to live up to	to achieve a goal or value in one's live	
Ochre	Ochre a kind of clay or mineral that is orange-yellow in color	
In the long run	over a long period of time	
Primary care	general, or non-specialized medical care	
to stick to	to persist or commit to do something for a long period	
	of time	
The 100 meter	A foot race of a short distance	
event		
to top of	To a accomplish a goal in a way that exceed minimum requirement	
The anchor leg	A position on a relay race	
A relay race	A race in which runners pass a baton to another runner who the continues	
	the race	
Lap	one trip around a basketball court.	
Depend	rely on	
Pace	Step	
In a row	in a series without interruption	
Violate	to break a rule or do something illegal.	
Illusion	An erroneous perception of reality	
drill	Train	
Via	by or through something	
Diminish	make or become less	
Humility	low view of one's importance	
Observe	To watch or listen to someone	
Distract	Prevent someone from concentrating on something.	
Vincent	The narrator's brother	
Life savers	a kind of candy	
Aggressive	strong.	
Apprehend	arrest or catch	
Assemble	collect.	
Evidence	Proof against someone ex- criminal	
Pulled over	parked on the side of the road	
Recount	to tell something and mostly a story	
Reverse	to change to the opposite	
Picture perfect	So perfect it looked like a photo	
Traffic free	Clear of all vehicles	
Turtle back type	A smooth, rounded top typical of cars from the 40s	
Show room	Perfect condition like new	
condition		
Mint condition	Same meaning as "show room condition"	
On the verge of	Very close to	

Yawning	Large and open
Sounds that seemed to gurgle from its belly	Low bubbling sounds came from deep inside the school
Como te iiamas?	Spanish for "what is your name?"
La tristeza de la vida	Spanish for the "sadness of life"

المرادفات seynonyms

Vanity	Pride	
Opponent	Challenger or Rival	
humility	Modesty	

الإضداد Antonyms / Opposites

Humility	Pride
Avoid	Confront
Murmur	Shout
Diminish	Increase
Grin	Frown

ادعولي بالتوفيق

Walido..