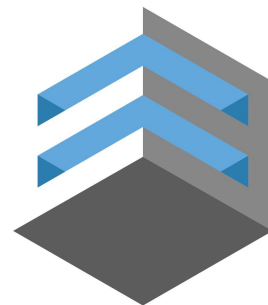


Englist.me



Vocabulary Builder Reference from...

Dan Buettner: How to live to be 100+ | TED Talk

https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100

Advanced Words Only

IMPORTANT

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Session 1: Word List

dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

synonym : read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

longevity

n. the property of being long-lived; significant duration of service

synonym : seniority, endurance

(1) **longevity** crisis, (2) **longevity** genes

He is proud of the **longevity** of the business.

facto

adj. of or relating to facts; done in reality; actually existing or occurring

synonym : actual, real

(1) ex post **facto** approval, (2) a de **facto** government

The new software has become the de **facto** tool for professionals in the field.

tofu

n. a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute

synonym : bean curd

(1) **tofu** burger, (2) silken **tofu**

The health benefits of **tofu** include low cholesterol and high calcium content.

resveratrol

n. a natural compound found in certain plants, particularly grapes and red wine, known for its antioxidant properties and potential health benefits, including its association with cardiovascular health and anti-aging effects

synonym: natural compound, antioxidant, polyphenol

(1) **resveratrol-rich** foods, (2) **resveratrol** benefits

Resveratrol supplements are often taken for their potential health benefits.

socialism

n. a political and economic theory or system that advocates for the collective ownership and control of the means of production and distribution of goods, aiming for a more equitable and just society; a system that aims to reduce economic inequalities and prioritize the welfare of the community as a whole

synonym: communism, collectivism, equality

(1) non-Marxist **socialism**, (2) the rise of **socialism**

The professor held a seminar on the principles of democratic **socialism** and its impact on modern European countries.

methodically

adv. in a systematic or orderly manner; following a planned or logical sequence of steps; with careful and deliberate organization or procedure

synonym: systematically, orderly, carefully

(1) proceed **methodically**, (2) clean **methodically**

He **methodically** organized his notes before giving his presentation.

distill

v. to purify or refine; to extract the essential elements

synonym: extract, condense, purify

(1) **distill** a liquid, (2) **distill** information

She decided to **distill** her thoughts into a more manageable list.

distillation

n. the process of purifying or separating components from a liquid mixture by heating and cooling, typically by using a distillation apparatus; the concentration or essence of something

synonym: distilling, extracting, purification

(1) steam **distillation**, (2) alcohol **distillation**

The process of **distillation** is used to purify water and other substances.

debunk

v. to expose or dismiss as false, exaggerated, or worthless

synonym: expose, discredit, demystify

(1) **debunk** an urban legend, (2) **debunk** theory

The myth was **debunked** by scientists, who provided evidence to the contrary.

chant

n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

synonym: hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

procreation

n. the act or process of producing offspring; reproduction

synonym: progeny, offspring, breeding

(1) **procreation** instinct, (2) natural **procreation**

The use of contraception can significantly impact the rate of **procreation** within a population.

aft

adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

(1) **aft** cabin, (2) **aft** view

The **aft** section of the ship suffered significant damage after the collision with the reef.

dissipate

v. to disperse or scatter widely

synonym: scatter, disperse, evaporate

(1) **dissipate** heat, (2) **dissipate** stress

The fog **dissipated**, and the air cleared up.

mammal

n. any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body

(1) a primitive **mammal**, (2) a sort of **mammal**

Marine **mammal** populations are declining worldwide due to ocean pollution.

deprive

v. to take away something from someone

synonym: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status

He was **deprived** of his freedom when sentenced to life in prison.

cartilage

n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose

synonym: connective tissue, gristle, fibrocartilage

(1) **cartilage** damage, (2) nasal **cartilage**

The knee joint is supported by **cartilage**, which helps absorb shock and prevent bone damage.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym: block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special

care and attention from her caregivers.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

highland

adj. an area of elevated land or hilly terrain

synonym : upland, plateau

(1) **highland** Indian, (2) **highland** agriculture

This region has a humid subtropical and **highland** climate.

centenarian

n. a person who has reached or is at least 100 years old; someone who has lived for a century

synonym : centenary, centennial

(1) longevity **centenarian**, (2) oldest **centenarian**

The community honored the **centenarian** veteran for his service during World War II.

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.

chop

v. to cut something into pieces with a sharp tool, such as a knife

synonym : cut, hack, slice

(1) **chop** wood, (2) **chop** a meet with a knife

The cook **chopped** the vegetables for the soup.

Christ

n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

synonym : Savior, Jesus Christ, Jesus

(1) teaching of **Christ**, (2) before **Christ**
Christmas is the day to celebrate the birth of Christ.

infertile

adj. unable to grow crops or sustain life; not able to produce offspring or offspring that are viable

synonym: barren, sterile, unproductive

(1) **infertile** woman, (2) **infertile** land

The soil in the desert is **infertile**, making it difficult to grow crops.

shepherd

n. a person who tends and guards sheep, especially in a rural area

synonym: herder, flock-keeper, sheepdog

(1) **shepherd** boy, (2) sheep without a **shepherd**

The **shepherd's** dog helped keep the sheep in line and protect them from predators.

accentuate

v. to emphasize or highlight something, often by making it more prominent or noticeable

synonym: emphasize, highlight, stress

(1) **accentuate** features, (2) **accentuate** the positive

The dress's plunging neckline was designed to **accentuate** the model's curves.

leaven

n. a substance, such as yeast or baking powder, that causes dough or batter to rise and become light and spongy during baking

synonym: yeast, ferment, sourdough

(1) yeast **leaven**, (2) **leaven** dough

The baker added some **leaven** to his bread dough to help it rise.

durum

n. a type of wheat that is well-suited for making pasta and couscous due to its high protein content and superior gluten strength

synonym: hard wheat, macaroni wheat

(1) **durum** pasta, (2) **durum** wheat

This bakery specializes in bread made with organic **durum** flour.

polyphenol

n. a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits

synonym: antioxidant, flavonoid, phytochemical

(1) **polyphenol** content, (2) antioxidant **polyphenol**

Foods rich in **polyphenols** may have numerous health benefits.

salient

adj. most noticeable or important; striking

synonym: striking, noticeable, important

(1) the **salient** part of the speech, (2) **salient** feature

The most **salient** point made during the presentation was the potential profit increase.

swimsuit

n. a piece of clothing worn for swimming

synonym: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

impart

v. to expose or inform; to provide a portion of

synonym: pass on, give, bestow

(1) **impart** a secret, (2) **impart** basic knowledge

She had knowledge she couldn't wait to **impart**.

archipelago

n. a group of islands, often located in a specific area or region

synonym: group of islands, island chain

(1) tropical **archipelago**, (2) volcanic **archipelago**

The Philippines is an **archipelago** made up of over 7,000 islands.

overeat

v. to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

synonym : overindulge, binge, pig out

(1) **overeat** snacks, (2) **overeat** in response to pressures

I always seem to **overeat** when I eat at a restaurant.

plat

n. a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes

synonym : map, chart, diagram

(1) **plat** book, (2) a former **plat** of farmland

The city planning department keeps detailed **plats** of all the local properties.

mindless

adj. lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed

synonym : senseless, thoughtless, irresponsible

(1) **mindless** task, (2) **mindless** entertainment

Mindless scrolling on social media can be a time waster.

adage

n. a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim

synonym : saying, proverb, maxim

(1) proverbial **adage**, (2) famous **adage**

He lived by the wise **adage** "honesty is the best policy" and was respected for his straightforward approach.

Confucian

adj. relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers

synonym : Confucianist, Confucianism

(1) **Confucian** rites, (2) **Confucian** ethics

Confucian values such as filial piety and respect for elders still strongly influence many Asian cultures.

moai

n. a large stone statue found on Easter Island, typically depicting a human figure with a large head and

prominent facial features

synonym : Easter Island statue, monolithic statue

(1) monolithic **moai**, (2) **moai** culture

Tourists flock to Easter Island to see the mysterious **moai** statues.

bounty

n. a reward offered for capturing or killing someone or for accomplishing a specific task

synonym : reward, premium, recompense

(1) cash **bounty**, (2) a **bounty** on exports

The **bounty** hunter was hired to capture the notorious criminal and bring him to justice.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym : group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

retiring

adj. withdrawing from a position or activity, or becoming more secluded or reserved

synonym : shy, leaving, quitting

(1) near **retiring** age, (2) a **retiring** pension

The **retiring** CEO passed on the reins to his successor.

imbue

v. to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell

synonym : infuse, permeate, instill

(1) **imbue** with confidence, (2) **imbue** with meaning

He tried to **imbue** his children with a love of learning and curiosity.

karate

n. a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training

synonym : martial art, self-defense discipline

(1) **karate** moves, (2) black belt in **karate**

She has been practicing **karate** for years and has won many tournaments.

astute

adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

synonym : perceptive, shrewd, keen

(1) **astute** decision-making, (2) **astute** businessman

His **astute** observation allowed him to catch the mistake before anyone else did.

grandchild

n. a child of someone's son or daughter

synonym : offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

sabbatical

n. a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions

synonym : leave, vacation, break

(1) **sabbatical** leave, (2) **sabbatical** year

After ten years of teaching, she took a **sabbatical** to travel the world.

genesis

n. the origin or beginning of something; the first book of the biblical scriptures of both Judaism and Christianity, describing the creation of the Earth and humankind

synonym : beginning, creation, provenance

(1) the **genesis** of civilization, (2) in the Book of **Genesis**

The politician's remarks became the **genesis** of the clash

between the two countries.

legume

n. a plant of the pea family, whose seed is often edible and used as a source of protein

synonym: bean, pea, lentil

(1) **legume** protein, (2) tropical **legume** tree

Dried **legumes** are an important source of protein and fiber for an adventurer.

stanza

n. a group of lines of poetry that form a unit; a division of a poem consisting of a series of lines arranged together, usually with a recurring pattern of meter and rhyme

synonym: verse, division, section

(1) poetic **stanza**, (2) opening **stanza**

The poem was divided into three **stanzas**, each with its unique message and rhythm.

ostensible

adj. appearing or seeming to be true, genuine, or plausible, but not necessarily so; outwardly appearing or declared to be one thing while being something different or hidden

synonym: apparent, seeming, supposed

(1) **ostensible** reason, (2) **ostensible** explanation

The **ostensible** purpose of the meeting was to discuss budgeting, but the real topic was employee layoffs.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym: innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many animal species.

swill

v. to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals

synonym : gulp, chug, guzzle

(1) **swill** beer, (2) **swill** the deck

You should not **swill** your drink like an animal.

multimillionaire

n. a person whose net worth is in millions of dollars

synonym : billionaire, tycoon, magnate

(1) **multimillionaire** businessman, (2) **multimillionaire** investor

He became a **multimillionaire** by the age of 30.

shovel

n. a tool with a handle and broad scoop or blade used for digging or moving Earth, coal, snow, or other granular materials

synonym : excavator, scoop, trowel

(1) snow **shovel**, (2) **shovel** blade

The construction workers used a power **shovel** to dig the foundation for the building.

rooster

n. a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call

synonym : cock, chicken, hen

(1) bantam **rooster**, (2) **rooster** fight

The **rooster's** crow woke up the farmer every morning at sunrise.

freeway

n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

synonym : highway, expressway, motorway

(1) **freeway** exit, (2) expanded **freeway**

We got stuck in a traffic jam on the **freeway** for over an hour.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym : sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

harrowing

adj. causing distress or suffering; extremely distressing

synonym : traumatic, torturous, distressing

(1) **harrowing** battle, (2) **harrowing** journey

Her **harrowing** experience in the war had left her with deep emotional scars.

shotgun

n. a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot

synonym : scattergun, blunderbuss

(1) a **shotgun** marriage, (2) a 12-gauge **shotgun**

The robbers used a **shotgun** to threaten the store clerk.

denominator

n. the number below the line in a fraction

(1) common **denominator**, (2) different **denominators**

The first step is to rationalize the **denominator** of a fraction.

heresy

n. an opinion or belief that goes against the traditional or generally accepted view, especially in religion

synonym : dissent, apostasy, unorthodoxy

(1) the suppression of **heresy**, (2) persecution for **heresy**

The doctrine was considered **heresy** by the mainstream church.

nudge

v. to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior

synonym : bump, elbow, (noun) prod

(1) **nudge** price levels up, (2) give a person a **nudge**

The teacher **nudged** the student to get his attention and asked him a question.

treadmill

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

synonym: exercise machine, routine

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

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

stave

n. a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening

synonym: stick, rod, staff

(1) **stave** off a conspiracy, (2) barrel **stave**

They used iron **staves** to hit the ships and prevent them from approaching the harbor.

downshift

v. to switch from a financially rewarding but stressful career or lifestyle to a less stressful, lower-paying, but more fulfilling one; to change to a lower gear in a vehicle

(1) economic **downshift**, (2) make a little **downshift** in your work

As credit becomes scarce and education and healthcare costs rise, millions of middle-class Americans have to **downshift**.

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.

veneration

n. a feeling or expression of deep respect, reverence, or admiration for someone or something, often associated

with religious or spiritual devotion

synonym : adoration, reverence, respect

(1) show **reverence**, (2) cultural **reverence**

The religious ceremony was filled with **reverence** for the deity.

inflamm

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym : agitate, arouse, enrage

(1) **inflamm** skin, (2) **inflamm** his passion

Her eyes **inflamed** with crying.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym : rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym : overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

trustworthy

adj. reliable and dependable

synonym : reliable, dependable, honest

(1) **trustworthy** ally, (2) **trustworthy** source

People tend to believe **trustworthy** friends with their secrets.

Session 2: Spelling

- | | |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. a bo___y on exports | <i>n.</i> a reward offered for capturing or killing someone or for accomplishing a specific task |
| 2. make a little do_____ft in your work | <i>v.</i> to switch from a financially rewarding but stressful career or lifestyle to a less stressful, lower-paying, but more fulfilling one; to change to a lower gear in a vehicle |
| 3. sw_____it model | <i>n.</i> a piece of clothing worn for swimming |
| 4. before Ch___t | <i>n.</i> the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity |
| 5. nu__e price levels up | <i>v.</i> to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior |
| 6. cash bo___y | <i>n.</i> a reward offered for capturing or killing someone or for accomplishing a specific task |
| 7. tropical arc_____go | <i>n.</i> a group of islands, often located in a specific area or region |
| 8. sh_____rd boy | <i>n.</i> a person who tends and guards sheep, especially in a rural area |
| 9. sa_____t feature | <i>adj.</i> most noticeable or important; striking |

ANSWERS: 1. bounty, 2. downshift, 3. swimsuit, 4. Christ, 5. nudge, 6. bounty, 7. archipelago, 8. shepherd, 9. salient

10. earliest human an____or
n. a person from whom one is descended; a forefather
11. di_____te stress
v. to disperse or scatter widely
12. ro_____r fight
n. a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call
13. ha_____ng journey
adj. causing distress or suffering; extremely distressing
14. monolithic m__i
n. a large stone statue found on Easter Island, typically depicting a human figure with a large head and prominent facial features
15. acc_____te features
v. to emphasize or highlight something, often by making it more prominent or noticeable
16. gra_____ld development
n. a child of someone's son or daughter
17. ost_____le reason
adj. appearing or seeming to be true, genuine, or plausible, but not necessarily so; outwardly appearing or declared to be one thing while being something different or hidden
18. tru_____hy source
adj. reliable and dependable
19. physical vi__r
n. physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
20. su_____en lotion
n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

ANSWERS: 10. ancestor, 11. dissipate, 12. rooster, 13. harrowing, 14. moai, 15. accentuate, 16. grandchild, 17. ostensible, 18. trustworthy, 19. vigor, 20. sunscreen

21. de_____e others of profit *v.* to take away something from someone
22. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
23. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
24. a sort of ma____l *n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
25. hi_____nd Indian *adj.* an area of elevated land or hilly terrain
26. nasal ca_____ge *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
27. a 12-gauge sh_____n *n.* a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot
28. im__e with confidence *v.* to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
29. fr_____y exit *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

ANSWERS: 21. deprive, 22. Alzheimer, 23. Alzheimer, 24. mammal, 25. highland, 26. cartilage, 27. shotgun, 28. imbue, 29. freeway

38. ca_____ge damage *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
39. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
40. mi_____ss task *adj.* lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
41. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
42. snow sh____l *n.* a tool with a handle and broad scoop or blade used for digging or moving Earth, coal, snow, or other granular materials
43. im__e with meaning *v.* to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
44. alcohol dis_____ion *n.* the process of purifying or separating components from a liquid mixture by heating and cooling, typically by using a distillation apparatus; the concentration or essence of something
45. poetic st____a *n.* a group of lines of poetry that form a unit; a division of a poem consisting of a series of lines arranged together, usually with a recurring pattern of meter and rhyme

ANSWERS: 38. cartilage, 39. hardwired, 40. mindless, 41. numb, 42. shovel, 43. imbue, 44. distillation, 45. stanza

46. pro_____on instinct *n.* the act or process of producing offspring; reproduction
47. a sh_____n marriage *n.* a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot
48. le____n dough *n.* a substance, such as yeast or baking powder, that causes dough or batter to rise and become light and spongy during baking
49. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
50. a former p__t of farmland *n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
51. natural pro_____on *n.* the act or process of producing offspring; reproduction
52. sw_____it designer *n.* a piece of clothing worn for swimming
53. im____t a secret *v.* to expose or inform; to provide a portion of
54. sab_____al leave *n.* a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions
55. mul_____ire investor *n.* a person whose net worth is in millions of dollars
56. yeast le____n *n.* a substance, such as yeast or baking powder, that causes dough or batter to rise and become light and spongy during baking

ANSWERS: 46. procreation, 47. shotgun, 48. leaven, 49. unhealthy, 50. plat, 51. procreation, 52. swimsuit, 53. impart, 54. sabbatical, 55. multimillionaire, 56. leaven

57. t__u burger *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
58. the suppression of he___y *n.* an opinion or belief that goes against the traditional or generally accepted view, especially in religion
59. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
60. p__t book *n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
61. im___t basic knowledge *v.* to expose or inform; to provide a portion of
62. sh___l blade *n.* a tool with a handle and broad scoop or blade used for digging or moving Earth, coal, snow, or other granular materials
63. sw__l the deck *v.* to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals
64. clean met_____lly *adv.* in a systematic or orderly manner; following a planned or logical sequence of steps; with careful and deliberate organization or procedure

ANSWERS: 57. tofu, 58. heresy, 59. obese, 60. plat, 61. impart, 62. shovel, 63. swill, 64. methodically

65. cultural ven_____on *n.* a feeling or expression of deep respect, reverence, or admiration for someone or something, often associated with religious or spiritual devotion
66. a primitive ma____l *n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
67. near re_____ng age *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
68. c__g artery *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
69. acc_____te the positive *v.* to emphasize or highlight something, often by making it more prominent or noticeable
70. expanded fr_____y *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
71. the ge_____s of civilization *n.* the origin or beginning of something; the first book of the biblical scriptures of both Judaism and Christianity, describing the creation of the Earth and humankind
72. in the Book of Ge_____s *n.* the origin or beginning of something; the first book of the biblical scriptures of both Judaism and Christianity, describing the creation of the Earth and humankind

ANSWERS: 65. veneration, 66. mammal, 67. retiring, 68. clog, 69. accentuate, 70. freeway, 71. genesis, 72. genesis

73. lo_____ty genes *n.* the property of being long-lived; significant duration of service
74. st__e off a conspiracy *n.* a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening
75. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
76. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
77. an_____or language *n.* a person from whom one is descended; a forefather
78. a_t cabin *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
79. c__p wood *v.* to cut something into pieces with a sharp tool, such as a knife
80. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
81. ex post fa__o approval *adj.* of or relating to facts; done in reality; actually existing or occurring
82. di_____l information *v.* to purify or refine; to extract the essential elements

ANSWERS: 73. longevity, 74. stave, 75. doe, 76. numb, 77. ancestor, 78. aft, 79. chop, 80. inflame, 81. facto, 82. distill

83. nonstop tr_____ll
n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
84. bantam ro_____r
n. a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call
85. di_____l a liquid
v. to purify or refine; to extract the essential elements
86. ch__t melodies
n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
87. hi_____nd agriculture
adj. an area of elevated land or hilly terrain
88. di_____e a letter to secretary
v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
89. le___e protein
n. a plant of the pea family, whose seed is often edible and used as a source of protein
90. sab_____al year
n. a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions
91. Co_____an ethics
adj. relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers
92. du__m wheat
n. a type of wheat that is well-suited for making pasta and couscous due to its high protein content and superior gluten strength

ANSWERS: 83. treadmill, 84. rooster, 85. distill, 86. chant, 87. highland, 88. dictate, 89. legume, 90. sabbatical, 91. Confucian, 92. durum

93. ka___e moves *n.* a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training
94. opening st___a *n.* a group of lines of poetry that form a unit; a division of a poem consisting of a series of lines arranged together, usually with a recurring pattern of meter and rhyme
95. mi_____ss entertainment *adj.* lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
96. common den_____or *n.* the number below the line in a fraction
97. ch__t in the chapel *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
98. black belt in ka___e *n.* a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training
99. non-Marxist so_____sm *n.* a political and economic theory or system that advocates for the collective ownership and control of the means of production and distribution of goods, aiming for a more equitable and just society; a system that aims to reduce economic inequalities and prioritize the welfare of the community as a whole

ANSWERS: 93. karate, 94. stanza, 95. mindless, 96. denominator, 97. chant, 98. karate, 99. socialism

100. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
101. tropical le___e tree *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
102. famous ad__e *n.* a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim
103. di_____te heat *v.* to disperse or scatter widely
104. di_____e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
105. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
106. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
107. natural su_____en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
108. proverbial ad__e *n.* a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim

ANSWERS: 100. obese, 101. legume, 102. adage, 103. dissipate, 104. dictate, 105. doe, 106. inflame, 107. sunscreen, 108. adage

109. oldest cen_____an *n.* a person who has reached or is at least 100 years old; someone who has lived for a century
110. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
111. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
112. tru_____hy ally *adj.* reliable and dependable
113. persecution for he___y *n.* an opinion or belief that goes against the traditional or generally accepted view, especially in religion
114. the sa_____t part of the speech *adj.* most noticeable or important; striking
115. show ven_____on *n.* a feeling or expression of deep respect, reverence, or admiration for someone or something, often associated with religious or spiritual devotion
116. ost_____le explanation *adj.* appearing or seeming to be true, genuine, or plausible, but not necessarily so; outwardly appearing or declared to be one thing while being something different or hidden
117. barrel st__e *n.* a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening

ANSWERS: 109. centenarian, 110. sect, 111. unhealthy, 112. trustworthy, 113. heresy, 114. salient, 115. veneration, 116. ostensible, 117. stave

118. ha_____ng battle *adj.* causing distress or suffering; extremely distressing
119. de___k an urban legend *v.* to expose or dismiss as false, exaggerated, or worthless
120. the rise of so_____sm *n.* a political and economic theory or system that advocates for the collective ownership and control of the means of production and distribution of goods, aiming for a more equitable and just society; a system that aims to reduce economic inequalities and prioritize the welfare of the community as a whole
121. proceed met_____lly *adv.* in a systematic or orderly manner; following a planned or logical sequence of steps; with careful and deliberate organization or procedure
122. tr_____ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
123. ov_____t in response to pressures *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
124. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
125. different den_____ors *n.* the number below the line in a fraction
126. a re_____ng pension *adj.* withdrawing from a position or activity, or becoming more secluded or reserved

ANSWERS: 118. harrowing, 119. debunk, 120. socialism, 121. methodically, 122. treadmill, 123. overeat, 124. grandchild, 125. denominator, 126. retiring

127. volcanic arc _____go *n.* a group of islands, often located in a specific area or region
128. a de fa__o government *adj.* of or relating to facts; done in reality; actually existing or occurring
129. lo_____ty crisis *n.* the property of being long-lived; significant duration of service
130. sheep without a sh_____rd *n.* a person who tends and guards sheep, especially in a rural area
131. a_t view *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
132. antioxidant pol_____ol *n.* a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits
133. res_____ol benefits *n.* a natural compound found in certain plants, particularly grapes and red wine, known for its antioxidant properties and potential health benefits, including its association with cardiovascular health and anti-aging effects
134. silken t__u *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
135. mental vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort

ANSWERS: 127. archipelago, 128. facto, 129. longevity, 130. shepherd, 131. aft, 132. polyphenol, 133. resveratrol, 134. tofu, 135. vigor

136. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
137. de___k theory *v.* to expose or dismiss as false, exaggerated, or worthless
138. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
139. give a person a nu__e *v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
140. mul_____ire businessman *n.* a person whose net worth is in millions of dollars
141. ov_____t snacks *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
142. m__i culture *n.* a large stone statue found on Easter Island, typically depicting a human figure with a large head and prominent facial features
143. sw__l beer *v.* to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals
144. economic do_____ft *v.* to switch from a financially rewarding but stressful career or lifestyle to a less stressful, lower-paying, but more fulfilling one; to change to a lower gear in a vehicle

ANSWERS: 136. sect, 137. debunk, 138. clog, 139. nudge, 140. multimillionaire, 141. overeat, 142. moai, 143. swill, 144. downshift

145. in_____le land *adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
146. teaching of Ch____t *n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
147. as____e businessman *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness
148. longevity cen_____an *n.* a person who has reached or is at least 100 years old; someone who has lived for a century
149. ha_____ed behavior *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
150. Co_____an rites *adj.* relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers

ANSWERS: 145. infertile, 146. Christ, 147. astute, 148. centenarian, 149. hardwired, 150. Confucian

Session 3: Fill in the Blanks

1. The robbers used a _____ to threaten the store clerk.
n. a firearm that is designed to be fired from the shoulder and that typically fires several small metal balls or pellets called shot

2. The _____ purpose of the meeting was to discuss budgeting, but the real topic was employee layoffs.
adj. appearing or seeming to be true, genuine, or plausible, but not necessarily so; outwardly appearing or declared to be one thing while being something different or hidden

3. He became a _____ by the age of 30.
n. a person whose net worth is in millions of dollars

4. The _____ dog helped keep the sheep in line and protect them from predators.
n. a person who tends and guards sheep, especially in a rural area

5. His _____ observation allowed him to catch the mistake before anyone else did.
adj. having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

6. They used iron _____ to hit the ships and prevent them from approaching the harbor.
n. a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening

ANSWERS: 1. shotgun, 2. ostensible, 3. multimillionaire, 4. shepherd's, 5. astute, 6. staves

7. _____ supplements are often taken for their potential health benefits.
- n.* a natural compound found in certain plants, particularly grapes and red wine, known for its antioxidant properties and potential health benefits, including its association with cardiovascular health and anti-aging effects
8. The allies _____ the terms of surrender to the country.
- v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
9. The baker added some _____ to his bread dough to help it rise.
- n.* a substance, such as yeast or baking powder, that causes dough or batter to rise and become light and spongy during baking
10. The drain was _____ with hair and needed to be cleaned out.
- v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
11. The doctrine was considered _____ by the mainstream church.
- n.* an opinion or belief that goes against the traditional or generally accepted view, especially in religion
12. The health benefits of _____ include low cholesterol and high calcium content.
- n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
13. The construction workers used a power _____ to dig the foundation for the building.
- n.* a tool with a handle and broad scoop or blade used for digging or moving Earth, coal, snow, or other granular materials

ANSWERS: 7. Resveratrol, 8. dictated, 9. leaven, 10. clogged, 11. heresy, 12. tofu, 13. shovel

14. Her _____ experience in the war had left her with deep emotional scars.
adj. causing distress or suffering; extremely distressing
15. She wore a bright red _____ for the beach trip.
n. a piece of clothing worn for swimming
16. People tend to believe _____ friends with their secrets.
adj. reliable and dependable
17. As credit becomes scarce and education and healthcare costs rise, millions of middle-class Americans have to _____.
v. to switch from a financially rewarding but stressful career or lifestyle to a less stressful, lower-paying, but more fulfilling one; to change to a lower gear in a vehicle
18. The doctor warned him that his _____ condition put him at risk for numerous health problems.
adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
19. My grandmother has _____ disease requires special care and attention from her caregivers.
n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
20. He tried to _____ his children with a love of learning and curiosity.
v. to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
21. The professor held a seminar on the principles of democratic _____ and its impact on modern European countries.
n. a political and economic theory or system that advocates for the collective ownership and control of the means of production and distribution of goods, aiming for a more equitable and just society; a system that aims to reduce economic inequalities and prioritize the welfare of the community as a whole

ANSWERS: 14. harrowing, 15. swimsuit, 16. trustworthy, 17. downshift, 18. obese, 19. Alzheimer's, 20. imbue, 21. socialism

22. He was _____ of his freedom when sentenced to life in prison.
v. to take away something from someone
23. The new software has become the de _____ tool for professionals in the field.
adj. of or relating to facts; done in reality; actually existing or occurring
24. _____ is the day to celebrate the birth of Christ.
n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
25. The community honored the _____ veteran for his service during World War II.
n. a person who has reached or is at least 100 years old; someone who has lived for a century
26. The knee joint is supported by _____ which helps absorb shock and prevent bone damage.
n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
27. The _____ hunter was hired to capture the notorious criminal and bring him to justice.
n. a reward offered for capturing or killing someone or for accomplishing a specific task
28. The religious ceremony was filled with _____ for the deity.
n. a feeling or expression of deep respect, reverence, or admiration for someone or something, often associated with religious or spiritual devotion
29. The most _____ point made during the presentation was the potential profit increase.
adj. most noticeable or important; striking

ANSWERS: 22. deprived, 23. facto, 24. Christmas, 25. centenarian, 26. cartilage, 27. bounty, 28. veneration, 29. salient

30. The poem was divided into three _____ each with its unique message and rhythm.
- n.* a group of lines of poetry that form a unit; a division of a poem consisting of a series of lines arranged together, usually with a recurring pattern of meter and rhyme
31. After ten years of teaching, she took a _____ to travel the world.
- n.* a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions
32. The city planning department keeps detailed _____ of all the local properties.
- n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
33. Hunters use a whistle that makes the ____ sound to lure stags.
- n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
34. She has been practicing _____ for years and has won many tournaments.
- n.* a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training
35. The first step is to rationalize the _____ of a fraction.
- n.* the number below the line in a fraction
36. 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

ANSWERS: 30. stanzas, 31. sabbatical, 32. plats, 33. doe, 34. karate, 35. denominator, 36. vigor

37. The use of contraception can significantly impact the rate of _____ within a population.
n. the act or process of producing offspring; reproduction
38. The soil in the desert is _____ making it difficult to grow crops.
adj. unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
39. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
40. The myth was _____ by scientists, who provided evidence to the contrary.
v. to expose or dismiss as false, exaggerated, or worthless
41. The grandparents take care of their _____ while the parents are at work.
n. a child of someone's son or daughter
42. Foods rich in _____ may have numerous health benefits.
n. a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits
43. The Philippines is an _____ made up of over 7,000 islands.
n. a group of islands, often located in a specific area or region
44. The ___ section of the ship suffered significant damage after the collision with the reef.
adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

ANSWERS: 37. procreation, 38. infertile, 39. unhealthy, 40. debunked, 41. grandchild, 42. polyphenols, 43. archipelago, 44. aft

45. Marine _____ populations are declining worldwide due to ocean pollution.
n. any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
46. She had knowledge she couldn't wait to _____.
v. to expose or inform; to provide a portion of
47. My remote _____ immigrated to the United States from Ireland in the 1800s.
n. a person from whom one is descended; a forefather
48. The dress's plunging neckline was designed to _____ the model's curves.
v. to emphasize or highlight something, often by making it more prominent or noticeable
49. She decided to _____ her thoughts into a more manageable list.
v. to purify or refine; to extract the essential elements
50. The politician's remarks became the _____ of the clash between the two countries.
n. the origin or beginning of something; the first book of the biblical scriptures of both Judaism and Christianity, describing the creation of the Earth and humankind
51. The process of _____ is used to purify water and other substances.
n. the process of purifying or separating components from a liquid mixture by heating and cooling, typically by using a distillation apparatus; the concentration or essence of something
52. The soccer game crowd broke into a _____ of "Go, team, go!"
n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

ANSWERS: 45. mammal, 46. impart, 47. ancestor, 48. accentuate, 49. distill, 50. genesis, 51. distillation, 52. chant

53. The instinct to protect one's offspring is _____ into many animal species.
adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
54. You should not _____ your drink like an animal.
v. to drink or consume something greedily or excessively; to dispose of liquid waste or refuse by flushing it away or feeding it to animals
55. We got stuck in a traffic jam on the _____ for over an hour.
n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
56. Dried _____ are an important source of protein and fiber for an adventurer.
n. a plant of the pea family, whose seed is often edible and used as a source of protein
57. Tourists flock to Easter Island to see the mysterious _____ statues.
n. a large stone statue found on Easter Island, typically depicting a human figure with a large head and prominent facial features
58. He lived by the wise _____ "honesty is the best policy" and was respected for his straightforward approach.
n. a short and memorable saying or phrase that expresses a commonly held truth or belief, often based on experience or tradition; a proverb or maxim
59. _____ values such as filial piety and respect for elders still strongly influence many Asian cultures.
adj. relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers

ANSWERS: 53. hardwired, 54. swill, 55. freeway, 56. legumes, 57. moai, 58. adage, 59. Confucian

60. The cook _____ the vegetables for the soup.

v. to cut something into pieces with a sharp tool, such as a knife

61. _____ scrolling on social media can be a time waster.

adj. lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed

62. The _____ CEO passed on the reins to his successor.

adj. withdrawing from a position or activity, or becoming more secluded or reserved

63. I always seem to _____ when I eat at a restaurant.

v. to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

64. I like to watch TV while running on the _____ to pass the time.

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

65. My left arm became _____.

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

66. The minority _____ believed in a set of unconventional religious practices.

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

67. He _____ organized his notes before giving his presentation.

adv. in a systematic or orderly manner; following a planned or logical sequence of steps; with careful and deliberate organization or procedure

ANSWERS: 60. chopped, 61. Mindless, 62. retiring, 63. overeat, 64. treadmill, 65. numb, 66. sect, 67. methodically

68. The teacher _____ the student to get his attention and asked him a question.
- v.* to push someone or something gently, especially with your elbow, to attract the person's attention; (noun) a small push or prod to encourage a desired action or behavior
69. The _____ crow woke up the farmer every morning at sunrise.
- n.* a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call
70. The fog _____ and the air cleared up.
- v.* to disperse or scatter widely
71. This bakery specializes in bread made with organic _____ flour.
- n.* a type of wheat that is well-suited for making pasta and couscous due to its high protein content and superior gluten strength
72. Her eyes _____ with crying.
- v.* to cause very strong feelings such as anger or excitement in a person or a group of people
73. Wearing _____ to protect your skin from harmful UV rays is important.
- n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
74. He is proud of the _____ of the business.
- n.* the property of being long-lived; significant duration of service
75. This region has a humid subtropical and _____ climate.
- adj.* an area of elevated land or hilly terrain

ANSWERS: 68. nudged, 69. rooster's, 70. dissipated, 71. durum, 72. inflamed, 73. sunscreen, 74. longevity, 75. highland

ANSWERS: