

Catch Word #119 – We all have to settle down someday

Transcript

Maura: Hello everyone. It's Maura.

Harp: And Harp.

Maura: And we're here with your Culips English podcast.

Harp: Make sure you check out our website, Culips.com, that's C-U-L-I-P-S.com, because there you'll find all our older episodes and you can become a member. When you're a member, you have access to the learning materials. And in each learning material, you'll find a complete transcript, detailed explanations, and even a quiz.

Maura: And if you're on Facebook, you can come on over to our Facebook page and talk to us there. Harp and I are online pretty regularly.

Harp: It's true. And we are also starting to tweet, **so** look for us on Twitter.

Maura: Yeah, come help us out. We're learning.

Harp: We definitely are.

Maura: So today we're going to do a Catch Word episode, and that is where we look at different expressions or slang and we give you related expressions and examples of how to use them.

Harp: Let's get started. **So** today we're looking at expressions that are related to growing up.

Maura: Right. The first couple expressions we're going to look at are related to growing up and becoming more responsible and **taking on** more responsibility.

Harp: And then we're going to look at one expression about becoming a bit more irresponsible and maybe not **acting your age**.

Maura: Right. **So**, even though we know that part of growing up is becoming more responsible, the other part of growing up is also acting a little bit crazy and experimenting and exploring.

Harp: Definitely. **So** let's get started.

Maura: Our first expression is **to settle down**.

Harp: **To settle down.**

Maura: Right. **To settle down.**

Harp: Yes. And **so** this expression, **to settle down**, means to grow up, to become responsible. It's when you get a serious job or maybe when you buy a house. It's when you become an adult and start acting like one.

Maura: Right. **So, to settle down**, really, could be talking about any of those things that people do when they becomes adults. Like you said, Harp, beginning your career or buying a house. **To settle down** could also mean that a person is getting married or having children. Any of those things that we're supposed to do when we get older and move away from our **mommies** and **daddies**.

Harp: Exactly. It's like when you were a kid and you remember thinking, "Oh, when I'm a grown-up, or when I'm this old, I'm going to do this and that." That's what happens when you **settle down**; you do all those things that you were thinking about. To get married or to maybe start a new fancy job.

Maura: Right. Some people, once they've grown up a little bit, they don't start getting serious and doing all these things right away. Maybe they move around or travel to different places or they go to school. They're not really living a stable life, **so to settle down** is when you stay in one place and you start to have a routine and live a more stable life.

Harp: You know, Maura, I feel like I'm starting **to settle down**.

Maura: I thought I'd never **settle down**.

Harp: I know. Me neither. But now I'm looking to buy a condo, I have a serious job. I feel like I'm starting **to settle down**.

Maura: I know what you mean. **So**, let's give an example with **to settle down**.

Harp: Let's do it.

Maura: Have you heard from Sarah lately?

Harp: Yeah. She left Cambodia and now she's in Thailand.

Maura: Wow. I'm **so** jealous. She must be having all kinds of great adventures.

Harp: Yeah. She travels **so** much. She was in Europe last year and now she's travelling all over Asia.

Maura: Wow. I wonder if she'll **settle down one day**.

Harp: Doesn't seem like it.

Maura: I guess we'll see if she plans another trip after this one.

Harp: We'll see.

Maura: So, there's an example where a friend had not **settled down** yet and was travelling around. But often when people do this, their friends and family might start to wonder if they will **settle down**. If they will eventually stay in one place and **build a life** there.

Harp: Yeah. Let's give one more example.

Maura: All right.

Maura: I can't believe that David is **getting hitched**.

Harp: I know! I never thought he'd **settle down** and get married. He always had a new girlfriend, it seemed.

Maura: I know. He was changing girlfriends all the time, and now he's getting married?

Harp: I know. Well, he must really love her and he must be happy.

Maura: Yes, I'm sure.

Maura: So, there's an example where **to settle down** was used to talk about someone getting more serious about their life and getting married.

Harp: Yes. And this friend in the story didn't seem like he was gonna **settle down**, because he was always changing girlfriends, he didn't seem like he was serious or ready to grow up.

Maura: Right. And in this example, we didn't just say that David was **settling down**, we said he was **settling down** and getting married. Because even though we use this expression, **to settle down**, we can also be very specific about what kind of **settling down** they're doing. **So**, we could say that someone is **settling down** and buying a house or someone is **settling down** and beginning their career. **So** you can really be specific about how that person is **settling down**.

Harp: Yeah. Because a person doesn't need to do all of these. They don't need to have a serious job, get married, have a family, all of them at the same time. You can do just one and be **settling down**.

- Maura: Imagine doing them all at the same time? I'm tired just thinking about that. OK. **So** our first expression then was **to settle down**. **So** we're going to now look at another expression with a similar meaning.
- Harp: Yes. Our next expression is **to lay down some roots**.
- Maura: Right. **To lay down some roots**.
- Harp: Yes. Let me just say it one more time. **To lay down some roots**.
- Maura: Now, when you **lay down some roots**, this means that you're going to stay in the same place and you're going to start **to build a life** for yourself, which means getting a job, starting a career. It could also mean buying a house, getting married, starting a family, all of those adult things.
- Harp: Yes. But it does mean in that same place.
- Maura: Right. **So** when you actually lay down roots, that means that you plant something in one place where it has the possibility to grow. **So**, for example, you put the roots of a plant in the ground and then the plant can grow there. **So** when a person **lays down roots**, this expression means that they stay in one place and they work towards a good life, **so** that in the future their life will improve and they'll grow and they'll be more stable. Maybe even with a family.
- Harp: This episode's making me really understand how I'm really **settling down** and **laying down some roots** in Montreal.
- Maura: How does it feel?
- Harp: It feels pretty good. You know, I'm **settling down**, I'm **laying down some roots**, and I feel like Montreal's my home now.
- Maura: That's nice, eh?
- Harp: And I'm becoming an adult. That's not **so** nice.
- Maura: But after a bit of time, moving around, doing some maybe crazy things, it does feel good to have a more stable life and **to lay down some roots** in a place that you love.
- Harp: Definitely.
- Maura: OK. Let's give an example with **to lay down some roots**.
- Harp: Let's do it.

Maura: So, how's your family doing?

Harp: They're good. I spoke to my mom yesterday.

Maura: Oh, really?

Harp: Yeah. She was asking me if I'm gonna start **laying down some roots** here.

Maura: Uh huh. Do you think you're going to stay in Montreal for a while?

Harp: I think **so**. You know, I was travelling **so** much in the last couple years that it feels good. I like it here and I think I could **settle down** and **build a life** here.

Maura: All right. **So** there is an example where someone was thinking about **laying down some roots**, which means they're going to start thinking about their career, maybe looking into buying a house, all of those things that are important when you become an adult.

Harp: Yes, exactly.

Maura: All right. Let's give one more example with **to lay down some roots**.

Harp: OK.

Maura: Guess what?

Harp: What?

Maura: My brother bought a house last week.

Harp: Oh wow! That's great.

Maura: I know. I'm **so** excited to go visit him in San Francisco.

Harp: That's **so** exciting.

Maura: I know. It's **so** surprising because he went there just to work for one year and he loved it **so** much, he got to know a lot of people there, that he decided **to lay down some roots** in San Francisco.

Harp: Very, very cool.

Maura: Yeah. I'll be happy to visit in the winter.

Harp: I know. I'm sure you will be. Maybe I'll come with you.

Maura: All right. **So** there is another example where someone is **laying down some roots**.

- Harp: Yeah. And in this example, the brother had **settled down** in the city, had made friends, really felt like it was his home, and then he bought a house. And **so** he was **laying down some roots**.
- Maura: Right. **So** there are all different kinds of ways that you can **lay down roots**, but it's really about being in one place and knowing that you're going to be in this place for a while.
- Harp: Yes, exactly.
- Maura: OK, now let's do our last expression, which is really the opposite of the first two we talked about.
- Harp: Yes. The last expression is **to sow their wild oats**.
- Maura: Right. **To sow their wild oats**.
- Harp: Yes. **To sow their wild oats**.
- Maura: And this expression is quite the opposite of the first two. This expression, **to sow their wild oats**, means that people are not becoming more responsible, they are not focusing on their career, they're not getting married, they're not buying a house. When someone is **sowing their wild oats**, it means they're having a lot of fun, they're doing a lot of crazy things, adventurous things. And also, something that's really important, is someone who **sows their wild oats** is not married. This means that they're having relationships with different people and experiencing what it's like to date a variety of people.
- Harp: Yes. When they're **sowing their wild oats** they're having fun, being irresponsible, not being **settled down** and not getting married or buying a house.
- Maura: So, normally, a person **sows their wild oats** before they get married. **So** this expression is especially used when someone is single, usually in their twenties, and they haven't found a person that they wanna have a long-term relationship with.
- Harp: Yes. Another thing for this expression is you can say **to sow his wild oats**, **to sow her wild oats**.
- Maura: Right. And traditionally this expression was used just for men. **So** it was only men that were **sowing their wild oats**, but nowadays women can **sow their wild oats** too. They can travel around, meet different people, and have a lot of different experiences.
- Harp: Definitely. **So** you can use this for women or for men. OK, let's give you an example with **to sow his wild oats**.

Maura: Let's do it.

Maura: Did you hear that Shawna's boyfriend broke up with her?

Harp: No, really?

Maura: Yeah. And she's **so** heartbroken.

Harp: I imagine. They'd been together a long time.

Maura: You'll never guess the reason he gave.

Harp: What did he say?

Maura: He said that he was too young, he didn't want to get into a serious relationship, and he said he had **to sow his wild oats**.

Harp: That's a lame excuse.

Maura: It's kind of sad. I feel bad for her. But I guess it just wasn't meant to be.

Harp: I guess **so**. I'll give her a call tomorrow and make sure she's doing OK.

Maura: So here's an example where a guy uses this excuse, **to sow his wild oats**, as a reason to not be in a relationship any more. Because this means, really, that he wants to date other people and try out relationships with other people.

Harp: I think this is an excuse used often by both men and women.

Maura: I don't know if it's a good excuse, but I would say I've heard it before too.

Harp: Definitely.

Maura: OK, let's give one more example with **to sow her wild oats**.

Harp: Let's do it.

Maura: Have you seen Amanda's Facebook status update?

Harp: Yeah. She seems like she's having **so** much fun travelling around, meeting new people.

Maura: Yeah. It seems like she's meeting a lot of new people. Have you seen her photos?

Harp: I did.

Maura:	Well, now's the time to sow your wild oats , I guess.
Harp:	Yeah. She's definitely doing that.
Maura:	I can't wait till she gets back and we can hear her stories.
Harp:	Yeah. She's seen some really amazing places.

Maura: And this is an example where we have a friend who has travelled, met lots of people, done some probably crazy things, and **so** we can say she is **sowing her wild oats**.

Harp: Definitely.

Maura: OK, **so** today we started with two expressions that mean a person is growing up and becoming more serious, which includes things like focusing on your career, buying a home, getting married, and starting a family.

Harp: Yeah. The first two expressions were **to settle down** and **to lay down some roots**.

Maura: And then the last expression we looked at was really the opposite of that. **So** before you **settle down** or before you **lay down some roots**, you might want to travel around, date different people, have different experiences. And this is **to sow your wild oats**.

Harp: Exactly. And remember, make sure you check out our website, Culips.com, that's C-U-L-I-P-S.com.

Maura: And if you're on Facebook, say hi to us there.

Harp: Yeah. And if you have any questions, write us a question on Facebook.

Maura: We'll talk to you soon. Bye.

Harp: Bye everyone.

Detailed Explanation

To take something on

To take something on has more than one meaning. In this episode, we talk about **taking on** more adult responsibilities, which means becoming in charge of or being responsible for more adult things. An employee can also **take on** a new task at work, or a friend can **take on** planning your surprise party.

Here's another example with this use of **to take something on**:

Shayne: It looks like I'll be **taking on** more work this year. My company's going to lay off three employees in my department.

Gerry: Oh, that's too bad.

To act your age

Here is a common English expression that means exactly what it says. Most often, people act like what is expected at that age. For example, when a child is seven years old, they are supposed to have fun and play often, and when a person is 40 years old, they should be more responsible and make sure to take care of themselves and their family.

A person who is not **acting their age** may be acting immature and doing things that younger people usually do. This expression is usually used for this kind of behaviour. For example, a 50-year-old person who goes out to parties and bars all the time is not **acting their age**. The expression may also be used when a person is acting older or more mature than their age. For example, a young child of nine who has intelligent conversations with adults is not **acting their age**.

Of course, expectations for behaviour at certain ages are different among cultures and even individual people. Some Canadians might think that it's important to have a stable job by the time they are 30 years old, and others might not.

These expressions can be used in the positive (**to act your age**) or negative (**not to act your age**), and are most often used when a person is not **acting their age**.

Here are a couple more examples:

Dad: **Act your age**, Matt. Share your toys with your cousins.

Matt: OK, Dad.

Amanda: Did you hear the jokes John was telling at lunch? They're so immature.

Vickie: I know, but John never **acts his age** so what do you expect?

To settle down

To settle down means to stay in one place and do some or all of the typical things that an adult does. We mention some of these things throughout this episode, but here's a short list of some actions that are considered **settling down**:

- starting a career or getting a serious job
- starting a family
- getting married
- buying a home

The expression **to settle down** is especially used when a person has gone through a time when they moved around or travelled a lot, or dated a variety of people or were not in a serious relationship. Because **to settle down** can mean doing just one or all four of the things on the above list, sometimes people also say exactly what kind of **settling down** they're doing, like **to settle down and buy a house** or **to settle down and get married**.

Here's one more example with **to settle down**:

Kim: I'm so surprised to hear you're pregnant. Congratulations!

Samantha: Sometimes I can't believe it either. I thought I'd never **settle down**.

To settle down is also commonly used with another meaning. **To settle down** can also mean to become calm and quiet. This is often used with children who are overly excited. When a parent wants them to be quiet and calm, they might tell them **to settle down**.

Mommy and daddy

Young children use the words **mommy** and **daddy**, but it's not socially acceptable for older children to use these names. If a teenager or adult uses these words to talk about their parents, they're either doing it as a joke or it's pretty strange.

In this episode, Maura talks about people moving away from their **mommies** and **daddies**. The reason she says "**mommies** and **daddies**" and not "moms and dads" is to emphasize that when a child lives at home, they may continue to act immature or to be taken care of by their parents.

Here's an example where **mommy** is used as a joke to emphasize that someone is acting immature:

Brianna: My **mommy** made my lunch for me today. I went to dinner at my parents' place last night and so today I have leftovers.

Ray: You're lucky! Remember the good old days when our parents made our lunch for us every day?

When speaking about parents, the words *mom* and *dad* are not capitalized. But *Mom* and *Dad* are capitalized when using these words like a name. Here are a couple examples to show the difference:

Greg: My mom and dad are coming to visit this weekend.

Sylvia: Maybe I could join you for dinner one night. I haven't seen your mom in ages.

Laura: Are you ready to go yet, Mom? And where's Dad?

Jen: Yes, I'm ready. Your dad's outside.

One day

When someone talks about doing something **one day**, they are talking about doing it at some distant time in the future. For example, someone might say, "I'll settle down **one day**." This means that the person will settle down sometime in the distant future.

This expression can also be used for a future plan that will take a lot of time and work, like a person saying, "I hope to be a famous actress **one day**." It can also be used when a person will probably never do something. They can use **one day** to express that it will not happen soon, like "I'll clean my room **one day**." Sometimes it's hard to tell the difference between a real plan and a plan that will probably never happen.

Here are a few more example with the expression **one day**:

Pete: I hope to **one day** be rich and successful like my dad.

Heather: If you work hard, that dream might just come true.

Nick: I know I keep promising to fix the leaky faucet, but I'm just so busy.

Mitchell: I'm sure you'll get to it **one day**.

Someday can also be used with the same meaning as **one day**.

To get hitched

To get hitched is slang for *to get married*. *To hitch* means to attach one thing to another, just like marriage attaches one person to another. This is a casual expression that can be used just like *to get married*.

Here's an example with **to get hitched**:

Leonie: I'm **getting hitched**! We got engaged last night.

Dawn: Congratulations. I'm so happy for you.

To lay down some roots

The expression **to lay down some roots** means to stay in one place and act more adult and serious about your life. The same list of actions for *to settle down* are also signs that someone is **laying down some roots**.

As Harp and Maura explain in this episode, if you imagine the roots of a plant being planted and then growing in that place, this is just like how a person might grow once they decide to live in one place for a long time.

Here's one more example with **to lay down some roots**:

Harry: Do you every think about **laying down some roots** somewhere?

Ken: I do, but I just don't feel ready yet. Maybe one day in the future I will.

A variation of this expression is **to lay down roots**.

To build a life

Here's another expression that means the same thing as *to settle down* and *to lay down some roots*. Of course, as soon as you're born you have a life, but in this case a *life* means a stable adult life separate from your parents.

Here's an example with this expression:

Carmen: Jack has to start making a life for himself one day. He can't just live with his parents for his whole life.

Brian: Hopefully he can get his act together.

This expression can also be said as *to make a life* or *to create a life*. You might also hear *to build a life for yourself* or *to make a life for yourself*.

To sow your wild oats

This expression, **to sow your wild oats**, is an old expression that means to spend time doing irresponsible and exciting things, especially dating different people and not staying in a stable relationship. This expression was traditionally used to talk only about men, but nowadays we can also use it to talk about women.

The exact origin of this expression is unclear but it's connected to the wild oat, which grows like a weed.

Here's one more example with **to sow your wild oats**:

Justin: If he's gotta **sow his wild oats**, he might as well do it now while he's still young.

Ben: Yeah, it's probably for the best. He can settle down later.

Sow, so, and sew

Can you believe that the words **sow**, **sew**, and **so** all have the same pronunciation? Well, it's true!

To sow is to plant or to scatter and sprinkle, like when putting a seed in the ground.

To sew is to close or unite by using a needle and thread.

So is that little word that comes up all the time in English and has a bunch of different meanings and uses.

And just to make things more confusing, **a sow** is also an adult female pig, and this word has a completely different pronunciation, rhyming with *cow* and *now*.

Quiz

1. Maria: I don't feel like I'm being challenged at work. I think I need to _____ more responsibility.

Please fill in the blank.

- a) take off
 - b) take on
 - c) take out
 - d) take down
2. In which of the following situations is the expression *to act your age* most likely to be used?
- a) when you don't know the person's age
 - b) when someone is acting their age
 - c) when someone is not acting their age
 - d) when it's someone's birthday
3. What is another common meaning for *to settle down*?
- a) to become calm and quiet
 - b) to become loud and excited
 - c) to do chores around the house
 - d) to unpack after a long trip
4. Ned: I'm going out for dinner with my _____ tonight after I'm done work.
- Please fill in the blank.**
- a) Dad
 - b) dad
 - c) daddy
 - d) Daddy
5. What does the expression *to get hitched* mean?
- a) to settle down
 - b) to travel
 - c) to get married
 - d) to buy a house

6. Which of the following is a small variation of the expression *to lay down some roots*?
- a) to lay down
 - b) to lay down some
 - c) to lay down roots
 - d) to lay down a plant
7. Which of the following is another expression that's also mentioned in this episode as having a meaning that's similar to *to settle down*?
- a) to plan a career
 - b) to construct a home
 - c) to build a life
 - d) to be an adult
8. Which of the following is NOT true about the expression *to sow your wild oats*?
- a) It was traditionally used to talk about men.
 - b) It was originally used to talk about a female pig.
 - c) It can now be used to talk about women.
 - d) It can be used to talk about a time when a person dates many different people.
9. Which of the following words has two different pronunciations and meanings?
- a) sow
 - b) sew
 - c) so
 - d) none of the above

Answers:

1.b 2.c 3.a 4.b 5.c 6.c 7.c 8.b 9.a