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Vocabulary Builder Reference from...

Ray Zahab: My trek to the South Pole | TED Talk

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

Advanced Words Only

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Session 1: Word List

shave

v. to remove body hair with a razor; to cut the price of something

synonym: trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

herculean

adj. requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules

synonym: challenging, formidable, strenuous

(1) **herculean** effort, (2) make **herculean** progress

Completing this project in such a short amount of time will be a **herculean** task.

inlet

n. a small arm of the sea, a lake, or a river, usually leading inland

synonym: cove, bayou, estuary

(1) **inlet** valve, (2) **inlet** temperature

The boat sailed through the narrow **inlet** and into the harbor.

sled

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

synonym : sleigh, toboggan, sledge

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

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

headwind

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

synonym : opposition

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

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

crevasse

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

synonym : crevice, fissure, gap

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

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

precarious

adj. not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions

synonym : precariousness, instability, uncertainty

(1) **precarious** job, (2) **precarious** financial situation

She had a **precarious** hold on the ladder and was afraid to move.

abyss

n. a deep, dark, or seemingly bottomless chasm or void

synonym : chasm, cavity, gulf

(1) the **abyss** of time, (2) an **abyss** of hopelessness

The deep sea is an **abyss** of mystery and discovery.

punchline

n. the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax

synonym : joke, climax, comedic ending

(1) have no **punchline**, (2) the final **punchline**

The **punchline** of the joke was hilarious.

uphill

adj. sloping upward; difficult or challenging; (adverb) upward on a hill or slope

synonym: skyward, ascending, difficult

(1) an **uphill** road, (2) an **uphill** task

The road is **uphill** for a while.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

snowdrift

n. a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift

synonym: snowbank, snow heap, drift

(1) deep **snowdrift**, (2) get stuck in a **snowdrift**

A massive **snowdrift** completely blocked the road after the blizzard.

nap

n. a short sleep, especially during the day

synonym: rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

incidentally

adv. by the way; as an aside or in passing

synonym: by chance, by accident, inadvertently

(1) **incidentally** discovered, (2) **incidentally** mentioned

Incidentally, I know the answer to that question.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

blister

n. a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

synonym : sore, vesicle, pustule

(1) **blister** after walking for miles, (2) **blister** treatment

The new hiking shoes gave me a **blister** on my heel after just a few miles of walking.

brilliantly

adv. in an intelligent, graceful, or skillful manner; very brightly or effectively

synonym : brightly, radiantly, excellently

(1) **brilliantly** executed, (2) **brilliantly** lit

He played the piano **brilliantly** at the concert.

courtyard

n. an open space surrounded by buildings or walls, often in the center of a building or group of buildings

synonym : patio, garden, atrium

(1) quiet **courtyard**, (2) spacious **courtyard**

The hotel's beautiful **courtyard** was the perfect spot for a wedding reception.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

huddle

v. to crowd or press closely together; cuddle

synonym : cluster, crowd, group

(1) **huddle** in a temporary shelter, (2) **huddle** around the open fire

The children **huddled** together for warmth in the cold winter storm.

disbelief

n. the feeling of not being able to believe or accept that something is true or real

synonym: doubt, mistrust, incredulity

(1) **disbelief** in the authority, (2) ask in **disbelief**

His reaction was one of complete **disbelief**.

smoker

n. a person who smokes tobacco regularly, or a device used for smoking

(1) **smoker** behavior, (2) an inveterate **smoker**

Many **smokers** are aware of the health risks associated with smoking but find it difficult to quit.

sedentary

adj. characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement

synonym: inactive, stationary, immobile

(1) **sedentary** desk job, (2) **sedentary** behavior

His **sedentary** lifestyle and lack of exercise contributed to his declining health.

Session 2: Spelling

1. in__t temperature *n.* a small arm of the sea, a lake, or a river, usually leading inland
2. fall into a cr____se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
3. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
4. an up___l road *adj.* sloping upward; difficult or challenging; (adverb) upward on a hill or slope
5. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
6. daytime n_p *n.* a short sleep, especially during the day
7. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
8. an up___l task *adj.* sloping upward; difficult or challenging; (adverb) upward on a hill or slope
9. inc_____lly mentioned *adv.* by the way; as an aside or in passing
10. deep sn_____ft *n.* a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift

ANSWERS: 1. inlet, 2. crevasse, 3. shave, 4. uphill, 5. pretension, 6. nap, 7. pretension, 8. uphill, 9. incidentally, 10. snowdrift

11. dangerous cr____se *n.* a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening
12. pre____us job *adj.* not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions
13. flying in a he____nd *n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
14. quiet co____rd *n.* an open space surrounded by buildings or walls, often in the center of a building or group of buildings
15. sm____r behavior *n.* a person who smokes tobacco regularly, or a device used for smoking
16. bri____ly executed *adv.* in an intelligent, graceful, or skillful manner; very brightly or effectively
17. have no pu____ne *n.* the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
18. bl____r after walking for miles *n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

ANSWERS: 11. crevasse, 12. precarious, 13. headwind, 14. courtyard, 15. smoker, 16. brilliantly, 17. punchline, 18. blister

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| 19. in___t a computer with a virus | <i>v.</i> to affect a person, an animal, or a plant with a disease-causing organism |
| 20. hu___e in a temporary shelter | <i>v.</i> to crowd or press closely together; cuddle |
| 21. he_____an effort | <i>adj.</i> requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules |
| 22. di_____ef in the authority | <i>n.</i> the feeling of not being able to believe or accept that something is true or real |
| 23. de_____e glycogen stores | <i>v.</i> to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials |
| 24. make he_____an progress | <i>adj.</i> requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules |
| 25. an ab__s of hopelessness | <i>n.</i> a deep, dark, or seemingly bottomless chasm or void |
| 26. the ab__s of time | <i>n.</i> a deep, dark, or seemingly bottomless chasm or void |
| 27. take a n_p | <i>n.</i> a short sleep, especially during the day |
| 28. ask in di_____ef | <i>n.</i> the feeling of not being able to believe or accept that something is true or real |
| 29. sh__e my head | <i>v.</i> to remove body hair with a razor; to cut the price of something |
| 30. bl_____r treatment | <i>n.</i> a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely |

ANSWERS: 19. infect, 20. huddle, 21. herculean, 22. disbelief, 23. deplete, 24. herculean, 25. abyss, 26. abyss, 27. nap, 28. disbelief, 29. shave, 30. blister

31. pull a s__d *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
32. hu___e around the open fire *v.* to crowd or press closely together; cuddle
33. inc_____lly discovered *adv.* by the way; as an aside or in passing
34. se_____ry behavior *adj.* characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement
35. an inveterate sm___r *n.* a person who smokes tobacco regularly, or a device used for smoking
36. bri_____ly lit *adv.* in an intelligent, graceful, or skillful manner; very brightly or effectively
37. in__t valve *n.* a small arm of the sea, a lake, or a river, usually leading inland
38. s__d dog *n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
39. pre_____us financial situation *adj.* not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions
40. de_____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

ANSWERS: 31. sled, 32. huddle, 33. incidentally, 34. sedentary, 35. smoker, 36. brilliantly, 37. inlet, 38. sled, 39. precarious, 40. deplete

41. se_____ry desk job *adj.* characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement
42. in____t other animal species *v.* to affect a person, an animal, or a plant with a disease-causing organism
43. the final pu_____ne *n.* the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
44. spacious co_____rd *n.* an open space surrounded by buildings or walls, often in the center of a building or group of buildings
45. facing he_____nd *n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
46. get stuck in a sn_____ft *n.* a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift

ANSWERS: 41. sedentary, 42. infect, 43. punchline, 44. courtyard, 45. headwind, 46. snowdrift

Session 3: Fill in the Blanks

1. A massive _____ completely blocked the road after the blizzard.
n. a mound or bank of snow that has been blown together by the wind, typically forming a large pile or drift

2. The hotel's beautiful _____ was the perfect spot for a wedding reception.
n. an open space surrounded by buildings or walls, often in the center of a building or group of buildings

3. The mountaineer carefully crossed the glacier _____ to continue climbing the icy peak.
n. a deep crack or fissure, especially in a glacier or the Earth's surface, often caused by stress or movement; a dangerous and treacherous gap or opening

4. Many _____ are aware of the health risks associated with smoking but find it difficult to quit.
n. a person who smokes tobacco regularly, or a device used for smoking

5. His _____ lifestyle and lack of exercise contributed to his declining health.
adj. characterized by or involving a lot of sitting or little physical activity; inactive or lacking in exercise or movement

6. She had a _____ hold on the ladder and was afraid to move.
adj. not securely held or in position; dangerously unstable or uncertain; dependent on chance or uncertain conditions

7. He played the piano _____ at the concert.
adv. in an intelligent, graceful, or skillful manner; very brightly or effectively

ANSWERS: 1. snowdrift, 2. courtyard, 3. crevasse, 4. smokers, 5. sedentary, 6. precarious, 7. brilliantly

8. Children often _____ parents with this head cold.
v. to affect a person, an animal, or a plant with a disease-causing organism
9. Completing this project in such a short amount of time will be a _____ task.
adj. requiring great strength, effort, or endurance; of or relating to the legendary strength of the ancient Greek hero Hercules
10. The new hiking shoes gave me a _____ on my heel after just a few miles of walking.
n. a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
11. The children _____ together for warmth in the cold winter storm.
v. to crowd or press closely together; cuddle
12. The deep sea is an _____ of mystery and discovery.
n. a deep, dark, or seemingly bottomless chasm or void
13. The _____ of the joke was hilarious.
n. the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
14. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.
v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
15. _____ I know the answer to that question.
adv. by the way; as an aside or in passing

ANSWERS: 8. infect, 9. herculean, 10. blister, 11. huddled, 12. abyss, 13. punchline, 14. deplete, 15. Incidentally,

16. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
17. His reaction was one of complete _____.
- n.* the feeling of not being able to believe or accept that something is true or real
18. The cyclists had to contend with strong _____ during the race.
- n.* a wind blowing directly against the forward movement of an aircraft, vehicle, or vessel, thereby slowing its progress and increasing fuel consumption
19. She woke the kids up from their _____.
- n.* a short sleep, especially during the day
20. We used a _____ to slide down the hill in the snow.
- n.* a vehicle used for traveling over snow or ice, typically consisting of a flat-bottomed frame mounted on runners, sometimes pulled by dogs or horses
21. The road is _____ for a while.
- adj.* sloping upward; difficult or challenging; (adverb) upward on a hill or slope
22. The boat sailed through the narrow _____ and into the harbor.
- n.* a small arm of the sea, a lake, or a river, usually leading inland
23. That supermarket tried to _____ certain costs by saving electricity.
- v.* to remove body hair with a razor; to cut the price of something

ANSWERS: 16. pretensions, 17. disbelief, 18. headwinds, 19. nap, 20. sled, 21. uphill, 22. inlet, 23. shave