



## A Day in the Life of Lucy

### Episode 1 – Getting Up

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#### GLOSSARY

**to get up** – to get out of bed; to leave one's bed

\* He didn't get up until 11:00 this morning, because he was up late last night reading in bed.

**alarm** (also **alarm clock**) – a small machine usually with a clock that makes a sound to wake one up at a specific time

\* I want to make sure we have enough time to get ready in the morning. Should I set the alarm for 6:45 or 7:00?

**to go off** – to make a loud noise very suddenly

\* Her alarm clock went off very early this morning because she wanted to go running before class.

**snooze button** – a button on an alarm clock that stops the noise of the alarm for five or ten minutes so that one can rest before the alarm goes off again

\* He is so lazy that sometimes he hits the snooze button seven or eight times before he gets up!

**to wake up** – to awaken; to stop sleeping

\* Please be quiet or you'll wake up the baby! It took two hours to get him to sleep.

**night owl** – a person who enjoys being awake late at night

\* Last night, Beth didn't come home until 4:30 a.m. She's such a night owl!

**early bird** – a person who enjoys waking up early in the morning

\* Roberto is an early bird. By 7:00 a.m. he has already taken a shower, made breakfast, cleaned the house, and read the newspaper.

**to splurge** – to spend money on something that isn't necessary

\* Ice cream is my favorite food and I often splurge by buying the most expensive kind at the store.

**mattress** – the soft part of the bed that one sleeps on

\* She said that she couldn't sleep very well last night because the mattress was too hard.



## A Day in the Life of Lucy

### Episode 1 – Getting Up

---

**to match** – to have the same color or colors that look good together; to look good together

\* When I was in my bedroom, I thought that these socks matched, but when I went outside into the sunlight, I saw that they were different colors.

**sheets** – two pieces of large, thin fabric placed on a bed: one to lie on and one to lie under

\* Do we have another set of sheets that will fit the bed in kids room?

**pillowcase** – the fabric covering a pillow

\* If you don't wash your face before you go to sleep, your pillowcase will get dirty.

**comforter** – the top-most, thickest cover for a bed, usually made of feathers or other material

\* When she was sick, she spent the whole day underneath her comforter trying to stay warm.

**goose down** – the very delicate, soft feathers of a goose

\* A jacket made of goose down is much warmer than any other type of jacket.

**nightstand** – a small table next to a bed, usually with a small drawer

\* They like to read at night, so they always have books and lamps on their nightstands.

**robe** (also **bathrobe**) – a large, soft piece of clothing that ties around one's waist and is worn before and after taking a shower or bath

\* She keeps her robe hanging on the back of the bathroom door.

**to make (one's) bed** – to place sheets, blankets, comforters, pillows, and pillowcases where they belong on a bed

\* Two people can make a bed much more quickly than one person can.

**routine** – the normal way that one does something

\* Her morning routine includes eating breakfast, watching a morning news show, and taking the dog for a walk.

**to sleep in** – to sleep later than usual; to not wake up early

\* I wish I could sleep in this Saturday but I have to drive my son to his soccer game.



## A Day in the Life of Lucy

### Episode 1 – Getting Up

#### COMPLETE TRANSCRIPT

ESLPod.com presents "A Day in the Life of Lucy," a special ten lesson course to teach you everyday vocabulary in English.

In this course, you'll learn the vocabulary for everyday actions, from getting up in the morning to going to bed at night and everything in between. I'm Dr. Jeff McQuillan, your host, coming to you from the Center for Educational Development, in beautiful Los Angeles, California.

Each lesson has three parts. First, a story read slowly; second, an explanation of the story and the vocabulary we use; and third, the story read at a normal speed.

This is the female version of "A Day in the Life." To listen to the male or man's version of this see our "A Day in the Life of Jeff," available on our website at [eslpod.com](http://eslpod.com). Let's get started with episode one: Getting Up.

[Start of story]

On a weekday, I usually get up around 6:30 a.m., but I set my alarm to go off at 6:20 so that I can hit the snooze button to sleep another 10 minutes. My roommate thinks I'm crazy, but doing this in the mornings actually helps me wake up. I'm a night owl, not an early bird like she is, so I need an extra few minutes to get going in the morning.

One reason it's so hard to get up is because my bedroom and my bed are so comfortable. I splurged and bought a bed with a very soft, thick mattress. I also have matching sheets and pillowcases, and a comforter that is made of goose down. Even my nightstand matches my sheets and the rest of my bedroom. I decorated it so that it would be restful after a busy day at work.

When I get up, the first thing I do is put on my robe. It's always so cold in the apartment in the mornings, no matter what time of year it is. Then, I usually make my bed. I hated making my bed when I was little, but now it's become a routine. Sometimes, though, I'm so tired that I sleep in for just a little too long and then, the bed definitely doesn't get made. On those days, I wish I could sleep in all day!

[End of story]



## **A Day in the Life of Lucy**

### **Episode 1 – Getting Up**

Episode one is called "Getting Up." The verb to get, "get," up means to get out of your bed - to leave your bed. So, after you stop sleeping - after you wake up, then you get up - you get out of your bed.

Lucy begins her story by saying that "On a weekday," that is Monday, Tuesday, Wednesday, Thursday, and Friday - those are the weekdays (all one word), weekday. The other part of the week is called the weekend, Saturday and Sunday.

"On a weekday," what some people might also call a work day - a day they have to work, Lucy says she "usually gets up around 6:30" in the morning, but she sets her "alarm to go off at 6:20." Her alarm, "alarm," is what makes noise - what wakes her up, usually it is an alarm clock that you can set the time to. To set your alarm, "set," means to put it to the correct time.

So, she sets her alarm to go off. We use the expression, to go off, when we are talking about something that makes a large noise, for example, such as a bell or an alarm clock. You can also have a gun; the gun can go off means the gun fires and makes a noise. Well here, we are using this verb, to go off, when we are talking about an alarm clock.

So, her alarm goes off at 6:20 - 20 after 6:00 in the morning - but she hits "the snooze button to sleep another ten minutes." The snooze button, "snooze," button, "button," is something on an alarm clock that allows you to sleep a little more, usually for five or ten minutes. So, it will stop your alarm, and then five or ten minutes later the alarm will go off again. So, that is called the snooze button. The verb to snooze means to sleep, so it allows you to sleep a little extra time.

There's an expression "if you snooze, you lose." If you snooze, you lose, which means if you fall asleep - if you are not awake, you may miss something important. You will not win; you will lose if you are sleeping. This used to happen to me when I was young, I would snooze, and then I would lose. I would miss things because I was sleeping. Now I try to stay awake more.

Anyway, getting back to Lucy's story, well, she likes to sleep another ten minutes. Her roommate thinks that she's crazy, but she says that using her snooze button in the morning helps her wake up. Remember, to wake up, "wake" up (two words), means to stop sleeping.

Lucy says that she's "a night owl, not an early bird." A night owl, "owl," means someone who likes to go to bed very late at night - 11:30 p.m., 12 o'clock



## A Day in the Life of Lucy

### Episode 1 – Getting Up

midnight. Someone who goes to sleep very late, we call that person a night owl. An owl is an animal that is normally awake and makes sounds at night. In English the sound would be "who, who," or "who, who," if it's a boy. So, we have the night owl, and that is a term for somebody who stays up late. The opposite would be an early bird. An early, "early," bird. An early bird is someone who wakes up and gets up early in the morning. A night owl will probably get up later in the morning.

There's an expression in English, "the early bird gets the worm." The early bird gets the worm, "worm." A worm, "worm," is a little animal that birds eat. The worms live in the ground. The idea is that if you get up early, you will get more done - you will get things that other people don't get because they get up later. So, the early bird gets the worm. Well, Lucy is not eating worms, but she does like to take a "few extra minutes to get going in the morning." To get going means to get active - to start doing things.

"One reason," she says, "it's so hard to get up is" that her "bedroom and her bed are so comfortable." She has a very nice, comfortable bed. She says that she "splurged and bought a bed with very soft, thick mattress" - a very soft, thick mattress. Lucy said she splurged, the verb to splurge, "splurge," means to spend a lot of money, even when it isn't necessary. So, you want to buy something nice for yourself, you don't need it, it's not necessary but you want it. So, she spends a lot of money - she splurges - and buys a very nice bed that has a nice, thick mattress. A mattress, "mattress," is the part of the bed that you actually sleep on. Usually, a mattress is something that has springs in it - pieces of metal that go up and down that allow your body to be comfortable. So, this is a thick mattress - a big mattress - but it is also a soft mattress, so that you can lay down on the bed and it feels good on your body. The opposite of a soft mattress is a hard mattress.

Lucy says that she has "matching sheets and pillowcases." The sheet, "sheet," is what goes over the bed - what covers the bed so that the bed does not get dirty. When we say the sheets are matching we mean that the colors are the same or they are similar so they look good together. Pillowcases, "pillowcases," (plural) pillowcases are what cover your pillows - what you put your head on when you sleep, that's called a pillow. So, the pillowcase goes over the pillow.

Lucy says she also has "a comforter made of goose down." A comforter is a thick blanket - a big blanket. "Comforter," a thick blanket. This comforter "is made of goose down." Goose, "goose," down, "down," (two words). A goose is a kind of animal. Down refers to the feathers of the animal, "feathers," the



## A Day in the Life of Lucy

### Episode 1 – Getting Up

feathers. The feathers are the things that a bird has that covers its skin. They're usually long and very soft. So, goose down pillows or goose down comforters are considered very soft and they're very warm.

Lucy says that even her "nightstand matches" her "sheets and the rest of the bedroom." A nightstand, "nightstand," (one word) is a small table that you have next to your bed, where you can put your alarm clock and maybe a glass of water. That's your nightstand. Sometimes nightstands have what we call a drawer, "drawer." A drawer is something that you put something into, like a little box that is in the table.

Lucy has a nightstand that matches - that has the same type of color as the rest of her bedroom. She says that she decorated her bedroom "so that it would be restful after a busy day at work." To decorate, "decorate," means to make your room look nice - to make the colors, the pictures, other things that you have in the room look good - look nice together. Lucy decorated her room; she wants it to be restful, "restful." To be restful means that when you walk into the room, it's relaxing, it's comfortable, it allows you to be able to sleep easily.

Lucy says that when she gets up, the first thing she does is to put on her robe. To put on her robe, "robe." A robe, which is sometimes called a bathrobe, is a large piece of clothing that you wear. It covers the top of your body, and usually the bottom of your body, up to maybe your knees. And, it is something that you wear often after a bath so that you don't get cold. It's something you wear so that you can go into the bathroom and you don't need to put your clothes on. Usually this is something you use in the morning after you shower or when you get up to go into your bathroom so you are not cold.

Lucy puts on her robe because it is "always so cold in" her "apartment in the mornings." So, cold here means very cold. It's always very cold - it's always so cold in her apartment, "no matter what time of year it is" - January, June, September - it's always cold. "Then," she says, she usually makes her bed. To make your bed means to put the sheets and the blankets - the comforter - back on the bed so that it looks nice - so that it doesn't look messy, "messy." When we say the bed is messy we mean it is not made up - it doesn't look nice. This is my problem; I don't make my bed as often as I should. When you go to a hotel the maid makes your bed, "maid." The maid is the person that comes in and cleans your room and makes your bed. My mother would say, when I was young, "I'm not your maid. You have to make your own bed." Actually, I think it would be a good idea for me to get a maid now, so I don't have to worry about making my bed.



## **A Day in the Life of Lucy**

### **Episode 1 – Getting Up**

Lucy says she hated making her bed when she was little - when she was younger - "but now it's become a routine." A routine, "routine," is something that you do - a normal way that you do something, usually on a regular basis. So, my routine when I get up may be to go to the bathroom and clean my face. Every day I do the same thing; that's my routine.

"Sometimes," Lucy says, she's "so tired that" she sleeps "in for just a little too long." To sleep in (two words) means to sleep longer than you are supposed to. If you are supposed to wake up at 6:30 and you sleep until 7:00 that would be sleeping in. When she sleeps in, her bed doesn't get made, that is she doesn't make her bed.

Now let's listen to the story, this time at a regular speed.

[Start of story]

On a weekday, I usually get up around 6:30 a.m., but I set my alarm to go off at 6:20 so that I can hit the snooze button to sleep another 10 minutes. My roommate thinks I'm crazy, but doing this in the mornings actually helps me wake up. I'm a night owl, not an early bird like she is, so I need an extra few minutes to get going in the morning.

One reason it's so hard to get up is because my bedroom and my bed are so comfortable. I splurged and bought a bed with a very soft, thick mattress. I also have matching sheets and pillowcases, and a comforter that is made of goose down. Even my nightstand matches my sheets and the rest of my bedroom. I decorated it so that it would be restful after a busy day at work.

When I get up, the first thing I do is put on my robe. It's always so cold in the apartment in the mornings, no matter what time of year it is. Then, I usually make my bed. I hated making my bed when I was little, but now it's become a routine. Sometimes, though, I'm so tired that I sleep in for just a little too long and then, the bed definitely doesn't get made. On those days, I wish I could sleep in all day!

[End of story]

That's the end of our first episode of "A Day in the Life of Lucy." In episode number two, we're going to see Lucy clean up and put on her makeup.



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English as a Second Language Podcast

**A Day in the Life of Lucy**  
Episode 1 – Getting Up

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Contributors to this series are Jeff McQuillan, Lucy Tse, and Jessica Brown.





**A Day in the Life of Lucy**  
Episode 2 – Cleaning Up and Putting on Make-up

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**GLOSSARY**

**tub** (also **bathtub**) – a large, long container that one fills with water and then sits in to take a bath

\* Yesterday he gave his dog a bath in the tub.

**toilet** – a large bowl and pipe attached to the floor and wall in a bathroom, used to collect body waste

\* Please don't flush the toilet while someone is taking a shower because it changes the water pressure.

**medicine cabinet** – a small, flat cabinet on a bathroom wall that is used to store medicines, toothbrushes, lotions, and other things, and has a mirror on the front

\* His medicine cabinet is full of vitamins because he believes that taking vitamins is the best way to stay healthy.

**hairdryer** – a small machine that blows hot air and is used for drying hair

\* She doesn't like to use hairdryers because she thinks they are bad for her hair.

**tampon** – a long, narrow piece of cotton that a woman puts inside her body to absorb blood during her monthly menstrual period

\* Many public bathrooms have a small machine that sells tampons for 25 cents.

**mouthwash** – a liquid that cleans one's mouth and makes breath smell better

\* Children need to be taught that they shouldn't swallow mouthwash because it might make them sick.

**to floss** – to move a thick thread between one's teeth to clean them

\* The dentist said that we should floss at least once a day to keep our teeth clean.

**shower cap** – a piece of plastic with elastic that is worn over one's head to keep one's hair dry while taking a shower

\* She didn't know that her shower cap had a small hole at the top and her hair accidentally got wet.

**shampoo** – a liquid soap made for cleaning one's hair

\* Martha uses a special shampoo that supposedly makes her hair grow faster.



## A Day in the Life of Lucy

### Episode 2 – Cleaning Up and Putting on Make-up

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**conditioner** – a liquid that is put on after shampooing to make one's hair soft and shiny

\* This conditioner makes my hair feel too oily. I'll never buy this kind again.

**bubble bath** – a bath in a tub full of warm water with many soap bubbles

\* After a long day at work, she took a bubble bath to relax.

**to lather up** – to cover oneself with soap or shampoo

\* Jennifer always lathers up with flower-scented soap because she likes the smell.

**to shave** – to remove hair from the body by using a razor to cut it near the skin

\* Alex accidentally cut his neck while shaving this morning.

**blush** – a pink powder put on a woman's cheeks (the area between the eyes and the mouth)

\* Theresa put on too much of her mother's blush and ended up looking like a clown.

**lipstick** – a red, pink, brown, or orange color put on a woman's lips

\* When she drank her coffee, most of her lipstick came off of her lips and stayed on the cup.

**mascara** – a black or brown liquid put on a woman's eyelashes (the long hairs around one's eyes)

\* Don't cry! If your mascara gets wet, you will have black lines under your eyes.

**eye shadow** – a colored powder put on a woman's eyelid (the skin above one's eye)

\* Blue eye shadow was very popular in the 1960's, but now natural colors are more common.

**hot curlers** – tubes of plastic that are heated and put in a woman's hair to make the hair curly (not straight)

\* Could you please help me take these hot curlers out of my hair? I can't reach the ones in the back.



## **A Day in the Life of Lucy**

### **Episode 2 – Cleaning Up and Putting on Make-up**

#### **COMPLETE TRANSCRIPT**

You're listening to ESLPod.com's "A Day in the Life of Lucy," part two: Cleaning Up and Putting on Make-up. I'm your host, Dr. Jeff McQuillan, from the Center for Educational Development, in beautiful Los Angeles, California.

In the first episode of our course, we saw Lucy get up out of bed and describe the things that she does when she first wakes up. In episode two, we're going to see her cleaning up and putting on her make-up. Let's get started.

[Start of story]

I share a bathroom with my roommate, which is usually not a problem. We each try to keep the sink, the tub, and the toilet clean, and we have separate medicine cabinets to keep our things. There's also room under the sink for our hairdryers and tampons.

I start out by rinsing my mouth with some mouthwash before flossing. Then, I take out my toothbrush and toothpaste and brush my teeth. I only wash my hair every other day so I put on a shower cap and don't have to get out my shampoo and conditioner. I like to take bubble baths when I have time, but on a busy morning, a shower will have to do. I lather up quickly and give my legs a quick shave.

I don't wear a lot of make-up to work so I just put on a little blush and a light-colored lipstick, and skip the mascara and eye shadow. I put a few hot curlers in my hair and I'm ready for breakfast!

[End of story]

Part two of "A Day in the Life of Lucy" is called "Cleaning Up and Putting on Make-up." To clean up is to clean yourself - to make yourself ready to go out of your house usually. To put on make-up needs to put something, usually, on your face that makes you look better. This is something that women do. I need make-up to make me look better because I'm so ugly, but I don't normally wear make-up. But, more about that later!

Episode two begins with Lucy saying that she shares a bathroom with her roommate - the other woman that she lives with in her apartment. They share the bathroom - they have only one bathroom, this "is usually not a problem," however. Lucy says that each of them tries "to keep the sink, tub, and the toilet



## **A Day in the Life of Lucy**

### **Episode 2 – Cleaning Up and Putting on Make-up**

clean." The sink, "sink," is where you put the water - where you pour the water into in order to clean. A tub, "tub," sometimes called a bathtub, is a place where you put water. It's usually a long box in your bathroom that you put water into it and you then get into the water and you clean yourself, kind of like when you go swimming. You go in - your whole body goes into the water. Well, that's what a tub is, it's a large, long container that you put water into in order to take a bath. A toilet, "toilet," is what you use when you go to the bathroom, when you get rid of things out of your body.

In this bathroom, both Lucy and her roommate "have separate medicine cabinets." They each have their own medicine cabinet. A medicine cabinet, "medicine," cabinet, "cabinet," is something that you use to put your things - your bottles, your medicine, your toothpaste - things you use in your bathroom, you put them in a medicine cabinet. It's a cupboard - it's a small area where you can put things. Usually medicine cabinets have a mirror on the front, which is also the door, and you can open up the medicine cabinet and get things out of it.

Lucy and her roommate "have separate medicine cabinets." Lucy says that "There's also room under the sink for our hairdryers and tampons." When we say there is room, we mean there is space - there is a place for you to put things. The word room also refers to a part of your house or a part of a building - the bedroom, the dining room, and so forth. But here, it's used to mean space, so there is "room under the sink for" their "hairdryers and tampons." Hairdryers and tampons are two things that I do not use as a man. A hairdryer, "hairdryer," (one word) is a machine that you use to, you can guess, dry your hair. So, when you wash your hair and it is wet, you can use a hairdryer to make sure that it becomes dry. I don't use a hairdryer because I don't have any hair. When I was young man and a boy I had hair, and I would use a hairdryer, but not anymore.

A tampon, "tampon," is something that I have never used. A tampon is something that a woman or a girl would use, a girl between the age of 12 and up to a women of the age of 55 or 60 perhaps would have to use a tampon every month. This is something that men do not have to do. Basically, a tampon is a long, thin piece of cotton that a woman puts in her body to absorb or to prevent blood from coming out of her body during each month. I don't think I need to say more. A woman has something happen to her every month, what we would call her period, "period." Her period is when blood leaves her body, and that is part of her menstrual cycle. Menstrual, "menstrual," means monthly. So, this is something that men do not have to worry about. But in this case, Lucy has hairdryers and tampons in her bathroom.



## A Day in the Life of Lucy

### Episode 2 – Cleaning Up and Putting on Make-up

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"I start by rinsing my mouth," Lucy says. That is, when she first walks in to her bathroom she begins to clean up by rinsing her mouth out, or "rinsing her mouth." To rinse, "rinse," means to clean with water. She rinses "with some mouthwash before" she flosses. So, she takes some liquid mouthwash, "mouthwash," (one word) which is a kind of liquid soap for your teeth. It helps clean your teeth and make your breath smell better, or at least it's supposed to. So, she rinses her mouth with mouthwash and then she flosses. To floss, "floss," means to take a piece of string and put it between your teeth to get food from between your teeth - to get rid of - to remove that small piece food that might be in your teeth.

After, Lucy takes out, or gets, her toothbrush and toothpaste and brushes her teeth. So, she gets her toothbrush and puts on toothpaste, which is a kind of soap for your teeth, and she brushes, or cleans, her teeth. She only washes her "hair every other day." That means that she doesn't clean her hair every day, she does it every other day - Monday, Wednesday, Friday, Sunday, Tuesday, Thursday - every other day.

So, she puts "on a shower cap." A shower, "shower," cap, "cap," (two words) is a piece of plastic that you put on your head, and it covers your hair. You put it over your hair so your hair does not get wet when you take a shower. It's called a shower cap. Again, this is something that I do not need.

Lucy says she doesn't need to "get out her shampoo and conditioner." She doesn't need to get out, meaning she doesn't mean to remove it from the medicine cabinet. Shampoo, "shampoo," is a liquid soap for your hair. Conditioner, "conditioner," is a liquid that you put on your hair after you shampoo to make your hair soft and nice. That's shampoo, which cleans your hair, and conditioner that makes your hair soft, if you have hair.

Lucy likes "to take bubble baths when" she has time. A bubble bath, "bubble," bubble bath, "bath," (two words) is a bath where you get into the tub and you have a liquid that you put into the water, usually it makes the water smell nice. It is something that makes bubbles. Bubbles are parts of water that have air in them. They are very light, and sometimes they go up into the air. It's like a little ball of water that has air in it; that's a bubble.

Lucy likes "to take bubble baths when" she has time, "but on a busy morning" she does not have time to take a bubble bath, so she has to take a shower. She says, "a shower will have to do." The expression, "have to do," means it will be sufficient - it will be enough - it will be good enough. So, "a shower will have to do" - it will have to be good enough.



**A Day in the Life of Lucy**  
Episode 2 – Cleaning Up and Putting on Make-up

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Then, she lathers up quickly and gives her "legs a quick shave." To lather, "lather," up (two words) means to put liquid on your body - soap or shampoo or what we would call shaving cream and move it back and forth - mix it with water until you have bubbles that cover your skin - this is to lather up - or covers your hair, to lather up with shampoo on your hair. Lucy lathers up and gives her "legs a quick shave." Shave, "shave," can be a noun and a verb. To shave means to remove hair from your body - from your skin. Lucy says she gives her "legs a quick shave." Women in the United States usually shave their legs - they get the hair off of their legs. They'll also shave under their arms, what we would call their armpit, "armpit." Your armpit is that space underneath your arm that connects your arm to the rest of your body. Men do not shave their legs; they do sometimes shave their face, or like me, shave their head.

Lucy says that she doesn't "wear a lot of make-up to work," meaning she doesn't put on a lot of things on her face in order to go to work. She just puts "on a little blush and light-colored lipstick." Blush, "blush," is a pink powder that women put, usually, on their cheeks. That is the place underneath or below your eyes, next to your nose - on either side of your nose, those are your cheeks. It's a pink powder. Powder is when you take something and you break it up into very small pieces, and it's so small that you can take your hand and the pieces will stick to your hand - they'll be on your hand; this is powder. So, blush is a powder that you put on your cheeks, well, women, usually, put on their cheeks.

Lipstick, "lipstick," (one word) is a color that you put on your lips - the part of your mouth. Women often put on red lipstick. Lucy says she puts on "light-colored lipstick," so not very dark - a very light color. I do not wear lipstick usually, but women often wear lipstick; it makes their lips look better.

Lucy says that she skips "the mascara and eye shadow." To skip, "skip," means that she doesn't use it. She doesn't use mascara, "mascara." Mascara is a black or brown liquid that a woman puts on her eyelashes. Your eyelash, "eyelash," (one word) are the little hairs that come out of your eyes or come out of what we would call your eyelid, "lid," that's the piece of skin that covers your eyes. On the end of your eyelid are eyelashes, and these are little pieces of hair. Women sometimes try to make those darker by putting on mascara.

Eye shadow, "shadow," (two words) eye shadow is another kind of powder, but it's powder that a woman puts on the eyelid - the skin that covers the eye. So, it has some color to it; that is called eye shadow.



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## English as a Second Language Podcast

### **A Day in the Life of Lucy**

#### Episode 2 – Cleaning Up and Putting on Make-up

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Lucy says she puts "a few hot curlers in" her "hair and" she's "ready for breakfast." A curler, "curler," is a small piece of round plastic that women use to make their hair look better. They heat up the plastic, and usually there's some metal that they heat up, and they put it in their hair to make their hair more curly. Curly, "curly," is the opposite of straight. Women can put curls in their hair by putting hot curlers in them, and then their hair will be curly.

Now let's listen to the story, this time at a normal speed.

[Start of story]

I share a bathroom with my roommate, which is usually not a problem. We each try to keep the sink, the tub, and the toilet clean, and we have separate medicine cabinets to keep our things. There's also room under the sink for our hairdryers and tampons.

I start out by rinsing my mouth with some mouthwash before flossing. Then, I take out my toothbrush and toothpaste and brush my teeth. I only wash my hair every other day so I put on a shower cap and don't have to get out my shampoo and conditioner. I like to take bubble baths when I have time, but on a busy morning, a shower will have to do. I lather up quickly and give my legs a quick shave.

I don't wear a lot of make-up to work so I just put on a little blush and a light-colored lipstick, and skip the mascara and eye shadow. I put a few hot curlers in my hair and I'm ready for breakfast!

[End of story]

That brings us to the end of episode two of "A Day in the Life of Lucy." In episode three, we're going to be eating breakfast.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

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**A Day in the Life of Lucy**  
Episode 3 – Eating Breakfast

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**GLOSSARY**

**coffee** – a hot, bitter, brown-color drink with caffeine made from the seeds of a tropical plant

\* He knows that if he drinks coffee after 8:00 p.m., he'll have trouble sleeping that night.

**skim milk** – milk that has no fat

\* When Delia decided to lose weight, she started drinking skim milk instead of whole milk.

**sugar** – sweet white or brown powder added to drinks and food

\* My friend Kevin's father is a dentist and when he was little, his father didn't let him eat very much sugar because it's bad for your teeth.

**fridge** – short for refrigerator; a kitchen machine that keeps food cold

\* Their refrigerator is almost empty because they never cook at home. They always eat at restaurants.

**eggs** – an oval object with a thin white or brown covering that is laid by a female bird (such as a chicken), then cracked open and cooked to eat

\* Do you think our guests would like their eggs boiled or fried?

**frying pan** – a round, shallow container with a long handle, used to cook food on a stove

\* Be sure to cook the onions in frying pan before you add them to the pasta.

**oil** – liquid fat that comes from animals, vegetables, or nuts

\* Olive oil is more expensive than vegetable oil but some say that it tastes better and is healthier.

**burner** – the round part of a stove that produces heat under a pot or pan

\* Please don't forget to clean around the burners after you finish washing the dishes.

**stovetop** – the top of a stove, where the burners are

\* Daniel had been cooking all day and his stovetop was covered with pots and pans.





## A Day in the Life of Lucy

### Episode 3 – Eating Breakfast

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**toaster** – a kitchen machine that warms slices of bread to make them brown on both sides

\* Because the bread was in the toaster for too long, it came out burnt and black.

**spatula** – a flat spoon with a long handle that is used to flip and move food in a frying pan

\* I'm buying this metal spatula to replace my plastic one so it won't melt when I cook with it.

**cereal** – a food made from grains (wheat, oats, barley, etc.) that is eaten with cold milk for breakfast

\* Have you tried this new cereal? It looks really good and has three kinds of grains and dried bananas.

**toast with jam** – a warm piece of bread that's brown on both sides, covered with sweet, mashed fruit

\* Jamie often gives his kids a slice of toast with jam when they come home from school.

**silverware** – forks, knives, and spoons

\* They received three sets of silverware as wedding gifts. What will they do with that many forks, knives, and spoons?

**dishwashing detergent** – soap used for washing dishes

\* Dishwashing detergent is more effective if you use it with hot water than with cold water.

**sponge** – a soft piece of material that has many holes, holds water, and is used to wash other objects

\* Have you see the big sponge we use to wash the car?

**to scrub** – to rub something hard to clean it

\* After working all day on the pig farm, he took a shower and scrubbed really hard to get rid of the smell.

**drying rack** – a plastic or wooden tray that holds wet dishes until they become dry

\* When the drying rack broke, all of the dishes that were in it fell to the floor. What a mess!



## **A Day in the Life of Lucy**

### **Episode 3 – Eating Breakfast**

#### **COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode three: Eating Breakfast.

I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In episode two of "A Day in the Life of Lucy," Lucy cleaned up and put on make-up. In this episode, she gets to eat breakfast. Let's get started.

[Start of story]

In the kitchen, the first thing I do is pour myself a cup of coffee and I add a little skim milk and sugar. My roommate usually makes a pot when she wakes up for both of us since she gets up first.

I go the fridge to take out the eggs. When I have time, I like to cook a hot breakfast, so I take out the frying pan, pour a little oil in it, and turn on the front burner on the stovetop. While the eggs are cooking, I put two pieces of bread into the toaster. When the eggs are nice and brown on the edges, I use a spatula to put them on a plate. Some mornings, I have to settle for some cold cereal or just toast with jam, but it's nice to start the day with a sit-down meal when I get the chance.

When I'm done, I take my plate and my silverware to the sink, where my roommate has left her breakfast dishes. Since she makes the coffee in the morning, I wash the dishes. It's a pretty good arrangement. I put a little dishwashing detergent on the sponge, scrub the dishes, and leave them in the drying rack to dry.

[End of story]

In this episode, Lucy eats breakfast. She begins her story by saying that "In the kitchen, the first thing" she does is to pour herself "a cup of coffee." The first thing she does is pour herself a cup of coffee. To pour, "pour," means to take liquid from one container, such as a bottle or a coffee pot, and put it into another container, such as a cup.

So, she pours herself "a cup of coffee" and adds "a little skim milk and sugar." Coffee, "coffee," is a dark brown drink that you can use to wake up in the morning. Most coffee, or regular coffee, has a certain drug called caffeine,



## **A Day in the Life of Lucy**

### **Episode 3 – Eating Breakfast**

"caffeine," and the caffeine helps people wake up. If you don't want the caffeine, you can decaf coffee, "decaf." Decaf is short for decaffeinated, meaning it doesn't have caffeine.

But, Lucy needs to wake up so she has a cup of regular coffee, and she puts in her coffee "a little skim milk and sugar." Skim, "skim," milk is milk that doesn't have any fat in it. You can have regular milk, two percent milk with two percent fat, one percent milk, and skim milk with no fat. She also puts in sugar, "sugar." Sugar is normally white; it has a sweet taste that it adds to food.

Lucy's "roommate usually makes a pot when she wakes up," meaning she makes a pot of coffee. A pot, "pot," is what the coffee is put in. It's like a jug or a bottle; it's like a container for the coffee. The reason the roommate makes the pot of coffee is because "she gets up first."

Lucy goes to "the fridge" and takes "out the eggs." The fridge, "fridge," is short for refrigerator. A refrigerator is where you put your food so it stays cold. To keep it cold, you put it in a refrigerator. If you want it to be frozen, like ice, then you put your food in a freezer, "freezer."

Lucy takes out some eggs from the refrigerator. Eggs, "eggs," are, in this case, things that come from a chicken. Before the chicken develops it begins as an egg, and this is, of course, a popular dish - a popular food for an American breakfast.

Lucy says that when she has time, she likes "to cook a hot breakfast," so she takes out, or gets, a "frying pan," pours "a little oil in it," and turns "on the front burner on the stovetop." A frying pan, "frying pan," (two words) is a pan where you cook food. Usually it's foods such as an egg or meat or vegetables, and it goes on top of heat, and the heat comes from the burner.

A burner, "burner," is where the fire or the heat comes on a stove. The stove, or stovetop, is the part of the machine in your kitchen where you can cook food. In our house, for example, you can turn on the burner and fire - flames we would say - start to come out. And then, you put the pan on top of the fire - on top of the flames, and you put the meat and the oil and the vegetables, or whatever you are cooking, in the frying pan. To fry, "fry," is a way to cook food by putting it over heat in a pan.

In addition to putting the frying pan on the burner, which is part of the stovetop, Lucy pours "a little oil in" the pan. Oil, "oil," is a liquid fat that you put in a pan to



## **A Day in the Life of Lucy**

### **Episode 3 – Eating Breakfast**

help the food cook better. Lucy says that when "the eggs are cooking," she puts "two pieces of bread into the toaster." Two pieces of bread could also be two slices of bread. A slice, "slice," is a piece of bread, in this case.

The toaster, "toaster," is a place where you put bread and you heat it up so that the bread becomes brown. We would say, "you toast the bread," using "toast" as a verb. So, you toast toast in a toaster. There you see the verb, the noun, and the noun, which is the machine where you make the toast.

"When the eggs are nice and brown," meaning when the eggs are very brown, "on the edges," Lucy uses "a spatula to put them on a plate." The edge, "edge," of something is the very end of something - the very outer part, the part that is at the very end of the object. So, when you take an egg and you crack it, "crack," meaning you open the egg, you crack the egg and you put the egg into the frying pan, the egg will form something like a circle, and at the - around the egg are the edges. Also, I should mention that the white part of the egg - the outside of the egg is called the eggshell, "shell," the eggshell, but you don't eat the eggshells normally.

Well, Lucy uses a spatula to put the eggs onto a plate - to take them out of the pan and onto a plate. A spatula, "spatula," is a utensil; it's something you use in the kitchen. It is flat, usually square, that has a handle on it and you can use it to go underneath the food in a frying pan to lift the food out of the pan.

"Some mornings," Lucy says, she has "to settle for some cold cereal or just toast with jam." The expression to settle for, "settle," for something means that you don't necessarily want that thing - it's not the best thing, the thing you want the most, but it's okay - it's acceptable. When someone said, "I - I'm settled for something," they mean they weren't completely happy but it was okay - it was good enough for them. This is what my wife tells me; she says, "Jeff, I settled for you."

Toast with jam is one of the things that Lucy settles for for breakfast when she doesn't have time to make a hot breakfast. Toast, we already know, is bread that is cooked - that is brown. Jam, "jam," is a liquid made from fruit, such as strawberries or cherries. Cereal, "cereal," is a dry food that you usually eat with milk. I have cereal almost every day for breakfast because I am not a good cook like Lucy, so if I did not eat cereal, I would not eat anything.

Lucy says "it's nice to start the day with a sit-down meal when I get the chance." A sit-down, "sit-down," meal is a meal where you take your time, you relax, you



## **A Day in the Life of Lucy**

### **Episode 3 – Eating Breakfast**

sit down and you have something like a formal meal. It's a - it's a more relaxed way of eating.

Lucy says that when she's done with her food - when she has finished eating - she takes her plate and her silverware to the sink. Silverware, "silverware," are the utensils that you eat with. They're the knife, the spoon, and the fork. So, she takes her dirty dishes to the sink where her "roommate has left her breakfast dishes." So, the roommate, who gets up earlier than Lucy, she has already put her dishes in the sink.

Lucy says that "Since she makes the coffee" - her roommate makes the coffee - "in the morning," Lucy washes "the dishes. It's a pretty good arrangement," she says. An arrangement, "arrangement," is, in this case, like an agreement. It's something that to people say yes to, and they agree to do something. In this case, her roommate makes the coffee; Lucy washes the dishes. In my house, my wife makes the dinner; I wash the dishes. If I don't wash the dishes, I don't get to eat.

Lucy says that she "put a little dishwashing detergent on" a "sponge" to clean the dishes. Detergent, "detergent," is another word for soap, a special kind of soap. In this case, it's soap for washing dishes, so it's dishwashing detergent - dishwashing soap - it's the same. You can also have detergent to wash your clothes, so the special soap you use to wash your clothes in a machine would be called detergent.

Lucy puts the dishwashing detergent on a sponge. A sponge, "sponge," is a small piece of material that has holes in it and it's used for washing dishes. The water goes into the sponge, and because of these holes, the water is absorbed by the sponge, that is it stays in the sponge so it is good for cleaning.

Lucy scrubs her dishes, and then leaves "them in the drying rack to dry." To scrub, "scrub," as a verb means to clean, usually by moving your hand back and forth over what you are trying to clean. It means to clean with using some muscle, we would say - using some energy - using some force to clean it. There's also a noun, scrubs, with an "s" at the end, "scrubs," that means the clothing - the special clothing that doctors wear, especially doctors that are during surgery. They wear scrubs, that's what we call those pieces of special clothing. Often, it's blue or white clothing.

Lucy puts the dishes on the drying rack. The drying, "drying," rack, "rack," is a place where you can put the dishes so that they dry, and a drying rack is usually



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## English as a Second Language Podcast

### **A Day in the Life of Lucy** Episode 3 – Eating Breakfast

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made of plastic or metal, and it has places where you can put individual plates and usually a separate place for silverware, and you use it to dry the plates and the silverware.

Now let's listen to the story, this time at a normal speed.

[Start of story]

In the kitchen, the first thing I do is pour myself a cup of coffee and I add a little skim milk and sugar. My roommate usually makes a pot when she wakes up for both of us since she gets up first.

I go the fridge to take out the eggs. When I have time, I like to cook a hot breakfast, so I take out the frying pan, pour a little oil in it, and turn on the front burner on the stovetop. While the eggs are cooking, I put two pieces of bread into the toaster. When the eggs are nice and brown on the edges, I use a spatula to put them on a plate. Some mornings, I have to settle for some cold cereal or just toast with jam, but it's nice to start the day with a sit-down meal when I get the chance.

When I'm done, I take my plate and my silverware to the sink, where my roommate has left her breakfast dishes. Since she makes the coffee in the morning, I wash the dishes. It's a pretty good arrangement. I put a little dishwashing detergent on the sponge, scrub the dishes, and leave them in the drying rack to dry.

[End of story]

That brings us to the end of episode three of "A Day in the Life of Lucy." Episode four of this series is called "Doing Hair and Getting Dressed."

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

This course was produced by Dr. Jeff McQuillan and Dr. Lucy Tse. Copyright 2006.



**A Day in the Life of Lucy**  
Episode 4 – Doing Hair and Getting Dressed

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**GLOSSARY**

**gel** – a thick liquid, usually for one's hair or skin

\* Henry washes himself with a bar of soap but his wife prefers to use shower gel.

**volume** – the amount of space that something fills; for hair, appearing thicker and fuller

\* My hair is always so straight and flat. I wish it were curly and had more volume.

**bangs** – the short hair hanging over the forehead (the area above the eyes)

\* Her bangs are too long. They're hanging in front of her eyes and they make it difficult for her to see.

**to brush** – to make one's hair smooth by using a hairbrush

\* In many stories, princesses brush their hair 100 times before going to bed.

**hairspray** – a liquid sprayed on one's hair to hold it in the style that one wants

\* He put on so much hairspray that his hair didn't move when the wind blew.

**closet** – a very small room or a piece of furniture for storing clothes and shoes

\* This closet is very well organized. All of the clothes are separated by color and style.

**skirt** – a woman's piece of clothing that hangs from the waist with only one opening for both legs

\* In the 1800's, women wore long skirts, but now, short skirts are more common.

**blouse** – a woman's shirt with a collar and buttons down the front

\* She dresses casually most days but always wears professional-looking blouses and skirts to important office meetings.

**casual** – informal; not formal

\* I like to wear casual clothes on weekends because they are so comfortable.

**suit** – a jacket and a matching pair of pants or skirt, worn for office work

\* The only thing he doesn't like about being a banker is that he has to wear a suit to work every day.

**jeans** – pants made from heavy denim fabric, usually in blue or black

\* I recommend wearing jeans to go horseback riding. They are tough but comfortable.



**A Day in the Life of Lucy**  
Episode 4 – Doing Hair and Getting Dressed

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**sweater** – a heavy, knitted shirt made of cotton or wool yarn (material that looks like a thick string)

\* This sweater my mother made for me is really warm so I wear it often during the winter.

**t-shirt** – a comfortable, casual, short-sleeved cotton shirt, often with a design or logo on the front

\* All of the runners in the race will get t-shirts with the race logo on the front to keep as souvenirs.

**shorts** – pants with short legs, cut above the knee

\* It's too hot to wear pants, but if I wear shorts, I'm afraid that insects will bite my legs.

**dresser** – a piece of furniture that is used for storing clothing

\* When the dresser is empty, we know it's time to do laundry.

**drawer** – a box that pulls out of a desk or another piece of furniture and is used to store objects

\* All of their pens and pencils are in the top drawer of that desk.

**pantyhose** – a thin piece of black or skin-colored clothing worn over a woman's legs and waist, usually with a suit, skirt, or dress

\* Pantyhose are so uncomfortable! I always take them off as soon as I get home.

**tennis shoes** – athletic shoes; comfortable shoes with shoelaces (strings) holding them closed

\* In Washington, DC, many women wear tennis shoes on the subway and then change into nicer shoes at the office.

**heels** – women's formal shoes with a stick under the back of the shoe to make one seem taller

\* The model was wearing very high heels when she fell down and hurt her ankle.





**A Day in the Life of Lucy**  
Episode 4 – Doing Hair and Getting Dressed

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode four: Doing Hair and Getting Dressed.

I'm your host, Dr. Jeff McQuillan, from the Center for Educational Development in beautiful Los Angeles, California. In episode three, Lucy ate breakfast; in this episode, she does her hair and gets dressed. Let's start.

[Start of story]

I go back into the bathroom to finish doing my hair. Before I put the hot curlers in, I had put a little gel in my hair to give it some volume. I also like to use my hairdryer to give my bangs a little more shape. I take out the curlers one by one and brush through them into the style I like. I finish it off with a little hairspray and I'm ready to get dressed.

In my bedroom, I look in my closet for a skirt and blouse to match. The office I work in is pretty casual so I don't need to wear a suit to work. On Fridays, we're allowed to be even more casual so most people wear jeans and sweaters to the office, but no one dares to show up in t-shirts and shorts. I put on the skirt and blouse and open the top dresser drawer to get some pantyhose. I wish I could wear my tennis shoes to work, but I pick out a pair of heels and put them on. I was ready to go.

[End of story]

Episode four is entitled "Doing Hair and Getting Dressed." Lucy begins by going "into the bathroom to finish doing" her "hair." To do your hair means to make your hair look nice. We may also say, "to fix your hair," but the most common expression is "to do your hair." Well, if you remember from a previous episode, Lucy had put hot curlers, or hot rollers. A roller, "roller," is another name for a curler, and those are things that women put in their hair so that their hair is not straight, it has curls in it.

Lucy now needs "to finish doing" her "hair." She says that "Before" she "put the hot rollers," or the hot curlers, "in," she "had put a little gel in" her "hair to give it some extra volume." Gel, "gel," is a thick liquid that you put on your hair. Sometimes you put it on your hair because you want your hair to go in a certain way - you want it to be flat, for example, you put the gel on top. It's a thick liquid.



## **A Day in the Life of Lucy**

### **Episode 4 – Doing Hair and Getting Dressed**

When I was in high school, back in the 1950s, it was very popular for high school students to have gel - a type of gel in their hair. Maybe one of the more famous movies in the United States about 1950s and 1960s in high school was called Grease, "Grease." And in Grease, which starred, I think, Olivia Newton-John and John Travolta - I'm not sure, I, as a man, have not watched it as much as most American girls and women have - but in the movie, I remember that the boys had gel - a type of gel on their hair to make it very flat on their head.

Getting back to Lucy, she says that she "put a little gel in" her "hair to give it some" extra "volume." Volume, "volume," means she made it thicker, or fuller, or bigger. To add volume to your hair means to make it thicker.

She also likes "to use" her "hair dryer to give" her "bangs a little more shape." Bangs, "bangs," (always plural) is the hair that is on the part of your head above your eyes, between your eyes and the top of your head. We call that part of your head your forehead, "forehead." So, bangs are hair that goes over your forehead.

Lucy is trying "to give" her "bangs little more shape," that is she doesn't want them just flat; she wants to give them a different shape than what they have right now. So, she takes "out the curlers," meaning she removes the curlers from her hair, "one by one" and brushes her hair into the style that she likes. To brush, "brush," as a verb, means to take something and put it through your hair so that your hair goes in a certain direction. The noun brush, "brush," is the thing that you put in your hair. We also use the word brush for someone who is painting. The thing you use to put paint on wall or on a picture; that would be also called a brush, a paintbrush. This is a hairbrush.

Lucy likes to "finish it off," meaning she likes to finish doing her hair, "with a little hairspray." Hairspray, "hairspray," (one word) is liquid that you put on a large area. In order to make the liquid go in a larger area, you spray it on, and you spray it by using something called a nozzle. The bottle that has the hairspray, on the top has a nozzle, "nozzle," and a nozzle is something that takes the liquid and spreads it out - puts it over a wider area.

So, this is hairspray that Lucy is putting on her head. It's a liquid that keeps the hair in the same place so that if you go outside in the wind, your hair doesn't get, we'd say, messed up. To mess, "mess," up your hair means that your hair goes in a different style or it moves so that it doesn't look good. Again, if you don't have hair like me, you don't have to worry about this!



**A Day in the Life of Lucy**  
Episode 4 – Doing Hair and Getting Dressed

Lucy goes into her bedroom and looks in her closet for a skirt and a blouse to wear. A closet, "closet," is a space in your bedroom where you can keep your clothes. The clothes that you put in a closet are usually ones that you hang, "hang." To hang your clothes means to put them on something so that the clothes are not folded, they are vertical and they are hanging down from a bar - a pole that is at the top of your closet. The thing you put your clothes on is called a hanger, "hanger."

So, you put your clothes, or you hang your clothes on a clothes hanger, and you put them into your closet. Closets can also just be places to store things - to keep things. It's like a big box in your room, but it's very tall, usually as tall as the person or taller.

In Lucy's closet, she's looking for a skirt and a blouse that match. Remember, to match means the clothes have the similar or same colors. A skirt, "skirt," is a piece of clothing that goes around a woman's waist - in the middle of her body - and then it goes down and covers the top of her legs, or perhaps all of her legs. You can have a long skirt that goes all the way down to the bottom of your leg; you could have a short skirt that goes up only covering the top of your legs.

Lucy's looking for a skirt and a blouse. A blouse, "blouse," is a special kind of shirt that a woman wears. Usually it is a shirt that has a collar, "collar," on the top. A collar is the part of the shirt near the neck, and it makes the shirt look a little more formal. A woman's blouse also usually has buttons in the front so that when you put the blouse on, you put the buttons together to keep the shirt on your body. We say you fasten the buttons, "fasten." You fasten the buttons so that the shirt stays on. Buttons are little pieces of plastic or metal that go usually through a hole and that keeps the shirt on. A men's formal shirt would also have buttons and a collar; for a woman, we call it a blouse.

Lucy says, "The office" she works "in is pretty casual," or very casual. To be casual, "casual," means to be less formal - to be informal - to be more relaxed. Because Lucy works in an office that is casual, she doesn't "need to wear a suit to work." A suit "suit," for a woman is a formal piece, or a formal set of clothing, usually with a blouse, and then you have a jacket over the blouse, and then you have a nice skirt or pants that go with the jacket; this is a suit. For men, when they wear a suit, usually they have shirt, pants, jacket, and a tie.

Lucy says that "On Fridays," she is "allowed to be even more casual," and many people at her work "wear jeans and sweaters to the office." To wear means to have on your body. Jeans, "jeans," are a popular type of informal pants.



**A Day in the Life of Lucy**  
Episode 4 – Doing Hair and Getting Dressed

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Perhaps the most famous type of jeans are Levi's, and they're usually blue, and sometimes black. Sweaters, "sweaters," are like very warm shirts - shirts that keep you warm. Often, you put a shirt on and then if you are cold you put a sweater on top of your shirt.

Lucy says, "no one dares to show up in t-shirts and shorts." The expression to dare, "dare," to do something means that no one attempts to do that. The verb, to dare to, means that it is something that you shouldn't do or it is something that is risky, you could get in trouble. Your mother may say, "Don't you dare go to the movies tonight," she would mean you better not - you are not allowed to go to the movie, if you do, you will be in big trouble - you will have a lot of problems from me.

Well, the story says that "no one" at Lucy's work "dares to show up" or to go to work "in t-shirts and shorts." T-shirts, "t-shirts," are shirts that you wear that don't have a collar that are very informal. Shorts, "shorts," are like pants but they do not go to the bottom of your leg. They only go and cover the top of your leg, those would be shorts.

Lucy puts "on a skirt and a blouse and opens the top dresser drawer to get some pantyhose." A dresser, "dresser," is a place where you can keep clothing such as socks, underwear, shirts, perhaps some pants. You have to fold your clothes up - you have to put the clothes together and put them in the drawer. Remember, in the closet, you hang your clothes often; in a dresser, you put your clothes in a little box, which we call a drawer, "drawer." So, a dresser is a piece of furniture that has several drawers, or several boxes that you can pull out and put clothing into.

Pantyhose, "pantyhose," (one word) is like a combination of a pair of pants and a sock. It's something that women put on. Usually it goes over their feet and goes all the way up to their waist, and then they put a skirt on so that it covers the top part of their legs. Again, this is something only worn by a woman. Pantyhose are usually a color that is brown or a color of your skin, and they're a more formal type of clothing. You would use pantyhose for going to a business meeting if you were a woman. If you were a man, you wouldn't wear pantyhose unless you wanted to look like a woman, but that's a different story!

Lucy says she wishes she "could wear" her "tennis shoes to work." She wishes she could is a conditional construction, "I wish I could." I wish I could wear my tennis shoes." Tennis, "tennis," is, you probably know, a sport, but tennis shoes



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## English as a Second Language Podcast

### **A Day in the Life of Lucy** Episode 4 – Doing Hair and Getting Dressed

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are the kinds of shoes you wear to go running or to play sports or to walk around your neighborhood, you would put on tennis shoes.

Lucy can't "wear tennis shoes to work," so she has to "pick out," or select, "a pair of heels" to put on. Heels, "heels," refers here to a pair of shoes that have a little stick at the back of the shoe that makes the woman taller. We sometimes called these high heels. So, Lucy puts on a pair of high heels, or a pair of heels, and now she's ready to go to work.

Now let's listen to the story, this time at a normal speed.

[Start of story]

I go back into the bathroom to finish doing my hair. Before I put the hot curlers in, I had put a little gel in my hair to give it some volume. I also like to use my hairdryer to give my bangs a little more shape. I take out the curlers one by one and brush through them into the style I like. I finish it off with a little hairspray and I'm ready to get dressed.

In my bedroom, I look in my closet for a skirt and blouse to match. The office I work in is pretty casual so I don't need to wear a suit to work. On Fridays, we're allowed to be even more casual so most people wear jeans and sweaters to the office, but no one dares to show up in t-shirts and shorts. I put on the skirt and blouse and open the top dresser drawer to get some pantyhose. I wish I could wear my tennis shoes to work, but I pick out a pair of heels and put them on. I was ready to go.

[End of story]

We've come to the end of episode four of "A Day in the Life of Lucy: Doing Hair and Getting Dressed." In episode five, Lucy takes public transportation to work.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

This course was produced by Dr. Jeff McQuillan and Dr. Lucy Tse. Copyright 2006.



**A Day in the Life of Lucy:**  
Episode 5 – Taking Public Transportation to Work

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**GLOSSARY**

**subway station** – a location for entering and exiting underground trains in a city

\* In New York City, there are subway stations on all of the important streets.

**to swipe** – to quickly pass a card through a machine that reads it

\* He was so embarrassed when the salesman swiped his debit card and the machine said that he didn't have any money in his account.

**monthly pass** – a card that gives someone unlimited access to something for one month

\* Riding the bus to work costs \$2.50 each day, but I can save money if I buy a monthly pass for \$45.

**turnstile** – a piece of metal that turns in a circle and lets people walk through an entrance only one at a time

\* It is difficult to walk through a turnstile while you're carrying a baby and a shopping bag.

**platform** – the flat area where people stand while waiting for a train to come

\* When you're waiting on the platform, don't stand too close to the trains. It's dangerous!

**express** – fast; a type of train or bus that moves quickly and doesn't stop in very many places

\* It takes 50 minutes to get to work on the regular train, but the express train takes us there in only 35.

**handrail** – something to hold onto while standing in a moving bus or train

\* The child forgot to hold onto the handrail and almost fell down when the bus started moving.

**stop** – a place where a bus or train stops moving to let people get on or get off

\* His apartment is just two bus stops away from the university.

**to transfer** – to move to a different bus or train during a trip

\* You're on the blue subway line. When you reach the Rosslyn stop, transfer to the orange line.



**A Day in the Life of Lucy:**  
Episode 5 – Taking Public Transportation to Work

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**to get off** – to exit, usually from a bus or train

\* I got off the bus at Fifth Street and Madison Avenue because my office is nearby.

**exit** – a door or an area for leaving a building

\* Exits are usually marked with green lights so that people can find them in an emergency.

**to get on** – to enter, usually a bus or train

\* When she got on the bus, she had to go to the back to find a seat.

**bus pass** – a card that allows someone to ride the bus

\* The university gives all of its students free bus passes because it wants them to use public transportation.

**on board** – on a bus, train, or boat

\* That bus is really full! I wonder how many people are on board.

**route** – the path that a bus takes through a city; the roads that a car travels from one place to another

\* The bus has to take a different route today because of the road construction.

**to signal** – to make a movement or sound to send a message to someone

\* That driver should receive a traffic ticket for not signaling his turns.

**to pull up to** – to stop at; to stop beside; to arrive at; to come to

\* He pulled up to the traffic light and waited for the old woman to cross the road.

**block** – a square group of buildings with streets on all four sides; the area with four streets around it

\* This block has two restaurants, one museum, an office building, and a small library.



**A Day in the Life of Lucy:**  
Episode 5 – Taking Public Transportation to Work

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode five: Taking Public Transportation to Work.

Hello, I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In episode four, we heard how Lucy got ready for work, did her hair and got dressed. In this episode, we're going to follow her to work while she takes public transportation. Let's get started.

[Start of story]

I like my job but it takes over an hour to get there from my part of town. First, I walk three blocks to the subway station and swipe my monthly pass to get through the turnstile. I wait on the platform for the first express train. I get on and since it's so crowded during the morning hours, there aren't any seats and I stand, holding onto a handrail. At my stop, I get off and transfer to a second train that will get me to Union Station. This one isn't as crowded and I manage to find a seat.

When the train gets to Union Station, I get off the train, go up the stairs, and go out of the front exit to the bus stop. I get on the B bus to downtown and show my bus pass to the bus driver. I sit down near the front of the bus and when three more people get on board, the driver starts on the route. When we get close to my stop, I press the button to signal to the driver that I need to get off and the bus pulls up to the next stop. I get off and walk half a block to the building where I work. It's a long commute, but I look around every morning and I see that I'm not the only one who has to do it.

[End of story]

Episode five is called "Taking Public Transportation to Work." Public transportation is anything that the government runs or operates, such as buses, trains, and subways.

Lucy says that she likes her job but that "it takes over an hour to get there from" her "part of town." To get there means to arrive. Her part of town is her area of town. "First," she says, she walks "three blocks to the subway station" and swipes her "monthly pass to get through the turnstile." A subway, "subway," (one word) is a train, usually that goes underneath the ground. In some cities, such as





## **A Day in the Life of Lucy:** Episode 5 – Taking Public Transportation to Work

Chicago, they have an elevated train, which they call the El. Subways are usually, however, below the ground; they're underground. In fact, in London, the subway is called the Underground or the Tube.

In this story, Lucy walks to the subway station. A station, "station," is a place where you can get on and off the subway; that's called a subway station. To get into the subway station, Lucy swipes her monthly pass. To swipe, "swipe," means to take a card, such as a credit card, and to put it through a machine very quickly so that the machine can read or understand the information on the card.

In the subway system, Lucy has a monthly pass, "pass." A pass is like a ticket; it's a ticket for an entire month - for thirty days. So, she swipes the card through the card reader, we would call it, and that card is her monthly pass.

After she swipes her monthly pass, she can walk through the turnstile. The turnstile, "turnstile," (one word) is a machine that prevents you from walking through somewhere. It has a bar and after you pay, you can then push the bar and the bar will move forward - the bar is just a piece of metal - and then, the next person has to pay and they can push through with the turnstile. One person goes through at a time, and you'll find turnstiles at subway stations, sometimes at train stations. If you don't have any money, you can just jump over the turnstile. I would not recommend that, however, because they might arrest you if you don't pay!

Lucy says she waits "on the platform for the first express train." The platform, "platform," (one word) is the place where you wait for the train or the subway to stop, and then the doors open and you walk onto the train. The platform is the place where you wait right next to the tracks, "tracks." The tracks are what the trains go on.

Lucy is at the platform and she's waiting "for the first express train." Express, "express," here means the train that makes the fewest number of stops. Express trains, such as in New York, will only stop at some of the subway stations, not at all of them. If you want a subway train that stops at all the stations, you would get what we would call a local train. This is true especially in New York City; if you look at their map of the subway, you will see that some subway trains are express, meaning they make fewer stops - they don't stop at every subway station - and some are local.

Lucy gets "on and since it's so crowded," or because there are so many people there, "there aren't any seats" and so she has to stand, and she stands by



## **A Day in the Life of Lucy:**

### **Episode 5 – Taking Public Transportation to Work**

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"holding onto a handrail," "handrail," (one word). A handrail is a piece of metal that is in a subway train that you can grab onto. You can hold your hand around this piece of metal so that you don't fall when the train goes forward and stops; this is called a handrail because it's where you put your hand. Of course, you could also put your hand on the person next to you, but they may not like that, so use the handrail!

Lucy says that at her stop, or the place where she leaves the train - leaves the subway - she gets off, or exits, and transfers "to a second train." To transfer, "transfer," as a verb, means to go from one train to another or from one bus to another. Your train may not go all the way where you want to go, so you may need to transfer to a different train.

Lucy says that she needs to take a second train in order to get to her final destination, which is Union Station. Union Station is a train station in downtown Los Angeles. This train, Lucy says, "isn't as crowded" - there aren't as many people - it "isn't as crowded" and she manages "to find a seat" - she is able to find a seat.

"When the train gets to Union Station," Lucy gets off, or exits - leaves "the train, goes up the stairs" - walks up the stairs - and goes out "the front exit to the bus stop." The front exit, "exit," as a noun, means the door where you leave. You can also use exit as a verb to mean to leave.

Lucy walks out "the front exit to the bus stop." The bus stop is the place where, you can guess, the bus stops to pick up people and to drop them off, or to leave them. The bus stop is like the subway station, but we don't call it the bus station; we call it the bus stop. There is actually an expression, the bus station, but that's a place where you take a bus to another city; that would be a bus station. Usually there's only one or two of those. A bus stop is anywhere or anyplace where the bus stops to let people on the bus and let people off the bus.

Lucy gets "on the B" - the letter "B" - "bus to downtown and" shows her "bus pass to the bus driver." Your bus pass is like your subway pass. In this case, you show the pass to the driver; the driver looks at the pass to see that it is a good pass. Lucy then sits "down near the front of the bus and three more people get on board." On board, "board," means to be on a train, or a plane, or a bus, or a ship. You may say, "I need to get on board my plane," that means you need to get onto your plane - you need to go into your plane.



## **A Day in the Life of Lucy:**

### **Episode 5 – Taking Public Transportation to Work**

Here, Lucy talks about three people getting on board, or coming onto and sitting in the bus. After "three more people get on board," or get on the bus, "the driver starts on the route." The route, "route," sometimes called the route (pronounced "root"), both pronunciations are possible, is the path or the direction that the bus goes. It goes down Main Street, then goes on First Street, then goes down Central Avenue, then takes a left on Seventh Street, and comes back on Waterview Drive. That would be a route, the streets where the bus goes. In general, a route is a list of the streets or freeways or roads that you take to get somewhere.

Lucy says when she gets close to her stop, she presses "the button to signal to the driver that" she needs "to get off." To signal, "signal," means to indicate - to tell the driver that she needs to get off. In many American buses, there's a button or sometimes there's a string that you pull, and it makes a noise in the front of the bus, and that allows the bus driver to know that you want to get off. It tells the bus driver that you want to get off at the next stop. You can also ask the driver, "Can I get off at the next stop?" Remember, a stop is anywhere the bus goes to pick up or let out people.

Well, Lucy signals to the driver that she needs to get off at the next stop, and "the bus pulls up to the next stop." To pull up (two words) means to dive up - to go to. We use that verb especially when we are talking about cars or buses. Your car can pull up to the house; that means it drives up to the street where your house is and it stops. The idea of pulling up usually means go forward and then stop.

Lucy gets off, or leaves the bus, and walks a "half a block to the building where" she works. A block, "block," is the area between two streets. In most American cities, the blocks are square, so you have two streets on both sides and that whole thing is called a block. The block that I live on is not square; it's a very strange, unusual shape, but most cities have blocks that are square. We also use that expression when we are talking about distance. Someone may say, "How many blocks is it to the train station?" You could say, "It is four blocks from here," meaning you have to walk four streets to get there.

Lucy says that she has "a long commute, but" she looks "around every morning" - she looks at the other people - and she sees that she is "not the only one who has to do it," meaning there are many people who have to commute a long distance. Some companies now allow their employees to telecommute. Telecommute, "telecommute," (one word) means that you work at home but you call the office to talk to people.



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## English as a Second Language Podcast

### **A Day in the Life of Lucy:** Episode 5 – Taking Public Transportation to Work

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Now let's listen to the episode, this time at a normal speed.

[Start of story]

I like my job but it takes over an hour to get there from my part of town. First, I walk three blocks to the subway station and swipe my monthly pass to get through the turnstile. I wait on the platform for the first express train. I get on and since it's so crowded during the morning hours, there aren't any seats and I stand, holding onto a handrail. At my stop, I get off and transfer to a second train that will get me to Union Station. This one isn't as crowded and I manage to find a seat.

When the train gets to Union Station, I get off the train, go up the stairs, and go out of the front exit to the bus stop. I get on the B bus to downtown and show my bus pass to the bus driver. I sit down near the front of the bus and when three more people get on board, the driver starts on the route. When we get close to my stop, I press the button to signal to the driver that I need to get off and the bus pulls up to the next stop. I get off and walk half a block to the building where I work. It's a long commute, but I look around every morning and I see that I'm not the only one who has to do it.

[End of story]

That's the end of episode five of "A Day in the Life of Lucy." In our next episode, episode six, Lucy goes to her desk - to her office, and she goes to lunch.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

This course was produced by Dr. Jeff McQuillan and Dr. Lucy Tse. Copyright 2006.



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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**GLOSSARY**

**cubicle** – a small work area made from four low walls that do not reach all the way to the ceiling

\* At this company, only the president has an office. Everyone else works in cubicles.

**to boot up** – to turn on a computer or another electronic machine

\* Every morning, he takes off his jacket and pours a cup of coffee while his computer is booting up.

**agenda** – schedule; calendar

\* I gave my assistant access to my agenda so that he can schedule meetings for me.

**inbox** – the electronic space that holds unread emails and emails that have not yet been filed or deleted; a box or area on one's desk where other people can leave new things for one to read or to act on

\* I looked in my inbox just a few minutes ago but I still hadn't received your email.

**inter-office** – within an office (not among offices); inside one office

\* He likes delivering inter-office mail, because it lets him walk around during the day when he gets tired of sitting at his desk.

**to start in** – to begin to work on a project; to begin to sort through something

\* She decided to start in by reading the proposals. She would call the consultants later.

**conference call** – a phone call with more than two person on the line

\* The conference call had participants from Japan, France, and the United States. It was early in the morning for some, and late in the evening for others.

**head office** – the main office building in a company with offices in more than one location

\* All of the company's important decisions are made at the head office.

**lunch hour** – an hour during the day when an employee eats lunch, often 12:00-1:00 p.m.

\* When the weather is nice, I spend my lunch hour eating outside.



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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**to pack a lunch** – to bring food from home to eat at the office or at school during the lunch break

\* Walking on that mountain may take most of the day so we decided to pack a lunch in case we get hungry.

**supervisor** – boss; manager; a person who has responsibility over the work of other employees

\* The clerks at the store think Randolph is a wonderful supervisor because he is understanding even when they make mistakes.

**to head down** – to walk downstairs; to walk along a hallway

\* To get to the museum, you need to head down Main Street and then turn right onto Second Avenue.

**host(ess)** – a restaurant employee who takes customers to their tables

\* The hostess said that we should sit here but I'd rather sit by the window.

**entree** – the main dish; the main course; the main food that one orders at a restaurant

\* I don't think I can finish an entree by myself. Do you want to share the baked chicken or the vegetable pasta?

**appetizers** – small dishes of food that are eaten before the main dish

\* Let's order a few appetizers while we're waiting for the rest of the group to get here. I'm hungry!

**to wave (someone) down** – to get someone's attention by waving one's hand in the air

\* Quick! Wave her down before she leaves! She forgot her bag.

**to split the check** – to pay a restaurant bill in equal parts; to pay for only those things one orders

\* On their date, Tanya wanted to split the check but Sam insisted on paying for the whole meal.

**quitting time** – the end of the business day; time to leave work and go home

\* At quitting time, he remembered to call his wife to ask if she would like him to buy anything at the store on his way home.



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode six: At My Desk and at Lunch.

Hello, I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In episode five of our series, Lucy took public transportation to her work. In this episode, she's going to work and go to lunch. Let's get started.

[Start of story]

I get to the office and sit down at my desk. I share a cubicle with another employee, Jim, but he only works in the afternoons so we don't usually get in each other's way too much. I boot up my computer and look at my agenda for today. I had about 30 new emails in my inbox but I decide not to read them right away. There were some new inter-office paperwork in my inbox too, but I decide to look at them a little later. First, I wanted to start in on a report that I had to finish today. I had a conference call at the end of the day with the head office, but I had most of the day to get it done.

Before long, it was the lunch hour. I didn't pack a lunch so I ask my supervisor if she wanted to have lunch together. We head down the street to a sit-down restaurant. The hostess shows us to a table in the back of the restaurant. The waiter arrives a few minutes later and we order entrees, no appetizers, since we need to get back by 1:00. The waiter was very busy so I had to wave him down to get the check. He brought the bill, and my supervisor and I split the check. We walk back to the office and I get back to work. Just four more hours until quitting time!

[End of story]

Episode six is called "At My Desk and at Lunch." When we say we are at our desk, we mean we are sitting next to or by our desk.

Lucy gets to the office and sits down at her desk. She shares "a cubicle with another employee." A cubicle, "cubicle," is a small space in a big office where you have walls that divide the different employees. They don't have a separate office; they don't usually have a door, but they do have walls - three walls around them so they have some privacy - they have some quiet to work. But, the



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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cubicles are in a larger office, so it's like a small part of an office that one person can work at or two people can work at.

In the Lucy's case, she shares her cubicle with someone else, "but he only works in the afternoons so" they "don't usually get in each other's way too much." To get in someone else's way means that you are interfering with each other - you are causing problems for each other.

Lucy says that she boots up her computer and looks at her agenda for the day. To boot, "boot," up (two words) means to start your computer - to turn your computer on. Your agenda, "agenda," is a list of things - a schedule of things that you need to do today: appointments, phone calls, and so forth; all of these would be part of your agenda.

Lucy says that she "had about 30 new emails in" her "inbox." Your inbox, "inbox," is in your email program, and that is the place where you find the messages that people have sent you. You can also have a inbox where you put papers that you have to work on. The opposite of the inbox would be the out box.

Lucy says that there are "some new inter-office paperwork in" her "inbox too." Inter-office, "inter-office," means between offices. Inter means between two different offices. So, inter-office paperwork would be things, letters, memos, other business forms that you would give to another office in your company. If you are in the accounting department, you take care of the money; you might send information to the sales department; that would be inter-office paperwork.

Paperwork, "paperwork," (one word) just refers to any form, letter, memo, anything on paper that is related to your business. Sometimes people use this expression, paperwork, to describe unnecessary forms or paper forms that you have to complete that cause a lot of problems - that take a lot of time. Someone may say, "There's too much paperwork to get a visa to the United States" - a lot of paperwork.

There's a joke in offices about putting paperwork in the circular file. A file, "file," is usually a place where you put business documents that are related to each other. Circular, "circular," means round. The expression, circular file, refers to a wastebasket or a trash basket, a place where you would get rid of something - throw something away. So, someone may say, "Well, I'm going to put this in my circular file," that is I'm going to throw it away. Of course, it's not really a file. If it were a file, you would keep it in a filing cabinet. I worked at a job, many years





**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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ago, where I had a small cubicle and we had lots of paperwork. Many times, we would joke about putting some of the sales paperwork into the circular file because it was more work for us to have to read it.

Lucy says that she "wanted to start in on a report that" she "had to finish today." To start in (two words) means to begin - to begin working on something - to start something. "I want to start in on the report" - I want to begin working on the report. We often use this verb when we are talking about a big project or a project that is going to take a lot of time.

Lucy says that she has "a conference call at the end of the day with the head office." A conference call, "conference," call is when you have three or more people talking on the telephone together at the same time. You can have a conference call of three, four, ten, perhaps even more people, although it is difficult to hear everyone if you have more than five or six people talking. A conference call is a way that businesses save money, of course, so they can have a meeting without actually having to leave your office. To me, that is the best meeting, when I don't actually have to go to it.

Lucy says that she has "a conference call at the end of the day," meaning during the last part of the day, "with the head office." The head office is the main office. It's the headquarters for your company. It's the most important office, the biggest office, usually. She does not work at the head office, we can guess, she probably works at what we would call a branch of the company, "branch," a branch. The word branch is the same word we use for a tree - the different parts of the tree - the arms of the tree we call the branches. They're smaller parts of the bigger tree. This is a branch office; it's a smaller office, part of a larger company.

Lucy says that "Before long, it was the lunch hour." Before long means very soon afterwards. "Before long, it was the lunch hour," and the lunch hour is the time that you eat your middle of the day meal - your lunch. Some companies have a thirty minute lunch hour. Some companies have an hour lunch hour. Some companies don't have a set lunch hour for the more important bosses, they may go on a long lunch, especially if it is a meeting - a business lunch we would call it.

In Lucy's story, she says that she "didn't pack a lunch," so she asks her "supervisor if she wanted to" go with her to lunch. To pack, "pack," a lunch means to make food at home, put it in a bag or a small box, and bring it to work; that's packing a lunch. Lucy says that she asked her "supervisor if she wanted to



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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have lunch together." A supervisor, "supervisor," is another name for your boss - the person who tells you what to do. In my life, that would be my wife!

Lucy says that she and her supervisor "head down the street to a sit-down restaurant." To head, "head," somewhere means to go somewhere or to go in the direction of something. To "head down the street" just means to go down or to walk, in this case, on "the street to a sit-down restaurant," a restaurant where you can have a more formal meal.

"The hostess shows" them "to a table in the back of the restaurant." A hostess, "hostess," is the woman, in this case, in a restaurant that says hello to you when you come in the restaurant - that greets you, and she asks how many people are in your party, meaning how big is your group - how many people are in your group, and then she takes you to a table. The male version of this would be a host, "host." So, a hostess is always a woman and host is a man.

In very expensive restaurants - in what we would call fancy restaurants, restaurants where you have to dress very nicely and you pay a lot of money for your food, they sometimes have what's called the maitre d', a maitre d', which is the person that takes reservations and shows you to your table.

In this story, the hostess shows Lucy and her supervisor "to a table." To show someone to a table means to take them to a table. When I go into a restaurant, sometimes they look at me and they show me the door, meaning they take me to the door and say, "Goodbye, we don't want you in our restaurant." Happens to me all the time, I'm not sure why.

"The waiter arrives" at their table "a few minutes later" and Lucy and her boss "order entrees," not "appetizers." An entree, "entree," is the main part of your meal, what we would call the main course, "course." Your meal has different parts. There's the main course, which is the entree, that's the biggest part of the meal where you would get, for example, chicken or steak or the largest part of the food you are eating. An appetizer, "appetizer," is something you eat at the beginning of the meal, usually it's a smaller portion of food. Perhaps you would have some vegetables, or in many restaurants, they have appetizers that are fried food - food that you put in oil to make them brown. These are appetizers; they are things that you eat before your entree - your main meal.

Lucy and her boss "need to get back" or to return "by 1:00," so they do not have time to have an appetizer. After they finished their meal, Lucy waved down the waiter. She says "The waiter was very busy so I had to wave him down." To



**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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wave, "wave," someone down means that you put your hand up in the air or you say something to tell the person that you want him to come over to you. To wave someone down could also be used, for example, if you had problems with your car. Your car stopped working, we would say it broke down, and you park on the side of the road and you try to wave someone down to help you. You wave your arm - you move your arm back and forth to get someone's attention.

The waiter "brought the bill," and Lucy and her supervisor "split the check." To split, "split," is the same as divide. The check, of course, is the bill - how much money you owe. So, to split the check means to divide the check; each person pays for the food that they ate.

Lucy and her supervisor walk back to their office. Lucy says, "Just four more hours until quitting time!" Quitting time is the time that you stop working. We're going to stop talking and now listen to the story at a normal speed.

[Start of story]

I get to the office and sit down at my desk. I share a cubicle with another employee, Jim, but he only works in the afternoons so we don't usually get in each other's way too much. I boot up my computer and look at my agenda for today. I had about 30 new emails in my inbox but I decide not to read them right away. There were some new inter-office paperwork in my inbox too, but I decide to look at them a little later. First, I wanted to start in on a report that I had to finish today. I had a conference call at the end of the day with the head office, but I had most of the day to get it done.

Before long, it was the lunch hour. I didn't pack a lunch so I ask my supervisor if she wanted to have lunch together. We head down the street to a sit-down restaurant. The hostess shows us to a table in the back of the restaurant. The waiter arrives a few minutes later and we order entrees, no appetizers, since we need to get back by 1:00. The waiter was very busy so I had to wave him down to get the check. He brought the bill, and my supervisor and I split the check. We walk back to the office and I get back to work. Just four more hours until quitting time!

[End of story]

That brings us to the end of episode six of "A Day in the Life of Lucy." In episode seven, we're going to go to the bank and the market.



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English as a Second Language Podcast

**A Day in the Life of Lucy**  
Episode 6 – At My Desk and at Lunch

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**A Day in the Life of Lucy**  
Episode 7 – The Bank and The Market

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**GLOSSARY**

**bank** – a business where people can put their money for safety and that helps people borrow money

\* When their daughter was born, they went to the bank and opened a new savings account to start saving for college.

**to stand in line** – to wait in a line of people, one in front of the other

\* They enjoyed their trip to Disneyland but they didn't like standing in line for all of the rides.

**deposit** – money placed in a bank account

\* She always makes a deposit into her account as soon as she gets paid.

**paycheck** – a check received as payment for work done

\* We receive our paychecks on the 1<sup>st</sup> and 15<sup>th</sup> of every month.

**turn** – the time when someone is allowed or supposed to do something

\* The children all wanted to play on the swings but there were more children than swings, so they took turns.

**teller** – a bank employee who works behind a window, taking deposits and giving cash to customers

\* Bank tellers are trained to know what to do in case of a bank robbery.

**account** – the collection of one person's money at a bank

\* These days, we can check how much is in each of our accounts online.

**balance** – the amount of money that someone has in a bank account

\* They always try to keep a balance of at least \$500 so that they will have money if there is an emergency.

**receipt** – a small piece of paper that records a transaction (money spent or received)

\* If something is wrong with what you bought you will need the receipt to return it to the store to get your money back.

**market** – grocery store; a store that sells food and other household things

\* This market has the freshest fruits and vegetables in town.



**A Day in the Life of Lucy**  
Episode 7 – The Bank and The Market

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**cart** – a large container on wheels that is used to carry food purchases in a market and to one's car

\* One of the wheels on this shopping cart is broken so it's very difficult to push it.

**produce** – fresh fruits and vegetables

\* There was a sale on grapes in the produce department so I bought two bags of them.

**to load up** – to buy a large quantity of something

\* When they heard that a storm was coming, they loaded up on batteries, fresh water, and candles.

**cooked** – food that has already been prepared; food that can be eaten right away or only needs to be heated to eat

\* I always buy cooked beans because cooking them at home takes too long.

**checkout stands** – the place where one pays for food bought at a market

\* Can you see which checkout stand has the shortest line?

**cashier** – the store employee who takes customers' money and gives them receipts

\* The cashier wasn't paying attention and gave me too much change.

**to ring (someone) up** – to process a transaction; to add up the total amount of someone's purchases, take the payment, and provide a receipt

\* The salesperson couldn't ring me up because the computer wasn't working.

**bagger** – the store employee who puts a customer's purchases into a plastic or paper bag

\* No baggers were available this afternoon so I had to put the groceries in the bags by myself.



**A Day in the Life of Lucy**  
Episode 7 – The Bank and The Market

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode seven: The Bank and The Market.

Hello, I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In the last episode of this series, Lucy went to work and had lunch. In this episode, she's going to come home from work, but first go to the bank and to the market. Let's get started.

[Start of story]

I left at work at exactly five o'clock because I wanted to make it to the bank before it closed at 5:30. Fortunately, it's on the way to the bus stop. I get to the bank and I stand in line. I fill out a deposit envelope and sign the back of my paycheck while I wait my turn. When I get to the front of the line, I hand the teller the envelope and I ask her if she could tell how much I had in my account. She told me my balance and handed me my receipt.

I ride the bus and the subway home. I realize that I need a few things at the market and stop at one on the way there. I pick up a cart as soon as I walk in and go to the produce department to load up on fruit, some apples and bananas. I look around to see what kind of cooked foods they have. I'm feeling lazy and I don't want to cook tonight. I pick up a sandwich and I head for the checkout stands. I get into the shortest line and the cashier rings me up. She gives me my change and the bagger hands me my bags. I walk the two blocks to my apartment and I'm ready for a relaxing evening at home.

[End of story]

The title of this episode is "The Bank and The Market."

Lucy says she left "work at exactly five o'clock," we might also say precisely at five o'clock - not 5:01, not 4:59, but five o'clock. Another way of expressing that is five o'clock on the dot, "dot." On the dot means the same as exactly at that time.

So, Lucy leaves her work at "five o'clock because," she says, she wants "to make it to the bank before it closes at 5:30." To make it, here, means to arrive at the bank. "I want to make it on time" - I want to be there on time. She wants "to



**A Day in the Life of Lucy**  
Episode 7 – The Bank and The Market

make it to the bank before it closes." The bank where you keep your money, and you are able to get money from the bank.

"Fortunately," Lucy says, the bank is "on the way to the bus stop." On the way means it is between her work and the bus stop - it is convenient for her. When we say something is on the way, we mean that it is between where you are now and where you are going.

Lucy says she gets "to the bank" and stands "in line." To stand in line means to wait in a line until it is your turn - until it is your time to talk to the person at the bank. So, Lucy is standing in line or waiting in line. I remember when I was young, I come from a big family and it was so big you had to stand in line to get food every day, and if you were last in line, you may not eat that day. So, you have to be careful when you come from a big family!

Lucy says that she filled "out a deposit envelope" and signed "the back of" her "paycheck." To fill out means to complete. A deposit envelope, "deposit," is an envelope that you use to put money into your account. It is also a verb, to deposit, which means to put something into something else; usually we are talking about money. The opposite of deposit would be withdrawal. A withdrawal, "withdrawal," is when you take money out of your bank, and the verb is to withdraw. We sometimes use that verb, to withdraw, also when, for example, a political candidate decides that they are not going to try to win an election. They can withdraw from the election - they can leave the election.

Lucy signs "the back of" her "paycheck." A paycheck, "paycheck," is a check that your company gives you that's your money that you get for working at the company. Paychecks are not as common as they were even five or ten years ago in the US. Most companies don't give you a physical paycheck - a piece of paper. Instead, they put the money electronically into your bank account. They make what we would call an electronic funds transfer. Electronic funds, "funds," transfer. Funds is just another word for money, and to transfer means to move something from one place to another.

Lucy is waiting her turn in line. Her turn, "turn," as we mentioned before, is her opportunity when she can talk to someone. Someone may say to you, "Wait your turn," they mean they are talking to someone else and they will talk to you after they finish talking to the other people.

When Lucy gets "to the front of the line" - to the beginning of the line - she hands "the teller" her "envelope." To hand, "hand," means to give something to





## **A Day in the Life of Lucy**

### **Episode 7 – The Bank and The Market**

someone with your hand. The teller, "teller," is the name of the person who works at the bank who takes your money and gives you money from your bank account. We call that person the teller.

Lucy gives the teller her envelope and asks if the teller could tell her how much money she had in her account. An account, "account," is the money that you keep with the bank, in this case. An account can also be a relationship or an agreement you have with another company. Sometimes in business, we talk about salespeople having different accounts. That's the same as different clients or different people that they sell things to - they have a relationship with them.

In this case, Lucy finds out her balance and gets her receipt. The teller told Lucy her balance, "balance." Your balance is how much money you have in your bank account. To hand her, we already know, means to give her her receipt. Receipt, "receipt," is a piece of paper that says that I am giving you this much money or this is how much money you put into your account. It's so that you can show or prove, if necessary, that you put the money into your account.

Lucy decides to take "the bus and the subway home." She realizes that she needs to get "a few things" - some things - "at the market." The market, "market," is another word for a store, usually a store that sells food. We would also call that a grocery store. Lucy stops at the grocery store - she goes to the grocery store - on her way home. The store is between her subway station and her apartment.

She picks up, or gets, a cart, "cart." A cart is like a small basket or box that you put your food into when you are shopping at the supermarket or at the market. She walks in and goes "to the produce department." Produce, "produce," is the word we use in, a supermarket or a grocery store, to refer to the fruits and vegetables; we call that the produce. A department is just a part of a store. So, you would have in a big supermarket a produce department, maybe a bakery, meat department, a fish department perhaps. These are different parts of the store.

Lucy goes "to the produce department to load up on fruit." To load up, "load," up (two words) means to get a lot of. "I'm going to load up on fruit" - I'm going to get a lot of fruit. She gets "some apples and bananas." She looks "around to see what kind of cooked foods" the market has. Cooked, "cooked," food is food that is already prepared. In American markets, many of them sell food that is already ready to eat. You can just take it home and eat it; the food is already cooked.



**A Day in the Life of Lucy**  
Episode 7 – The Bank and The Market

Could be chicken; it could be other meat; it could be soup. These are all things you can buy in many big markets - many supermarkets.

Lucy says that today she is "feeling lazy." She doesn't want to work very hard, just like me! She's "feeling lazy" and she does not "want to cook tonight." Instead, she picks up, or gets, "a sandwich" and heads "for the checkout stands." So, she's going to buy a sandwich, and after she gets it, she heads for, or she goes toward, "the checkout stands." The checkout stands are places where you pay for the food that you want to buy. The verb to checkout, "checkout," means to buy something at a store. Usually, when you go get what you want, and then you go to one place to pay for it. A stand is just another word for a place to pay for something or a place that sells something.

Lucy gets "into the shortest line and the cashier rings up" her sale - she rings her up. Of course, you want to get in the shortest line, but normally, most people are in the longest line. That's why it is the longest line, because there are more people in it. Think about that one!

Lucy is lucky and she gets in "the shortest line and the cashier," "cashier," rings her up. A cashier is the person that takes your money - that takes your cash, or your credit card, or a check. To ring, "ring," someone up means to take their money. When you are at a store and someone wants to buy something, the person figures out or calculates how much money you need to give them and they take your money. That is ringing you up.

Lucy gets her change from the cashier. Her change, "change," is the money back that you get when you give a cashier cash. So, if you buy something for 15 dollars, and you give the cashier 20 dollars, your change is five dollars. You see, I studied math when I was in school!

Lucy says that her bagger handed her her bags. A bagger, "bagger," is a person in a grocery store or a supermarket that puts the food into a bag. In most grocery stores, at least in California, they have baggers to help you. In some stores, they don't, however. You have to put your own food into a bag.

Lucy walks "two blocks to" her "apartment," and says she is "ready for a relaxing evening at home."

Now let's relax and listen to the story at a normal speed.



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## English as a Second Language Podcast

### **A Day in the Life of Lucy** Episode 7 – The Bank and The Market

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[Start of story]

I left at work at exactly five o'clock because I wanted to make it to the bank before it closed at 5:30. Fortunately, it's on the way to the bus stop. I get to the bank and I stand in line. I fill out a deposit envelope and sign the back of my paycheck while I wait my turn. When I get to the front of the line, I hand the teller the envelope and I ask her if she could tell how much I had in my account. She told me my balance and handed me my receipt.

I ride the bus and the subway home. I realize that I need a few things at the market and stop at one on the way there. I pick up a cart as soon as I walk in and go to the produce department to load up on fruit, some apples and bananas. I look around to see what kind of cooked foods they have. I'm feeling lazy and I don't want to cook tonight. I pick up a sandwich and I head for the checkout stands. I get into the shortest line and the cashier rings me up. She gives me my change and the bagger hands me my bags. I walk the two blocks to my apartment and I'm ready for a relaxing evening at home.

[End of story]

That brings us to the end of part seven of "A Day in the Life of Lucy." In part eight, Lucy is going to eat dinner and make some dessert.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

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**A Day in the Life of Lucy**  
Episode 8 – Eating Dinner and Making Dessert

---

**GLOSSARY**

**napkin** – a small piece of fabric or soft paper used to clean one's mouth during or after eating

\* Wipe your mouth with a napkin. You have tomato sauce on your lips.

**dining room** – a room with a table and chairs where people eat meals

\* They have a beautiful dining room, with a long wooden table, eight chairs, and nice paintings on the walls.

**place mat** – a rectangular piece of fabric or plastic placed on the table in front of each person, to protect the table from hot items and falling pieces of food

\* Please put a place mat under that pot so that it doesn't burn the table.

**geography** – the study of the earth's land surface, political separations between countries, populations, and other things

\* Today's geography test will test you on the capital cities in Asia.

**dessert** – something sweet eaten after a meal

\* If I finish eating the rest of my dinner, I won't have room for dessert.

**to preheat** – to heat an oven to the correct cooking temperature before placing any food inside the oven

\* Did you remember to preheat the oven? If not, the bread won't bake at the right temperature.

**oven** – a large, kitchen machine shaped like a box that heats air to cook food placed on racks (shelves) within it

\* Mom is using both racks in the oven: the top one for chicken, and the bottom one for potatoes.

**ready-made** – pre-made; pre-cooked; food that is already prepared and only needs to be heated

\* Almost everything she buys is ready-made. I guess she doesn't like to cook.

**to bake** – to cook in an oven

\* She prefers to bake fish in the oven rather than to fry it on the stove.

**cookie sheet** – a rectangular piece of metal used to bake cookies in an oven

\* The cookies were in the oven too long, and now this cookie sheet is going to be very difficult to clean.



**A Day in the Life of Lucy**  
Episode 8 – Eating Dinner and Making Dessert

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**aluminum foil** – a shiny, flat piece of aluminum that tears easily and is used to cover food not eaten

\* If you cover the edges of a pie with aluminum foil, they won't burn in the oven.

**to do the dishes** – to wash dirty plates, cups, forks, knives, spoons, pots, pans, and other things

\* Whenever the kids do the dishes, they get soapy water all over the floor.

**to shape** – to give something a shape or form; to mold something with one's hands to give it a shape or form

\* Grandma asked us to shape the cookies into small balls.

**dough** – the wet mixture of flour, sugar, eggs, and milk; bread, cookies, or cakes that have not been cooked yet

\* I don't have time to bake this cake right now. Do you think I can put the dough in the refrigerator overnight?

**oven mitts** – thick cloth or plastic gloves used to keep one's hands cool when touching a hot object

\* Don't touch that hot pan without wearing oven mitts! You'll burn your hand.

**to cool** – to become cooler; to become less hot

\* This chicken soup is really hot. Wait for it to cool before you start eating it.

**Tupperware container** – a plastic container with a lid that is used for storing food not eaten

\* I brought a Tupperware container full of potato salad to the picnic.



**A Day in the Life of Lucy**  
Episode 8 – Eating Dinner and Making Dessert

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode eight: Eating Dinner and Making Dessert.

I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In episode seven, Lucy went to the bank and to the supermarket. In this episode, she's going to eat dinner and make herself some dessert. Let's get started.

[Start of story]

When I get home, I change into my casual clothes and head for the kitchen. I grab my sandwich, a napkin, and sit down at the dining room table to eat. For my birthday last year, my brother gave me some place mats that have maps of the United States on them. I have always been bad at geography so he thought he would be funny and give me something to study while I ate. Of course, I haven't learned a thing!

I am still hungry after the sandwich and want some dessert. I preheat the oven and then take a package of ready-made cookies out of the fridge that just needed to be baked. I get out a cookie sheet and put some aluminum foil on it. I always do this when I bake because this way, I don't have to do any dishes afterwards. I could just throw away the foil. Then, I shape the dough into circles, put them on the cookie sheet, and put the pan into the oven.

After 15 minutes, I put on my oven mitts and take the pan out. The cookies smell great, but first, I need to let them cool. After 30 minutes, I put three of them on a plate and the rest of them in a Tupperware container. I'll take those to work tomorrow. That should make the day go by a little faster.

[End of story]

Episode eight is called "Eating Dinner and Making Dessert." So, we get to eat in this episode, and that's good because I am hungry!

When Lucy gets home - when she arrives home - she changes into her "casual clothes." To change, "change," into is a verb that means to take your clothes off that you have on you right now, and put on different clothes. Someone may say, "I need to go change," they mean I need to change my clothing, or to change into different clothing.



**A Day in the Life of Lucy**  
Episode 8 – Eating Dinner and Making Dessert

Lucy changes into her "casual clothes" and heads for, or goes toward, "the kitchen." She grabs her sandwich, meaning she picks it up with her hand; she also grabs a napkin. A napkin, "napkin," is a small towel that you use to wipe your face when you are eating, and to put on the top of your legs, what we would call your lap, "lap," so that if any food falls down, it doesn't get your clothes dirty. Of course, you can eat very carefully to prevent that from happening as well. But, if you don't eat carefully, then a napkin is a good idea.

Lucy sits down at her "dining room table to eat." The dining room, "dining," room (two words) is the place in your house where you eat. To dine, "dine," is to eat.

Lucy says for her "birthday last year," her "brother gave" her "some place mats that have maps of the United States on them." A place mat, "place mat," is a piece of plastic or paper, it could also be a piece of cloth - material - that you put underneath your plate - each plate on the table so that the table does not get dirty. These place mats "have maps of the United States on them." Lucy says that she has "always been bad at geography." To be bad, "bad," at something means that you are not very good at it. You could say, "I'm very bad at tennis," that means I don't play tennis very well. Or, "I'm very bad at dating. Whenever I meet a girl, she hates me after the first date," that's the story of my life!

Well, Lucy is not bad at dating, I don't think; she is "bad at geography." Geography, "geography," is the study of where things are - the location of things. It's more than that, but that's what she means here. So, Lucy's "bad at geography," and because of that, her brother "thought he would be funny" to give her "something to study while" she eats. "He thought he would be funny," meaning he was trying to make a joke - trying to be funny. "Of course," Lucy says, "I haven't learned a thing," meaning I haven't learned anything or I have learned nothing. All of those mean the same - "I haven't learned a thing."

Lucy says that she's "still hungry after" eating her sandwich and wants "some dessert." Dessert, "dessert," is usually something sweet with sugar, for example, that you eat at the end of your meal. It's what we would call your last course. After your appetizer and an entree, you can have dessert. It's my favorite part of the meal.

Lucy preheats her oven and then takes out "a package of ready-made cookies." To preheat, "preheat," means to heat, in this case, the oven to get it ready to cook something. An oven, "oven," is a place where you put food into it and you close the door, we would call the oven door, so that the food inside will cook.



## **A Day in the Life of Lucy**

### **Episode 8 – Eating Dinner and Making Dessert**

Usually, we use the verb bake, "bake," when we are using an oven. So, we cook the food, or we bake the food in the oven.

Lucy is going to bake a package of cookies - "of ready-made cookies." A package is just the container - the bag or the box where the cookies are kept. When Lucy says the cookies are ready-made, "ready-made," she means that she doesn't have to prepare them by herself. She doesn't have to get out eggs and water and flour, and make the cookies herself. Instead, she just has to take the cookie out of the package and put it on the pan and put it in the oven and it will cook.

If you make something by taking all of the, what we would call, ingredients or the things that you use to cook your food, we would say you were cooking from scratch, "scratch." To cook something from scratch means that you make the entire thing yourself.

Well, Lucy is not making cookies from scratch; she's using ready-made cookies, which she takes out of her "fridge that just need to be baked, that is they just need to be put into the oven and they will cook. She puts the cookies on a cookie sheet. A cookie sheet, "sheet," is a long, flat pan that you can use to put things on when you put them in the oven. We use that term, cookie sheet, even when we are not using it to bake cookies. You can put chicken on a cookie sheet and put it in your oven; we still call it your cookie sheet.

Lucy puts some aluminum foil on her cookie sheet. Aluminum, "aluminum," is a kind of metal. Foil, "foil," is a metal sheet - a very thin sheet of aluminum. Sometimes people just say foil instead of aluminum foil; they mean the same thing. It's like a sheet of paper but it is made of metal, and you can use it to wrap things in - to put things in. Here, Lucy is using it to keep the cookie sheet clean - to protect the cookie sheet. She says she does this because after she finishes baking her cookies, she doesn't have to wash any dishes or "to do any dishes." So, the aluminum foil protects the sheet, and so the cookie sheet doesn't get dirty - the pan doesn't get dirty. That's why she uses the aluminum foil; she doesn't have to wash, or do, any dishes. She just throws the foil away.

After she puts the foil on the cookie sheet, she shapes "the dough into circles." The dough, "dough," is a thick material - a thick substance that we use to make cookies. We also use that word, dough, when we are talking about pancakes or waffles, types of food that you would eat in the morning. Whenever you have something that you bake, such as bread or cookies, it begins with cookie dough. That's the cookie before it is baked.





## **A Day in the Life of Lucy**

### **Episode 8 – Eating Dinner and Making Dessert**

Lucy says she shapes the dough. To shape, "shape," means to change something - to take something and to make it look different. Here, Lucy is shaping "the dough into circles" - into round cookies. She puts "them on the cookie sheet," and then she puts "the pan" - the cookie sheet in "the oven."

"After about 15 minutes," Lucy puts on her "oven mitts" and takes "the pan out." An oven mitt, "mitt," is like a glove. It is a very thick piece of material, sometimes like a thick towel that you can use to pick up something that is very hot. You don't want to burn your hands, so you put on oven mitts.

We also use that word, mitts, when talking about gloves that you wear that don't have a separate space for each finger. A glove, technically, is something you put over your hand, and each finger you can move separately. With a mitt, you put your hand in and you can move your thumb, but the four fingers are all together inside the mitt. Well, this is a oven mitt, used to take hot things out of the oven.

Lucy says that "The cookies smell great," meaning they smell very good, "but first," she needs "to let them cool." To cool, "cool," is a verb, which means to lower the temperature. Something is hot needs to cool before you eat it.

"After 30 minutes," Lucy puts three cookies "on a plate" and puts "the rest of them" - the remaining cookies - "in a Tupperware container." Tupperware, "Tupperware," is a company that makes small plastic boxes - small plastic containers that you can put food into. Tupperware is a name of a company, so you have to use a capital T, "Tupperware." Even though you buy a plastic container that is not made by this company, people still call them Tupperware containers, or sometimes just Tupperware. If someone says, "I need to buy some new Tupperware," they mean they need to buy some new plastic containers for food.

Lucy says she's going to take her cookies "to work tomorrow. That should make the day go by a little faster." When we say the day will go by, "by," we mean that it will seem like the day is not very long - that time is moving very fast. Just like when you are listening to ESLPod.com courses, the day goes by much faster.

Speaking of faster, now let's listen to the story at a native rate of speech.



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## English as a Second Language Podcast

### **A Day in the Life of Lucy** Episode 8 – Eating Dinner and Making Dessert

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[Start of story]

When I get home, I change into my casual clothes and head for the kitchen. I grab my sandwich, a napkin, and sit down at the dining room table to eat. For my birthday last year, my brother gave me some place mats that have maps of the United States on them. I have always been bad at geography so he thought he would be funny and give me something to study while I ate. Of course, I haven't learned a thing!

I am still hungry after the sandwich and want some dessert. I preheat the oven and then take a package of ready-made cookies out of the fridge that just needed to be baked. I get out a cookie sheet and put some aluminum foil on it. I always do this when I bake because this way, I don't have to do any dishes afterwards. I could just throw away the foil. Then, I shape the dough into circles, put them on the cookie sheet, and put the pan into the oven.

After 15 minutes, I put on my oven mitts and take the pan out. The cookies smell great, but first, I need to let them cool. After 30 minutes, I put three of them on a plate and the rest of them in a Tupperware container. I'll take those to work tomorrow. That should make the day go by a little faster.

[End of story]

That brings us to the end of episode eight of "A Day in the Life of Lucy." In episode nine, Lucy is going to do some cleaning and relaxing.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

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**A Day in the Life of Lucy**  
Episode 9 – Cleaning and Relaxing

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**GLOSSARY**

**energetic** – full of energy; with a lot of energy; being very active

\* Many people drink coffee when they want to feel energetic in the morning.

**rag** – an old piece of fabric (cloth) used to clean things

\* His t-shirt was falling apart so he cut it into smaller pieces to use as cleaning rags.

**to dust** – to move a piece of cloth over furniture and shelves to remove the dust (dirt) that covers them

\* Can you dust the top shelves for me? I can't reach that high.

**to wipe** – to move one's hand or a piece of cloth over something to clean it

\* The man, who had been walking in the sun for an hour, wiped his hand over his forehead to stop the sweat from getting into his eyes.

**filthy** – very dirty; extremely unclean

\* Your shoes are filthy! Please take them off before going inside.

**vacuum** (also **vacuum cleaner**) – an electronic machine that has a handle and is moved on wheels to clean carpets by pulling up dirt

\* The vacuum needs to be emptied because it is full of dirt and dog hair

**to pick up** – to make something tidy and organized

\* Please pick up your room! There are clothes, toys, and books all over the floor.

**to put (things) away** – to place objects where they belong

\* After doing the laundry, Jim put away his shirts and socks.

**to mop** – to clean floors by dipping a stick with a long handle and soft material at one end into water and then moving it over the floors

\* When the spaghetti sauce spilled, she asked me to help her mop the floor.

**to scrub** – to clean something by rubbing it hard

\* This red wine won't come out of the white carpet no matter how hard I scrub.

**newscast** – a news program on television or radio

\* They often listen to the newscast on the radio while they eat breakfast.



**A Day in the Life of Lucy**  
Episode 9 – Cleaning and Relaxing

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**national news** – information about what happened in the country that day

\* I think that the local news is more interesting than the national news.

**to flip though the channels** – to quickly change television channels (stations), looking for something interesting, but not watching any one channel for very long

\* I was flipping through the channels but I stopped when I saw the news story about the plane crash.

**commercial** – an advertisement on television

\* We always turn off the sound during commercials because they are so annoying.

**reality show** – a television show with video of real people (not actors) in their daily life or in special situations

\* I wouldn't want to be in a reality show. It would be very strange to have cameras following me around all day.

**remote** (also **remote control**) – a small electronic device that has buttons to change channels and volume on televisions and stereos

\* The remote isn't working very well. Maybe it needs new batteries.

**to thumb through** – to quickly turn the pages of a book, magazine, or newspaper, looking for something interesting

\* She always thumbs through a magazine while riding the bus.

**to chat** – to talk in a friendly and informal way

\* Many teenage girls like to chat with their friends over the phone for hours.



**A Day in the Life of Lucy**  
Episode 9 – Cleaning and Relaxing

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**COMPLETE TRANSCRIPT**

You're listening to ESLPod.com's "A Day in the Life of Lucy," episode nine: Cleaning and Relaxing.

I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In episode eight of this course, we heard about Lucy eating dinner and making herself some dessert. In this episode, Lucy is going to do a little cleaning and relaxing. Let's get started.

[Start of story]

I am feeling pretty energetic when I finish my three cookies and decide to do a little cleaning. I take out a rag and start dusting the living room. I dust the TV and the lamps. I wipe the coffee table, too. The rug looked filthy so I get out the vacuum and vacuum it. I pick up around the room and put things away. The bathroom needs cleaning, too, but by this time, I am starting to feel tired. Mopping the bathroom floor and scrubbing the tub will have to wait for another day.

I turn on the TV to watch the newscast, but I missed the national news. I flip through the channels but all I see are commercials. My favorite reality show doesn't come on for another hour so I turn off the TV. I put down the remote, and pick up a magazine. I thumb through it for few minutes and then the phone rings. It's my best friend Marlene, so I put down the magazine and spend the half hour chatting with her. There's nothing like a good talk with a good friend to end a busy day.

[End of story]

Episode nine is called "Cleaning and Relaxing." Lucy starts by saying that she's "feeling pretty energetic," or very energetic. Energetic, "energetic," comes from the word energy, "energy." Energy is the same as power. When we say someone is energetic, usually we mean that they have a lot of willingness to do something - they have a lot of energy. We also use that expression, she has a lot of energy; that means she has a lot of strength to do things - she doesn't get tired very easily. It's the opposite of being tired. It's to be energetic, like the host of ESLPod.com's courses, very energetic!

"When I finish my three cookies," Lucy says, that is, when I finish eating my three cookies, I "decide to do a little cleaning," she says. So, Lucy takes "out a rag"



## **A Day in the Life of Lucy**

### **Episode 9 – Cleaning and Relaxing**

and starts "dusting the living room." A rag, "rag," or a rag, depends on what part of the country you are from, in my part of the country, we say rag, "I take out a rag and start dusting the living room." A rag is a small towel; usually it's a small towel you use for cleaning. To dust, "dust," means to take a rag or a small towel and remove the little bits of dirt, what we call dust, off of a table or television or other furniture. Dust can be both a noun as well as a verb. As a noun, it's the little dirt - pieces of dirt. As a verb, it means to remove those pieces of dirt.

Lucy says that she dusts "the TV and the lamps." She wipes "the coffee table, too." To wipe, "wipe," is similar to dust. It means taking a rag or a towel and cleaning something up. The difference is that dusting is only used when we are talking about these little pieces of dirt that you find after a few days in your house. When you say I'm going to wipe something, however, usually that means there's some water or some other dirt - something bigger than just little pieces of dust. So Lucy says she will "wipe the coffee table" also.

"The rug" that Lucy has looks "filthy." Filthy, "filthy," is another word for dirty. So, the rug on the floor looks dirty, so she gets "out the vacuum" and vacuums it. The vacuum, "vacuum," is a machine that removes dirt from the floor - from carpet or rugs - by sucking the dirt out. Vacuum can also be a verb, so when you say, "I'm going to vacuum my rugs," you mean you're going to use a vacuum to clean your rugs.

Lucy picks "up around the room and puts things away." To pick up can mean to take with your hand and grab something and lift it, but in this case, to pick up means that Lucy is going around and putting things where they belong - taking the newspaper out and throwing it away or making sure that the table looks nice, that it's been dusted. This is to pick up - to take things that don't belong in the room and move them somewhere else. When you move them somewhere else, we say that you are putting them away. So, to put something away means to put it where it belongs. Often, this means putting it in a closet or somewhere where you store it or keep it so that people can't see it. So, Lucy picks "up around the room and puts things" that don't belong there - that should not be there - "away."

"The bathroom needs cleaning" as well, Lucy says. Lucy sure does have a dirty apartment! "The bathroom needs cleaning" also, "but by this time," she says, "I'm starting to feel tired. Mopping the bathroom floor and scrubbing the tub will have to wait for another day." Mopping comes from the verb to mop, "mop." A mop is both a noun and a verb. As a noun, it is the thing you use to clean floors with water and soap. It looks a little like a broom. A broom, "broom," is what you use to clean dust and dirt off the floor. A mop is what you use with water to clean



## **A Day in the Life of Lucy**

### **Episode 9 – Cleaning and Relaxing**

a floor. So, the floor would not have a carpet or not have a rug on it, it would just be wood or linoleum or some other material.

Well, in the story Lucy says that she needs to mop her bathroom and to scrub her tub. Scrub, "scrub" is a verb, which means to clean something by using a lot of energy - by using a lot of force. Taking a towel, for example, and rubbing it back and forth several times; that would be to scrub something. Lucy says that she's too tired, so that the mopping and the scrubbing "will have to wait for another day." Or, if this were my house, it would be another year!

Lucy turns on the television "to watch the newscast." A newscast, "newscast," is the same as a news program or a television news show that you will watch usually either on your television, although you could have a newscast on the radio as well, or on a podcast.

Lucy says that she was too late to watch the national news; she "missed the national news." The national news, of course, would be news about the whole country, not just about your particular area. If it is news just about your city, we would call that local news.

Lucy flips "through the channels but all" she sees "are commercials." The channels, "channels," are the stations on the television. If you have a cable television, you may have 100, 150, 200 channels - 200 different television stations you can watch. In this case, Lucy is flipping through the channels. To flip, "flip," through the channels means to go from one channel to another, usually somewhat quickly. You want to see what programs are on the television right now, so you flip through the channels. Unfortunately, all Lucy sees "are commercials." Commercials are just advertisements. These are things that you see on television that try to get you, usually, to buy something.

"My favorite reality show," Lucy says, "doesn't come on for another hour." A reality, "reality," show, "show," is a television program that does not have professional actors or actresses; it is a show where there is a contest between people or groups of people. Lucy says her show "doesn't come on," or isn't going to be on the television, "for another hour" so she turns the television off.

She puts "down the remote." The remote, "remote," is the same as the remote control, and that's the little thing you use to change channels - to flip through the channels, means the same thing, to change channels - to flip through. It's also what you use to increase the volume - make it louder - or decrease the volume - make it quieter. This is called a remote control. Sometimes we just call it a



## **A Day in the Life of Lucy**

### **Episode 9 – Cleaning and Relaxing**

remote. In my house, for example, if I'm watching television, I have to have the remote control. If my wife has the remote, it drives me crazy!

Back to Lucy, Lucy says that she picks "up a magazine" and she thumbs "through it." To thumb through, "thumb" through (two words) means to look at a magazine or a newspaper, but you're not looking at it very closely. It's sort of like flipping through the channels. You're flipping through, or thumbing through, the magazine to see what stories are in it or what pictures are in it. That's what I do; I just look at the pictures.

After a "few minutes," Lucy's "phone rings" and it's her "best friend Marlene," and she says, "Well, come on Marlene, let's talk," and so she puts "down the magazine" and she spends a half an hour "chatting with her" friend. To chat, "chat," means to talk to someone, usually about something that isn't very important. She ends her story by saying, "There's nothing like a good talk with a good friend to end a busy day." There's nothing like means that this is the best - the best possible thing. The best possible thing is a good talk - a good conversation - with a good friend. There's nothing like listening to ESL Podcast to improve your English. There's nothing like it! I hope you agree. Even if you don't, we're going to listen to the story now at a native rate of speech.

[Start of story]

I am feeling pretty energetic when I finish my three cookies and decide to do a little cleaning. I take out a rag and start dusting the living room. I dust the TV and the lamps. I wipe the coffee table, too. The rug looked filthy so I get out the vacuum and vacuum it. I pick up around the room and put things away. The bathroom needs cleaning, too, but by this time, I am starting to feel tired. Mopping the bathroom floor and scrubbing the tub will have to wait for another day.

I turn on the TV to watch the newscast, but I missed the national news. I flip through the channels but all I see are commercials. My favorite reality show doesn't come on for another hour so I turn off the TV. I put down the remote, and pick up a magazine. I thumb through it for few minutes and then the phone rings. It's my best friend Marlene, so I put down the magazine and spend the half hour chatting with her. There's nothing like a good talk with a good friend to end a busy day.

[End of story]





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## English as a Second Language Podcast

### **A Day in the Life of Lucy** Episode 9 – Cleaning and Relaxing

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That ends our busy episode, episode nine. In our tenth and final episode, Lucy is going to get ready for bed and go to sleep.

This course has been a production of the Center for Educational Development, in beautiful Los Angeles, California. Visit our website at [eslpod.com](http://eslpod.com).

This course was produced by Dr. Jeff McQuillan and Dr. Lucy Tse. Copyright 2006.



**A Day in the Life of Lucy**  
Episode 10 – Getting Ready Bed and Going to Sleep

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**GLOSSARY**

**cleanser** – a liquid or powder that is used to clean something

\* The salesperson told me that this cleanser is designed for oily skin.

**towel** – a soft piece of fabric that absorbs water and helps someone or something become dry

\* When she got out of the shower, she realized that all of the towels were being washed, so she didn't have anything to use to dry off.

**toner** – a liquid that is used to make the skin on one's face firm (tight) and soft

\* She started using a new toner one month ago and already we can see the improvement in her skin.

**moisturizer** – a lotion (thick liquid) that is used to make one's skin softer and less dry

\* The woman at the department store told me that in the winter, when the air dries out my skin, I should use a moisturizer.

**to comb** – to use a flat piece of plastic or wood that has many small, long teeth to arrange one's hair

\* Priscilla always cries when her mother combs her hair because she says it hurts.

**to tie (something) back** – to pull one's long hair behind one's head and secure it with a piece of elastic; to make a ponytail

\* She always ties her hair back before she goes to the gym to exercise.

**beat** – tired; needing rest; exhausted

\* After working on the farm all day, they were beat and went to bed early.

**to get undressed** – to remove one's clothes so that one does not have any clothes on

\* He didn't have enough energy to get undressed so he fell asleep with his clothes on.

**hamper** – a container for dirty clothes

\* Don't leave those dirty clothes on the floor. Please put them in the hamper in the bathroom.



## **A Day in the Life of Lucy**

### **Episode 10 – Getting Ready Bed and Going to Sleep**

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**pajamas** – clothes worn while sleeping

\* When his neighbor rang his doorbell at 3:00 a.m., he answered the door wearing his pajamas.

**slippers** – soft, warm shoes that are worn only inside the house

\* When she comes home from work, she immediately takes off her uncomfortable high-heeled shoes and puts on her slippers.

**to pull back** – to fold back; to move the bed covers so that one can enter the bed and lie under the blankets

\* Her brother pulled back the covers on her bed to put a frog in it.

**covers** – the layers of fabric that cover a bed

\* Her husband always steals the covers when they're asleep, and then she wakes up cold in the middle of the night.

**alarm** (also **alarm clock**) – an electronic clock that makes a noise at a specific time to wake someone up

\* He was late for work today because he forgot to set his alarm last night.

**to lay down** – to put oneself in a flat position on a bed or on a floor

\* Whenever his back hurts, he lays down on the bed to rest for a few minutes.

**ritual** – something that is done again and again, and in the same way every time

\* Her nighttime ritual is to drink a glass of warm milk and read one chapter in her book before going to sleep.

**to fall asleep** – to begin to sleep

\* She fell asleep as soon as her head touched the pillow.

**fast asleep** – to sleep soundly; to sleep very well; to sleep in a way that one is unaware of anything else that is happening

\* I didn't hear your phone call early this morning because I was still fast asleep.



**A Day in the Life of Lucy**  
Episode 10 – Getting Ready Bed and Going to Sleep

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**COMPLETE TRANSCRIPT**

This is ESLPod.com's "A Day in the Life of Lucy," episode ten: Getting Ready for Bed and Going to Sleep.

Hello, I'm your host, Dr. Jeff McQuillan, coming to you from the Center for Educational Development in beautiful Los Angeles, California. In this tenth and final episode, we're going to see how Lucy gets ready for bed and goes to sleep. She has already cleaned her apartment and relaxed, and now it is time to sleep. Let's get started.

[Start of story]

I am feeling pretty tired by 11:00 and decide to get ready for bed. I go into the bathroom to take off my make-up. I use a cleanser to wash my face and dry it with a towel. Then I put some toner on my face and then some moisturizer. I comb my hair and tie it back. I don't like getting hair in my face while I sleep so tying it back helps. I floss and brush my teeth, and am ready for bed. By this time, I am pretty beat.

I go into my bedroom and I get undressed. I put the dirty clothes in the hamper and put on my pajamas. I take off my slippers and pull back the covers. I check my alarm to make sure it's on and then I lay down. I have this same ritual every night, which I think helps me fall asleep more easily. It's not long before I'm fast asleep.

[End of story]

Episode ten is called "Getting Ready for Bed and Going to Sleep."

Lucy begins by saying that she is "feeling pretty tired," or very tired, "by 11:00" and decides "to get ready for bed." She goes into her "bathroom to take off" her "make-up." To take off means to remove or to get rid of her make-up. She uses "a cleanser to wash" her "face," and then dries "it with a towel." A cleanser, "cleanser," comes from the word clean, "clean." It means something that you use to clean your face, in this example. You could also have a cleanser that cleaned other things. But here, we use it to describe a liquid that you put on your face, kind of like a soap that helps clean your face, and that's called a cleanser.

After Lucy washes her face with the cleanser, she then dries "it with a towel," "towel." A towel is a piece of cloth or material that you use to dry things with.



## **A Day in the Life of Lucy**

### **Episode 10 – Getting Ready Bed and Going to Sleep**

When Lucy is finished drying her face, she puts on "some toner," "toner." Toner is a liquid that women put on their face, usually just women. The liquid is supposed to make the skin on a woman's face softer, and also a little bit firmer - a little bit tighter. This is something women do at night after they have cleaned their face, I think.

The word toner comes from the verb to tone, "tone," which has a couple of different meanings, but is often used when you are talking about your muscles - that you want to make your muscles stronger so that they look better. This is a case of using the word as a noun, with an "r" at the end, toner, and as we said, it is a liquid that some women put on their face at night.

Well, after Lucy puts this toner on her face, then she puts on "some moisturizer." Moisturizer, "moisturizer," comes from the word moist, "moist," which means wet, the opposite of dry. If we say something is moist, we mean that it is wet - there is water on it. A moisturizer, as a noun, is a liquid that women put on their face, and sometimes their arms and legs, to make the skin less dry - to give their skin more moisture, which is another noun that comes from the word moist. It also makes their skin a little softer.

Then Lucy combs her hair and ties "it back." To comb, "comb," as a verb, means to use an instrument to straighten your hair - to put it in a certain place - to move your hair in a certain way. The thing that you use is called a comb, "comb." So, it's both a verb and a noun. A comb is usually a long piece of plastic, sometimes metal, that has little - almost like little sticks that come out of it, and we call those little sticks the teeth of the comb, just like your teeth in your mouth.

Lucy combs her hair and ties "it back." To tie, "tie," something is to create - usually to create a little knot, "knot," which is when you take a piece of rope or string and you move it in such a way that it creates almost like a little lock, and we call that a knot. For example, when you are tying your shoes, you take the little strings in your shoes, such as tennis shoes - we called those strings shoelaces - and you tie knots in them so that they're tight. So, you tie a knot to keep a rope tight - to keep it from becoming loose.

In the story, Lucy says that she ties her hair back, which means she takes her hair, and because she has long hair, she takes her hair and she puts it toward the back of her head, and then she puts something around it to keep it there so it doesn't go back onto her face. This is tying it back.



## **A Day in the Life of Lucy**

### **Episode 10 – Getting Ready Bed and Going to Sleep**

Lucy says that she doesn't "like getting hair in" her "face," and that is why she ties her hair back. Then she flosses and brushes her teeth, and is now "ready for bed. By this time," she says, "I am pretty beat," "beat." When you say you are pretty beat, you mean you are very tired.

Lucy goes into her bedroom and she gets undressed. To undress is the opposite of to dress. To dress means to put clothes on you, so to undress means to take your clothes off. To get undressed means to undress yourself - to take your clothes off.

Lucy takes her dirty clothes and puts them into a hamper. A hamper, "hamper," is also sometimes called a clothes hamper, and it's a little box, you can think of it as, it's a little box where you put your dirty clothes or dirty towels that has a top on it. It is - usually has a top on it, and that is a clothes hamper. You often find them in a bedroom or sometimes in a bathroom.

After Lucy puts her "dirty clothes in the hamper," she puts on her pajamas. Pajamas, "pajamas," is a type of clothes that you wear to bed. So, they're special clothes that you wear when you are going to go to bed and fall asleep.

Lucy takes off her slippers and pulls "back the covers." She removes her slippers, "slippers." Slippers are shoes that you wear inside your house. They are usually soft and comfortable. You wear them to keep your feet warm, and also to keep them clean from your floors. That's a slipper.

To "pull back the covers" means to take the blanket that is on your bed and to take the top and to pull it towards the bottom so that you can see the sheets of the bed. Covers, remember, "covers," are the blankets and the sheets that you put on top of your bed to keep you warm. So, you pull them back so you can get into the bed, and after you get into the bed, then you can pull them up - put them back over your body.

Lucy checks her alarm, or her alarm clock, to make sure that it is on and then she lays down. To lay, "lay," down means to put your body onto the bed. To lay down can also be used when you are putting your body down on the floor.

Lucy says that she has "this same ritual every night." A ritual, "ritual," is similar to a routine. It's when you do the same things in the same way over and over again. Every day you get up, you brush your teeth, you watch television, you go to work. That could be your ritual - your routine - what you do on a regular basis.



## **A Day in the Life of Lucy**

### **Episode 10 – Getting Ready Bed and Going to Sleep**

Ritual can also refer to a religious ceremony - a religious event, but here it just means the things that Lucy does every night.

She thinks that doing this ritual in the same way every night helps her "fall asleep more easily." To fall, "fall," asleep means to go to sleep. "It's not long," she says, "before I am fast asleep." To be fast asleep, "fast," means that you are completely asleep - that you cannot be easily woken up. You are very asleep, you might say. You are fast asleep.

Well, I hope you have not fallen fast asleep and are ready to listen to our story again, this time at a regular speed.

[Start of story]

I am feeling pretty tired by 11:00 and decide to get ready for bed. I go into the bathroom to take off my make-up. I use a cleanser to wash my face and dry it with a towel. Then I put some toner on my face and then some moisturizer. I comb my hair and tie it back. I don't like getting hair in my face while I sleep so tying it back helps. I floss and brush my teeth, and am ready for bed. By this time, I am pretty beat.

I go into my bedroom and I get undressed. I put the dirty clothes in the hamper and put on my pajamas. I take off my slippers and pull back the covers. I check my alarm to make sure it's on and then I lay down. I have this same ritual every night, which I think helps me fall asleep more easily. It's not long before I'm fast asleep.

[End of story]

That concludes episode ten of "A Day in the Life of Lucy," and it concludes this course. We hope you've enjoyed "A Day in the Life of Lucy." If you haven't heard of the other course in this series, "A Day in the Life of Jeff," go to our website at [eslpod.com](http://eslpod.com). You will also find more information about our other special courses, sponsored by [ESLPod.com](http://ESLPod.com).

From Los Angeles, California, I'm Jeff McQuillan. Thanks for listening; we hope you've enjoyed this course.



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English as a Second Language Podcast

**A Day in the Life of Lucy**

Episode 10 – Getting Ready Bed and Going to Sleep

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