

Crestfallen
↳ sad, disappointed

evasive
↳ to avoid something

English Language

→ Vocab improvement

- feast upon: to delight upon something

example → Feast your eyes on all the fresh flowers at the farmers' market.

- Aberration: something that differs from the normal.

example → Poland won the world cup, but the success turned out to be an aberration.

- Abhor: to hate

example → Because he always wound up getting hit in the head when he tried to play cricket, Marvin began to abhor the sport.

- Acquiesce: to ~~say~~ agree without protesting

example → Though Mr. Bass wanted to stay outside and work in his garage, when his wife told him to come home to dinner, he acquiesced to her demands.

List of
- Alacrity: eagerness, speed

example → Chuck loved to help his girlfriend whenever he could, so when his girlfriend asked him to set the table he did so with alacrity.

- Appease: to calm, satisfy

example → When Jenny cries, her mother gives her chocolate to appease her.

- Avarice: excessive greed

example → The banker's avarice led him to amass an enormous personal fortune.

- Brusque: short, abrupt, dismissive

example → Simon's brusque attitude sometimes offends his colleagues.

- Cajoled: to urge

example → Serena's friends cajoled her into drinking too much.

- Candor: honesty, frankness

example → We were surprised by the candor of political speech because she is usually rather evasive.

List of idioms and meanings

1. A hot potato: speak of an issue (mostly current) which many people are talking about and which is usually disputed.
2. Add insult to injury: to further a loss with mockery or indignity; to worsen an unfavourable situation.
3. At the drop of a hat: without any hesitations instantly.
4. Back to the drawing boards: when an attempt fails and it's time to start all over.
5. Barking up the wrong tree: looking in the wrong place. Accusing the wrong person.
6. Beat around the bush: Avoiding the main topic. Not speaking directly about the issue.
7. Best thing since sliced bread: A good idea or plan.
8. Bite off more than you can chew: to take on a task that is way too big.
9. Caught between two stools: When someone finds it difficult to choose between two alternatives.
10. Costs an arm and a leg: when something is very expensive.

21.
11. Cross that bridge when it comes to it: Deal with a problem if and when it becomes necessary, not before.

12. Cry over spilled milk: When you complain about a loss from the past.

13. Don't count your chickens before the eggs have hatched: this idiom is used to express "Don't make plans for something that might not happen"

14. Don't put all your eggs in one basket: Do not put your resources in one possibility.

15. Drastic times call for drastic measures: When you're extremely desperate you need to take drastic actions.

16. Every cloud has a silver lining: Be optimistic, even difficult times will lead to better days.

17. Feel a bit under the weather: feeling slightly ill.

18. Hit the nail on the head: Do or say something exactly right.

19. Hit the sack / sheets / hay: to go to bed.

20. Jump on the bandwagon: join a popular trend or a activity.

21. In the heat of the moment, overwhelmed by what is happening in the moment.

22. It takes two to tango: actions or communications need more than one person.

23. keep something at bay: keep something away.

24. kill two birds with one stone: to accomplish two different things at the same time.

25. Last straw: the final problem in a series of problems.

26. let sleeping dogs lie: do not disturb a situation as it is since it would result in trouble.

27. Miss the boat: it is used to say that someone missed their chance.

28. Not a spark of decency: no manners

29. Off one's rocker: crazy, demented, out of one's mind, in a confused or befuddled state of mind.

30. Put wool over other people's eyes: This means to deceive someone into thinking well of them.

31. See eye to eye: used to say that two (or more people) agree on something.

32. Sit on the fence: used when someone does not want to choose or make a decision.

33. Take with a grain of salt: not to take what someone says too seriously.

34. Taste of your own medicine: something happens to you or is done to you, that you have done to someone else.

35. To hear something straight from the horse's mouth: to hear something from the authoritative source.

36. Whole nine yards: everything, all of it.

37. Wouldn't be caught dead: would never like to do something

38. Your guess is as good as mine: to have no idea, do not know the answer to a question.

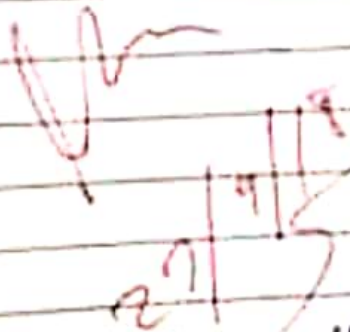
39. Whole bag of tricks: trying all clever means to achieve something

40. explore all avenues: trying out every possibility to get a result.

I hope that you find my suggestions helpful that you consider me for the role. Thank you in advance.

Yours truly,
Zareta Fatima
XI - C

93



I didn't realise that here all of a sudden I began drawing in the ocean of the past. Flash ^{backs} of the torments I had borne began making faces at me. I began wandering down the memory lane. Too nostalgic, yet it was so.

- * put a damper on our cheerful mood.
- * I smelt a rat
- * to sit pretty and not panic
- * the trophy was lucky enough to get in our hands
- * put a damper on his ideas
- * wanted to cry a river but had to fake the expressions to stay put.
- * tears burst out of my heart as if held for years
- * my heart shattered into a thousand smithereens
- * Though healed, but those were still home to my heart.
- * Tears dwelled up in her eyes and were as if itching to flow down her tender cheeks but held off to her faking that signature smile of hers.

Descriptives

anger

- * red in the face
- * face the color of an overripe tomato
- * red as a brick
- * eyes squinting meanly
- * eyes looked like they might pop out
- * fists clenched
- * hard staring eyes
- * voice with hard edge
- * shouting venomously
- * stomping feet
- * creak voice
- * clipped tone
- * stoney silence / stoney expressions
- * stormed off
- * spitting with fury
- * torrent of rage
- * face contorted with a venomous outburst
- * brewing anger like tea in a pot
- * like storm out at sea / raging sea of anger
- * anger boiling up inside like hot lava.
- * mad as a maggot
- * hopping mad
- * spitting rancid saliva with each maliciously punctuated word.
- * face dark as gathering storm clouds.

Said

ran

saw

sad

called
cried
responded
demanded
asked
stated
shouted
whispered
remarked
questioned
replied
exclaimed

hurried
raced
scurried
dashed
galloped
trotted
bolted
darted
sped
jagged
sprinted
rushed

glanced
noticed
observed
sighted
spotted
stared at
glanced at
eyed
gazed at
spied
examined
watched

downtcast
depressed
woeful
gloomy
miserable
sorrowful
unhappy
dejected
forlorn
melancholy
crestfallen
mournful

Laughed

walked

like

pretty

snickered
giggled
roared
chucked
chortled
crowed
guffawed
cackled
howled
tittered
hee-hawed
bellowed

staggered
travelled
trudged
strutted
marched
hiked
shuffled
sauntered
lumbered
paraded
ambled
strolled

love
admire
appreciate
fancy
adore
idolize
prefer
cherish
care for
favor
enjoy
treasure

beautiful
mesmerizing
lovely
exquisite
gorgeous
glamorous
striking
attractive
handsome
elegant
stunning
fair

good

great
pleasant
marvelous
delightful
superior
wonderful
splendid
superb
grand
~~delightful~~
lenific
superior
amazing
~~wonderful~~
excellent

little

teeny
diminutive
compact
microscopic
petite
wee
small
tiny
minuscule
miniature
slight
minute

big

towering
huge
large
great
gigantic
mammoth
enormous
tremendous
massive
giant
colossal
immense

nice

kind
benevolent
thoughtful
gracious
considerate
decent
congenial
agreeable
courteous
warm
cordial
humane

happy

glad
jovial
jubilant
joyful
thrilled
cheerful
merry
contented
pleased
delighted
jolly
elated

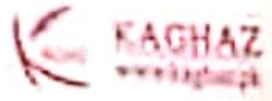
funny

farcial
jocular
amusing
humorous
witty
comical
hysterical
sideplitting
wilarious
laughable
silly
nonsensical

smart

witty
bright
quick-witted
knowledgeable
intelligene
clever
ingenious
sharp
bramy
brilliant
gifted
wise

* very afraid	- fearful	* very dull	- tedious
* very angry	- furious	* very easy	- effortless
* very annoying	- exasperating	* very empty	- desolate
* very bad	- awful	* very excited	- thrilled
* very beautiful	- gorgeous	* very exciting	- exhilarating
* very big	- gigantic/massive	* very expensive	- costly
* very boring	- dull	* very fancy	- lavish
* very bright	- luminous	* very fat	- obese
* very busy	- swamped	* very friendly	- amiable
* very calm	- serene	* very frightened	- alarmed
* very careful	- cautious	* very frightening	- terrifying
* very cheap	- stingy	* very funny	- hilarious
* very clean	- spotless	* very glad	- overjoyed
* very clear	- obvious	* very good	- excellent
* very cold	- freezing	* very great	- terrific
* very colorful	- vibrant	* very happy	- ecstatic
* very competitive	- cutthroat	* very hard	- difficult
* very complete	- comprehensive	* very hard to find	- rare
* very confused	- perplexed	* very heavy	- leaden
* very creative	- innovative	* very high	- soaring
* very crowded	- bustling	* very hot	- sweltering
* very dangerous	- perilous	* very huge	- colossal
* very dear	- cherished	* very hungry	- starving
* very deep	- profound	* very hurt	- battered
* very depressed	- despondent	* very important	- crucial
* very detailed	- meticulous	* very intelligent	- brilliant
* very different	- disparate	* very interesting	- captivating
* very difficult	- arduous	* very large	- huge
* very dirty	- filthy	* very lazy	- indolent
* very dry	- arid	* very little	- tiny



- * very long - extensive
- * very long term - enduring
- * very loose - slack
- * very mean - cruel
- * very messy - slovenly
- * **very necessary - essential**
- * very nervous - apprehensive
- * very nice - kind
- * very noisy - deafening
- * very often - frequently
- * very old - ancient
- * very old fashioned - archaic
- * very open - transparent
- * very painful - excruciating
- * very pale - ashen
- * very perfect - flawless
- * very poor - destitute
- * very powerful - compelling
- * very pretty - beautiful
- * very quick - rapid
- * very quiet - hushed
- * very rainy - pouring
- * very rich - wealthy
- * very sad - sorrowful
- * very scared - petrified
- * very scary - chilling
- * **very serious - grave**
- * very sharp - keen
- * very shiny - gleaming
- * very short - brief
- * very wise - sage
- * very shy - timid
- * very simple - basic
- * very skinny - skeletal
- * very small - petite
- * very smart - intelligent
- * very smelly - pungent
- * very smooth - sleek
- * very soft - downy
- * very sorry - apologetic
- * **very special - exceptional**
- * very strong - forceful
- * very stupid - idiotic
- * **very sure - certain**
- * very sweet - thoughtful
- * very talented - gifted
- * very tall - towering
- * very tasty - delicious
- * very thirsty - parched
- * very tight - constricting
- * very tiny - minuscule
- * very tired - exhausted
- * very ugly - hideous
- * very unhappy - miserable
- * very upset - distraught
- * very warm - hot
- * very weak - frail
- * very well to do - wealthy
- * very wet - soaked
- * very wide - expansive
- * very willing - eager
- * very windy - bluster

Do electronic forms of communication, for example emails and texts, make writing letters unimportant now? What is your opinion? Give examples and reasons to support your view.

In the 21st Century, the human 'megamind' has been able to discover and invent new and modern ways of communication. Those days of writing letters and sending them through pigeons and mailmen are long gone. The world is in a state of ever changing modes of communication. Ever since writing began, the ways of communication have been evolving. From pens to printing press, from computers to mobile phones and from emails to mobile texts. There has never been a pause in this evolution.

Undoubtedly, the electronic modes of communication such as text messages, internet calls, video conferencing and emails have helped us in many ways. We no longer have to wait for several hours or days to get our message delivered to someone, instead these forms of communication are far more efficient and cheap. Sending letters far away would take plenty of time and cost a fortune. Lot.

As of now, people are addicted to these electronic devices providing these facilities. Especially teenagers who are able to express themselves on these platforms. They find it beneficial as they get to write and share with 'freedom of speech' ^{write having full control of} ~~controlling~~ ~~interactions~~ ~~and~~ everything they do.

Penned down

~~times~~ if we go a decade back, writing letters was of immense significance to the people. ~~They~~ ^{Letters} could be ^{so} personal and important to people. They gave a sense of belonging to them. They contained emotions and feelings in every word scribbled on them and people could pour their hearts out in them. Emails and texts these days ~~have~~ can never have that significance no matter what.

Letters have been and ^{are} still are very important when it comes to literature and knowledge. In the past, great personalities like Tolstoy and Lincoln wrote exemplary letters which are still read today. This shows how meaningful they still are to some people. Writing letters ^{holds} way more meaning to certain people no matter how much these ways of communication evolve, nothing could take away the importance of writing letters.

Moreover, at this stage, people are more realistic ^{than} ever and prefer to save their time, money and effort which has led to immense reliability of people on the electronic ways of communication. No one cares to ^{spare} time to write on a letter and then post it when they have the option to get their message instantly delivered.

Thus, this evolution in communication has led to people seldom writing letters and giving them almost no importance. The new generation prefers efficiency over emotion and meaningfulness. Only a few people still hold letters close to their hearts and continue ~~the~~ writing them.

Hape

Keeping fit

2017 November

In today's modern world and educated world, we often hear about people being getting diagnosed with illnesses and diseases like diabetes and heart problems. Obesity is also an ever growing illness among most people these days.

With people being so educated, we expect them to be wise enough to maintain a healthy lifestyle. Unfortunately, that is just a misconception. Adults and children have such hectic routines that it is almost impossible for them to take care of their health.

~~In order to keeping fit,~~ adults should ~~try~~ ^{start} with relaxing themselves and reducing the amount of stress they ~~get~~ ^{experience} cloud over their brain. Same goes for the students who ~~take~~ ^{feel} exam anxiety and school burden stress them for weeks.

They don't have a healthy sleeping pattern and usually stay awake all night cramming for the exam next day. This type of routine can lead to great mental health issues and constant headache. The students are to learn how to overcome their exam anxiety and ~~in~~ order to stay fit. At ~~such~~ ^{such} young age, all they need is a good mental and physical health.

When we talk about keeping fit, it does not only involve physical health but also our mental health. So to begin with

Moreover, there are many ways to improve your health such as ~~and~~ taking benefit from the nature itself. Families should go on morning walks every day to inhale

Good eating habits are very important which is why

the fresh air which will not only please their brain but also benefit their lungs. Walking regularly tones your muscles and makes your legs stronger. Becoming familiar with doing exercise daily is a vital step to get fit. Joining the gym, playing sports and doing swimming can be a lot more beneficial than most people think.

To have a good health ~~at~~ when you ^{are} in your old age, it is compulsory to ~~be~~ being fit when young.

In order to develop and maintain a healthy lifestyle.

* making green vegetables, plenty of fruits, low fats is a part of your diet is a must. Experts have created a food pyramid which explains ~~how~~ what a healthy person's diet should consist of and by following it, a healthy life awaits for you.

Parents should start drilling the importance of keeping fit and maintaining a healthy lifestyle in their children's brain from a young age so that it is easier for them to develop healthy activities and a proper diet consisting of proteins, calcium, ~~very~~ minerals, fibre and the right amount of carbohydrates. Parents should provide them with snacks like fruits and low fat items. Schools can play a positive role by making sure the canteens have healthy items and less junk food in them. Making sure that the children and sometimes even adults ~~do not~~ do not spend excessive time watching television ^{or} using the computer or a mobile phone is important. Incorporating physical outdoor activities is a major step towards better health.

Remember! "a healthy body harbours a healthy mind."

Man is what he eats.)

~~It is a~~

If we don't stop taking
food as our medicine, soon
we would end up taking
medicine as our food.

75

Mimi had always lived a miserable life with numerous limitations. ^{and difficulties} It was not often that she witnessed days of bliss. When she was eight, her father got paralyzed which led to her mother being the only source of income in the house. She stitched clothes at her home and spent all the money she earned on Mimi's education. ~~The~~ family lived on a shoestring but ~~was~~ believed every cloud had a silver lining.

After years of struggle, when ~~she~~ ^{she} was finally able to stand on her feet and support her family, she applied for a job at one of the most renowned companies ^{of her city}. ^{from long years} to her utter surprise, she got an email informing her about an interview. ~~They~~ had selected her. She was beyond happy and feasted her eyes upon the mail she had received. She couldn't believe she had gotten a chance to make life better for herself and her ^{parents}.

^{later} ^{the} ^{very} ^{day} To Mimi's grief, her father fell ill the night before the interview and she knew she couldn't leave him alone depending on her mother in such a bad condition. She wrote an email to the company to ~~ask~~ ^{request} them to reschedule the interview, explaining the matter to them briefly. To her ^{bad luck} ~~surprise~~, they informed her that rescheduling ~~is~~ ^{is} not an option and ~~she~~ ^{there} was nothing else for it, which added insult to her injury.

Now, she was in two minds about it: whether she should hire a caretaker for just a few hours to look after her dad or ^{skip} ~~miss~~ the interview. After giving it a lot of thought and due to her mother's constant insistence, Mimi decided to go to the interview because she couldn't ~~let~~ ^{let} her only chance at a better life go away.

However, there was another ~~a~~ problem for her. She knew she had to be dressed to the nines to look presentable enough for the interview but unfortunately she had no formal clothes and couldn't afford to buy ones she did not have a penny to her name. The only decent looking dress she owned was now also falling to bits and she could do nothing about it. Mum was helpless.

~~To her luck, she found some money~~

~~Thankfully~~: After stopping on her pride, she hesitantly asked her best friend Sava for some money to rent a formal suit ~~for the same~~ a nearby shop. Thankfully it ~~was~~ her ~~friend~~ managed to wit her down to the ground.

She made it to the interview where she saw men who ~~looked like~~ wore suits so expensive ^{which} ~~that~~ made her imagine how deep they would be rolling in money. She felt kind of inferior over there but she knew her education was what mattered and in the end it was ~~that~~ the only thing that counted and led to her acing the interviews with flying colours.

8.5
J. Gore

Ever since Jake was a kid, he had dreamed of buying a car of his own one day. All his friends had ~~not~~ their own cars though they were really gifted to them by their parents who were filthy rich and were rolling in money. It was quite the opposite for Jake, he did not have a penny to his name but despite the fact, he worked day and night and finally saved an adequate amount to buy his very first dream car.

The only hurdle between Jake and his car ^{was} his parents. They ~~believed~~ ^{knew} that the car costed an arm and a leg and it wasn't worth spending all the money that he had earned through ~~the~~ constant hardwork, so they opposed the idea. Jake was not satisfied by their logic so he continued to argue ~~and decided~~ but his parents made it clear to him that ~~it was flat~~ their decision was flat.

Jake tried to reason his dad as he was easily ~~convinced~~ ^{persuaded}. He had hoped that once his dad reason his side, ~~it~~ it would be easier to convince his mother. To Jake's grief, his dad bluntly refused to take sides and told him that his argument was of no use as they had already made their mind and dug their heels in.

Being the stubborn boy Jake ~~is~~ was, he refused to sit back and let his parents crush his dream like that, so ~~he began constant ranting~~

Babysitting gone wrong!

Rosa thought of herself as one of the best babysitters in town, so when her neighbour, Amy, asked her to babysit her ~~four~~ daughter for the evening, she carelessly agreed without giving it a second thought.

The next day to Rosa's surprise, ~~one of Amy's~~ daughter ^{was} handicapped which caused Rosa to panic. She was not good at handling handicaps. The situation led Rosa to zone out for a moment, imagining all the things she'd go through while babysitting the child she was not at all familiar with.

"Rosa! are you hearing me?" Amy screamed which caused Rosa to finally listen to what Amy was saying.

"Of course I am!" Rosa exclaimed, trying to sound reasonable even though she had no idea what Amy had ranted about.

Amy left and Rosa put on some cartoons for the girl and started baking cupcakes for ~~the~~ herself and ^{to feed} the child. It was an effort to keep herself busy. After a while the cupcakes were put on a stand to cool so Rosa changed the girl into her nightgown and helped her sit in her playing cot. She glazed the cupcakes and brought them ~~for~~ ready to eat. To her relief, the girl loved the cupcakes and time was ^{quickly} passing by.

Two hours into babysitting, she felt like the girl was being ~~more and more~~ and quite dizzy. She

7 8- (Vigilant)

decided to give her a bubble bath to make her feel better before putting ~~her~~ to the girl to bed. That's when her eyes widened ^{as they came in contact with} ~~she~~ ~~noticed~~ her red skin full of rashes and patches which looked quite similar to some the allergies she had when she ate mushrooms. *1

~~Rosa began to panic and felt like her world was falling apart as she started looking around the house for some medicine but to no avail.~~

She was caught between two evils as she couldn't decide whether she should take the girl directly to the hospital or call Amy. After a lot of thought, Rosa ~~if~~ hesitantly called Amy and tried to sound calm. She asked Amy about the girl's allergies in a casual way and ~~that's~~ that's when it hit her. *2

*1 Rosa's body went numb as it hit her like a train that she had turned a deaf ear to Amy when she was supposedly ranting. ~~It was it was an allergy so she called Amy~~

*2 To her grief, one of the things that the girl was allergic to was flour that she had used in ^{the} cupcakes.

Rosa began ~~panicking~~ to panic and felt like a cat on hot bricks as she started looking around the house for medicines. In a matter of time, the house was at sixes and sevens as Rosa rushed here and there with ^{her} girl in her arms crying at the top of her lungs. Rosa turned almost everything upside down around the house. Rosa knew she was in hot water so the only solution that came to her mind was to rush to the hospital nearby rather than ^{to} take a risk with ~~a~~ baby's health.

~~She~~ Rosa now knew that she had ~~to~~ bite bitten off more than she could chew. ~~and~~ At the hospital, she tried to lie low in order to keep the entire neighbourhood from knowing what had just happened. She knew she had to make this right as she couldn't afford being in the bad books of Army, ~~the town's~~ who was also the town's sheriff.

To Rosa's relief, the doctors gave her a green signal to take the twins and she was all in. Army reached the house three hours later and thankfully Rosa had enough time to get everything back to normal. Army didn't notice anything and thanked Rosa for the effort.

Rosa said her goodbyes in a hurry and made her self scarce as soon as she knew the coast was clear. This taught her a lesson to be extra careful and attentive when it came to taking a big responsibility of someone else's children.