answer

adj. not well known to many people

433. the ch__l of autumn

n. a feeling of coldness that makes one shiver; (verb) to make cool or cooler

434. come out of no____e

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

ANSWERS: 432. obscure, 433. chill, 434. nowhere

Session 3: Fill in the Blanks

1. I want to buy new winter _____ because mine have holes in them.
n. clothes worn next to the skin under outer clothes
2. The _____ pace of the negotiations frustrated both parties.
adj. relating to or resembling a glacier (= a slowly moving mass of ice) or the process of glaciation; characterized by an extremely slow or gradual pace or movement
3. The factory's _____ fumes polluted the air and affected the health of the nearby residents.
n. the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
4. The fire department arrived just in time to _____ the family from the burning building.
v. to save someone or something from a dangerous or difficult situation
5. The _____ to the safe was a secret.
n. a collection of things that have been combined; an assemblage of separate parts or qualities
6. The plane flew at a high _____ to avoid turbulence.
n. the height of an object or point in relation to sea level or ground level
7. The weather is too _____ for us to go on a boat ride.
adj. characterized by or affected by strong winds; of or relating to the wind; describing a person who talks a lot, often in an exaggerated way or without saying much substance

ANSWERS: 1. underwear, 2. glacial, 3. exhaust, 4. rescue, 5. combination, 6. altitude, 7. windy

8. Life is a vast _____ you should put as much paint on it as possible.
n. the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
9. The unique style of this martial arts _____ many action film producers.
v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
10. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming
11. Red _____ is often harmful to the local ecosystem.
n. the cyclical rise and fall of sea level caused by the moon's gravitational pull
12. The doctor recommended frequent monitoring of blood sugar levels to prevent _____
n. a medical condition characterized by abnormally low blood sugar levels, often causing symptoms such as weakness, sweating, confusion, and dizziness
13. Each chapter _____ the most critical issues.
v. to give a brief statement of the most important facts or ideas about something
14. Humankind took centuries to _____ true democracy.
v. to finish or achieve something successfully
15. The museum houses a _____ collection of Celtic artifacts.
adj. extremely interesting

ANSWERS: 8. canvas;, 9. inspired, 10. frightening, 11. tide, 12. hypoglycemia, 13. summarizes, 14. accomplish, 15. fascinating

16. The voices of the political and academic _____ dominated the debate.
- n.* the educated and intellectual elite of society, particularly those involved in cultural or artistic pursuits
17. She walked along the ____ and collected shells.
- n.* a part of the coast that is partially enclosed by land; a compartment or section of a ship or building
18. She had a tattoo just above her _____ button.
- n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
19. Her beauty resulted from a good night's sleep rather than _____.
- n.* colored substances used on someone's face to improve or change their appearance
20. The church was considered a _____ ground for the community, where their ancestors had worshiped for generations.
- adj.* considered holy or sacred; deserving of reverence or respect
21. You can be more _____ and creative in your approach.
- adj.* able to change or be changed to suit new conditions or situations; able to bend easily
22. This substance acts as a neural _____ substance.
- n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
23. This information was primarily _____ in the first release.
- adj.* not well known to many people

ANSWERS: 16. intelligentsia, 17. bay, 18. belly, 19. makeup, 20. hallowed, 21. flexible, 22. transmitter, 23. obscured

24. His _____ explanation of the complex topic could have convinced the audience.
adj. fluent and shallow in speech or conversation; confidently and slickly persuasive or superficially knowledgeable; characterized by superficial ease or insincerity
25. The doctor advised him to _____ down for a check.
v. to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.
26. He evaluated his chances for _____ rather pessimistically.
n. the state of continuing to exist or live, frequently in the face of difficulty or danger
27. The nation's healthcare system is in _____ at the moment.
n. the process or period of changing from one state or circumstance to another
28. The _____ at the hotel had a wide variety of food options.
n. a meal where guests serve themselves from a counter or sideboard
29. The disease has _____ her to the point where she can no longer live independently.
v. to weaken or hinder the strength, vitality, or energy of someone or something; to cause physical, emotional, or mental exhaustion or fatigue
30. He _____ his life to helping others.
v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
31. 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: 24. glib, 25. strip, 26. survival, 27. transition, 28. buffet, 29. debilitated, 30. dedicated, 31. goggles

32. Human beings have a _____ lifespan, so we yearn for the idea of immortality.

adj. having a limit or restriction of size, time, etc.

33. The _____ to the Amazon jungle was both exciting and challenging.

n. a journey or voyage for a specific purpose

34. I made a _____ box to store my winter clothes in.

n. a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials

35. He enjoyed the _____ quiet of the afternoon at the villa.

adj. continuous and not interrupted; (of promises or contracts) not violated or disregarded

36. We used a _____ to slide down the hill in the snow.

n. a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses

37. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

38. I am excited to reach my _____ and explore the new city finally.

n. the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action

39. The farm covers over 200 _____ of land.

n. a unit of land area in the US Customary System and the British Imperial System, equal to 4,840 square yards (= 4,047 square meters)

ANSWERS: 32. finite, 33. expedition, 34. cardboard, 35. unbroken, 36. sled, 37. struggle, 38. destination, 39. acres

40. He walked into the party with an _____ dressed companion, causing everyone to stare.

adv. in a way that is unexpected, strange, or peculiar

41. He is _____ regarded as the finest actor of his generation.

adv. used when expressing an opinion or idea that you believe can be proven true

42. The juice has a _____ taste.

adj. odd and uncommon, sometimes in an unpleasant way

43. She gave an _____ speech at the graduation ceremony.

adj. able to speak or write clearly and impressively

44. My home is easily _____ from the shore.

adj. capable of being seen; or open to easy view

45. We must enter a six-_____ number to unlock the safe.

n. one of the elements that collectively form a system of numeration; a finger, thumb, or toe

46. The _____ jets gradually dominate the world's airlines.

adj. enormous; much bigger or more important than similar items usually are

47. People began storing up food and supplies for the _____.

n. the surrounding of a place and isolating it by an army to defeat those defending it

48. The service was _____ and the food was quite delicious.

adj. without spaces or breaks between one part and the next

ANSWERS: 40. oddly, 41. arguably, 42. peculiar, 43. eloquent, 44. visible, 45. digit, 46. giant, 47. siege, 48. seamless,

49. He gently touched her apple-red _____ and whispered that he loved her.
n. either side of the face below the eye and between the nose and the jaw
50. He that would eat the kernel must _____ the nut.
v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
51. I must fill my car with _____ before going on a long road trip.
n. a flammable liquid made from petroleum that is used as a fuel in internal combustion engines, commonly known as gasoline in North America
52. His swear words cast a _____ on the party.
n. a feeling of coldness that makes one shiver; (verb) to make cool or cooler
53. The painter focused on the moody _____ of abandoned buildings in his work.
n. the inside or inner part of something; the space within the walls of a building
54. He was sick for five _____ days.
adj. extending or moving in one direction without bending or curving; having no deviations
55. Flight across the _____ was a daring adventure in its day.
n. one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
56. How extraordinarily _____ a liar the camera is.
adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

ANSWERS: 49. cheek, 50. crack, 51. petrol, 52. chill, 53. interiors, 54. straight, 55. continent, 56. slippery

57. This bridge is the third largest _____ bridge in the world.

n. a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure

58. The mountaineer carefully crossed the glacier _____ to continue climbing the icy peak.

n. a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening

59. I found an old _____ of my grandparents from their wedding day.

n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film

60. The _____ appearance of the building was impressive, but the inside was in dire need of repairs.

adj. relating to the external appearance or surface of something; visible

61. When a company discloses information to the market, an _____ auditor verifies them.

adj. belonging to or situated outside of someone or something

62. The astronomer spent months studying the _____ light spectrum to learn more about its properties.

n. a star that suddenly becomes brighter, typically because of an explosion in its interior; a sudden increase or burst of activity or growth

63. She is searching for a _____ residence.

adj. lasting for a long time without essential change

ANSWERS: 57. steel, 58. crevasse, 59. photograph, 60. outward, 61. external, 62. nova's, 63. permanent

64. I _____ to say that you did not gain admission to the university.
v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
65. I have no idea what sort of folks _____ the neighborhood.
v. to live in a specific location; to reside
66. Their company has been in business for a short time but has _____ goals.
adj. having a great desire to attain achievement, power, or wealth
67. Our skeleton outline of the _____ met with much opposition.
n. a formal suggestion or offer, sometimes a written one
68. His dream is to become an Olympic _____.
n. a person who competes in one or more sports that involve physical strength, speed, or endurance
69. Our company _____ numerous disabled athletes.
v. to provide funds for a particular event, program, individual, etc. as a way of advertising
70. The recent _____ in grain prices is partly due to the war in the producing countries.
n. a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
71. The drought led to widespread _____ in the region.
n. a severe lack of food that leads to malnutrition and, ultimately, death

ANSWERS: 64. regret, 65. inhabit, 66. ambitious, 67. proposal, 68. athlete, 69. sponsors, 70. spike, 71. starvation

72. This pie _____ represents our market share.

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

73. The _____ road made it difficult to drive on.

adj. full of or abounding in rocks; of, relating to, or made of rock

74. The farming _____ had been damaged by rough usage.

n. a powerful vehicle with large back wheels and thick tires, used for pulling farm machines

75. The prime minister faced _____ criticism.

adj. severe and unkind; extremely tough and unpleasant to inhabit

76. The team's performance was _____ and left the coach feeling disappointed.

adj. arousing pity, sorrow, or compassion; expressing or evoking sadness, weakness, or inadequacy; inadequate or inferior in quality or ability

77. The bride wore a _____ dress that was designed to fit her perfectly.

adj. made to order or custom-designed for a particular customer or client, tailored to meet individual needs or specifications

78. The hiker suffered from _____ symptoms after being exposed to extreme cold.

adj. relating to or characterized by abnormally low body temperature, typically resulting from prolonged exposure to cold temperatures

79. She still _____ writes a short romance novel.

adv. now and then; sometimes but not often

ANSWERS: 72. chart, 73. rocky, 74. tractor, 75. harsh, 76. pathetic, 77. custom-made, 78. hypothermic, 79. occasionally

80. As the sun set, the colors of the sky merged with the _____ creating a beautiful orange and pink hue.
- n.* the line at which the earth's surface and the sky appear to meet; the range of interest or activity that can be anticipated
81. A rainbow is a natural _____.
- n.* something that exists and can be perceptible, especially one that is not fully understood
82. The movie had an unexpected _____ leaving the audience disappointed and confused.
- n.* a disappointing or unfulfilling conclusion or event that is less exciting, impressive, or dramatic than expected; a sudden, often jarring reduction in intensity or excitement after a build-up or expectation
83. He wants to _____ ownership of the abandoned property.
- v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
84. The weather on the event's opening day was _____ with rain and thunderstorms.
- adj.* indicating bad luck or ill fortune; not conducive to success or favorable outcomes
85. He _____ the heavy suitcase behind him as he walked.
- v.* to pull or haul with force
86. She was skilled in _____ techniques, such as using different voices for other characters.
- n.* the act or art of narrating or writing stories

ANSWERS: 80. horizon, 81. phenomenon, 82. anticlimax, 83. claim, 84. inauspicious, 85. dragged, 86. storytelling

87. Table tennis is an _____ sport.

adj. located, happened, or used inside a building

88. They refused to accept the proposal in its _____ demanding revisions.

n. the state of being complete or whole; the total extent or scope of something

89. He had a _____ of anxiety before his big presentation.

n. a short period of intense activity or experience; a match or contest, especially in boxing or wrestling; a period of illness or disease

90. The athlete had to quit the race due to severe _____ on his feet.

n. a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation

91. She heard a _____ nearly invisible scream.

adj. not strong, clear, or vigorous; slight or weak

92. It would be best if you burned off _____ through vigorous exercise.

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

93. I stopped by the branch though I have no business of _____.

n. the quality of being important and worthy of note

94. He was labeled as a _____ after he abandoned the project halfway.

n. a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 87. indoor, 88. entirety, 89. bout, 90. frostbite, 91. faint, 92. calories, 93. importance, 94. quitter

95. The eagle gracefully _____ on the thermals, soaring above the mountains.
v. to move smoothly and effortlessly
96. He has been advised to reduce his daily fat _____.
n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
97. Bees _____ as a defense mechanism when they feel threatened.
v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
98. The cyclists had to contend with strong _____ during the race.
n. a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
99. Well-stretched muscles are less _____ to injury.
adj. easily influenced, harmed, or affected by something
100. I need to ____ my head to the beat of the music.
v. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
101. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 95. glided, 96. intake, 97. sting, 98. headwinds, 99. susceptible, 100. bob, 101. process

102. She was constantly trying to boost her ____ by talking about her accomplishments.

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

103. I need to clear out some of the ____ in my garage.

n. discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

104. The police arrested them for committing insurance _____.

n. the crime of gaining money or financial benefits by deceiving people; a person who makes deceitful pretenses

105. This _____ has never been formally accepted.

n. a thing that someone has accomplished, primarily through their effort and ability

106. Her _____ in negotiations prevented a successful outcome for both parties.

n. the trait of being unyielding, obstinate, or inflexible; a refusal to change one's opinions or behavior despite pressure or persuasion

107. The nobler, the more _____.

adj. having or showing a modest or low estimate of one's quality or importance

108. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

109. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

ANSWERS: 102. ego, 103. junk, 104. fraud, 105. achievement, 106. stubbornness, 107. humble, 108. extreme, 109. attempt

110. The hikers finally reached the _____ after a long climb up the mountain.
- n.* an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
111. This stick will deodorize your _____.
- n.* the hollow under the arm where it joins the shoulder
112. The athlete pushed the heavy _____ as part of her training regime.
- n.* a large, heavy vehicle with runners used on snow or ice to transport goods or people; a heavy hammer with a long handle used for shattering rock or concrete
113. A _____ of economic advisers from the United States visited the country to help rebuild its economy.
- n.* a square or rectangular and flat piece of something that forms a distinct section or component of something; a small group of specialists who discuss particular topics or give their advice or opinion about something
114. _____ panels have greatly improved not only in performance but also in durability.
- adj.* of, from, or relating to the sun
115. The view from the top of the mountain was _____.
- adj.* causing wonder or astonishment; excellent
116. The athlete's _____ resulted in him underestimating his competition and losing the game.
- n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

ANSWERS: 110. plateau, 111. armpits, 112. sledge, 113. panel, 114. Solar, 115. marvelous, 116. hubris

117. With _____ we can see that investing in that company was a mistake.
n. understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
118. The _____ between the two countries was causing tension.
n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
119. The _____ had received a mild snowfall the previous week.
n. a long depression on the surface of the land, which typically contains a river
120. It is a basic instinct to _____ from a dangerous situation.
v. to leave by running away, especially out of fear or danger
121. A _____ needs constant supervision and firm control.
n. a young child who has recently learned to walk
122. We can hear an _____ piano melody from his room.
adj. extremely beautiful and delicate
123. The soldiers gathered in the _____ to eat their rations and catch up on the latest news from home.
n. a small cafeteria or dining hall, especially one in a military or school setting
124. We need to _____ our inventory before the holiday rush.
v. to provide something with additional supplies or materials, often used for resupplying remote or distant outposts, such as military bases or science stations

ANSWERS: 117. hindsight, 118. friction, 119. valley, 120. flee, 121. toddler, 122. exquisite, 123. canteen, 124. resupply

125. I've been thinking all day and getting _____.

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

126. The economy becomes more volatile and less _____.

adj. capable of being known, seen or declared in advance

127. The _____ mark on the beach indicated the highest point the tide had reached.

n. the highest level of water in a river or other body of water, especially as it exceeds the normal level

128. We are _____ opposed to any form of terrorism.

adv. completely or absolutely

129. Later, his claim was found to be _____ false.

adv. completely

130. Gandhi had an _____ zeal for nonviolence.

adj. perfect or complete or to the most considerable degree possible

131. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

132. I will work hard to _____ my goals and realize my dreams.

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

133. The _____ of the ice age have shaped Fjord.

n. a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole

ANSWERS: 125. nowhere, 126. predictable, 127. high-water, 128. utterly, 129. entirely, 130. absolute, 131. decision, 132. achieve, 133. glaciers

134. She was a pre-_____ researcher in our lab.

adj. famous, respected, or important, especially in a particular profession; standing above others in quality or position

135. We do move forward with those tasks in _____ next week.

n. a series of related events, actions, numbers, etc., which have a particular order

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

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

137. _____ animals are graceful and efficient swimmers.

adj. relating to, or close to, the North or South Pole; characterized by complete opposites

138. The family's finances have been going _____ since they lost their main source of income.

adv. in a direction that is downward or from a higher to a lower point; in a progressively worse or deteriorating manner

139. There is plenty of space to _____ everyone.

v. to place a dead body in the ground, grave, or tomb

140. My manager gave me a _____ summary of the project's goals and objectives.

adj. concise, clear, and to the point; using as few words as possible to convey an idea or message; brief but comprehensive

141. After the earthquake, the city was left in a pile of _____.

n. fragments of rock, stone, or other materials that remain after a building or other structure has been destroyed or demolished; the remains of something that has been broken down or destroyed

ANSWERS: 134. eminent, 135. sequence, 136. curse, 137. Polar, 138. downhill, 139. bury, 140. succinct, 141. rubble

142. The mountainous _____ was rough and rocky.

n. the physical features of a piece of land, including hills, valleys, rivers, and forests

143. 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

144. _____ and weather have an impact on every part of our lifestyles.

n. the weather in a particular location averaged over some long period

145. The explorer ventured into _____ territory, not knowing what to expect.

adj. not mapped or surveyed; unknown or unexplored; without a clear or definite course of action

146. I need to finish this report by tonight, so I'll be working on my _____ all day.

n. a portable computer that is small enough to be carried around easily and used on your lap

147. The _____ laptop was easy to carry around and perfect for travel.

adj. having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited

148. Removal of the central pillar left the roof _____.

adj. not given financial or other aid; not having any proof or evidence

149. He sailed the Atlantic Ocean multiple times during his _____.

n. a journey or a series of events that is unusual, exciting, or dangerous

ANSWERS: 142. terrain, 143. torture, 144. Climate, 145. uncharted, 146. laptop, 147. slim, 148. unsupported, 149. adventures

150. The famous restaurant stands _____ up the hill.

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

151. The _____ system connects cities and countries, making travel more convenient.

n. a transportation system consisting of tracks and trains, usually used for the transportation of goods or passengers over long distances

152. She is determined to _____ her degree in computer science.

v. to achieve or reach a goal or level of success

153. The _____ scarcity most severely impacted the manufacturing sector

n. a substance that is typically burned to generate heat or energy

154. The _____ keen eyesight makes it an excellent hunter.

n. a bird of prey characterized by its sharp talons and hooked beak; typically having a long tail and wingspan and known for its swift and agile flight

155. They celebrated their 10th _____ with a romantic dinner.

n. the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

156. The journalist's _____ reporting should have captured the full scope of the issue.

adj. existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

157. Travel advisories were issued due to the _____ conditions on the highway.

n. a meteorological phenomenon occurring in winter conditions, where snowfall and strong winds create a uniform, featureless white appearance that obscures visibility

ANSWERS: 150. halfway, 151. railway, 152. attain, 153. fuel, 154. falcon's, 155. anniversary, 156. superficial, 157. whiteout

158. The North _____ is the northernmost point on Earth.

- n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

159. Using the same _____ phrase in every conversation can take time and effort.

- n.* a phrase or expression that has become overused to the point that it has lost its original impact or meaning; a trite or unoriginal idea or statement

160. We will _____ to find a solution to the problem as quickly as possible.

- v.* to make an earnest attempt or effort; to strive or work hard towards a goal or objective

161. They incorporated the conquered _____ into their nation.

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

162. A happy group of friends occupies the _____ of the picture.

- n.* the part of a view, picture, etc., that is nearest to the viewer

163. The _____ runner fell to the ground and gasped.

- adj.* extremely tired

164. 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

165. Despite the scandals, his reputation remained _____.

- adj.* undamaged and complete

ANSWERS: 158. Pole, 159. cliché, 160. endeavor, 161. territory, 162. foreground, 163. exhausted, 164. mounted, 165. intact

166. The train _____ was a hub for commuters and travelers.

- n.* a place or a building where goods, materials, or equipment are stored, manufactured, or distributed; a transportation hub where buses or trains start or end their journeys

167. He interfered with his _____ in various ways during the campaign.

- n.* a person, company, or thing competing with others for the same thing or in the same area

168. I _____ I didn't mean to break your vase.

- v.* to make a solemn promise or vow; to use rude or offensive language

169. The view of the city skyline from the top of the building looked amazing in the _____.

- n.* the natural light produced by the sun during the day, especially in contrast to artificial light or darkness

170. Launching an artificial _____ contributed to the technological development of our country.

- n.* an electronic device that is sent up into space and moves around the Earth or another planet, used for gathering information or communicating by radio, television, etc.

171. This facility has the largest astronomical _____ in the country.

- n.* a device like a tube in shape containing lenses used to magnify and observe distant objects

172. At this ranch, children can experience riding a _____.

- n.* a small horse

ANSWERS: 166. depot, 167. rivals, 168. swear, 169. daylight, 170. satellite, 171. telescope, 172. pony

173. The _____ ordered the troops to fire.

n. the leader of a group of people, especially who is in charge of a ship or aircraft

174. Your _____ reflects your thoughts.

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

175. 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

176. We are motivated by _____ rather than necessity.

n. a strong desire to know or learn about something

177. He made a frightful _____ in his room.

n. a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

178. His _____ love for her made him forget about everything else in his life.

adj. taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

179. The baby _____ 1 pound 3 oz.

v. to have a particular weight; to carefully evaluate things before making a conclusion

180. _____ is better than argument.

n. a fact or piece of information that shows something is true or exists

ANSWERS: 173. captain, 174. conversation, 175. pounds, 176. curiosity, 177. mess, 178. all-consuming, 179. weighs, 180. Proof

181. What are the _____ that he will survive?

n. the degree or probability that a particular thing will or will not happen

182. Health and _____ are, above all, gold.

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

183. The injury sustained during the game could _____ the player for the rest of the season.

v. to disable or render someone or something unable to function or operate normally, either temporarily or permanently, often as a result of injury, illness, or damage

184. Many people in this city use the _____ railway for transportation.

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

185. The sunlight made the water in the pool _____ like diamonds.

v. to shine with a soft, flickering light; to reflect light in a wavering or twinkling way; to glimmer or glisten

186. Scientists study the _____ of other planets to learn more about their formations and compositions.

n. a Latin word meaning earth or land, often used in scientific or technical contexts to refer to the planet itself or the soil or ground of a particular area

187. When learning a new language, understanding the use of _____ can be quite challenging.

n. a word or group of words that shows the relationship of a noun or pronoun to another word in a sentence, indicating location, time, direction, or manner (e.g., in, on, at, above, before, after)

ANSWERS: 181. odds, 182. strength, 183. incapacitate, 184. loop, 185. shimmer, 186. terra, 187. prepositions

188. They had to _____ the boat out of the water for repairs.

v. to physically drag or pull someone or something with effort

189. Jockey's superior _____ brought him victory.

n. a particular way or art of doing something that needs skill

190. The development of thin-film _____ has allowed for a wider range of applications in building design.

n. a branch of technology that involves the conversion of sunlight into electricity using solar cells or other photoelectric devices; the generation of electricity directly from sunlight, typically using solar panels

191. The human _____ contains approximately three billion chemical base pairs.

n. the complete set or sequence of genes of a human, animal, plant, or other living things

192. Is this painting _____ or forged?

adj. real and exactly; not pretended; sincerely felt or expressed

193. She _____ and stopped drinking coffee.

v. to make a short, low noise in the throat

194. My initial reaction was to _____.

v. to show that one is not willing to do or accept something

195. Even after the wound has healed, a _____ remains.

n. a mark that remains on the skin after a wound has healed

196. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 188. haul, 189. technique, 190. photovoltaics, 191. genome, 192. genuine, 193. grunted, 194. refuse, 195. scar, 196. brain

197. Enhanced rail _____ is crucial for our business.

n. a system for moving people or products from one location to another using automobiles, roads, and so on

198. The soldier lived a _____ lifestyle, with few possessions and luxuries.

adj. of or relating to Sparta (= a prominent city-state in Laconia, in ancient Greece) or its people; showing self-discipline and determination, especially in the face of hardship or adversity

199. Greed and _____ composed his personality.

n. a strong wish to do or achieve something

200. The _____ supplied water for early farms until the modern age.

n. a fertile land in a desert or semi-desert environment where there is water and therefore plants and trees and sometimes a village or town

201. Many people are working together to close the gender _____.

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

202. 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

203. The lighthouse served as a _____ to guide ships safely into port.

n. a light or other visible object serving as a signal, guide, or warning

204. They _____ to make their dream come true.

v. to try very hard to do, achieve, or obtain something

ANSWERS: 197. transportation, 198. spartan, 199. ambition, 200. oasis, 201. gap, 202. gear, 203. beacon, 204. strived

205. Our company found it _____ difficult to keep up with the competition.

adv. more and more

206. His _____ to succeed was unwavering, even in the face of adversity.

n. the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something

207. He's a Wall Street _____ with a lot of valuable information.

n. a person who has privileged access to special or secret information about a particular organization or field

208. She received her _____ in psychology from the university.

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

209. She successfully completed her first _____ with a personal best time.

n. a long-distance race of 42.195 kilometers

210. He is in the _____ of his life.

n. the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period

211. Aboriginal people killed the _____ who entered the sacred land for them.

n. a person who travels to places where no one or few people have been before to find out what is there

212. She wore a _____ of pearls around her neck.

n. long, thin material used for tying things together, composed of several twisted threads

ANSWERS: 205. increasingly, 206. determination, 207. insider, 208. degree, 209. marathon, 210. sunset, 211. explorer, 212. string

213. Her resistance _____ under his persuasion.

v. to turn from something solid into something soft or liquid as a result of heating

214. Please _____ her with the furniture relocation.

v. to help someone in doing anything

215. She is still _____ from a shot to her shoulder.

v. to return to a former condition, health, mind, or strength

216. There is a lot of _____ nature and food in Hawaii.

adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.

217. The storm left a _____ of destruction behind it.

n. a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind

ANSWERS: 213. melted, 214. assist, 215. recovering, 216. awesome, 217. trail