7

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Performing an Ollie

<how-to>

Perform any skilled move in a sport and you'll need to coordinate your muscles, joints, and bones—your musculoskeletal system. When you perform an ollie, like the skateboarder in the picture, the muscles, bones, and joints in your body are working with precision, or exactness, to complete a difficult move.

Look at the skateboarder. To nail the trick, he first pushes off to get a rolling start. Then he positions his body over the center of the skateboard so that his rear foot is on the tail (the back portion) of the board and his front foot is in the center. Then he bends his knees. When knees bend, the opposing leg muscles work together in a coordinated way: some muscles contract while others extend. All of this happens without the skateboarder even thinking about it.

When the skateboarder pushes his rear foot down on the board's tail, pressure rises under his other foot. The harder he pushes, the more pressure he feels. As the back of the skateboard hits the ground, the skater's foot slides up the board and he leans over. His front knee bends until it's near his chest while his back knee straightens. To shift his weight, the skateboarder moves his hips, which are ball-and-socket joints. This shift helps him balance

VOCABULARY

coordinate	extend
precision	pressure
positions	balance
opposing	plane
contract	maneuver

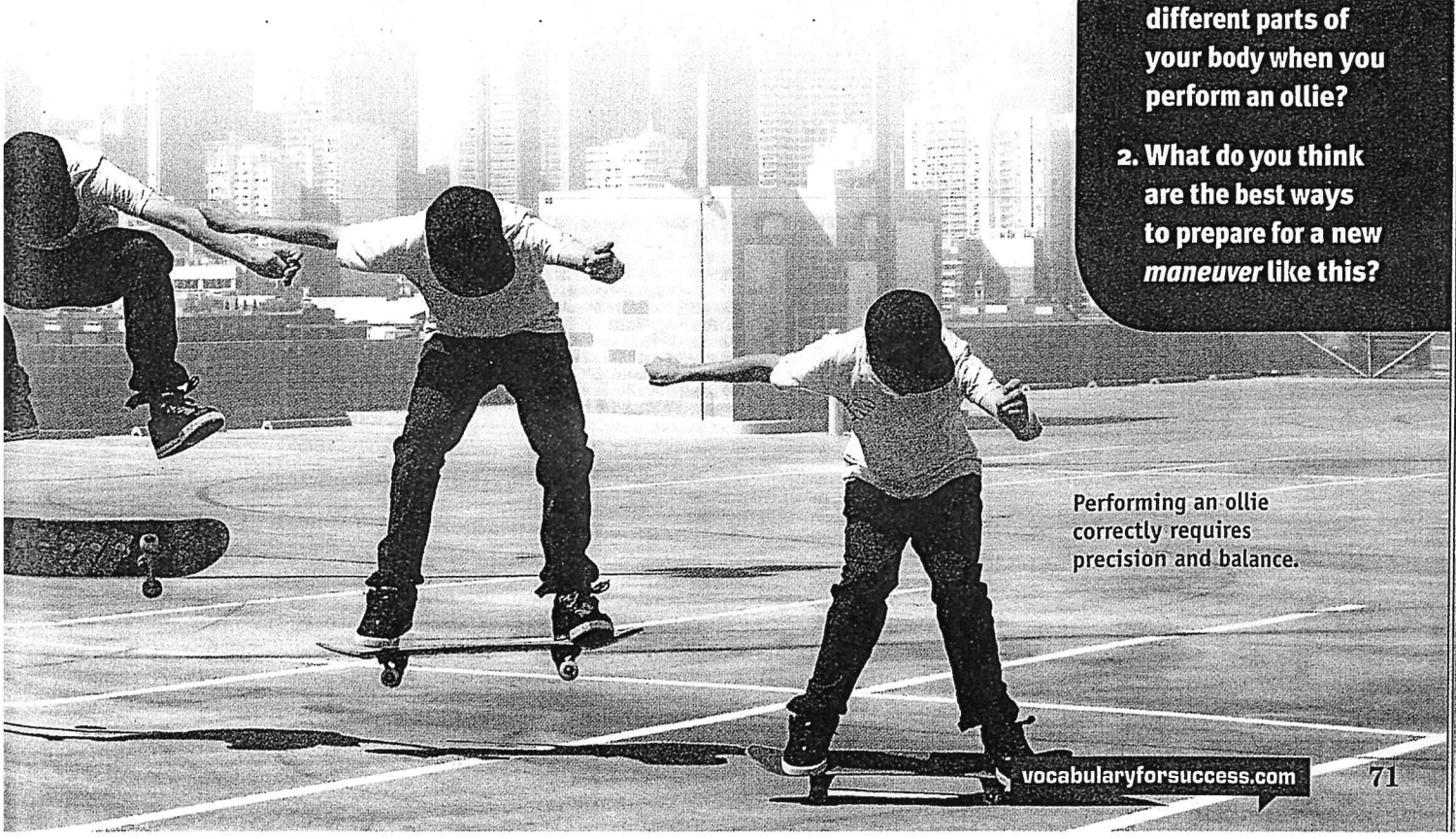
his full weight on the large bones of his back leg. Here's where the tricky part comes in. The skateboarder leaps into the air using the opposing muscle groups of his legs and torso. The board follows, and looks as if it is sticking to his feet.

Now the hard part—landing! The skateboarder bends both knees and comes down on the horizontal plane of the board so that his weight is balanced in the center of the board. He can thank his musculoskeletal system for allowing him to make this incredible maneuver.

TALK ABOUT IT

With a partner, answer the questions below. Use as many of the highlighted words in the selection as you can.

1. Why is it important to *coordinate* different parts of your body when you perform an ollie?
2. What do you think are the best ways to prepare for a new *maneuver* like this?



Performing an ollie correctly requires precision and balance.

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Refer to the online dictionary

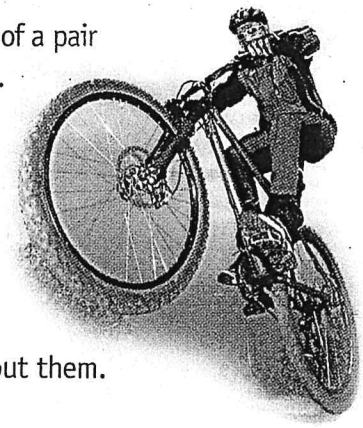
Word Meanings

For each highlighted word on pages 76–77, the meaning is given below. For practice with other meanings, see pages 81–83. For synonyms and antonyms, see page 100.

1. coordinate
v. (ko-WOR-di-nayt)
n. (ko-WOR-di-nit)

(v.) When you *coordinate* something, you make sure that all the parts work together smoothly.

(n.) The *coordinate* of a point on a map or grid is one of a pair of numbers or letters that you need to find that point.



2. precision
(pri-SI-zhin)

(n.) When something works exactly as it is supposed to, it works with *precision*.

3. positions
(pu-ZI-shinz)

(v.) When a person *positions* an object somewhere, he or she carefully puts it in the right place.

(n.) Your *positions* on subjects are how you feel about them.

4. opposing
(uh-POH-zeeng)

(adj.) When groups of people have *opposing* views, they disagree about something or are in competition with one another. An opposing action or feeling is opposite to another action or feeling.

5. contract
v. (kon-TRAKT)
n. (KON-trakt)

(v.) When you pull something inward to make it smaller, you *contract* it.

(n.) A *contract* is an agreement that can be enforced by law.

6. extend
(eks-TEND)

(v.) When you stretch something out to make it longer, you *extend* it.

7. pressure
(PRE-sher)

(n.) *Pressure* is the force that is produced when you press hard on something.

(n.) When you experience *pressure*, you feel that people expect a lot from you, or that you must get a lot accomplished quickly.

8. balance
(BA-lens)

(v.) When you *balance* an object on something, the object remains steady and does not fall to one side or the other.

9. plane
(playn)

(n.) A *plane* is a flat surface.

10. maneuver
(muh-NOO-ver)

(n.) A *maneuver* is a difficult or clever action that is done to change a situation to your advantage.

(v.) If you *maneuver* something into or out of an awkward location, you move it there skillfully.

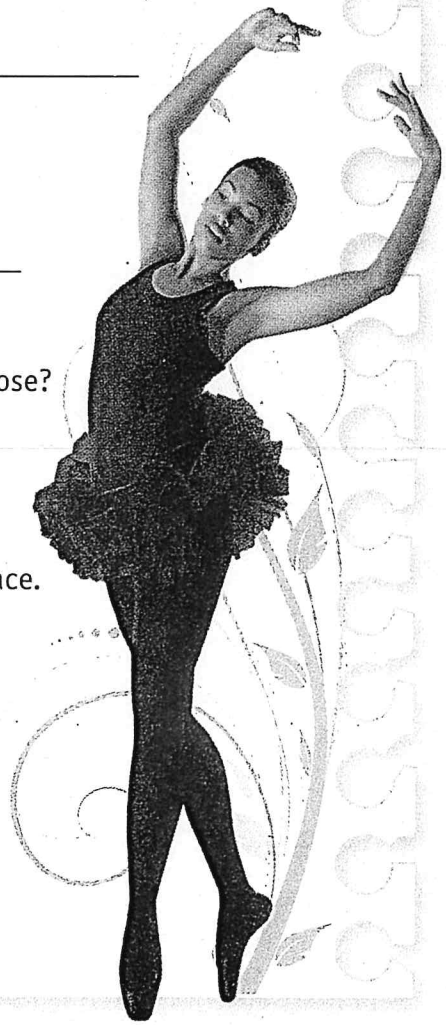
LESSON 7

Check for Understanding

Choose the lesson word that completes each sentence. Write the word on the line provided. Some words will be used twice.

balance	**extend**	**positions**
contract	**maneuver**	**precision**
coordinate	**opposing**	**pressure**
	plane	

1. The _____ armies prepared for battle.
2. Turning on her ballet shoes with _____, the ballerina executed her moves perfectly.
3. The pattern of the floor boards created a/an _____ that made the room feel wider.
4. Since I was sick for three days, my teacher decided to _____ the due date for my report.
5. The lack of _____ in the tire caused it to deflate.
6. Due to our busy schedules, it was difficult to _____ all of our activities without looking at our calendars.
7. How does a seal _____ the ball on the tip of its nose?
8. A toddler _____ the blocks so that the tower doesn't fall.
9. To wrinkle your nose, _____ the muscles in your face.
10. The runner made a clever _____ that put her in the lead.
11. The coach always _____ the players on the field before the game begins.
12. Accordions expand and _____ to make music.



Word Associations

Use what you know about the lesson word in italics to answer each question. Circle the letter next to the phrase that best answers the question. Be prepared to explain your answers.

1. Which profession requires the most *precision*?
   - **a.** security guard
   - **b.** surgeon
   - **c.** painter

2. Which situation would you need to *coordinate*?
   - **a.** going grocery shopping
   - **b.** passing the stick in a relay race
   - **c.** combing your hair

3. Whose *positions* does the seventh grade class president represent?
   - **a.** students
   - **b.** parents
   - **c.** teachers

4. Which worker would most likely insist on a *contract*?
   - **a.** babysitter
   - **b.** house painter
   - **c.** hair cutter

5. Which structure would *extend* across a river?
   - **a.** a skyscraper
   - **b.** a bridge
   - **c.** a beach

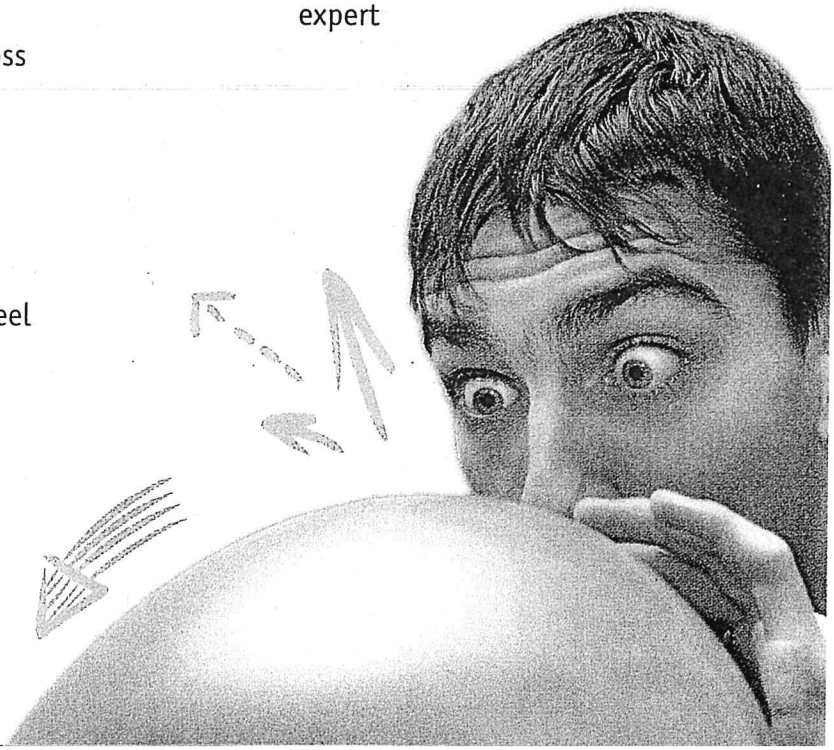
6. Which situation would make you feel the most *pressure*?
   - **a.** blowing up a balloon
   - **b.** slipping in the street
   - **c.** taking a test

7. What might throw you off *balance* on a bike ride?
   - **a.** the sound of birds chirping
   - **b.** the beautiful setting
   - **c.** a squirrel running in front of you

8. Which group would be most *opposed* to closing a public pool?
   - **a.** swimmers
   - **b.** office workers
   - **c.** voters

9. Which could be described as a horizontal *plane*?
   - **a.** a wide staircase
   - **b.** a flat driveway
   - **c.** a fast escalator

10. Which might prove to be a difficult *maneuver*?
    - **a.** doing homework
    - **b.** reading a long novel
    - **c.** checkmating a chess expert



Practice for Tests

Fill in the bubble next to the answer that best completes the sentence or answers the question.

1. Read this sentence.

I am thankful that the dentist used his instruments with *precision* to fill my cavity.

Precision means:

- ○ **A** accuracy
- ○ **B** speed
- ○ **C** painlessness
- ○ **D** preciousness

2. A bicycle tire will *contract* when:

- ○ **A** it's brand new
- ○ **B** you pump air into it
- ○ **C** you park it in the garage
- ○ **D** it leaks air

3. The opposite of *extend* is:

- ○ **A** balance
- ○ **B** pressure
- ○ **C** withdraw
- ○ **D** pretend

4. In which group can <u>all</u> the items be described as having a horizontal *plane*?

- ○ **A** football field, table, skateboard
- ○ **B** skateboard, soccer ball, skis
- ○ **C** ocean, waterfall, wave
- ○ **D** airplane, sunset, skyscraper

5. A word closely associated with *maneuver* is:

- ○ **A** handy
- ○ **B** pleasant
- ○ **C** skillful
- ○ **D** patient

6. Read this sentence.

The *pressure* of the heavy wind against my chest made it hard to walk.

Pressure means:

- ○ **A** size
- ○ **B** pain
- ○ **C** push
- ○ **D** force

7. Two activities are said to *coordinate* if:

- ○ **A** there are mix-ups everywhere
- ○ **B** everything is running smoothly
- ○ **C** no one is careful
- ○ **D** they're on a map

8. When you *balance* an object, it does NOT:

- ○ **A** fall over
- ○ **B** remain steady
- ○ **C** have control
- ○ **D** stay in place

9. You would most likely state your *positions* about a topic in:

- ○ **A** a game
- ○ **B** a greeting
- ○ **C** a debate
- ○ **D** a dream

10. A person with an *opposing* view would:

- ○ **A** agree with you
- ○ **B** argue against you
- ○ **C** not care what you think
- ○ **D** say you were lying

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Buy the Best

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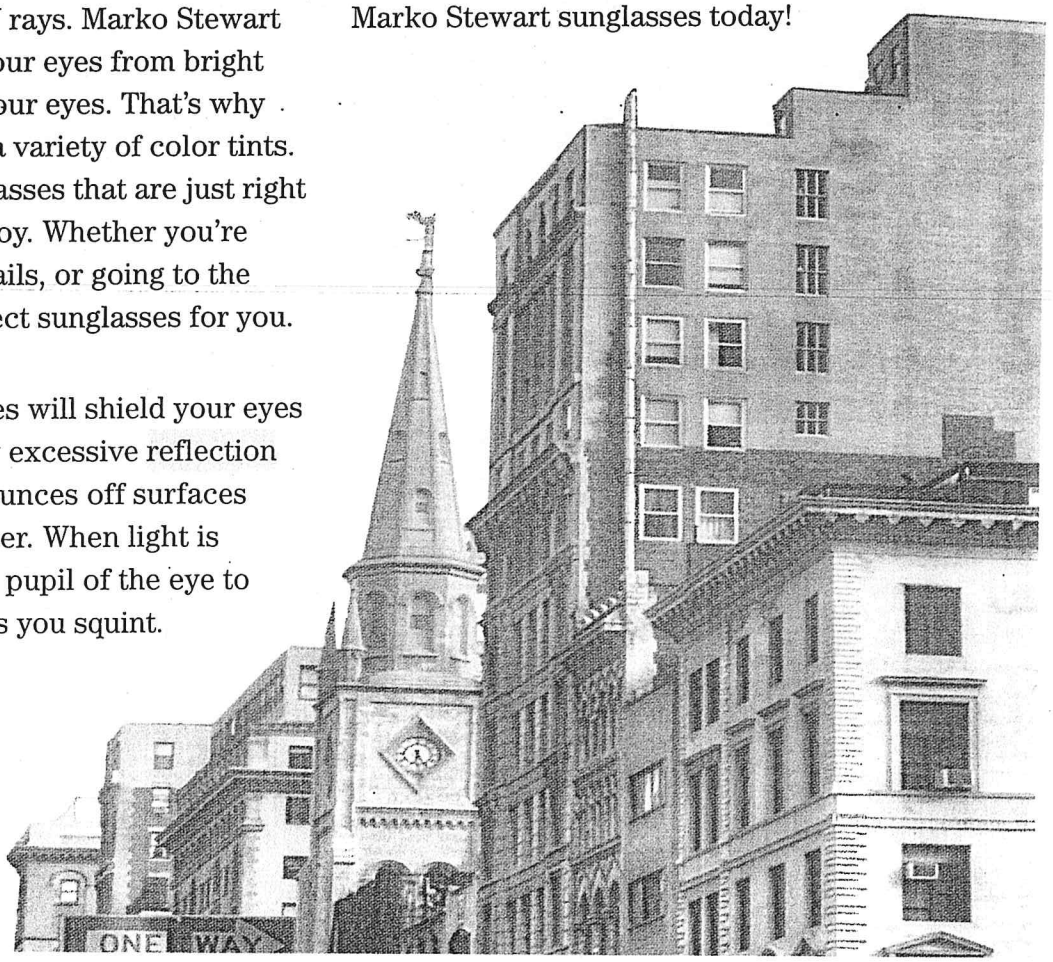
Do you choose your sunglasses based solely on how they look on you? We all care about external things, like our appearance, but did you know that there are big differences among sunglasses? Many sunglasses look stylish. However, sometimes they're just two pieces of tinted plastic in a cheap frame. Not ours! Sunglasses from Marko Stewart Eyewear are your best weapon for the prevention of damage to your fragile vision.

Your eyes are one of your body's most sensitive organs. They are sensitive to ultraviolet, or UV, rays. Marko Stewart sunglasses filter out the harmful effects of the sun's radiation. In fact, our sunglasses are so good that they completely eliminate UV rays. Marko Stewart sunglasses also shield your eyes from bright sunlight that may hurt your eyes. That's why our sunglasses come in a variety of color tints. We let you choose sunglasses that are just right for the activities you enjoy. Whether you're playing soccer, hiking trails, or going to the beach, we have the perfect sunglasses for you.

Marko Stewart sunglasses will shield your eyes from the glare caused by excessive reflection of sunlight. This light bounces off surfaces like snow, sand, and water. When light is very bright, it causes the pupil of the eye to constrict, and that makes you squint.

Sun glare can hide objects or even distort how they appear. Our sunglasses filter intense, reflected light, so you can see objects more clearly.

You'll look your best in Marko Stewart sunglasses. Our sunglasses come in a variety of styles. All of them will protect your eyes from the damage that exposure to the sun can cause. Marko Stewart glasses may cost a bit more, but they're so strong, they will last a lifetime. In fact, we believe they could last many millennia! Plus, every pair comes with its own accessories (a case and a cleaning cloth) so you can safeguard your investment along with your eyes. Run—don't walk—to get your Marko Stewart sunglasses today!



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Word Meanings

For each highlighted word on pages 80–81, the meaning is given below. For practice with other meanings, turn to pages 85–87. For synonyms and antonyms, see page 100.

1. external
(ek-STUR-nuhl)

(adj.) An *external* surface is the outside part or what can be seen on the surface. Anything on the outside is *external.*

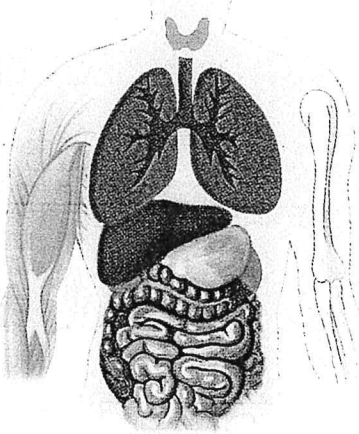
2. prevention
(pri-VEN-shuhn)

(n.) *Prevention* keeps something from happening. Keeping a fire extinguisher in the kitchen aids fire *prevention.*

3. organs
(OR-ginz)

(n.) *Organs* are structures made of cells and tissues in a living thing that perform specific purposes, such as lungs and kidneys in people or leaves and flowers in plants.

(n.) Keyboard instruments that produce music by releasing air through pipes are *organs.*



4. radiation
(ray-dee-AY-shuhn)

(n.) *Radiation* is waves of light or heat energy, such as that given off by the sun's rays.

5. shield
(sheeld)

(v.) When you *shield* something, you protect it, sometimes with an object or cover.

(n.) A *shield* is anything that protects, like a barrier or cover.

6. reflection
(ri-FLEK-shuhn)

(n.) Light that bounces off an object produces a *reflection*. You might see your *reflection* in a mirror or on the surface of a pond.

(n.) When you think carefully and deeply about something, you are giving it careful *reflection*.

7. constrict
(kon-STRIKT)

(v.) When you pull in, squeeze, or tighten something, you *constrict* it. A belt can *constrict* your waist.

8. distort
(diss-TORT)

(v.) When you twist something out of shape or change the meaning of what someone said, you *distort* it.

9. exposure
(ek-SPOH-zhur)

(n.) When you have *exposure* to the wind, rain, or sun, you are not protected from it.

(n.) *Exposure* occurs when a secret or something that was hidden is revealed.

10. millennia
(muh-LE-nee-uh)

(n.) A period of one thousand years is a millennium, and more than one period of a thousand years are *millennia*.

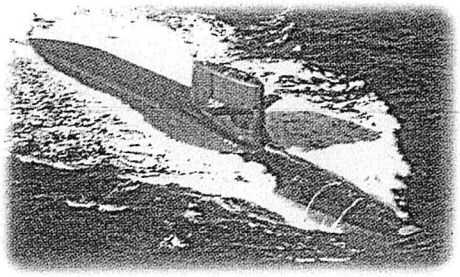
LESSON 8

Check for Understanding

Choose the lesson word that completes each sentence. Write the word on the line provided. Some words will be used twice.

constrict	**external**	**radiation**
distort	**millennia**	**reflection**
exposure	**organs**	**shield**
	prevention	

1. At a carnival, a funhouse mirror can _____ your image to make you look shorter or taller than you really are.
2. A bend in a hose will _____ the flow of water through it.
3. I peeled off the onion's _____ layer before chopping the rest for soup.
4. Sunglasses will _____ a driver's eyes from the sun.
5. Even though they're inside the body, _____ can be injured in a car crash.
6. Over _____, the Rocky Mountains have slowly shifted.
7. People who work with dangerous chemicals often wear clothes that protect them from _____.
8. The temperature inside the submarine was higher than the _____ temperature.
9. The _____ of the sun on the water was blinding to the swimmers.



10. For the _____ of disease, hospital workers clean their equipment after it is used on each patient.
11. Parents often try to _____ their children from life's hardships.
12. A narrow gorge can _____ the flow of a river so that a lake forms.

LESSON 8

Word Associations

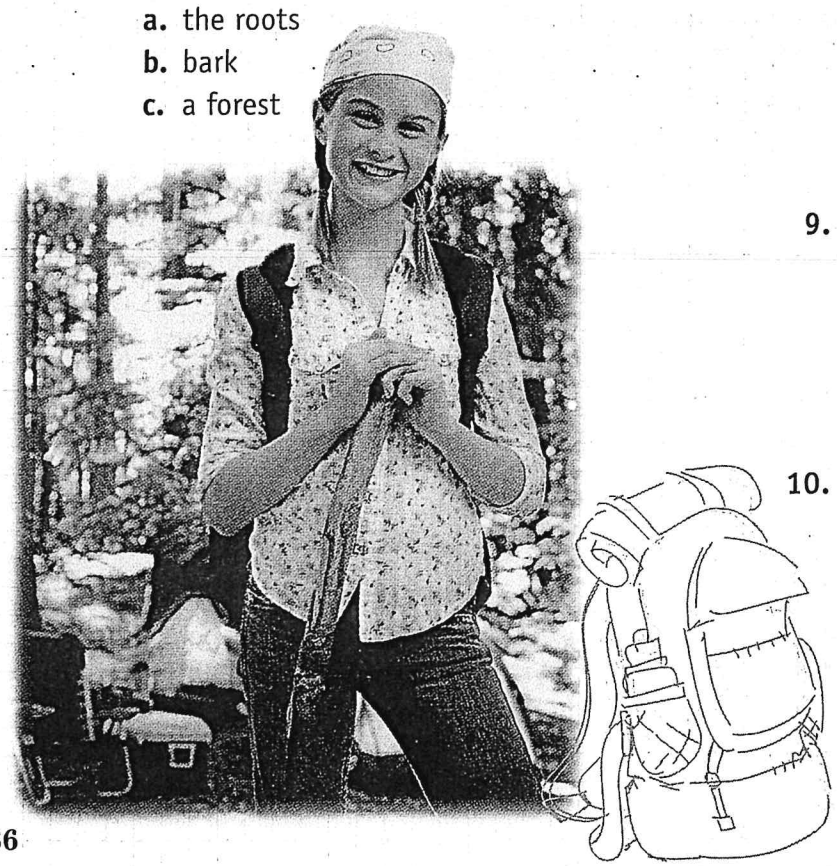
Use what you know about the lesson word in italics to answer each question. Circle the letter next to the phrase that best answers the question. Be prepared to explain your answers.

1. Which would get the most *exposure* to the sun?
   - **a.** a camper in the woods
   - **b.** a tree on a mountaintop
   - **c.** a student in the library

2. Which *organs* help with our senses?
   - **a.** kidneys and lungs
   - **b.** liver and heart
   - **c.** skin and eyes

3. In which of these surfaces would you see your *reflection*?
   - **a.** a car window
   - **b.** a grassy lawn
   - **c.** a red barn

4. What would you likely find on the *external* surface of a tree trunk?
   - **a.** the roots
   - **b.** bark
   - **c.** a forest



5. Which of these would help with forest fire *prevention*?
   - **a.** a campfire
   - **b.** trees
   - **c.** rain

6. Which of these objects would best *shield* you from snow?
   - **a.** a shovel
   - **b.** hot chocolate
   - **c.** a coat

7. Which object is most likely to give off *radiation*?
   - **a.** an x-ray
   - **b.** sunscreen
   - **c.** a water bottle

8. Which person would probably *distort* what you say?
   - **a.** a friend
   - **b.** an enemy
   - **c.** an acquaintance

9. Which piece of clothing would be likely to *constrict* you?
   - **a.** a large jacket
   - **b.** a tight tie
   - **c.** a loose T-shirt

10. Which of these events did NOT occur during the last two *millennia*?
    - **a.** dinosaurs walked the earth
    - **b.** the United States was formed
    - **c.** you were born

Practice for Tests

Fill in the bubble next to the answer that best completes the sentence or answers the question.

1. Read this sentence.

New buildings have features for the *prevention* of earthquake damage.

Prevention means:

- ○ **A** avoidance
- ○ **B** increase
- ○ **C** construction
- ○ **D** repair

2. Which item might *constrict* a body?

- ○ **A** a board
- ○ **B** a bed
- ○ **C** a ball
- ○ **D** a rope

3. The opposite of *exposure* is:

- ○ **A** opening
- ○ **B** truth
- ○ **C** covering
- ○ **D** warning

4. What is an example of a *millennia*?

- ○ **A** 2,000 years
- ○ **B** 200 years
- ○ **C** 1,000 years
- ○ **D** 2,000 days

5. A word closely associated with *distort* is:

- ○ **A** smooth
- ○ **B** wrap
- ○ **C** twist
- ○ **D** finish

6. Read this sentence.

The *organs* of most mammals are very similar.

Organs means:

- ○ **A** noises or cries
- ○ **B** blood and sweat
- ○ **C** diet
- ○ **D** body parts

7. Surfaces that give a good *reflection* are:

- ○ **A** hot
- ○ **B** smooth
- ○ **C** wrinkled
- ○ **D** fuzzy

8. When you *shield* people, you:

- ○ **A** protect them
- ○ **B** touch them
- ○ **C** attack them
- ○ **D** argue for them

9. *Radiation* is NOT associated with:

- ○ **A** energy
- ○ **B** waves
- ○ **C** gasoline
- ○ **D** heat

10. An *external* house problem would be:

- ○ **A** a leak in the bathroom
- ○ **B** a hole in the roof
- ○ **C** peeling paint in the bedroom
- ○ **D** a fire in the kitchen

LESSON 12

Watch a video introduction to this passage at **vocabularyforsuccess.com**.

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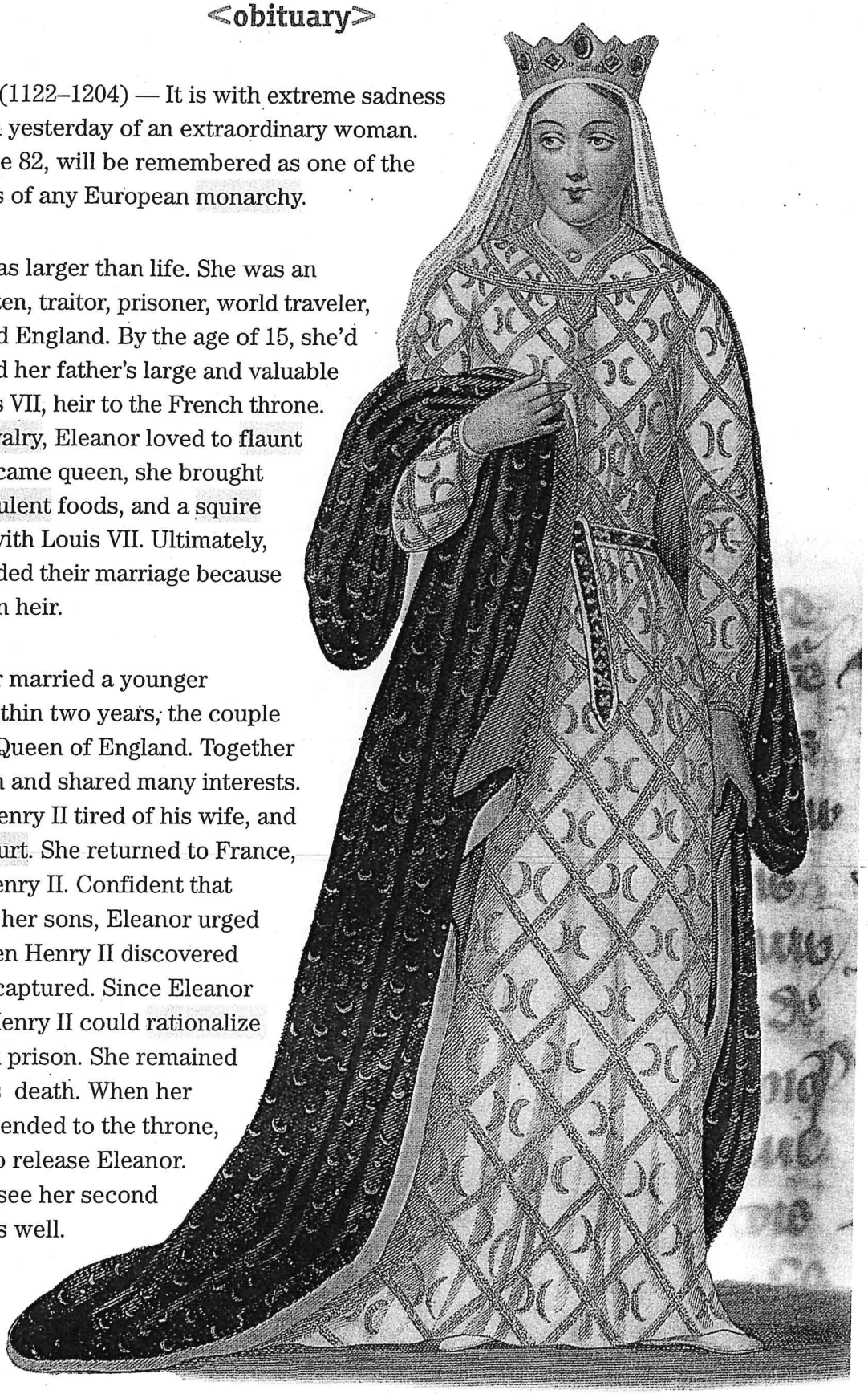
A Great Lady Is Dead

<obituary>

Eleanor of Aquitaine (1122–1204) — It is with extreme sadness that we report the death yesterday of an extraordinary woman. Eleanor of Aquitaine, age 82, will be remembered as one of the most remarkable queens of any European monarchy.

Elearnor of Aquitaine was larger than life. She was an orphan, wife, mother of ten, traitor, prisoner, world traveler, and Queen of France and England. By the age of 15, she'd been orphaned, inherited her father's large and valuable estate, and married Louis VII, heir to the French throne. Born into the age of chivalry, Eleanor loved to flaunt her power. When she became queen, she brought along 300 servants, succulent foods, and a squire to carry armor on trips with Louis VII. Ultimately, Eleanor and Louis VII ended their marriage because they had not produced an heir.

Just weeks later, Eleanor married a younger Englishman, Henry II. Within two years, the couple were crowned King and Queen of England. Together they raised eight children and shared many interests. In time, however, King Henry II tired of his wife, and Eleanor fled the royal court. She returned to France, determined to destroy Henry II. Confident that she had the allegiance of her sons, Eleanor urged them to seize power. When Henry II discovered the plot, he had Eleanor captured. Since Eleanor had become his enemy, Henry II could rationalize putting his former wife in prison. She remained a prisoner until Henry II's death. When her favorite son, Richard, ascended to the throne, his first act as king was to release Eleanor. She lived long enough to see her second son, John, become king as well.



VOCABULARY

monarchy
estate
chivalry
flaunt
succulent
squire
court
allegiance
rationalize
stabilize

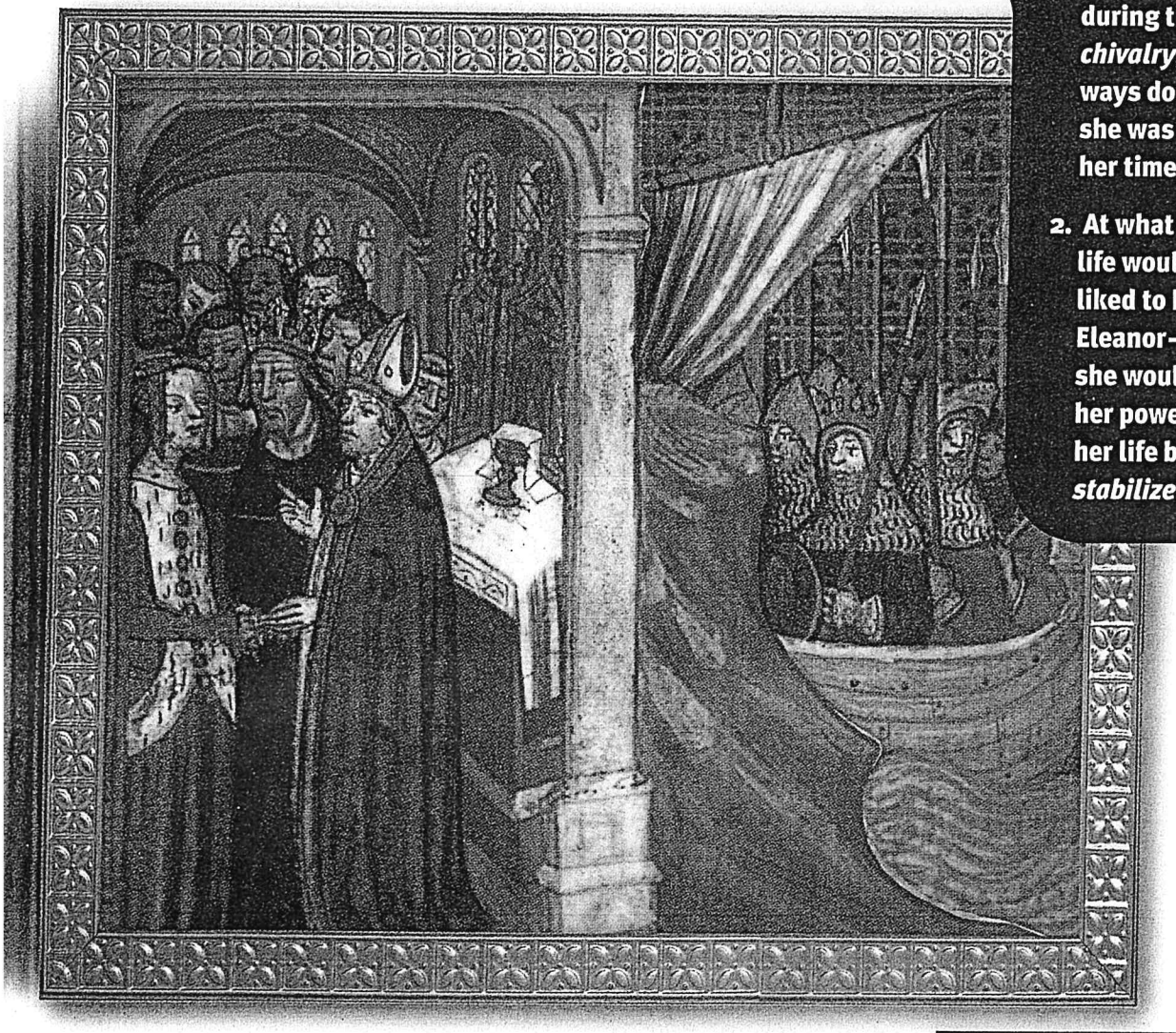
As Eleanor grew old, her life began to stabilize and was much calmer. Her final days were spent quietly at Fontevrault Abbey in France. She will be remembered as an extraordinary woman who was ahead of her time. Eleanor will be buried in Fontevrault, next to her first husband, Louis VII, and her son Richard.

TALK ABOUT IT

With a partner, answer the questions below. Use as many of the highlighted words in the selection as you can.

1. Since Eleanor lived during the age of *chivalry*, in what ways do you think she was ahead of her time?
2. At what time in her life would you have liked to have known Eleanor—when she would *flaunt* her power or when her life began to *stabilize*? Explain.

Left: Eleanor of Aquitaine
Below: Eleanor married Louis VII when she was 15 years old.



LESSON 12

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Word Meanings

For each highlighted word on pages 124–125, the meaning is given below. For practice with other meanings, see pages 129–131. For synonyms and antonyms, see page 134.

1. monarchy
(MO-nur-kee)

(n.) A nation or state is a *monarchy* when its government is headed by a king, queen, or other ruler who has inherited the position.

2. estate
(ess-TAYT)

(n.) An *estate* is all the money, property, and other valuable items that a person leaves when he or she dies.

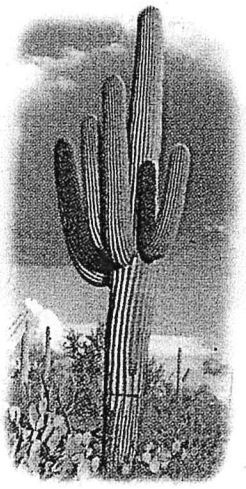
(n.) An *estate* is a social class. In medieval times, the three *estates* were religious leaders, nobles, and peasants.

3. chivalry
(SHI-vuhl-ree)

(n.) *Chivalry* was a code of conduct for knights in the Middle Ages characterized by gracious and courteous conduct, especially toward women.

4. flaunt
(flawnt)

(v.) People *flaunt* their possessions or abilities when they show off and try to impress others with them.



5. succulent
(SUHK-yuh-luhnt)

(adj.) A *succulent* meal tastes delicious and has a moist and pleasing texture.

(n.) A *succulent* is a plant, such as a cactus or an aloe, with fleshy tissues that store moisture.

6. squire
(skwire)

(n.) In the Middle Ages, a *squire* was a young nobleman who tended to a knight's needs.

(v.) When you *squire* people, you escort them and attend to their needs, as a medieval squire would tend to a knight.

7. court
(kort)

(n.) A *court* is the place where a king or other ruler resides with his family, advisers, and servants, and these people working together also is called a *court*.

(v.) When you *court* someone, you seek the person's attention and favor, sometimes with the goal of marriage.

8. allegiance
(uh-LEE-junss)

(n.) *Allegiance* is loyalty and devotion to a person, a group, a country, or a cause.

9. rationalize
(RASH-nuh-lize)

(v.) When you *rationalize* something, you create an excuse or an explanation for your feelings, desires, or actions to make them appear better than they are.

10. stabilize
(STAY-buh-lize)

(v.) When situations *stabilize,* they stop changing and become more regular and constant.

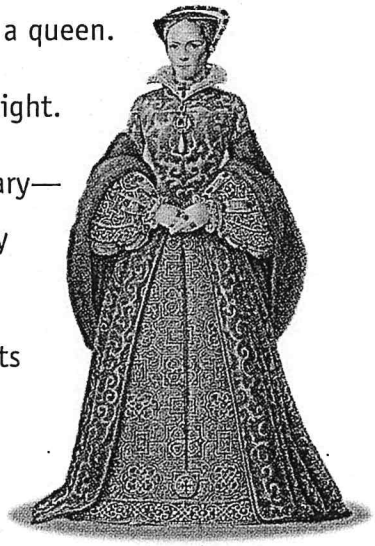
LESSON 12

Check for Understanding

Choose the lesson word that completes each sentence. Write the word on the line provided. Some words will be used twice.

allegiance	estate	squire
chivalry	flaunt	stabilize
court	monarchy	succulent
	rationalize	

1. How can you _____ forgetting your best friend's birthday?
2. The Netherlands is a constitutional _____ with a queen.
3. A medieval _____ was destined to become a knight.
4. During the reign of Queen Mary I—also known as Bloody Mary—England's royal _____ was a place of dishonesty and trickery.
5. The code of _____ guided the conduct of knights in the Middle Ages.
6. When the businesswoman died, her _____ was estimated at more than four million dollars.



7. _____ to one's country is important to most people because they are loyal to their homeland.
8. The freshly picked peaches were very fragrant and _____.
9. If you _____ your wealth, you might make people jealous and angry.
10. Greta held the door for Jacob and declared, "_____ isn't just for boys!"
11. After a year of change and uncertainty, we hope the situation will _____ and we can resume our happy lives.
12. To _____ what happened is to make excuses for your own mistakes.

12 Word Associations

Use what you know about the lesson word in italics to answer each question. Circle the letter next to the phrase that best answers the question. Be prepared to explain your answers.

1. Which person would be the head of state in a *monarchy*?
   - **a.** prime minister
   - **b.** king
   - **c.** president

2. Which of these fruits is usually the most *succulent*?
   - **a.** watermelon
   - **b.** banana
   - **c.** apple

3. When might you have to *squire* your sister to a dance?
   - **a.** if she were a beginner
   - **b.** if she missed it
   - **c.** if she had no date

4. Which circumstance might you *flaunt*?
   - **a.** being the victim of a prank
   - **b.** winning a prestigious award
   - **c.** getting unexpected bad news

5. Who usually inherits an *estate*?
   - **a.** grandparents
   - **b.** wealthy people
   - **c.** members of the family

6. Which is an example of *chivalry*?
   - **a.** a man boards the bus first
   - **b.** a woman hires a male secretary
   - **c.** a man lends his raincoat to a woman

7. Which is an example of someone trying to *rationalize*?
   - **a.** "No one told me I had to do it."
   - **b.** "Let's go after school."
   - **c.** "That sounds like a good idea."

8. If your life is frantic, what daily routine might help *stabilize* it?
   - **a.** skipping lunch sometimes
   - **b.** exercising at the same time each day
   - **c.** going to sleep at different hours

9. Which of these groups would NOT be part of a medieval *court*?
   - **a.** knights
   - **b.** ladies-in-waiting
   - **c.** peasants

10. To which of these groups would you show *allegiance*?
    - **a.** your friends
    - **b.** your enemies
    - **c.** strangers

Practice for Tests

Fill in the bubble next to the answer that best completes the sentence or answers the question.

1. Read this sentence.

   If you win the contest, try not to *flaunt* your good fortune.

   Flaunt means:

   - ○ **A** enjoy
   - ○ **B** ignore
   - ○ **C** show off
   - ○ **D** belittle

2. A word associated with *monarchy* is:
   - ○ **A** democracy
   - ○ **B** tyranny
   - ○ **C** president
   - ○ **D** kingdom

3. A *squire* today would most likely be similar to a:
   - ○ **A** president or king
   - ○ **B** servant or maid
   - ○ **C** trainee or assistant
   - ○ **D** brother or friend

4. You would be most likely to *rationalize* something that:
   - ○ **A** troubles you
   - ○ **B** you're proud of
   - ○ **C** you didn't do
   - ○ **D** helped you

5. When things *stabilize,* they:
   - ○ **A** become stale
   - ○ **B** stop changing
   - ○ **C** react to pressure
   - ○ **D** go faster

6. Read this sentence.

   Allegiance to friends keeps me from saying anything unkind about them.

   Allegiance means:

   - ○ **A** tolerance
   - ○ **B** indifference
   - ○ **C** reluctance
   - ○ **D** loyalty

7. Who would a person NOT *court?*
   - ○ **A** a boss
   - ○ **B** an enemy
   - ○ **C** a girlfriend
   - ○ **D** a parent

8. Food that is *succulent* is:
   - ○ **A** moist and delicious
   - ○ **B** crisp and salty
   - ○ **C** chewy and tasty
   - ○ **D** dry and tasteless

9. *Chivalry* dictated that a knight behave:
   - ○ **A** brutally
   - ○ **B** weakly
   - ○ **C** courteously
   - ○ **D** disdainfully

10. What is something a person would NOT give to someone as part of an *estate*?
    - ○ **A** a home
    - ○ **B** goodwill
    - ○ **C** money
    - ○ **D** a car

LESSON 13

Watch a video introduction to this passage at **vocabularyforsuccess.com.**

Listen to this passage at: **vocabularyforsuccess.com.**

A Love of Science

<biography>

Have you ever been so disappointed that you thought you'd never get over it? Gregor Mendel is one person who suffered a major setback, yet his life story proves it's possible to emerge from disappointment happier than ever.

Mendel was born in 1822, in what is now the Czech Republic. From an early age, he loved science. Sadly, he failed an important exam that would have allowed him to become a science teacher. Mendel refused to label himself a failure, however, and would not let this disappointment keep him from a life of science. He decided he would do scientific research on plants in his garden instead.

In 1856, Mendel began studying how a physical attribute, or trait, is inherited in plants. Other scientists at that time suggested that traits passed on from one generation to the next combined to form a new and different trait. Mendel didn't think this was true. Looking at the pea plants in his garden, he saw plants with either purple flowers or white flowers, and plants with either long stems or short stems. He *never* saw any pea plants with purplish-white flowers on medium-sized stems.

For eight years, Mendel worked on the selection, breeding, and study of tens of thousands of pea plants. He discovered that specific traits appeared, disappeared, or reappeared in a generation but that the traits *never* combined. This is also true for animals and humans. It explains why a parent with blue eyes and a parent with brown eyes might have a child with either blue eyes or brown eyes—but not a child who has both one brown eye and one blue eye.

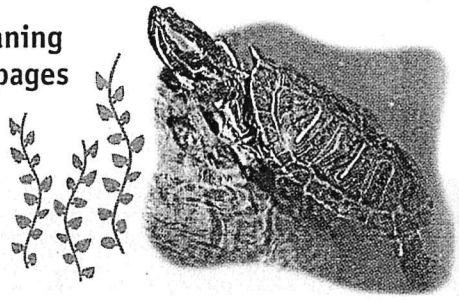
In 1866, Mendel published his findings. Scientists did not denounce his research—instead, they just never read it. Mendel died in 1884, hoping that someday scientists would praise him. In 1900, scientists finally read Mendel's study, and that's when they recognized the importance of his work. Today, Mendel is considered the father of genetics, the study of genes and heredity. Clearly, Mendel's revolutionary work was an expression of his love for science. However, it was his adaptation to an early failure that led to his later success.

Right: Mendel's important study of pea plants and genetics did not become popular until after his death.

vocabularyforsuccess.com
Watch a video introduction for each word
Listen to iWords
Refer to the online dictionary

1B Word Meanings

For each highlighted word on pages 142–143, the meaning is given below. For practice with other meanings, see pages 147–149. For synonyms and antonyms, see page 172.



1. emerge
(i-MURJ)

(v.) When turtles *emerge* from the pond, they come out of the water.

2. label
(LAY-buhl)

(v.) When you *label* something, you describe or name it with a word or phrase.

(n.) A *label* is used to identify or describe an object or a picture.

3. attribute
n. (A-truh-byoot)
v. (uh-TRI-byoot)

(n.) An *attribute* is a characteristic associated with a person or object, such as eye color or roughness, that comes from nature or habit.

(v.) When you *attribute* your success to someone or something, you explain the reason that you succeeded or give credit for it.

4. trait
(trayt)

(n.) A *trait* is a distinguishing quality someone has, such as loyalty. It can also be a physical characteristic, such as curly hair.

5. generation
(jen-uh-RAY-shuhn)

(n.) Parents are one *generation* or group that was born and lives at the same time, and their children are the next *generation*.

(n.) The *generation* of something, such as energy, is the process of producing it.

6. selection
(suh-LEK-shuhn)

(n.) A *selection* is a choice. When you make a book *selection*, you choose a particular book to read.

7. denounce
(di-NOUNSS)

(v.) When people *denounce* someone's work, they criticize it publicly and strongly.

8. heredity
(huh-RE-duh-tee)

(n.) *Heredity* is the passing down of genetic characteristics from ancestors to their descendants. When you talk about *heredity*, you say which characteristics you got from your parents and other ancestors.

9. expression
(ek-SPRE-shuhn)

(n.) An *expression* of your ideas is how you tell or relate your ideas and feelings to others. You can communicate an *expression* through words, in art, or in music.

(n.) You can reveal how you feel by the *expression* on your face or in the tone of your voice.

10. adaptation
(a-dap-TAY-shuhn)

(n.) An *adaptation* can be an adjustment in behavior or attitude.

(n.) An *adaptation* is a physical change that helps an animal survive in a changing environment.

LESSON 13

Check for Understanding

Choose the lesson word that completes each sentence. Write the word on the line provided. Some words will be used twice.

adaptation	emerge	label
attribute	expression	selection
denounce	generation	trait
	heredity	

1. Grandmother welcomed a new _____ when her first great-grandchild was born.
2. The store had such a wide _____ of winter coats, I had trouble making a choice.
3. All workers will have to make a/an _____ to the new schedule, now that they have only thirty minutes for their lunch break.
4. After the long trip, we will _____ from the bus tired and hungry.
5. Above-average height is a/an _____ of my family.
6. There are several interesting classes being offered, so we will have to make a/an _____ after reading the catalog.
7. Her shyness is a/an _____ she has worked hard to overcome.
8. The politician plans to _____ his opponent's policies on television.
9. My unusual eye color is a result of _____.
10. One thing that has been passed down to each _____ is my relatives' tradition of telling stories.
11. After the exhibit is set up, we will need to _____ all of the displays.
12. Your photos are a wonderful _____ of how you see the world.

Word Associations

Use what you know about the lesson word in italics to answer each question. Circle the letter next to the phrase that best answers the question. Be prepared to explain your answers.

1. Which group represents more than two *generations*?
   - **a.** sister, brother, dog
   - **b.** grandmother, father, daughter
   - **c.** niece, nephew, aunt

2. What is something that is part of your *heredity*?
   - **a.** homework
   - **b.** vacations
   - **c.** musical talent

3. Which *expression* would you use to show approval?
   - **a.** grin
   - **b.** frown
   - **c.** blink

4. What is considered a positive *trait*?
   - **a.** complaining
   - **b.** cheerfulness
   - **c.** nervousness

5. What will eventually *emerge* from a cocoon?
   - **a.** egg
   - **b.** chocolate
   - **c.** butterfly

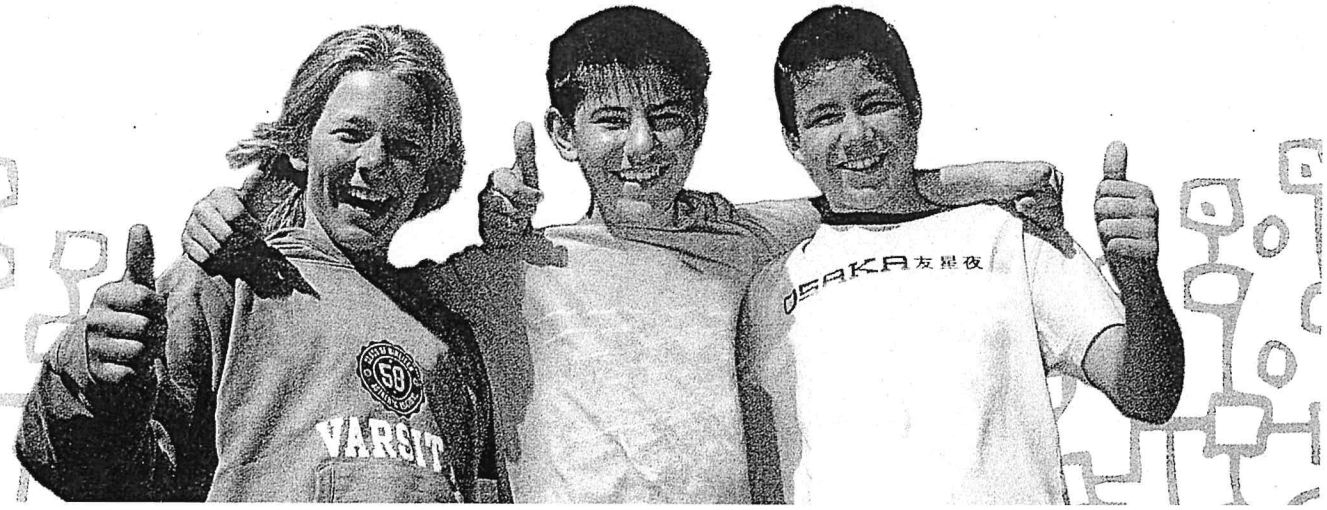
6. Which *adaptation* would help an animal survive in a forest?
   - **a.** bright colors
   - **b.** blue eyes
   - **c.** dark fur

7. What is NOT an example of a *selection* someone might make?
   - **a.** parents to have
   - **b.** movie to see
   - **c.** meal to order

8. Which group would most likely *denounce* increased highway tolls?
   - **a.** students who walk to school
   - **b.** commuters who drive to work
   - **c.** pilots who fly over roads

9. Which of these is an *attribute*?
   - **a.** home address
   - **b.** hair color
   - **c.** school grades

10. What is something you would *label* with your name?
    - **a.** backpack
    - **b.** speech
    - **c.** handwriting



Practice for Tests

Fill in the bubble next to the answer that best completes the sentence or answers the question.

1. Read this sentence.

   The team was quick to *attribute* its win to the training from the coach.

   Attribute means:

   - ○ **A** give credit for
   - ○ **B** characteristics
   - ○ **C** succeed
   - ○ **D** category

2. Which pair represents more than one *generation*?
   - ○ **A** sister/brother
   - ○ **B** aunt/uncle
   - ○ **C** mother/father
   - ○ **D** grandparent/parent

3. Making a *selection* means making:
   - ○ **A** a list
   - ○ **B** an announcement
   - ○ **C** a choice
   - ○ **D** a plan

4. Which of the following is NOT a *trait*?
   - ○ **A** high grades
   - ○ **B** gracefulness
   - ○ **C** quietness
   - ○ **D** sense of humor

5. A word closely associated with *emerge* is:
   - ○ **A** shrink
   - ○ **B** retreat
   - ○ **C** exit
   - ○ **D** maintain

6. Read this sentence.

   She made a speech to *denounce* the company's policies.

   Denounce means:

   - ○ **A** praise
   - ○ **B** question
   - ○ **C** explain
   - ○ **D** criticize

7. When people make an *adaptation* to a situation, they may change all except:
   - ○ **A** the location
   - ○ **B** what happens
   - ○ **C** their attitude
   - ○ **D** their clothes

8. *Heredity* refers to what you get from:
   - ○ **A** your parents
   - ○ **B** your friends
   - ○ **C** your school
   - ○ **D** your environment

9. What could you learn from a *label*?
   - ○ **A** directions to a place
   - ○ **B** schedule of classes
   - ○ **C** description of an object
   - ○ **D** names of performers

10. An example of a facial *expression* is:
    - ○ **A** a joke
    - ○ **B** a smile
    - ○ **C** laughter
    - ○ **D** a photo