



The Science of Extreme Sports

LESSON

13

The Great Climb

Nothing stops this extreme sportsman.

descend	frigid	ramble
elevate	gravity	survey
endure	pinnacle	unaffected
force		

LESSON

14

Surfing the Big Waves

Learn how to surf in just a few easy steps.

appreciate	fatigue	persist
contemporary	induce	prioritize
deviate	momentum	swell
disproportionately		

LESSON

15

The Magic of Paragliding

Anyone can soar like a bird.

abandon	adjust	rate
abstract	dismay	speed
accelerate	hover	terminate
adaptable		

The Great Climb

<fact-based fiction>

In 2008, when extreme sports enthusiast Jon Harris decided to raise money for a charity in India, he didn't choose the easy way. His personal challenge was so difficult that few could imagine it. What was it? To see how many times in 24 hours he could climb up and down an icy Canadian gorge taller than a 12-story building. Harris found sponsors and called his fundraiser "The Great Climb." His goal was to do more than one hundred "laps."

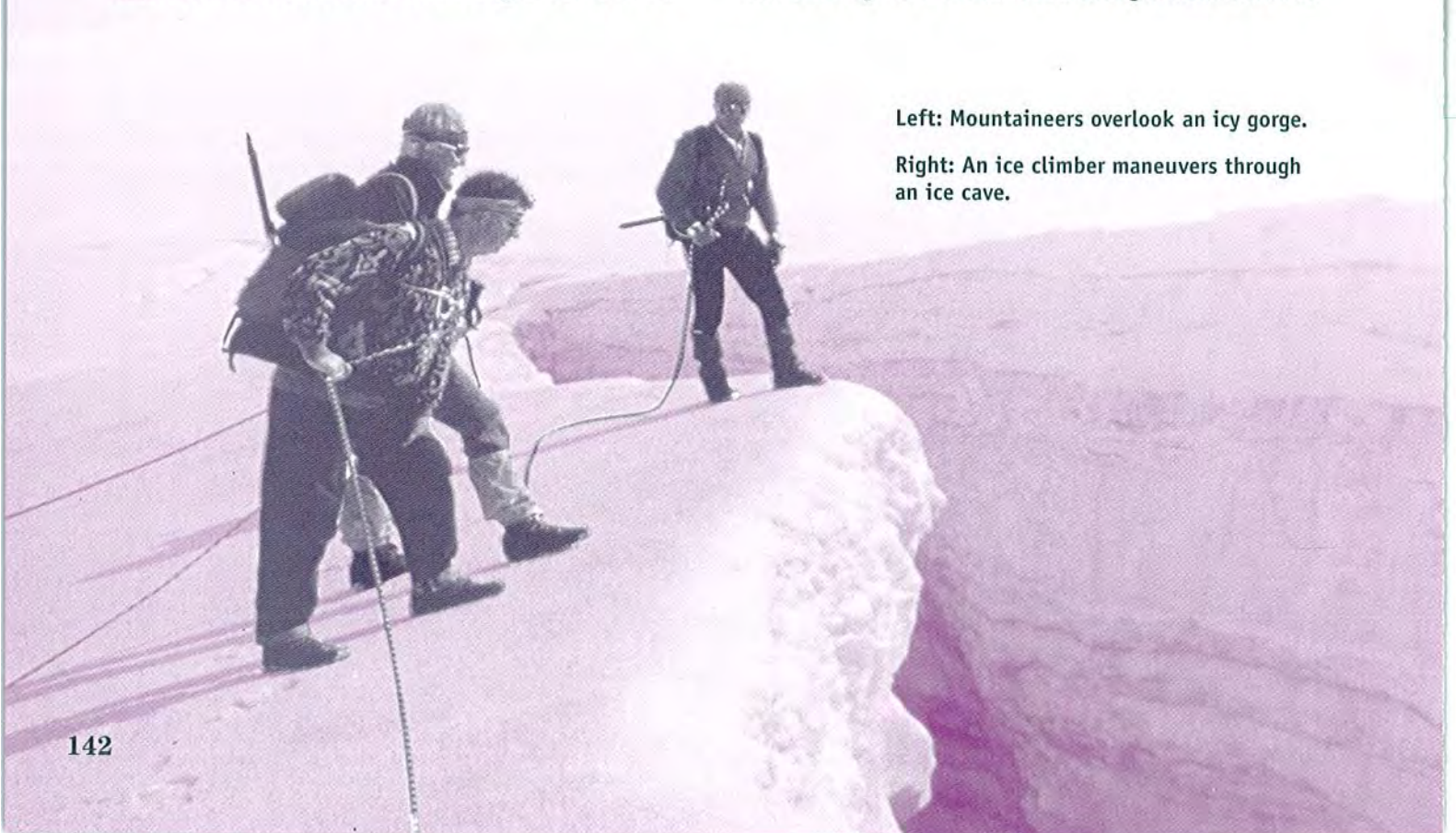
Harris knew a mountain climb was more than a ramble and that he'd need months to get ready for it. First, he started with rock climbing, and then turned to white-water kayaking trips that normally took two to three days. Harris completed them in just one. By fall, Harris knew he had to start ice climbing or he'd never

be ready. However, the weather was so warm, there was no ice to climb. Harris's long-term plans didn't change; they remained unaffected. Harris built himself a sixteen-foot plywood icicle cliff to climb instead. When the frigid winter weather finally came, he raced to the nearby ice canyons. By the end of December, Harris was climbing thousands of feet of ice a day, but as impressive as this was, he was a long way from his goal.

January 8, 2009, was the day of The Great Climb. Harris worked against gravity to climb the frozen mountain. The cheering crowd helped to elevate Harris's mood. He made his way up to the pinnacle of the ice wall, and then began to descend. With each lap, the force of the iron spikes on his feet and pickaxes in his

Left: Mountaineers overlook an icy gorge.

Right: An ice climber maneuvers through an ice cave.



VOCABULARY

ramble	pinnacle
unaffected	descend
frigid	force
gravity	survey
elevate	endure

hands secured him. By midnight, Harris had reached 87 laps. His mind and body exhausted, Harris was tempted to give up, but after a survey of the situation, he began to climb again.

At the end of 24 hours, Harris completed almost two hundred laps. He had climbed more than 25,000 feet and managed to endure a remarkable physical and mental challenge. Later, when asked if he celebrated after the climb, Harris said, "Yes, I celebrated by sitting very still."

TALK ABOUT IT

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

1. How do you think Harris was able to *endure* such a difficult challenge?
2. What kinds of things do you think Harris considered when he did his midnight *survey*?



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. **ramble**
(RAM-buhl)

(n.) A *ramble* is an aimless walk that a person takes for pleasure.
(v.) When you *ramble*, you walk aimlessly from place to place or talk without purpose.

2. **unaffected**
(un-uh-FEK-tid)

(adj.) If you are *unaffected* by something, it has not changed you in any way.

(adj.) If you are free from any phoniness or pretense, your manner is *unaffected*, natural, or genuine.

3. **frigid**
(FRI-jid)

(adj.) *Frigid* weather is extremely cold. Likewise, a person who is “cold,” or lacking emotion or friendliness, is *frigid*.

4. **gravity**
(GRA-vi-tee)

(n.) The pull of *gravity* is an attraction between an object and Earth, the moon, or another planet. Objects fall to Earth because of *gravity*.

(n.) A situation has *gravity* when it is serious or important.

5. **elevate**
(EL-uh-vate)

(v.) When you *elevate* something, such as a mood or an object, you raise it higher or lift it.

6. **pinnacle**
(PI-nuh-kuhl)

(n.) The highest point is a *pinnacle*, such as the top of a mountain or a person’s achievement.

7. **descend**
(di-SEND)

(v.) Objects or people that move from a higher to a lower place *descend*.

8. **force**
(forss)

(n.) *Force* is the power or energy applied to something.

(v.) When you *force* something, you make it happen using power or strength.

9. **survey**
n. (SUR-vay)
v. (sur-VAY)

(n.) A *survey* is a general inspection of a situation.

(v.) When you *survey* something, you examine, consider, or describe it.

10. **endure**
(en-DOR)

(v.) When you suffer through a hardship, you *endure* it.



Word Talk

Each lesson word has been placed in a category. With a partner, discuss and list items that belong in each category. Compare your results with those of another pair of students.

Places with *Frigid*
Conditions

Events That Mark
Pinnacles in
People's Lives

Actions That
Require *Force*

Ways to *Descend*
from a High Place

Ways to *Elevate*
Objects

Unpleasant Things
You *Endure*

Reasons to Make
a *Survey* of a
Situation

Situations a Person
Might Be
Unaffected By

Benefits of
Gravity

Reasons You Might
Go on a *Ramble*

Check for Understanding

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

descend	force	ramble
elevate	frigid	survey
endure	gravity	unaffected
	pinnacle	

- The mechanic had to _____ our car, so he could check the muffler underneath.
- After the hikers reached the _____, they could see mountains in every direction.
- As I started to _____ the escalator, I saw my sister at the bottom.
- Due to the _____ conditions outside, the pond froze and icicles hung from the tree branches.
- The _____ of the beach showed that the hurricanes had eroded the shoreline.
- Fortunately, the plants seemed fine and were _____ by the storm.
- On weekends my family likes to go on a/an _____ through the woods without a destination.
- The _____ of the wind blew the trash can across the entire parking lot.
- Isaac Newton's ideas about _____ came after watching an apple fall.
- The tallest object in town was the flag that flew from the tower's _____.
- Claire likes _____ drinks, so puts them in the freezer before drinking.
- It was hard to _____ the heat, so we took lots of breaks in the shade.



Expand Word Meanings

Read the paragraph below to learn other meanings for some of the lesson words.

Central Asian nomads invented snowshoes 6,000 years ago. Today, snowshoe racing is a popular winter sport. Contestants don't merely **ramble** through the snow. Rather, they **force** themselves to run in what look like webbed nets secured to boots. If you **survey** the market, you'll see that racing snowshoes can cost \$150. That's expensive, but worth it to snowshoe racers who approach each contest with **gravity**. However, others are not concerned about how they look. Some people are so **unaffected**, even tennis rackets tied to their shoes would do just fine.

Notice that the lesson's words are used in a different way here. For example, the highlighted lesson words *ramble*, *force*, and *survey* are verb forms of nouns. Look at the other highlighted words. Can you figure out the meanings of the words as they are used here? Refer to page 144 to confirm meanings.

Apply Other Meanings

Complete each sentence with a highlighted word from the paragraph above.

1. My dog loves to _____ through the field, going nowhere in particular.
2. He is a billionaire but he behaves in a/an _____ manner when he's out in public.
3. Sometimes you have to _____ yourself to try new foods, even if you think you won't like them.
4. The _____ of the situation became clear when the fire began to spread from building to building.
5. Deeprak's genuine smile is proof of his _____ personality.
6. The judge approached every case with a great deal of _____ because he wanted to make the right decision.
7. The scout climbed a tree to _____ possible routes out of the dense forest.
8. My mother sits at a desk all day, so on her lunch break she likes to _____ along the city streets to get some exercise and stretch her legs.
9. The inspector tried to _____ the property's boundaries, but the bushes were so overgrown that it was hard for him to measure the distance from one end to the other.
10. I had to _____ open the window to get into the house because I forgot my key.

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.



- Which of these might be found at the *pinnacle*?
 - a riverboat
 - an overlook
 - a soldier
- In which direction would you *elevate* something?
 - down
 - sideways
 - up
- Which of these is a *force*?
 - an earthquake
 - the atmosphere
 - a dent
- Which place would be a good location for a *ramble*?
 - an elevator
 - a field
 - a bedroom
- Which of these would help you *descend*?
 - an island
 - a table top
 - a ramp
- Which reaction shows you are *unaffected* by noise?
 - putting a pillow over your head
 - sitting up quickly in bed
 - continuing to sleep
- What might you *survey*?
 - a group of people
 - a forgotten dream
 - a fine mist
- What shows that something is *frigid*?
 - a reddish glow
 - an icy surface
 - a sharp edge
- Which device can defy *gravity*?
 - a boat anchor
 - a helium balloon
 - a freight train
- What might help you *endure* standing in a long line?
 - reading a book
 - leaving the line
 - coming back later



Check Again

Use what you know about the lesson word in italics to complete each sentence. Be sure your sentences make sense.

1. If *gravity* were to cease, _____
2. If you invited someone with a *frigid* personality to a party, he _____

3. If you reached the *pinnacle* of your skills, you would be _____
4. When the airplane you're in begins to *descend*, _____
5. When you have to *force* yourself to try something that scares you, you _____

6. If you took a *survey* of people's opinions, you would _____

7. If you and your friends set off on a *ramble*, you wouldn't _____

8. When you *elevate* a box over your head, you _____
9. If you were walking in a snowstorm and arrived home *unaffected*, you _____

10. If you had to *endure* watching a baseball game, _____

Challenge Yourself

Follow the directions to write sentences with the lesson words in italics. Be sure your sentences make sense both grammatically and in meaning.

Write
Your Own

1. Write a sentence with *elevate* in the fifth position.
2. Write a question exactly nine words in length, using the word *force*.
3. Write a sentence about the effects of *gravity* that we see in our lives every day.

Word-Solving Strategies: Context Clues

Antonyms

The meaning of an unknown word can sometimes be determined from another word or phrase in the same sentence that has an opposite meaning. Reread this sentence from “The Great Climb.”

Harris’s long-term plans didn’t change; they remained unaffected.

Notice that the word *change* means the opposite of **unaffected**. The reader can assume that if Harris’s plans were unaffected, they were not subject to change because of new circumstances.

Antonyms do not necessarily define each other. Read this sentence:

I had a bad cold today and ate some chicken soup, which was beneficial.

Bad means the opposite of *beneficial*, but *bad* refers to a cold while *beneficial* refers to the soup.

BE CAREFUL!

Practice

A. Write the highlighted word and its antonym in the first two boxes. Use context clues to write the meaning for the word in the third box.

The **benign** winter sport of sledding has become a dangerous thrill. New sleds have replaced snowboards as the latest toy on the hills. Over the years, snowboards have produced plenty of injuries. And new snowboarders often find learning how to stand on the board causes boredom. In response, designers have added **exhilaration** to the simple child’s sled by **melding** an inner tube and a sled into an “airboard.” The result is a twenty-mile-per-hour **frenetic** downhill ride that makes other winter sports seem rather sleepy.

WORD

ANTONYM

WORD MEANING

B. Write a sentence for each of the four highlighted words from the paragraph above. Use antonyms as context clues in your sentences.

1. _____
2. _____
3. _____
4. _____

Practice for Tests

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

1. Read this sentence.

Hanson watched his book *descend* in the water after dropping it in the lake.

Descend means:

- A sink
- B return
- C float
- D rise

2. A plant on a hillside will *endure* when:

- A it shrivels up and dies
- B it grows around a rock
- C it comes down the hill
- D it reappears after the winter

3. The opposite of *frigid* is:

- A warm
- B unfriendly
- C hot
- D chilly

4. In which group can all the items be described as a *force*?

- A punch, shove, kick
- B yank, pull, dream
- C wrestle, confuse, twist
- D inspire, boost, eject

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

- A mountain
- B photograph
- C observation
- D ignore

6. Read this sentence

It's dangerous for a small child to *ramble* in an area with a lot of traffic.

Ramble means:

- A drive
- B play
- C talk
- D wander

7. A person is *unaffected* if he is:

- A unquestioned
- B unchanged
- C undone
- D unknown

8. As you *elevate* an object, it is NOT:

- A falling
- B floating
- C rising
- D soaring

9. You would most likely reach the *pinnacle* in a sport by:

- A playing as well as you can
- B having a losing year
- C winning the championship
- D playing the entire season

10. A person who speaks with *gravity* is:

- A held down
- B serious
- C coughing
- D humorous



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



Listen to this passage at vocabularyforsuccess.com.

Surfing the Big Waves

<how-to article>

Experienced surfers live for the excitement of big waves. Ocean swimmers may be used to waves, but the waves that surfers enjoy are disproportionately higher than what swimmers are used to. Surfers often ride waves that reach heights of twenty to fifty feet! Waves that high can induce people who love to surf to drop everything—except their surfboards. Many surfers so appreciate and respond to the thrill, they prioritize their entire lives around the next big wave.



If you are going to surf, it's important to know what you're doing, so here is some basic information to help get you started.

1. If you plan to be in cool waters, wear a wetsuit to keep you warm. Choose one that is made of a contemporary high-tech material.
2. Once you've suited up, make sure you've attached your surfboard to your ankle leash so your surfboard won't float away from you. Now you're ready to hit the ocean.
3. Place your board in the water. Lie down on the board on your stomach and begin to paddle until you feel the water accelerate under you.

4. Once you and the wave reach the same momentum, or speed, stand up.

5. As you ride, the forces from the water will push up on you while gravity will pull you down. If they're equal, you'll move along steadily. If they're not,

the surfboard will begin to twist and it will continue twisting until the forces realign.

6. To deviate from a straight path and make your board go to the right, shift your weight back. Then push down with the part of your foot closest to the right side of the board. To go left, do the opposite. To turn faster, crouch down low, then quickly straighten your legs, but without any jerking movements.

7. When it's time to stop, push back on the tail of the surfboard as if to apply brakes.

Surfing can be dangerous, so it's important to stop before you experience fatigue. It's equally important to keep in mind that becoming an expert surfer takes practice—lots of it. However, if you persist, you may become one of those surfers whose life is devoted to watching the ocean—waiting for it to swell and rise up, so you can chase the ultimate wave.



VOCABULARY

disproportionately momentum
induce deviate
appreciate fatigue
prioritize persist
contemporary swell

TALK ABOUT IT

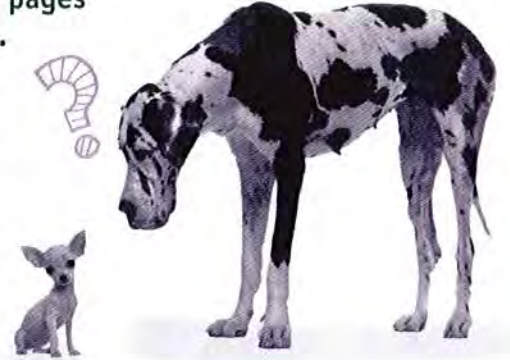
With a partner, answer the questions below. Use as many of the highlighted words in the selection as you can.

1. Why do high waves *induce* surfers to drop all other activities?
2. Why do you think it is a good idea to stop surfing before you experience *fatigue*?

Word Meanings

For each highlighted word on pages 152–153, the meaning is given below. For practice with other meanings, see pages 157–159. For synonyms and antonyms, see page 172.

1. **disproportionately** (diss-pruh-POR-shuh-nit-lee) (adv.) There is a major difference in size or some other characteristic when items or people are *disproportionately* unlike one another.
2. **induce** (in-DOOSS) (v.) If you try to *induce* people to do something, you try to persuade or influence them. When you cause something to happen, you *induce* it.
3. **appreciate** (uh-PREE-shee-ayt) (v.) When you understand the quality, value, worth, or significance of something, you *appreciate* it.
(v.) Objects that increase in value *appreciate*, such as fine art and antiques.
4. **prioritize** (prye-OR-i-tize) (v.) You *prioritize* projects or goals by listing them in order of importance.
5. **contemporary** (kuhn-TEM-puh-rer-ee) (adj.) Something that is *contemporary* is modern or current.
(n.) A person who is the same age or nearly the same age as another is that person's *contemporary*.
6. **momentum** (moh-MEN-tuhm) (n.) *Momentum* causes an object, such as a rolling ball, to continue to move forward.
7. **deviate** (DEE-vee-ayt) (v.) To change or move from a planned path or plan is to *deviate* from it.
8. **fatigue** (fuh-TEEG) (n.) *Fatigue* is the feeling you get when you are tired from hard work or stress.
(v.) Anything that tires you, such as hard work or mental strain, is said to *fatigue* you.
9. **persist** (pur-SIST) (v.) If you *persist* at an activity, you continue with it, even when you are told not to or it becomes difficult.
10. **swell** (swel) (v.) When balloons *swell*, they expand in size or volume. Likewise, when populations of cities *swell*, they expand in number.
(n.) A *swell* is a steady and continuous rise in a long wave or series of waves.



Word Talk

Each lesson word is listed here. With a partner, take turns drawing a picture to illustrate the meaning of six of the words. As one partner draws, the other partner identifies the vocabulary word.

appreciate
contemporary (adj.)
deviate
disproportionately
fatigue (n.)
induce
momentum
persist
prioritize
swell (v.)



fatigue

Check for Understanding

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

appreciate disproportionately persist
 contemporary fatigue prioritize
 deviate induce swell
 momentum



- The auctioneer hopes to _____ bidding by beginning with a low price.
- Drinking too much milk caused the calf's belly to _____ like a basketball.
- As the dam broke, the water that was released gained _____ and quickly knocked over the trees in its path.
- The new sales tax affected the citizens _____, forcing those who were less wealthy to spend a greater portion of their income when they shopped.
- If you _____ with your loud conversation, you'll have to leave the library.
- The tractor will not _____ from the straight lines it must make when plowing the field.
- Despite their exhaustion, the athletes continued running through the cold and _____ they felt during the twenty-six-mile marathon.
- The mechanic made a list to _____, from most important to least important, the parts the old car would need.
- Although it was an old house, it was decorated in a/an _____ style.
- Musicians hope fans _____, and even thank them for, their work.
- The horses showed signs of _____, including sweating and panting.
- As she ran up the hill, Karina lost _____ and began to slow down.

Expand Word Meanings

Read the paragraph below to learn other meanings for some of the lesson words.

Kitesurfing, a combination of kite flying and surfing, demands great physical strength and skill. A young surfer might grab a contemporary and go to the beach, but these friends aren't in search of an ocean swell. They want wind. They strap themselves to giant airfoil kites with boards attached. The wind lifts the kites, and once airborne, the surfer can do flips and tricks. It's easy to see why this might fatigue even a strong surfer. The sport benefits more than just these amazing athletes, since its popularity has caused windy stretches of beach to appreciate in value, helping homeowners in these communities.

Notice that the lesson's words are used in a different way here. For example, *contemporary* refers to a person who is about the same age. Look at the other highlighted words. Can you figure out the meanings of the words as they are used here? Refer to page 154 to confirm meanings.

Apply Other Meanings

Complete each sentence with a highlighted word from the paragraph above.

1. The large _____, measured at fourteen feet, moved across the sea.
2. The price of most popular cars does not _____ once they are bought and used.
3. I was surprised to learn that the movie star was a/an _____ of my mother, because my mother looks much older.
4. Standing all day at your job will _____ you within hours unless you sit down and rest now and then.
5. Surprisingly, the dirt and cracks on an antique can _____ its value, while cleaning and painting it can actually devalue the object.
6. The _____ that traveled to the island's shore was the result of a tropical storm that occurred many miles away.
7. President Franklin Delano Roosevelt was a/an _____ of Winston Churchill, and both politicians led their countries through World War II.
8. They bought the house for little money, but the improvements they made caused its value to _____.
9. The heat helped to _____ both teams long before the game ended.
10. Many surfers prefer to ride a/an _____ because it's not a choppy wave.

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.



- Which object would gain more *momentum* going down a hill?
 - a brick
 - a ball
 - a frying pan
- Which of the following is a sign of *fatigue* in a runner?
 - speeding up
 - maintaining the same pace
 - slowing down
- What do people typically hope will *persist*?
 - great weather
 - leg cramps
 - loud noise
- How would you *prioritize* an urgent task?
 - do it first
 - do it last
 - never do it
- Which animal is *disproportionately* larger than others?
 - alligator
 - shark
 - whale
- Which response best shows that you *appreciate* people?
 - ignoring their work
 - leaving quickly
 - clapping loudly
- What could you do to *induce* laughter?
 - start laughing
 - tell a sad story
 - ask someone to stop laughing
- Which person would best be described as your *contemporary*?
 - your grandfather
 - an eighth grader
 - a newborn baby
- Which object moves with each *swell*?
 - a window
 - a boat
 - a beach
- Which object or person does NOT *deviate* from its course?
 - a comet in the sky
 - a tour guide
 - a raft on the water



Check Again

Use what you know about the lesson word in italics to complete each sentence. Be sure your sentences make sense.

1. Television commercials try to *induce* you to _____

2. Drivers only *deviate* from the route shown on the map if _____
3. As Simone's bike gained *momentum*, _____

4. You can show how much you *appreciate* your gifts by _____

5. Some of the obvious signs of a person's *fatigue* are _____
6. If a pain in your leg continues to *persist* for a few days, you should _____

7. When you *prioritize* the tasks you must do on a Saturday, you _____
8. If you want to make up for *disproportionately* distributing treats to your dogs, you _____

9. On a ship, the steady rise of a *swell* can _____
10. *Contemporary* fashions appeal to people who _____

Challenge Yourself

Follow the directions to write sentences with the lesson words in italics. Be sure your sentences make sense both grammatically and in meaning.

*Write
Your Owns*

1. Write a sentence exactly twelve words in length that uses *appreciate*.
2. Write a question with *deviate* in the third position.
3. Write a sentence about the *momentum* of an object as it moves.

LESSON 14 Word-Solving Strategies: Context Clues

Embedded Definitions

Sometimes a sentence may contain information that will help to define an unknown word. Reread this sentence from “Surfing the Big Waves.”

To deviate from a straight path and make your board go to the right, shift your weight back.

The meaning of the word **deviate** is embedded, or hidden, in the idea of going to the right. It simply means *turn away*.

You have to read carefully to determine embedded meanings. Read this sentence:

Surfing demands athleticism and proper equipment, to say nothing of expert training.

The definition of *athleticism* is not hidden. It has nothing to do with equipment or training.

BE CAREFUL!

Practice

A. Write a highlighted word and its embedded definition in the first two boxes. Using context clues, write another meaning for the word in the third box.

No one disputes the fact that the Polynesians were the first to ride the waves, so the beginnings of surfing are not **ambiguous**. Captain Cook observed waves carrying fisherman in the 1770s. This seemed **preposterous** to Englishmen, who thought anything but sailing was ridiculous and hard to believe. Yet in the 1930s, Americans felt the **elation** of standing atop a wave with their joyful hearts pounding. It was **inevitable** that such joy would spread, since so many were certain to try the exciting sport for themselves.

WORD

DEFINITION

WORD MEANING

B. Write a sentence for each of the the four highlighted words from the paragraph above. Create embedded definitions. Use a thesaurus for help.

1. _____
2. _____
3. _____
4. _____

Practice for Tests

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

1. Read this sentence.

We felt *fatigue* during the third mile of the hike.

Fatigue means:

- A tiredness
- B confusion
- C fear
- D boredom

2. A condition will *persist* when:

- A it continues to change
- B other things affect it
- C differences are unexpected
- D it won't go away

3. The opposite of *deviate* is:

- A turn
- B detour
- C continue
- D avoid

4. In which group can all the things be described as something we *appreciate*?

- A compliments, rainbows, sunshine
- B freedoms, headaches, vacations
- C fog, accidents, value
- D gifts, praise, injuries

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

- A shorten
- B consider
- C start
- D result

6. Read this sentence.

Compared to his siblings' pieces, Geraldo's slice of cake was *disproportionately* large.

Disproportionately means:

- A reasonably
- B unfairly
- C wildly
- D excessively

7. Your mother's *contemporary* might be:

- A your brother
- B your aunt
- C your best friend
- D your pet

8. When you *prioritize* tasks, you do NOT:

- A ignore them
- B order them
- C perform them
- D analyze them

9. You likely feel *momentum* when you:

- A are excited
- B are underwater
- C are moving quickly
- D are sleeping

10. Something that can *swell* will:

- A improve
- B expand
- C float
- D shrink

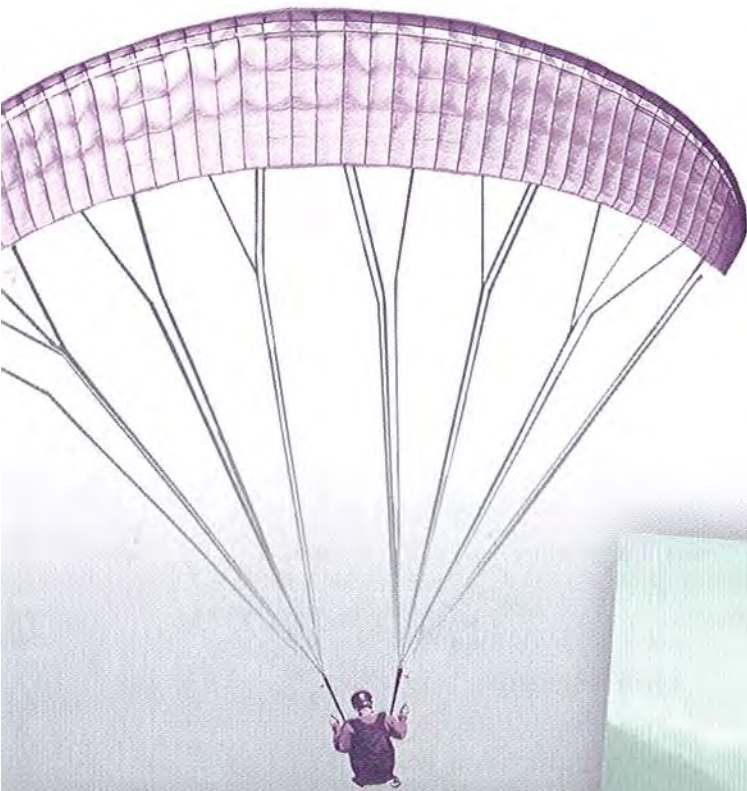
The Magic of Paragliding

<magazine feature article>

Ever dream of flying like a bird? Soaring like an eagle may sound like an abstract idea, but it doesn't have to be. Paragliding is a sport that, with proper equipment and good training, enables you to soar. It provides an experience that participants have described as both exhilarating and peaceful.

If you've never gone paragliding, you may imagine that each flight begins with someone jumping off the side of a cliff. Nothing could be further from the truth because, in fact, you don't jump—you run. As you accelerate down a gentle slope, the air current begins to lift you off of the ground and into the air. Then you keep running until you are fully aloft. Once in the air, you don't hover like a helicopter. Instead, you glide!

If you want to paraglide but are not the greatest athlete, don't abandon your dream. To the dismay of some and the pleasure of others, in order to paraglide you simply need to be in good shape and able to think clearly. It's also essential to take classes from a licensed professional at one of the many paragliding schools around the country.



Above and right: Paragliders ride air currents along a beach.

Inset: A paraglider prepares to take flight.



VOCABULARY

abstract	adjust
accelerate	speed
hover	terminate
abandon	rate
dismay	adaptable

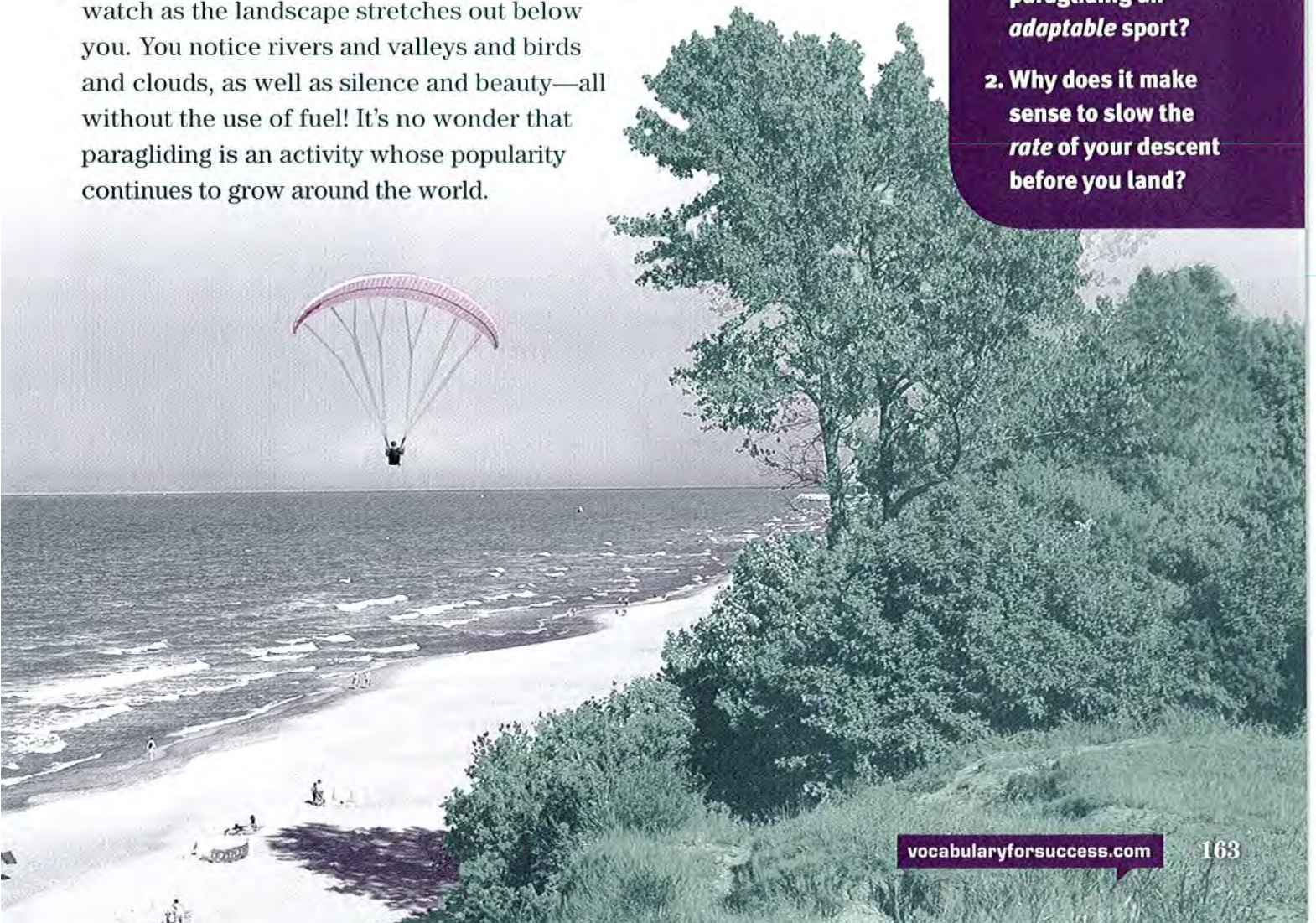
Paragliding equipment is very simple. There is no motor involved—just an inflatable fabric wing, a harness, and brake cords. These cords help you adjust the height at which you soar, as well as your speed and the direction you go in. When it's time to terminate the flight and land, you turn the wing into the wind and pull on both cords. This slows the rate of your descent.

Because the equipment is so light and portable, paragliding is a remarkably adaptable sport. It offers a chance to see the world from a unique point of view. You can fly high in the air and watch as the landscape stretches out below you. You notice rivers and valleys and birds and clouds, as well as silence and beauty—all without the use of fuel! It's no wonder that paragliding is an activity whose popularity continues to grow around the world.

TALK ABOUT IT

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

1. In what ways is paragliding an *adaptable* sport?
2. Why does it make sense to slow the *rate* of your descent before you land?



Word Meanings

For each highlighted word on pages 162–163, the meaning is given below. For practice with other meanings, see pages 167–169. For synonyms and antonyms, see page 172.

1. **abstract**
(AB-strakt)
(adj.) Something that is *abstract* exists in the mind, not as a physical thing.
(n.) A written summary of the main points of an article or speech is an *abstract*.
2. **accelerate**
(ak-SEL-uh-rayt)
(v.) When you make something go faster, you *accelerate* it.
3. **hover**
(HUH-vur)
(v.) When things *hover*, they remain suspended in the air over one place.
4. **abandon**
(uh-BAN-duhn)
(v.) When you leave an item or withdraw from an activity, you *abandon* it.
(n.) *Abandon* is the state of acting without control because you are extremely excited or enthusiastic.
5. **dismay**
(diss-MAY)
(n.) *Dismay* is sudden, surprising disappointment or shock.
6. **adjust**
(uh-JUHST)
(v.) When you bring something to a more satisfactory state or place, you *adjust* it.
7. **speed**
(speed)
(n.) *Speed* is the rate at which something happens or an object moves.
(v.) When you *speed*, you go faster. If you *speed* in a car, you drive faster than the legal limit.
8. **terminate**
(TUR-muh-nayt)
(v.) When you *terminate* something, you bring it to an end.
9. **rate**
(rayt)
(n.) A *rate* is a measurement that compares two things, such as speed versus stillness. For example, a bike might travel at a *rate* of 20 miles per hour.
(v.) When you *rate* something, you determine its worth, cost, or rank against other things.
10. **adaptable**
(uh-DAP-tuh-buhl)
(adj.) Something that is *adaptable* can change or be made to fit or to be used for a new situation or purpose.



Word Talk

Each lesson word has been placed in a category. With a partner, discuss and list items that belong in each category. Compare your results with those of another pair of students.

Things That Can
Hover

Animals That Are
Known for
Their *Speed*

Lilli says Hi :)

Ways You Would
Adjust to a
New House

Reasons You Might
Feel *Dismay*

Items That Are
Adaptable for
Many Uses

Things You Can
Terminate

Things That We
Measure by *Rate*

Things That Can Be
Accelerated

Professions That
Require *Abstract*
Thinking

Activities People
Abandon Because
of Fear

Check for Understanding

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

abandon

adaptable

rate

abstract

adjust

speed

accelerate

dismay

terminate

hover

1. If you want to finish on time, you'll have to _____ the pace at which you're working.
2. The company will _____ the workers' contract once the job is finished.
3. Please don't _____ the project just because there have been problems.
4. It takes Lorena half as long to walk home from school because her _____ is twice as fast as her sisters'.
5. The idea of love is so _____ that many people have trouble explaining it.
6. Mary's _____ was apparent from her sudden sad expression.
7. The _____ of car sales fell from one per day to one per week.
8. In the future, cars will automatically _____ the height and angle of the front seats, depending on the passenger's size.
9. When lightning flashed nearby, the hikers had to _____ the path and seek shelter.
10. A constant breeze enabled the kite to _____ over the field for an hour.
11. Please _____ the volume on your music player so I can't hear it.
12. This train will _____ at the next station, and everyone will get off.



Expand Word Meanings

Read the paragraph below to learn other meanings for some of the lesson words.

Bungee jumping demands a spirit of **abandon**. Jumpers tie rubber cords to their legs and then jump off a high place. The first bungee jumping began on the island of Vanuatu in the Pacific Ocean. Jumpers would attach vines to their feet and then **rate** the vines from most elastic to least elastic. As they plunged from great heights, their bodies would **speed** downward, and then the vines stretched like rubber cords and slowed down their fall. If you'd like to read more than just this **abstract** about the history of the activity, get a book from your library!

Notice that the lesson's words are used in a different way here. For example, *abandon* is the feeling you get when you give up, or leave behind, all concerns. Look at the other highlighted words. Can you figure out their meanings as they are used here? Refer to page 164 to confirm meanings.

Apply Other Meanings

Complete each sentence with a highlighted word from the paragraph above.

1. The swimmers ran down the beach with complete _____ and immediately dived into the water.
2. I read a/an _____ of the magazine article to make sure the information in the longer piece related to my research paper topic.
3. The judges will _____ the performance of each skater based on technique and artistic presentation.
4. The store has an express checkout to _____ the process of buying groceries.
5. The newspaper's food critic loved the food and will _____ the restaurant the best in the city.
6. Many dancers show a sense of _____ as they move freely around the entire stage.
7. From his car, the policeman stopped drivers who chose to _____ down the road.
8. The judges in the pie-baking contest will _____ each pie and then announce which one they think is best.
9. If you _____ around corners, your bike might skid because you are going too fast.
10. My mother suggested that I write a/an _____ with the main points I wanted to present before writing my entire speech.

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 phrase describes a *rate*?

- a. hours in a day
- b. beats per minute
- c. weeks and months

2. Which of these is *abstract*?

- a. a refrigerator
- b. a tooth
- c. an idea

3. Which of these can *hover*?

- a. a cloud
- b. a ball
- c. a meteorite

4. Which possession would someone be likely to *abandon*?

- a. a rare gem
- b. an old car
- c. a good book

5. Why would you be most likely to *terminate* a friendship?

- a. because the friend is caring
- b. because you and the friend have the same interests
- c. because the friend lied to you

6. Which vehicle travels at the greatest *speed*?

- a. an antique car
- b. a bumper car
- c. a racecar

7. Why would a driver need to *accelerate* a car?

- a. to move through a green light
- b. to go slower
- c. to allow someone to pass you

8. Which would NOT be easy to *adjust*?

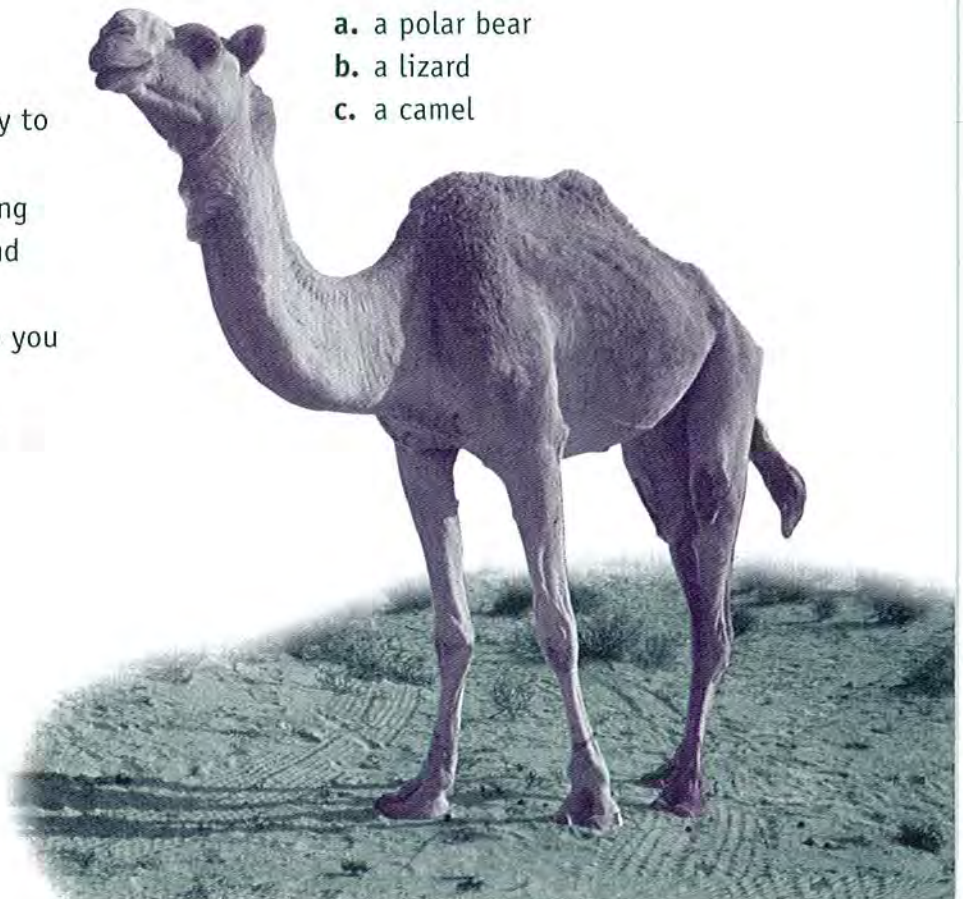
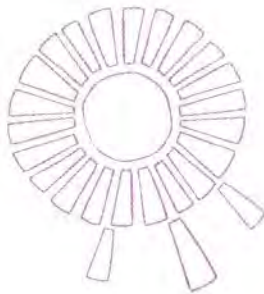
- a. a hat
- b. a heel
- c. a belt

9. Which event would cause someone the most *dismay*?

- a. seeing a favorite singer
- b. hearing a party's been canceled
- c. buying a new sweater

10. Which would be least *adaptable* to a hot climate?

- a. a polar bear
- b. a lizard
- c. a camel



Check Again

Use what you know about the lesson word in italics to complete each sentence. Be sure your sentences make sense.

1. The home team's fans felt *dismay* when _____
2. The sailor had to *abandon* his round-the-world trip because _____

3. A bandana is *adaptable* because _____
4. When covered wagons crossed America, they measured their *speed* by _____

5. You can tell if something is *abstract* if _____
6. A skateboard will *accelerate* if _____
7. A coach might *terminate* practice if _____

8. The *rate* of snowfall is based on _____
9. I don't like it when insects *hover* near me because _____

10. To *adjust* to changes in temperature, most people _____

Challenge Yourself

Follow the directions to write sentences with the lesson words in italics. Be sure your sentences make sense both grammatically and in meaning.



1. Write a sentence with the word *hover* in the second position.
2. Write a question exactly eleven words in length that uses the word *accelerate*.
3. Use the word *speed* in a sentence about a moving object.

Word-Solving Strategies: Prefixes

The prefixes **ab-**: “away, from” and **ad-**: “to”

You’ve learned about prefixes, suffixes, and root words in previous lessons. As you know, prefixes are added before a root. The prefixes *ab-* and *ad-* come from Latin. The prefix *ab-* means “away” or “from,” and the prefix *ad-* means “to.”

Sometimes it’s easy to figure out the meaning of a word based on its root word and prefix, because the root word is a recognizable English word. The lesson word *adjust* contains the root word *just*, which means “exact” or “right.” When you add the meaning of the prefix *ad-* to it, you know that *adjust* means “to bring something to a more satisfactory state.”

Often a word does not contain a recognizable English base word. The lesson word *abstract* was formed from the Latin

prefix *ab-* and the Latin root *trahere*, which means “to draw or pull away.” So *abstract* means “to be apart from the real world” or “existing in the mind.”

The lesson word *adaptable* comes from the word *adapt*. The prefix *ad-* combines with the Latin root *aptare*, meaning “to fit.” Something that is adaptable fits different situations.

Examples

Look at these examples of Latin base words with the prefixes *ad-* and *ab-* added.

ab- + *tenere* (hold) → abstain

(keep from doing)

ad- + *battuere* (beat down)

→ abate (put an end to)

ad- + *ornare* (prepare) →

adorn (decorate)

Many words in English begin with *ab-* or *ad-* but are not formations from Latin prefixes and Latin root words. These words became Latin stems on their own long ago. Examples include *abolish*, *abrasion*, *addition*, and *adhesion*.

BE CAREFUL!

Practice

Use what you’ve learned about the prefixes *ab-* and *ad-* to use the following words in sentences. Look up unfamiliar words in the dictionary.

1. absorb _____

2. address _____

3. advance _____

4. abrupt _____

5. adventure _____

6. adjective _____

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 flow of the river began to *accelerate* after the rainstorm.

Accelerate means:

- A quicken
- B reduce
- C flood
- D change

2. A driver will *adjust* car mirrors when he:

- A can see perfectly on a sunny day
- B is in traffic stopped at a light
- C likes to drive on the highway
- D needs to see the cars behind him

3. The opposite of *hover* is:

- A hang
- B float
- C sink
- D freeze

4. What are circumstances in which people do NOT need to be *adaptable*?

- A perfect conditions
- B schedule changes
- C cancelled plans
- D stressful relationships

5. You would *rate* an object if you:

- A disliked it
- B needed another one
- C wanted to tell about its value
- D borrowed it from someone

6. Read this sentence.

The *speed* of the racehorse was unknown to the announcers.

Speed means:

- A gender
- B lane on the racetrack
- C number of pounds
- D measurement of motion

7. An event can cause *dismay* if it:

- A asks permission
- B surprises you
- C is under control
- D intrigues you

8. When you *abandon* an idea, it does NOT:

- A continue
- B make you let go
- C run away
- D make a sound

9. You would most likely *terminate* something that you:

- A were happy with
- B got for free
- C were tired of
- D weren't receiving

10. Something that is NOT *abstract* might be:

- A a concept
- B an object
- C a dream
- D a thought

Synonyms and Antonyms

In the following Word Bank, you will find synonyms and antonyms for some of the words in Lessons 13–15. (Remember: Some words have both synonyms *and* antonyms.) Study these words; then complete the exercises below.

sweltering	flexible	slow	hidden	tiredness	changed
finish	risk	energy	stroll	outdated	stray

A. For each sentence, fill in the blank with a **SYNONYM** for the word in boldface.

1. My best friend is so **adaptable** that she is _____ enough to change plans whenever I ask her to, even at the last minute.
2. A **ramble** through the park on a spring day is a wonderful experience. When I am on a/an _____ I always see people participating in all sorts of activities.
3. Onike was overcome with **fatigue** at the concert. Staying up late to read an excellent novel was the cause of her _____.
4. The ranger warned hikers not to **deviate** from the trail, because when people _____, they often lose their way in the woods.
5. The semester will _____ in June. The classwork will **terminate** with exams.

B. For each sentence, fill in the blank with an **ANTONYM** of the word in boldface.

6. Cars must _____ when they pass through the small town. Then they can **accelerate** again on the highway.
7. I enjoy listening to **contemporary** music. In my opinion, most of the songs written before I was born are _____.
8. After spending a week in the _____ desert, the cold mountain air seemed almost **frigid**.
9. When I feel **fatigue** after a long day at school, a quick snack and a cool beverage give me _____.
10. I hoped that my friend would be **unaffected** by success, but I discovered that sudden fame had _____ him.

Word Study: Idioms

An **idiom** is a phrase that means something different from the literal meaning of its words. For example, someone who goes “out on a limb” isn’t necessarily climbing a tree. The expression is a way of saying that the person is taking a risk.

Many of the words in Lessons 13–15 have meanings that can also be expressed as idioms. If your friends **abandon** (Lesson 15) you, you could say they are “leaving you high and dry” or “leaving you in the lurch.”

Practice

Read each sentence. Use the context clues to figure out the meaning of each idiom in bold print. Then, write the letter of the definition for the idiom in the sentence.

- | | |
|---|--|
| _____ 1. The workers refused to work extra hours, but after their boss promised overtime pay she had them eating out of her hand . | a. makes a big effort to entertain guests and make them feel welcome |
| _____ 2. Mom always rolls out the red carpet whenever my dad’s parents come to visit. | b. became very angry suddenly or for no good reason |
| _____ 3. The dents were proof that the hailstorm did a number on the cars parked out on the street. | c. follow someone closely |
| _____ 4. Andrew raised a reasonable objection, but Kelly accused him of making trouble and jumped down his throat . | d. told embarrassing things about each other |
| _____ 5. The politicians, who had once been best friends, aired each other’s dirty laundry by telling secrets they had promised to keep. | e. suspect something is wrong |
| _____ 6. Jocelyn promised to help her friend, but Tila could smell a rat and didn’t believe her. | f. doing whatever someone else wants |
| | g. damaged |

Practice

Work with a partner to find out the meaning of each idiom. (Use an online or print dictionary.) Then, work together to write a sentence for each idiom.

- | | |
|--------------------------------|---|
| 1. bark up the wrong tree | 5. see the light at the end of the tunnel |
| 2. under the weather | 6. get into hot water |
| 3. paint oneself into a corner | 7. pull someone’s leg |
| 4. in a nutshell | 8. push the envelope |

Vocabulary for Comprehension

Read the following passage, in which some of the words you have studied in Lessons 13–15 appear in boldface type. Then answer questions 1–6.



Riverboarding

There was a time when the only way to **endure** the dangers of a whitewater river ride was in a padded, air-filled raft. The average tourist wanted to be **unaffected** by the water. Such
5 a safe ride is now considered boring by thrill seekers. These daredevils feel excitement by riding through the rapids with **abandon**.

Today there is no wilder ride than to **descend** past a pile of rocks on **frigid**, fast-moving water,
10 riding a board that looks like a small sled. Riders **adjust** their helmets and other padding to protect themselves. They may never see a **swell** such as the ones surfers ride in the ocean,

but they face their own challenges and dangers.

15 Their boards fly through the roaring water and dodge giant rocks. Their **momentum** increases in faster water. Riverboarders emerge from the water feeling intense **fatigue**, yet many who have done it can't wait to do it again.

20 To the **dismay** of many, swimming in fast-moving water is actually illegal in some states. But riverboarders have proven the safety of the sport. Early riverboarders actually saved lives when raft riders fell into the rapids and the only way
25 to save them was riding a board out to them.

1. In line 7, these daredevils ride with **abandon** because

- A they are careful
- B they break laws
- C they want to stop doing it
- D they are enthusiastic

2. **Descend** (line 8) means

- A go down
- B flow faster
- C float by
- D splash wildly

3. Riders **adjust** (line 11) equipment to

- A set their direction
- B warm themselves
- C make it fit better
- D make the ride more exciting

4. Another word for **swell** (line 13) is

- A wave
- B rock
- C boat
- D river

5. Riders feel **fatigue** (line 18) because

- A they're excited
- B they're fearful
- C they're tired
- D they're cold

6. A person who experiences **dismay** (line 20) can feel

- A laughter
- B wonder
- C hunger
- D shock