

Simplified Speech #169 – Andrew and Kassy catch up AD-FREE

Episode description

In this episode, Andrew and Kassy have a catch-up and share what's been happening in their lives lately. They talk about reading challenges, useful reading and productivity apps, and Kassy's recent sports adventures.

The Simplified Speech series features native speakers having clear, natural, and easy-to-understand conversations. By studying with this Simplified Speech episode, you'll improve your English listening skills, increase your vocabulary, and learn how to talk about recent events happening in your life.

Fun fact

In this episode, Andrew talks about reading in Korean, the language he's learning. Although reading in a foreign language is often undervalued by many learners, it's actually a very effective way to improve your language skills. It can help you learn new vocabulary, improve grammar and sentence structure, and understand the cultural nuances better.

Expressions included in the study guide

- And all that jazz
- To fangirl out
- Smack dab in the middle
- To bow out
- To crave
- Hooked



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Simplified Speech episode 169, Andrew and Kassy catch up, featuring Andrew and Kassy.

Today, we're going to do just another catch-up episode. It's one of our popular episode types, believe it or not. And in this kind of episode, Kassy, we just sort of chat about what's new in our lives and what's going on with us lately.

Kassy: And we haven't actually done one of these for a while, so I'm excited to get into our chat.

Andrew: Yeah, actually, Kassy, I checked on our website to find out when was the last catch-up episode we did. Can you take a guess about when the last one was?

Kassy: Sometime mid-2022?

Andrew: It was in March of 2022. So it's been over a year since we've done a catch-up episode. Time really flies. So, yeah, it'll be fun. And like we said, we have a lot to catch up on.

And, Kassy, before we started recording this episode, I asked you quickly to tell me what's new with you. I didn't want you to go into any of the details, but I just asked you briefly what's going on with you, what can we talk about in this episode? You know, usually we do that before we start recording, right? We have a little brainstorming session just before we hit record. And you had some really interesting things that are going on with you lately. So would you mind kicking things off and telling us about some of those things?

Kassy: Yeah, sure. In my everyday, daily life, I haven't done many exciting things. Just the daily grind, going to school, that kind of stuff. But I've done exciting things in relation to

my hobbies outside of work **and all that jazz**, especially in relation to my book reading, which everybody knows I'm a bookworm, love reading, and sports.

Andrew: OK, book reading and sports. Why don't we start with book reading? Because, you know, I also love reading books. I don't read as much as you, but that doesn't mean I enjoy it any less. I think we both love reading. So what's this all about? What's new in your reading life?

Kassy: Well, listeners might remember that I think 2 years ago now I had a reading challenge where I wanted to read a hundred books in a year. I didn't quite make it, but I realized that I was reading all these amazing books, but I wasn't recording what I read. So, recently I had a friend recommend an app to me that's free. You can like record every book that you read, the title. You can leave a review for yourself, so you remember like your favourite parts. And it also has statistics, which shows you how many books you've read in a year, what type of books they were, how many pages you read, and what genres you read the most. And that app is called StoryGraph.

Andrew: StoryGraph, OK, that's really interesting. I have used a similar, I don't know if they have an app, I've used it as a website, I've used a similar website called Goodreads before. Have you tried that one before as well?

Kassy: Goodreads is like the dominant app that almost everybody knows about. StoryGraph is an independent, newish, up-and-coming app that was founded by a group of women. So I thought I would support that app, young, independent, women-led business. Anyway, and it's very similar to Goodreads. You can actually take your old Goodreads data and upload it into the StoryGraph app and then have it on both apps as well.

Andrew: Oh, nice, that's awesome. So, I usually use Goodreads, not so much to record what I've read, but to find recommendations and to read reviews. Like maybe I'll search for a book that I've already read. And then I'll find people who also read that book. And then I'll go into those people's reading histories and find other books that they've reviewed with five stars. And I think, well, if we both like the same book, and then you like this book, and

it sounds interesting to me, then there's probably a really high chance that I'll enjoy that book as well. So, these days, I don't really record my reading data on Goodreads, but I do use it for finding new books to read. Can you use StoryGraph the same way?

Kassy: Yeah, and you can also like follow other readers and see what they've read recently, and if they've read similar books to you, same idea. But one other thing I really love about StoryGraph is that they have reading challenges each year. You can set your own reading goal, which is reading a certain number of books like I've set in the past, but they also have dozens of reading challenges on a variety of topics. But I signed up for two. One of them is 10 different genres. And this is the one I love because I myself am very much a fantasy and historical fiction reader. And I usually don't leave those two categories.

Andrew: OK, you're very much in that camp.

Kassy: Yes, but because of this reading challenge, I have opened my horizons. I've seen a whole new world of books that I wouldn't have even touched before.

Andrew: Wow, that's awesome. Did you say 10 genres or 12 genres?

Kassy: Ten genres.

Andrew: Ten genres, OK.

Kassy: Yeah, they're very unique. So, like one of them was reading a travel memoir. I never read memoirs, it's just not my cup of tea, but I've read four this year already.

Andrew: So, when you do this challenge, does it pick the genres for you or do you have freedom to select any genre you'd like?

Kassy: Yeah, it picks the genres for you, but then you can choose any book related to that genre, and then they also have books that everybody uploads for what they read to fill that category, so it gives you ideas for what books you could read in that category.

Andrew: I like that, that's awesome because sometimes, you know, maybe you're like, "OK, I want to read something that's totally different. I'm going to read a science fiction

book. I usually don't read science fiction, but I want to try it out." But then if you're not familiar with the genre, you don't know where to start often, right? And some of the classic books of a genre are usually old and maybe not super accessible. So having those recommendations could be really helpful, I would imagine.

Kassy: Yeah, and they tried to make the genres more diverse and inclusive, too. So one of the genres is reading a mystery or thriller written by a person who's not American or something like that, because a lot of books that you read in English are written by Americans or maybe British people. But this one you have to read it by a book written by someone from, I don't know, South America.

Andrew: Nice. So, what are some of the other genres on that challenge? I'm curious.

Kassy: What are other genres? There was read a biography of someone you don't know much about.

Andrew: I'm maybe going to download this app. It sounds really interesting. I might have to check it out.

Kassy: It's so good. What was another genre? Read a nonfiction book about a LGBTQ event in history, which, again, not a genre I would ever pick up, but I saw some really cool ideas and I already put a hold in the library for one book to fill that genre.

Andrew: You know, Kassy, for the last year or two, I've been trying to read exclusively in Korean to boost my Korean language skills. But in 2023, I made a resolution to read a little bit more in English as well. As an English teacher, I feel like I should have one foot solidly in the English literature world, you know? So I decided to split my reading into two. So, I'm trying to read more these days, as well. Even if it's like one page a day, I want to try and read a little bit every day.

And you know, if I'm exhausted at the end of the day and I only read one page or two pages before I crash, that's fine. But I would rather spend 5 minutes reading a page of a book than 5 minutes scrolling through my Instagram feed mindlessly. So I'm trying to really focus on reading just a little bit every day and I've decided to do my Korean reading in the morning, so I'm trying to read Korean a little bit before I go to work, and then at night when I'm more tired and I can read in English, I guess more in autopilot, right? You don't need to use as many cognitive resources, I think, to read in your native language, so I've been reading in English at night and it's been great. And I've finished three books so far.

Kassy: Wow.

Andrew: I'm not gonna hit the hundred-book mark like you, but maybe I can do 12 this year. That would be nice, I think.

Kassy: I mean, I've always loved reading, but ever since downloading this app, it makes me even more excited and more excited to find and discover new and interesting books.

Andrew: So, the app that I've been using to do what you're doing to record your reading history, I've been using an app called Notion. Have you ever heard of Notion, Kassy?

Kassy: Yeah, you've mentioned it before, but I still haven't used it myself.

Andrew: Yeah, well, I actually got into it because of my wife, and it's not necessarily a book-related app at all, but you can use it for that. It's a way to like organize all of your thoughts and your documents. It's like a productivity app where you can just organize things and my wife got into it first and we were actually at an expo. I think it was the Seoul Book Fair, funnily enough. We went to a book expo and Notion had a booth at the expo and my wife kind of **fangirled out**. She's like, "Oh my god, there's a Notion booth!" Like she's a big fan of the app. So, we checked it out and from that moment, then I got curious, and I checked it out and I've been using it a lot recently, just for doing, you know, when we plan Culips episodes and doing other writing that I do. I have been using it a lot.

But one of the ways that I've been using it is to track the books that I read, but more importantly, track the upcoming books that I want to read, because in the past I've had this

issue where I finished reading a book and then I don't know what to read next and I kind of wait for a long time before finding another book. And I think that's why I don't read so much is because there's big periods where I'm trying to find the perfect book to read next.

Kassy: You're inspirationless.

Andrew: Exactly. So, I've been using Notion just to make notes of different books that I wanna read so that when it does come time to read a new book, then I've got one prepped and ready to go. So it's funny that we've both been using new apps to track our reading and to help us stay organized in this regard.

Kassy: Yeah, the StoryGraph app also has a To Be Read bookshelf. So you can scroll through the books and just put them on there.

Andrew: Lovely.

Kassy: Yeah, super cool.

Andrew: Kassy, why don't we transition now to talking about sports? You said you had a sports-related new thing going on in your life as well. What's up with that?

Kassy: So, this is actually a really cool discovery. And I did not discover it myself. It was someone in my friend group who discovered it. Anyway, as you know, I live in Bangkok, which is a super huge city in Thailand. And I live **smack dab in the middle** of the city. So concrete jungle, yeah? Recently, a friend of mine was invited to play beach volleyball in the city. And I was like, "Beach volleyball in the city? How does that work?"

Andrew: Yeah, no doubt. Like, what are they gonna do, truck in a bunch of sand or something?

Kassy: Yeah, and that's what they did.

Andrew: Oh, really?



Kassy: Yeah, on the 11th floor of one of these skyscrapers in Bangkok, they have beach volleyball courts set up.

Andrew: Wow, that's pretty unexpected.

Kassy: Yeah, so you can book for like a 2-hour time slot and it costs a certain amount of money and then you invite your group of friends. So you need to have enough friends to play.

Andrew: But you can play beach volleyball with only four people or maybe even two people. I'm trying to think, I don't know too much about the sport but when I see it on the Olympics, I think I remember it usually being two versus two.

Kassy: Yeah, that's for like the really good people, I would never be able to play two versus two. But, yeah, as long as you have at least, I think, six total, three and three or four on four on each side, you're good.

Andrew: So, did you play?

Kassy: Yeah, so I think I've gone for three times so far. We just, we go once a week and so, yeah, you ride your motorbike to this building and on the first floor is a grocery store, of all things, and then take the elevator up to the 11th floor and they've got a huge area with four sand volleyball courts and four pickleball courts.

Andrew: Cool! Pickleball is what exactly, for listeners who don't know, like me?

Kassy: It's kind of like a mixture between tennis and ping-pong, table tennis because it's a tennis court, kind of, like it's big, but you're playing with a plastic, big plastic ball, like a big ping-pong ball and the paddles are like wooden ping-pong ball paddles.

Andrew: I don't know if I've ever seen that before, pickleball.

Kassy: It's interesting. Yeah. I've never played.

Andrew: Does the ball have holes in it?



Kassy: No, but it is extremely light. It's literally just a thin layer of plastic with air in the middle.

Andrew: Now, I'm curious, I also haven't played beach volleyball before. I mean, maybe I have like when I was a kid, but not seriously. So I'm wondering as an adult and playing, I don't know, you're not playing competitively, I would imagine, but you're doing it seriously, right? Like you're playing the game.

Kassy: Yeah.

Andrew: What is it like playing on sand? Is it really much more intensive to be in the sand versus on a firm court?

Kassy: It's so much fun because you can do a lot more things on sand that you wouldn't be able to do on a court, like dive and, I don't know, fall backwards, but still get the ball.

Andrew: Yeah, yeah, yeah. I guess you don't have to worry about scraping your knee against the wooden floor of a gym court, for example.

Kassy: Exactly, yeah. It feels you almost get more of a workout, too, because the sand is such an uneven surface. So you're using more muscles than you would in a normal game.

Andrew: Yeah, it's probably great for your core, I would imagine, and your balance.

Kassy: Yeah, it's super-duper fun. And I'm not an amazing volleyball player, but I still manage to have a good time.

Andrew: That's awesome. Are you just totally exhausted after you play?

Kassy: Yeah, so I actually mentioned before recording that I went to bed at 6 p.m. last night.

Andrew: Yeah.

Kassy: And it was the day after volleyball, so there you go.



Andrew: That tells us all we need to know.

Kassy: Yeah, and the group of people I play with make it just so fun, too. They're fellow coworkers at my school, but we're all around a similar age and a lot of them are just super sporty. They also play Frisbee with me or go rock climbing sometimes. So we do a lot of sports activities together and meeting together for beach volleyball is just another level. It's super fun.

Andrew: That's awesome. Kassy, I should talk about myself a little bit—

Kassy: Yes, totally.

Andrew: Before we wrap things up, not that I haven't already, but you shared some things. I'll share one thing. And, yeah, we were chatting before we hit record that really there's not a lot going on in my life right now because I am right in the middle of the home renovation project that my wife and I are working on and that's just consuming all of our time, so we're not really doing anything too interesting these days.

But one thing that I have coming up this upcoming weekend and actually it also has to do with sports is that I have a couple of my buddies from Gwangju, where we used to live, coming up to Seoul to run in a marathon. One of them is running the full marathon, and another one is doing the 10K run, and they both asked me to join them. You know, one of them said, "Hey, join me in the full marathon." And the other one said, "If you're not up for the full marathon, join me in the 10K." And I haven't been running as much these days just because I don't have the time right now.

So I **bowed out** and I was like, "Not this time, guys." But they're coming up to run in Seoul. And, really, I feel like I'm missing out. I'm jealous. I want to be there running with them. But it's too late at this point to register. And I'm not really in shape to do it either. It wouldn't be fair to them. I would slow them down if we were trying to run together, I think.

Kassy: Yeah.



Andrew: But I'm gonna meet up with them and possibly even cheer them on. I'm kind of debating, like, should I go and stand on the side of the road and wait for them to run by? Is that worth my time investment? Like, if I put myself in their shoes, I would love it to see one of my friends cheering me on at the side of the road. But also, do I wanna wake up at like 8 a.m. on Sunday morning? And the weather's a little bit cold here these days and gross. Do I want to go stand out in the cold on Sunday morning by myself to wait for one of my friends to run by for about 10 seconds?

Kassy: You should do it or bring Pinky with you.

Andrew: I know that's not, like, a nice thing for a friend to say but we'll see. We'll see. If I'm feeling good and I'm up in the morning on Sunday, then I think I'm gonna do it. But definitely we're planning to meet up on Saturday and they want to go and check out the expo. There's a marathon expo. And I'm hoping just being in that environment again will pump me up and hopefully maybe by the fall I'll be in shape again to run another marathon of my own. Or at least a 10K, at least a 10K.

Kassy: Yeah, that sounds really cool, and you'll totally be there for the next one.

Andrew: Absolutely. I hope, at least.

Kassy and I have decided to keep our conversation going for just a little bit longer as a thank you to say, well, thanks to all of the members for supporting us.

So, Kassy, I've got a couple of questions here to ask you, just about general things in your life that you've been up to lately and we'll try and keep the answers short and sweet for these ones, all right?

Kassy: Sure.

Andrew: OK, so question #1 is what is the best thing that you've cooked or baked or made recently? Have you been doing any cooking or baking in Thailand? I'm curious.

Kassy: This is actually the perfect question, Andrew.

Andrew: Oh, yeah?

Kassy: Yes. So, when I went back to Korea over the winter, my father-in-law gave us a giant jar of gochujang, red pepper paste.

Andrew: Oh yeah, I remember you telling me about that.

Kassy: And I wasn't sure we'd be able to use it. Well, we do not use it for Korean food, which I find weird. But I have perfected the taco salad recipe. And we use gochujang with the taco seasoning to make the meat that we put on top of the taco salad. And my husband loves it, and he requests it every night. We have had taco salad so many times in the last month, Andrew.

Andrew: Man, that sounds good. I might have to try that. A gochujang-inspired taco salad.

Kassy: So good. How about you?

Andrew: What have I cooked or baked or made recently? I don't think I personally have made anything, but my wife made some really amazing pasta the other night. And I'm not exactly sure what she did or how she made it so delicious. You know, it's weird, like, you can really tell somebody's cooking skill when we use the same ingredients. Like, I'll make pasta and I use what's in our house. And then my wife will make pasta and she'll use the ingredients that are in our house. And mine will taste so-so and hers will taste amazing.

And I'm like, "How did you do this? What did you use that was different? Or what kind of technique did you do that was different than me to make it so delicious?" So, yeah, I'm not much of a cook. I do cook, but it's never that amazing, but my wife is on another level, and she made this really delicious kind of linguine pasta the other day that was out of this world. So that's the best thing at least that I've had.

Kassy: You're making me **crave** pasta now.

Andrew: All right, let's go on to the next question. What's the best show that you've been watching recently?

Kassy: I don't watch a lot of TV 'cause of all the books, but I just started a new Korean drama called Crash Course Romance.

Andrew: Crash Course Romance, OK?

Kassy: It's about a famous math academy teacher who, I don't know yet, but I think he's gonna fall in love with this aunt of this daughter that takes his math class.

Andrew: OK, good. As long as it's not the student, then I think it's fine.

Kassy: Yeah.

Andrew: I was worried you were gonna say who falls in love with the student. But the aunt of the student, no worries. OK, you know, I'm actually watching a Korean drama as well, it's called The Glory.

Kassy: Ah, I've heard of it.

Andrew: Yeah, it was the #1 show worldwide on Netflix. And, you know, it kind of sucks, like Korean shows move so quickly. For listeners who don't know, Korean dramas and Korean shows usually work differently than ones in America or Canada do. Like American shows usually have multiple seasons, right? And some shows like, for example, Friends, a show that everyone knows, went on for like how many seasons, 10 or 12 seasons, right? And there's hundreds of episodes. Korean shows are more like mini-series, I think would be more accurate to call them. They have maybe 15 or 20 hour-long episodes and then that's it. So, it's just like 20 episodes that tell one story and then when it's finished, it's finished and rarely do shows come back for other seasons, although it does happen from time to time.

But the thing is they move really quickly. So as soon as one series is done, then there's another series that starts and I'm already behind on The Glory. Like, I'm trying to watch it as quickly as possible, but I've only watched two episodes out of, I think, there's 16. And my wife's already finished it all somehow. I don't know how she finished it so quickly. And

my students have finished it as well. I don't know how they finished it all so quickly. They must just marathon these shows when they come out. But I'm into it. After two episodes, I was like, "Oh, I can't wait to watch the next episode." It's a revenge show and Koreans do revenge drama better than anybody. So, I'm gonna try and get through that show quickly before it gets spoiled for me. I'm already like not looking online too much to try and keep it a surprise, but we'll see how long I can hold that up.

Kassy: My husband started that a few nights ago and he stayed up till like 3 a.m. So make sure you don't get **hooked** like that.

Andrew: Man, I am **hooked** like that, but I just can't stay up. I actually fell asleep watching the start of the third episode. So I'm going to have to start again because I can't remember what happens, but yeah, it's an awesome show. And I hope your show turns out to be awesome as well, Kassy.

Kassy: Yeah, hopefully.

Andrew: Well, everybody, I think we'll wrap it up here for the bonus content. So again, thanks for listening and great job on completing this English study session here with Kassy and myself today.

Kassy: Now you've heard what Andrew and I have had to say recently, but we want to hear about you guys. What have you guys been up to? So, share what's new with you by leaving a comment on our website, Culips.com.

Andrew: Take care, everyone, and we'll catch you next time. Goodbye.

Kassy: See ya.

Andrew: That brings us to the end of this lesson. Talk to you next time. Bye!

Detailed Explanations

And all that jazz

Phrase, informal

The phrase **and all that jazz** is a common English expression that is used to refer to things related to a certain subject. This phrase is used to express that there are many other items on the list besides the ones mentioned, similar to the term “et cetera.”

In this episode, Kassy says, “I’ve done exciting things in relation to my hobbies outside of work **and all that jazz**.” In this example, **all that jazz** refers to a range of things related to Kassy’s hobbies outside of work. She uses this phrase to indicate that there are many more things she could mention, but she doesn’t want to get into too much detail.

And all that jazz can be used in many different contexts. If you describe something, you can list a few things and add **and all that jazz** at the end. For example, you can say, “I love going to concerts—the music, the vibe, **all that jazz**.” Sometimes it’s used to describe something that’s complicated when you don’t want to get into details. For example, you could say, “I deal with a lot of paperwork: signing forms, sending emails, **all that jazz**.”

It’s important to note that this expression is casual, and it adds a sense of informality to your speech. It’s best to avoid it in situations where a more formal tone is required.

Here are a couple more examples with **and all that jazz**:

Matt: Have you made any plans for the holiday?

Karla: Yes. We’re going to Mexico!

Matt: Sounds amazing!

Karla: It is, but I’m a bit overwhelmed with all the planning, to be honest. I have to book flights, find accommodations, plan out the itinerary, **and all that jazz**.

Marvin: Hey, how’s the house renovation going?

Maura: Pretty well, we’re almost finished. We still have to paint some walls, hang up some shelves, **and all that jazz**.

Marvin: Well, let me know if you need help with anything.



To fangirl out

Phrasal verb, informal

To fangirl out is an informal expression that is used to describe a situation in which a person shows excessive excitement or enthusiasm towards someone or something they're passionate about. **Fangirling out** is an emotional reaction that may involve screaming, jumping, taking selfies, etc. The word **fangirl** originally referred to female fans of boy bands or other male celebrities, but now it can be applied to anyone, regardless of gender. The verb **to fangirl out** is used in many different contexts that involve fandom, such as pop culture, sports, and other industries.

In this episode, Andrew uses this expression when talking about how his wife got excited when she saw a Notion booth at the expo. He says, "My wife kind of **fangirled out**," and quotes her then, "Oh my god, there's a Notion booth!" Since his wife is a big fan of the Notion app, she became very excited and enthusiastic when she saw the booth.

This verb can also be used more generally to describe any passionate reaction to something, not just within the context of fandom. For example, someone may **fangirl out** over a new hobby or a romantic interest. This simply means that they're extremely enthusiastic and excited about something or someone.

Here are a couple more examples with **to fangirl out**:

Zach: I saw the photo of you and your favourite singer on your Instagram! How did that happen?

Hannah: Oh, it was amazing! I went to her concert last week and waited outside the stage door with a bunch of other fans after the show. And then she came out and I totally **fangirled out**! I'm so happy I managed to get a photo with her!

Zach: That's awesome!

Sean: No way! Check out that car! It's a Lamborghini Diablo VT 6.0! So cool! I'm going to take a picture.

Jenna: Whoa, you're totally **fangirling out** over that car, man.

Sean: It's my dream car! I've always wanted to drive one of those!

Smack dab in the middle

Adverbial phrase

Smack dab in the middle means exactly at the centre of something. It can be used to describe a location, a point in time, or a situation. For example, if a hotel is **smack dab in the middle** of town, it means that the hotel is located at the exact centre of the town. Similarly, if someone is **smack dab in the middle** of a meeting, it means they're halfway through the meeting, at the exact midpoint of it.

In this episode, Kassy uses this expression in relation to a physical location. She says that she lives **smack dab in the middle** of the city. This means she lives at the very centre of the city.

To emphasize the centrality of the location, time, or situation, the word "right" is often added before **smack dab in the middle**. For instance, if someone says, "I was **right smack dab in the middle** of my presentation when you called me," it means they were interrupted by a phone call during the most important part of their presentation. In this context, the phrase **right smack dab in the middle** expresses the speaker's frustration at being interrupted.

Here are a couple more examples with **smack dab in the middle**:

Nicole: Where do you want to go for dinner tonight?

Greg: How about that new Chinese restaurant you pointed out?

Nicole: Good idea! But I'm not sure if they'll have any tables available.

Greg: Well, it's **smack dab in the middle** of all the other restaurants, so we'll have plenty of options if that one doesn't work out.

Holly: How did the meeting go?

Alex: Well, **smack dab in the middle** of the presentation, my laptop crashed and I had to improvise the rest of it.

Holly: Oh no! I mean, it always happens at the worst moment.

Alex: Exactly! But I think I did a pretty good job—nobody even noticed that something went wrong.

To bow out

Phrasal verb

To bow out means to leave in a graceful and respectful manner, on good terms and with dignity. In a professional context, it means to resign or retire. In a competition or a contest, if you **bow out**, you give up and withdraw voluntarily.

However, in this episode Andrew uses this verb when talking about declining an invitation to participate in a marathon. This is another common way to use this expression in social situations. When someone **bows out** of an invitation, they decline the invitation politely and on good terms.

This verb can also be used when talking about leaving an event early. For example, if you have to leave a party early and you want to do it politely, you can say, "I'm going **to bow out**."

The origin of the expression **to bow out** comes from the act of bowing as a sign of respect, a greeting gesture that's commonly used in many East Asian countries, such as Japan, Korea, and China.

Here are a couple more examples with **to bow out**:

Sophie: Are you coming to Oliver's party tomorrow?

Ben: I don't think I can make it. I have so much work to do. You know how busy I've been lately.

Sophie: Oh, that's too bad. I was really hoping to introduce you to some of my friends there.

Ben: I'm sorry. I'm going to have **to bow out** this time. You have fun, though!

Jessica: Hey, are you still up for playing poker with us on Saturday?

Brad: Yeah, definitely, but I'll have **to bow out** early. I promised my girlfriend I'd take her out to dinner.

Jessica: Sure, no problem!



To crave

Verb

To crave something means to have a strong desire for it. If someone **craves** something, or **has a craving** for something, they feel a physical or emotional need for it to the point where it may be difficult to resist fulfilling that desire. The verb **to crave** is stronger than to want; it implies a stronger and more urgent sense of desire or longing for something.

This expression is usually used to talk about having a desire for food. For example, pregnant women commonly **crave** specific or unusual foods because of hormonal changes. One of the other reasons for **getting a craving** could be hearing about something, such as a certain food, which is exactly what happens in this episode. When Andrew talks about the pasta his wife made and how delicious it was, Kassy says he is making her **crave** pasta. When hearing Andrew talk about pasta, Kassy **got a craving** for it. She felt a strong and sudden desire for it.

However, it's possible to use this verb when talking about something other than food. It could be an object, an experience, or a feeling. For example, someone might have a **craving** for attention, happiness, or success.

Here are a couple more examples with **to crave**:

Jade: Bob, are you ready to go?

Bob: Yes. Thanks for agreeing to give me a ride home!

Jade: No problem. Do you mind if we stop by the shop for a minute? I've **been craving** ice cream all day.

Bob: Sure! I don't mind at all.

Justin: Do you want to watch a movie tonight?

Christine: A movie sounds lovely!

Justin: What are you in the mood for?

Christine: I **have a craving** for something light and funny. How about a romantic comedy?

Justin: Agreed. Let's see if we can find something good.



Hooked

Adjective, informal

Hooked is an informal expression that we use when talking about being addicted to something or extremely interested in something. If someone is **hooked** on something, such as an activity, they can't seem to get enough of it and can't resist the desire to do it.

To get **hooked** means to become addicted or attracted to something, often unintentionally. In this context, you can use the phrase to get someone **hooked** on something. For example, if you show your friend a very exciting video game and they like it so much they can't stop playing it, you got them **hooked** on that game.

In this episode, Kassy talks about her husband, who stayed up until 3 a.m. watching the same Korean TV show that Andrew started. She says, "Make sure you don't get **hooked** like that," to which he answers, "I am **hooked** like that." Kassy warns Andrew about the possibility of becoming addicted to this show to the point that he won't be able to stop watching it, but Andrew says he's already addicted and extremely interested in it.

This adjective can be used in both positive and negative ways. That is, a person can be **hooked** on something that isn't very good for them, such as gambling, or something beneficial, such as running.

Here are a couple more examples with **hooked**:

Mary: Are you still awake? Did you see the time? It's late, you have to get up early tomorrow!

Chris: I know, but I started this mystery book, and I'm **hooked**! I can't stop reading it. It's so interesting! Have you read it?

Mary: Not yet, but I understand how you feel. I got **hooked** on a romance novel last month, and I stayed up all night to finish it! It was a bad idea, though, because I was tired all day. Come on, go to bed. You'll finish it later, it's not going anywhere.

Emily: Did you order from Marcelli's again? You've been eating their food every day for like a month!

Will: I'm just **hooked on** their food. I can't get enough of it!

Emily: I know what you mean, their pizza is so good.

Quiz

1. Which of the following phrases can be used to indicate “and everything related to it” when listing similar things?

- a) and all that music
- b) and all that jazz
- c) and all that rap
- d) and all that rock

2. Which of the following phrases means right in the middle of something?

- a) snack pad in the middle
- b) stack tab in the middle
- c) smack bad in the middle
- d) smack dab in the middle

3. Which of the following is a good example of bowing out?

- a) politely declining an invitation to a party
- b) accepting an invitation to a party
- c) greeting everyone at a party
- d) joining a discussion without saying hello

4. If you have a strong desire for something, you ____.

- a) rave it
- b) cave it
- c) crave for it
- d) crave it

5. If your friend says they got hooked on fishing, they ____.

- a) caught a lot of fish
- b) don't like fishing at all
- c) are extremely interested in fishing
- d) had an accident while fishing

Writing and Discussion Questions

1. Do you read a lot? If so, do you use any reading apps?
2. Have you ever fangirled out? What happened?
3. Think of a time when you bowed out of something. Why did you do it?
4. Describe a time when you had a strong craving for something. What was it?
5. What was the last thing you got hooked on?

Quiz Answers

1.b 2.d 3.a 4.d 5.c

Episode credits

Hosts: Andrew Bates and Kassy White

Music: *Something Elated* by Broke For Free

Episode preparation/research: Andrew Bates

Audio editor: Andrew Bates

Transcriptionist: Heather Bates

Study guide writer: Alina Morozova

English editor: Stephanie MacLean

Operations: Tsuyoshi Kaneshima

Image: Katerina Holmes (Pexels.com)