

- context (n.) surrounding words
- Learning vocabulary in context means that you learn new words when you are reading or listening.
- You learn a new word by seeing how it is used in a sentence.





- Four Types of Context Clues 1: Definition or Restatement
 - 2: Synonym
 - 3: Antonym / Opposite / Contrast
 - 4: Example or Explanation





- Reading glasses magnify small print.
- What does magnify mean?
- I was furious when I found out my friend hadn't told me the truth.





• Understanding Parts of Speech To figure out the meaning of a new word from the context, you may find it helpful to know its part of speech; that is, is the word a noun, a verb, an adjective, or an adverb?









Understanding Parts of Speech
 Cities around the globe need to find solutions
 to similar problems, so city planners sometimes
 meet at a global conference.
 globe (n.) global (adj.)





Transforming Desert Air into Water

A plant in Dubai will bottle water-from-air. Aug 11, 2020



Tags: Arabian Desert, Water From Air, Zero Mass Water, Source Hydropanels, Dubai





- An American firm Zero Mass Water is setting up a water bottling plant in the village of Lehbab, 20 kilometers from Dubai, according to Dubailad. And it is completely sustainable.
- https://www.goodnet.org/articles/transformingdesert-air-into-water





- By using solar energy, recyclable glass bottles, and bamboo caps, they are fashioning a feasible solution to desalination; the method used by Israel, Jordan and other Middle Eastern countries to produce drinking water.
- <u>https://www.goodnet.org/articles/transforming-</u>
 desert-air-into-water





This Process Turns Seawater into Drinking Water

Australian innovation desalinates water in just 30 minutes. Sep 11, 2020



Tags: Australia, Desalination, Seawater, Water, MOF, Water Filter, Energy Efficient



- desalinate (v.) to remove salt from sea water
- **desalination** (n.) the process of removing salt from sea water
- Clean Water and Sanitation
- UN's Sustainable Development Goals.







Happiness Biohacks to Feel Your Best

You can trick your body to feel happier. Sep 11, 2020



Tags: Biohacks, Happiness, Endorphins, Serotonin, Dopamine, Oxytocin





- Happiness is a state of mind that depends on the complex interaction of chemicals in your brain. When you understand how your brain works to regulate your happiness, it's easy to take small steps to hack your brain and increase your happiness.
- https://www.goodnet.org/articles/happiness-biohacks-to-feelyour-best

- Endorphins: The Natural Pain Killers When someone gets injured, the brain releases endorphins, the body's natural painkiller.
- Serotonin: The Happy Chemical One simple way to hack your brain to release serotonin is to put on your shoes and head outside.





Serotonin: The Happy Chemical • **Research published in Innovations in Clinical** Neuroscience showed that the brain releases serotonin when the skin absorbs sunlight. So, when you can, spend some time outdoors during a sunny day for a dose of the happy chemical.





• Dopamine: The "Feel Good" Neurotransmitter You could call dopamine the "feel good" neurotransmitter because, when released in the brain, it automatically lifts your mood.





- Oxytocin: The Love Hormone Your brain produces oxytocin when you have positive social interactions with others.
 - https://www.goodnet.org/articles/happiness-biohacksto-feel-your-best







What Can You Learn at Home? A lot More than You Think!

Take an online course, download a language app, or watch how to YouTube videos to learn new skills. Mar 21, 2020

1.1K VIEWS **f P**

Tags: Education, Online Learning, Quarantine



• When you are **quarantined** or social distancing, spending many weeks at home might seem like a daunting task. After all, how many old movies can you watch?





But you don't have to just waste time, you can learn to bake, knit, speak French, or to pick up a new work-skill. **Turn your stay at home time into a bounty of new learning opportunities.**





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Meaningful Meditation
 Learn how to meditate. Meditation can help you
 relieve stress and anxiety in these troubling times.



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 Learn a new Language You may not be able to travel now but you can prepare for your next overseas adventure.





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- Calligraphy Calling
- Have you always wanted to learn how to hand address wedding invitations or award certificates? There's a YouTube for that.
 Or online downloadable instructions.





What Can You Learn at Home? A lot More than You Think!

Take an online course, download a language app, or watch how to YouTube videos to learn new skills. Mar 21, 2020

- Learn New Dances
- Don't just sit around. Get up and dance.
 Dancing is fun, creative and is actually really good exercise.

ABC

What Can You Learn at Home? A lot More than You Think!

Take an online course, download a language app, or watch how to YouTube videos to learn new skills. Mar 21, 2020

- Add a New Skill to Your CV
- Want to improve your Excel skills or learn to code? Check out free Coursera courses or other online learning.



What Can You Learn at Home? A lot More than You Think!

Take an online course, download a language app, or watch how to YouTube videos to learn new skills.

Mar 21, 2020





- Knit One Purl One
- If you are crafty or not, you can take this stayat-home time to learn how to knit, crochet, or do any type of craft you are interested in.

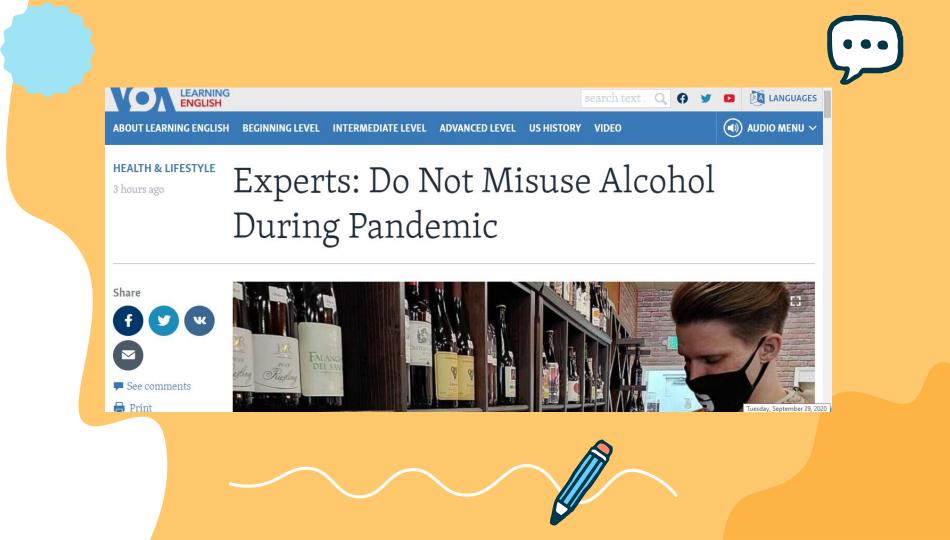




- Learn to Cook Exotic Dishes
- Did you always want to be a gourmet cook but you were afraid to try new recipes? Now's your chance to experiment on yourself and your family.







- pandemic (medical noun) : an occurrence in which a disease spreads very quickly and affects a large number of people over a wide area or throughout the world
- https://learningenglish.voanews.com/a/experts-do-notmisuse-alcohol-during-pandemic-/5598169.html?ltflags=mailer







HEALTH & LIFESTYLE 3 hours ago Experts: Do Not Misuse Alcohol During Pandemic

- misuse (v./n.) to use something in an unsuitable way or in a way that was not intended
- reuse (v./n.) to use something again
- reusable (adj.) able to be used more than once
 - We always carry reusable shopping bags.







Understanding Parts of Speech

- They are trying to find a solution to the problem of overcrowding, but this is a difficult problem to solve.
- predict prediction predictable predictably
- save safety safe safely





Insight on Buddhism's Four Nutriments of Life

Wellbeing is about nourishing your senses, will, mind, and body. Jul 10, 2020



Tags: Nutriments, Meditation, Motivation, Buddha, Mindfulness

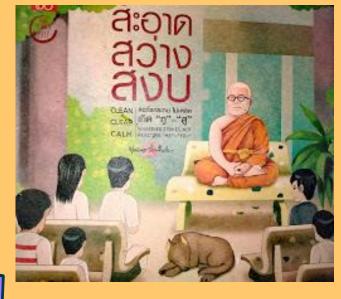


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Buddha Buddhism

- Buddhist (n.) someone who believes in Buddhism
- nourishing
- healthy
- strong







 sharp (adj.) sharpen (v.) sharpener (n.) Be careful! That knife is very sharp. He used a stone to sharpen kitchen knives. She sharpened her pencils with an automatic pencil sharpener.





 sharply (adv.) = suddenly / angrily Inflation has risen / fallen sharply. The road bends sharply to the left. She spoke sharply to her daughter.









"May all readers be blessed with pure perseverance, sharp wisdom and complete physical health."







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