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EVERYONE

■

Dialogue: 0,0:00:02.00,0:00:05.00,左右不逢源-片头,NTP,0,0,0,,\h翻译 Walk 小魔女蒙娜 Jada ics

\h 校对 霉霉 Claire 轴 梓梓

\h压制 冰岛 监制 霉霉 Claire

　不逢源 第八季 第二十一集

左 右

本字幕由大家字幕组原创翻译

若有心加入我们

请联系QQ群：428872140

找不到糖霜了吗

Uh-oh. Frosting emergency?

你好像有一罐备用糖霜放在药橱里

I think you have a back-up can in the medicine cabinet.

不 我在找别的东西

No, I'm looking for something else.

不要说"备用糖霜" 好像我经常需要一样

And don't say "Back-up can" Like it's a regular thing.

我随时可以戒掉糖霜的

I can stop whenever I want.

你最近有看到什么东西

Hey, have you seen anything around the house recently

像是我藏起来的吗

that looks like I might have hidden it?

给爸爸的生日礼物吗？

Ooh, is it for Dad's birthday?

不 这件事很重要

No, this is for something important.

Axl再过几周就毕业了

Axl's graduating in a few weeks,

但我找不到给他的礼物了

and I can't find the present I got him.

大概是一年前 我在一家商店

I was in a store, like, a year ago,

碰到这个东西

and I stumbled across this thing...

它触动了我 而且特别有寓意

it was touching, it was sentimental,

简直是完美的礼物

it was the perfect gift.

－所以是什么礼物？ －我想不起来了

- So what is it? - I don't remember.

好像是这么大个儿

I mean, it was like yea big

或者这么大

or yea big.

我不确定

I don't know.

我扔到这附近了 但是...

I threw it in here somewhere, but I...

我的备用饼干

ooh, my back-up cookies.

别说话

Shut up.

没事的

It's okay.

考虑一下我们记得的事情吧

So regarding things we can remember,

爸爸的生日我们怎么过？

what are we doing for Dad's birthday?

我不会在这个人身上浪费任何精力的

I'm not wasting any energy on that guy.

你知道他的生日最没趣了

You know he's the least-fun birthday person ever.

他不喜欢别人唱生日歌

He doesn't want to be sung to.

也不想要礼物

He doesn't want any presents.

我打算把那块在福惠超市停电大甩卖时候

I'm just gonna defrost that steak we got cheap

买的便宜牛排给他解冻一下做了

at the Frugal Hoosier power-outage sale

然后让他一个人呆着就好

and leave him alone.

他会很开心的

He'll be happy.

我们不能什么都不做

Okay, we can't just not do anything.

他为了让我能上学 卖掉了他的尿布生意

He sold his diaper business so I could go to school.

而且人过五十

Besides, when you're over 50,

必须珍惜每一个生日

you have to cherish every birthday.

这话是什么意思

What's that supposed to mean?

-没什么 - 我了解你的意思

- Nothing. - I know what it means.

帮我想想 我会把东西藏在哪里呢

Listen, where would I have hidden something

一个我能找到 但是别人找不到的地方？

that I know I could find, but nobody else would?

地下室?

The basement?

不 我不会把东西藏在地下室

No, I don't hide things in the basement.

难道我放了吗?

Or do I?

不要年过五十

Don't turn over 50.

嗨 朋友

Hey, friend.

你好 Dylan

Hi, Dylan.

你就让我的手悬在这儿吗？

You're just gonna leave me hanging?

用得着每天都握手吗

Do we have to do this every day?

我只想去教室

I just want to get to class.

你在说什么呀

What are you talking about?

我只是想和我的好伙计打个招呼

I'm just trying to greet my pal

来一个友善的握手

with a friendly handshake.

你知道我们不是朋友

You know we're not friends.

我们当然是朋友 朋友之间要干什么呢

Sure, we are. And what do friends do?

握手

They shake hands.

我来和你握手

I'll shake your hand.

离我男朋友远点

Leave my boyfriend alone.

你真是个怪胎

You're a weirdo.

谢谢

Thanks.

走吧 Brick

Let's go, Brick.

我来帮你拿

Let me get that for you.

你在这儿呀

Ah, there you are.

听好了

Okay, listen.

我在为老爸的生日做视频

I'm making a video for Dad's birthday.

想象一下 他最亲近和亲爱的人们

Picture this... his nearest and dearest

口述一些温暖的回忆和趣事

recounting fond memories and funny stories

然后编辑成一个纪念品

all edited together into a cherished keepsake

这个视频他可以看一辈子

he can watch for the rest of his life.

我还没开始做

I haven't even made it yet,

但我已经等不及要送给他了

and I can't wait to give it to him.

他会喜欢的

Oh, he'll love it.

你还记得你5岁的时候

Okay, do you remember when you were 5

想给自己化妆

and you wanted to wear makeup

用永久马克笔涂花了自己的眼睛吗

so you colored in your eyelid with permanent marker?

那个想法都比这个好100倍

That idea was 100 times better than this one.

所以你要给他什么好东西呢

Okay, well, what are you gonna get him that's so great?

什么都不给

I'm not getting him anything.

我存在的每一天都是给他的礼物

Every day, I give him the gift

毕竟我是唯一一个把他的遗传基因发扬光大的

of being the only positive reflection of his DNA.

我要做这个视频

Okay, look, I'm doing this,

所以明天3点你要准备好上镜

so I need you to be camera-ready tomorrow at 3:00.

预习一下问题

Study the questions.

我不想听到任何"呃" "啊" "随便吧"这种词

I don't want to hear any "Uhs" Or "Ums" Or "Whatevers."

"如果爸爸是动物，他会是什么动物?"

"If Dad was an animal, which one would he be?"

"我更喜欢爸爸的哪件格子衬衫

"Which one of Dad's plaid shirts is my favorite,

深蓝色还是浅蓝色?”

the dark blue or the light blue?"

我觉得至少要有一个好玩的问题

Yeah, I wanted to have at least one funny question.

一点都不好玩

Well, you didn't.

什么?

Uh, what?

你咋了?

What's with you?

没什么

Nothing.

聊天愉快

Good talk.

好吧 被你发现了

All right, you dragged it out of me.

是跟Cindy有关的事情

It's something to do with Cindy.

怎么 你亲她用的梯子丢了吗

What? Did you lose the stepladder you use to kiss her?

搞笑

Funny.

其实我一直觉得自己是个现代人

You know, I've always considered myself a modern man.

我相信女性的权力也是人权

I believe women's rights are human rights, but...

但是今天我被欺负了

...today I was getting bullied.

你被人欺负了？

You were getting bullied?

你没事吧？

Are you okay?

需要我介入教训一下那个人吗

Do I need to step in and talk some sense into this guy?

不用

No.

Cindy把他赶走了

Cindy chased him away.

- 哇哦 - 是啊

- Whoa. - I know.

相比于女朋友帮我出头

Being bullied didn't bother me so much

被欺负反而没有太让我觉得怎么样

as having my girlfriend stick up for me.

让我更困扰的是她帮我出头

It made me feel... less than

因为Cindy是个女孩

'cause Cindy's a girl,

虽然不应该这么想

but it shouldn't have.

不 绝对应该这么想

No, it definitely should have.

真的很丢人

That is super embarrassing.

快告诉我没有人围观

Just tell me it wasn't in front of people

而且没人知道你是Heck家的人

and they don't know you're a Heck.

我倒是可以这么说

I mean, I could tell you that.

我也不知道

I don't know.

以前这些事从没困扰过我

In the past, it's never bothered me

在50码冲刺中

to be the kid who has to take a water break

需要中途休息喝口水

during the 50-yard dash

或者在午餐的时候剥不开香蕉

or the guy at lunch who can't open his own banana,

但是我无法接受

but I'm having trouble accepting the fact

我女朋友比我更强壮的事实

that my girlfriend is stronger than me.

我也不知道该怎么面对

And I don't know what to do about it.

也许我应该长点肌肉

I'm thinking I might need to get

像书里写的那样

some of those muscles I've read about.

那很巧 我可以帮你

Mm. Well, it just so happens, I can help you with that.

- 真的吗 - 对啊

- Really? - Mm-hmm.

让我来快速改造你

I'll whip you into shape in no time.

我们先测量一下你现在是什么水平

We just got to gauge your starting point,

给你拿个香蕉试试

so, uh, let's get a banana in here.

讲真 我们应该拿一个香蕉

But seriously, we should get a banana.

妈 你还好吗

Mom, are you okay?

嘘

Shh.

我在努力回想

I'm trying to picture

最后看到Axl礼物的地方

the last place I saw Axl's present.

和礼物到底是什么

And also what it was.

好的 那你收到我的邮件了吗

Okay, but did you get my e-mail?

标题写的是

The subject line was,

"重大机密-不要在老爸面前打开"

"Super Top Secret Do Not Open in Front of Dad."

不是所有你发的邮件我都会看的 Sue

I don't read all your e-mails, Sue.

你总是给我发好多邮件

You e-mail me a lot.

你得在明天拍摄之前

Well, I need you to read over these questions

- 看看这些问题啊 - 拍摄

- before I film you tomorrow. - Film me?

等等 你到底要做什么

Wait, what exactly are you doing?

我以为你给他做一个

I thought you were making him

发光的卡片或者是发光饼干

a glitter card or glitter cookies.

- 你做发光的东西还蛮擅长的 - 不是

- You're so good with glitter. - No.

我要给爸爸做一个

I'm making him a video

大家都说他好的视频

of people saying nice things about Dad.

Sue 他不会喜欢的

Oh, Sue, he's gonna hate that.

怎么会呢 他肯定会喜欢的

What? No, he's gonna love it.

我知道他表面看起来很强硬

I know he acts like a tough guy,

但是他内心很柔软的

but he's got the squooshiest center.

你没见过他看海洋奇缘的样子 我看到了

You didn't see him at "Moana." I did.

我认识你爸爸已经20多年了

Look, I've known your dad for over 20 years.

他可不是柔软的人

There's no squoosh in there.

他看了这个视频之后

Well, there is definitely gonna be some softening

肯定会变柔软

after this video.

相信我

I can promise you that.

好了 你需要先看一下这些问题

Now, I need you to read over these questions.

我可就靠你

I am counting on you

来煽情了

for all the emotional tender stuff.

我连自己买的礼物都找不到了

I can't even find the present.

怎么可能回忆起以前为什么会爱你们老爸

How am I supposed to remember why I used to love your dad?

好的 你需要的东西都在这了

Okay, got everything you need right here...

卧推 弯举 深蹲

bench, curls, squats.

但 第一项练习

But our first exercise...

是扔掉笔记本

...notebook toss.

Brick 你不要写

Brick, you don't got to be writing it.

要做

We're gonna be doing it.

我以为做之前要先学习一下

I thought there was gonna be a learning portion first.

我不想逞英雄

I don't need to be a hero.

不用担心

There's no danger of that.

来 我先给你演示一下你的目标

Now, let me show you what you're aiming for here.

有点生疏了

Must be a little rusty.

最近没锻炼

I haven't been training.

赛季结束以后我都没怎么锻炼

I kind of shut the gun show down after football ended.

哦 不

Oh, no.

我的天

Oh, God.

地板是不是不平啊

I don't think this floor is level.

注意我的身体是保持直线的

Notice how straight I'm keeping my body.

双臂保持平衡

Arms parallel.

一直 保持...

Always... maintain...

正确的姿势

...proper form.

等会我会捡起来的

I'll pick those up.

那么

So...

我要做多少个呢

how many of those should I do?

我记得那次爸爸带我去打网球

I remember the time Dad took me to play tennis.

我我带了书过去 结果他生气了

He got mad 'cause I brought my books,

气得他脖子上的青筋暴起

which the veins in his neck start popping out, but...

停

Cut.

Brick 我需要的是美好的回忆

Brick, these are supposed to be nice memories.

这就是美好的回忆啊

Uh, that is a nice memory.

爸爸和我不怎么在一起的

Dad and I don't do a lot together.

好吧 但听起来不怎么好

Okay, well, it doesn't sound so nice.

我需要的是发自内心真诚的美好 快点想想

Now I want heartfelt, so step it up.

让我感受到感情

Okay, make me feel something.

开始

And... action.

这是关于爸爸的一件趣事

Here's a fond memory with Dad...

就是他教我开车的那次

the time he tried to teach me how to drive.

那次他脖子上的青筋真的是暴起

The veins were really popping out of his neck then.

Brick 不要总说他的青筋

Brick, stop talking about veins.

好吧 对不起

Oh, all right, fine. Sorry.

我想想

Um, let's see.

我对爸爸最好的回忆

Well, one of my best times with Dad

就是他让我扫叶子的那次

was when he had me rake leaves.

很有趣 因为那个时候我才9岁

It was funny 'cause I was probably 9 at the time,

我担心叶子被会燃烧起火

and I was worried about the leaves being incinerated...

停

Cut.

妈妈 我好不容易录到Brick说几句好话

Mom, I was finally getting something good out of Brick,

结果你入镜了

and you're ruining my shot.

我马上就能找到了

I am so close.

你可以在任何地方拍你爸爸的礼物啊

You can film Dad's thing anywhere.

我不想破坏这个惊喜

I don't want to spoil the surprise.

这可是个秘密

It's a secret.

我知道一个公开的秘密

Here's something that's not a secret.

爸爸不会喜欢这个视频的

Dad's gonna hate this video.

好吧 如果是别人做的 他可能不会喜欢

Okay, from other people, he might hate it,

但我做的不会

but not from me.

好了 Mom 你能走出我的镜头了吗

Now, Mom, will you please get out of my shot?

Brick好不容易讲了一个没有青筋的故事

I finally had a vein-free story from Brick,

还被你给破坏了

and you screwed it up.

其实不是

That's actually not true.

故事的结尾会呼应 提到他的青筋

The end of the story comes around nicely back to veins.

- Brick - 太好了

- Brick. - Yes!

就是这个

This is it.

我想起来了

Now I remember.

我在甜甜圈店

I was at the doughnut shop,

隔壁的店铺Giftery礼品店 刚刚开张

and this new store, The Giftery, had opened next door.

我就过去打发时间

I was in there killing time,

然后我看到了这个堪称完美的

when I came across this absolutely perfect...

鞋拔子

Shoe horn?

不不不 这可不是一般的鞋拔子

No, no, no, it's not just a shoe horn.

这是 商务人士奢华鞋具

It's the "Busy Businessman's Luxury Shoe Care Kit."

明白了吗

Oh, yeah, get it?

因为Axl是学商科的

'Cause Axl's a business major.

我记得当时我觉得这个东西等他找到工作时

I remember thinking this would be symbolic

是有象征意义的

for when he gets a job.

我是说 这一套里面还有鞋油 鞋刷

I mean, it's got polish and a little applicator,

装在这小盒子里 还方便携带

and it comes in this handy carrying case.

是啊 烂透了

Yeah, this sucks.

糟了

Ugh, crap.

现在我要给他送些别的礼物了

Now I got to get him something else.

好在我在很早以前给他做了个可爱的卡片

Oh, well, at least I got him a cute card a while ago.

好

Okay.

所以我们按照Mike喜欢的方式

So we celebrated Mike's birthday

庆祝了他的生日

just the way he wanted...

我解冻了一块牛排

I defrosted a steak,

他在饭桌上看了体育画报

and he got to read Sports Illustrated at the table

我们其他人都不能说话

while the rest of us didn't talk.

好的

Okay.

你可以说话了

You can speak.

生日快乐爸爸

Happy birthday, Dad.

- 好的 -等等

- All righty. - Wait, wait, wait.

我给你准备了一份礼物

I got you a present.

礼物吗 为什么

You did? What for?

我告诉你了我什么都不要

I told you I didn't want anything.

所以我什么都没给你准备

And that's why I didn't get you anything.

别客气 老爸

You're welcome, Dad.

父亲节我也会忘掉的

Consider Father's Day forgotten, too.

真是我的好儿子

You're a good son.

你真的打算跟我对着干吗

Are you seriously gonna argue with me?

你就拿着吧 你这个派对破坏者

Just take it, you big party pooper.

生日快乐

Happy birthday.

好吧

Okay.

这是礼物

It is a gift.

你要把它打开

You open it.

商务人士奢华鞋具

The "Busy Business Man's Luxury Shoe Care Kit."

烂透了

Ha! That sucks.

我喜欢

I love it.

你还留着收据吗

Did you keep the receipt?

等下 等等

No, wait, wait, wait.

我还没给你礼物呢

I haven't given you my gift yet.

但是我的礼物是打不开的

But mine isn't something that can be opened.

是需要体验的

It must be experienced.

所以请大家

So if you would all be so kind

移步到客厅

as to follow me to the family room.

把杂志放下

Leave the magazine.

好了

Okay.

现在请大家都看电视

Now if you would all focus your attention to the TV.

这个我可以

That I can do.

Sue Sue Heck影业荣誉出品…

Sue Sue Heck Productions proudly presents...

晚上好 我是Sue Heck

Good evening. I'm Sue Heck.

这是Michael Heck的庆祝会

And this is a celebration of Michael Heck.

一切都从1963年开始

It all began here in 1963,

那一年

the year this wonderful man,

这个对全世界都意义非凡的好男人

a man who means so much to the world,

出生了

was born.

我找不到你婴儿时的照片

I couldn't find a baby picture of you.

那么是什么造就了伟大的他呢?

So what makes a man great?

让我们一起寻找答案吧

Let's find out, shall we?

我喜欢Mike什么?

What do I love about Mike?

很明显 我爱他因为我嫁给了他

Uh, well, obviously, I love him 'cause I married him.

还有什么呢?

And, um, what else?

他是个维持家庭生计的人

Well, he's a great provider.

可以说他是我坚强的后盾

Yeah, I would say he's my rock.

大A(Axl)祝大M(Mike)生日快乐

Happy B to the Big M from the Big A.

等等 这听起来太奇怪了 能重新来吗?

Wait, that sounds bathroom-y. Can I start over?

老爸最酷的事

The cool about thing about Dad

是无论他的头发是湿的还是干的 看起来都一样

is his hair looks the same wet or dry.

他是...我的后盾

He's... my rock.

我已经说过了吗?

Oh, I said that already?

唉

Pbht.

如果老爸是一种调料

Uh, if Dad were a spice,

我觉得他是盐

uh, I'd say he's salt.

老香料(宝洁旗下男士品牌)

Old Spice.

啤酒算调料吗?

Is beer a spice?

如果算的话 我觉得是啤酒

'Cause, if so, I'd say beer.

如果家里没了啤酒

When there's no beer in the house,

他就会变得很紧绷 还有血管...

he gets tense, and this vein...

Mike 我都不知道你的生日快到了

Mike, I didn't know it was your birthday.

你浑身上下都是秘密 是吧?

You're just full of secrets, aren't you?

等等 这里不只是家人

Wait. This isn't just family.

是的 不只有家里人

Nope.

我们要请你过来吃晚餐

Well, we're gonna have to have you over for dinner.

你什么时候有空?

When's good for you?

这个周二如何?

How's this Tuesday?

Ron! Mike这周二过来吃晚餐

Ron! Mike's coming over for dinner on Tuesday.

用三个词形容Mike?

Three words that describe Mike?

只有三个? 天啊 这太难了

Only three? Oh, gosh, that's hard.

英雄 绅士的大个子...

Hero, gentle giant...

糟了 已经三个了

shoot, that's already three.

我能再说一个吗?

Can I have one more?

哪一个Mike? 我知道五个Mike

Which Mike? I got five Mikes.

你去找了我的理发师?

You talked to my barber?

对

Yeah.

高个子Mike... 他来的时候

Tall Mike... got to put the chair

就要把椅子调到最低

all the way down when he comes in.

如果Mike是一个冰淇淋口味

If Mike were a flavor of ice cream,

他会是...香草味

he'd be... vanilla.

香草味

Vanilla.

香草 很明显

Vanilla, clearly.

香草

Vanilla.

香草

Vanilla.

妥妥的香草!

Show me vanilla!

我是在公司总部上班的

Uh, I'm based in the corporate office,

所以我不太了解Mike Heck

so I don't really know Mike Heck that well,

因此让我分享我最喜欢的"Mike时刻"

which kind of makes it hard for me

可能会有些难度

to share my favorite, uh, "Mike moment."

Sue 他是我的上司

Sue, that's my boss.

惊喜吧

Surprise.

我最喜欢的Mike时刻是

My favorite Mike moment is,

有时 当他下车的时候

sometimes, when he's getting out of his car,

他会假装没有听到

he pretends like he doesn't hear me

我在院子里喊他

calling from my yard,

然后他就自然地走进房子里

and he just walks into his house.

太逗了

Hilarious.

我有太多的Mike时刻了 太难选择了

I have so many Mike moments, it's hard to pick.

可能很多人都不知道

Well, not a lot of people know this,

Mike非常喜欢猫

but Mike loves cats.

有一次 我休息的时候来到活动屋

One time, I came into the trailer on a break,

看到Mike

and Mike was watching this video

在看猫咪和小兔子玩耍的视频

of kittens befriending a bunny rabbit.

好了 到此为止吧

Okay, that's enough.

我领会它的要点了

I get the gist.

等等 等等 不 不 不

Wait, wait, wait. No, no, no.

还有将近15分钟的视频呢

Uh, there's, like, 15 more minutes left.

Brad作了一首很特别的诗

Brad does a special poem,

还有福惠超市的装袋工

and the bagger at Frugal Hoosier

讲了个特别逗的笑话

had a really funny story.

你还没看到呢

You're gonna miss it.

算了吧

Yeah, well.

给你

Here you go.

你想让我把这个怎么办?

What do you want me to do with this?

现在鞋具套装看起来更胜一筹了

Well, the shoe kit's looking better.

你怎么回事?

What is the matter with you?

我很抱歉

I'm sorry.

我只是不喜欢别人过于关注我

I just don't like people making a big deal over me

谈论我或者是评论我

or talking about me or thinking about me.

这回我得找一个新的理发师

Now I got to get a new barber,

我本来也挺喜欢这个的

and I liked this guy, too.

我刚刚让他开始不再和我聊天

I'd just gotten him to stop making small talk.

行 我知道我嫁给了一个

Okay, I know I'm married to a man

不善于体会情感的花园小矮人

with the emotional capacity of a garden gnome,

所以我已经习惯了失望

so I'm used to the disappointment.

但是Sue没有

But Sue isn't.

她很受伤

She's really hurting.

她看起来没怎么失望

Ah, she didn't look that upset.

因为她看在你的面子上

Because she was pretending everything was okay

在假装一切安好

for your sake,

而这些应该是你为她做的

which is what you should have been doing for her.

你太小题大做了 她没事

Oh, you're just being dramatic. She's fine.

我想说明一点 那个猫咪视频...

And just to be clear, that kitten video...

只是我在搜花岗岩价格的时候

that just popped up

跳出来的广告

when I was researching granite prices,

所以就别和别人说了

so we're not gonna go sharing that with anybody.

Mike很确定Sue没事

So Mike was positive that Sue was fine,

但想了一会儿后...

but after having a little time to think it over...

Sue

Sue.

啊?

Yeah?

对不起

Sorry.

知道了

Okay.

你在干啥?

What are you doing?

没什么 就是欣赏一下

Nothing, nothing. Just admiring the view.

锻炼的怎么样了?

How are those workouts coming?

我知道我需要保持体型

Well, I know I need to get in shape,

所以我做了一件适合我的事

so I did the only thing that made sense to me.

我去了图书馆 然后看了一本书

I went to the library and checked out a book.

杰克·拉兰内(美国健身运动员)写的《永远年轻》

Jack Lalanne's "Live Young Forever."

- 哦 那他现在怎么样了? - 他死了

- Oh, okay. What's he doing now? - He's dead.

但在这之前 他真的很酷

But before that, he was really cool.

他可以举起各种重的东西

He could lift all these heavy things.

有一次他拉动了70条船

He once pulled 70 boats.

我的目标是15条

My goal is 15.

那应该足够让Cindy对我刮目相看了

That should be enough to impress Cindy.

听着 Brick 你不需要书

Look, Brick, you don't need a book.

你有我做你的教练

You got me as your trainer.

无意冒犯 Axl

No offense, Axl,

但是在车库里 事情进展的并不顺利

but things weren't really going that well in the garage.

已经过了两天了

It's been two days,

我觉得我的肌肉反而好像减少了

and I think I might have actually lost muscle mass.

那些都只是运动计划的一部分

That's just all part of the workout program

我为了你而私人订制的计划

I've created specifically for your body.

你现在就像一堆土

Right now you're like a lump of clay,

但是给我些时间

but you give me some time,

我会把你塑造成艺术品

I'm gonna mold you into a work of fine art.

就像是大卫雕像

It's like the statue of David.

你以为米开和朗基罗(本应是米开朗基罗)一晚上就完成了那个雕像吗?

You think Michael and Angelo sculpted that thing overnight?

并不是

No.

花了他们俩好多年时间

Took those guys years.

呃...

Yeah...

我只是觉得一个体力在衰退的人

I just don't think someone who's on the decline physically

不应该来教我吧

should be teaching me.

哇哦 哇哦 哇哦

Whoa, whoa, whoa, whoa, whoa.

衰退?

Decline?

衰... 啥...?

Decli... wha...?

谁说我在衰退了? 我没有

Who said I'm declining? I'm not declining.

没事 这很正常

Look, it's perfectly natural.

经过我的研究

In my research,

我发现男人在二十五岁到达身体的巅峰期

I found that men hit their physical peak at age 25,

然后慢慢地下降

then slowly decline.

你只是比正常的生理现象快一点

You're just a little ahead of schedule.

从现在起

From here on out,

你差不多要肌肉退化了

you're pretty much just gonna atrophy.

我拿过很多奖 Brick

Got enough trophies, Brick.

确实 可能我有点放纵自己了

And, yeah, maybe I let myself go a little bit,

但我只要几个俯卧撑就好了

but I just got to do a few pushups,

我身材立马就会恢复

I'll be back in shape like that.

噢 抽筋了

Ow, cramp.

起来

Come on.

要去哪里?

Where are we going?

吃冰淇淋 走吧

Ice cream. Let's go.

不了 谢谢

No, thanks.

我请客

My treat.

你会喜欢那儿的

You're gonna want to be there.

除了香草味的 我还要点些别的

I'm thinking of ordering something besides vanilla.

算了 我不饿

It's all right. I'm not hungry.

第二天 Axl还在为Brick的话闹心

The next day, Axl was still bugged by what Brick said.

如果杰克·拉兰内可以拉动七十艘船

I mean, if Jack Lalanne could pull 70 boats,

他肯定也能拉动些什么

surely there's something he could do.

你是个男人 你是个男人

You're a man. You're a man.

你是个魁梧又强壮的男人

You're a big, strong man.

我不想说这件事 Brick

I don't want to talk about it, Brick.

我们永远不要再提起这件事

We're never mentioning this ever again.

别告诉别人

No one needs to know

我只把房车拉动了两英尺的距离

I only moved the 'Bago two feet.

你都没拉动它

You didn't move it at all.

你真刻薄

You're mean.

这不公平

This isn't fair.

以前 如果我觉得弱

Used to be, I was feeling weak,

只需要来几组俯卧撑 然后就有力量了

I'd just do a couple of pushups and get my strength right back,

可是 我的天啊 我是怎么了?

but, my God, what is happening to me?

你觉得是不是因为我谷物圈三明治吃多了?

You think it was all those Froot Loop sandwiches?

噢我的天哪

Oh, God.

谷物圈三明治

Froot Loop sandwiches.

别盯着我的大屁股

Don't look at my big butt.

Axl 控制住你自己

Axl, get a hold of yourself.

我的女朋友救了我

I got rescued by my girlfriend,

但你这个样子比我还尴尬

and even I'm embarrassed for you.

可是我要毕业了

Look, I'm about to graduate.

很快 我就要整天坐在办公桌前

Pretty soon, I'm gonna be sitting at a desk all day

做一些我必须干的活

doing whatever it is I'm supposed to be doing,

然后我就会衰退

and I'm just gonna decay.

我马上就要变得跟爸妈一样了

I am one step closer to becoming Mom and Dad.

嘿 在这过程中至少还有一线希望呀

Hey, there's a silver lining in this.

没错 男人在二十多岁到达身体的巅峰期

Yes, men peak physically in their mid-20s,

但是他们的智力巅峰持续到三十五岁呀

but they don't peak mentally till age 35.

你还在上升

You're still in the upswing.

智力方面一直不是我的强项

Mental's never really been my strong suit.

刚好我能帮助你

Well, it just so happens I can help you with that.

- 真的吗? - 没错

- Really? - Yep.

等我给你培训完

By the time I'm done with you,

你的大脑会撕裂的

your brain is gonna be ripped.

现在 我们从公共广播公司开始

Now, let's start with PBS.

这会很难的

This is gonna be so hard.

你得用心去做

Got to put in the work.

哦 对了

Oh, and by the way,

米开和朗基罗... 是同一个人

Michael and Angelo... one guy.

什么?

What?

我希望你会喜欢 我开车送你回学校

I hope it's okay I'm driving you back to school.

本来你妈想开车送你的 但是她太忙了

Mom was gonna, but she's busy,

而我又没什么事情做

and I got nothing going on.

没事

It's fine.

谢谢

Thank you.

什么?

What?

就是... 谢谢你做的视频

You know, for the, uh, whole video thing.

做的不错

That was nice.

好的

Okay.

我不懂

I don't get it.

我说了"谢谢" 又说了"对不起"

I said, "Thank you," I said, "I'm sorry,"

还说了"冰淇淋"

I said, "Ice cream,"

但好像都没什么用

and nothing's sticking.

我在尽量尝试

I'm trying,

但是我得不到你的任何反应

but I'm not getting any traction here.

就像我在跟你妈说话一样

It's like I'm talking to your mom.

我没关系啦 爸

It's all right, Dad.

我也没那么伤心

I'm really not that upset.

我知道你是什么样的人

I know that's just how you are.

在我的家庭里

Look, growing up in my family,

我们过生日或节日的的时候不互相祝福 或者你懂的

we didn't, you know, talk or, you know, express things

也不表达情感之类的...

on birthdays or holidays or...

即使我妈妈去世的时候

Even when my Mom died,

有一天我结束了篮球训练回到家

I came home from basketball practice one day,

然后我爸说 "你妈妈去世了"

and my dad said, "Your mom passed."

然后他就让我去写作业了

Then he told me to go do my homework.

第二天早上 我照样去上学

The next morning, I went to school.

我们以后也没再谈起这件事

We never talked about it again.

真的吗?

Really?

哦 我的天 好可怕

Oh, my gosh, that's horrible.

我们家就是这样的

It's just the way it was.

你并不是那样的

Well, you're not like that, you know.

你比爷爷好多了

I mean, you're way better than Grandpa.

当我想去抱他的时候 他就说

When I try to hug him, he just says,

"噢 你不会想抱一个老男人的"

"Oh, you don't want to hug an old man."

但是你一直容忍我给你的拥抱

But you tolerate my hugs all the time.

他关心你

Well, he cares about you.

他只是不擅长表达出来

He's just not real comfortable saying it.

我们都是这样 关心着你

We all do. Care about you.

我知道

I know.

我想问问 她怎么去世的?

How did she die again?

肺癌

Lung cancer.

她还很年轻 才四十二岁

She was young, just 42.

但是当她在家里跳舞时

But the way she used to dance around the house,

你会感觉她才二十岁

you'd have thought she was 20.

她总是唱歌 到处走动

She was always singing, always moving.

你可以想象她一边在洗碗槽旁洗盘子

I can still see her at the kitchen sink

一边哼着小曲的样子

doing dishes and humming to herself.

当我要在厨房玩儿的时候

When I'd be playing in the kitchen,

她会把我叫过去

she'd call me over

舀点肥皂水在手上

and scoop some soap suds in her hands

弯腰让我吹泡泡

and bend down and let me blow the bubbles.

噢 真希望我能见她一面

Aww. I wish I had met her.

是啊

Yeah.

你会喜欢她的 她人很好

Well, you'd have liked her. She was nice.

- 她是个老师是吗? - 嗯

- She was a teacher, right? - Mm-hmm.

一开始教三年级 后来五年级

Third grade and then fifth.

有一次 她当代课老师

Once, when she was working as a substitute,

正好教到我的班级

she actually taught my class.

我坐在那儿 结果我妈走进教室了

I was sitting there and in walks my mom.

真搞笑

Classic.

我最近自己有锻炼

I've been doing a little work on myself.

我可以为我女朋友拿这个

I can get this for m'lady.

好啦

Okay.

其实 这个有点重

Actually, that's a little too heavy.

好啦

Yeah.

我最近在举重

Yeah, I've been doing some lifting.

- 杠铃吗? - 不是 举书

- Weights? - No, books.

我先从杰克·拉兰内《永远年轻》开始的

I started with Jack Lalanne's "Live Young Forever,"

但我在想可以升级到百科全书

but I'm thinking about upgrading to an encyclopedia

或者尝试一下年鉴

or maybe even an almanac.