

The One With The Girl From Poughkeepsie

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410 帕基普希来的姑娘

乔伊创新记录 '一次放了 15 块奥利奥到嘴里'。

罗斯和一个来自帕基普希（纽约一地名）的姑娘交往 '但他为两人之间的地理距离而烦恼'。

瑞秋想恋爱 '哪怕鬼混都行' '于是钱德答应帮她安排'；

当钱德的同事们发现女方是瑞秋 '而她只是想鬼混时' '他们争先恐后贿赂钱德'。

莫妮卡从工作中得不到颐指气使的感觉 '于是雇佣乔伊' '以便解雇他来杀鸡吓猴'。

但乔伊喜欢收小费 '所以莫妮卡的计划难以顺利实施'。

菲比努力为朋友写圣诞歌'。

罗斯坐火车去帕基普希谈分手 '结果睡过头了' '醒来时已到了蒙特利尔（加拿大）'：身
边躺着的姑娘来自新斯科舍（加拿大省名）'。



4.10 The One With The Girl From Poughkeepsie

Joey sets a personal record for sticking Oreos in his mouth--15.

Ross dates a girl from Poughkeepsie but is concerned about the distance involved in seeing her.

Rachel wants a relationship--or at least a fling--so Chandler offers to set her up with someone;

when his coworkers find out it's Rachel and that she's not looking for a serious relationship, they all bribe Chandler to set them up.

Monica gets no respect at work;

she hires Joey in order to fire him, so everyone will know who's boss;

but Joey likes the tips, so he has a hard time going along with(v. 赞同 附和) the plan.

Phoebe works (and works and works) on a Christmas song for her friends.

Ross takes a train to Poughkeepsie to break up, but falls asleep and ends up in Montreal... with a girl from Nova Scotia.

[Scene: Chandler and Joey's, Joey, Chandler, and Phoebe are there as Ross enters.]

Ross: Hey!

Chandler, Joey, and Phoebe: Hey!

Ross: I'm sorry I'm late, did I miss anything?

Phoebe: Joey stuffing 15 *Oreos* in his mouth. (Joey, with an obvious mouth full, nods yes.)

stuff vt. 塞满 填满 填充/Oreo n. 奥利奥奶油夹心巧克力饼干[商标名]



Ross: 15? (Joey nods again) Your personal best! (Ross takes an *Oreo* and Joey mumbles, no!)

mumble v. 喃喃而语 咕哝

Phoebe: Where were you?

Ross: Oh, on a date. Yeah, I met this girl on the train going to a museum upstate.

upstate adv. 在州的北部

(simultaneously)

Chandler: Oh, yeah! How did you meet her?

Phoebe: Oh, which museum?

Phoebe: (just Phoebe) No, answer his.

Ross: Okay, it was just me and her **at the back of** the train, and I sat near the door, so she'd have to pass by me if she wanted to **switch cars**. She was totally at my mercy.

pass by sb 从某人身边经过/at one's mercy adv. 在某人的控制下/mercy n. 救济 救难/

Chandler: Were you so late because you were burying this woman?

Ross: No, I'm getting back down 'cause she lives in Poughkeepsie. She seems really great, but she's like totally great, but she lives two and a half hours away.

Poughkeepsie 'is a city in New York, USA and serves as the county seat (n. 郡政府所在地) of Dutchess County, located in the Hudson River Valley roughly (adv. 大体上) midway between New York City and Albany [n. 奥尔巴尼 (美国纽约州的首府)]. As of the 2000 census, the city of Poughkeepsie had a population of 29,871. The name derives from a Native American word (roughly U-puku-ipi-sing), meaning "reed (n. 芦苇) hut (n. 小屋) by the water" or "campsite (n. 野营地) by small water," referring to a spring or stream feeding into the Hudson River. 波基普西



Chandler: **How can she be great** if she's from Poughkeepsie? (laughs, at they all look at him) That joke would've **killed in Albany**.

Poughkeepsie, Albany '波基普西' 这是纽约州上州的一个地方 '罗斯在这里交了一个女朋友。钱德勒为此开了一个不太好玩的玩笑 '来自波基普西的女孩怎么可能很棒呢?' 大家都看着他 '他只能讪讪地说 '这个笑话在奥尔巴尼 (Albany) 会笑死人 '奥尔巴尼是纽约州的首府。



Joey: Done! I did it! Heh, who's stupid now? (He smiles and has cookie remains all over his teeth.)

OPENING CREDITS

[Scene: Central Perk, Chandler, Joey, Rachel, and Phoebe are there.]

Chandler: Hey, look at this! (Holding a newspaper) They're lighting the big Christmas tree tonight.

Phoebe: Umm, that paper's two weeks old.

Chandler: All right, who keeps leaving old newspapers in the trash?! I really wanted to take Kathy to this, I can't believe I missed it.

Rachel: Hey, y-know, at least you have somebody to miss that stuff with! I hate being alone this time of year! Next thing you know it'll be Valentine's Day, then my birthday, then bang! | before you know it, they're lighting that damn tree again. Ohh, I want somebody! (hearing this, Gunther moves in) Y-know, I want a man!! (Gunther leaves depressed) I mean, it doesn't even have to be a big relationship, y-know, just like a fling would be great.

fling n. 一时的放纵 (随意的) 尝试

Chandler: Really?! I didn't think girls ever just wanted a fling.

Rachel: Well, believe me, it's been a long time since I've been flung.

flung <俚>have a sex

Joey: Well, I know what I'm giving you for Christmas.

Chandler: Y-know what? There's some nice guys at my office, do you want me to set you up?

set sb up<俚>介绍(男女)朋友

Rachel: Yeah! Wait a minute, it's been a long time that I've been single. How come you never offered this before?

Chandler: Well, I have a girlfriend, I'm-I'm happy. So, I no longer feel the need to go out of my way to stop others from being happy.

go out of the way v. 不怕麻烦 故意

Rachel: Okay! No accountants. Oh, and no one from like legal. I don't like guys with boring jobs.

accountant n. 会计师

Chandler: Oh and Ross was like what? A lion tamer?

lion tamer n. 驯狮者



(Monica enters)

All: Hey!

Phoebe: What's wrong Mon?

Monica: Ohh, everybody at the restaurant still hates me.

Joey: Is it because of the review you wrote or something new? It's the review.

or something 或什么的 ...之类

Phoebe: Oh.

Monica: I thought I was making headway, everyone was smiling at me all day, I get off work and I find out that they wrote this (puts on her chef hat) on my chef's hat. (The hat says —Quiet, bitch—)

headway n. 进展 进步 成功/make headway v. 取得进展/get off work v. 下班

chef hat



Phoebe: Hey, maybe they meant to write, —Quiet, bitch.—

Rachel: Hey, honey! What's the matter? (Monica shows her, her hat.)
Fine, I was **just trying to be nice!** Whoa!

Monica: I mean I have not been picked on this much since kindergarten and they had to bring in someone from junior high to **do the see-saw with me.** (Joey laughs and Monica glares at him.)

pick on v. 作弄, 总是挑剔/kindergarten n. 幼儿园/bring in v. 带来 介绍引进/seesaw n. 秋千

Joey: Ohhh!

Monica: I mean they're trying to **do everything they can to** make me quit, and if there were any other job, I would: But this is something I've been waiting for my whole life.

Rachel: Well, wait a minute, you're the boss! Why don't you just yell at them? Or, fire them?

Monica: I would love too, but I can't! I mean I just can't, you know that I'm **not good at confrontation.**

confrontation n. 对质 比较 对抗

Chandler: Hey, you know what you can do? I remember reading about this director, I think it was Orson Wells, who **at the beginning of** the movie would hire somebody, just so he could fire them in front of everybody. Then they would all know, who's boss.

read about v. 阅读而知/Orson Wells :莫尼卡主厨的意大利餐厅里有很多人仇恨他 '因为他们的爸爸是原来的主厨 '因为莫尼卡的缘故被开除 °钱德勒教莫尼卡一个办法 '那就是先雇佣乔伊 '然后再解雇他 '这是杀鸡儆猴的好办法 °钱德勒说 '大导演奥森·威尔斯(Orson Wells)曾经用过这个办法 °威尔斯是历史上最伟大的一部电影《公民凯恩》的导演 '还曾根据H·G·威尔斯的小说改编过广播剧《火星人人侵地球》 °乔伊后来就困惑地问钱德勒 '最近一次《汉堡王》广告是不是也是这个导演拍的 '因为乔伊在第一次拍摄时就被解雇了 °钱德勒只能告诉他 '是的 '事实上这当然不可能 '恐怕是乔伊的演技太差或者太抢戏才导致被解雇的 °

Orson Wells



Joey: Hey, Mon! **I'm not doing anything,** why don't you fire me?

Monica: That's a good idea! Wait, do you know how to waiter?

Joey: Good enough to get fired.

Monica: All right, you're hired!

Joey: Hey! That must be why I got fired last week! Does this Orson Wells guy direct *Burger King* commercials?

commercial n. (电视 广播中的)商业广告

Burger King



Chandler: (he glares at him for a while) Yes.

[Scene: Chandler's office, he is trying to find Rachel a date.]

Chandler: I say, Drew! Are you seeing anybody right now? (Drew looks at him) Og-ee-op, I'm not asking for me, I'm: I mean: No, I'm-I'm not gay, I'm not asking you out. I'm not-I'm not-I'm not gay!

Drew: I didn't think you were gay. I do now.

Chandler: See my friend-my friend, Rachel, she wants to be set up.

Drew: Ahh, I just got out of a big relationship, I'm not looking for anything serious.

get out of v. 避免

Chandler: Oh, y-know what, that might be okay even if it was just kind of a fling, that might be all right with Rachel.

Mike: Whoa-whoa-whoa-whoa! Is this, hot Rachel, that you took to the Christmas party, Rachel?

Chandler: (to Drew) Oh, by the way, that is her full name.

Mike: Oh wow! I'm free for her!

Drew: Oh, wait a second! I didn't say I wasn't free!

Mike: Hey, Chandler, why don't we talk this over at the Ranger game tomorrow?

talk over v. 详尽地商议 商量 讨论

New York Ranger



Drew: Hold on, y-know I **just** got a box of Cubans, maybe I bring them by your office around uh, five?

Cuban n. 古巴雪茄



Chandler: Oh well, that's uh, a little later than I uh, **generally care to stay**, but sure!

care vi. 喜爱

Mike: Maybe, before the game we could enjoy some eight year old batch Basil Haydens.

batch n. 一批/ Basil Haydens: Whiskey 的一种



Chandler: Well, I don't really know what that is, but **let's**!! I don't know what that is, but that's a pretty nice jacket. (Mike gives

his jacket) Kind of like that tie too. (Mike gives his tie) **Keep your pants on**, man.

[Scene: Monica and Rachel's, Phoebe is working on a new song.]

Phoebe: Hey! You guys, I'm writing a holiday song for everyone. Do you want to hear it?

Monica, Rachel, and Joey: Yes!

Phoebe: (singing) *Happy Chanukah, Monica! May your Christmas be snowy, Joey! Happy New Year, Chandler and Ross. Spin the dradle, Rachel!*

dradle n. 陀螺



Rachel: Pheeb, that's great!

Phoebe: Oh, yay!

Rachel: But y-know umm, Rachel doesn't rhyme with dradle.

Phoebe: I know but it's so hard! Nothing rhymes with your stupid name!

Joey: What are you talking about? Lots of things rhyme with Rachel. Bagel. Mail. Jail. Bail. Cable. May-pole.

maypole n. 五月柱(庆祝五朔节)



Phoebe: All good, thanks. (to Rachel) Do you maybe have like a nickname that's easier to rhyme?

Monica: Didn't your dad used to call you Pumpkin?

Rachel: Oh yeah!

Phoebe: Pumpkin? Yeah. But did he ever call you like, Budolph?

Chandler: (entering) Hello, children!

All: Hey!

Chandler: (to Rachel) Have I got the 50 guys for you!

Rachel: Really?!

Chandler: Oh yeah, I just showed this a picture of you and guys were throwing themselves at 拥向 me! They're buying me drinks! They're giving me stuff! (to Joey) Knicks tonight?

Joey: Sure! Where are the seats?

Chandler: Wherever! I've got like 20!

Rachel: So, will I like any of these guys?

Chandler: You know what, I'm gonna uh, play the field just a little more 再过观察一阵.

play the field<美俚>从事多种活动 从事各种活动 利用一切可以利用的机会

Rachel: Chandler!

Chandler: Guys are signing over their 401-K's to me?

sign over v. 签字移交/401-K 钱德勒给瑞秋在他的公司里找男友 结果很多人热烈响应 有些人为了得到和瑞秋约会的权利 甚至准备把 401-K 计划表格签字送给钱德勒 °401-K 是一个美国术语 指企业的养老金计划 °钱德勒的意思就是说 有些人甚至准备把养老金送给他/The 401(k) plan is a type of employer-sponsored retirement plan in the United States and some other countries, named after a section of the U.S. Internal Revenue(n. 国内税收) Code. A 401(k) plan allows a worker to save for retirement while deferring(v. 推迟) income taxes(n. 所得税) on the saved money and earnings until withdrawal. The employee elects to have a portion of his or her wage paid directly, or "deferred", into his or her 401(k) account. In participant-directed plans (the most common option), the employee can select from a number of investment options, usually an assortment(n. 分类) of mutual funds[<美>共有基金(一种投资公司形式)] that emphasize stocks, bonds, money market investments, or some mix of the above. Many companies' 401(k) plans also offer the option to purchase the company's stock. The employee can generally re-allocate(v. 再分配) money among these investment choices at any time. In the less common trustee(n. 托管人)-directed 401(k) plans, the employer appoints trustees who decide how the plan's assets will be invested .

Phoebe: (shocked) You work with robots!!

Chandler: (pause) Yes. (to Rachel) Okay, there's this one guy, Patrick, I think you're gonna like him, he's really nice, he's funny, he's a swimmer.

Rachel: Ohh, I like swimmer's bodies!

Chandler: Yes, and his father invented that magnetic strip on the back of credit cards.

magnetic strip n. 磁条 磁片



Rachel: Op, I like credit cards!

Chandler: See, I'm not bad at this fixing up thing, huh?

fix up v. 安排 to 做红娘

Rachel: Well, so what does he do?

Chandler: Oh, he works in the Fine Foods division.

fine foods division n. 美食部



Rachel: Your company has a fine foods division?

Chandler: It's a big company, I don't | if you | I :

Joey: Now, wait a second! You make food and robots?

wait a second v. 稍等一会儿

Phoebe: No! No, the robots just work for them.

Monica: (getting up) All right, I'm gonna go to work. Does anybody have a problem with that?

Joey: Yeah, lady, I do! I got a problem with that!

Monica: You want a problem? I'll give you a problem!

Joey: Oh, what are you gonna do? You're gonna fire me?

Monica: You bet your ass, I'm gonna fire you! See you later..

You bet [俗]当然 真的 的确

Joey: Thanks.

[Scene: Central Perk, Ross, Phoebe, and Chandler are there.]

Ross: Oh, wow! I should get going. I-I got a date tonight.

Chandler: Oh yeah! With who?

Ross: You know that girl I told you about who lives up in Poughkeepsie?

Chandler: Yeah.

Ross: Not her. Yeah, this is someone else I meet, and I-I can't decide between the two of them. Y-know the one from Poughkeepsie, even though she's a two hour train ride away, is really pretty, really smart, and-and a lot of fun. But this other girl, well, she lives right uptown. Y-know she's, well she's-she's just as pretty, I guess she's smart, she's **not** fun.

decide between v. 于两者中选择其一/uptown adv. 在(或向)城镇非商业区 在住宅区/just as adv. 正像

Phoebe: If she's no fun, why do you want to date her at all 非的要?

Ross: Well, I-I want to give her another chance, y-know? She lives so close. And, at the end of the date, the other time, she-she said something that was | if she was kidding was very funny. On the other hand, if she wasn't kidding, she's not fun, she's stupid, and kind of a racist.

racist n. 种族主义者

Joey: (entering) Hey!

Ross: Hey!

Chandler: Hey, man!

Phoebe: Hey! Ooh, how was your first day working at the restaurant?

Joey: (checks his watch) Damn! (runs out to work)

[Scene: Allesandro's, Monica is cooking.]

Joey: (entering from the dining room) Hey.

Monica: Hey.

Joey: Hey, what happened to your fancy chefs jacket? (sees there's a burn spot on it)

chefs jacket



Monica: They baked it. I can't take this anymore 我再也忍无可忍了. I'm gonna call a meeting tonight, I'm gonna fire you tonight.

bake v. 烘焙/call a meeting v. 召集一次会议

Joey: You got it! Oh-oh! (He starts patting the burned spot, which just happens to be over her breast.)

Monica: What are you doing?!

Joey: It's still a tiny bit on fire there.

Monica: Thanks. (Joey's still patting the burn spot) I think you got it!

[Scene: Central Perk, Chandler is there.]

Rachel: (entering) Chandler!! You have the best taste in men!

Chandler: Well, like father, like son.

like father, like son 有其父必有其子 虎父无犬子

Rachel: Patrick and I had such a great time last night! I mean I think this could maybe turn into something serious.

turn into v. (使)变成

Chandler: Really?! I-I thought you weren't looking for something serious? I thought you were looking for some kind of a fling.

Rachel: Well, y'know, possibly. (pause) You didn't tell him that, though? Right?

Chandler: Ummmmmmmm, no.

Rachel: You told this guy that I was looking for a fling?! You don't tell the guy that!

Chandler: Why not?! I'd be thrilled if I heard that some hot girl was just looking to get | oh I see.

thrilled adj. 非常兴奋的 极为激动的/look to v. 指望

Rachel: Oh, between you telling him that I wanted to have a fling and me putting out on the first date | oh, he's so gonna get the wrong idea.

put out v. 伸出;<俚>To voluntarily defer to(v. 顺从) another's sexual desires to please one's own 'When a female dispenses(v. 分发 执行) her sexual favors she is said to "put out".

[Scene: Allesandro's, Joey is eating some cheese.]

Monica: Hey, Joey, could you pass the cheese?

Joey: Yeah. Listen uh, I'd prefer it if you didn't call me Joey. Since I don't know anyone here, I thought it'd be cool to try out a cool work nickname.

try out v. 试试看

A Waiter: (entering) Hey, dragon! Here's your tips from Monday and Tuesday. (hands him two envelopes)

Joey: (opening an envelope) There's like-there's like 300 bucks in this one!

The Waiter: Yeah, people get pretty generous around the holidays. And it never hurts to wear tight trousers 穿紧身裤的效果永远不会错.

Monica: Okay. Could the waiters gather around to hear tonight's specials? Okay, first there is a Chilean Sea Bass prepared with a Mango relish on a bag | Why is nobody writing these down?

special n. 菜单上的) 特色菜 拿手菜/Chilean adj. 智利的/sea bass n. <美> 黑鲈/mango n. <植> 芒果/relish n. 佐料 调味品/bag n. 猎获物/write down v. 写下/Children Sea Bass : 莫尼卡的餐厅里的人都作弄她 '经常随便编一点特色菜让她做 '这一天的特色菜就是「智利海鲈鱼(Chilean Sea Bass)」加芒果 '莫尼卡为此很气愤 '智利海鲈鱼是一种高档美食 '和芒果搭配起来大概不伦不类。

Chilean Sea Bass



Mango relish



The Waiter: Because we can remember them.

Monica: Because your all gonna make up fake specials and make me cook them like you did the other night?

the other night adv. 前两天的夜里 不久前的某个夜里

The Waiter: Well, sure, that too.

Monica: Okay, forget the specials for a minute. Umm, all right here's the thing, for the last two weeks I have umm, (quietly) tried really hard to create a positive atmosphere :

The Waiter: Can't hear you!

Monica: (louder) A positive atmosphere! But I-I-I have had it up to here. (She holds her hand over her head as an afterthought.) From now on, it is gonna be my way, or the highway! All right? Does anybody

have a problem with that?!! (Joey looks at the money he's holding, and doesn't speak up.) Hey new guy! I said, does anybody have a problem with that?!

have had it v. 受够了 忍无可忍了/afterthought n. 再思/be my way ,or the highway 要么听我的 要么打包走人/speak up v. 大声说话

Joey: No ma'am.

The Waiter: Hey! He has a name, it's Dragon. Do you wanna know your name? Check your hat. (to another waiter) We did the hat right? (The other waiter nods yes.)

COMMERCIAL BREAK

[Scene: Allesandro's, continued from earlier. The other waiters are gone and Monica is confronting Joey about his not speaking up.]

Monica: What the hell happened?!

Joey: I am so-so-so sorry. I was gonna do it! Really! But I was standing there with 327 dollars in one hand and 238 dollars in the other hand, and I was thinking, "Wow! It's been a long time since I had: (tries to do the math in his head, but can't) 327 + 238 dollars!"

Monica: Joey, we had a deal. That-that's why you're here! I've got to fire you!

Joey: And I gotta pay rent! Look, how-how about this? You don't fire me, instead I stay here, I gain their trust, and they'll start listening to all the nice things I've been saying about you.

Monica: What kinda things have you been saying?

Joey: Well nothing yet, they really hate you and I want to fit in.

fit in v. 和 : 打成一片

[Scene: Central Perk, Phoebe is working on her holiday song, Chandler is sitting on the couch reading a magazine, and Ross is sleeping on the couch.]

Phoebe: (singing) Happy, happy Chanukah, Chandler and Monica. Very merry :

Chandler: (interrupting) Oh, y'know, y'know what Pheebs?

Phoebe: What?

Chandler: I'm not Jewish, so :

Jewish adj. 犹太人的 犹太族的

Phoebe: So! Ross doesn't **really** decorate his tree with floss, but you don't hear him complaining 'do you? God! (Phoebe hits her guitar which wakes up Ross with a start.)

floss n. 丝棉 乱丝 绣花丝线/with a start adv. 一惊而 惊动地

Chandler: Bad dream?

Ross: I wasn't sleeping.

Chandler: Oh yeah, then uh, what was Phoebe's song about?

Ross: The one with the cat. I gotta go, I've got another date.

Phoebe: So, did you pick one yet?

Ross: No, **it turns out that** the one from uptown was making a joke. But it was a different joke than I thought | it wasn't that funny. So I'm still torn.

make a joke v. 说笑话/tear v. 使分裂;使精神不安, 折磨/torn <俚>左右为难的

Phoebe: Well look, you don't really like the one from uptown and you're too **exhausted from** dating the one **up in** Poughkeepsie, so I say you just **end them both**. Okay? You **take a train up to** Poughkeepsie and break up with her, and on your way back you break up with uptown. And then **by the time** you get home tonight, you're done!

Ross: Y'know, you're right. Thank you.

Phoebe: Umm, well I had a similar problem when I lived in Prague.

Prague n. 布拉格(前捷克斯洛伐克首都)



Chandler: Prague?

Phoebe: There's sooo much you don't know.

[Scene: Chandler and Joey's, Chandler is playing **living room golf** as Rachel enters. Rachel sees this and holds the door open until Chandler is ready to start his swing, when he is, she **slams the door shut** which causes the club to **fly from** his hands. He turns around, shocked.]

start one's swing 某人开始挥杆/club n. (高尔夫球等的)球棒

Rachel: Chandler! Patrick just uh, **ended things with me**. **Did you or did you not** 你到底有或没有 tell him that I was looking for a serious relationship?

Chandler: I did! I absolutely did!

Rachel: You idiot!!

Chandler: I'm sure you're right, but why?

Rachel: You don't tell a guy that you're looking for a serious relationship! You don't tell the guy that! Now you scared him away!

scare away v. 吓跑

Chandler: Oh, man. I'm sorry, I'm so-so sorry.

Rachel: Y-know, you should **never** be allowed to talk to people!

Chandler: I know! I know!

Rachel: Oh! See just I'm **right back where I started**! Aww, this sucks! Being alone, sucks! (She **sits down heavily in** one of the new chairs)

Chandler: Well, y-know, you're-you're gonna meet somebody! You're a great catch! Y-know when I was telling all those guys about you, I didn't have to lie once. (He sits down **on the arm of** her chair)

catch adj. 吸引人的 使人感兴趣的/great catch n. 很棒的女人

Rachel: Really?

Chandler: Yeah! You graduated Magna Cum Laude, right?

magna cum laude n. <拉> (以) 优等成绩

Rachel: No.

Chandler: Oh, it doesn't matter. (Kisses her on the top of her head.) Hey, y'know what, I've got two tickets to tonight's Rangers game, you wanna come with me?

Rachel: Cute guys in little shorts? Sure.

Chandler: Well, actually it's a hockey team, so it's angry Canadians with no teeth.

Rachel: Well that sounds fun too. (They hug.)

(pause)

Chandler: Have you ever been with a woman?

Rachel: What?! Chandler, what is the matter with you?!

Chandler: So there is no good time to ask that question.

[Scene: A train to Poughkeepsie, Ross is asleep against the window.]

The Conductor: The next station is Poughkeepsie. Poughkeepsie!

The Woman From Poughkeepsie: (outside Ross's window) Ross? Ross! (she knocks on the window) Wake up! Ross! (the train starts moving) Ross! Ross!! Ross!!! Ross!!!!

[Scene: Allesandro's, Monica is cooking.]

Monica: I need more swordfish. (to one of the assistant chefs) Can you get me some more swordfish?

swordfish n. [鱼] 旗鱼



Kitchen Worker: I don't speak English.

Monica: You did a minute ago!

Kitchen Worker: Well, I don't know what to tell ya!

Monica: Fine!

(She goes into the freezer to get it herself, and leaves the door open. The waiter from earlier comes by and closes the door.)

come by v. 从旁经过

Monica: Okay! Very funny! Somebody let me out please?! Come on, I'm cold! (She spills something.) And covered in marinara sauce! Come on! Let me out! (the door opens)

spill v. 摔下

The Waiter: You found that handle, did ya?

handle n. 把手

Monica: That's not funny.

The Waiter: Well that's not true.

Monica: (starting to cry) I'm a good person. And I'm a good chef, and I don't deserve to have marinara sauce all over me! You know what, if you want me to quit this bad, then all you have to do is:

all over adv. 浑身 到处

Joey: (interrupting) Hey! Chef Geller! You know that little speech you made the other day? Well I got a problem with it!

the other day adv. 前几天

Monica: You do?

Joey: You bet I do! I just ah, wasn't listening then, that's all.

Monica: Well if you want a problem? I'll give you a problem!

Joey: What are you gonna do? You're gonna fire me?

Monica: You bet your ass I'm gonna fire you! Get out of my kitchen! Get out!! (Joey leaves) All right! Anybody else got a problem? How about you Chuckles? You think this is funny now?

chuckle n. 吃吃的笑声

The Waiter: No.

Monica: How about if I **dance around** all covered in sauce? Huh? You think it's funny now?

The Waiter: No, it's really good.

Monica: Good! Now, take those salads to table 4, (to the kitchen worker from earlier) And you! Get the swordfish! (to another **assistant chef**) And you! Get a haircut!

[Scene: The train, it's **pulling into a station**.]

The Conductor: Last stop, Montreal. This stop is Montreal.

Montreal n. 蒙特利尔（加拿大）



Ross: (waking up) What? (notices that there is now a beautiful woman sitting next to him)

Woman On Train: I made a bet with myself that you have beautiful eyes. Now that I see them, I win.

make a bet v. 打赌

Ross: What?

Woman On Train: We're at my stop. But would you like to have coffee?

Ross: (now fully awake) Are we really in Montreal?!

Woman On Train: Yes we are. So, coffee?

Ross: Coffee sounds great. (They get up) Wait, so, so you live in Montreal?

Woman On Train: Oh, no. But it's just a two hour ferry ride to Nova Scotia.

Nova Scotia ‘在上一集中’罗斯和钱德勒共同回忆甘道夫的有趣事迹’说他永远有很多新鲜的主意’每一次他们都不知道甘道夫会把他们带到哪里去°有一次聚会’他们喝了几杯啤酒后’最后来到了加拿大的新苏格兰省(Nova Scotia)钓鱼了°这是加拿大东南的一个半岛’风景优美’适合闲云野鹤们游玩°在这一集里’罗斯坐火车坐过了头’最终到了加拿大蒙特利尔’他碰上一个很漂亮的姑娘’他担心地问她：‘你是否就住在蒙特利尔?’答案比他想像地还要糟糕’姑娘住在离蒙特利尔还有两小时轮船渡轮的新苏格兰°



[Scene: Allesandro's, Joey is coming back in with his coat on.]

Joey: Well I guess I should've thought about my wife and kids before I talked back to chef Geller!

talk back v. 顶嘴 反驳

Monica: Thanks.

Joey: Yep! Looks like it's gonna be a leeeeeean Christmas at the Dragon house this year.

lean adj. 贫瘠的 贫乏的 收益差的 缺乏营养的

Monica: Enough!

Joey: (leaving) Lean-lean-lean!

CLOSING CREDITS

[Scene: Central Perk, Phoebe is singing her holiday song.]

Phoebe: So this is a very special holiday song that I wrote for some very important people to me.

(singing) *"Went to the store, sat on Santa's lap.
Asked him to bring my friends all
kind of crap.
Said all you need is to write them a
song.
They haven't heard it, so don't try
and sing along.
No, don't sing along.
Monica, Monica, have a happy Chanukah.
Saw Santa Claus, he said hello to
Ross.
be snowy!
umm-@#%glander!!"*

sing along v. 跟唱 与某人一起唱

Happy holidays, everybody!

ED
