Reach for the Top

Santosh Yadav

1. holy adjective RELIGIOUS
   related to a religion or a god
   1. holy scriptures/rites
2. very religious or pure
   1. a holy person
3. holy adjective RELIGIOUS
4. traditional adjective
   following or belonging to the customs or ways of behaving that have continued in
   a group of people or society for a long time without changing
   1. The villagers retain a strong attachment to their traditional
      values/customs/beliefs.
   2. The school uses a combination of modern and traditional methods for teaching
      reading.
   3. The dancers were wearing traditional Hungarian dress/costume.
   4. She's very traditional (in her ideas and opinions).
5. rational adjective
   showing clear thought or reason
   1. He was too upset to be rational.
   2. a rational course of action/argument/explanation
6. afford verb MONEY
   can afford
   to be able to buy or do something because you have enough money or time
   1. I don't know how he can afford a new car on his salary.
   2. Few people are able to afford cars like that.
   3. She couldn’t afford the time off work to see him.
   4. [ + to infinitive ] I can’t afford to buy a house.
7. affluent /ˈæf.lu.ənt/ adjective
   having a lot of money or owning a lot of things; rich
   1. affluent nations/neighbourhoods
8. threaten /ˈθret.ən/ verb
   [ T ] to tell someone that you will kill or hurt them, or cause problems for them if
   they do not do what you want
   1. They threatened the shopkeeper with a gun.
   2. [ + to infinitive ] They threatened to kill him unless he did as they asked.
   [ T ] to be likely to cause harm or damage to something or someone
   3. Changing patterns of agriculture are threatening the countryside.
   [ I ] If something bad threatens to happen, it is likely to happen
   4. Look at those clouds! There's a storm threatening.
9. enrol -ll- UK, US USUALLY enroll /ɪnˈrəʊl/ /-ˈroʊl/ verb [ I or T ]
to put yourself or someone else onto the official list of members of a course,
college or group

1. Is it too late to enrol at the college?
2. I enrolled for/in/on the modern art course.
3. He is enrolled as a part-time student.
4. They want to enrol their children in their local school.

10. **urge** /ɜːdʒ/ noun [ C ]
    a strong wish, especially one which is difficult or impossible to control
    1. The two of them seem unable to control their sexual urges.
    2. [ + to infinitive ] The urge to steal is very strong in many of the young men we
       look after here.

11. **check sth out** phrasal verb [ M ] GO TO SEE
    INFORMAL to go to a place in order to see what it is like
    1. I'm going to check out that new club.

12. **mountaineer** /ˌmaʊn.tɪˈnɪər/ noun [ C ]
    a person who climbs mountains as a sport or job

13. **headed** /ˈhed.ɪd/ adjective [ after verb ]
    going in a particular direction
    1. Which way are you headed?

14. **expedition** /ˌek.spəˈdɪʃ.ən/ noun JOURNEY
    [ C ] an organized journey for a particular purpose
    1. We're going on a shopping expedition on Saturday.
    2. Scott died while he was on an expedition to the Antarctic in 1912.
       [ C ] the people, vehicles, animals, etc. taking part in an expedition
    3. The British expedition to Mount Everest is leaving next month.

15. **mature** /məˈtjʊər/ verb DEVELOP MENTALLY
    [ I or T ] MAINLY APPROVING to become more developed mentally and emotionally
    and behave in a responsible way
    1. Girls are said to mature faster than boys.
    2. He matured a lot while he was at college.
       [ I ] MAINLY APPROVING If ideas, opinions, etc. mature, they reach an advanced or
       developed state
    3. It took several years for her ideas to mature.

16. **mature** /məˈtjʊər/ verb GROW PHYSICALLY
    [ I ] to become completely grown physically
    1. Humans take longer to mature than most other animals.

17. **mature** /məˈtjʊər/ verb FOOD
    [ I or T ] to make food and wine old enough for the flavour to have developed
    completely
    1. The wine has been matured in oak vats.
    2. The cheese is left to mature for two years.

18. **mature** /məˈtjʊər/ verb FINANCE
SPECIALIZED If an insurance agreement or an investment matures, it becomes ready to be paid.

1. The policy matures after fifteen years.

19. **resistance** /ˈrɪz.tən t s/ noun

[U ] when something or someone resists

resistance to disease

Government troops offered no resistance (to the rebels).

There's a lot of resistance (= opposition) to the idea of a united Europe.

[U ] a force which acts to stop the progress of something or make it slower

The car’s speed was reduced by air/wind resistance.

[C or U ] specialized the degree to which a substance prevents the flow of an electric current through it

Copper has (a) low resistance.

20. **altitude** /ˈæl.tɪ.tjuːd/ /-tə.tuːd/ noun [ C ]

height above sea level

1. We are currently flying at an altitude of 15 000 metres.

2. Mountain climbers use oxygen when they reach higher altitudes.


to provide a person or a place with objects that are necessary for a particular purpose

1. It’s going to cost $4 million to equip the hospital.

2. All the police officers were equipped with shields to defend themselves against the rioters.

22. **iron** /aɪrən/ /ˈaɪrn/ adjective [ before noun ]

very strong physically, mentally or emotionally

1. I think you have to have an iron will to make some of these decisions.

23. **endurance** /ɪnˈdjuː.rənt s/ noun [ U ]

the ability to keep doing something difficult, unpleasant or painful for a long time

1. Running a marathon is a test of human endurance.

2. The pain was bad beyond endurance.

24. **culminate** /ˈkʌl.mɪ.net/ verb

culminate in/with sth

If an event or series of events culminates in something, it ends with it, having developed until it reaches this point

1. My arguments with the boss got worse and worse, and it all culminated in my deciding to change jobs.

2. Their many years of research have finally culminated in a cure for the disease.

25. **culmination** /ˌkʌl.mɪˈneɪ.ʃən/ noun [ U ]

1. Winning first prize was the culmination of years of practice and hard work.

26. **sincerity** /sɪnˈser.i.ti/ noun [ U ]

honesty

1. The priest was a man of deep sincerity.

27. **barely** /ˈber.əli/ /ˈber-/ adverb
by the smallest amount; almost not
1. They have barely enough (= no more than what is needed) to pay the rent this month.
2. She was barely (= only just) fifteen when she won her first championship.

28. **scale** /skeɪl/ verb [ T ] CLIMB
to climb up a steep surface, such as a wall or the side of a mountain, often using special equipment
1. The prisoner scaled the high prison wall and ran off.

29. **feat** /fiːt/ noun [ C ]
something difficult needing a lot of skill, strength, bravery, etc. to achieve it
1. The Eiffel Tower is a remarkable feat of engineering.
2. She's performed remarkable feats of organization for the office.

30. **concern** /ˈkɔnˌsɜːn/ noun WORRY
[ C or U ] when you feel worried or nervous about something, or something that makes you feel worried
1. Concern for the safety of the two missing teenagers is growing.
2. There’s a lot of public concern about/over dangerous toxins recently found in food.
3. [ + that ] My concern is that you're not getting enough work done.

31. **mission** /ˈmɪʃ.ən/ noun JOB
[ C ] an important job, especially a military one, that someone is sent somewhere to do
1. Your mission is to isolate the enemy by destroying all the bridges across the river.
2. a peace/rescue/fact-finding mission
3. 2. [ C ] any work that someone believes it is their duty to do
4. My mission in life is to educate the rich about the suffering of the poor.
5. She's a woman with a mission and she's absolutely determined to finish the project.
   mission accomplished
6. something that you say when you have finished doing something that you were told to do

32. **fate** /feɪt/ noun
[ C usually singular ] what happens to a particular person or thing, especially something final or negative, such as death or defeat
1. We want to decide our own fate.
2. His fate is now in the hands of the jury.
3. The disciples were terrified that they would suffer/meet the same fate as Jesus.
   [ U ] a power that some people believe causes and controls all events, so that you cannot change or control the way things will happen
4. When we met again by chance in Cairo, I felt it must be fate.
5. Fate has brought us together.

33. **a fate worse than death** INFORMAL HUMO

34. **unique** /juˈniːk/ adjective
being the only existing one of its type or, more generally, unusual or special in some way

1. Each person's genetic code is unique except in the case of identical twins.
2. I'd recognise your handwriting anywhere - it's unique.
3. Do not miss this unique opportunity to buy all six pans at half the recommended price.
4. As many as 100 species of fish, some unique to (= only found in) these waters, may have been affected by the pollution.

35. **annals** /ˈæn.əlz/ plural noun  FORMAL
   historical records of the activities of a country or organization, or history in general
   1. The signing of the Treaty of Rome was the greatest event in the annals of European integration.
   2. Quite whether he will go down in the annals of American history (= be considered) as a great leader remains to be seen.

36. **bestow** /brɪˈstəʊ/ /-ˈstoʊ/ verb [ T often passive ]  FORMAL
   to give something as an honour or present
   1. The Chancellorship of the University was bestowed upon her in 1992.
   2. The George Cross is a decoration that is bestowed on British civilians for acts of great bravery.

37. **honour** UK, US **honor** /ˈɒn.ər/ /ˈɑː.nər/ noun  REWARD
   [ C ] a reward, prize or title that publicly expresses admiration or respect
   1. She received an honour for her services to the community.
   2. He was buried with full military honours (= with a special celebration to show respect).
   3. If you complete a school or university qualification with honours, you achieve a high standard.

38. **literally** /ˈlɪt.ə.l.i/ , /-rə.li/ /ˈlɪt.ə.l.i/ adverb
   INFORMAL  used to emphasize what you are saying
   1. He missed that kick literally by miles.
   2. I was literally bowled over by the news.
   3. They were responsible for literally millions of deaths.
   4. We live literally just round the corner from her.
   5. You'll lose marks if you translate too literally (= one word at a time).
   6. Then you literally cut the sausage down the middle.

39. **enormity** /ɪˈnɔː.mətɪ/ /-ˈnɔːr.mə.tɪ/ noun  SIZE
   [ U ] very great size or importance
   1. Nobody fully understands the enormity and complexity of the task of reviving the country's economy.
   2. I don't think you realize the enormity of the problem.

40. **enormity** /ɪˈnɔː.mətɪ/ /-ˈnɔːr.mə.tɪ/ noun  EVIL ACT
FORMAL an extremely evil act or the quality of being extremely evil

41. **roof** /ruːf/ noun [ C ]

the covering that forms the top of a building, vehicle, etc
1. *The house has a sloping/flat/tiled/thatched/etc. roof.*
2. *Put the luggage on the roof of the car.*
3. *The roof (= upper surface) of the cave is 50 metres up.*
4. *This cake is so dry that it sticks to the roof of your mouth (= upper surface of the mouth).*

42. **go through the roof**
to rise to a very high level
1. *Prices have gone through the roof.*

43. **unfurl** /ʌnˈfɜːl/ verb [ I or T ]

If a flag, sail or banner unfurls, it becomes open from a rolled position, and if you unfurl a flag, etc., you make it do this
1. *The demonstrators unfurled a large banner.*

44. **indescribable** /ˌɪn.dɪˈskraɪ.bə.bl/ adjective
impossible to describe, especially because of being extremely good or bad
1. *a scene of indescribable beauty*
2. *The pain was indescribable.*

45. **fervent** /ˈfɜː.vənt/ /ˈfɜːr-nt/ adjective (also fervid) FORMAL

describes beliefs that are strongly and sincerely felt or people who have strong and sincere beliefs
1. *a fervent supporter of the communist party*
2. *It is his fervent hope that a peaceful solution will soon be found.*

46. **environmentalist** /ɪnˌvaɪər.əˈnɪst/ noun [ C ]
a person who is interested in or studies the environment and who tries to protect it from being damaged by human activities

Santosh Yadav is one of the few women in the world to have climbed Mount Everest twice. She first climbed the peak in May 1992 and then did it again in May 1993. She was born in 1969 in Rewari District of Haryana state in India and is an officer in Indo-Tibetan Border Police. She is an alumni of Maharani College, Jaipur. Living in Kasturba Hostel she joined Uttarkashi’s Nehru Institute of Mountaineering. In her own words The hostel was facing the Aravallis. I used to watch villagers from my room going up. But after a while they used to disappear. One day, I decided to check up myself. There was nobody but a few mountaineers. I asked them if I could join. Their surprising affirmative answer motivated me to take to climbing. I saved money and enrolled for a course at Uttarkashi’s Nehru Institute of Mountaineering While studying she prepared herself to climb two greatest peak in life namely,mountaineering and Indian Civil Services and was successful in both. She prepared for her IAS exams in a hostel provided by Indian Mountaineering Federation at Connaught Place, New Delhi.Her brother is an officer in the Indian Army She was conferred Padma Shri award in 2000.
Everest Is Her Second Home

Heights obviously are no problem for her, Santosh Yadav, the only woman to have scaled Mt.Everest twice, plans to have her millenium bash by being also the first woman to take the toughest route up - the Kangshung Face. Only four others have scaled the peak by this route.

Yadav shocked her parents when she expressed her desire to climb mountains and enrolled at the Nehru Institute of Mountainneering at Uttarkashi as a 16-year-old. They however changed their attitude and gifted their daughter with a Maruti after she set the world record.

Yadav is one great enviromentalist too. She plans to collect garbage on her way back in an effort to keep the mountains clean. Last time she scaled Everst she returned with 500kg of it.

Santosh says, "I always carry the national flag with me when I get to the top and its always a very emotional moment when I hoist it. After the surge of emotion though, comes the realization that it is also important to get back safely to tell the tale."

Santosh Yadav is an Arjuna Award winner whose acheivements include
- The only woman to climb Mount Everest twice and attempt a third try.
- The only woman to attempt the summit from the dangerous Kangshung Face.
- The only woman team leader of an Everst Expedition.
- The youngest woman to scale the peak (she performed the feat when she was 22 years old.)
- A officer in the Delhi Police.
- Phew ! And the dynamic Santosh continues to add to the list.

Millenium Indian Everest Expedition
Ms Santosh Yadav and her team of ten experienced and skilled Indian women and men began the trek from Khartha in China to scale the Everest from the Kangshung Face in China which is the most challenging and daunting route.

Organized by the Indian Adventure and Mountaineering Association (IAMA), the Millennium Indian Everest Expedition - 1999 was flagged off by the Honourable Prime Minister, Shri Atal Behari Vajpayee on March 19,1999.

First Women Climbers of Everest, K2, Nanga Parbat:

"I can't understand why men make all this fuss about Everest — it's only a mountain."
- Junko Tabei - Japan
Everesters Bachendri Pal and Santosh Yadav in Delhi - on the eve of their departure for the 1993 Everest expedition.
Photo copyright the-south-asian.com

No woman from South Asia has climbed the K2 or Nanga Parbat. The first woman Everest climber was Junko Tabei [1975], a Japanese student & mother, who wrote two books called "Everest Mama-san" & “Yama-o-tanoshimu – Enjoying Mountains” both in Japanese. She prefers to be known as: "I'm a free spirit. Call me the free spirit of the mountains." Her comments on climbing are understated:

"I can't understand why men make all this fuss about Everest — it's only a mountain."

"Technique and ability alone do not get you to the top — it is the will power that is the most important. This will power you cannot buy with money or be given by others — it rises from your heart."

“The mountain teaches me a lot of things. It makes me realize how trivial my personal problems are,”

In the last fifty years, more than 75 women have climbed the world’s highest peak, Mount Everest. Of these, only five have ever climbed the summit of K2 since 1954 and have since died. Three women - Wanda Rutkiewicz of Poland, Julie Tullis of Britain, and Liliane Barrard of France – were the first three women to stand on the summit. Unfortunately, Julie and Liliane died on the descent. All three were climbing without extra oxygen. Julie Tullis, from Britain, was a black belt in Karate, a teacher, a mother, and an award winning filmmaker. She died of exposure descending K2 in 1986. Only twelve women have ascended Nanga Parbat in the last 50 years. Of them, two were climbers of K2: Wanda Rutkeiwicz from Poland and Liliane Barrard from France. Liliane was the first woman to summit Nanga Parbat in 1984.

Superwomen Climbers:

Typically women have had to face resistance and male chauvinism from men’s climbing expeditions in one form or the other. Of the women climbers, the leader is undoubtedly Wanda Rutkiewicz.

Wanda Rutkiewicz , [ 1943-1992] from Poland, climbed eight of the 8000meters peaks , graduated with a master's degrees in science and in electronic engineering from the Polytechnic Institute of Wroclaw. At eighteen years of age, she started climbing in the domestic Tatra mountains. Later she started climbing the Alps and the Norwegian mountains. Climbing in entirely all female teams, she went on to climb the East Pillar of Trollryggen in Norway (1968), the North Pillar of the Eiger (Messner route, 1973) and the North Face of the Matterhorn in winter (first women-only-ascent, 1978). She died in 1992 on Kanchenchunga near the summit. On 12 May she was last seen some 300 m short of the top. She was also a writer and photographer. She wrote 2 books, and dozens of articles and reports. During the last 10 years of her life she put in a lot of time / energy to film making- films on Aconcagua’s South Face Gdybyś przyszedi pod tę ścianę, on K2 Requiem, on Cerro Torre, on Nanga Parbat, on Gasherbrum II and on the people of the Baltoro region Ludzie na Baltoro. She was into ecological aspects of mountain areas. She read in 1983 in Delhi a widely discussed paper on Women Mountaineers in the Himalayas and was a founding trustee of the Mountain Wilderness organization. She died climbing Kanchenchunga. See Wielicki comments on her strong nature/personality.

Rutkiewicz was a most forceful, determined person and lady-mountaineer. She received the prestigious Sitara-e Imitiaz (Star of Distinction) award of Pakistan. Posthumously she got the King Albert Medal of Merit.

Christine Boskoff  [B.S. in Electrical Engineering , Wisconsin University, bought “Mountain Madness” adventure company after Scott Fischer died in a 1996 avalanche ; Mountain Madness in 2002 had
revenue of $400,000 last year and has averaged about 150 expeditions per year. She has six of the 8000 meters peaks to her credit and is very much influenced by the Polish women climber Wanda Rutkiewicz:

"...Wanda was a huge influence to me. Unfortunately there really hasn't been anyone after her "...to influence me,"..."She played a huge part in establishing a place for women in the high-altitude mountaineering world.

Chantal Mauduit of France [died May 1998 on Nepal's Dhaulagiri plus Sherpa companion Tshering, was found in a tent at camp 3] has 6 peaks of 8000 meters.


Italy's – Mama-Mia Climbers:

July 2003 - Alessandra Canesti of Italy, two of the 8000 meters peaks.

July 2003 Miss Nives Meroy (Meroi) from Italy climbed five of the 8000 meters. Summitted GI, GII, Broad Peak in 20 days. She has climbed three peaks (Nanga Parbat, Shishapangma, Cho_Oyu) between 1998-1999. She always climbs without artificial oxygen. She was born in Bergamo 42 years ago. "La signora Meroy" represents Italy's Karakorams.

South Asian Women Climbers -- Devis:

Bachendri Pal was the first Indian woman on top of Everest [worked for Tata Steel Corp. and later adopted five children of fellow Sherpa Climber who died and whose wife later died also],

[See this site for her interview: http://www.pbs.org/adventuredivas/india/divas/bpal.html] In the early '80s, she applied to the Nehru Institute of Mountaineering, where she was tagged "Everest material." At number three of a family of five in a modest household near Nakuri, Uttarkashi in Uttarakhand State, she developed her muscles moving around in the Garhwal Himalayas.

Persisting with her education against parents wishes, she went on to get a Masters in Sanskrit. And later wrote her Everest journey in a book called "Everest: My Journey to the Top" that appeared in the book Leading Out. Facing the prospect of a forced arranged marriage, she got the National Adventure foundation into giving her a job to run an adventure training school for women and girls. In 1984 she finally made it to the Everest 84 expedition. After an avalanche that very nearly killed her and her climbing group at Camp 24,000 feet, she managed to reach Everest top on May 17, 1984, via the standard southeast ridge, becoming the first Indian woman on Everest. She currently runs a training camp at Tata Adventure Foundation, which has given support and produced about 32 Olympians, 9 World champions in different sports.

Pic -- Santosh Yadav + Bachendri Pal [Copyright TSA]

Santosh Yadav – The only woman in the world to climb Everest twice in two consecutive years -[12 May 1992, summer-1993]
Yadav climbed Everest twice in less than a year. She says that mountaineering fascinates her and comes naturally to her. She comes from a village in Rewari District of Rajasthan, where education for girls was denied. She eventually graduated from Maharani College, Jaipur in Economics. In 1986 she did advanced mountaineering courses from the Nehru Institute of Mountaineering, Uttarkashi, with ‘A’ Grades. Yadav began in 1989, with a nine-nation international climbing camp-cum-expedition to Num-Kun area. Among the 31 members she was the only woman. She climbed Mount White Needle (21,700 ft). In 1990 she was a member of the Indo-Taiwanese Saser Kangri-i (25,000 ft) Expedition. After her feats in the mountains she was appointed to the Indo-Tibetan Border Police. In 1991, she was a member of the Indo-Japanese Kanchenchunga (East Route) Expedition, and was chosen to join the Indian Pre-Everest Expedition to Mt Kamet (25,447 ft). Later she climbed Mt AbiGanmin (24,130 ft) Peak.

In 1992, as a member of the Indian (ITBP) Mt Everest Expedition, she performed so well and went beyond base camp – Khumbu Ice- Falls [where about 25 % of Everest climbers have died]. Finally on May 12, 1992, she stood on the summit of Mount Everest with head constable Sange Sherpa and head constable Wangchuk Sherpa. She was on the summit for about an hour-and-a-half and because the fourth member Mohan Singh was in a bad state of health, she provided him with her oxygen.

She says that she “felt great with mixed feelings of having achieved a feat of rare variety and being the youngest woman in the world to scale the Mount Everest (until 1993). I was also the first police officer to have achieved this distinction…."

Immediately after her Everest Expedition, she was the overall leader of the Indo-Japanese Women Expedition to scale a 22,764 ft high unscaled and unnamed peak in Garhwal Himalayas. The unnamed peak was named Mt Saraswati. In 1993, as the deputy leader of Indo-Nepalese Women's Everest Expedition, she became the first and only woman in the world to climb Mt Everest twice. On this climb Yadav narrated how she slept the night at camp 4 on the way to Mt. Everest, only to realize in the morning that she had been sleeping next to the dead body of a previous climber.

Later she climbed Mt Fujiyama, led an expedition to the Andes Mt. Acancagua in Argentina on January 28, 1998 – to commemorate 50 years of India's Independence. In March 1999, she led the “Millennium Indian Everest (Kangshung Face) Expedition-1999” and became the first Indian to lead successfully an expedition to Mount Everest from its most dangerous and nearly impossible route "Kangshung Face".

Married now and with a small baby boy, and no longer working on her police job, she now devotes herself for the promotion of mountaineering and also special pilgrimage tours to Kailash and Mansarovar.

At the age of 19, Dicky Dolma was at the time the youngest woman climber of Mt.Everest [May 10, 1993] with the Indo-Nepali expedition led by Bachendri Pal. She comes from Palchan village, a few miles above the tourist resort town of Manali in the mountainous state of Himachal Pradesh in India. In 1984 she started playing with homemade skis and later at Manali Skiing Institute, she completed skiing courses and basic mountaineering courses. Married now to a skiing man, she concentrates more on skiing than climbing.
1. **disarm** /dɪˈsɑːrm/ verb PERSONALITY
   [ T ] to make someone like you, especially when they had not expected to
   
   *His frankness completely disarmed her.*

2. **disarming** /dɪˈsɑːr-/ adjective APPROVING
   
   *He displayed a disarming honesty by telling them about his father’s bankruptcy.*

3. **odds** /ɒdz/ plural noun
   1. the probability that a particular thing will or will not happen
   *If you drive a car all your life, the odds are that you'll have an accident at some point.*
   
   *There are heavy odds against people succeeding in such a bad economic climate.*
   
   *What are the odds on him being (= Do you think he will be) re-elected?*
   
   *The odds are stacked against a woman succeeding (= it is not likely that a woman will succeed) in the business.*
   
   2. the probability expressed as a number when risking money guessing the result of something
   *The odds against my horse winning (= that it will not win) / on my horse winning (= that it will win) are a hundred to one.*
   
   *The odds that the US entrant will win the race are ten to one.*

4. **in no time** ( ALSO **in next to no time** ) very quickly or very soon
   *The children ate their dinner in no time.*
   
   *We'll be home in next to no time.*

5. **attire** /əˈtaɪər/ noun [ U ] FORMAL
   clothes, especially of a particular or formal type
   *I hardly think jeans are appropriate attire for a wedding.*

6. **poised** /pɔɪzd/ adjective
   1. [ after verb ] describes an object or a part of your body that is completely still but ready to move at any moment
   *My pencil was poised over the page, ready to take down her words.*
   
   2. [ after verb ] ready to do a particular thing at any moment
   *[ + to infinitive ] The company is poised to launch its new advertising campaign.*
   
   *The military forces are poised for attack.*

   **poised** /pɔɪzd/ adjective
   3. APPROVING showing very calm and controlled behaviour

7. **pinnacle** /ˈpɪn.ə.kl/ noun SUCCESS
   1. [ C usually singular ] the most successful or admired part of a system or achievement
By the age of thirty-two she had reached the pinnacle of her career.

8. ascent  /əˈsent/  noun **IMPORTANCE**
   3. [ S ] FORMAL when someone starts to become successful
   His ascent to power was rapid and unexpected.

9. fiercely  /ˈfɪə.sli/  /ˈfɪr.sli/  adverb
   1. in a frightening, violent or powerful way
      to growl/fight fiercely
      to burn fiercely
   2. extremely
      She's fiercely competitive/independent.

10. endure  /ɪnˈdjuər/  /-ˈdʊr/  verb **EXPERIENCE**
    1. [ T ] to suffer something difficult, unpleasant or painful
       We had to endure a nine-hour delay at the airport.
       She's already had to endure three painful operations on her leg.

11. pack sb off  phrasal verb [ M ] INFORMAL
    to send someone to another place
    We've packed the kids off for the weekend.
    I packed her off to my sister's.

12. launch  /ˈlɑːn tʃ/  noun [ C ] **EVENT**
    1. an event to celebrate or introduce something new
       How much champagne will we need for the launch?
       Illness prevented her attending the launch party for her latest novel.

13. tardom  /ˈstɑːdəm/  /ˈstɑːr-/  noun [ U ]
   fame
   From childhood, Britney Spears seemed destined for stardom.

14. terribly  /ˈter.a.bli/  adverb **VERY BADLY**
    1. very badly
       I slept terribly last night.

15. pupil  /ˈpjuː.pəl/  noun [ C ] **STUDENT**
    1. a person, especially a child at school, who is being taught
       a second-year pupil
       a primary-school pupil
       The school has over 400 pupils.
       There is a very relaxed atmosphere between staff and pupils at the school.
       Her school report described her as a very promising pupil.
    2. someone who is being taught a skill, especially such as painting or music, by an expert
       The painting is believed to be by a pupil of Titian.

16. tidy  /ˈtaɪ.di/  adjective **ORDERED**
1. having everything ordered and arranged in the right place, or liking to keep things like this

The house was clean and tidy.
My flatmate isn't very tidy.
**neat and tidy**
a tidy solution

**tidy-up** /ˌtaɪ.diˈʌp/ noun [ S ]
Let's have/do a quick tidy-up before mum gets home.

17. **quit** /kwɪt/ verb [ I or T ] quitting , quit , quit
to stop doing something or leave a job or a place
Would you quit your job if you inherited lots of money?
[ + -ing verb ] I'm going to quit smok **ing** .
Quit wast **ing** my time!
Press Q to quit the program.

18. **put up with** sth/sb phrasal verb
to accept or continue to accept an unpleasant situation or experience, or someone who behaves unpleasantly

I can put up with the house being untidy, but I hate it if it's not clean.
He's so moody - I don't know why she puts up with him.
They have a lot to put up with (= They have a lot of difficulties) .

19. **humiliate** /hjuːˈmɪl.i.i.t/ verb [ T ]
to make someone feel ashamed or lose their respect for themselves
How could you humiliate me by questioning my judgment in front of everyone like that?
England were humiliated (= completely defeated) in last night's match.

**humiliation** /hjuːˌmɪl.i.iˈeɪ.ʃən/ noun [ C or U ]
After the humiliation of last week's defeat, the Mets were back on form.
Imagine the humiliation of having to apologize.

20. **steadfastly** /ˈsted.fɑːst li/ , /-fəs t -/ /-fæs t -/ adverb
strongly and without stopping
She was steadfastly in support of women's rights.

21. **pursue** /pəˈsjuː/ /pəˈsuː/ verb [ T ] TRY TO DO
5. If you pursue a plan, activity or situation, you try to do it or achieve it, usually over a long period of time

He decided to pursue a career in television.
We need to decide soon what marketing strategy we should pursue for these new products.

Michael Evans is leaving the company to pursue his own business interests.
She is ruthless in pursuing her goals.

22. **pronounced** /prəˈnaun t st/ adjective
very noticeable or certain
I'm told I have a very pronounced English accent when I speak French.
She's a woman of very pronounced views which she is not afraid to air.

23. **parade** /pəˈred/ verb
1. [ I or T usually + adverb or preposition ] (of a group) to walk or march somewhere, usually as part of a public celebration
   *The Saint Patrick's Day marchers paraded up Fifth Avenue, past the cathedral.*
   *In ancient Rome, captured generals were paraded through the streets in chairs.*

2. [ I or T ] to show something in an obvious way in order to be admired
   *It's sickening the way he parades his wealth, his car and his expensive clothes.*
   *The children paraded about/around in their new clothes.*

24. **sensation** /senˈseɪ.ʃən/ noun FEELING
   1. [ C or U ] the ability to feel something physically, especially by touching, or a physical feeling that results from this ability
      *a burning sensation*
      *I had no sensation of pain whatsoever.*
      *The disease causes a loss of sensation in the fingers.*
   2. [ C usually singular ] a general feeling caused by something that happens to you, especially a feeling which you cannot describe exactly
      *[ + ( that ) ] I had the odd sensation (that) someone was following me.*
      *I can remember the first time I went sailing - it was a wonderful sensation.*

25. **fondness** /ˈfɒnd.nəs/ /ˈfɑːnd-/ noun [ U ]
   a liking
   *George's fondness for pink gins was well known.*

26. **sophisticated** /səˈfɪs.tɪ.keɪ.tɪd/ /-ɪd/ adjective
   1. having a good understanding of the way people behave and/or a good knowledge of culture and fashion
      *She was slim, svelte and sophisticated.*
      *I don't suppose I have any books that would suit your sophisticated tastes.*
      *He was older than me and from London and I thought him very sophisticated.*
   2. clever in a complicated way and therefore able to do complicated tasks
      *I think a more sophisticated approach is needed to solve this problem.*
      *These are among the most sophisticated weapons in the world.*

27. **evening, dress** noun
   1. [ U ] special clothing worn for formal events, such as special evening meals
      *The invitation says to wear evening dress.*
   2. [ C ] a long dress worn by a woman to a formal party or social occasion

28. **pancake** /ˈpæn.keɪk/ noun [ C ]
   1. UK (MAINLY US crepe) a very thin flat round cake made from a mixture of flour, milk and egg, which is fried on both sides
      *Do you want a sweet pancake or a savoury one?*
   2. US a sweet thick round cake made from flour, sugar, milk and eggs, which is cooked in a pan and eaten with maple syrup, usually for breakfast
      *a stack of pancakes*

29. **fizzy** /ˈfɪz.i/ adjective
   having a lot of bubbles
   *fizzy orange/mineral water*

30. **pigeonhole** /ˈpɪdʒ.ən.həʊl/ /-həʊl/ verb [ T ]
1. **usually disapproving** to have an often unfair idea of what type someone or something is
   *He is a film producer who can't be conveniently pigeonholed.*

2. to put away or leave until a later time
   *Consultants found the experience frustrating - their reports were only partly implemented, or, worse still, just pigeonholed.*

### 31. waver

/weɪ.ˈvər/ verb [ I ]

1. to lose strength, determination or purpose, especially temporarily
   *I'm afraid my concentration began to waver as lunch approached.*
   *He has never wavered in his support for the leader.*

2. If you waver between two possibilities, you cannot decide which of them to choose or you keep choosing one way and then the other
   *"What are you having?" "Er, I'm wavering between the fish soup and the mushroom tart."*

### 32. grudge

/ˈgrʌdʒ/ noun [ C ]

A strong feeling of anger and dislike for a person who you feel has treated you badly, which often lasts for a long time

*I don't bear any grudge against you.*

*Philippa still has/holds a grudge against me for refusing to lend her that money.*

/grʌdʒ/ verb [ T ]

1. to not want to spend time or money on someone or something, or to not want to give something to someone
   *She grudged every hour she spent helping him.*

2. to think that someone does not deserve something good that they have
   *[ + two objects ] I don't grudge you your holiday, it's just that you've chosen a bad time to go.*

### 33. reap the benefit/reward, etc.

to get the benefit, etc. that is the result of your own actions

*She studied every evening and reaped the benefit at exam time.*

*We sold them most of their modern weapons and now we are reaping the bitter harvest.*

---

**Maria Yuryevna Sharapova** *(Russian: Мария Ю́рьевна Шара́повá)* [pronounced sha-RAH-po-va] Russian pronunciation: [mɐˈrʲɪjə ʂɐˈpəpəvə]; born April 19, 1987) is a former **World No. 1** Russian professional tennis player. Sharapova has won 22 **WTA** singles titles, 3 **WTA** doubles titles and 3 **Grand Slam** singles titles, including **2004 Wimbledon**, **2006 US Open**, and **2008 Australian Open**. She was also runner-up at the **2007 Australian Open**. She has also won the year-ending **Sony Ericsson Championships** in 2004. The **Women's Tennis Association** has ranked her **World No. 1** in singles on 4 separate occasions. She regained this ranking for the fourth time on May 19, 2008. She became the World No. 1 for the first time on Aug 22, 2005. She is currently ranked World No. 14.

Sharapova made her professional breakthrough in 2004 when, at age 17, she upset two-time defending champion and top seed **Serena Williams** in the 2004 **Wimbledon** final for her first **Grand Slam** singles title. She entered the top ten of the **WTA Rankings** with this win. Despite not winning a major in 2005, Sharapova briefly held the number one ranking, and reached three **Grand Slam** semifinals, losing to the eventual champion each time. She ultimately won her
second major at the 2006 US Open defeating then-World No. 1 Amélie Mauresmo in the semifinals and World No. 2 Justine Henin in the final. Sharapova's 2007 season was plagued with a chronic shoulder injury, and saw her ranking fall out of the top 5 for the first time in two years. She ultimately won her third Grand Slam at the 2008 Australian Open, defeating Henin in the quarterfinals and Ana Ivanović in the final. After reclaiming the number one ranking in May 2008, Sharapova's shoulder problems re-surfaced, ultimately requiring surgery in October and forcing her out of the game for nearly ten months. Sharapova returned in May 2009 and was ranked No. 126 in the world due to her extensive lay-off. Since her comeback, Sharapova has won 3 singles titles (bringing her career total to 22) and recovered her ranking to World No. 12.

Sharapova's public profile extends beyond tennis, as she has been featured in a number of modeling assignments, including a feature in Sports Illustrated Swimsuit Issue. Also she has been featured in many advertisements including Nike, Prince, Canon and many more, also being the face of many fashion houses, primarily Cole Haan. Sharapova was the most searched-for athlete on Yahoo! in both 2005 and 2008. Since February 2007, she has been a United Nations Development Project Goodwill Ambassador, concerned specifically with the Chernobyl Recovery and Development Programme.

Sharapova got engaged to her boyfriend, Los Angeles Lakers guard Sasha Vujačić, after they had been dating for nearly a year.