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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

All Words

IMPORTANT

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Session 1: Word List

- twin** *n.* either of two children born at the same time from the same mother
(1) a **twin-lens** camera, (2) a **twin** room
Its **twin** brothers are difficult to tell apart except for their parents.
- biology** *n.* the scientific study of life and the natural processes of living things
(1) evolutionary **biology**, (2) cell and molecular **biology**
In junior high school, we had to dissect a frog in **biology** class.
- 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.
- gene** *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
synonym: factor, cistron
(1) **gene** expression, (2) **gene** cloning
A defective **gene** is responsible for the disease.

premise

n. a statement or proposition that is held to be true or from which a conclusion can be drawn

synonym: assumption, postulate, supposition

(1) the major **premise**, (2) make a **premise**

The book's **premise** is that the main character must save the world from an impending disaster.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

optimal

adj. the best; most likely to be successful or advantageous

synonym: optimum, desirable, favorable

(1) achieve **optimal** health, (2) **optimal** for intellectual growth

Wild animals need to go forward with the **optimal** action to survive.

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.

formula

n. a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement

synonym: expression, recipe, procedure

(1) structural **formula**, (2) a binomial **formula**

The teacher told the students to memorize the math **formula**.

probable

adj. likely to happen or likely to be true

synonym: likely, possible, potential

(1) **probable** outcome, (2) **probable** cause of a fire

It seems **probable** that he has forgotten our scheduled meeting.

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.

pyramid

n. a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

synonym: monument, edifice, tomb

(1) **pyramid** architecture, (2) a truncated **pyramid**

The Egyptian **pyramids** consist of a vast number of blocks.

confusion

n. the state of being mixed up or unclear, or the state of disorder or uncertainty

synonym: disorder, disarray, chaos

(1) administrative **confusion**, (2) in great **confusion**

The sudden policy change has caused **confusion** among employees.

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.

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.

organic

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

synonym: biological

(1) **organic** soils, (2) eat **organic** food

The kidney is an **organic** component of the body.

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.

supplement

n. something that is added to something else to make it better or complete it

synonym: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

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.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym : otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

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.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym : country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

geography

n. a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth

synonym: landscape, terrain, topography

(1) **geography** class, (2) economic **geography**

She did well on her **geography** exam.

institute

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

synonym: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

demographic

n. a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

(1) **demographic** analyses, (2) **demographic** policy

Several **demographic** indicators correlate with care admission.

confirm

v. to support or establish the truth or certainty of something previously believed or suspected to be the case

synonym: affirm, verify, assure

(1) **confirm** the diagnosis, (2) **confirm** a transaction

Please write to **confirm** your reservation.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

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.

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.

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.

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

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.

evolution

n. a gradual process of transformation of living things
synonym: elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

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.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym : hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

lottery

n. a game of chance in which a large number of people buy tickets or chances to win a prize, with the winner(s) determined by a random drawing

synonym : raffle, sweepstakes, drawing

(1) national **lottery**, (2) scratch-off **lottery**

The odds of winning the **lottery** are extremely low, but millions still buy tickets hoping to hit the jackpot.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

reverse

v. to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym : overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

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.

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**.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

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.

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.

artery

n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

synonym: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

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.

plaque

n. a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay

synonym : tablet, plate, medal

(1) arterial **plaque**, (2) commemorative **plaque**

The dentist removed the **plaque** from my teeth during my cleaning appointment.

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.

trillion

n. the number 1,000,000,000,000; a million million

(1) **trillion** cubic feet, (2) many **trillions** of dollars

One light year is nearly 6 **trillion** miles.

debt

n. something, especially money, goods, or services owed by one person to another; the state of owing something

synonym : liability, obligation, deficit

(1) **debt** ceiling, (2) corporate **debt**

He became in **debt** after losing his job.

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**.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

exponential

adj. becoming more and more rapid; of or involving mathematical exponents

(1) **exponential** growth, (2) **exponential** function

Since the 1990s, the Internet has continued to experience **exponential** growth.

eagle

n. a large predatory bird with a hooked beak and broad wings, known for its keen eyesight and powerful flight; a symbol of strength and freedom in many cultures

synonym : bird of prey, raptor

(1) **eagle** feathers, (2) **eagle** eyes

The bald **eagle** symbolizes freedom and strength in the United States.

cassette

n. a small, rectangular plastic case containing magnetic tape used to record and playback audio or data on devices such as tape players or recorders; a pre-recorded tape containing music, speech, or other sound recordings

synonym : tape, cartridge, recording

(1) **cassette** tape, (2) **cassette** player

I found an old **cassette** with my favorite songs from the 80s.

tap

v. to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy,

knowledge, etc.

synonym : knock, exploit, use

(1) **tap** a new market, (2) **tap** keyboard with an index finger
To expand the company, we must **tap** new human resources.

successive

adj. following one after another in a series or sequence; happening or occurring in continuous or consecutive order; consecutive or sequential in nature

synonym : consecutive, serial, sequential

(1) **successive** attempts, (2) **successive** failures

The team won their seventh **successive** game, maintaining their winning streak.

garbage

n. waste material, especially food waste and kitchen refuse

synonym : waste, trash, debris

(1) **garbage** collection, (2) lump of **garbage**

The **garbage** truck will be coming to pick up the trash every Monday morning.

expectancy

n. the anticipation, belief, or likelihood of something happening or occurring in the future; the state of expecting or looking forward to something

synonym : prospect, anticipation, hope

(1) life **expectancy**, (2) customer **expectancy**

There is a high **expectancy** for the new product to exceed sales targets.

largely

adv. virtually entirely; to a large degree

synonym : mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue

Nevada is **largely** a desert state.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym : established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol

consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

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.

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.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

cult

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

synonym: sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

mortality

n. the quality or state of being subject to death

synonym: fatality

(1) **mortality** due to cancer, (2) lower infant **mortality**

This disease has a high **mortality**.

fraction

n. a small part or item forming a piece of a whole; the quotient of two rational numbers

synonym: piece, part, fragment

(1) a **fractional** share of the vote, (2) a numerator in a **fraction**

He spent only a **fraction** of his earnings.

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.

province

n. the territory occupied by one of the constituent administrative districts of a nation

synonym: area, section, region

(1) Bengal **province**, (2) home **province**

A network of railways has developed over the **province**.

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.

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.

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.

bronze

n. a dark red-brown metal that is created by combining copper and tin

(1) win **bronze**, (2) **bronze** coin

The statue is made of **bronze**.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

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.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym : event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym : extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

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.

wheat

n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

synonym : grain, cereal

(1) harvesting **wheat**, (2) **wheat** crop
The farmer grew **wheat** on his land.

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.

fatty

adj. containing a lot of fat

synonym: greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

acid

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym: sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

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.

organ

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

synonym: function, structure

(1) **organ** bleeding, (2) damage to internal **organs**

These infections have the potential to impact practically every **organ** system.

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.

element

n. a fundamental or essential part of something

synonym: component, feature, essence

(1) new design **elements**, (2) nonmetallic **elements**

Natural selection is an essential **element** in Darwin's theory of evolution.

equity

n. the value of the shares issued by a company

synonym: fairness

(1) private **equity** firm, (2) **equity** capital market

That company is cautious when it comes to **equity** investment.

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.

advertise

v. to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it

synonym: publicize, announce, promote

(1) **advertise** the campaign, (2) **advertise** on social media

We want to **advertise** our company through your media.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

celebrated

adj. renowned for possessing admirable attributes

synonym: acclaimed, notable, prominent

(1) **celebrated** artist, (2) **celebrated** paper

Three **celebrated** tenors performed during the president's inauguration.

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.

par

n. a state of being equal to someone or something

synonym: equality, standard, balance

(1) above **par** performance, (2) not up to **par**

Shares in the company finally fell below their **par** value.

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**.

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.

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.

population

n. the total number of people in a country, region, or location

synonym : people, inhabitants, folk

(1) **population** change, (2) labor **population**

In just four years, the **population** has doubled.

disability

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

synonym : impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

colon

n. the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

(1) **colon** examination, (2) the **colon** at the end of the sentence

Consumption of vegetables may aid in the prevention of **colon** cancer.

breast

n. either of the two round soft parts of a woman's chest which secrete milk after childbirth

synonym : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue
Smoking places you at severe risk of **cardiovascular** and respiratory disease.

yield

n. the total output of crops, profits, etc. that are produced;
(verb) to produce or supply helpful something, such as a profit, an amount of food, or information

synonym : proceeds, harvest, output

(1) corn **yield**, (2) the **yield** on the bond

The company's stock gives a high **yield**.

significance

n. the importance or value attached to something; the quality of being significant or noteworthy

synonym : importance, value, worth

(1) **significance** level, (2) mystical **significance**

The **significance** of his discovery cannot be overstated.

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**.

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.

observe

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym : watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

- 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.
- 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.
- 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.
- invention** *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
synonym : creation, design, innovation
(1) the **invention** of new techniques, (2) common **invention**
Necessity is the mother of **invention**.

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.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym : belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

belly

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

synonym : stomach, abdomen, gut

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

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

construct

v. to build or create something; to assemble or combine different parts to form something whole

synonym : build, assemble, create

(1) **construct** a 3D image, (2) **construct** a dam

He **constructs** hypotheses that no mathematician has ever imagined before.

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.

isolation

n. the condition of being alone or lonely; the act or state of separation between persons or groups

synonym: aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation**

That incident led to his **isolation**.

automatically

adv. without needing a direct human control

synonym: mechanically, unconsciously, spontaneously

(1) record driving **automatically**, (2) **automatically** adjusted

Our subscription plan is **automatically** renewed.

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.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

divide

v. to separate or cause to separate into parts or groups
synonym: separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

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.

productive

adj. resulting in or making a lot or a significant amount of something, especially something of value

synonym: efficient, fruitful, successful

(1) low **productive** capacity, (2) **productive** meeting

The new employee proved extremely **productive**, completing projects ahead of schedule.

boom

n. a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

synonym: roaring, prosperity, boost

(1) **boom** in sales, (2) a sonic **boom**

The high-technology industry is enjoying a **boom**.

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.

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.

retirement

n. the fact or act of stopping working and leaving one's job

synonym : resignation, withdrawal, retreat

(1) **retirement** from politics, (2) impending **retirement**

This fund is responsible for disability and **retirement** benefits.

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.

roughly

adv. approximately but not precisely; with a violent manner

synonym : approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

translate

v. to convert or change words into another language

synonym : convert, transcribe, render

(1) **translate** a document into English, (2) **translate** the emotion to a movement

Translate the text from Italian into English.

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.

forth

adv. forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open

synonym : forward, onwards, ahead

(1) bring **forth** a beautiful vase, (2) call **forth** demand
I pushed **forth** with my new project, even though it would take much hard work.

martial

adj. relating to soldiers or the military; warlike or inclined towards war

synonym : military, warlike, combative

(1) **martial** combat, (2) **martial** law

The **martial** arts teacher instructed the students in self-defense techniques.

fishery

n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

synonym : fishing, piscary, angling

(1) **fishery** management, (2) commercial **fishery**

The majority of the people on the island are **fishery** folk.

questionnaire

n. a form or document containing a series of questions used for surveying or gathering information from a group of people, often used in research, marketing, or social science studies

synonym : survey, poll, form

(1) fill out a **questionnaire**, (2) distribute a **questionnaire**

The company sent out a lengthy **questionnaire** to gather feedback from its customers.

quest

n. a long or challenging search for something

synonym : exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness

That adventurer traveled in **quest** of buried treasure.

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.

instantly

adv. immediately

synonym : immediately, right away, directly

(1) **instantly** cope with, (2) be killed **instantly**

I remembered that person **instantly** and never forgot.

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.

separate

v. to force, take, or pull apart; mark as different

synonym : disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

leap

v. to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

synonym : jump, bound, hop

(1) **leap** to a conclusion, (2) **leap** of faith

The athlete was able to **leap** over the hurdle with ease.

heaven

n. (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

synonym: paradise, nirvana, utopia

(1) ascend to **heaven**, (2) **heaven** on earth

He felt like **heaven** when he tasted the delicious chocolate cake.

editorial

adj. relating to the expression of opinions or interpretations in the media

synonym: comment, opinion, critique

(1) gain **editorial** help, (2) an **editorial** article

The newspaper published an **editorial** on the current state of the economy.

prairie

n. a large open grassland or meadow, typically in North America

synonym: grassland, savanna, meadow

(1) **prairie** landscape, (2) **prairie** dogs

The early morning dew on the **prairie** made the grass glisten like diamonds.

proportion

n. a part, share, or amount of something considered in comparative relation to a whole

synonym: ratio, balance, consonance

(1) direct **proportion**, (2) a building of vast **proportions**

He is more concerned about the **proportion** of his body fat than usual because of an upcoming bodybuilding competition.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

conservative

adj. holding traditional views and values and opposed to change or innovation

synonym: traditional, reactionary, cautious

(1) a **conservative** society, (2) **conservative** about production

He always makes a **conservative** estimation when predicting future sales.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

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.

sunset

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

synonym: evening, sundown, dusk

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

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

sanctuary

n. a place of refuge or safety, especially for victims of persecution or abuse

synonym: refuge, safety, haven

(1) an animal **sanctuary**, (2) violate a **sanctuary**

The church offered **sanctuary** to refugees fleeing from war-torn countries.

convey

v. to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from

one place to another

synonym : communicate, transfer, deliver

(1) **convey** a complex idea, (2) **convey** goods by truck

An ironic remark often **conveys** an intended meaning obliquely.

comparative

adj. relating to the comparison of different things or groups; denoting a degree of difference or comparison between two or more things; characterized by comparison or contrast

synonym : relative, approximate, correlative

(1) **comparative** viewpoint, (2) **comparative** analysis

The **comparative** study of different cultures is fascinating and informative.

pronounced

adj. clearly and distinctly expressed or noticeable; emphasized

synonym : emphasized, distinct, noticeable

(1) clearly- **pronounced** utterances, (2) **pronounced** difference

The chef's herbs and spices gave the dish a **pronounced** flavor.

counterpart

n. a person or thing that corresponds to or has the same function as another person or thing

synonym : equivalent, analogue, match

(1) **counterpart** agreement, (2) negotiating **counterpart**

His **counterpart** in the other company is responsible for marketing.

sterling

n. a British coin and unit of currency, equivalent to 100 pence; British money; something of excellent quality or genuine value

synonym : currency, money, pound

(1) **sterling** silver, (2) **sterling** performance

The woman inherited a large sum of **sterling** from her

grandfather's estate.

supreme

adj. highest in rank, level, or importance

synonym: foremost, highest, greatest

(1) the **supreme** commander, (2) justice of the **supreme** court

The **supreme** pleasure of life is the conviction that we are loved.

illustrate

v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation

synonym: demonstrate, explain, exemplify

(1) **illustrate** a key point, (2) **illustrate** a story

The company's financial records **illustrate** how successful it has been.

heterogeneous

adj. diverse in character or content; composed of parts of different kinds; not uniform

synonym: diverse, dissimilar, varied

(1) **heterogeneous** mixture, (2) **heterogeneous** system

The **heterogeneous** group of students came from different countries and spoke various languages.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

ritual

n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a **ritual** dance, (2) morning **ritual**

The woman of the house does the holy **ritual** of lighting two

candles.

bible

n. the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field

synonym: authoritative book, holy book, doctrine

(1) a passage from the **Bible**, (2) believe **Bible** prophecy
Students have loved this textbook for many years as a biology **bible**.

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.

chapter

n. a separate section of a written work usually numbered and titled

synonym: section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party
The final **chapter** provides a summary of the discussion.

verse

n. a type of poetry that is characterized by a metrical structure and often a rhyme scheme

synonym: poetry, rhyme, stanza

(1) cited **verse**, (2) **verse** play

The poet recited a **verse** from her latest collection.

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.

seed

n. a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant

synonym : germ, kernel, ovule

(1) a **seed** coat, (2) **seed** money

He planted the **seed** in the soil and waited for it to sprout.

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.

religion

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

synonym : faith, creed, belief

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

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

gambling.

occasionally

adv. now and then; sometimes but not often

synonym : periodically, sometimes, from time to time

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

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

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**.

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.

beam

n. a long, sturdy piece of timber, metal, or other material used to support a structure or span a distance; a ray or stream of light emitted by a source

synonym : ray, ray of light, shaft of light

(1) **beam** of light, (2) a structural **beam** of a building

The sun's **beam** shone through the window and illuminated the room.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym : spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

joint

adj. shared, held, or made between two or more people;
(noun) the point of connection between two bones or

elements of a skeleton

synonym: collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint** statement.

exchange

v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

synonym: trade, swap, interchange

(1) **exchange** rate, (2) **exchange** a few friendly words

My sister and I frequently **exchange** books, as we love reading.

recipe

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

synonym: instructions, formula, method

(1) **recipe** book, (2) **recipe** collection

The **recipe** for the cake is passed down from generation to generation in her family.

pray

v. to make a request or petition to a higher power, especially in the form of a respectful or humble request

synonym: implore, supplicate, entreat

(1) **pray** devoutly, (2) **pray** for rain

She closed her eyes and **prayed** for strength to overcome difficult times.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym: power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he

abdicated.

profound

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

synonym: deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea
My mother's illness had a **profound** impact on us all.

measurable

adj. able to be measured, quantified, or assessed in some way

synonym: quantifiable, assessable, calculable

(1) **measurable** data, (2) **measurable** achievement

The company sets **measurable** goals to track progress and ensure success.

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.

contractor

n. a person or company that enters into a contract to provide materials or labor to perform a specific task or service

synonym: builder, declarer, construction company

(1) management **contractor**, (2) major defense **contractor**

The company hired a **contractor** to remodel their office building.

doll

n. a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

synonym: puppet, dolly, toy

(1) plastic **doll**, (2) rag **doll**

The antique **doll** was worth thousands of dollars.

privacy

n. someone's right to keep their personal matters and relationships not watched or interrupted by other people

synonym : seclusion, aloneness, solitariness

(1) **privacy** abuse, (2) trespass on a person's **privacy**

This conduct would be an invasion of **privacy**.

fence

n. a structure, usually made of wood or metal, that encloses an area, typically for protection or to keep animals or people in or out; a dealer in stolen property

synonym : barrier, wall, hedge

(1) **fence** post, (2) a brushwood **fence**

She planted a hedge to serve as a natural **fence** around her garden.

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.

cement

v. make fast as if with cement; (noun) a building material that is a powder made of a mixture of calcined limestone and clay, used with water, sand, and small stones to make concrete

synonym : adhesive, glue

(1) **cement** a close relationship, (2) **cement** blend

They are eager to **cement** a positive reputation.

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.

pole

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

synonym : rod, staff, shaft

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

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

predictable

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

synonym : foreseeable, expectable, likely

(1) **predictable** pattern, (2) in a **predictable** manner

The economy becomes more volatile and less **predictable**.

operate

v. to work in a particular way; to supervise something

synonym : work, use, employ

(1) **operate** 24 hours a day, (2) manually **operate** a machine

This machine is too difficult to **operate** for me.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym : operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

cowboy

n. a man, typically one on horseback, who herds and tends cattle, especially in the western US; a person who behaves roughly or recklessly, typically a man; a skilled ranch worker who is adept at many tasks, especially those involving horses and cattle

synonym : cowpuncher, rancher, wrangler

(1) **cowboy** rodeo, (2) **cowboy** boots

The **cowboy** hat she wore added to her rugged and tough look.

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.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

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.

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.

volunteer

n. a person who performs or offers to perform a job or service without being paid for or forced to do

synonym : unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

organization

n. a group of people who work together for a shared purpose

synonym : association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

hard-core

n. a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values

synonym: hard-line, purist, fanatic

(1) **hard-core** group, (2) **hard-core** music fan

The **hard-core** gamers were up until 4 am playing video games.

expedition

n. a journey or voyage for a specific purpose

synonym: journey, trip, voyage

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

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

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**.

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.

adventure

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

synonym: experience, happening, incident

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

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

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.

utter

adj. complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

synonym : absolute, complete, total

(1) **utter** nonsense, (2) **utter** a big sigh

The **utter** chaos of the concert crowd made it seem like a wild animal was in the room.

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.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

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.

vertical

adj. upright or perpendicular to a horizontal surface or line

synonym: perpendicular, upright, plumb

(1) **vertical** takeoff, (2) **vertical** axis

The ladder leaned against the **vertical** surface of the building.

church

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) **church** bell, (2) small **church**

The **church** on the corner is hosting a free community meal tonight.

convenience

n. the state of being suitable or opportune

synonym: availability, usefulness, amenity

(1) **convenience** goods, (2) for **convenience** sake

They offered the **convenience** of an installment plan.

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.

intentional

adj. done, made or performed with purpose and intent

synonym : deliberate, intended, preplanned

(1) **intentional** destruction of evidence, (2) an **intentional** walk

The law distinguishes between accidental and **intentional** killing.

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.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym : descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

outlook

n. the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture

synonym : perspective, view, overlook

(1) the **outlook** of the townsite, (2) a positive **outlook** on life
Our company's business **outlook** for next year is bright.

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.

reverence

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.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation
The incident **triggered** a political controversy.

inflame

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

synonym : agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion
Her eyes **inflamed** with crying.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym: rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

vocabulary

n. the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses

synonym: lexicon, glossary, dictionary

(1) **vocabulary** list, (2) academic **vocabulary**

Using proper **vocabulary** is essential for writing a good essay.

infant

n. a baby or very young child

synonym: baby, newborn, tot

(1) **infant** daughter, (2) **infant** food

Mozart was an **infant** prodigy.

activate

v. make something start working, more active or dynamic

synonym: mobilize, stimulate, initiate

(1) **activate** a receptor, (2) **activate** a motor

You must **activate** the software with a 16-digit key before you can use it.

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.

foundation

n. the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes

synonym: base, support, groundwork

(1) **foundation** course, (2) weak **foundation**

The **foundation** of the building was cracked and needed to be repaired.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

faith

n. complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.

synonym: belief, trust, confidence

(1) religious **faith**, (2) **faith** in government

He kept his robust **faith** in his company.

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.

proactive

adj. acting in advance to deal with an expected difficulty or to take advantage of an opportunity.

synonym: gung-ho, anticipatory, forward-thinking

(1) **proactive** approach, (2) **proactive** about doing the task

The company implemented **proactive** measures to prevent future issues.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace
On three sides, mountains **surround** the settlement.

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.

overweight

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

synonym: heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

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**.

recreation

n. the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place

synonym: amusement, entertainment, refreshment

(1) outdoor **recreation**, (2) **recreation** of the homeland

Basketball is their usual **recreation** after school.

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.

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. secret s__t | <i>n.</i> a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream |
| 2. constant sp_____al striving | <i>adj.</i> relating to or affecting the human spirit or soul as opposed to material or physical things |
| 3. acc_____te the positive | <i>v.</i> to emphasize or highlight something, often by making it more prominent or noticeable |
| 4. in a pre_____le manner | <i>adj.</i> capable of being known, seen or declared in advance |
| 5. a building of vast pro_____ons | <i>n.</i> a part, share, or amount of something considered in comparative relation to a whole |
| 6. the in_____on of new techniques | <i>n.</i> the creation of a new device or process resulting from study and experimentation; the act of inventing |
| 7. religious fa__h | <i>n.</i> complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc. |
| 8. org_____ion chart | <i>n.</i> a group of people who work together for a shared purpose |
| 9. se_____te cream from milk | <i>v.</i> to force, take, or pull apart; mark as different |

ANSWERS: 1. sect, 2. spiritual, 3. accentuate, 4. predictable, 5. proportion, 6. invention, 7. faith, 8. organization, 9. separate

10. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
11. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
12. h__l on a rope *v.* to physically drag or pull someone or something with effort
13. the country's is_____on *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
14. as oc_____on demands *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
15. labor pop_____on *n.* the total number of people in a country, region, or location
16. steam 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
17. con_____ce goods *n.* the state of being suitable or opportune
18. 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
19. co_____ct a 3D image *v.* to build or create something; to assemble or combine different parts to form something whole

ANSWERS: 10. spiritual, 11. lifetime, 12. haul, 13. isolation, 14. occasion, 15. population, 16. distillation, 17. convenience, 18. chant, 19. construct

20. my vo_____er work *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
21. ha_____re group *n.* a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values
22. fa__h in government *n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
23. risk of ch_____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
24. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
25. sab_____al leave *n.* a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions
26. t_p keyboard with an index finger *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
27. ro_____y explain my idea *adv.* approximately but not precisely; with a violent manner
28. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
29. freedom of re_____on *n.* a deep conviction in a supernatural power that controls human destiny

ANSWERS: 20. volunteer, 21. hard-core, 22. faith, 23. chronic, 24. intense, 25. sabbatical, 26. tap, 27. roughly, 28. genetic, 29. religion

30. 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
31. ev_____on theory *n.* a gradual process of transformation of living things
32. 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
33. the bone of a jo__t *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
34. wh__t crop *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
35. aut_____lly adjusted *adv.* without needing a direct human control
36. tr_____on cubic feet *n.* the number 1,000,000,000,000; a million million
37. on a qu__t for happiness *n.* a long or challenging search for something
38. a jo__t venture *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

ANSWERS: 30. veneration, 31. evolution, 32. treadmill, 33. joint, 34. wheat, 35. automatically, 36. trillion, 37. quest, 38. joint

39. 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
40. pr_____le outcome *adj.* likely to happen or likely to be true
41. ex_____ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
42. 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
43. 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
44. in_____le woman *adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
45. less fa__y meat *adj.* containing a lot of fat
46. co_____m the diagnosis *v.* to support or establish the truth or certainty of something previously believed or suspected to be the case
47. 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

ANSWERS: 39. polyphenol, 40. probable, 41. exchange, 42. shovel, 43. shotgun, 44. infertile, 45. fatty, 46. confirm, 47. mammal

48. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
49. a_t view *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
50. mental vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
51. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
52. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
53. tropical le___e tree *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
54. ob_____e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
55. an animal sa_____ry *n.* a place of refuge or safety, especially for victims of persecution or abuse
56. lump of ga_____e *n.* waste material, especially food waste and kitchen refuse

ANSWERS: 48. unhealthy, 49. aft, 50. vigor, 51. acid, 52. treatment, 53. legume, 54. observe, 55. sanctuary, 56. garbage

57. 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
58. a binomial fo____a *n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
59. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
60. occ_____lly dine with friends *adv.* now and then; sometimes but not often
61. 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
62. ve__e play *n.* a type of poetry that is characterized by a metrical structure and often a rhyme scheme
63. perpetuate a m__h *n.* an ancient story or set of stories accepted as history, especially explaining the worldview of a people
64. 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

ANSWERS: 57. moai, 58. formula, 59. roll, 60. occasionally, 61. socialism, 62. verse, 63. myth, 64. chant

65. wage sup_____nt *n.* something that is added to something else to make it better or complete it
66. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
67. academic voc_____ry *n.* the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses
68. improve co_____ve function *adj.* of or relating to mental processes of understanding
69. cash bo_____y *n.* a reward offered for capturing or killing someone or for accomplishing a specific task
70. st_____ng performance *n.* a British coin and unit of currency, equivalent to 100 pence; British money; something of excellent quality or genuine value
71. 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
72. an_____or language *n.* a person from whom one is descended; a forefather
73. pr_____e dogs *n.* a large open grassland or meadow, typically in North America
74. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being

ANSWERS: 65. supplement, 66. isolate, 67. vocabulary, 68. cognitive, 69. bounty, 70. sterling, 71. tribe, 72. ancestor, 73. prairie, 74. unhealthy

75. a t__n-lens camera *n.* either of two children born at the same time from the same mother
76. 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
77. call fo__h demand *adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open
78. 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
79. 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
80. dem____ic analyses *n.* a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
81. co____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
82. de__k theory *v.* to expose or dismiss as false, exaggerated, or worthless
83. a pr____nd book *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

ANSWERS: 75. twin, 76. yoga, 77. forth, 78. imbue, 79. moai, 80. demographic, 81. communal, 82. debunk, 83. profound

84. c__p a meet with a knife
v. to cut something into pieces with a sharp tool, such as a knife
85. 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
86. co_____ct a dam
v. to build or create something; to assemble or combine different parts to form something whole
87. 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
88. ac_____te a motor
v. make something start working, more active or dynamic
89. in_____ce a child's future
n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself
90. car_____lar diseases
adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)
91. 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
92. watch a ma_____on
n. a long-distance race of 42.195 kilometers

ANSWERS: 84. chop, 85. calorie, 86. construct, 87. cartilage, 88. activate, 89. influence, 90. cardiovascular, 91. resveratrol, 92. marathon

93. a truncated py____d
n. a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
94. believe Bi__e prophecy
n. the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field
95. com_____ve viewpoint
adj. relating to the comparison of different things or groups; denoting a degree of difference or comparison between two or more things; characterized by comparison or contrast
96. sw____it designer
n. a piece of clothing worn for swimming
97. as_____te alcohol with gambling
v. to mentally connect someone or something with someone or something else
98. 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
99. 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
100. 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

ANSWERS: 93. pyramid, 94. bible, 95. comparative, 96. swimsuit, 97. associate, 98. astute, 99. disease, 100. sunscreen

101. 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
102. a_t cabin *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
103. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
104. the gen_____on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
105. pr_____ve about doing the task *adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
106. ov_____t snacks *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
107. cell and molecular bi_____y *n.* the scientific study of life and the natural processes of living things
108. hi_____nd agriculture *adj.* an area of elevated land or hilly terrain
109. exp_____al function *adj.* becoming more and more rapid; of or involving mathematical exponents
110. br____t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
111. tru_____hy ally *adj.* reliable and dependable

ANSWERS: 101. swill, 102. aft, 103. isolate, 104. generation, 105. proactive, 106. overeat, 107. biology, 108. highland, 109. exponential, 110. breast, 111. trustworthy

112. oldest cen_____an *n.* a person who has reached or is at least 100 years old; someone who has lived for a century
113. 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
114. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
115. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
116. in_____le land *adj.* unable to grow crops or sustain life; not able to produce offspring or offspring that are viable
117. ca_____te player *n.* a small, rectangular plastic case containing magnetic tape used to record and playback audio or data on devices such as tape players or recorders; a pre-recorded tape containing music, speech, or other sound recordings
118. or__n bleeding *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
119. eat or_____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

ANSWERS: 112. centenarian, 113. hardwired, 114. rid, 115. encounter, 116. infertile, 117. cassette, 118. organ, 119. organic

120. 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
121. 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
122. en_____er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
123. l__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
124. in_____te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
125. 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
126. co___y boots *n.* a man, typically one on horseback, who herds and tends cattle, especially in the western US; a person who behaves roughly or recklessly, typically a man; a skilled ranch worker who is adept at many tasks, especially those involving horses and cattle

ANSWERS: 120. Alzheimer, 121. hardwired, 122. encounter, 123. lift, 124. institute, 125. yoga, 126. cowboy

127. outdoor rec_____on *n.* the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place
128. the co__n at the end of the sentence *n.* the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system
129. run a ma_____on *n.* a long-distance race of 42.195 kilometers
130. 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
131. new design el_____ts *n.* a fundamental or essential part of something
132. a learning dis_____ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
133. di_____l information *v.* to purify or refine; to extract the essential elements
134. ch___h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 127. recreation, 128. colon, 129. marathon, 130. stave, 131. element, 132. disability, 133. distill, 134. church

135. ill_____te a story *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
136. pr_____y abuse *n.* someone's right to keep their personal matters and relationships not watched or interrupted by other people
137. 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
138. ea__e eyes *n.* a large predatory bird with a hooked beak and broad wings, known for its keen eyesight and powerful flight; a symbol of strength and freedom in many cultures
139. a dis_____ty pension *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
140. or_____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
141. a con_____ive society *adj.* holding traditional views and values and opposed to change or innovation
142. acc_____te features *v.* to emphasize or highlight something, often by making it more prominent or noticeable
143. ve_____al takeoff *adj.* upright or perpendicular to a horizontal surface or line

ANSWERS: 135. illustrate, 136. privacy, 137. karate, 138. eagle, 139. disability, 140. organic, 141. conservative, 142. accentuate, 143. vertical

144. di_____te heat *v.* to disperse or scatter widely
145. sab_____al year *n.* a period of leave granted to a person for rest, travel, or other pursuits, often in academia or other professions
146. cel_____ed artist *adj.* renowned for possessing admirable attributes
147. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
148. 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
149. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
150. mystical sig_____nce *n.* the importance or value attached to something; the quality of being significant or noteworthy
151. fa__y acid *adj.* containing a lot of fat
152. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
153. 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
154. home pr_____ce *n.* the territory occupied by one of the constituent administrative districts of a nation

ANSWERS: 144. dissipate, 145. sabbatical, 146. celebrated, 147. retire, 148. tribe, 149. celebrate, 150. significance, 151. fatty, 152. typical, 153. planet, 154. province

155. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
156. 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
157. commercial fi_____y *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
158. hi_____nd Indian *adj.* an area of elevated land or hilly terrain
159. s__d money *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
160. be killed in_____ly *adv.* immediately
161. an ove_____ht patient *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
162. py_____d architecture *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
163. private eq____y firm *n.* the value of the shares issued by a company
164. customer exp_____cy *n.* the anticipation, belief, or likelihood of something happening or occurring in the future; the state of expecting or looking forward to something

ANSWERS: 155. generation, 156. downshift, 157. fishery, 158. highland, 159. seed, 160. instantly, 161. overweight, 162. pyramid, 163. equity, 164. expectancy

165. pr_____ve approach *adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
166. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
167. the professor of su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
168. 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
169. an introductory ch_____r *n.* a separate section of a written work usually numbered and titled
170. morning ri____l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
171. co____y rodeo *n.* a man, typically one on horseback, who herds and tends cattle, especially in the western US; a person who behaves roughly or recklessly, typically a man; a skilled ranch worker who is adept at many tasks, especially those involving horses and cattle

ANSWERS: 165. proactive, 166. numb, 167. surgery, 168. tofu, 169. chapter, 170. ritual, 171. cowboy

172. la____y mitigate the issue *adv.* virtually entirely; to a large degree
173. fi____y management *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
174. 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
175. st____ng silver *n.* a British coin and unit of currency, equivalent to 100 pence; British money; something of excellent quality or genuine value
176. 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
177. ext____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
178. res____ol-rich foods *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
179. 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
180. ca____te tape *n.* a small, rectangular plastic case containing magnetic tape used to record and playback audio or data on devices such as tape players or recorders; a pre-recorded tape containing music, speech, or other sound recordings

ANSWERS: 172. largely, 173. fishery, 174. plat, 175. sterling, 176. peak, 177. extraordinary, 178. resveratrol, 179. cartilage, 180. cassette

181. c__t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
182. nu__e price levels up *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
183. good source of essential amino a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
184. common den____or *n.* the number below the line in a fraction
185. the su____e commander *adj.* highest in rank, level, or importance
186. lower infant mo____ty *n.* the quality or state of being subject to death
187. 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
188. ma____l law *adj.* relating to soldiers or the military; warlike or inclined towards war
189. lack of ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 181. cult, 182. nudge, 183. acid, 184. denominator, 185. supreme, 186. mortality, 187. freeway, 188. martial, 189. oxygen

190. 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
191. sw____it model *n.* a piece of clothing worn for swimming
192. arterial pl____e *n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
193. volcanic arc_____go *n.* a group of islands, often located in a specific area or region
194. damage to internal or__ns *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
195. 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
196. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
197. ut__r nonsense *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

ANSWERS: 190. durum, 191. swimsuit, 192. plaque, 193. archipelago, 194. organ, 195. sunscreen, 196. inflammation, 197. utter

198. many tr_____ons of dollars *n.* the number 1,000,000,000,000; a million million
199. 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
200. pro_____ed difference *adj.* clearly and distinctly expressed or noticeable; emphasized
201. fe__e post *n.* a structure, usually made of wood or metal, that encloses an area, typically for protection or to keep animals or people in or out; a dealer in stolen property
202. r__n the reputation *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
203. make a little do_____ft in your work *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
204. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
205. the suppression of he____y *n.* an opinion or belief that goes against the traditional or generally accepted view, especially in religion
206. im____t a secret *v.* to expose or inform; to provide a portion of

ANSWERS: 198. trillion, 199. ostensible, 200. pronounced, 201. fence, 202. ruin, 203. downshift, 204. intense, 205. heresy, 206. impart

207. pop_____on change	<i>n.</i> the total number of people in a country, region, or location
208. the pr_____nd depths of the sea	<i>adj.</i> extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
209. mo_____ty due to cancer	<i>n.</i> the quality or state of being subject to death
210. clearly-pro_____ed utterances	<i>adj.</i> clearly and distinctly expressed or noticeable; emphasized
211. dem_____ic policy	<i>n.</i> a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.
212. opening st____a	<i>n.</i> 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
213. manually op_____e a machine	<i>v.</i> to work in a particular way; to supervise something
214. bantam ro_____r	<i>n.</i> a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call
215. ro_____r fight	<i>n.</i> a male chicken, especially one that is adult; a bird that has a distinctive red comb, wattle, and crowing call
216. low pro_____ve capacity	<i>adj.</i> resulting in or making a lot or a significant amount of something, especially something of value
217. de_____e him of his status	<i>v.</i> to take away something from someone

ANSWERS: 207. population, 208. profound, 209. mortality, 210. pronounced, 211. demographic, 212. stanza, 213. operate, 214. rooster, 215. rooster, 216. productive, 217. deprive

218. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
219. major defense con_____or *n.* a person or company that enters into a contract to provide materials or labor to perform a specific task or service
220. b__m in sales *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound
221. above p_r performance *n.* a state of being equal to someone or something
222. life exp_____cy *n.* the anticipation, belief, or likelihood of something happening or occurring in the future; the state of expecting or looking forward to something
223. a stone wall su_____nds the palace *v.* to be all around something or somebody
224. in great co_____on *n.* the state of being mixed up or unclear, or the state of disorder or uncertainty
225. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
226. ea__e feathers *n.* a large predatory bird with a hooked beak and broad wings, known for its keen eyesight and powerful flight; a symbol of strength and freedom in many cultures

ANSWERS: 218. cardiovascular, 219. contractor, 220. boom, 221. par, 222. expectancy, 223. surround, 224. confusion, 225. damage, 226. eagle

227. for con_____ce sake *n.* the state of being suitable or opportune
228. mi_____ss task *adj.* lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
229. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
230. 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
231. a s__d coat *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
232. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
233. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
234. a t__n room *n.* either of two children born at the same time from the same mother
235. ga_____e collection *n.* waste material, especially food waste and kitchen refuse
236. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

ANSWERS: 227. convenience, 228. mindless, 229. trigger, 230. obese, 231. seed, 232. communal, 233. inflammation, 234. twin, 235. garbage, 236. belly

237. ut__r a big sigh *adj.* complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
238. 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
239. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
240. the qu__t for truth *n.* a long or challenging search for something
241. Co_____an rites *adj.* relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers
242. the mountain's br___t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
243. a glad oc_____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
244. int_____al destruction of evidence *adj.* done, made or performed with purpose and intent
245. la_____y accepted *adv.* virtually entirely; to a large degree

ANSWERS: 237. utter, 238. karate, 239. chronic, 240. quest, 241. Confucian, 242. breast, 243. occasion, 244. intentional, 245. largely

246. fou_____on course *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
247. longevity cen_____an *n.* a person who has reached or is at least 100 years old; someone who has lived for a century
248. ret_____nt from politics *n.* the fact or act of stopping working and leaving one's job
249. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
250. national lo_____y *n.* a game of chance in which a large number of people buy tickets or chances to win a prize, with the winner(s) determined by a random drawing
251. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
252. cited ve___e *n.* a type of poetry that is characterized by a metrical structure and often a rhyme scheme
253. as___e decision-making *adj.* having the ability to assess situations or people accurately and to act accordingly; mentally sharp or clever; showing practical wisdom or shrewdness

ANSWERS: 246. foundation, 247. centenarian, 248. retirement, 249. define, 250. lottery, 251. inflame, 252. verse, 253. astute

254. de____e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
255. he____n on earth *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty
256. negotiating cou_____rt *n.* a person or thing that corresponds to or has the same function as another person or thing
257. mul_____ire businessman *n.* a person whose net worth is in millions of dollars
258. ad_____se on social media *v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it
259. be____g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
260. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
261. 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
262. rag d__l *n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

ANSWERS: 254. decline, 255. heaven, 256. counterpart, 257. multimillionaire, 258. advertise, 259. belong, 260. inflame, 261. imbue, 262. doll

263. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
264. g__e cloning *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
265. 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
266. distribute a que_____ire *n.* a form or document containing a series of questions used for surveying or gathering information from a group of people, often used in research, marketing, or social science studies
267. 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
268. di___e the cake into two pieces *v.* to separate or cause to separate into parts or groups
269. a sonic b__m *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound
270. a de fa__o government *adj.* of or relating to facts; done in reality; actually existing or occurring
271. structural fo_____a *n.* a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement

ANSWERS: 263. numb, 264. gene, 265. nudge, 266. questionnaire, 267. methodically, 268. divide, 269. boom, 270. facto, 271. formula

272. lo_____ty genes *n.* the property of being long-lived; significant duration of service
273. l__p to a conclusion *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
274. ad_____re film *n.* a journey or a series of events that is unusual, exciting, or dangerous
275. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
276. pre_____le pattern *adj.* capable of being known, seen or declared in advance
277. 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
278. be___g to a group *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
279. g__e expression *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
280. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
281. 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

ANSWERS: 272. longevity, 273. leap, 274. adventure, 275. treatment, 276. predictable, 277. peak, 278. belong, 279. gene, 280. retire, 281. stave

282. a con_____ly innovative enterprise *adv.* all the time
283. ve_____al axis *adj.* upright or perpendicular to a horizontal surface or line
284. p__y for rain *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
285. 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
286. co__n examination *n.* the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system
287. ha_____ng journey *adj.* causing distress or suffering; extremely distressing
288. co___y goods by truck *v.* to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another
289. a fr_____onal share of the vote *n.* a small part or item forming a piece of a whole; the quotient of two rational numbers
290. 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: 282. constantly, 283. vertical, 284. pray, 285. Christ, 286. colon, 287. harrowing, 288. convey, 289. fraction, 290. leaven

291. seek vo_____ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
292. h__l truck *v.* to physically drag or pull someone or something with effort
293. rec_____on of the homeland *n.* the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place
294. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
295. sheep without a sh_____rd *n.* a person who tends and guards sheep, especially in a rural area
296. management con_____or *n.* a person or company that enters into a contract to provide materials or labor to perform a specific task or service
297. de_____e others of profit *v.* to take away something from someone
298. a structural b__m of a building *n.* a long, sturdy piece of timber, metal, or other material used to support a structure or span a distance; a ray or stream of light emitted by a source
299. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
300. a re_____ng pension *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
301. ge_____hy class *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth

ANSWERS: 291. volunteer, 292. haul, 293. recreation, 294. concentration, 295. shepherd, 296. contractor, 297. deprive, 298. beam, 299. zone, 300. retiring, 301. geography

302. 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
303. a polar exp_____on *n.* a journey or voyage for a specific purpose
304. different den_____ors *n.* the number below the line in a fraction
305. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
306. suc_____ve attempts *adj.* following one after another in a series or sequence; happening or occurring in continuous or consecutive order; consecutive or sequential in nature
307. agricultural org_____ion *n.* a group of people who work together for a shared purpose
308. gain ed_____al help *adj.* relating to the expression of opinions or interpretations in the media
309. 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
310. ob_____e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

ANSWERS: 302. distillation, 303. expedition, 304. denominator, 305. surgery, 306. successive, 307. organization, 308. editorial, 309. obese, 310. observe

311. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
312. 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
313. exp_____on team *n.* a journey or voyage for a specific purpose
314. mea_____le achievement *adj.* able to be measured, quantified, or assessed in some way
315. 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
316. d__t ceiling *n.* something, especially money, goods, or services owed by one person to another; the state of owing something
317. r__n the plan *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
318. de_____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
319. plastic d__l *n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
320. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 311. engage, 312. clog, 313. expedition, 314. measurable, 315. diet, 316. debt, 317. ruin, 318. decline, 319. doll, 320. brain

321. p__y devoutly *v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request
322. natural pro_____on *n.* the act or process of producing offspring; reproduction
323. ex_____ge rate *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
324. dangerously ove_____ht *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
325. 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
326. risk of coronary ar___y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
327. his research area of
con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
328. 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

ANSWERS: 321. pray, 322. procreation, 323. exchange, 324. overweight, 325. cancer, 326. artery, 327. concentration, 328. leaven

329. 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
330. im___t basic knowledge *v.* to expose or inform; to provide a portion of
331. weak fou_____on *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
332. a fishing p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
333. in___t food *n.* a baby or very young child
334. exp_____al growth *adj.* becoming more and more rapid; of or involving mathematical exponents
335. persecution for he___y *n.* an opinion or belief that goes against the traditional or generally accepted view, especially in religion
336. co___y a complex idea *v.* to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another

ANSWERS: 329. adage, 330. impart, 331. foundation, 332. pole, 333. infant, 334. exponential, 335. heresy, 336. convey

337. juvenile di____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
338. le____e protein *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
339. the ou____k of the townsite *n.* the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture
340. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
341. 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
342. evolutionary bi____y *n.* the scientific study of life and the natural processes of living things
343. di____l a liquid *v.* to purify or refine; to extract the essential elements
344. 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
345. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
346. mea____le data *adj.* able to be measured, quantified, or assessed in some way

ANSWERS: 337. diabetes, 338. legume, 339. outlook, 340. doe, 341. freeway, 342. biology, 343. distill, 344. diet, 345. strategy, 346. measurable

347. 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
348. a ri___l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
349. an int_____al walk *adj.* done, made or performed with purpose and intent
350. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
351. in_____ly cope with *adv.* immediately
352. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
353. br___e coin *n.* a dark red-brown metal that is created by combining copper and tin
354. ce___t blend *v.* make fast as if with cement; (noun) a building material that is a powder made of a mixture of calcined limestone and clay, used with water, sand, and small stones to make concrete
355. 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
356. 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

ANSWERS: 347. dictate, 348. ritual, 349. intentional, 350. rid, 351. instantly, 352. brain, 353. bronze, 354. cement, 355. adage, 356. Alzheimer

357. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
358. economic ge_____hy *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
359. develop a st_____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
360. justice of the su_____e court *adj.* highest in rank, level, or importance
361. the sa_____t part of the speech *adj.* most noticeable or important; striking
362. corporate d__t *n.* something, especially money, goods, or services owed by one person to another; the state of owing something
363. ad_____se the campaign *v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it
364. Bengal pr_____ce *n.* the territory occupied by one of the constituent administrative districts of a nation
365. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
366. eq___y capital market *n.* the value of the shares issued by a company
367. com_____ve analysis *adj.* relating to the comparison of different things or groups; denoting a degree of difference or comparison between two or more things; characterized by comparison or contrast

ANSWERS: 357. influence, 358. geography, 359. strategy, 360. supreme, 361. salient, 362. debt, 363. advertise, 364. province, 365. grandchild, 366. equity, 367. comparative

368. b__m of light *n.* a long, sturdy piece of timber, metal, or other material used to support a structure or span a distance; a ray or stream of light emitted by a source
369. the be__y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
370. lo____ty crisis *n.* the property of being long-lived; significant duration of service
371. nonmetallic el____ts *n.* a fundamental or essential part of something
372. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
373. fill out a que_____ire *n.* a form or document containing a series of questions used for surveying or gathering information from a group of people, often used in research, marketing, or social science studies
374. 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
375. harvesting wh__t *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
376. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side

ANSWERS: 368. beam, 369. belly, 370. longevity, 371. element, 372. nation, 373. questionnaire, 374. swill, 375. wheat, 376. roll

377. du__m pasta *n.* a type of wheat that is well-suited for making pasta and couscous due to its high protein content and superior gluten strength
378. 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
379. suc_____ve failures *adj.* following one after another in a series or sequence; happening or occurring in continuous or consecutive order; consecutive or sequential in nature
380. gra_____ld development *n.* a child of someone's son or daughter
381. 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
382. 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
383. the yi__d on the bond *n.* the total output of crops, profits, etc. that are produced; (verb) to produce or supply helpful something, such as a profit, an amount of food, or information
384. win br___e *n.* a dark red-brown metal that is created by combining copper and tin
385. se_____te video into chapter *v.* to force, take, or pull apart; mark as different

ANSWERS: 377. durum, 378. cancer, 379. successive, 380. grandchild, 381. methodically, 382. veneration, 383. yield, 384. bronze, 385. separate

386. common in_____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
387. cel_____ed paper *adj.* renowned for possessing admirable attributes
388. pol_____ol content *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
389. ma_____l combat *adj.* relating to soldiers or the military; warlike or inclined towards war
390. 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
391. de____t basin *n.* arid land with little or no vegetation often covered with sand or rocks
392. mi_____ss entertainment *adj.* lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
393. ha_____re music fan *n.* a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values
394. co_____m a transaction *v.* to support or establish the truth or certainty of something previously believed or suspected to be the case

ANSWERS: 386. invention, 387. celebrated, 388. polyphenol, 389. martial, 390. stanza, 391. desert, 392. mindless, 393. hard-core, 394. confirm

395. Co_____an ethics *adj.* relating to the teachings and beliefs of the Chinese philosopher Confucius and his followers
396. 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
397. a brushwood fe__e *n.* a structure, usually made of wood or metal, that encloses an area, typically for protection or to keep animals or people in or out; a dealer in stolen property
398. sh_____rd boy *n.* a person who tends and guards sheep, especially in a rural area
399. corn yi__d *n.* the total output of crops, profits, etc. that are produced; (verb) to produce or supply helpful something, such as a profit, an amount of food, or information
400. ro_____y speaking *adv.* approximately but not precisely; with a violent manner
401. physical vi__r *n.* physical strength and energy; the strength, vitality, or force that is necessary for sustained physical or mental effort
402. re___e collection *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
403. sa_____t feature *adj.* most noticeable or important; striking
404. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

ANSWERS: 395. Confucian, 396. plat, 397. fence, 398. shepherd, 399. yield, 400. roughly, 401. vigor, 402. recipe, 403. salient, 404. engage

405. ce___t a close relationship *v.* make fast as if with cement; (noun) a building material that is a powder made of a mixture of calcined limestone and clay, used with water, sand, and small stones to make concrete
406. mul_____ire investor *n.* a person whose net worth is in millions of dollars
407. is_____on booth *n.* the condition of being alone or lonely; the act or state of separation between persons or groups
408. a numerator in a fr_____on *n.* a small part or item forming a piece of a whole; the quotient of two rational numbers
409. 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
410. 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
411. 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
412. a bo___y on exports *n.* a reward offered for capturing or killing someone or for accomplishing a specific task
413. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

ANSWERS: 405. cement, 406. multimillionaire, 407. isolation, 408. fraction, 409. disease, 410. clog, 411. shotgun, 412. bounty, 413. celebrate

414. c__t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
415. ar___y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
416. con_____ive about production *adj.* holding traditional views and values and opposed to change or innovation
417. het_____ous system *adj.* diverse in character or content; composed of parts of different kinds; not uniform
418. ex post fa__o approval *adj.* of or relating to facts; done in reality; actually existing or occurring
419. sig_____nce level *n.* the importance or value attached to something; the quality of being significant or noteworthy
420. 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
421. violate a sa_____ry *n.* a place of refuge or safety, especially for victims of persecution or abuse
422. 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

ANSWERS: 414. cult, 415. artery, 416. conservative, 417. heterogeneous, 418. facto, 419. significance, 420. shovel, 421. sanctuary, 422. sect

423. tru_____hy source	<i>adj.</i> reliable and dependable
424. direct pro_____on	<i>n.</i> a part, share, or amount of something considered in comparative relation to a whole
425. pr_____le cause of a fire	<i>adj.</i> likely to happen or likely to be true
426. an ed_____al article	<i>adj.</i> relating to the expression of opinions or interpretations in the media
427. earliest human an_____or	<i>n.</i> a person from whom one is descended; a forefather
428. ill_____te a key point	<i>v.</i> to provide pictures, photographs, diagrams, etc. in a book or something for explanation
429. make a pr_____e	<i>n.</i> a statement or proposition that is held to be true or from which a conclusion can be drawn
430. not up to p_r	<i>n.</i> a state of being equal to someone or something
431. the m__h of an old religion	<i>n.</i> an ancient story or set of stories accepted as history, especially explaining the worldview of a people
432. a seafaring na____n	<i>n.</i> a large organized community of people living in a particular country or region and having a particular culture
433. administrative co_____on	<i>n.</i> the state of being mixed up or unclear, or the state of disorder or uncertainty
434. spectacular su____t views	<i>n.</i> the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period

ANSWERS: 423. trustworthy, 424. proportion, 425. probable, 426. editorial, 427. ancestor, 428. illustrate, 429. premise, 430. par, 431. myth, 432. nation, 433. confusion, 434. sunset

435. trespass on a person's pr____y *n.* someone's right to keep their personal matters and relationships not watched or interrupted by other people
436. research in_____tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
437. oasis in the de____t *n.* arid land with little or no vegetation often covered with sand or rocks
438. re_____on sociology *n.* a deep conviction in a supernatural power that controls human destiny
439. gastronomic ad_____res *n.* a journey or a series of events that is unusual, exciting, or dangerous
440. impending ret_____nt *n.* the fact or act of stopping working and leaving one's job
441. achieve op_____l health *adj.* the best; most likely to be successful or advantageous
442. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
443. upset st_____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
444. 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
445. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things

ANSWERS: 435. privacy, 436. institute, 437. desert, 438. religion, 439. adventure, 440. retirement, 441. optimal, 442. genetic, 443. stomach, 444. dictate, 445. typical

446. 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
447. a fountain of wi____m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
448. the plus p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
449. st_____h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
450. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
451. a passage from the Bi__e *n.* the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field
452. li_____me benefits *n.* the duration of someone's life or something's existence;
453. voc_____ry list *n.* the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses

ANSWERS: 446. treadmill, 447. wisdom, 448. pole, 449. stomach, 450. associate, 451. bible, 452. lifetime, 453. vocabulary

454. use of dietary sup_____nts *n.* something that is added to something else to make it better or complete it
455. 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
456. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
457. di_____te stress *v.* to disperse or scatter widely
458. scratch-off lo_____y *n.* a game of chance in which a large number of people buy tickets or chances to win a prize, with the winner(s) determined by a random drawing
459. commemorative pl_____e *n.* a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
460. before 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
461. de____e my position *v.* to state or explain precisely the nature, scope, or meaning of something
462. pro_____ve meeting *adj.* resulting in or making a lot or a significant amount of something, especially something of value

ANSWERS: 454. supplement, 455. doe, 456. hormone, 457. dissipate, 458. lottery, 459. plaque, 460. Christ, 461. define, 462. productive

463. 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
464. ha_____ng battle *adj.* causing distress or suffering; extremely distressing
465. the major pr_____e *n.* a statement or proposition that is held to be true or from which a conclusion can be drawn
466. record driving aut_____lly *adv.* without needing a direct human control
467. small ch___h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
468. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
469. 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
470. tr_____te a document into English *v.* to convert or change words into another language
471. time z___e *n.* a specific area, region, or section that is marked off or defined in some way
472. re_____e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

ANSWERS: 463. planet, 464. harrowing, 465. premise, 466. automatically, 467. church, 468. diabetes, 469. ostensible, 470. translate, 471. zone, 472. reverse

473. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
474. pr____e landscape *n.* a large open grassland or meadow, typically in North America
475. su____nd a town *v.* to be all around something or somebody
476. a positive ou____k on life *n.* the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture
477. tr____te the emotion to a movement *v.* to convert or change words into another language
478. ext____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
479. c__p wood *v.* to cut something into pieces with a sharp tool, such as a knife
480. di___e money equally *v.* to separate or cause to separate into parts or groups
481. 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
482. t_p a new market *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

ANSWERS: 473. lift, 474. prairie, 475. surround, 476. outlook, 477. translate, 478. extraordinary, 479. chop, 480. divide, 481. calorie, 482. tap

483. het_____ous mixture *adj.* diverse in character or content; composed of parts of different kinds; not uniform
484. re___e book *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
485. de___k an urban legend *v.* to expose or dismiss as false, exaggerated, or worthless
486. 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
487. the hydrogen binds the ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
488. ch_____r of a political party *n.* a separate section of a written work usually numbered and titled
489. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
490. 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
491. 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: 483. heterogeneous, 484. recipe, 485. debunk, 486. tofu, 487. oxygen, 488. chapter, 489. trigger, 490. genesis, 491. genesis

492. 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
493. pro_____on instinct *n.* the act or process of producing offspring; reproduction
494. cou_____rt agreement *n.* a person or thing that corresponds to or has the same function as another person or thing
495. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
496. op_____l for intellectual growth *adj.* the best; most likely to be successful or advantageous
497. in____t daughter *n.* a baby or very young child
498. human ev_____on *n.* a gradual process of transformation of living things
499. ac_____te a receptor *v.* make something start working, more active or dynamic
500. research on co_____ve psychology *adj.* of or relating to mental processes of understanding
501. ascend to he____n *n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

ANSWERS: 492. socialism, 493. procreation, 494. counterpart, 495. hormone, 496. optimal, 497. infant, 498. evolution, 499. activate, 500. cognitive, 501. heaven

502. wi___m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
503. 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
504. l___p of faith *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
505. tropical arc_____go *n.* a group of islands, often located in a specific area or region
506. bring fo__h a beautiful vase *adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open
507. op_____e 24 hours a day *v.* to work in a particular way; to supervise something
508. su___t this function *n.* the time in the evening at which the sun begins to fall below the horizon; (verb) to expire or be terminated automatically at the end of a fixed period
509. near re_____ng age *adj.* withdrawing from a position or activity, or becoming more secluded or reserved
510. re_____e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
511. a con_____ly varying mind *adv.* all the time

ANSWERS: 502. wisdom, 503. overeat, 504. leap, 505. archipelago, 506. forth, 507. operate, 508. sunset, 509. retiring, 510. reverse, 511. constantly

512. occ_____lly change the routine *adv.* now and then; sometimes but not often
513. 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
514. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 512. occasionally, 513. mammal, 514. damage

Session 3: Fill in the Blanks

1. The _____ CEO passed on the reins to his successor.
adj. withdrawing from a position or activity, or becoming more secluded or reserved
2. Consumption of vegetables may aid in the prevention of _____ cancer.
n. the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system
3. 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
4. He is proud of the _____ of the business.
n. the property of being long-lived; significant duration of service
5. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
6. 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
7. A network of railways has developed over the _____.
n. the territory occupied by one of the constituent administrative districts of a nation
8. This exam requires excellent _____ to pass.
n. the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 1. retiring, 2. colon, 3. swill, 4. longevity, 5. Chronic, 6. sect, 7. province, 8. concentration

9. She planted a hedge to serve as a natural _____ around her garden.
- n.* a structure, usually made of wood or metal, that encloses an area, typically for protection or to keep animals or people in or out; a dealer in stolen property
10. The company implemented _____ measures to prevent future issues.
- adj.* acting in advance to deal with an expected difficulty or to take advantage of an opportunity.
11. The incident _____ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
12. She did well on her _____ exam.
- n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
13. My sister and I frequently _____ books, as we love reading.
- v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
14. 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
15. The _____ hat she wore added to her rugged and tough look.
- n.* a man, typically one on horseback, who herds and tends cattle, especially in the western US; a person who behaves roughly or recklessly, typically a man; a skilled ranch worker who is adept at many tasks, especially those involving horses and cattle

ANSWERS: 9. fence, 10. proactive, 11. triggered, 12. geography, 13. exchange, 14. calories, 15. cowboy

16. The sun's _____ shone through the window and illuminated the room.
n. a long, sturdy piece of timber, metal, or other material used to support a structure or span a distance; a ray or stream of light emitted by a source
17. He narrated the _____ story of his adventure.
adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual
18. 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
19. 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
20. The younger _____ has different values and beliefs than the older one.
n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
21. That company is cautious when it comes to _____ investment.
n. the value of the shares issued by a company
22. 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
23. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe

ANSWERS: 16. beam, 17. extraordinary, 18. cancer, 19. myth, 20. generation, 21. equity, 22. vigor, 23. intense

24. 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
25. Natural selection is an essential _____ in Darwin's theory of evolution.
n. a fundamental or essential part of something
26. 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
27. 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
28. 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
29. 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
30. She had knowledge she couldn't wait to _____.
v. to expose or inform; to provide a portion of
31. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 24. heresy, 25. element, 26. durum, 27. centenarian, 28. engaged, 29. infertile, 30. impart, 31. genetic

32. The company's stock gives a high _____.
- n.* the total output of crops, profits, etc. that are produced; (verb) to produce or supply helpful something, such as a profit, an amount of food, or information
33. She is the president of a large international _____.
- n.* a group of people who work together for a shared purpose
34. These infections have the potential to impact practically every _____ system.
- n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
35. She decided to _____ her thoughts into a more manageable list.
- v.* to purify or refine; to extract the essential elements
36. _____ the text from Italian into English.
- v.* to convert or change words into another language
37. 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
38. She had lived through two world wars in her _____.
- n.* the duration of someone's life or something's existence;
39. The passenger grabbed for the _____ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
40. 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

ANSWERS: 32. yield, 33. organization, 34. organ, 35. distill, 36. Translate, 37. moai, 38. lifetime, 39. oxygen, 40. cartilage,

41. The restaurant _____ a ban on smoking.

- v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

42. 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

43. _____ 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

44. As people age, their digestive capacity also gradually _____.

- v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept

45. This artwork is _____ of her work.

- adj.* having the usual characteristics or traits of a specific group of things

46. 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

47. 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

48. 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: 41. reversed, 42. shotgun, 43. Confucian, 44. declines, 45. typical, 46. downshift, 47. doe, 48. aft

49. His _____ faculties were getting worse because of a lack of sleep.
adj. of or relating to mental processes of understanding
50. That adventurer traveled in _____ of buried treasure.
n. a long or challenging search for something
51. He became a _____ by the age of 30.
n. a person whose net worth is in millions of dollars
52. The company's financial records _____ how successful it has been.
v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation
53. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
54. The majority of the people on the island are _____ folk.
n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
55. You should not _____ them from the community.
v. to physically or socially separate someone or something from other people or things
56. To expand the company, we must ____ new human resources.
v. to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
57. The mobile application industry is _____ changing.
adv. all the time

ANSWERS: 49. cognitive, 50. quest, 51. multimillionaire, 52. illustrate, 53. associate, 54. fishery, 55. isolate, 56. tap, 57. constantly

58. 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
59. The company sets _____ goals to track progress and ensure success.
adj. able to be measured, quantified, or assessed in some way
60. He planted the _____ in the soil and waited for it to sprout.
n. a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
61. The economy becomes more volatile and less _____.
adj. capable of being known, seen or declared in advance
62. Their _____ strictly prohibits them from drinking or gambling.
n. a deep conviction in a supernatural power that controls human destiny
63. 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
64. 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
65. You must _____ the software with a 16-digit key before you can use it.
v. make something start working, more active or dynamic
66. 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: 58. disease, 59. measurable, 60. seed, 61. predictable, 62. religion, 63. sunscreen, 64. legumes, 65. activate, 66. brain

67. The company hired a _____ to remodel their office building.

n. a person or company that enters into a contract to provide materials or labor to perform a specific task or service

68. Several _____ indicators correlate with care admission.

n. a statistic characterizing that describes people or groups of people based on their age, sex, income, etc.

69. Our plan includes a comprehensive marketing _____.

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

70. She wore a bright red _____ for the beach trip.

n. a piece of clothing worn for swimming

71. The chef's herbs and spices gave the dish a _____ flavor.

adj. clearly and distinctly expressed or noticeable; emphasized

72. Five miles is _____ similar to eight kilometers.

adv. approximately but not precisely; with a violent manner

73. The new employee proved extremely _____ completing projects ahead of schedule.

adj. resulting in or making a lot or a significant amount of something, especially something of value

74. 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

ANSWERS: 67. contractor, 68. demographic, 69. strategy, 70. swimsuit, 71. pronounced, 72. roughly, 73. productive, 74. obese

75. 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

76. People tend to believe _____ friends with their secrets.

adj. reliable and dependable

77. His _____ in the other company is responsible for marketing.

n. a person or thing that corresponds to or has the same function as another person or thing

78. The fog _____ and the air cleared up.

v. to disperse or scatter widely

79. In junior high school, we had to dissect a frog in _____ class.

n. the scientific study of life and the natural processes of living things

80. _____ 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

81. In just four years, the _____ has doubled.

n. the total number of people in a country, region, or location

82. 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

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

n. a journey or voyage for a specific purpose

ANSWERS: 75. freeway, 76. trustworthy, 77. counterpart, 78. dissipated, 79. biology, 80. Mindless, 81. population, 82. facto, 83. expedition

84. The _____ gamers were up until 4 am playing video games.
- n.* a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values
85. One light year is nearly 6 _____ miles.
- n.* the number 1,000,000,000,000; a million million
86. 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
87. He knocked over the red wine and _____ the tablecloth.
- v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
88. We must ___ ourselves of pollution.
- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
89. He kept his robust _____ in his company.
- n.* complete trust in something or someone's ability or knowledge; a strong belief in religion, divine power, etc.
90. A defective _____ is responsible for the disease.
- n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
91. There is a high _____ for the new product to exceed sales targets.
- n.* the anticipation, belief, or likelihood of something happening or occurring in the future; the state of expecting or looking forward to something

ANSWERS: 84. hard-core, 85. trillion, 86. astute, 87. ruined, 88. rid, 89. faith, 90. gene, 91. expectancy

92. The drought _____ the prices of grain globally.
- v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
93. 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
94. During pregnancy, the stomach generates less _____ than usual.
- n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
95. 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
96. She still _____ writes a short romance novel.
- adv.* now and then; sometimes but not often
97. He grilled the _____ meat of a chicken.
- n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
98. My mother's illness had a _____ impact on us all.
- adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
99. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
- v.* to force, take, or pull apart; mark as different

ANSWERS: 92. lifted, 93. yoga, 94. acid, 95. dictated, 96. occasionally, 97. breast, 98. profound, 99. separate

100. The book's _____ is that the main character must save the world from an impending disaster.
n. a statement or proposition that is held to be true or from which a conclusion can be drawn
101. This machine is too difficult to _____ for me.
v. to work in a particular way; to supervise something
102. On three sides, mountains _____ the settlement.
v. to be all around something or somebody
103. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
104. They offered the _____ of an installment plan.
n. the state of being suitable or opportune
105. Her _____ experience in the war had left her with deep emotional scars.
adj. causing distress or suffering; extremely distressing
106. He always makes a _____ estimation when predicting future sales.
adj. holding traditional views and values and opposed to change or innovation
107. The use of contraception can significantly impact the rate of _____ within a population.
n. the act or process of producing offspring; reproduction
108. Since the 1990s, the Internet has continued to experience _____ growth.
adj. becoming more and more rapid; of or involving mathematical exponents

ANSWERS: 100. premise, 101. operate, 102. surround, 103. Communal, 104. convenience, 105. harrowing, 106. conservative, 107. procreation, 108. exponential

109. The North _____ is the northernmost point on Earth.

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

110. 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

111. He felt like _____ when he tasted the delicious chocolate cake.

- n.* (of various religious and mythological traditions) a place or state of existence considered to be the abode of the divine, the afterlife, or a higher realm of being; a state of great happiness, contentment, or beauty

112. Students have loved this textbook for many years as a biology _____.

- n.* the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field

113. 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

114. 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

115. Continuous consumption of fatty foods leads to the hardening of the _____.

- n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

ANSWERS: 109. Pole, 110. shepherd's, 111. heaven, 112. bible, 113. ostensible, 114. Alzheimer's, 115. artery

116. They study the _____ of the universe.

n. a gradual process of transformation of living things

117. The cook _____ the vegetables for the soup.

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

118. 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

119. This region is predominantly _____.

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

120. 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

121. 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

122. The _____ for the cake is passed down from generation to generation in her family.

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

123. The _____ truck will be coming to pick up the trash every Monday morning.

n. waste material, especially food waste and kitchen refuse

ANSWERS: 116. evolution, 117. chopped, 118. methodically, 119. desert, 120. planet, 121. veneration, 122. recipe, 123. garbage

124. My left arm became _____.

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

125. The early morning dew on the _____ made the grass glisten like diamonds.

n. a large open grassland or meadow, typically in North America

126. He _____ the 10th anniversary of his tenure.

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

127. 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

128. I'm prepared to _____ challenges throughout this adventure.

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

129. This region has many _____ offering higher education.

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

130. The athlete was able to _____ over the hurdle with ease.

v. to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

131. Basketball is their usual _____ after school.

n. the activity that renews your health and spirits by enjoyment and relaxation; the act or process of making something that existed in the past exists or seems to exist again in a different time or place

ANSWERS: 124. numb, 125. prairie, 126. celebrated, 127. chant, 128. encounter, 129. institutes, 130. leap, 131. recreation

132. The woman inherited a large sum of _____ from her grandfather's estate.
n. a British coin and unit of currency, equivalent to 100 pence; British money; something of excellent quality or genuine value
133. 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
134. Please write to _____ your reservation.
v. to support or establish the truth or certainty of something previously believed or suspected to be the case
135. That incident led to his _____.
n. the condition of being alone or lonely; the act or state of separation between persons or groups
136. 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
137. He was reluctant to leave his comfort _____ and try something new.
n. a specific area, region, or section that is marked off or defined in some way
138. Our company's business _____ for next year is bright.
n. the likely future situation for someone or something; a habitual or characteristic mental attitude to life and the world of a particular person, group, or culture
139. 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

ANSWERS: 132. sterling, 133. overeat, 134. confirm, 135. isolation, 136. rooster's, 137. zone, 138. outlook, 139. mammal

140. The team won their seventh _____ game, maintaining their winning streak.
adj. following one after another in a series or sequence; happening or occurring in continuous or consecutive order; consecutive or sequential in nature
141. The _____ of the building was cracked and needed to be repaired.
n. the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
142. He spent only a _____ of his earnings.
n. a small part or item forming a piece of a whole; the quotient of two rational numbers
143. The _____ on the corner is hosting a free community meal tonight.
n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
144. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
145. Nevada is _____ a desert state.
adv. virtually entirely; to a large degree
146. The bald _____ symbolizes freedom and strength in the United States.
n. a large predatory bird with a hooked beak and broad wings, known for its keen eyesight and powerful flight; a symbol of strength and freedom in many cultures
147. I found an old _____ with my favorite songs from the 80s.
n. a small, rectangular plastic case containing magnetic tape used to record and playback audio or data on devices such as tape players or recorders; a pre-recorded tape containing music, speech, or other sound recordings

ANSWERS: 140. successive, 141. foundation, 142. fraction, 143. church, 144. inflammation, 145. largely, 146. eagle, 147. cassette

148. 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

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

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

150. All the books in this section _____ to the library's rare collection and must be handled carefully.

- v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

151. He was _____ of his freedom when sentenced to life in prison.

- v.* to take away something from someone

152. He _____ hypotheses that no mathematician has ever imagined before.

- v.* to build or create something; to assemble or combine different parts to form something whole

153. He sailed the Atlantic Ocean multiple times during his _____.

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

154. Using proper _____ is essential for writing a good essay.

- n.* the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses

155. This conduct would be an invasion of _____.

- n.* someone's right to keep their personal matters and relationships not watched or interrupted by other people

ANSWERS: 148. stanzas, 149. ancestor, 150. belong, 151. deprived, 152. constructs, 153. adventures, 154. vocabulary, 155. privacy

156. The sudden policy change has caused _____ among employees.
n. the state of being mixed up or unclear, or the state of disorder or uncertainty
157. The law distinguishes between accidental and _____ killing.
adj. done, made or performed with purpose and intent
158. 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
159. 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
160. The dentist removed the _____ from my teeth during my cleaning appointment.
n. a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
161. 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
162. 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
163. The most _____ point made during the presentation was the potential profit increase.
adj. most noticeable or important; striking

ANSWERS: 156. confusion, 157. intentional, 158. accentuate, 159. karate, 160. plaque, 161. sabbatical, 162. hardwired, 163. salient

164. She wore her best dress for the special _____.

- n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

165. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming _____.

- adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build

166. To advance this discussion, we must _____ "success" rigorously.

- v.* to state or explain precisely the nature, scope, or meaning of something

167. The antique _____ was worth thousands of dollars.

- n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

168. He was exhausted and _____ into bed as soon as he got home.

- v.* to move in a particular direction by turning over and over or from side to side

169. This disease has a high _____.

- n.* the quality or state of being subject to death

170. This fund is responsible for disability and _____ benefits.

- n.* the fact or act of stopping working and leaving one's job

171. The church offered _____ to refugees fleeing from war-torn countries.

- n.* a place of refuge or safety, especially for victims of persecution or abuse

ANSWERS: 164. occasion, 165. overweight, 166. define, 167. doll, 168. rolled, 169. mortality, 170. retirement, 171. sanctuary

172. We want to _____ our company through your media.

- v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it

173. Our subscription plan is _____ renewed.

- adv.* without needing a direct human control

174. The ladder leaned against the _____ surface of the building.

- adj.* upright or perpendicular to a horizontal surface or line

175. The Philippines is an _____ made up of over 7,000 islands.

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

176. She closed her eyes and _____ for strength to overcome difficult times.

- v.* to make a request or petition to a higher power, especially in the form of a respectful or humble request

177. Shares in the company finally fell below their ____ value.

- n.* a state of being equal to someone or something

178. I pushed _____ with my new project, even though it would take much hard work.

- adv.* forward, outward, or onward in location, direction, or progress; into view or consideration; with confidence, boldness, or in the open

179. An ironic remark often _____ an intended meaning obliquely.

- v.* to express ideas, feelings, etc. so that it is known or understood by other people; to carry something from one place to another

180. Three _____ tenors performed during the president's inauguration.

- adj.* renowned for possessing admirable attributes

ANSWERS: 172. advertise, 173. automatically, 174. vertical, 175. archipelago, 176. prayed, 177. par, 178. forth, 179. conveys, 180. celebrated

181. 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
182. The primary purpose of the _____ is pain relief.
- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
183. _____ 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
184. Necessity is the mother of _____.
- n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
185. Its ____ brothers are difficult to tell apart except for their parents.
- n.* either of two children born at the same time from the same mother
186. She successfully completed her first _____ with a personal best time.
- n.* a long-distance race of 42.195 kilometers
187. 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
188. Can you _____ 123321 by eleven?
- v.* to separate or cause to separate into parts or groups

ANSWERS: 181. staves, 182. treatment, 183. Christmas, 184. invention, 185. twin, 186. marathon, 187. nudged, 188. divide

189. My father was tested for _____.

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

190. The newspaper published an _____ on the current state of the economy.

adj. relating to the expression of opinions or interpretations in the media

191. This region has a humid subtropical and _____ climate.

adj. an area of elevated land or hilly terrain

192. Wild animals need to go forward with the _____ action to survive.

adj. the best; most likely to be successful or advantageous

193. He is more concerned about the _____ of his body fat than usual because of an upcoming bodybuilding competition.

n. a part, share, or amount of something considered in comparative relation to a whole

194. The woman of the house does the holy _____ of lighting two candles.

n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies

195. 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

196. 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

ANSWERS: 189. diabetes, 190. editorial, 191. highland, 192. optimal, 193. proportion, 194. ritual, 195. adage, 196. genesis

197. 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
198. 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
199. 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
200. They had to _____ the boat out of the water for repairs.
- v.* to physically drag or pull someone or something with effort
201. The teachers make full use of _____ assistance.
- n.* a person who performs or offers to perform a job or service without being paid for or forced to do
202. 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
203. 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
204. 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: 197. plats, 198. tofu, 199. diet, 200. haul, 201. volunteer, 202. retire, 203. tribe, 204. shovel

205. The kidney is an _____ component of the body.

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

206. Sitting for long hours in front of the computer is considered _____.

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

207. He became in _____ after losing his job.

n. something, especially money, goods, or services owed by one person to another; the state of owing something

208. The doctor diagnosed me with a _____ disorder.

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

209. The _____ of Japan is known for its unique culture and advanced technology.

n. a large organized community of people living in a particular country or region and having a particular culture

210. 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

211. 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

212. It is important to _____ safety procedures in the workplace to prevent accidents.

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

ANSWERS: 205. organic, 206. unhealthy, 207. debt, 208. hormone, 209. nation, 210.

leaven, 211. distillation, 212. observe

213. The first step is to rationalize the _____ of a fraction.
n. the number below the line in a fraction
214. The myth was _____ by scientists, who provided evidence to the contrary.
v. to expose or dismiss as false, exaggerated, or worthless
215. She had a tattoo just above her _____ button.
n. the front part of the body below the chest, containing the stomach and bowels;
the rounded or curved part of an object, such as a ship or aircraft
216. The statue is made of _____.
n. a dark red-brown metal that is created by combining copper and tin
217. _____ 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
218. The teacher told the students to memorize the math _____.
n. a group of symbols, letters, or numbers that represent a rule, law, or
mathematical statement
219. The _____ arts teacher instructed the students in self-defense techniques.
adj. relating to soldiers or the military; warlike or inclined towards war
220. The high-technology industry is enjoying a _____.
n. a sudden increase in economic activity, or a sudden happening that brings
good fortune; a deep, loud, and prolonged sound

ANSWERS: 213. denominator, 214. debunked, 215. belly, 216. bronze, 217.
Resveratrol, 218. formula, 219. martial, 220. boom

221. Her eyes _____ with crying.

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

222. He is in the _____ of his life.

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

223. The company sent out a lengthy _____ to gather feedback from its customers.

- n.* a form or document containing a series of questions used for surveying or gathering information from a group of people, often used in research, marketing, or social science studies

224. The farmer grew _____ on his land.

- n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

225. The _____ pleasure of life is the conviction that we are loved.

- adj.* highest in rank, level, or importance

226. The _____ leader promised his followers that they would achieve enlightenment if they followed his teachings.

- n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

227. It seems _____ that he has forgotten our scheduled meeting.

- adj.* likely to happen or likely to be true

ANSWERS: 221. inflamed, 222. sunset, 223. questionnaire, 224. wheat, 225. supreme, 226. cult, 227. probable

228. 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
229. The poet recited a _____ from her latest collection.
- n.* a type of poetry that is characterized by a metrical structure and often a rhyme scheme
230. 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
231. The _____ of his discovery cannot be overstated.
- n.* the importance or value attached to something; the quality of being significant or noteworthy
232. Smoking places you at severe risk of _____ and respiratory disease.
- adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
233. 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
234. The _____ group of students came from different countries and spoke various languages.
- adj.* diverse in character or content; composed of parts of different kinds; not uniform

ANSWERS: 228. treadmill, 229. verse, 230. peak, 231. significance, 232. cardiovascular, 233. imbue, 234. heterogeneous

235. After the summit meeting, the prime ministers issued a _____ statement.

adj. shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

236. You should keep away from _____ foods.

adj. containing a lot of fat

237. They are eager to _____ a positive reputation.

v. make fast as if with cement; (noun) a building material that is a powder made of a mixture of calcined limestone and clay, used with water, sand, and small stones to make concrete

238. 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

239. I remembered that person _____ and never forgot.

adv. immediately

240. The _____ chaos of the concert crowd made it seem like a wild animal was in the room.

adj. complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

241. The former emperor had a particular _____ even after he abdicated.

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

ANSWERS: 235. joint, 236. fatty, 237. cement, 238. clogged, 239. instantly, 240. utter, 241. influence

242. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

243. 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

244. The odds of winning the _____ are extremely low, but millions still buy tickets hoping to hit the jackpot.

n. a game of chance in which a large number of people buy tickets or chances to win a prize, with the winner(s) determined by a random drawing

245. Certain _____ may promote tumor growth.

n. something that is added to something else to make it better or complete it

246. 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

247. The _____ study of different cultures is fascinating and informative.

adj. relating to the comparison of different things or groups; denoting a degree of difference or comparison between two or more things; characterized by comparison or contrast

248. I have a _____ ache after overeating junk food.

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 242. spiritual, 243. polyphenols, 244. lottery, 245. supplements, 246. bounty, 247. comparative, 248. stomach

249. Listening to music at a high volume may lead to a hearing _____.
- n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
250. Mozart was an _____ prodigy.
- n.* a baby or very young child
251. The final _____ provides a summary of the discussion.
- n.* a separate section of a written work usually numbered and titled
252. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
253. 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
254. He had undergone heart _____ years before.
- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
255. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

ANSWERS: 249. disability, 250. infant, 251. chapter, 252. damage, 253. socialism, 254. surgery, 255. wisdom

256. The Egyptian _____ consist of a vast number of blocks.

- n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

257. The grandparents take care of their _____ while the parents are at work.

- n.* a child of someone's son or daughter

ANSWERS: 256. pyramids, 257. grandchild