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Vocabulary Builder Reference from...

Christopher McDougall: Are we born to run? | TED Talk

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Advanced Words Only

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Session 1: Word List

arrogant

adj. having or revealing an exaggerated sense of one's importance or abilities

synonym: haughty, supercilious, disdainful

(1) an **arrogant** attitude, (2) grow **arrogant**

He was so **arrogant** that he thought he was always right.

childbirth

n. the act or process of giving birth to a baby

synonym: delivery, labor, parturition

(1) natural **childbirth**, (2) assisted **childbirth**

He was present at the **childbirth** of his children.

marquee

n. a large tent or canopy used as a shelter or exhibition area at a fair, festival, or outdoor event; a sign or canopy over the entrance of a building or theater

synonym: tent, pavilion, canopy

(1) **marquee** lighting, (2) outdoor **marquee**

The **marquee** at the festival had a lineup of popular music artists.

olympiad

n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

(1) the modern **olympiad**, (2) summer **olympiad**
She won a gold medal in the physics **olympiad** and was praised by her teachers and peers.

unbeatable

adj. unable to be defeated or overcome; having no equal or rival in a particular area or field

synonym: invincible, unbeaten, unstoppable

(1) **unbeatable** offer, (2) **unbeatable** price

The team's **unbeatable** record resulted from their hard work and dedication to winning.

underdog

n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

synonym: loser, victim

(1) cheer for the **underdog**, (2) classic **underdog** story

The **underdog** team pulled off a stunning upset against the heavily favored opponent.

snatch

v. to take or grab something suddenly or quickly

synonym: grab, seize, capture

(1) **snatch** a hasty meal, (2) **snatch** up her purse

He **snatches** victory from the jaws of defeat in the game's final seconds.

paycheck

n. a check issued to an employee as payment for work or services rendered; the amount of money received in this check

synonym: salary, earnings, income

(1) electronic **paycheck**, (2) monthly **paycheck**

I received a bonus on top of my regular **paycheck** this month.

blaze

v. to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously

synonym: burn, flame, ignite

(1) **blaze** a trail, (2) **blaze** with fury

The forest fire continued to **blaze** out of control, threatening nearby homes.

heartwarming

adj. seeming to be something good and therefore causing gladness and pleasure

synonym: pleasant, exhilarating, inspiring

(1) **heartwarming** letter, (2) a **heartwarming** tale of love

We enjoyed the **heartwarming** hospitality of the host.

compassionate

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

synonym: empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave

My father has a serious and **compassionate** personality.

gill

n. a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide

synonym: respiratory organ, lung

(1) **gill** slits, (2) **gill** apparatus

The fish's **gills** are necessary for extracting oxygen from the water.

recluse

n. a person who lives in solitude and isolation

synonym: hermit, solitary, loner

(1) live as a **recluse**, (2) solitary **recluse**

After years in the limelight, the actor decided to retreat from the public eye and become a **recluse**.

Conquistador

n. a Spanish conqueror of the Americas in the 16th and 17th centuries

synonym: explorer, adventurer, colonizer

(1) **Conquistador** invasion, (2) **Conquistador** conquest

The Spanish **conquistadors** were explorers and conquerors who claimed much of the Americas for their country.

labyrinth

n. a complicated network of paths or passages, often with twists and turns, making it difficult to find one's way out

synonym : maze, puzzle, network

(1) a **labyrinth** of relationships, (2) **labyrinthine** pathways

It was easy to get lost in the **labyrinth** of narrow alleyways in the old city.

canyon

n. a large deep valley with very steep sides of rock and usually formed by a river

synonym : gorge, valley, ravine

(1) twisty **canyon** road, (2) **canyon** of skyscrapers

The Grand **Canyon** has an awe-inspiring sight.

ailment

n. a slight but often persistent illness

synonym : illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym : detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

Australopithecus

n. any of several extinct hominid species that lived in Africa between 4 million and 1 million years ago and are considered to be among the earliest ancestors of modern humans

synonym : hominid, primate, ape

(1) **Australopithecus** skull, (2) **Australopithecus africanus**

Australopithecus fossils have been found in Eastern and Southern Africa.

pea

n. a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable

synonym : legume, bean, pulse

(1) **pea** protein, (2) **pea** family

She shelled the **peas** and added them to the pot.

melon

n. large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant

(1) ripe **melon**, (2) juicy **melon**

She sliced the honeydew **melon** into small pieces for the fruit salad.

condense

v. to reduce the volume or size of something, often by removing water or other liquid; to make something shorter, more concise, or more concentrated

synonym: compress, compact, shorten

(1) **condense** the text, (2) **condense** water vapor

I need to **condense** all of my notes into a manageable summary for my presentation.

fang

n. a long, pointed tooth, typically in the upper jaw, used for biting and chewing, as in snakes and some other animals

synonym: tooth, canine, tusk

(1) **fang** mark, (2) poison **fang**

The vampire bared its **fangs** and growled.

claw

n. a curved, pointed appendage found on the foot or leg of an animal, used for gripping or grasping; a human hand with long, narrow fingers that are curved like a claw; a machine or tool with a claw-like opening used for gripping or lifting objects

synonym: paw, talon, nail

(1) **claw** marks, (2) **claw** hammer

The bear used its **claw** to catch a fish in the river.

nimble

adj. quick and light in movement or action

synonym: agile, quick, flexible

(1) **nimble** handling, (2) **nimble-minded** person

His **nimble** movements allowed him to navigate the crowded

streets with ease.

squirrel

n. a small to medium-sized rodent with a bushy tail, found in almost every part of the world

synonym: rodent, chipmunk, tree-dweller

(1) agile **squirrel**, (2) gray **squirrel**

The **squirrels** in the park were very friendly and came right up to us looking for food.

uterus

n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

synonym: womb

(1) **uterus** cancer, (2) bleeding from **uterus**

The physician prescribed medication to relieve the contraction of the **uterus**.

breastfeeding

n. the act of feeding a baby with milk produced by the mother's breasts

synonym: nursing, lactation, suckling

(1) **breastfeeding** mother, (2) **breastfeeding** support

Getting the hang of **breastfeeding** at first can be challenging, but with patience and practice, it gets easier.

succumb

v. to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

synonym: surrender, break down, die

(1) **succumb** to cancer, (2) **succumb** to old age

He finally **succumbed** to temptation.

rigor

n. strictness or severity in opinion, temper, or judgment

synonym: strictness, exactness, accuracy

(1) the **rigor** of the law, (2) academic **rigor**

When the dead body was found, **rigor** mortis had already begun.

defy

v. to challenge or dare someone to do something; to resist or disobey a rule, decision, etc.

synonym : challenge, resist, disobey

(1) **defy** gravity, (2) **defy** authority

She tried to **defy** her parents by moving to the city against their wishes.

geriatrics

n. a branch of medicine specializing in the healthcare of elderly individuals, including the diagnosis, treatment, and prevention of diseases and conditions that affect older adults

synonym : senescence, old age, elderly care

(1) **geriatrics** clinic, (2) **geriatrics** specialist

The **geriatrics** department focuses on the healthcare needs of elderly patients.

prehistoric

adj. belonging to or existing in times before recorded history; no longer fashionable

synonym : ancient, primitive, archaic

(1) **prehistoric** settlements, (2) **prehistoric** times

Scientists often fail to date archeological or **prehistorical** findings.

jigsaw

n. a tool with a fine-toothed blade used for cutting intricate curves and patterns in thin material such as wood or metal, typically with the blade being reciprocating; a type of puzzle that consists of irregularly shaped pieces that must be fitted together to form a complete picture

synonym : fretsaw, puzzle

(1) **jigsaw** puzzle, (2) **jigsaw** woodworking

The **jigsaw** blade needs to be changed before we can continue the project.

smelly

adj. having a strong, unpleasant, or offensive odor, particularly about something decomposing or otherwise spoiled

synonym : stinky, malodorous, fetid

(1) **smelly** socks, (2) **smelly** trash

I can't stand the **smelly** odor from the garbage can, and it's unbearable.

savannah

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

synonym: grassland, plain

(1) **savannah** region, (2) tropical **savannah**

The birds live in tropical forests, **savannahs**, and arid semi-desert environments.

antelope

n. a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family

synonym: gazelle, deer, buck

(1) long-horned **antelope**, (2) **antelope** hunt

The herd of **antelope** bounded across the plain, chased by a pack of wolves.

cadaver

n. a dead body, especially one used for scientific study or medical research

synonym: corpse, body, remains

(1) **cadaver** lab, (2) **cadaver** donor

The hospital received a donation of **cadavers** for their research program.

materialistic

adj. concerned primarily with material possessions rather than spiritual or intellectual values; adhering to a philosophy that places a high value on material goods or wealth

synonym: worldly, consumerist, acquisitive

(1) **materialistic** lifestyle, (2) **materialistic** values

Some people believe that the pursuit of wealth is a **materialistic** goal.

grudge

n. a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing

synonym: animosity, resentment, bitterness

(1) deep-seated **grudge**, (2) bitter **grudge**

I still hold a **grudge** against my former boss for treating me unfairly.

spoil

v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

synonym: rot, decay, deteriorate

(1) **spoil** a person's sport, (2) **spoil** the surprise

If you leave the milk out of the refrigerator for too long, it will **spoil**.

carol

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

synonym: song, hymn, anthem

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

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

backstage

adj. relating to or situated in the area behind the stage of a theater, concert, or other performance venues; relating to the private or hidden aspects of something, such as politics, business, or personal life

synonym: behind-the-scenes, offstage, private

(1) **backstage** access, (2) **backstage** crew

The **backstage** preparations for the concert took hours to complete.

fasciitis

n. inflammation or irritation of the fascia, the connective tissue surrounding muscles, tendons, and other structures, often resulting in pain, swelling, and limited mobility

synonym: inflammation, fibromyalgia, tendonitis

(1) necrotizing **fasciitis**, (2) bacterial **fasciitis**

He was diagnosed with plantar **fasciitis**, a painful condition that affects the ligament on the bottom of the foot.

folklore

n. traditional customs, beliefs, stories, and songs of a community, passed down orally

synonym: myths, legends, traditions

(1) **folklore** tradition, (2) **folklore** myth

The area's **folklore** tells of a ghost that haunts the old mill.

vitality

n. the state of being strong and active; energy

synonym: energy, life, vigor

(1) **vitality** of youth, (2) the **vitality** of the company

The new gym membership has improved his **vitality** and overall health.

vigor

n. physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort

synonym: energy, vitality, robustness

(1) physical **vigor**, (2) mental **vigor**

Her **vigor** and enthusiasm for life are infectious.

triathlon

n. an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race

(1) **triathlon** race, (2) **triathlon** training

The **triathlon** course included challenging hills on the cycling segment.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym: smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

tapering

adj. gradually becoming narrower or thinner at one end;
(noun) the practice of reducing the intensity and volume

of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank

synonym: narrowing, decreasing, dwindling

(1) **tapering** economy, (2) gradual **tapering** of the dose
The **tapering** end of the pencil allowed for precise drawing.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

ancestor

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

synonym: forebear, forefather, progenitor

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

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

stink

v. to emit a strong, unpleasant odor; to have a strong offensive smell; to be corrupt or unethical

synonym: reek, smell, odor

(1) **stink** up the place, (2) **stink** badly

The garbage in the alley began to **stink** after a few hot days.

serene

adj. calm, peaceful, and untroubled; free from disturbances or worries

synonym: calm, peaceful, tranquil

(1) **serene** landscape, (2) a **serene** atmosphere

The **serene** sunset over the ocean was a peaceful sight to behold.

maniac

adj. behaving in an extremely wild or violent way; (noun) a person who is extremely enthusiastic about or devoted to a particular thing

synonym:

lunatic, maniacal, mad

(1) **maniac** about things, (2) a homicidal **maniac**

He was a **maniac** for collecting stamps.

astound

v. to surprise or shock someone with wonder very much

synonym: amaze, astonish, surprise

(1) **astound** everyone, (2) **astound** the viewer

The final result was nothing short of **astounding**.

subculture

n. a distinct social group or community within a larger society that shares a set of practices, beliefs, or values that are different from those of the dominant culture

synonym: underground culture, alternative culture

(1) **subculture** movement, (2) **subculture** fashion

The punk **subculture** emerged in the 1970s as a response to mainstream society and its values.

barefoot

adj. without shoes or other foot coverings; wearing nothing on the feet

synonym: bare, shoeless, unshod

(1) **barefoot** walk, (2) **barefoot** fashion

The **barefoot** hiker enjoyed feeling the earth beneath their feet.

Session 2: Spelling

1. ger_____cs specialist *n.* a branch of medicine specializing in the healthcare of elderly individuals, including the diagnosis, treatment, and prevention of diseases and conditions that affect older adults
2. bl__e with fury *v.* to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously
3. bitter gr___e *n.* a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
4. the modern ol_____ad *n.* a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
5. ni___e handling *adj.* quick and light in movement or action
6. the vi_____ty of the company *n.* the state of being strong and active; energy
7. an_____pe hunt *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
8. heart ai_____t *n.* a slight but often persistent illness
9. ji___w woodworking *n.* a tool with a fine-toothed blade used for cutting intricate curves and patterns in thin material such as wood or metal, typically with the blade being reciprocating; a type of puzzle that consists of irregularly shaped pieces that must be fitted together to form a complete picture

ANSWERS: 1. geriatrics, 2. blaze, 3. grudge, 4. olympiad, 5. nimble, 6. vitality, 7. antelope, 8. ailment, 9. jigsaw

10. mat_____tic values *adj.* concerned primarily with material possessions rather than spiritual or intellectual values; adhering to a philosophy that places a high value on material goods or wealth
11. gray sq_____el *n.* a small to medium-sized rodent with a bushy tail, found in almost every part of the world
12. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
13. sub_____re movement *n.* a distinct social group or community within a larger society that shares a set of practices, beliefs, or values that are different from those of the dominant culture
14. Con_____dor conquest *n.* a Spanish conqueror of the Americas in the 16th and 17th centuries
15. bleeding from ut____s *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
16. s__p on the back *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
17. ca____n of skyscrapers *n.* a large deep valley with very steep sides of rock and usually formed by a river
18. live as a re_____e *n.* a person who lives in solitude and isolation

ANSWERS: 10. materialistic, 11. squirrel, 12. humming, 13. subculture, 14. Conquistador, 15. uterus, 16. slap, 17. canyon, 18. recluse

19. sing a ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
20. c__w hammer *n.* a curved, pointed appendage found on the foot or leg of an animal, used for gripping or grasping; a human hand with long, narrow fingers that are curved like a claw; a machine or tool with a claw-like opening used for gripping or lifting objects
21. unb_____le price *adj.* unable to be defeated or overcome; having no equal or rival in a particular area or field
22. sp__l a person's sport *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
23. sn___h up her purse *v.* to take or grab something suddenly or quickly
24. a hea_____ing tale of love *adj.* seeming to be something good and therefore causing gladness and pleasure
25. Christmas ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
26. ger_____cs clinic *n.* a branch of medicine specializing in the healthcare of elderly individuals, including the diagnosis, treatment, and prevention of diseases and conditions that affect older adults
27. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others

ANSWERS: 19. carol, 20. claw, 21. unbeatable, 22. spoil, 23. snatch, 24. heartwarming, 25. carol, 26. geriatrics, 27. compassionate

28. f__g mark *n.* a long, pointed tooth, typically in the upper jaw, used for biting and chewing, as in snakes and some other animals
29. an ar_____nt attitude *adj.* having or revealing an exaggerated sense of one's importance or abilities
30. p_a protein *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
31. bre_____ing support *n.* the act of feeding a baby with milk produced by the mother's breasts
32. ta_____ng economy *adj.* gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank
33. deep-seated gr___e *n.* a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
34. hea_____ing letter *adj.* seeming to be something good and therefore causing gladness and pleasure
35. g__l slits *n.* a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide
36. bacterial fa_____is *n.* inflammation or irritation of the fascia, the connective tissue surrounding muscles, tendons, and other structures, often resulting in pain, swelling, and limited mobility

ANSWERS: 28. fang, 29. arrogant, 30. pea, 31. breastfeeding, 32. tapering, 33. grudge, 34. heartwarming, 35. gill, 36. fasciitis

37. ca____r donor *n.* a dead body, especially one used for scientific study or medical research
38. physical vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
39. su____b to old age *v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury
40. agile sq____el *n.* a small to medium-sized rodent with a bushy tail, found in almost every part of the world
41. ba_____ge access *adj.* relating to or situated in the area behind the stage of a theater, concert, or other performance venues; relating to the private or hidden aspects of something, such as politics, business, or personal life
42. la_____thine pathways *n.* a complicated network of paths or passages, often with twists and turns, making it difficult to find one's way out
43. earliest human an____or *n.* a person from whom one is descended; a forefather
44. solitary re____e *n.* a person who lives in solitude and isolation
45. ma____e lighting *n.* a large tent or canopy used as a shelter or exhibition area at a fair, festival, or outdoor event; a sign or canopy over the entrance of a building or theater

ANSWERS: 37. cadaver, 38. vigor, 39. succumb, 40. squirrel, 41. backstage, 42. labyrinth, 43. ancestor, 44. recluse, 45. marquee

46. twisty ca___n road
n. a large deep valley with very steep sides of rock and usually formed by a river
47. a se___e atmosphere
adj. calm, peaceful, and untroubled; free from disturbances or worries
48. ba_____ge crew
adj. relating to or situated in the area behind the stage of a theater, concert, or other performance venues; relating to the private or hidden aspects of something, such as politics, business, or personal life
49. summer ol_____ad
n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
50. tr_____on race
n. an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
51. bl___e a trail
v. to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously
52. pre_____ic settlements
adj. belonging to or existing in times before recorded history; no longer fashionable
53. a homicidal ma___c
adj. behaving in an extremely wild or violent way; (noun) a person who is extremely enthusiastic about or devoted to a particular thing

ANSWERS: 46. canyon, 47. serene, 48. backstage, 49. olympiad, 50. triathlon, 51. blaze, 52. prehistoric, 53. maniac

54. as____d everyone *v.* to surprise or shock someone with wonder very much
55. ba____ot fashion *adj.* without shoes or other foot coverings; wearing nothing on the feet
56. sm____y trash *adj.* having a strong, unpleasant, or offensive odor, particularly about something decomposing or otherwise spoiled
57. sm____y socks *adj.* having a strong, unpleasant, or offensive odor, particularly about something decomposing or otherwise spoiled
58. mental vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
59. mat____tic lifestyle *adj.* concerned primarily with material possessions rather than spiritual or intellectual values; adhering to a philosophy that places a high value on material goods or wealth
60. outdoor ma____e *n.* a large tent or canopy used as a shelter or exhibition area at a fair, festival, or outdoor event; a sign or canopy over the entrance of a building or theater
61. ex____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
62. su____b to cancer *v.* to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

ANSWERS: 54. astound, 55. barefoot, 56. smelly, 57. smelly, 58. vigor, 59. materialistic, 60. marquee, 61. explode, 62. succumb

63. age-related ai____t *n.* a slight but often persistent illness
64. natural chi_____th *n.* the act or process of giving birth to a baby
65. d__y gravity *v.* to challenge or dare someone to do something; to resist or disobey a rule, decision, etc.
66. hu_____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
67. vi_____ty of youth *n.* the state of being strong and active; energy
68. necrotizing fa_____is *n.* inflammation or irritation of the fascia, the connective tissue surrounding muscles, tendons, and other structures, often resulting in pain, swelling, and limited mobility
69. ni___e-minded person *adj.* quick and light in movement or action
70. c__w marks *n.* a curved, pointed appendage found on the foot or leg of an animal, used for gripping or grasping; a human hand with long, narrow fingers that are curved like a claw; a machine or tool with a claw-like opening used for gripping or lifting objects
71. as_____d the viewer *v.* to surprise or shock someone with wonder very much
72. academic ri__r *n.* strictness or severity in opinion, temper, or judgment
73. fo_____re tradition *n.* traditional customs, beliefs, stories, and songs of a community, passed down orally

ANSWERS: 63. ailment, 64. childbirth, 65. defy, 66. humming, 67. vitality, 68. fasciitis, 69. nimble, 70. claw, 71. astound, 72. rigor, 73. folklore

74. ma___c about things *adj.* behaving in an extremely wild or violent way; (noun) a person who is extremely enthusiastic about or devoted to a particular thing
75. Con_____dor invasion *n.* a Spanish conqueror of the Americas in the 16th and 17th centuries
76. grow ar_____nt *adj.* having or revealing an exaggerated sense of one's importance or abilities
77. st__k badly *v.* to emit a strong, unpleasant odor; to have a strong offensive smell; to be corrupt or unethical
78. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
79. poison f__g *n.* a long, pointed tooth, typically in the upper jaw, used for biting and chewing, as in snakes and some other animals
80. bre_____ing mother *n.* the act of feeding a baby with milk produced by the mother's breasts
81. Aus_____cus africanus *n.* any of several extinct hominid species that lived in Africa between 4 million and 1 million years ago and are considered to be among the earliest ancestors of modern humans
82. monthly pa_____ck *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
83. co_____se the text *v.* to reduce the volume or size of something, often by removing water or other liquid; to make something shorter, more concise, or more concentrated

ANSWERS: 74. maniac, 75. Conquistador, 76. arrogant, 77. stink, 78. explode, 79. fang, 80. breastfeeding, 81. Australopithecus, 82. paycheck, 83. condense

84. an____or language *n.* a person from whom one is descended; a forefather
85. ca____r lab *n.* a dead body, especially one used for scientific study or medical research
86. gradual ta____ng of the dose *adj.* gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank
87. d__y authority *v.* to challenge or dare someone to do something; to resist or disobey a rule, decision, etc.
88. electronic pa____ck *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
89. ji____w puzzle *n.* a tool with a fine-toothed blade used for cutting intricate curves and patterns in thin material such as wood or metal, typically with the blade being reciprocating; a type of puzzle that consists of irregularly shaped pieces that must be fitted together to form a complete picture
90. assisted chi____th *n.* the act or process of giving birth to a baby
91. juicy me__n *n.* large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant

ANSWERS: 84. ancestor, 85. cadaver, 86. tapering, 87. defy, 88. paycheck, 89. jigsaw, 90. childbirth, 91. melon

92. g__l apparatus *n.* a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide
93. p_a family *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
94. ripe me__n *n.* large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant
95. ut___s cancer *n.* a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth
96. s__p a heavy fine *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
97. st__k up the place *v.* to emit a strong, unpleasant odor; to have a strong offensive smell; to be corrupt or unethical
98. sub_____re fashion *n.* a distinct social group or community within a larger society that shares a set of practices, beliefs, or values that are different from those of the dominant culture
99. ba_____ot walk *adj.* without shoes or other foot coverings; wearing nothing on the feet
100. unb_____le offer *adj.* unable to be defeated or overcome; having no equal or rival in a particular area or field

ANSWERS: 92. gill, 93. pea, 94. melon, 95. uterus, 96. slap, 97. stink, 98. subculture, 99. barefoot, 100. unbeatable

101. sn___h a hasty meal *v.* to take or grab something suddenly or quickly
102. long-horned an____pe *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
103. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
104. fo_____re myth *n.* traditional customs, beliefs, stories, and songs of a community, passed down orally
105. cheer for the un_____og *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
106. sa_____ah region *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
107. classic un_____og story *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
108. a la_____th of relationships *n.* a complicated network of paths or passages, often with twists and turns, making it difficult to find one's way out

ANSWERS: 101. snatch, 102. antelope, 103. compassionate, 104. folklore, 105. underdog, 106. savannah, 107. underdog, 108. labyrinth

109. Aus_____cus skull *n.* any of several extinct hominid species that lived in Africa between 4 million and 1 million years ago and are considered to be among the earliest ancestors of modern humans
110. pre_____ic times *adj.* belonging to or existing in times before recorded history; no longer fashionable
111. the ri__r of the law *n.* strictness or severity in opinion, temper, or judgment
112. co_____se water vapor *v.* to reduce the volume or size of something, often by removing water or other liquid; to make something shorter, more concise, or more concentrated
113. tr_____on training *n.* an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
114. se___e landscape *adj.* calm, peaceful, and untroubled; free from disturbances or worries
115. sp__l the surprise *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
116. tropical sa_____ah *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

ANSWERS: 109. Australopithecus, 110. prehistoric, 111. rigor, 112. condense, 113. triathlon, 114. serene, 115. spoil, 116. savannah

Session 3: Fill in the Blanks

1. The _____ end of the pencil allowed for precise drawing.
adj. gradually becoming narrower or thinner at one end; (noun) the practice of reducing the intensity and volume of training for a period of time before a race or competition; the reduction of monetary stimulus in an economy by a central bank

2. The _____ team pulled off a stunning upset against the heavily favored opponent.
n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

3. The fish's _____ are necessary for extracting oxygen from the water.
n. a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide

4. I received a bonus on top of my regular _____ this month.
n. a check issued to an employee as payment for work or services rendered; the amount of money received in this check

5. She won a gold medal in the physics _____ and was praised by her teachers and peers.
n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

6. The _____ blade needs to be changed before we can continue the project.
n. a tool with a fine-toothed blade used for cutting intricate curves and patterns in thin material such as wood or metal, typically with the blade being reciprocating; a type of puzzle that consists of irregularly shaped pieces that must be fitted together to form a complete picture

ANSWERS: 1. tapering, 2. underdog, 3. gills, 4. paycheck, 5. olympiad, 6. jigsaw

7. He was so _____ that he thought he was always right.
adj. having or revealing an exaggerated sense of one's importance or abilities
8. She shelled the _____ and added them to the pot.
n. a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
9. The bear used its _____ to catch a fish in the river.
n. a curved, pointed appendage found on the foot or leg of an animal, used for gripping or grasping; a human hand with long, narrow fingers that are curved like a claw; a machine or tool with a claw-like opening used for gripping or lifting objects
10. He was a _____ for collecting stamps.
adj. behaving in an extremely wild or violent way; (noun) a person who is extremely enthusiastic about or devoted to a particular thing
11. He _____ victory from the jaws of defeat in the game's final seconds.
v. to take or grab something suddenly or quickly
12. The old building _____ in a fiery inferno.
v. to burst or break open violently and noisily; to cause something to burst or break open
13. After years in the limelight, the actor decided to retreat from the public eye and become a _____.
n. a person who lives in solitude and isolation
14. The physician prescribed medication to relieve the contraction of the _____.
n. a hollow muscular organ in the body of a woman or other female mammal in which a baby or young animal develops before birth

ANSWERS: 7. arrogant, 8. peas, 9. claw, 10. maniac, 11. snatches, 12. exploded, 13. recluse, 14. uterus

15. The area's _____ tells of a ghost that haunts the old mill.
- n.* traditional customs, beliefs, stories, and songs of a community, passed down orally
16. The hospital received a donation of _____ for their research program.
- n.* a dead body, especially one used for scientific study or medical research
17. The _____ in the park were very friendly and came right up to us looking for food.
- n.* a small to medium-sized rodent with a bushy tail, found in almost every part of the world
18. I need to _____ all of my notes into a manageable summary for my presentation.
- v.* to reduce the volume or size of something, often by removing water or other liquid; to make something shorter, more concise, or more concentrated
19. The _____ department focuses on the healthcare needs of elderly patients.
- n.* a branch of medicine specializing in the healthcare of elderly individuals, including the diagnosis, treatment, and prevention of diseases and conditions that affect older adults
20. I can't stand the _____ odor from the garbage can, and it's unbearable.
- adj.* having a strong, unpleasant, or offensive odor, particularly about something decomposing or otherwise spoiled
21. If you leave the milk out of the refrigerator for too long, it will _____.
- v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

ANSWERS: 15. folklore, 16. cadavers, 17. squirrels, 18. condense, 19. geriatrics, 20. smelly, 21. spoil

22. He was present at the _____ of his children.

n. the act or process of giving birth to a baby

23. The _____ hiker enjoyed feeling the earth beneath their feet.

adj. without shoes or other foot coverings; wearing nothing on the feet

24. When the dead body was found, _____ mortis had already begun.

n. strictness or severity in opinion, temper, or judgment

25. She sliced the honeydew _____ into small pieces for the fruit salad.

n. large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant

26. The Grand _____ has an awe-inspiring sight.

n. a large deep valley with very steep sides of rock and usually formed by a river

27. The _____ sunset over the ocean was a peaceful sight to behold.

adj. calm, peaceful, and untroubled; free from disturbances or worries

28. She tried to _____ her parents by moving to the city against their wishes.

v. to challenge or dare someone to do something; to resist or disobey a rule, decision, etc.

29. He was diagnosed with plantar _____ a painful condition that affects the ligament on the bottom of the foot.

n. inflammation or irritation of the fascia, the connective tissue surrounding muscles, tendons, and other structures, often resulting in pain, swelling, and limited mobility

30. The vampire bared its _____ and growled.

n. a long, pointed tooth, typically in the upper jaw, used for biting and chewing, as in snakes and some other animals

ANSWERS: 22. childbirth, 23. barefoot, 24. rigor, 25. melon, 26. Canyon, 27. serene, 28. defy, 29. fasciitis, 30. fangs

31. The team's _____ record resulted from their hard work and dedication to winning.
adj. unable to be defeated or overcome; having no equal or rival in a particular area or field
32. The forest fire continued to _____ out of control, threatening nearby homes.
v. to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously
33. The politician tried to _____ down the rumors about his personal life.
v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
34. The final result was nothing short of _____.
v. to surprise or shock someone with wonder very much
35. I love the sound of _____ playing in the background while we decorate the Christmas tree.
n. a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
36. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
37. Her _____ and enthusiasm for life are infectious.
n. physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
38. The Spanish _____ were explorers and conquerors who claimed much of the Americas for their country.
n. a Spanish conqueror of the Americas in the 16th and 17th centuries

ANSWERS: 31. unbeatable, 32. blaze, 33. slap, 34. astounding, 35. carols, 36. ancestor, 37. vigor, 38. conquistadors

39. The _____ of the bees filled the air as she walked through the garden.

adj. producing a continuous, low, vibrating sound like that of the bee

40. The _____ preparations for the concert took hours to complete.

adj. relating to or situated in the area behind the stage of a theater, concert, or other performance venues; relating to the private or hidden aspects of something, such as politics, business, or personal life

41. He got timely treatment for his physical _____ of severe back pain.

n. a slight but often persistent illness

42. The punk _____ emerged in the 1970s as a response to mainstream society and its values.

n. a distinct social group or community within a larger society that shares a set of practices, beliefs, or values that are different from those of the dominant culture

43. Getting the hang of _____ at first can be challenging, but with patience and practice, it gets easier.

n. the act of feeding a baby with milk produced by the mother's breasts

44. We enjoyed the _____ hospitality of the host.

adj. seeming to be something good and therefore causing gladness and pleasure

45. He finally _____ to temptation.

v. to fail to oppose something, such as desire, pressure, or some other opposing force; to die or suffer badly from the effect of a disease or injury

46. I still hold a _____ against my former boss for treating me unfairly.

n. a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing

ANSWERS: 39. humming, 40. backstage, 41. ailment, 42. subculture, 43. breastfeeding, 44. heartwarming, 45. succumbed, 46. grudge

47. _____ fossils have been found in Eastern and Southern Africa.
n. any of several extinct hominid species that lived in Africa between 4 million and 1 million years ago and are considered to be among the earliest ancestors of modern humans
48. The garbage in the alley began to _____ after a few hot days.
v. to emit a strong, unpleasant odor; to have a strong offensive smell; to be corrupt or unethical
49. The _____ course included challenging hills on the cycling segment.
n. an athletic competition consisting of three different sports activities, usually swimming, cycling, and long-distance running, typically completed in immediate succession as a race
50. The _____ at the festival had a lineup of popular music artists.
n. a large tent or canopy used as a shelter or exhibition area at a fair, festival, or outdoor event; a sign or canopy over the entrance of a building or theater
51. His _____ movements allowed him to navigate the crowded streets with ease.
adj. quick and light in movement or action
52. Some people believe that the pursuit of wealth is a _____ goal.
adj. concerned primarily with material possessions rather than spiritual or intellectual values; adhering to a philosophy that places a high value on material goods or wealth
53. Scientists often fail to date archeological or _____ findings.
adj. belonging to or existing in times before recorded history; no longer fashionable
54. It was easy to get lost in the _____ of narrow alleyways in the old city.
n. a complicated network of paths or passages, often with twists and turns, making it difficult to find one's way out

ANSWERS: 47. Australopithecus, 48. stink, 49. triathlon, 50. marquee, 51. nimble, 52. materialistic, 53. prehistorical, 54. labyrinth

55. The new gym membership has improved his _____ and overall health.

n. the state of being strong and active; energy

56. My father has a serious and _____ personality.

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

57. The birds live in tropical forests, _____ and arid semi-desert environments.

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

58. The herd of _____ bounded across the plain, chased by a pack of wolves.

n. a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family

ANSWERS: 55. vitality, 56. compassionate, 57. savannahs, 58. antelope