

# RW3 UNIT 8

Lien N.T.H. (Viet Nam)

---

## article

✓ nonfictional prose forming a part of a publication

*Known in local dialect as “U’ Raggiuneri, the Accountant,” Caruso was calmly reading an **article** about the end of the world in an Italian version of a supermarket tabloid.*

## affect

✓ have an influence upon

*The protein plays a central role in metabolism—the way a person consumes energy and regulates body heat—which in turn **affects** the rate of aging.*

## confer

✓ present

*In Calabria, the hunt for hidden molecules and mechanisms that **confer** longevity on people like Salvatore Caruso begins in places like the Ufficio Anagrafe Stato Civile (Civil Registry Office) in the medieval village of Luzzi.*

## hasten

✓ speed up the progress of; facilitate

*And how do these factors interact to promote longevity—or, conversely, to **hasten** the aging process?*

# patron

✓ someone who supports or champions something

*D Passarino and Berardelli heard much the same story from 103-year-old Domenico Romeo—who described his diet as “poco, ma tutto—a little bit, but of everything”—and 104-year-old Maria Rosa Caruso, who, despite failing health, regaled her visitors with a lively version of a song about the local **patron** saint.*

# digest

✓ convert food into absorbable substances

*This allele not only gives people a taste for bitter foods like broccoli and field greens, which are typically rich in compounds known as polyphenols that promote cellular health, but also allows cells in the intestine to extract nutrients more efficiently from food as it's being **digested**.*

# involuntary

✓ not subject to the control of the will

*G Although eating sparingly may have been less a choice than an **involuntary** circumstance of poverty in places like early 20th-century Calabria, decades of research have suggested that a severely restricted diet is connected to long life.*

# dimly

✓ with a faint light

*N In the **dimly** lit, chilly hallway outside Passarino's university office stand several freezers full of tubes containing centenarian blood.*

# dialect

✓ the usage or vocabulary characteristic of a group of people

*Known in local **dialect** as “U’ Raggiuneri, the Accountant,” Caruso was calmly reading an article about the end of the world in an Italian version of a supermarket tabloid.*

# prodigious

✓ great in size, force, extent, or degree

*C Caruso told the researchers he was in good health, and his memory seemed prodigiously intact.*

# crisp

✓ pleasantly cold and invigorating

*A On a **crisp** January morning, with snow topping the distant Aspromonte mountains and oranges ripening on the nearby trees, Giuseppe Passarino guided his silver minivan up a curving mountain road into the hinterlands of Calabria, mainland Italy’s southernmost region.*

# undermine

✓ weaken or impair, especially gradually

*Several recent studies have **undermined** the link between longevity and caloric restriction.*

# mantle

✓ shelf that projects from wall above fireplace

*A framed copy of his birth record, dated November 2, 1905, stood on the fireplace **mantle**.*

# paradox

✓ a statement that contradicts itself

*But by teasing out details from family trees, the Calabrian researchers discovered an intriguing **paradox**: The genetic component of longevity appears to be stronger in males—but women may take better advantage of external factors such as diet and medical care than men do.*

# dubious

✓ fraught with uncertainty or doubt

*In a field historically marred by exaggerated claims and **dubious** entrepreneurs hawking unproven elixirs, scientists studying longevity have begun using powerful genomic technologies, basic molecular research, and, most important, data on small, genetically isolated communities of people to gain increased insight into the maladies of old age and how they might be avoided.*

# malady

✓ any unwholesome or desperate condition

*In a field historically marred by exaggerated claims and dubious entrepreneurs hawking unproven elixirs, scientists studying longevity have begun using powerful genomic technologies, basic molecular research, and, most important, data on small, genetically isolated communities of people to gain increased insight into the **maladies** of old age and how they might be avoided.*

# dub

✓ give a nickname to

*In October 2011, the Archon Genomics X Prize launched a race among research teams to sequence the DNA of a hundred centenarians ( **dubbing** the contest “100 over 100”).*

# medieval

✓ relating to or belonging to the Middle Ages

*In Calabria, the hunt for hidden molecules and mechanisms that confer longevity on people like Salvatore Caruso begins in places like the Ufficio Anagrafe Stato Civile (Civil Registry Office) in the **medieval** village of Luzzi.*

# dissect

✓ analyze by breaking down into components

*P “We have **dissected** five or six pathways that most influence longevity,” says Passarino.*

# marred

✓ blemished by injury or rough wear

*In a field historically **marred** by exaggerated claims and dubious entrepreneurs hawking unproven elixirs, scientists studying longevity have begun using powerful genomic technologies, basic molecular research, and, most important, data on small, genetically isolated communities of people to gain increased insight into the maladies of old age and how they might be avoided.*

# curtail

✓ place restrictions on

*His group is currently examining how environmental influences—everything from childhood diet to how long a person attends school—might modify the activity of genes in a way that either promotes or **curtails** longevity.*

# pedigree

✓ the ancestry or lineage of an individual

*“We can reconstruct the **pedigrees** of families from these records.”*

# ledger

✓ a record in which commercial accounts are recorded

*The office windows here offer stunning views of snow-covered mountains to the north, but to a population geneticist the truly breathtaking sights are hidden inside the tall file cabinets ringing the room and on shelf after shelf of precious **ledgers** numbered by year, starting in 1866.*

# frailty

✓ the state of being weak in health or body

*Coupling family histories with simple physiological measurements of **frailty** and the latest genomic technologies, they set out to address fundamental questions about longevity.*

# tabloid

✓ newspaper with half-size pages

*Known in local dialect as “U’ Raggiuneri, the Accountant,” Caruso was calmly reading an article about the end of the world in an Italian version of a supermarket **tabloid**.*

# regale

✓ provide with choice or abundant food or drink

*D Passarino and Berardelli heard much the same story from 103-year-old Domenico Romeo—who described his diet as “poco, ma tutto—a little bit, but of everything”—and 104-year-old Maria Rosa Caruso, who, despite failing health, **regaled** her visitors with a lively version of a song about the local patron saint.*

# molecular

✓ relating to the simplest units of an element or compound

*In a field historically marred by exaggerated claims and dubious entrepreneurs hawking unproven elixirs, scientists studying longevity have begun using powerful genomic technologies, basic **molecular** research, and, most important, data on small, genetically isolated communities of people to gain increased insight into the maladies of old age and how they might be avoided.*

# influenza

✓ an acute febrile highly contagious viral disease

*He recalled the death of his father in 1913, when Salvatore was a schoolboy; how his mother and brother had nearly died during the great **influenza** pandemic of 1918–19; how he'd been dismissed from his army unit in 1925 after accidentally falling and breaking his leg in two places.*

# elixir

✓ a substance believed to cure all ills

*In a field historically marred by exaggerated claims and dubious entrepreneurs hawking unproven **elixirs**, scientists studying longevity have begun using powerful genomic technologies, basic molecular research, and, most important, data on small, genetically isolated communities of people to gain increased insight into the maladies of old age and how they might be avoided.*

# conversely

✓ with the terms of the relation reversed

*And how do these factors interact to promote longevity—or, **conversely**, to hasten the aging process?*

# plethora

✓ extreme excess

*If nothing else, the **plethora** of new studies indicates that longevity researchers are pushing the scientific conversation to a new level.*

# metabolism

✓ the organic processes that are necessary for life

*The protein plays a central role in **metabolism**—the way a person consumes energy and regulates body heat—which in turn affects the rate of aging.*

# impish

✓ naughtily or annoyingly playful

*When Berardelli leaned forward and asked Caruso how he had achieved his remarkable longevity, the centenarian said with an **impish** smile, “No Bacco, no tabacco, no Venere—No drinking, no smoking, no women.”*

# meticulously

✓ in a manner marked by extreme care of details

*L Cross-checking the ledger entries against **meticulously** detailed registry cards (pink for women, white for men) going back to the 19th century, Giordano, along with researchers Alberto Montesanto and Cinzia Martino, has reconstructed extensive family trees of 202 nonagenarians and centenarians in Calabria.*

# cautionary

✓ serving to warn

*R But genes alone are unlikely to explain all the secrets of longevity, and experts see a **cautionary** tale in recent results concerning caloric restriction.*



# hinterland

✓ a remote and undeveloped area

*A On a crisp January morning, with snow topping the distant Aspromonte mountains and oranges ripening on the nearby trees, Giuseppe Passarino guided his silver minivan up a curving mountain road into the **hinterlands** of Calabria, mainland Italy's southernmost region.*

# unfathomed

✓ situated at or extending to great depth

*It's another reminder that although molecules and mechanisms yet **unfathomed** may someday lead to drugs that help us reach a ripe and healthy old age, a little luck doesn't hurt either.*

# allele

✓ any of the forms of a gene that can occupy the same locus

*For example, people who live into their 90s and beyond tend to possess a particular version, or **allele**, of a gene important to taste and digestion.*

---

Created on October 19, 2019