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Vocabulary Builder Reference from...

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

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

All Words

IMPORTANT

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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.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

bizarre

adj. very strange or unusual

synonym : abnormal, freaky, outlandish

(1) the story is **bizarre**, (2) **bizarre** behavior

The truth was more **bizarre** than expected.

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.

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.

retire

v. to withdraw from one's position or occupation, especially because of age

synonym : relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

decide

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

synonym : choose, determine, settle

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

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

payday

n. the day on which an employee receives wages or a salary for work performed; a specific time period, usually two weeks or a month, during which wages or salaries are earned and paid out

synonym : salary, wages, remuneration

(1) **payday** loan, (2) **payday** check

I look forward to **payday** every two weeks.

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.

medal

n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

synonym: award, decoration, badge

(1) gold **medal**, (2) a prize **medal**

She was proud to receive a **medal** for her hard work and dedication to the sport.

monster

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

synonym: giant, freak, behemoth

(1) horde of **monsters**, (2) **monster** film

This car has a **monster** engine.

essentially

adv. relating to the essential features or concepts of anything

synonym: fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

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.

competition

n. a situation in which someone is attempting to beat or outperform another

synonym : contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

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.

suddenly

adv. quickly and unexpectedly

synonym : abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

grab

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

synonym : clutch, snatch, grasp

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

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

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.

elbow

n. the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint

synonym : joint, bend, cubitus

(1) **elbow** bone, (2) **elbow-length** sleeves

She bruised her **elbow** after falling off her bike.

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.

ruin

v. to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

synonym : bankrupt, demolish, destroy

(1) **ruin** the plan, (2) **ruin** the reputation

He knocked over the red wine and **ruined** the tablecloth.

script

n. a written text of a film, play, broadcast, or speech; something written by hand

synonym: writing, penmanship, article

(1) a hand **script**, (2) the **script** of a play

The archaeologist found a hieratic Egyptian **script** on a stone monument.

unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

fantastic

adj. extremely good; excellent

synonym: incredible, unbelievable, marvelous

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

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

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.

drill

n. a tool or machine used for making round holes or driving fasteners; a training or practice

synonym: exercise, routine, training

(1) the **drill** hit the well, (2) fire **drill**

Several military **drill** programs have become popular methods of exercise.

coincidence

n. an occasion when two or more similar things happen at the same time by chance, in a surprising way

synonym: co-occurrence, concurrency, accident

(1) the **coincidence** of an opinion, (2) by a strange **coincidence**

It was a pure **coincidence** that we met her in the library.

competitive

adj. involving competition or competitiveness

synonym: aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

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.

creature

n. a living being, especially an animal

synonym: being, animal, organism

(1) **creature** of habit, (2) artificial **creature**

The deep sea **creature** was unlike anything the scientists had ever seen before.

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.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

copper

n. a chemical element that is a soft, malleable, and ductile metal with very high thermal and electrical conductivity

(1) **copper** alloy, (2) **copper** belt

He made the old **copper** coins shine.

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**.

tribe

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

synonym: family, clan, kinsfolk

(1) aboriginal **tribe**, (2) mountain **tribe**

The **tribe** had distinctly defined gender roles.

remarkable

adj. worthy of attention because unusual or special

synonym: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

unchanged

adj. not altered, modified, or varied in any way

synonym: unaltered, constant

(1) **unchanged** routine, (2) **unchanged** from the previous month

The company's policy remained **unchanged** despite the criticism.

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.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym : confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

strategy

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

synonym : approach, procedure, scenario

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

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

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.

spider

n. a small, eight-legged creature that spins webs to catch insects as food; a computer program that systematically browses the World Wide Web for purposes of web indexing

synonym : arachnid, wanderer

(1) **spider** venom, (2) web **spider**

The **spider** spun an intricate web in the corner of the room.

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.

apparently

adv. based on what you have heard or read

synonym : evidently, obviously, supposedly

(1) **apparently** simple, (2) **apparently** unrelated

The police **apparently** believed this explanation was plausible.

injury

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

synonym : wound, damage, hurt

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

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

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**.

disease

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

synonym : illness, ailment, affliction

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

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

cholesterol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym : fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized

by the uncontrolled growth and spread of abnormal cells
synonym: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

warfare

n. the use of military force to achieve political, economic, or social objectives

synonym: combat, fighting, conflict

(1) **warfare** aircraft, (2) spiritual **warfare**

The country has been engaged in a prolonged conflict, with both sides using modern **warfare** tactics.

violent

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

synonym: aggressive, intense, turbulent

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

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

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

modern

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

synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society
Their headquarters are in a **modern** skyscraper.

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.

mystery

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

synonym: enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

microphone

n. a device that converts sound into an electrical signal used for recording sounds or making the voice louder

synonym: mic, megaphone, amplifier

(1) **microphone** cable, (2) built-in **microphone**

The interviewer asked him to speak into the **microphone**.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

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.

homosexual

adj. sexually attracted to people of one's own sex

synonym: gay, same-sex attracted

(1) **homosexual** rights, (2) **homosexual** marriage

The law was repealed to protect the rights of **homosexual** citizens.

erect

v. to construct or build something; to cause to rise;
(adjective) upright or vertical

synonym: build, set up, construct

(1) **erect** structure, (2) keep the flagpole **erect**

The workers were able to **erect** the tent in just a few minutes.

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.

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.

argument

n. a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute

synonym: debate, discourse, discussion

(1) a blazing **argument**, (2) the **argument** against capital punishment

The **argument** between the two sides over the proposed policy was heated.

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.

jungle

n. an area of tropical forest where in which trees and plants grow very thickly

synonym: wilderness, forest

(1) middle of the **jungle**, (2) **jungle** exploration

This village is still in a dense **jungle**.

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.

bolt

n. a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

synonym : lock, fastener, thunderbolt

(1) **bolt** diameter, (2) **bolt** from my bed

The lightning **bolt** twiggged in several directions.

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.

loose

adj. not securely fixed or fastened in place or able to be detached or separated from something

synonym : relaxed, unconsolidated, open

(1) a **loose** tongue, (2) remove **loose** hair

The inspector discovered **loose** bolts under the fuel rods.

sprint

v. to run at full speed over a short distance or period of time

synonym : dash, bolt, race

(1) **sprint** for a bus, (2) **sprint** towards the finish line

Top athletes can **sprint** 100 meters in less than 10 seconds.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

ban

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

synonym : forbid, prohibit, restrict

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

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

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**.

reproductive

adj. connected with the process of reproduction; relating to reproducing babies, young animals, or plants

synonym : procreative, generative

(1) **reproductive** ability, (2) during **reproductive** period

This documentary deals with the **reproductive** biology of the buffalo.

curve

n. a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

synonym : bend, arc, turn

(1) learning **curve**, (2) yield **curve**

The **curve** in the road was so sharp that I had to slow down to navigate it safely.

distance

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym : space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

toss

v. to throw something carelessly with a light motion

synonym : throw, sway

(1) **toss** a coin, (2) **toss** the bottle into a trash can

It would be best if you **tossed** out all those old magazines.

aid

n. things sent to help countries in need, notably food or money; support

synonym : helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

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.

progressive

adj. relating to or supporting development or advancement, especially social or political one

synonym : advanced, forward-thinking, modern

(1) **progressive** taxation, (2) **progressive** development

The **progressive** approach to education emphasizes hands-on learning and student-centered classrooms.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym : summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

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.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym : incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change
The country experienced a **gradual** increase in population.

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.

puzzle

n. a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

synonym : plight, maze, (verb) perplex

(1) crossword **puzzle**, (2) mathematical **puzzle**

This jigsaw **puzzle** is challenging because there are no pictures.

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 **prehistoric** findings.

hell

n. the place thought to be where bad people go and are punished after death, often depicted as being located

beneath the earth; an extraordinarily unpleasant or difficult place

synonym : inferno, agony, misery

(1) run like **hell**, (2) **hell** broke loose

The battlefield became **hell** on earth.

submit

v. to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

synonym : hand in, present, propose

(1) agree to **submit** the bill, (2) **submit** an application

Please **submit** the assignment to me.

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.

coherent

adj. logical and consistent; (noun) the quality of being clear and easy to understand

synonym : logical, consistent, clear

(1) a **coherent** explanation, (2) create a **coherent** system

His writing was well-structured and **coherent**.

universe

n. everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

synonym : cosmos, macrocosm

(1) theory of the **universe**, (2) expansion of the **universe**

The **universe** is about 13.8 billion years old.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

hunt

v. to go after and try to catch wild animals to kill them for food, sport, or profit

synonym : chase, pursuit, quest

(1) **hunt** a job, (2) **hunt** after knowledge

Hounds **hunt** their prey by using their keen scent.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym : perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

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.

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the

abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

superb

adj. extremely good; excellent in quality; superbly done

synonym: outstanding, excellent, fabulous

(1) **superb** quality, (2) **superb** performance

The meal we had at the restaurant was **superb**; I highly recommend it.

AI

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

synonym: robot, machine learning, neural network

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

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

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.

chase

v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow

groove or channel cut into a surface, often used for decorative purposes

synonym : pursue, hunt, track

(1) **chase** a dream, (2) wild goose **chase**

The police officer **chased** the suspect through the crowded streets until they finally caught him.

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.

herd

n. a group of animals of the same type that live or are kept together as livestock

synonym : flock, brood, horde

(1) **herd** of cattle, (2) the common **herd**

He was riding **herd** on the sheep during the day.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym : teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym : healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

stud

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

synonym : beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

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.

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.

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.

swallow

v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

synonym: consume, gulp, inhale

(1) **swallow** a handful of pills, (2) a **swallow** tail

I **swallowed** my anger and kept quiet.

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.

cooperative

adj. involving doing something jointly or working with others to achieve a common goal

synonym: harmonious, collegial, helpful

(1) **cooperative** savings, (2) fishing **cooperative**

We appreciate your **cooperative** efforts.

compelling

adj. arousing strong and irresistible interest, attention, or admiration

synonym: tempting, captivating, influential

(1) tell a **compelling** story, (2) new and **compelling** evidence

His **compelling** presentation deeply moved everyone.

alien

n. a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

synonym: foreigner, unfamiliar, unknown

(1) **alien** fungi, (2) resident **aliens**

Alien species have drastically altered the ecosystem in this area.

punishment

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

synonym: penalty, discipline, retribution

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

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

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**.

fancy

v. to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

synonym: imagine, visualize, (noun) fantasy

(1) **fancy** a cup of coffee, (2) a flight of **fancy**

I don't **fancy** acting in such an important role.

cushion

n. a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

synonym: pad, pillow, bolster

(1) **cushion** against inflation, (2) rear seat **cushions**

He placed a **cushion** on the floor for his dog to lie on.

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.

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.

mythology

n. a collection of myths (= traditional stories accepted as history) or the study of myths

synonym: folklore, legend, fable

(1) tale from **mythology**, (2) ancient **mythology**

He studies Greek and Roman **mythology**.

myth

n. an ancient story or set of stories accepted as history, especially explaining the worldview of a people

synonym: fable, legend, lore

(1) the **myth** of an old religion, (2) perpetuate a **myth**

With the financial bubble bursting, the **myth** of economic growth in investment banking collapsed.

tale

n. a story made up in someone's imagination, especially one full of action and adventure

synonym: canard, fiction, fable

(1) a fairy **tale**, (2) **tale** of horror

Ghosts in folk **tales** are almost always malicious.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

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.

eternal

adj. being without beginning or end; lasting forever

synonym: endless, everlasting, undying

(1) the hope of **eternal** life, (2) **eternal** quarreling
In every civilization, rulers have tried everything possible to obtain **eternal** life.

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.

lifetime

n. the duration of someone's life or something's existence;
synonym: lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

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.

desert

n. arid land with little or no vegetation often covered with sand or rocks

(1) **desert** basin, (2) oasis in the **desert**

This region is predominantly **desert**.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

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.

leather

n. a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items

synonym : hide, skin, suede

(1) enameled **leather**, (2) **leather** boots

The **leather** jacket was worn in but still comfortable.

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.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym : meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

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.

digital

adj. processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

synonym : numerical, computerized, cyber

(1) a **digital** watch, (2) **digital** electronic signature

Sensors convert physical phenomena into **digital** signals.

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.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym : exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather

He narrated the **extraordinary** story of his adventure.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym : depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

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.

urban

adj. relating to or located in a town or city

synonym : metropolitan, civic

(1) **urban** planning, (2) **urban** property owners

Only a small number of **urban** utilities offer sanitation services.

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.

qualified

adj. officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job

synonym : eligible, skillful, accomplished

(1) a **qualified** doctor, (2) **qualified** in medicine

We seek a person **qualified** for the post.

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.

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.

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home
The rules were **relaxed** after the new executive arrived.

rage

n. a strong feeling of anger or violence

synonym: fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

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.

maize

n. a cereal grain that is native to the Americas and cultivated in wide varieties for its large, yellow, edible seed and as a feed for livestock

synonym: corn

(1) **maize** meal, (2) genetically altered **maize**

The farmers grew a large **maize** crop this year and expected a good harvest.

prefer

v. to like, choose, or want one thing or person better than another

synonym: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat

The birds **prefer** open water areas with reeds around them.

diet

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

synonym: food, dietary

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

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

supplements.

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.

uniform

adj. always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

synonym: livery, outfit

(1) at a **uniform** temperature, (2) our school **uniform**

This country has a nationally **uniform** culture.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym: acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

Session 2: Spelling

- | | |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. dis_____rt in the abdomen | <i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain |
| 2. a gr_____l change | <i>adj.</i> happening slowly over a long period of time or distance; not steep or abrupt |
| 3. r__n the reputation | <i>v.</i> to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction, |
| 4. a fatal in____y | <i>n.</i> harm done to a person's or an animal's body caused by an accident or an attack |
| 5. the great di_____ry of the century | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known |
| 6. academic ri__r | <i>n.</i> strictness or severity in opinion, temper, or judgment |
| 7. summer ol_____ad | <i>n.</i> 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 |
| 8. heart ai_____t | <i>n.</i> a slight but often persistent illness |
| 9. have an aw_____e birthday | <i>adj.</i> inspiring fear, admiration, or respect; very good, nice, fun, etc. |
| 10. t__s a coin | <i>v.</i> to throw something carelessly with a light motion |

ANSWERS: 1. discomfort, 2. gradual, 3. ruin, 4. injury, 5. discovery, 6. rigor, 7. olympiad, 8. ailment, 9. awesome, 10. toss

11. co___r alloy *n.* a chemical element that is a soft, malleable, and ductile metal with very high thermal and electrical conductivity
12. learning cu___e *n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
13. aboriginal tr___e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
14. ur___n planning *adj.* relating to or located in a town or city
15. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
16. ancient my_____gy *n.* a collection of myths (= traditional stories accepted as history) or the study of myths
17. sm___y socks *adj.* having a strong, unpleasant, or offensive odor, particularly about something decomposing or otherwise spoiled
18. cho_____ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
19. pr_____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 11. copper, 12. curve, 13. tribe, 14. urban, 15. decide, 16. mythology, 17. smelly, 18. cholesterol, 19. protein

20. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
21. a qu_____ed doctor *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
22. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
23. create a co_____nt system *adj.* logical and consistent; (noun) the quality of being clear and easy to understand
24. a hea_____ing tale of love *adj.* seeming to be something good and therefore causing gladness and pleasure
25. 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
26. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
27. an_____or language *n.* a person from whom one is descended; a forefather
28. the ri__r of the law *n.* strictness or severity in opinion, temper, or judgment
29. the rem_____le breadth of knowledge *adj.* worthy of attention because unusual or special

ANSWERS: 20. associate, 21. qualified, 22. relax, 23. coherent, 24. heartwarming, 25. marquee, 26. yoga, 27. ancestor, 28. rigor, 29. remarkable

30. 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
31. 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
32. cu_____n against inflation *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage
33. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
34. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult
35. 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
36. twisty ca____n road *n.* a large deep valley with very steep sides of rock and usually formed by a river
37. a se___e atmosphere *adj.* calm, peaceful, and untroubled; free from disturbances or worries
38. participate in cl_____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
39. artificial cr_____re *n.* a living being, especially an animal

ANSWERS: 30. fang, 31. Australopithecus, 32. cushion, 33. wrap, 34. adolescent, 35. subculture, 36. canyon, 37. serene, 38. clinical, 39. creature

40. social di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
41. expansion of the un____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
42. remove lo__e hair *adj.* not securely fixed or fastened in place or able to be detached or separated from something
43. ca____r lab *n.* a dead body, especially one used for scientific study or medical research
44. 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
45. hom____al marriage *adj.* sexually attracted to people of one's own sex
46. ev____e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
47. cl____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
48. st____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
49. con____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 40. distance, 41. universe, 42. loose, 43. cadaver, 44. crack, 45. homosexual, 46. evolve, 47. clinical, 48. strength, 49. conversation

50. humiliating pun_____nt *n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
51. un_____ed from the previous month *adj.* not altered, modified, or varied in any way
52. agree to su___t the bill *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
53. le_____r boots *n.* a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items
54. ado_____nt girl *n.* a young person who is in the process of developing from a child into an adult
55. ni___e handling *adj.* quick and light in movement or action
56. app_____ly simple *adv.* based on what you have heard or read
57. 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
58. an_____pe hunt *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
59. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 50. punishment, 51. unchanged, 52. submit, 53. leather, 54. adolescent, 55. nimble, 56. apparently, 57. fasciitis, 58. antelope, 59. diet

60. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
61. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
62. the hope of et____l life *adj.* being without beginning or end; lasting forever
63. sing a ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
64. a blazing ar____nt *n.* a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute
65. b__t from my bed *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
66. app_____te the value *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
67. sa____ah region *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
68. ca___r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 60. disease, 61. engage, 62. eternal, 63. carol, 64. argument, 65. bolt, 66. appreciate, 67. savannah, 68. cancer

69. li____me benefits *n.* the duration of someone's life or something's existence;
70. g__l apparatus *n.* a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide
71. 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
72. mathematical pu____e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
73. intraspecific com_____on *n.* a situation in which someone is attempting to beat or outperform another
74. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
75. 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
76. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
77. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open

ANSWERS: 69. lifetime, 70. gill, 71. fang, 72. puzzle, 73. competition, 74. conversation, 75. subculture, 76. bunch, 77. explode

78. t__s the bottle into a trash can *v.* to throw something carelessly with a light motion
79. qu_____ed in medicine *adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
80. b_n gender-related job discrimination *v.* to officially or legally forbid or refuse to allow something
81. pa___y loan *n.* the day on which an employee receives wages or a salary for work performed; a specific time period, usually two weeks or a month, during which wages or salaries are earned and paid out
82. fishing coo_____ve *adj.* involving doing something jointly or working with others to achieve a common goal
83. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
84. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
85. 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
86. gold me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

ANSWERS: 78. toss, 79. qualified, 80. ban, 81. payday, 82. cooperative, 83. discovery, 84. violent, 85. paycheck, 86. medal

87. uncontrollable r__e *n.* a strong feeling of anger or violence
88. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
89. wa_____e aircraft *n.* the use of military force to achieve political, economic, or social objectives
90. horse s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
91. 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
92. mountain tr__e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
93. the m__h of an old religion *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
94. take ad_____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 87. rage, 88. involve, 89. warfare, 90. stud, 91. crack, 92. tribe, 93. myth, 94. advantage

95. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
96. bl___e a trail *v.* to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously
97. ca___r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
98. a co____nt explanation *adj.* logical and consistent; (noun) the quality of being clear and easy to understand
99. sp___t towards the finish line *v.* to run at full speed over a short distance or period of time
100. app____ly unrelated *adv.* based on what you have heard or read
101. at p__k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
102. bre_____ing mother *n.* the act of feeding a baby with milk produced by the mother's breasts
103. grow ar____nt *adj.* having or revealing an exaggerated sense of one's importance or abilities
104. 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

ANSWERS: 95. decide, 96. blaze, 97. cancer, 98. coherent, 99. sprint, 100. apparently, 101. peak, 102. breastfeeding, 103. arrogant, 104. uterus

105. fo_____re tradition *n.* traditional customs, beliefs, stories, and songs of a community, passed down orally
106. 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
107. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
108. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
109. h__l truck *v.* to physically drag or pull someone or something with effort
110. keep the flagpole er__t *v.* to construct or build something; to cause to rise; (adjective) upright or vertical
111. a lo__e tongue *adj.* not securely fixed or fastened in place or able to be detached or separated from something
112. by a strange coi_____ce *n.* an occasion when two or more similar things happen at the same time by chance, in a surprising way
113. 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

ANSWERS: 105. folklore, 106. triathlon, 107. depression, 108. diet, 109. haul, 110. erect, 111. loose, 112. coincidence, 113. slap

114. ma__e meal *n.* a cereal grain that is native to the Americas and cultivated in wide varieties for its large, yellow, edible seed and as a feed for livestock
115. 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
116. g__b an opportunity *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
117. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
118. 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
119. new and com____ng evidence *adj.* arousing strong and irresistible interest, attention, or admiration
120. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
121. 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

ANSWERS: 114. maize, 115. olympiad, 116. grab, 117. nurse, 118. claw, 119. compelling, 120. engage, 121. Australopithecus

122. g__l slits *n.* a respiratory organ of fish and some other aquatic animals that extracts dissolved oxygen from water and excretes carbon dioxide
123. 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
124. temporary me____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
125. r__n the plan *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
126. a fairy t__e *n.* a story made up in someone's imagination, especially one full of action and adventure
127. a fa____ic dress *adj.* extremely good; excellent
128. rem____le achievement *adj.* worthy of attention because unusual or special
129. com____ve position *adj.* involving competition or competitiveness
130. sw____w a handful of pills *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

ANSWERS: 122. gill, 123. underdog, 124. medical, 125. ruin, 126. tale, 127. fantastic, 128. remarkable, 129. competitive, 130. swallow

131. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
132. low cho_____ol *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
133. the story is bi_____e *adj.* very strange or unusual
134. genetically altered ma__e *n.* a cereal grain that is native to the Americas and cultivated in wide varieties for its large, yellow, edible seed and as a feed for livestock
135. ba_____ot walk *adj.* without shoes or other foot coverings; wearing nothing on the feet
136. st__k up the place *v.* to emit a strong, unpleasant odor; to have a strong offensive smell; to be corrupt or unethical
137. 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
138. sp____t for a bus *v.* to run at full speed over a short distance or period of time
139. 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

ANSWERS: 131. develop, 132. cholesterol, 133. bizarre, 134. maize, 135. barefoot, 136. stink, 137. uterus, 138. sprint, 139. tapering

140. yield cu__e *n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
141. 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
142. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
143. el__w-length sleeves *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
144. al__n fungi *n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere
145. fo_____re myth *n.* traditional customs, beliefs, stories, and songs of a community, passed down orally
146. national e_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
147. er__t structure *v.* to construct or build something; to cause to rise; (adjective) upright or vertical
148. built-in mic_____ne *n.* a device that converts sound into an electrical signal used for recording sounds or making the voice louder

ANSWERS: 140. curve, 141. marquee, 142. rely, 143. elbow, 144. alien, 145. folklore, 146. ego, 147. erect, 148. microphone

149. die su____ly *adv.* quickly and unexpectedly
150. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
151. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
152. bi____e behavior *adj.* very strange or unusual
153. ni____e-minded person *adj.* quick and light in movement or action
154. the coi____ce of an opinion *n.* an occasion when two or more similar things happen at the same time by chance, in a surprising way
155. vi____ty of youth *n.* the state of being strong and active; energy
156. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
157. the common h__d *n.* a group of animals of the same type that live or are kept together as livestock
158. horde of mo____rs *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
159. su____t an application *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

ANSWERS: 149. suddenly, 150. medical, 151. yoga, 152. bizarre, 153. nimble, 154. coincidence, 155. vitality, 156. aid, 157. herd, 158. monster, 159. submit

160. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
161. driving di_____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
162. become ess_____ly same *adv.* relating to the essential features or concepts of anything
163. Con_____dor conquest *n.* a Spanish conqueror of the Americas in the 16th and 17th centuries
164. pro_____ve development *adj.* relating to or supporting development or advancement, especially social or political one
165. ju___e exploration *n.* an area of tropical forest where in which trees and plants grow very thickly
166. even more unf_____ely *adv.* by bad luck; unluckily
167. b__t diameter *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
168. pre_____ic times *adj.* belonging to or existing in times before recorded history; no longer fashionable
169. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
170. juicy me__n *n.* large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant

ANSWERS: 160. compassionate, 161. distance, 162. essentially, 163. Conquistador, 164. progressive, 165. jungle, 166. unfortunately, 167. bolt, 168. prehistoric, 169. eventually, 170. melon

181. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
182. h__d of cattle *n.* a group of animals of the same type that live or are kept together as livestock
183. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
184. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
185. long-horned an____pe *n.* a large, swift-running, African or Asian mammal with horns and hooves, especially one of the gazelle family
186. sp__l the surprise *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
187. as____e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
188. unb____le offer *adj.* unable to be defeated or overcome; having no equal or rival in a particular area or field
189. the vi____ty of the company *n.* the state of being strong and active; energy
190. 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

ANSWERS: 181. rid, 182. herd, 183. strength, 184. rid, 185. antelope, 186. spoil, 187. assume, 188. unbeatable, 189. vitality, 190. claw

191. h__t after knowledge *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
192. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
193. h__l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
194. age-related ai____t *n.* a slight but often persistent illness
195. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
196. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
197. sn____h a hasty meal *v.* to take or grab something suddenly or quickly
198. without in____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
199. 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
200. pr____r physics to chemistry *v.* to like, choose, or want one thing or person better than another
201. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material

ANSWERS: 191. hunt, 192. brain, 193. hell, 194. ailment, 195. brain, 196. eventually, 197. snatch, 198. injury, 199. materialistic, 200. prefer, 201. wrap

202. solitary re_____e	<i>n.</i> a person who lives in solitude and isolation
203. middle of the ju____e	<i>n.</i> an area of tropical forest where in which trees and plants grow very thickly
204. endure dis_____rt and pain	<i>n.</i> a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
205. fire dr__l	<i>n.</i> a tool or machine used for making round holes or driving fasteners; a training or practice
206. su_____b to cancer	<i>v.</i> 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
207. ca_____r donor	<i>n.</i> a dead body, especially one used for scientific study or medical research
208. li_____me ban from the sport	<i>n.</i> the duration of someone's life or something's existence;
209. deep-seated gr____e	<i>n.</i> a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
210. Con_____dor invasion	<i>n.</i> a Spanish conqueror of the Americas in the 16th and 17th centuries
211. fall into a r__e	<i>n.</i> a strong feeling of anger or violence
212. ta_____ng economy	<i>adj.</i> 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

ANSWERS: 202. recluse, 203. jungle, 204. discomfort, 205. drill, 206. succumb, 207. cadaver, 208. lifetime, 209. grudge, 210. Conquistador, 211. rage, 212. tapering

213. ba____ot fashion *adj.* without shoes or other foot coverings; wearing nothing on the feet
214. resident al__ns *n.* a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere
215. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
216. 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
217. absolutely fa____ic event *adj.* extremely good; excellent
218. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
219. com____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
220. 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

ANSWERS: 213. barefoot, 214. alien, 215. develop, 216. geriatrics, 217. fantastic, 218. assume, 219. compassionate, 220. backstage

221. pre_____ic settlements *adj.* belonging to or existing in times before recorded history; no longer fashionable
222. web sp____r *n.* a small, eight-legged creature that spins webs to catch insects as food; a computer program that systematically browses the World Wide Web for purposes of web indexing
223. un_____ed routine *adj.* not altered, modified, or varied in any way
224. bitter gr____e *n.* a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
225. 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
226. su____b performance *adj.* extremely good; excellent in quality; superbly done
227. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
228. a prize me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
229. rear seat cu_____ns *n.* a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

ANSWERS: 221. prehistoric, 222. spider, 223. unchanged, 224. grudge, 225. paycheck, 226. superb, 227. nurse, 228. medal, 229. cushion

230. ch__e a dream *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
231. mo___n poetry *adj.* of or belonging to the present time or recent times
232. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
233. 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
234. unsolved my____y *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
235. run a ma_____on *n.* a long-distance race of 42.195 kilometers
236. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
237. p_a family *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable

ANSWERS: 230. chase, 231. modern, 232. bunch, 233. backstage, 234. mystery, 235. marathon, 236. sweat, 237. pea

238. apply AI technology to art *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
239. Christmas ca__l *n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme
240. co___r belt *n.* a chemical element that is a soft, malleable, and ductile metal with very high thermal and electrical conductivity
241. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
242. 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
243. hom_____al rights *adj.* sexually attracted to people of one's own sex
244. the ar_____nt against capital punishment *n.* a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute

ANSWERS: 238. AI, 239. carol, 240. copper, 241. retire, 242. jigsaw, 243. homosexual, 244. argument

245. de___t basin *n.* arid land with little or no vegetation often covered with sand or rocks
246. 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
247. sn___h up her purse *v.* to take or grab something suddenly or quickly
248. 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
249. pre-mo___n agricultural society *adj.* of or belonging to the present time or recent times
250. as_____d the viewer *v.* to surprise or shock someone with wonder very much
251. the first round of the com_____on *n.* a situation in which someone is attempting to beat or outperform another
252. 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
253. the dr___l hit the well *n.* a tool or machine used for making round holes or driving fasteners; a training or practice
254. our school un_____m *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

ANSWERS: 245. desert, 246. geriatrics, 247. snatch, 248. maniac, 249. modern, 250. astound, 251. competition, 252. labyrinth, 253. drill, 254. uniform

255. assisted chi_____th *n.* the act or process of giving birth to a baby
256. physical vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
257. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
258. 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
259. the sc___t of a play *n.* a written text of a film, play, broadcast, or speech; something written by hand
260. sp___r venom *n.* a small, eight-legged creature that spins webs to catch insects as food; a computer program that systematically browses the World Wide Web for purposes of web indexing
261. military st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
262. unb_____le price *adj.* unable to be defeated or overcome; having no equal or rival in a particular area or field
263. earliest human an_____or *n.* a person from whom one is descended; a forefather
264. 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

ANSWERS: 255. childbirth, 256. vigor, 257. sweat, 258. triathlon, 259. script, 260. spider, 261. strategy, 262. unbeatable, 263. ancestor, 264. calorie

265. a hand sc___t *n.* a written text of a film, play, broadcast, or speech; something written by hand
266. r___y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
267. at a un_____m temperature *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification
268. ev___e *v.* to develop gradually, or to cause the development of something or someone gradually
269. stress pr_____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
270. ca___n of skyscrapers *n.* a large deep valley with very steep sides of rock and usually formed by a river
271. et_____l quarreling *adj.* being without beginning or end; lasting forever
272. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
273. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 265. script, 266. rely, 267. uniform, 268. evolve, 269. protein, 270. canyon, 271. eternal, 272. grab, 273. involve

274. app_____te her feedback *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
275. se___e landscape *adj.* calm, peaceful, and untroubled; free from disturbances or worries
276. re__x at home *v.* to become or cause someone to become less active or tense and calmer
277. 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
278. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
279. b_n any type of cloning *v.* to officially or legally forbid or refuse to allow something
280. 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
281. theory of the un_____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
282. tropical sa_____ah *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

ANSWERS: 274. appreciate, 275. serene, 276. relax, 277. maniac, 278. explode, 279. ban, 280. slap, 281. universe, 282. savannah

283. su___b quality *adj.* extremely good; excellent in quality; superbly done
284. 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
285. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
286. a di_____l watch *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
287. mental vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
288. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
289. 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
290. e_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 283. superb, 284. materialistic, 285. peak, 286. digital, 287. vigor, 288. advantage, 289. labyrinth, 290. ego

291. bre_____ing support *n.* the act of feeding a baby with milk produced by the mother's breasts
292. agile sq_____el *n.* a small to medium-sized rodent with a bushy tail, found in almost every part of the world
293. watch a ma_____on *n.* a long-distance race of 42.195 kilometers
294. rep_____ive ability *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
295. mic_____ne cable *n.* a device that converts sound into an electrical signal used for recording sounds or making the voice louder
296. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
297. AI expert *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
298. tale from my_____gy *n.* a collection of myths (= traditional stories accepted as history) or the study of myths
299. run like h___l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

ANSWERS: 291. breastfeeding, 292. squirrel, 293. marathon, 294. reproductive, 295. microphone, 296. violent, 297. AI, 298. mythology, 299. hell

300. crossword pu___e *n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand
301. perpetuate a m__h *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
302. 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
303. 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
304. 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
305. h__t a job *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
306. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
307. wall s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

ANSWERS: 300. puzzle, 301. myth, 302. condense, 303. calorie, 304. succumb, 305.

hunt, 306. depression, 307. stud

308. spiritual wa____e *n.* the use of military force to achieve political, economic, or social objectives
309. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
310. pa____y check *n.* the day on which an employee receives wages or a salary for work performed; a specific time period, usually two weeks or a month, during which wages or salaries are earned and paid out
311. as____d everyone *v.* to surprise or shock someone with wonder very much
312. tell a com____ng story *adj.* arousing strong and irresistible interest, attention, or admiration
313. h__l on a rope *v.* to physically drag or pull someone or something with effort
314. ripe me__n *n.* large fruit with a thick rind and fleshy, juicy interior, typically sweet and fragrant
315. ex____e sports *adj.* very great in amount or degree
316. el__w bone *n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint
317. 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: 308. warfare, 309. strategy, 310. payday, 311. astound, 312. compelling, 313. haul, 314. melon, 315. extreme, 316. elbow, 317. jigsaw

318. a flight of fa__y *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
319. pr___r a window seat *v.* to like, choose, or want one thing or person better than another
320. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
321. pun_____nt for a crime *n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
322. 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
323. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
324. oasis in the de___t *n.* arid land with little or no vegetation often covered with sand or rocks
325. ext_____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
326. di_____l electronic signature *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

ANSWERS: 318. fancy, 319. prefer, 320. humming, 321. punishment, 322. condense, 323. planet, 324. desert, 325. extraordinary, 326. digital

327. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
328. during rep____ive period *adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants
329. enameled le____r *n.* a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items
330. hu____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
331. cr____re of habit *n.* a living being, especially an animal
332. bl__e with fury *v.* to burst into flame or light up intensely; to move in a trailblazing manner; to shine brightly or conspicuously
333. wild goose ch__e *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
334. my____y novel *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

ANSWERS: 327. disease, 328. reproductive, 329. leather, 330. humming, 331. creature, 332. blaze, 333. chase, 334. mystery

335. financial a_d *n.* things sent to help countries in need, notably food or money; support
336. d__y authority *v.* to challenge or dare someone to do something; to resist or disobey a rule, decision, etc.
337. pl___t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
338. pro_____ve taxation *adj.* relating to or supporting development or advancement, especially social or political one
339. p_a protein *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
340. ur__n property owners *adj.* relating to or located in a town or city
341. 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
342. gray sq_____el *n.* a small to medium-sized rodent with a bushy tail, found in almost every part of the world
343. coo_____ve savings *adj.* involving doing something jointly or working with others to achieve a common goal
344. an ar_____nt attitude *adj.* having or revealing an exaggerated sense of one's importance or abilities
345. mo_____r film *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

ANSWERS: 335. aid, 336. defy, 337. planet, 338. progressive, 339. pea, 340. urban, 341. spoil, 342. squirrel, 343. cooperative, 344. arrogant, 345. monster

346. ext_____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
347. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
348. aw_____e mental faculty *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
349. 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
350. live as a re_____e *n.* a person who lives in solitude and isolation
351. a gr_____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
352. unf_____ely caught in a shower *adv.* by bad luck; unluckily
353. a sw_____w tail *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
354. fa__y a cup of coffee *v.* to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy
355. t__e of horror *n.* a story made up in someone's imagination, especially one full of action and adventure
356. ess_____ly correct *adv.* relating to the essential features or concepts of anything

ANSWERS: 346. extraordinary, 347. retire, 348. awesome, 349. fasciitis, 350. recluse, 351. gradual, 352. unfortunately, 353. swallow, 354. fancy, 355. tale, 356. essentially

ANSWERS:

Session 3: Fill in the Blanks

1. The deep sea _____ was unlike anything the scientists had ever seen before.
n. a living being, especially an animal
2. 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
3. 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
4. _____ 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
5. The mobile application industry is a _____ one.
adj. involving competition or competitiveness
6. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
7. In every civilization, rulers have tried everything possible to obtain _____ life.
adj. being without beginning or end; lasting forever

ANSWERS: 1. creature, 2. ego, 3. condense, 4. Australopithecus, 5. competitive, 6. Depression, 7. eternal

8. Top athletes can _____ 100 meters in less than 10 seconds.
v. to run at full speed over a short distance or period of time
9. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
10. The farmers grew a large _____ crop this year and expected a good harvest.
n. a cereal grain that is native to the Americas and cultivated in wide varieties for its large, yellow, edible seed and as a feed for livestock
11. The law was repealed to protect the rights of _____ citizens.
adj. sexually attracted to people of one's own sex
12. Many multinational companies are _____ in the reconstruction of that country.
v. to attract and keep someone's attention and interest; to participate in or obtain services of something
13. Scientists often fail to date archeological or _____ findings.
adj. belonging to or existing in times before recorded history; no longer fashionable
14. The _____ is about 13.8 billion years old.
n. everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
15. He got timely treatment for his physical _____ of severe back pain.
n. a slight but often persistent illness
16. 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

ANSWERS: 8. sprint, 9. strength, 10. maize, 11. homosexual, 12. engaged, 13. prehistorical, 14. universe, 15. ailment, 16. squirrels

17. The country has been engaged in a prolonged conflict, with both sides using modern _____ tactics.
- n.* the use of military force to achieve political, economic, or social objectives
18. We seek a person _____ for the post.
- adj.* officially recognized as having completed a training course or passed the exams that are necessary to perform a particular job
19. 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
20. He knocked over the red wine and _____ the tablecloth.
- v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
21. We must ____ ourselves of pollution.
- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
22. This country has a nationally _____ culture.
- adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification
23. Several military _____ programs have become popular methods of exercise.
- n.* a tool or machine used for making round holes or driving fasteners; a training or practice

ANSWERS: 17. warfare, 18. qualified, 19. unbeatable, 20. ruined, 21. rid, 22. uniform, 23. drill

24. The battlefield became _____ on earth.

- n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

25. The _____ approach to education emphasizes hands-on learning and student-centered classrooms.

- adj.* relating to or supporting development or advancement, especially social or political one

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

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

27. He was riding _____ on the sheep during the day.

- n.* a group of animals of the same type that live or are kept together as livestock

28. This village is still in a dense _____.

- n.* an area of tropical forest where in which trees and plants grow very thickly

29. My remote _____ immigrated to the United States from Ireland in the 1800s.

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

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

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

31. We must _____ a new system to streamline our workflow and increase efficiency.

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 24. hell, 25. progressive, 26. disease, 27. herd, 28. jungle, 29. ancestor, 30. barefoot, 31. develop

32. Only a small number of _____ utilities offer sanitation services.

adj. relating to or located in a town or city

33. He placed a _____ on the floor for his dog to lie on.

n. a soft, padded object that is used to make a hard surface more comfortable or to protect an object from damage

34. Our plan includes a comprehensive marketing _____.

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

35. I look forward to _____ every two weeks.

n. the day on which an employee receives wages or a salary for work performed; a specific time period, usually two weeks or a month, during which wages or salaries are earned and paid out

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

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

37. The _____ jacket was worn in but still comfortable.

n. a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items

38. The birds _____ open water areas with reeds around them.

v. to like, choose, or want one thing or person better than another

39. The old building _____ in a fiery inferno.

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

ANSWERS: 32. urban, 33. cushion, 34. strategy, 35. payday, 36. decide, 37. leather, 38. prefer, 39. exploded

40. Sensors convert physical phenomena into _____ signals.

adj. processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

41. I _____ my anger and kept quiet.

v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

42. Please _____ the assignment to me.

v. to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

43. 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.

44. Breast _____ is the most common type of cancer in women.

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

45. The _____ spun an intricate web in the corner of the room.

n. a small, eight-legged creature that spins webs to catch insects as food; a computer program that systematically browses the World Wide Web for purposes of web indexing

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

n. the state of being strong and active; energy

ANSWERS: 40. digital, 41. swallowed, 42. submit, 43. defy, 44. cancer, 45. spider, 46. vitality

47. The _____ sunset over the ocean was a peaceful sight to behold.
adj. calm, peaceful, and untroubled; free from disturbances or worries
48. 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
49. 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
50. 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
51. 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
52. 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
53. The police officer _____ the suspect through the crowded streets until they finally caught him.
v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

ANSWERS: 47. serene, 48. vigor, 49. crack, 50. claw, 51. jigsaw, 52. succumbed, 53. chased

54. With the financial bubble bursting, the _____ of economic growth in investment banking collapsed.
- n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
55. 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
56. He studies Greek and Roman _____.
- n.* a collection of myths (= traditional stories accepted as history) or the study of myths
57. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
58. 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
59. 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
60. I love the sound of _____ playing in the background while we decorate the Christmas tree.
- n.* a song or hymn typically sung at Christmas, often with a joyful or celebratory theme

ANSWERS: 54. myth, 55. peas, 56. mythology, 57. involves, 58. conquistadors, 59. spoil, 60. carols

61. The workers were able to _____ the tent in just a few minutes.
- v.* to construct or build something; to cause to rise; (adjective) upright or vertical
62. She wiped the _____ off her forehead with a towel.
- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
63. The judge gave severe _____ to the criminal who committed the heinous crime.
- n.* a penalty or consequence inflicted for wrongdoing or offense; a means of enforcing discipline or preventing further wrongdoing
64. 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
65. 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
66. After working for the company for 30 years, she decided to _____ from her job.
- v.* to withdraw from one's position or occupation, especially because of age
67. This documentary deals with the _____ biology of the buffalo.
- adj.* connected with the process of reproduction; relating to reproducing babies, young animals, or plants

ANSWERS: 61. erect, 62. sweat, 63. punishment, 64. fasciitis, 65. savannahs, 66. retire, 67. reproductive

68. 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
69. The _____ in the road was so sharp that I had to slow down to navigate it safely.
- n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
70. The hospital received a donation of _____ for their research program.
- n.* a dead body, especially one used for scientific study or medical research
71. 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
72. 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
73. Your _____ reflects your thoughts.
- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
74. 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

ANSWERS: 68. recluse, 69. curve, 70. cadavers, 71. calories, 72. geriatrics, 73. conversation, 74. backstage

75. The rules were _____ after the new executive arrived.

v. to become or cause someone to become less active or tense and calmer

76. 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

77. She successfully completed her first _____ with a personal best time.

n. a long-distance race of 42.195 kilometers

78. There is a lot of _____ nature and food in Hawaii.

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

79. She was filled with a burning _____ at the injustice she had witnessed.

n. a strong feeling of anger or violence

80. The truth was more _____ than expected.

adj. very strange or unusual

81. 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

82. It would be best if you _____ out all those old magazines.

v. to throw something carelessly with a light motion

83. The evolution of processors has dramatically improved the performance of ____.

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

ANSWERS: 75. relaxed, 76. tapering, 77. marathon, 78. awesome, 79. rage, 80. bizarre, 81. gills, 82. tossed, 83. AI

84. He made the old _____ coins shine.

n. a chemical element that is a soft, malleable, and ductile metal with very high thermal and electrical conductivity

85. The company's policy remained _____ despite the criticism.

adj. not altered, modified, or varied in any way

86. Many people find that regular _____ practice can help reduce stress and anxiety.

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

87. His _____ movements allowed him to navigate the crowded streets with ease.

adj. quick and light in movement or action

88. The interviewer asked him to speak into the _____.

n. a device that converts sound into an electrical signal used for recording sounds or making the voice louder

89. The corporation _____ dominated the entire tobacco business.

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

90. High levels of _____ can increase the risk of heart disease.

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

91. Their headquarters are in a _____ skyscraper.

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

ANSWERS: 84. copper, 85. unchanged, 86. yoga, 87. nimble, 88. microphone, 89. eventually, 90. cholesterol, 91. modern

92. When the dead body was found, _____ mortis had already begun.
n. strictness or severity in opinion, temper, or judgment
93. One of the main _____ of the new product is its increased efficiency.
n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
94. We would _____ an early reply.
v. to value and acknowledge the worth of someone or something; to be grateful for something or someone
95. 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
96. 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
97. Her research team made an important _____.
n. the act or process of finding information, a place, or an object, or learning about something that was previously not known
98. _____ a society is an organism.
adv. relating to the essential features or concepts of anything
99. The inspector discovered _____ bolts under the fuel rods.
adj. not securely fixed or fastened in place or able to be detached or separated from something

ANSWERS: 92. rigor, 93. advantages, 94. appreciate, 95. fangs, 96. labyrinth, 97. discovery, 98. Essentially, 99. loose

100. Global _____ is rising in virtually every industry.

n. a situation in which someone is attempting to beat or outperform another

101. 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

102. They had to _____ the boat out of the water for repairs.

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

103. _____ the bandage tightly around the injured arm.

v. to cover or enclose something entirely with paper, cloth, or other material

104. 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

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

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

106. The night shift _____ checked my vital signs before administering the medication.

n. a healthcare professional who is trained to provide care for the sick or injured;
(verb) to try to cure by special care or treatment of an illness or injury

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

adj. extremely good; excellent

ANSWERS: 100. competition, 101. stink, 102. haul, 103. Wrap, 104. slap, 105. Canyon, 106. nurse, 107. fantastic,

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

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

109. My accidental _____ got better right away.

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

110. He felt no _____ as the dentist drilled his deadened tooth.

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

111. We enjoyed the _____ hospitality of the host.

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

112. 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

113. _____ species have drastically altered the ecosystem in this area.

n. a person who comes from a different country, race, or group; a form of life assumed to exist outside the Earth or its atmosphere

114. 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

115. The country experienced a _____ increase in population.

adj. happening slowly over a long period of time or distance; not steep or abrupt

ANSWERS: 108. childbirth, 109. injury, 110. discomfort, 111. heartwarming, 112. uterus, 113. Alien, 114. smelly, 115. gradual

116. A balanced _____ is more important for health than supplements.

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

117. She received special _____ training at the hospital.

- adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

118. 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

119. He bought a new _____ to attach the strap to his watch.

- n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

120. Ghosts in folk _____ are almost always malicious.

- n.* a story made up in someone's imagination, especially one full of action and adventure

121. He narrated the _____ story of his adventure.

- adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

122. His writing was well-structured and _____.

- adj.* logical and consistent; (noun) the quality of being clear and easy to understand

123. His _____ presentation deeply moved everyone.

- adj.* arousing strong and irresistible interest, attention, or admiration

ANSWERS: 116. diet, 117. clinical, 118. subculture, 119. stud, 120. tales, 121. extraordinary, 122. coherent, 123. compelling

124. The treatments were done but, _____ were unsuccessful.

adv. by bad luck; unluckily

125. 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

126. It was a pure _____ that we met her in the library.

n. an occasion when two or more similar things happen at the same time by chance, in a surprising way

127. She had lived through two world wars in her _____.

n. the duration of someone's life or something's existence;

128. Babies heavily _____ on others for food.

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

129. The election was a _____ success for the Whigs.

adj. worthy of attention because unusual or special

130. 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

131. 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: 124. unfortunately, 125. triathlon, 126. coincidence, 127. lifetime, 128. rely, 129. remarkable, 130. breastfeeding, 131. brain

132. Who answers _____ knows little.

adv. quickly and unexpectedly

133. Pakistan's ___ budget was still being reviewed.

n. things sent to help countries in need, notably food or money; support

134. 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

135. I don't _____ acting in such an important role.

v. to want to do or have something; (noun) something that many people believe but that is false, or that does not exist; imagination or fantasy

136. The _____ had distinctly defined gender roles.

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

137. The _____ surrounding the disappearance of the traveler has yet to be solved by authorities.

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

138. We should ___ mildly violent video games from a child's development perspective.

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

139. One bad apple spoils the whole _____.

n. a grouping of several similar things which are growing or fastened together

ANSWERS: 132. suddenly, 133. aid, 134. melon, 135. fancy, 136. tribe, 137. mystery, 138. ban, 139. bunch

140. This car has a _____ engine.

- n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

141. The majority of consumers _____ this brand with quality.

- v.* to mentally connect someone or something with someone or something else

142. She bruised her _____ after falling off her bike.

- n.* the joint between the upper arm and the lower arm; the bend in a pipe or tube formed at this joint

143. 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

144. He _____ victory from the jaws of defeat in the game's final seconds.

- v.* to take or grab something suddenly or quickly

145. 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

146. This jigsaw _____ is challenging because there are no pictures.

- n.* a situation that is difficult to follow or solve; a game, problem, or toy that tests a person's ingenuity or knowledge; (verb) to cause someone to feel confused because of something difficult to understand

147. The _____ between the two sides over the proposed policy was heated.

- n.* a set of statements or reasons used to support or refute a proposition or theory; a verbal or physical fight or dispute

ANSWERS: 140. monster, 141. associate, 142. elbow, 143. materialistic, 144. snatches, 145. paycheck, 146. puzzle, 147. argument

148. He was so _____ that he thought he was always right.

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

149. 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

150. The body needs a certain amount of _____ to build and repair tissues.

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

151. My father has a serious and _____ personality.

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

152. 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

153. The protesters became _____ when the police tried to disperse them.

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

154. The marathon runner covered a long _____ in a short amount of time.

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

155. The police _____ believed this explanation was plausible.

adv. based on what you have heard or read

ANSWERS: 148. arrogant, 149. marquee, 150. protein, 151. compassionate, 152. maniac, 153. violent, 154. distance, 155. apparently

156. This measurement aims to reduce traffic at _____ periods.
- n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
157. She was proud to receive a _____ for her hard work and dedication to the sport.
- n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
158. Hounds _____ their prey by using their keen scent.
- v.* to go after and try to catch wild animals to kill them for food, sport, or profit
159. 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
160. 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
161. The archaeologist found a hieratic Egyptian _____ on a stone monument.
- n.* a written text of a film, play, broadcast, or speech; something written by hand
162. 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
163. This region is predominantly _____.
- n.* arid land with little or no vegetation often covered with sand or rocks

ANSWERS: 156. peak, 157. medal, 158. hunt, 159. underdog, 160. grudge, 161. script, 162. blaze, 163. desert

164. We appreciate your _____ efforts.

adj. involving doing something jointly or working with others to achieve a common goal

165. The lightning _____ twiggled in several directions.

n. a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

166. Timely education about birth control might help reduce _____ pregnancies.

n. a young person who is in the process of developing from a child into an adult

167. The final result was nothing short of _____.

v. to surprise or shock someone with wonder very much

168. 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

169. Shall we _____ a bite to eat?

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

170. 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

171. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 164. cooperative, 165. bolt, 166. adolescent, 167. astounding, 168. humming, 169. grab, 170. antelope, 171. medical

172. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

173. Eyeless fish _____ in dark caves.

v. to develop gradually, or to cause the development of something or someone gradually

174. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

175. The meal we had at the restaurant was _____ I highly recommend it.

adj. extremely good; excellent in quality; superbly done

176. The following example _____ that the capacity of each battery is the same.

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

177. 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

178. 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

ANSWERS: 172. extreme, 173. evolved, 174. planet, 175. superb;, 176. assumes, 177. olympiad, 178. folklore