

English pod 061-080

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1. 061. Elementary - The Weekend - Swim faster! (C0061)

A: This is such a beautiful day! **Great for** 适合的; (对...) 有用的 sailing (乘船) 航行!

B: It sure is! The water looks so nice! Anchor (v.) 抛锚, 泊 (船) the boat for a little while.
I' m going **to take a dip**.

Example 1. 案例

to take a dip (in the sea):

to go for a short swim or splash (in the ocean) 戏水

A: Why are you doggy-paddling 狗刨式? I taught you how to swim! Do your *breast* 乳房; 胸部 *stroke* (划水动作; 划桨动作) 蛙泳!

B: I get too tired 我太累了! I' ll just 此时; 那时; 眼下; 现在 backstroke (v.) 仰泳, it' s easier!
我就仰泳吧, 这样容易些!

Example 2. 案例

just

(ad.) at this/that moment; now 此时；那时；眼下；现在 •I' m just finishing my book. 眼下我正在完成我的一本书。

•I was just beginning to enjoy myself when we had to leave. 我刚开始玩得起劲我们就得离开了。

•I' m just off (= I am leaving now). 我要走了。

A: Try kicking your legs more. That' s good. Don' t go out 外出 too far!

多踢踢腿。很好。别游太远！

B: It' s Jump in!

跳进来！

A: Kathy! Get back here! I see a shark!

B: Ahhhh!!!! Help me! Help! Bring the boat closer! The shark is coming straight towards me!

啊啊啊啊啊啊！！！救救我！救命！把船开近点！鲨鱼直冲我来了！

A: It' s right under you! Kathy!!!!

2. 062. Elementary - The Office - Job Interview II (C0062)

A: Thanks for coming in today, did you have any trouble finding us? Please take a seat 就坐, 坐下.

B: Thank you.

A: So, let' s get started; tell me a bit about your educational background.

B: Sure! Well, I graduated with honors 异成绩 from Chesterton University with a major 主修课程；专业课 in Business Administration, with a specialization 专业；专业化 in Information Management, and I minored (v.)辅修 in psychology. I chose this course of study for two reasons: I wanted to gain some practical, marketable 容易出售的；畅销的；有销路的 skills, which the information management track (移动的) 路径，路线，方向 provided, and I also feel that *interpersonal* 人际关系的，人际的 *skills* are essential 必不可少的，非常重要的；基本的 for professional success 职业成功, hence the minor in psychology.

我以优异的成绩毕业于切斯特顿大学，主修工商管理，主修信息管理，辅修心理学。我选择这门课程有两个原因：我想获得一些实用的、有市场价值的技能，这是信息管理专业提供的；我也觉得人际交往能力对职业成功至关重要，因此辅修心理学。答：有趣。你的研究生课程呢？

Example 3. 案例

honours, honors

[pl.]if you pass an exam or **graduate** from a university or school **with honours** , you receive a special mark/grade for having achieved a very high standard 优异成绩

A: Interesting. And, your postgraduate 研究生 studies?

B: Well, I am really passionate about consumer behavior 消费者行为, so I pursued 追求 ; 获得 ; 达到 (目标) a master' s 硕士学位 in that area. I also strive 努力 , 力争 to keep my professional skills 专业技能,职业技能 current 通用的 ; 流通的 ; 流行的, so I continuously attend (v.) seminars 专题讨论会 and conferences related management and customer service.

我也努力保持自己的专业技能,所以我不断参加与管理和服务相关的研讨会和会议。

A: Very good. Now, tell me a little bit about your work experience. I see here that you previously worked at Oracle.

B: Yeah, I worked as their customer support manager, which brought me a breadth 宽度; (知识、兴趣等的) 广泛 of experience in both *client care* 客户关怀, and process management 过程管理 . I supervised (v.)监督 ; 管理 ; 指导 ; 主管 and coordinated 协调 , 配合 the customer support team as well as implemented new strategies to achieve better customer satisfaction.

我曾担任他们的客户支持经理,这使我在客户服务和流程管理方面,积累了丰富的经验。监督和协调客户支持团队,并实施新策略以提高客户满意度。

A: Interesting...

B: Yes, in this position I was able to make some pretty significant contributions (n.) to the overall 总的 , 全面的 success of the company. With the different initiatives 倡议 ; 新方案 that we implemented, we lowered (v.) our *churn* 剧烈搅动 ; (使) 猛烈翻腾 *rate* 流失率 to about five percent, which had a direct impact on revenue (企业、组织的) 收入 , 收益.

在这个职位上,我为公司的整体成功做出了一些相当重要的贡献。通过执行不同的计划,我们将流失率降低到5%左右,这对收益产生了直接影响。

Example 4. 案例

churn rate

Churn rate, sometimes known as attrition rate, is the rate at which customers stop (v.) doing business with a company over a given period of time.

Churn may also apply to the number of subscribers who cancel (v.) or don' t renew (v.) a subscription.

是指客户在给定时间内,停止与公司开展业务的比率。流失率也可能适用于取消或不续订的订阅者数量。

3. 063. Elementary - The Office - Receptionist 接待员 (C0063)

A: Good afternoon. May I help you?

B: Yes, I' m here to see Joanna Stevens. I have an appointment at four.

我来找乔安娜·史蒂文斯。我四点钟有个约会。

A: Certainly, may I take your name? I' ll let her know you' ve arrived.

B: Sure, it' s Josh O' Neil.

A: Ms. Stevens will be with you momentarily 片刻地，短暂地. Can I offer you something to drink?

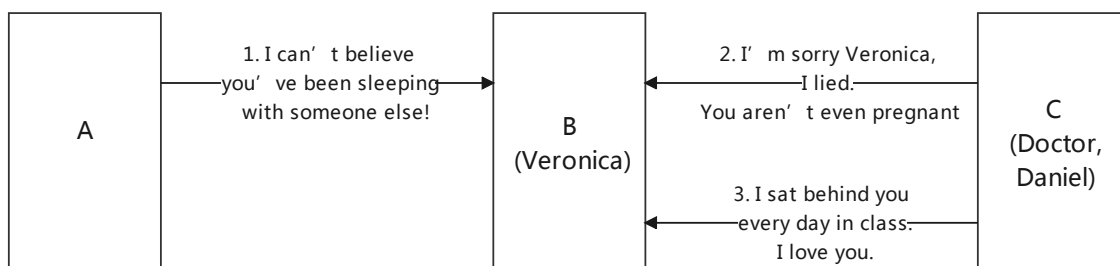
史蒂文斯女士马上就来。要喝点什么吗？

B: Yes, a coffee would be nice, thank you.

A: Here you are. Ms. Stevens is ready for you now. I' ll show you to her office, right this way.

A: Just watch your step here... 小心脚下, 注意脚下

4. 064. Elementary - Daily Life - I' m Sorry I Love You VI (C0064)



A: This is ridiculous 可笑的，荒谬的! I can' t believe you' ve been sleeping with someone else! How could you do this! You know what? I' m out of here 我要走了!

B: Wait! Doctor how is this possible? I haven' t **cheated on** 与他人有秘密性关系；对某人不忠（或不贞） my boyfriend!

C: I have something to confess (v.)供认，招供；承认，坦白... I' m sorry Veronica, I lied.

B: Wait... what? What do you mean?

C: I lied. You aren' t even (ad.) (引出更精确的说法) 甚至可以说，其实，实际上 pregnant (a.) 怀孕的; there' s no bun 小圆甜蛋糕；小圆甜饼 in the oven 烤炉，烤箱. I was just so overwhelmed (情感) 难以禁受；使应接不暇；淹没，漫过 with jealousy 嫉妒，羡慕 that I couldn' t help myself. Veronica I love you!

Example 5. 案例

HAVE A 'BUN IN THE OVEN

(informal humorous) to be pregnant 大肚子；怀孕

B: What are you talking about!!! Who are you?

C: It' s me! Daniel, don' t you remember me? From high school. I sat behind you every day in class! I used to 过去常常 go to every football game and watch you in the **cheerleading** 鼓励；带领拉拉队 **squad** (特殊任务) 小组，队!

我每场足球赛都去看，看你当啦啦队员

B: You are insane 精神失常的；精神错乱的! We never even spoke! Why did you **lie** (v.)说谎；撒谎 like that **to** my boyfriend?

你疯了！我们根本就没说过话！你为什么要对我男朋友撒这种谎？

C: Because Veronica... It's not fair! I love you; I have since the first day we met! Everything was going fine until that jerk 蠢人；傻瓜；笨蛋 **came into the picture** 出现，介入 and ruined everything! I went to **med (=medical)**伤病的；疾病的；医疗的 **school** and became a doctor for you! You always said how you wanted to marry a doctor! You will be mine now... **one way or another** 不管怎样...

因为维罗妮卡.....这不公平！我爱你，从我们第一天见面就爱上了！一切都很顺利，直到那个混蛋出现，把一切都搞砸了！我读了医学院，成了医生，都是为了你！你以后就是我的.....不管怎样...

A: I heard everything, you lying bastard 杂种；浑蛋；恶棍! Get your hands off her!

5. 065. Elementary - The Office - Job Interview III (C0065)

A: Very good. Now, I have a couple 两个，几个 of final questions.

B: I hope they' re not too hard 困难的；艰苦的；费力的!

A: Well, why should we hire you?

B: I think that I would be a perfect fit 匹配；相配; (质量、素质或技能) 适合的，恰当的，合格的 in this company. I have a unique combination 结合，联合 of strong technical acumen (n.) 精明；敏锐, and outstanding 杰出的，优秀的；显著的，突出的 soft skills; you know, I excel (v.) 擅长；善于；突出 at building (v.) **strong, long-term customer relationships**. For example, when I headed (v.)领导；主管 **the customer support department** in my previous company, our team solved about seventy percent of our customers' problems. I decided that we needed (v.) better information and technical preparation 准备；预备 on our products, so after I implemented a series of **training sessions** (一场；一节；一段时间)训练课程 in coordination 协调，配合 with our technical department, we were able to solve ninety percent of our customers' issues. Given 如果，倘若 the opportunity, I could bring this kind of success to this company.

我想我会非常适合贵公司。我拥有强大的技术敏锐度, 和出色的软技能的独特组合；你知道，我擅长建立牢固、长期的客户关系。例如，当我在以前的公司领导客户支持部门时，我们的团队解决了大约70%的客户问题。我认为我们需要更好的产品信息和技术准备，所以在我与技术部门协调实施了一系列培训课程之后，我们能够解决90%的客户问题。如果有机会，我可以为公司带来这样的成功。

Example 6. 案例
acumen

→ 来自词根ac, 尖。-men名词后缀，同-ment.

A: Impressive! So, what would you consider to be your greatest weakness?

令人印象深刻的!那么，你认为你最大的缺点是什么？

B: To be honest, I struggle with organization and time management. Punctuality (n.)守时,准时性 has never been a strength 优势; 优点; 长处 of mine. I find it hard to organize my time efficiently. I have actually addressed (v.)设法解决; 处理; 对付 this weakness recently, by attending a workshop 研讨会, 讲习班 on efficient 效率高的; 有能力的 time management. It helped me a lot, by **providing** me with great insights 洞察力; 眼力; 深刻见解 on how to get organized and use my time efficiently, so I think I' m getting better now.

老实说,我在组织和时间管理方面有困难。守时从来都不是我的强项。我发现很难有效地安排时间。最近,我参加了一个关于有效时间管理的研讨会,实际上解决了这个缺点。它帮助了我很多,让我对如何组织和有效利用时间有了深刻的见解,所以我认为我现在正在变得更好。

A: Great... Well, let me tell you that I am very pleased with this interview. We are short-listing (v.)将(某人)列入决选(或入围)名单,使通过初审 our candidates this week, and next week we will inform (v.)通知,告知 our short listed (a.)筛选后的(候选人名单) candidates of the day and time for a second interview with our CEO.

让我告诉你,我对这次面试非常满意。本周我们将筛选候选人,下周我们将通知入围的候选人,与我们CEO进行第二次面试的日期和时间。

B: Great, thanks a lot! I hope to hear from you! Good bye.

6. 066. Elementary - The Office - Calling The Office 给公司打电话 (C0066)

A: Ello-hay, Aniel-day eaking-spay, ow-hay ay-may I elp-hay ou-yay

B: Ay-hay, Aniel-day, Ulie-jay ere-hay

A: Ay-hay, Ulie-jay, ow-hay are ou-yay?

B: Actually, Im eeling-fay ite-quay ill otdaytay.

A: Im orry-say oo-tay ear-hay, at-they. utway is ong-wray?

B: I ink-thay Im oming-cay own-day ith-way uhthey oo-flay. I ave-hay a eadache-hay, a ore-say oat-thray and Im eeling-fay ighlyslay everishfay.

A: I ee-say. O-say oure-yay alling-cay in icksay?

B: Es-yay, I uz-way oping-hay oo-tay ake-tay uh-they ay-day off oo-tay eecover-ray.

A: Ok, en-they. Ay-tray and et-gay ome-say est-ray.

Example 7. 案例

这段英语看起来很奇怪,因为它用了一种叫做 Pig Latin (猪拉丁文)的文字游戏改写的英语。Pig Latin 是一种将单词重新排列或修改的趣味语言,经常用于英语国家作为一种轻松或秘密交流的方式。

在 Pig Latin 中,规则通常是:

1.如果单词以"辅音"开头,将这个辅音移到单词末尾,并加上 "ay"。例如:

- "hello" → "ello-hay"
- "Daniel" → "Aniel-day"

2.如果单词以"元音"开头，直接在单词后加上 "yay" 或 "ay"。例如：

- "I" → "I-yay"

3.某些变体中可能会有其他规则，但上述是最常见的。

这段话是正常英语改写成 Pig Latin 的样子。如果将其翻译回普通英语，大致如下：

A: Hello, Daniel speaking, how may I help you?

B: Hey, Daniel, Julie here.

A: Hey, Julie, how are you?

B: Actually, I' m feeling quite ill today.

A: I' m sorry to hear that. But what' s wrong?

B: I think I' m coming down with the flu. I have a headache, a sore throat, and I' m feeling slightly feverish.

A: I see. So you' re calling in sick?

B: Yes, I was hoping to take the day off to recover.

A: Ok then. Try and get some rest.

7. 067. Elementary - The Weekend - Soccer 英式足球，足球 (C0067)

A: Welcome back, soccer fans. My name is Rick Fields and, as always, I am joined by my commentating (尤指在电台或电视台上) 作实况报道，作现场解说 wingman 僚机；僚机驾驶员, Bob Copeland.

和往常一样，和我一起的是我的解说员鲍勃·科普兰。

B: And we' re on the brink (新的、危险的，或令人兴奋的处境的) 边缘，初始状态 of soccer history today, as Ecuador 厄瓜多尔 and Brazil are tied (v.) (用线、绳等) 系，拴;打成平局；得分相同 one-one as we begin the second half of the 2022 World Cup!

今天我们正处在足球历史的边缘，厄瓜多尔和巴西以1比1打平，开始2022年世界杯下半场比赛！

A: The ref 裁判 calls (v.) the players for the kick off 开球，开赛, and here we go! Ecuador quickly passes (v.) the ball to the midfield, but, ohhh, it' s out of bounds 限制范围；极限.

裁判叫球员开球，我们开始吧！厄瓜多尔队迅速将球传至中场，但球出界了。

B: That will be a **throw 投，掷 in** 掷界外球;额外奉送; 免费外加 for Brazil. Adriano has the ball and makes a long pass to Robinho, and the ref has called him offside 越位的.

这对巴西来说是轻而易举的事。阿德里亚诺拿球，长传给罗比尼奥，裁判判他越位。

A: No question about it. He was offside by a mile 英里;大面积；长距离! We have a **goal kick** 球门球 for Ecuador. Edison Mendez heads (v.)朝 (某方向) 行进 it to Valenica, he shoots! Deflected (v.) (尤指击中某物后) 偏斜，转向，使偏斜，使转向 by the defender and we have a **corner kick** 角球.

毫无疑问。他越位太远了！厄瓜多尔队得了一球。埃迪森·门德斯把球传给瓦伦尼卡，他射门了！被防守队员挡偏，我们得到角球。

B: Delgado takes the corner. We have a foul 犯规; (棒球) 击球出界! Oh no, Dida, the goalkeeper, has fouled (v.)对 (对手) 犯规 the Ecuadorian player! He gets a yellow card and that will be a **penalty kick** 罚点球!

德尔加多负责角球。我们犯规了！哦，不，守门员迪达犯规了厄瓜多尔球员！他得到一张黄牌，那将是一个点球！

A: This is the perfect opportunity for Ecuador to get ahead in this match and become World Champions! He gets ready for the kick. He shoots! and he...

这是厄瓜多尔在这场比赛中领先并成为世界冠军的绝佳机会！他准备好踢球了。他射门了！他.....

8. 068. Elementary-TheOffice- **Ground breaking** 开创性的；创新的；革新的 Research (C068)

Example 8. 案例

groundbreaking

(a.) If something is groundbreaking, it is very new and a big change from other things of its type 开创性的；创新的；革新的

A: We' ve been over 遍及 this a thousand times. The data is irrefutable 无可辩驳的! Look, we' ve done extensive 广阔的；广泛的；巨大的，大量的 research, built (v.) studies, and read (v.) the literature (某一学科的) 文献，著述, and there is conclusive 结论性的，毫无疑问的 evidence to support (v.) my theory!

这个问题我们已经讨论过一千遍了。数据是无可辩驳的！听着，我们做了广泛的调查，建立了研究，阅读了文献，有确凿的证据支持我的理论！

B: Horowitz, **I beg** 恳求；祈求；哀求 **to differ** 我不赞同. Even in your most recent study, the investigative approach was flawed! **You know** as well as I do **that** the collection of data was not systematic 成体系的；系统的；有条理的；有计划有步骤的, and there is a large margin 差额，幅度 of error. To draw a definitive 最终的，确定的 conclusion based on that data 系 would be misleading 误导的，引入歧途的.

霍洛维茨，我不敢苟同。即使在你最近的研究中，调查方法也是有缺陷的！你和我一样清楚，数据的收集是不系统的，有很大的误差余地。根据这些数据得出一个明确的结论是误导人的。

Example 9. 案例

I beg to differ/disagree

a way of saying "I do not agree" that is polite, but may sound unfriendly

A: That is preposterous 荒谬的；可笑的!

Example 10. 案例

preposterous

→ 来自拉丁语praeposterus,矛盾的，前后颠倒的，来自prae,在前，post,在后。引申词义荒唐的，荒谬的。

B: You are trying to single-handedly (ad.)独力地; 单独地 solve (v.) one of the world' s greatest mysteries, and yet **you are oblivious (a.)不知道 ; 未注意 ; 未察觉 to the fact that you are wrong!**

你想凭一己之力解决世界上最大的谜团之一，但你却未注意到你错了！

A: I am not wrong! The chicken came first! 先有鸡

B: No! The egg came first! 先有蛋

9. 069. Elementary - Daily Life - How Would You Like Your Eggs? (C0069)

Example 11. 案例

how would you like...?

said to suggest that someone would not like to be in a situation experienced by someone else: I' m not surprised he shouted at you! **How would you like** to be pushed into a wall?

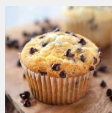
A: Wow, you' re up early today! What' s for breakfast?

哇，你今天起得真早！早餐吃什么？

B: Well, I felt like baking 烘焙，烘烤, so I made some muffins (常加有水果的)小松糕; 英格兰松饼 (通常烤热加黄油吃) .

Example 12. 案例

muffin



A: Smells good! I' ll make some coffee. Do you want me to make you some eggs?

闻起来好香！我去煮点咖啡。要我给你做些鸡蛋吗？

B: Sure, I' ll take mine, sunny side up.

当然，我要单面煎的。

Example 13. 案例

sunny-side up

阳光的那面朝上，就是"单面煎鸡蛋"。

双面煎的: Over easy

A: Eww, I don' t know how you can eat your eggs like that! Ever since I was small, I' ve had *eggs and soldiers*.

哎呀，我不知道你怎么能那样吃鸡蛋！从我很小的时候起，我就吃鸡蛋和士兵。

Example 14. 案例
eggs and soldiers

指的是一种常见的早餐吃法：软煮鸡蛋，配切成条状的烤面包。

- Eggs：通常是软煮的鸡蛋，蛋白熟了但蛋黄仍然是液态的。

- Soldiers：指的是切成细长条状的烤面包条（通常用来蘸软煮鸡蛋的蛋黄）。这些条状面包因为像小士兵排队而得名。



B: You know, my dad had scrambled (v.)炒（蛋）eggs every morning for twenty years. It drove (v.) my mom crazy!

你知道，我爸爸每天早上都吃炒鸡蛋，吃了20年。我妈都快疯了！

A: You know what really drives me crazy? When I ask for soft boiled 煮得半熟的 eggs, and they overcook (v.)烹调过度 them, so they come out 出现，露出 hard boiled（指煮熟的鸡蛋）煮至固体状态! How can you dip 蘸；浸 your toast 烤面包片，吐司 into a hard boiled egg?

你知道什么让我抓狂吗？当我要一份半熟的鸡蛋时，他们却煮过头了，所以煮出来的鸡蛋是全熟的！你怎么能把烤面包片浸在煮熟的鸡蛋里呢？

B: You're so picky (a.)挑剔的，吹毛求疵的，过分讲究的 sometimes.

你有时真挑剔。

A: Here you go, honey, fried eggs.

给你，亲爱的，煎蛋。

B: Dammit! I asked for *sunny side up*! How many times do I have to tell you.

10. 070. Elementary-AdvancedMedia- Buying Underwear 内衣，衬衣 (F0070)

A: This sucks 真糟糕; I hate buying lingerie 女用贴身内衣裤. Okay, just find something and get out of here. Alright, these are fine. Oh, no, don't come over here, don't come over here.

糟透了；我讨厌买内衣。好吧，找点东西离开这里。好的，这些很好。哦，不，别过来，别过来。

Example 15. 案例
lingerie

→ 来自拉丁语linum,亚麻，麻布，词源同linen.原指麻布衣服，词义几经辗转，最后固定指女内衣。

B: You look a little lost (a.)迷路的，迷失的, can I help you?

A: Um, I'm just having a look around. It's my girlfriend's birthday tomorrow. I'm trying to find her something.

我只是随便看看。明天是我女朋友的生日。我想给她买点东西。

B: Well, you can't give her granny 奶奶; 外婆 panties 女式短裤. Have you thought about getting her some sleepwear 睡衣裤? We've got these lovely, silky nighties (妇女或孩子穿的) 睡衣. Or, how about a nice **panty 女裤; 童裤-and-bra 胸罩 set** 一组 (配套使用的东西). Look, here's a nice satin (a.) 缎子似的; 平滑而有光泽的 **pushup 伏地挺身; 俯卧撑 bra**, and you can choose a few different styles of undies (妇女或小孩的) 内衣 to go with 与...相配 it.

好吧, 你不能给她奶奶内裤。你有没有想过给她买睡衣? 我们有这些可爱的丝质睡衣。或者, 一套漂亮的内裤和胸罩怎么样? 看, 这是一件漂亮的缎面文胸, 你可以选择几种不同款式的内衣来搭配。

Example 16. 案例

pushup bra

上托胸罩. Push-up内衣是一种丰胸提升型内衣, 这种内衣依靠其下部的垫垫, 向上推挤胸部, 从而达到提升胸部的效果。

A: Sure that's fine.

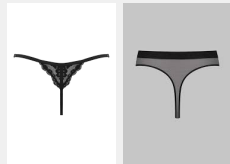
A: This is so awkward...what ones do I pick? What size is she?

B: Well, do you want a thong (背后为绳子一样窄条的) 内裤; 丁字内裤; (用以系物或做皮鞭的) 皮条, some bikini briefs 三角裤; 贴身的短内裤, maybe this nice pair 一对, 一双 of lacy boy shorts 短裤; <美>男内裤?

你想要丁字裤、比基尼三角裤, 或者这条漂亮的蕾丝男孩短裤吗?

Example 17. 案例

thong



A: Just pick something and get the hell out of here.

随便挑点东西, 然后滚出去。

A: Um, I'll go with these two.

A: This is mortifying (a.) 令人尴尬的, 使人难为情的; I just want **to get this over with** 完成, 结束 (令人不快但免不了的事). She better thank me for this...Here you are, sir. I'm sure she'll enjoy them.

这真令人难堪; 我只想快点结束这一切。她最好谢谢我, 给您, 先生, 我相信她会喜欢的。

Example 18. 案例

get something over with

to do or finish an unpleasant but necessary piece of work or duty so that you do not have to worry about it in the future. 完成, 结束 (令人不快但免不了的事)

- I'll be glad to get these exams over with.

GET 'OVER STH

to deal with or gain control of sth 解决；克服；控制 解决；克服；控制

- She can't get over her shyness. 她无法克服羞怯心理。

- I think the problem can be got over without too much difficulty. 我认为这个问题不太难解决。

B: Finally!

A: I'm sorry, sir. I'm going to have to take a look inside your bag.

我要检查一下您的包。

11. 071. Elementary - The Weekend - Happy Hour 快乐时光 (C0071)

A: Hey man, what do you have **on tap** 可随时使用的?

你手头有什么

Example 19. 案例

on 'tap

(1) available to be used at any time 可随时使用的

• We have this sort of information on tap. 我们可随时向您提供这种资料。

(3) (NAmE) something that is on tap is being discussed or prepared and will happen soon
协商中；准备中；即将发生

B: Heineken 喜力 (荷兰啤酒品牌) and Budweiser 百威啤酒. We have a **two for one** happy hour special 特价商品，折扣商品.

我们有买一送一的欢乐时光特价。

A: Cool, gimme (= give me) **a pint** 品脱 (液量单位，约等于半升) of Heineken and **half a pint** of Bud.

给我一品脱喜力啤酒，和半品脱百威啤酒。

B: Okay...A pint of Heineken and half a pint of bud for table six! And what about some appetizers 开胃菜；头盘餐前小品?

好的，6号桌要一品脱喜力啤酒和半品脱百威啤酒！来点开胃菜怎么样？

A: Sure! Let's have some nachos (墨西哥人食用的) 烤干酪辣味玉米片 and mozzarella 马苏里拉奶酪 sticks 条状物；棍状物.

我们来点玉米片，和马苏里拉奶酪条。

Example 20. 案例

nacho

Nachos are a snack, originally from Mexico, consisting of pieces of tortilla, usually with a topping of cheese, salsa, and peppers. (墨西哥)烤干酪辣味玉米片



mozzarella

[U]a type of soft white Italian cheese with a mild flavour莫泽雷勒干酪（一种色白味淡的意大利干酪）



B: Okay. That' ll be 80 bucks （一）美元.

A: Wait... What!

12. 072. Elementary - Intermediate - You Are Fired! (C0072)

A: Hi Isabel! You wanted to see me?

B: Yes Anthony, come on in 进来吧. Have a seat.

A: Is everything okay? You seem a bit preoccupied (a.)全神贯注的，心事重重的；被先占的.

B: Well, Anthony, this is not going to be an easy conversation. The company has made some decisions which will have a direct impact on your employment 工作；职业；受雇.

A: Okay...

B: I don' t want **to beat around the bush** 拐弯抹角 so I' m just gonna **come out with** 说出（尤指令人吃惊或粗鲁的话）it. We are going to have to let you go.

我不想拐弯抹角，所以我就直说了。我们得让你走了。

Example 21. 案例
come 'out with sth

[no passive]to say sth, especially sth surprising or rude 说出（尤指令人吃惊或粗鲁的话）
•He **came out with** a stream of abuse.他讲了一连串的脏话。

A: What? Why? I mean... just like that? I' m fired?

B: I' m sorry but, to be honest, you are a terrible employee!

A: What! I resent (v.)怨恨，憎恶 that!

B: Anthony, you were caught (v.) making international calls from the office phone, you **called in sick** 请病假 in eight times this month and you smell like alcohol 含酒精饮料；酒!

你被发现用办公室电话打国际电话，这个月你请了8次病假，你身上一股酒味！

13. 073. Elementary - Daily Life - Which Finger 手指? (C0073)

A: ...The rings please. May this ring be blessed (v.)求上帝降福于；祝福 so 主 *he who gives it* and *she who wears it* 谓 may abide 遵守，遵循（法律、协议、协定等）in peace, and **continue in love** until life's end.

请把戒指给我。愿这枚戒指受到祝福，让送戒指的人和戴戒指的人永远和平，永远相爱，直到生命的尽头。

B: With this ring I thee 你 wed (v.)结婚，娶，嫁. Wear it as a symbol of our love and commitment 忠诚，献身；承诺，保证.

有了这枚戒指，我和你结婚了。戴上它作为我们的爱和承诺的象征。

A: Honey, that's my pinkie 小手指. The ring goes on *the ring finger* 无名指!

亲爱的，那是我的小指。戒指戴在无名指上！

B: This one?

A: That's my *index finger* 食指!

B: Oh, right. This one, right?

A: Umm... that's the thumb 拇指, Nick.

B: Okay, Okay, I got it! This is the ring finger!

A: That's my middle finger 拇指, Nick. This is my ring finger!

14. 074. Elementary - Daily Life - What Am I Thinking! (C0074)

A: Miss 年轻未婚女子, your salad

小姐，您的沙拉。

B: Mmm, looks good! I'm positively 绝对地；肯定地 famished (a.)极饥饿的.

我真的很饿。

A: And for you, sir...

C: Thank you.

A: Enjoy.

B,C: Thank you.

C: I can't believe she's on a date with me! I'm so lucky! I must be the luckiest guy in the world! I want to scream (v.)高声喊，大声叫 at the top of 极其大声地 my lungs, " I'm

the luckiest dude 家伙，小子 in the world! ” Oh, shut up! Don’ t be such a dumb 愚蠢的；傻的；笨的 ass 傻瓜，笨蛋；屁股，臀部;驴. She’ s so hot. Wait, I can’ t say that. That’ s sexist (a.) (尤指对女性) 性别歧视者的. She’ s so hot, She’ s making me sexist 性别歧视者. Oh my god! I’ m such a tool. Okay, get it together. Uhh, she’ s eating salad. Oh right, I have a salad. Oh, crap (a.)坏的；糟糕的；劣质的! Which fork do I use? Dammit! She’ s going to think I’ m a moron 笨蛋；蠢货. What the hell are all these forks for? Which one did she use? Okay, chill (v.) (使) 冷却；放松；休息... be cool, be cool. Just take a fork... eat your salad...

我真不敢相信她在和我约会！我真幸运！我一定是世界上最幸运的人！我想扯开嗓子大喊：“我是世界上最幸运的人！”哦，闭嘴！别犯傻了，她太性感了。等等，我不能这么说。这是性别歧视。她太性感了，她让我变成了性别歧视者。我的天啊！我真是个工具。好了，振作起来。她在吃沙拉。哦，好的，我有沙拉。哦，糟了！我该用哪把叉子？该死的！她会觉得我是个白痴。这些叉子到底是干什么用的？她用的是哪一个？好了，冷静，冷静。拿把叉子，吃你的沙拉吧。

B: Um... I...

C: Yrmf? Mmmm. Sorry, you were saying?

B: You’ re eating my salad.

C: Oh, yes... it’ s delicious...

15. 075. Elementary - Daily Life - Going To The Dentist 牙科医生；牙医诊所 (C0075)

A: Hey, Gary, great to see you again. Please have a seat. So tell me, what seems to be the problem 有什么问题吗?

B: Thanks, doc. I’ ve got a really bad toothache 牙痛! I can’ t eat anything, and look, my face is all swollen 肿胀的，肿起来的；(河流) 涨水的，上涨的. I think it might be my **wisdom tooth** 智齿.

A: Well, let’ s have a look. Open wide. Hmm...this doesn’ t look good. Well, it looks like you have a cavity 洞；孔；窟窿；腔；(牙齿的) 龋洞 and your crown (受损牙齿的) 人造冠 is loose. We’ ll need to put in a filling (补牙的) 填料 before it gets any worse, and the crown probably needs to be refitted 整修；给...安装新配件；改装. I’ m going to order 命令；指挥；要求 some x-rays.

在情况恶化之前，我们得补一颗牙

Example 22. 案例

crown



refit

[VN]to repair or fit new parts, equipment, etc. to sth 整修；给...安装新配件；改装
•He spent £ 70 000 refitting his yacht. 他花了7万英镑整修他的游艇。

B: Is it gonna hurt 指（身体部位）感到疼痛、（某一动作）引起疼痛？

A: No, not at all! Just lay back and relax.

A: Ok, spit (v.)吐，唾（唾沫、食物等）。

本文中，这里的 "spit" 是让患者 “吐出来” 的意思。

在牙科治疗中，医生或牙医通常会用到一些器具冲洗患者的口腔，或者让患者漱口清理口腔中的药物、唾液或碎屑。此时，医生会指示患者把嘴里的东西吐到漱口槽，或专用的吸引装置中，因此会简单地说一句 "Spit"（吐出来）。

Example 23. 案例

spit

(v.)~ sth (out) : to force liquid, food, etc. out of your mouth 吐，唾（唾沫、食物等）

•He coughed and spat. 他咳嗽一声，吐了口痰。

spit it 'out

(informal) usually used in orders to tell sb to say sth when they seem frightened or unwilling to speak 有话就讲；有什么尽管说出来

•If you' ve got something to say, spit it out! 有什么话，你尽管说出来！

16. 076. Elementary - Daily Life - Learning Simple Math (C0076)

A: Alright, children, let' s review（尤指为准备考试而）温习，复习. Tommy! Pay attention!

B: Sorry Miss Kadlec.

A: Okay, Crystal, now tell me, what' s four plus eleven?

C: Um...fifteen!

B: Miss Kadlec always asks Crystal; she' s such a teacher' s pet 宠物；宠儿，得宠的人。

卡德莱克小姐总是问克里斯托；她真是老师的宠儿。

A: Okay...and what about **fifty six** minus 减，减去 sixty?

C: Um... negative 负的，小于零的 four!

A: Very good... twelve times (v.)乘，乘以 twelve?

B: Very good. Suck up.

Example 24. 案例

suck up

在这里, "suck up" 是一个贬义的短语, 用来指代一个人过于讨好别人 (尤其是权威人士, 比如老师), 以博取好感或特殊待遇。可以翻译为:

"拍马屁"

"讨好"

"阿谀奉承"

在这个情境中, Tommy 用 "Suck up" 来讽刺 Crystal, 因为他认为她表现得像个 "老师的宠儿" (teacher's pet), 总是答题很积极, 可能在他看来有点 "献殷勤" 的意味。

C: One hundred and forty four!

A: Zero **divided** 除以 **by** one?

C: Zero!

A: How did you know that? Okay, **smarty (n.)**自作聪明的人 **pants** 裤子; 内裤; 短裤, the square (用于数字后表示面积) 平方 root of two!

你怎么知道的? 好吧, 小聪明, 2的平方根是多少!

Example 25. 案例

smarty pants

"Smarty pants" 是一个俏皮或略带嘲讽的短语, 用来形容一个自认为非常聪明或者总是显摆聪明才智的人。中文可以翻译为:

"自作聪明的人"

"小聪明"

"爱显摆的人"

在这个场景中, 老师称 Crystal 为 "smarty pants", 带着一种开玩笑的语气, 表示她非常聪明, 甚至可以回答像 "the square root of two" 这样高难度的问题。语气并不是真的责备, 而是一种轻松、调侃的表达。

B: Bet (v.)下赌注 (于); 用...打赌; 敢说; 八成儿 you're not going to get that one, know-it-all (n.)自以为无所不知的人; 百事通.

打赌你答不上来, 爱显摆的家伙。

C: Um...one point four one four two one three five...

嗯.....1.4142135...

17. 077. Elementary - The Weekend - F1 Racing 速度比赛 (C0077)

A: Welcome back racing fans! My name is Rick Fields and, as always, I am joined by **my partner** 搭档, 同伴 **in crime** 犯罪活动; 不法行为, Bob Copeland.

Example 26. 案例

短语 "partner in crime" 在这里并不是字面意思的 "犯罪中的搭档", 而是一种幽默或俏皮的表达, 意思是 "亲密的搭档" 或 "一起做事的伙伴"。

B: We' re in the last stretch (连续的) 一段时间;服刑期 of this very exciting race, and Kimi Rikknen is leading (v.)最擅长于; 处于首位; 处于领先地位; the pack 群; 帮; 团伙; (统称) 竞赛中的落后者 with only four laps (跑道等的) 一圈 to go! They are heading (v.)朝 (某方向) 行进 to **turn (n.) 第三个弯道 three** and Lewis Hamilton tries to pass (v.) Rikknen! It' s a **close one** 惊险的情况,险些发生的事情 and, oh no! Hamilton hits the wall!

这场激动人心的比赛已经进入最后阶段,只剩下四圈了,基米·莱科宁目前领先!他们正驶向第三个弯道,刘易斯·汉密尔顿试图超越莱科宁!这是个近距离较量,哦,不!汉密尔顿撞上了护墙!

Example 27. 案例

It' s a close one

短语 "close one" 在这里的意思是 "惊险的情况" 或 "险些发生的事情", 通常用来形容一个"结果差一点就完全不同"的场面, 或者一个"非常接近但最终避免了危险"的情况。

在这段赛车解说中, "It' s a close one" 的意思是: "这是一个惊险的时刻" 或 "两辆车之间非常接近"。

它强调了刘易斯·汉密尔顿尝试超越基米·莱科宁时, 两车之间距离很近, 可能导致碰撞或者其他意外。

其他例子:

- "That was a close one! I almost dropped my phone." (好险! 我差点把手机掉了。)
- "The game ended 3-2. It was a close one." (比赛以 3 比 2 结束, 真是一场势均力敌的比赛。)

A: He **came in** (赛跑等比赛中) 取得 (名次) too fast, **jammed (v.)使劲 (往某处) 挤 (或压、塞) on the breaks** 猛踩刹车 and **spun (v.) (使) 快速旋转 out** 汽车旋转打滑. We have a yellow flag and the **pace car** is making its way onto the track.

他速度太快, 猛踩刹车导致打滑了。现在赛道上出现黄旗, 安全车已经进入赛道。

Example 28. 案例

jam (v.) on the brake(s) | jam (v.) the brake(s) on

to operate the brakes on a vehicle suddenly and with force 猛踩刹车

Yellow Flag

黄旗是一个赛会用来提示驾驶员注意的信号, 表示赛道上存在危险。黄旗挥动时的规则包括:

- 减速: 车手必须减慢速度, 不能全速驾驶。
- 禁止超车: 在黄旗区域内, 车手不能超越其他车辆。
- 谨慎驾驶: 车手需随时注意赛道上的障碍物、事故车辆或工作人员。

在这段解说中, 刘易斯·汉密尔顿撞墙后, 赛道需要清理, 因此黄旗被挥动。

pace car

领跑车: 一辆在比赛开始前领导参赛车辆进行预热圈的汽车, 但不参与比赛的车辆。

安全车 (pace car) 的作用, 是确保在危险期间, 比赛能够安全地继续, 具体功能如下:

- 引导车辆减速: **安全车进入赛道后, 所有赛车必须排队跟随安全车行驶, 速度受到控制。**
- 防止混乱: 通过限制速度, 确保在事故清理, 或其他问题解决期间, 不会发生新的危险。
- 保持比赛节奏: **安全车可以维持比赛的基本秩序, 避免车辆因长时间停车而冷却。**

在这里, 安全车被派出, 是为了让清理队有时间移走汉密尔顿损坏的赛车, 确保赛道再次安全。**清理完成后, 绿旗 (green flag) 挥动, 比赛恢复正常。**

make one' s way

to move forward usually by following a path

- When his name was called, he made his way to the stage.

often used figuratively

- After college 大学毕业后, she set out to make her way in the world as a lawyer.

B: The **cleanup crew** (全体船员, 全体机组人员)清洁队 is towing (v.)牵引, 拖曳 the heavily damaged car and the green flag drops! Rikknen is still in **the lead** (竞赛中的)领先地位 with only two laps (跑道等的)一圈 to go!

清理队正在拖走严重损坏的赛车, 绿旗重新挥起! 莱科宁仍然处于领先, 只剩下两圈了!

Example 29. 案例

cleanup crew

清洁队: 指在某些场合下负责清理和处理垃圾、污染物等的专业人员或志愿者团队。

A: Smoke is coming out of his car! He seems to be having engine trouble! He makes his way into the pit 深洞; 深坑; (赛道旁的)修理加油站, and Fernando Alonso **takes the lead** 取得领先地位!

他的赛车冒烟了! 看起来引擎出了问题! 他驶入维修站, 而费尔南多·阿隆索接管了领先位置!

B: How unlucky for Rikknen, and **this race is over** ladies and gentlemen, Alonso takes the **checkered (a.)**有不同颜色方格图案的 flag!

对莱科宁来说真是太不走运了, 女士们先生们, 比赛结束了! 阿隆索冲过终点, 赢得了格子旗!

Example 30. 案例

chequered

(BrE) (NAmE BrE check-ered)

1. ~ past/history/careera person' s past, etc. that contains both successful and not successful periods 成功与失败并存的 (过去或历史、事业)

2. having a pattern of squares of different colours 有不同颜色方格图案的

checkered flag

格子旗: 一种在赛车比赛中使用的旗帜, 通常用于表示比赛结束。



Checkered flag (黑白格子旗)的作用, 是在赛车比赛中**标志比赛的结束**。通常由赛道工作人员挥动, 以表示比赛的最后一圈已完成, 或胜利者已冲过终点线。

- 比赛结束的信号: 当车手看到挥动的黑白格子旗时, 表示比赛已经结束, 无论车手的名次如何, 都需要在这一圈内完成赛道并返回维修区。
- 所有车辆停止竞争: 一旦黑白格子旗挥动, 所有车手都必须停止竞争, 即使他们尚未完成比赛的最后一圈。

18. 078. Elementary - The Weekend - International Workers Day 五一国际劳动节 (C0078)

A: Alright everyone **settle down** (使某人)安静下来, 平静下来;舒适地坐下 (或躺下) . Let' s get started. As you know, an important aspect of becoming a good citizen 系 is

understanding (v.) the genesis (n.) 开端；创始；起源 of our legal system 法律体系. It is not enough to simply memorize (v.) 记住，熟记 our laws, it is necessary that we comprehend (v.) 理解，领悟 why and how they were formed. This brings me to our topic for today. Does anyone know what we celebrate (v.) on *May first*?

如你所知，成为一个好公民的一个重要方面，是了解我们法律制度的起源。仅仅记住我们的法律是不够的，我们有必要了解它们为什么和如何形成的。这就引出了我们今天的主题。有人知道我们在五月一日庆祝什么吗？

Example 31. 案例
genesis

→ 来自词根gen, 生育，词源同generate.

This brings me to our topic for today.

这里的"for"的作用，是引出一个特定的时间概念，即"今天的主题"。"for today"是修饰"topic"的，表示这次讨论的主题是与当天相关的。
如果去掉"for"，"today"更像是附加的修饰词，直接描述"topic"，而不是明确指定一个时间范围。

B: Cinco de mayo?

Example 32. 案例
Cinco de Mayo

在墨西哥，是一年一度的庆祝活动，于5月5日举行，庆祝墨西哥在1862年 the Battle of Puebla 普埃布拉战役中，战胜法兰西第二帝国。

A: No, that's May fifth in Spanish, James, **no wonder** 难怪，怪不得 you are failing (v.) my Spanish class. No, *May first* is International Workers' Day.

不，那是西班牙语的5月5日，詹姆斯，难怪我的西班牙语课你不及格。不，5月1日是国际劳动节。

B: Do we get a *day off* 休假日；休息日 from school then?

那我们放假一天吗？

A: No! It is not considered to be a national holiday here in the US, but in other countries it is.

不！在美国，它不被视为国定假日，但在其他国家却是。

B: Aww 哇，噢，man!

A: In the nineteenth century, working conditions were appalling 骇人听闻的，令人震惊的，with workers being forced to work (v.) *ten, twelve, and fourteen hours* a day. Support (n.) for *the eight-hour work day* movement was growing rapidly, despite the indifference 漠不关心；冷淡；不感兴趣；无动于衷 and hostility of many union leaders, and by April 1886, 250,000 workers were involved in the May Day movement. Previous legislative (a.) 立法的；制定法律的 attempts to improve working conditions had failed, so labor organizers took drastic (a.) 极端的；急剧的；严厉的；猛烈的 measures 措施. They **passed (v.) a resolution** stating (v.) 陈述；说明；声明 that eight hours would constitute (v.) (被认为或看做) 是；被算作；

(合法或正式地) 成立 , 设立 a legal day' s work. And, on **May First** 1886, the resolution took effect.

在19世纪, 工作条件非常恶劣, 工人们被迫每天工作10小时、12小时甚至14小时。尽管许多工会领导人对此漠不关心和充满敌意, 但对八小时工作制运动的支持迅速增长, 到1886年4月, 有25万工人参与了五一运动。以前立法机构试图改善工作条件的努力都失败了, 因此劳工组织者采取了严厉的措施。他们通过了一项决议, 规定八小时为法定工作日。1886年5月1日, 决议生效。

B: Cool! Is that why we only work eight hours now?

A: Yes! But **the happy ending** came (v.) at a high price. On May third, 1886, police fired (v.) into a crowd of strikers 罢工者; 罢课者; 罢市者 at the McCormick Reaper 收割者; 收割机 Works Factory, killing (v.) four and wounding many. A mass meeting 群众大会 was called for the next day to protest (v.) (公开) 反对; 抗议 the brutality 残忍, 野蛮.

但这个美好的结局付出了高昂的代价。1886年5月3日, 警察向麦考密克收割机工厂的罢工人群开枪, 造成4人死亡, 多人受伤。第二天召开了一次群众大会来抗议这种暴行。

B: And then what happened?

A: Well, as we say, **the rest is history** 接下来的事情大家都知道...

Example 33. 案例

"The rest is history" 是一个常用的表达, 意思是 "接下来的事情大家都知道", 或者 "接下来的情节或结果已经是众所周知的了" 。

19. 079. Elementary-The Weekend- Funky 时髦独特的;恶臭的 Galaxy Battles (C0079)

Example 34. 案例

funky

adj. 1. (of pop music流行音乐) with a strong rhythm that is easy to dance to 节奏强适宜跳舞的

•a funky disco beat 适宜跳舞的迪斯科强节奏

2.(approving) fashionable and unusual 时髦独特的

•She wears really funky clothes. 她穿的衣服真是时髦又独特。

3.(NAME) having a strong unpleasant smell 恶臭的

A: They are **breaking through** 强行突破阻碍! Set your blasters to full power!

他们突破了! 将你的激光炮设置为全功率!

Example 35. 案例

blaster

在这段对话中, "blaster" 是指一种 "激光武器" 或 "能量枪", 通常出现在科幻作品中。它是一种用于射击的武器, 能够发射强大的能量波或激光束。



B: Excellent 极好的，卓越的 job. Search the ship, she' s gotta 必须，不得不 be in here somewhere... bring her to me!

做得好。搜索船舱，她一定在这里某个地方.....把她带到我面前！

C: Lord (英国用以称呼法官、主教或某些男性贵族成员，表示尊敬) 大人，阁下 Hater, we have a survivor here...

Hater大人，我们这里有一个幸存者.....

B: Where is she? Don' t make me destroy you, tell me where she is!

D: Not so fast! She will no longer be your prisoner! It' s time you and I settled (v.) this **once and for all** 彻底地,一劳永逸！

你别急！她不再是你的囚犯了！是时候你我一决胜负了！

Example 36. 案例
once and for all

completely and finally:

- We have to decide, once and for all, whether we want to ask Dad for money.

B: You are unwise 不明智的；愚蠢的；轻率的 to think **you can defeat me**. You know nothing of the power of the obscure (a.)无名的；鲜为人知的;费解的；难以理解的 side!

你太不聪明了，竟然敢认为你能打败我。你根本不了解隐秘力量的强大！

D: We will stop you...

C: Lord Hater! We have an unidentified 未经确认的；未辨别出的，身份不明的 spacecraft **taking off** 起飞 from the rear (a.)后面的；后部的 dock 船坞；船埠；码头! They somehow managed to escape our tractor 拖拉机；牵引机 beam!

我们有一艘不明飞行器正在从后方的船坞起飞！他们居然成功逃脱了我们的牵引束！

B: After them 快追!

C: They are accelerating (v.) towards **the speed of light** We lost them, sir...

它们加速接近光速，我们失去目标了，长官

20. 080. Elementary - Daily Life - I' m Sorry I Love You VII (C0080)

A: Thank god you **showed up** 如约赶到；出现；露面 when you did! He' s insane (a.)精神失常的；精神错乱的! Do you think we should call the police?

感谢上帝你及时出现！他简直疯了！你觉得我们该报警吗？

B: Don' t worry about it, I' ll call my friend and have him **take care of** 负责；处理；照顾；照料；爱护；小心 it. I can' t believe he was stalking (v.)偷偷接近，潜近（猎物或人）；（非法）跟踪，盯梢 you all these years. What a nut 怪人；疯子 job!

别担心，我会打电话给我的朋友，让他来处理这件事。真不敢相信他这么多年来一直在跟踪你。真是个疯子！

A: I know! Well... he said I' m not pregnant. I' m sorry if I got you all **worked up** over nothing. I want you to know that I didn' t do it **on purpose** 故意地...

我知道！不过...他说我没有怀孕。如果因为这个让你担心了，我很抱歉。我想让你知道，我不是故意的.....

Example 37. 案例

(someone) gets worked up over nothing.

This means that this person was upset without a good reason. Use this phrase when someone gets worried or upset about a problem, but that problem solves itself or disappears.

这意味着这个人没有充分的理由感到不安。当某人对某个问题感到担心或不安，但该问题会自行解决或消失时，可以使用这句话。

For example, imagine (v.) that a family member was really worried that they had a disease. They got a test done, and the test said that they were healthy. You can say:

例如，想象一个家庭成员真的很担心他们生病了。他们做了检查，检查结果显示他们很健康。你可以说：

- See? **You got worked up over nothing.**

Got you all worked up over nothing

"Got you all worked up over nothing" 这句话的意思是 “让你为了一些毫无意义的事情感到紧张或激动”，即让对方因为某些不重要的事情，而产生了不必要的焦虑、激动或担忧。

"worked up" 表示某人因某件事，而感到非常紧张、焦虑或激动。

"over nothing" 表示这种紧张或激动是没有实质性理由的，事情根本不值得如此担心。

B: Don' t apologize! From the moment I met you, **not a day has gone by** 每一天都 when I haven' t thought of you. And **now that** 既然；由于 I' m with you again, I' m... I' m just scared, Veronica. The closer I get to you, the worse it gets. The thought of **not being with you**, I mean, I just can' t handle 处理，应付（局势、人、工作或感情） it! We were made for each other 为彼此而生, Veronica. You are my everything, my **soul mate** 灵魂伴侣. What can I do?

别道歉！从我第一次见到你起，没一天我没在想你。现在又能和你在一起，我.....我只是很害怕，Veronica。我越接近你，越觉得无法忍受。我根本受不了“不能和你在一起”的想法！我们是天生的一对，Veronica。你是我的一切，我的灵魂伴侣。我该怎么做？

Example 38. 案例

Not a day has gone by

"Not a day has gone by" 是一个常用的表达，意思是 “没有一天过去” 或 “每一天都”，通常用来强调某件事情持续了很长时间，或一直存在。

- **"Not a day has gone by** without thinking about her."（没有一天我不在想她。）

- **"Not a day has gone by** since I started this job that I haven' t learned something new."
（自从我开始这份工作，每一天我都有新收获。）

A: Just hold me... I' ll always be here for you, no matter what. And together, we can tackle (v.)应付，解决（难题或局面） whatever life **throws at** us. I **believe in** us, Veronica.

就抱着我.....无论发生什么，我都会一直在你身边。我们一起，能够应对生活中的任何挑战。我相信我们，Veronica。

B: I' m so happy to hear that! I knew we belong together. I love you so much.
