

The One Where They All Turn Thirty

Teleplay by: Sherry Bilsing & Ellen Plummer

Story by: Vanessa McCarthy

Transcribed by: [Eric Aasen](#)

714 三十岁

瑞秋为年满三十而耿耿与怀，其余人不禁意识到他们也已步入而立之年。

莫妮卡在惊喜生日派对之前就喝得大醉；

菲比计划和乌苏拉言和，后发现自己已 31 岁；

罗斯买了辆跑车，却开不出停车场；

钱德平静迎来 30 岁；乔伊哭天抢地。

瑞秋认定要实现人生目标，必须找到可共度终生的男人。于是同 Tag 分手。



7.14 The One Where They All Turn Thirty

Rachel's struggles with turning thirty prompt the rest of the gang to remember they're thirtieth birthdays.

Monica got drunk just before her surprise party;

Phoebe tried to reconcile with Ursula and found out she was actually 31;

Ross bought a sportscar, but couldn't get it out of its parking spot;

Chandler just turned 30;

Joey cried and blamed God.

Rachel decides that in order to accomplish her goals in life, she needs to find the man she's going to marry. So she breaks up with Tag.

[Scene: Joey and Rachel's, Joey is knocking on Rachel's door, whose door frame is decorated with balloons. The rest of the gang is there as well. Rachel opens the door and the gang [blow on noisemakers](#).]

door frame



noisemaker



Ross: Happy birthday!!!

Monica: Happy birthday!!!

(Rachel glares at them and goes back into her room, closing her door.)

All: Rach! Come on! Rach!

Monica: It's your birthday!

Tag: (entering from her room) Hey.

Chandler: (To Monica) She's not [as pretty as she was](#) when she was 29.

Tag: Ms. Green would like to [establish some ground rules](#) before she comes out. She would appreciate it if you don't use the words old or downhill or (To Joey) they still look pretty damn good. (Joey smiles and everyone glares at him.)

downhill adv. 往下 每况愈下

Joey: They do!

Phoebe: Rachel! Come on out! Monica made breakfast!

Monica: Chocolate-chip pancakes!

Chocolate-chip pancake



(There is no response from Rachel.)

Ross: We’ve got presents!

(She opens the door.)

Rachel: Good ones?

Monica: They all came from the list you handed out to us two weeks ago.

Rachel: Well, can I keep the presents and still be 29?

Joey: Come on Rach! Look, turning thirty is not that big a deal.

Ross: Oh really. Is that how you felt when you turned thirty?

[Flashback to Joey’s thirtieth birthday party. It is being held in Monica and Chandler’s apartment.]

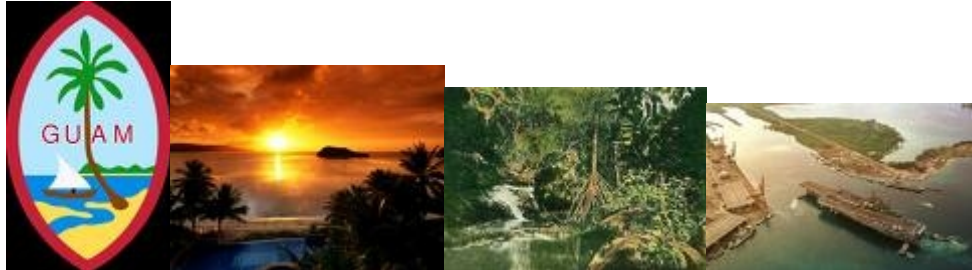
Joey: (screaming) Why God?!! Why?!! We had a deal!! Let the others grow old! Not me!! (He buries his head in Phoebe’s lap for comfort.)

[Cut back to Rachel’s party, everyone is now eating breakfast, except Rachel.]

Rachel: Y—know, I—m still 29 in Guam.

Guam :瑞秋过三十岁生日 ’但她不愿变老 ’因此说—我在关岛(Guam)还是二十九岁 °—她的意思是在美国管理的太平洋关岛上 ’时区的关系她还是三十岁 °不过 ’瑞秋可能不知道 ’关岛在西太平洋 ’比美国更早迎接太阳的升起 ’因此如果她在美国本土正好三十岁 ’她在关岛早就已经是三十岁多了 ’这才是时差的真正含义/Guam:officially the Territory of Guam, is an island in the Western Pacific Ocean and is an organized unincorporated(adj. 未被承认为自治组织的 未合并在内的) territory of the United States. The Chamorros(n. 查莫罗人), Guam’s indigenous(adj.本土的) inhabitants, first populated the island approximately 6,000 years ago. It is the largest and southernmost of the Mariana

Islands[n. 马里亚纳群岛(位于西太平洋)]. The island's capital is Hagåtña, formerly Agaña. Guam's economy is mainly supported by tourism (particularly from Japan, Korea and Taiwan) and United States armed forces bases. The United Nations Committee on Decolonization(n. 非殖民地化) includes Guam on their list of Non-Self-Governing(adj. 非自治的) Territories.



Ross: Hey, 30 is not that old! Do you know how old the Earth is?

Rachel: Late thirties? Oh come on you guys! Is it just me? Am I overreacting to this?

Chandler: No Rach, it's not just you. My thirtieth birthday certainly wasn't that much fun.

[Flashback to Chandler's thirtieth birthday party. It is also being held in Monica and his apartment. He is about to blow out the candles on his birthday cake.]

Joey: (screaming) And now Chandler! We're all gettin'so old! (Looking up) Why are you doing this to us?! (Turns away crying.)

Opening Credits

[Scene: Joey and Rachel's, breakfast is finished but Rachel's still down.]

Monica: Rach, you're in a great place in your life. Come on, you've an amazing job! Good friends:

Joey: Yeah, your roommate is a soap opera star.

Rachel: Your character is in a coma.

Joey: I promised myself I wasn't gonna cry at this one.

Rachel: Look, y-know I know my life's going pretty well, but I look around and I just see so many people who've accomplished so many other goals by the time they're thirty.

Phoebe: Yeah, but you shouldn't compare yourself to me.

[Flashback to: The Street in front of Central Perk, Ross and Joey are holding a yellow tape across the road and everyone is cheering Phoebe as she bounces around the corner on a hippity-hop.]

tape n. 带

hippity hop



All: Come on Phoebe! You can do it Phoebe! Come on!

Rachel: There you go!

(She crosses the line and they all cheer again.)

Phoebe: I did it! One mile on a hippity-hop! That's it!! That's everything I wanted to do before I was thirty. Oh, except I wanted to patch things up with my sister. But oh well. Yay!! (They all cheer again.) And-and girls this thing is a Godsend if you know what I mean. (Rachel and Monica look intrigued and as they all head into Central Perk, Rachel picks up the hippity-hop that Phoebe left behind.)

patch up v. 平息 解决 重修就好[eg: He tried to patch up their quarrel]/Godsend n. 天赐之物

[Scene: Joey and Rachel's, continued from earlier.]

Rachel: Thirty. Ugh, I mean thirty! Monica, do you remember mean, old Mrs. Kreeger in the fifth grade? She was thirty!

Tag: Let's have some fun. Huh? (To Rachel) What do you wanna do today?

Rachel: Nothing. I don't want to do anything.

Monica: Well, doing nothing on your thirtieth is better than doing something stupid, like Ross.

Ross: Hey! That was a practical purchase! I needed that car for transportation! Okay? I-I have a child!

practical purchase n. 有实际利用价值的购买

[Flashback to: A street, Ross is sitting in his newly purchased *MGB*. Which is one of the better British sports cars ever made. Of course, “better” is a relative term. Which reminds me of a joke. Why don’t the British make computers? Because they couldn’t figure out how to make them leak oil. Anyway, the gang is all staring at his new purchase.]

leak oil v. 漏油/The MGB was Britain’s best-selling sports car model. It was launched in May 1962 to replace the MGA, and was produced until 22 October 1980. It was originally produced by the British Motor Corporation and sold under the MG marque[n. (尤指汽车的)商品型号]. MGB production continued throughout restructuring of the British motor industry, and the parent company’s transition from BMC to British Motor Holdings (in 1966) and to British Leyland Motor Corporation (in 1968).



Ross: How hot do I look in this, huh?!

Chandler: Ross, a sports car? Wouldn't it have been cheaper to just stuff a sock down there?

Ross: That's not what this is about okay? I-I am a sports car enthusiast. I have always been into cars.

enthusiast n. 热心家 狂热者

Joey: Hey, what's the horsepower on this thing?

horsepower n. 马力

Ross: (giddy) I don't know, but-but look how shiny!

giddy adj. 头晕的/shiny adj. 发亮的

Monica: I can't believe you bought this.

Rachel: Really! God Ross, what were you thinking? (To Phoebe, quietly) I know it's really shallow, but a part of me wants him again.

shallow adj. 浅薄的 肤浅

Phoebe: Oh, well get in line missy. (To Ross) So, can I have a ride stud?

get in line 请排队/stud <俚>A white dude who has the "magic" to get any chick he wants.

Ross: Hop in. (Phoebe hops in.) Get ready for the smoothest ride of your life.

(He starts the car and surprisingly in fires right up and comes to a nice idle. (Both can be rarities with British sports cars with their lovely Lucas ignition systems, which tend not to work especially in the rain.) Anyway, this being New York he is parallel parked on a street with the car in front of him only inches ahead of his bumper, likewise with the car behind him. He's completely boxed in and can't move more than two inches. He tries to get out several times by bumping the bumpers of both cars to no avail.)

idle n.v. (机器)空转/rarity n. 稀有 罕见/ignition system n. 点燃系统/parallel adj. 并联的/bumper n. (汽车前后的)保险杠/likewise adv. 同样地/to no avail adv. 完全无用

bumper



Ross: Damnit! (Shuts the car off.)

Phoebe: (getting out) Okay, who's next?

[Scene: Joey and Rachel's, Phoebe is pouring Rachel some coffee.]

Rachel: Y'know what? I am going to do something today. I'm not just gonna sit around like some old lady. I'm gonna get something pierced. Like my uh, like my nose or my tongue or something.

pierce vi. 穿(孔 洞)



Phoebe: Really?! —Cause y'know that hurts.

Rachel: So what?! Y'know what? The way I see it | (Phoebe pulls out a hair from the back of her head) | Ow! Son of a bitch!!

Tag: Look Rachel, I know what you're going through. I'm totally freaked about turning 25.

Rachel: (glares at him) Get out, get out of my apartment.

Monica: All right Rach, for what it's worth, I think that you're doing great. I mean y'know let's face it, no one handles this well.

for what it is worth <口>不论其真伪 不论其价值如何 不敢担保

Phoebe: Least of all you.

least of all adv. 最不 :: (的人就是)

Tag: Why? What you'd do?

Monica: Weren't you asked to leave sonny?

sonny n. <昵>宝贝 小家伙

[Flashback to Monica and Chandler's apartment. Chandler has a bunch of people over in formal wear to give Monica a surprise birthday party. Joey is coming out of the bathroom and removing his tie.]

Chandler: (To Joey) Would you put that back on?! Monica's gonna be here any minute!

Joey: But it hurt's my Joey's Apple.

Joey's AppJe: 乔伊不喜欢身上的领带 '说它太紧了 '卡住了自己的喉结(Joey's Apple) °钱德勒告诉他 '不管个人叫什么名字 '喉结都叫做Adam's Apple 而不是根据每个人的名字还要变化

Chandler: (frustrated) Okay, for the last time. It's not named after each individual man.

name after v. 按: 命名

(Joey walks away and Mr. and Mrs. Geller walk up. Mr. Geller is wearing this ancient velvet tuxedo.)

velvet adj. 天鹅绒制的 丝绒的/tuxedo <美>(男士无尾半正式)晚礼服

velvet tuxedo



Mrs. Geller: (To Chandler) You've done a wonderful job with this party Chandler. Everything looks so lovely.

Chandler: Oh well, not as lovely as you. I mean, I can't believe that you would have a thirty-year-old daughter! (To Mr. Geller) And you! I can't believe that you would have a tux that's thirty years old! (Puts his hand on Mr. Geller's shoulder.)

Mr. Geller: It's older than that. Ross was actually conceived right near this tuxedo.

be conceived 被怀上的

Chandler: Ohh! (He quickly removes his hand and looks at it.)

Rachel: (entering) Hey! Everybody hide! Hide! I saw her! She's coming!

Chandler: Okay! Okay! Everybody down! Everybody down! (Rachel turns off the lights and everyone crouches. As everyone crouches, a ripping noise erupts from the assemblage.)

crouch vi. 蜷缩 蹲伏/assemblage n. 与会者[eg: Mr. King was one of the assemblage]

crouch



Mr. Geller: Crap.

(We hear some fumbling at the door, then silence.)

fumble v. 摸索

Chandler: (getting up to investigate) Okay, everybody stay here. I will find out what's going on.

(He goes out into the hall and finds a very drunk Monica lying up against Joey and Rachel's door.)

Monica: Heyyy!! You got the door open!! (Giggles.)

Chandler: Hey-hey are you drunk?

Monica: Nooo! (Giggles) Okay. (She tries to pull herself up by Rachel and Joey's doorknob, but the door opens and she almost falls into the their apartment. She manages to catch herself.) Whoa! (Stands up, unsteadily) Okay. See I was, I was a little nervous about turning (whispering) thirty. (Giggles.) So the bus boys took me out for some drinks. (Pause) I wanna puke on you later!

unsteadily adv. 摇摇摆摆地/bus boy <美>餐厅侍者助手 餐厅的帮手/Bus boy :参加好友 King 在高级西餐厅的生日聚餐 '当众人正要举杯高歌生日快乐时 '我一不小心打翻了冰水杯 '大家的餐具全遭了殃 '整个桌子乱成一片 '正当我窘得半死的时候 '侍应生过来说: "The bus

boy will take care of it right away.” 谁会从巴士站来帮我收拾善后呀？而且‘我只听说过 Beach Boys（海滩男孩合唱团）’这 Bus Boy 又是谁呀？见到我一脸迷惘‘King 马上向我解释：“Bus Boy 是餐厅里负责收拾碗盘、清洁工作的人’餐厅侍应生的助手’也就是一般所谓的小二、小厮。”哦！原来如此。什么巴士男孩？我真的是想岔了



Chandler: Okay, here is the thing. We have thrown a **very** formal surprise party for you in there! All of your friends are in there and your parents!

Monica: Noo!!!

Chandler: Yes!

Monica: Noo!!

Chandler: Yes!!

Monica: Oh no! My parents have never seen me drunk! (Pause) That they know of.

know of v. 知道有/that they know of 就他们所知而言

Chandler: Okay, here's the thing. We're gonna get you some coffee and they will never know that you're drunk.

Monica: Really?! You promise?

Chandler: Yeah, I'll take care of it.

Monica: Okay. I love you so much. (Kisses him.)

Chandler: (laughing) Okay we have to do something about your breath.

Monica: What about **your** breath?! (Breathes on him.)

Chandler: That's still yours. Okay, now remember it's a surprise party. So, when you go in, act surprised.

Monica: Okay. I can do that.

Chandler: Okay.

(Chandler opens the door and Monica sneaks up on it. They go inside.)

All: Surprise!!!

(Monica screams and they all stare at her.)

Commercial Break

[Scene: Ross's birthday, Joey is now trying to get his car out while Ross is directing him.]

Ross: Okay, forward. Forward | Stop! (The car moves an inch and Ross runs to the back of the car.) Okay, back | Stop! (The car barely moves and Ross runs back to the front.) Okay, forward | Stop! Stop! Stop!

Monica: Ross, just forget about it. This guy's got you totally wedged in.

wedge in v. 插入 挤入 (被)卡住 [eg: Her foot wedged in the narrow crack]

(A beautiful woman approaches.)

Woman: (To Joey) Is this yours?

Joey: Well actually:

Ross: No-no-no! It's mine! It's-it's mine. (The woman walks away.)

Joey: Dude, you soooo need this car.

Phoebe: (running up) Okay. Okay, here's what we're gonna do. Okay, I'm gonna break into this mini-van and put it in neutral. You guys push it forward so Ross can drive out of his spot. Okay? All right, here we go. (She opens her coat and reveals that thing car thieves use to break into cars as Ross jumps in behind the wheel. She inserts the device, unlocks the door, opens it, and the alarm goes off.) Haul ass!!!! (Runs off.)

break into v. 破门而入/minivan n. 小型货车 厢型休旅车/neutral n. <机>(齿轮的)空档 [eg: When you start the car, make sure it is in neutral] [空档滑行最大的不好是安全隐患。在驾校学车和考试时有严格规定：除了换档和停车都不允许空档滑行。空档滑行状态车完全靠惯性前进，发动机不提供动力]/wheel <美俚>汽车/haul ass <俚> To move extremely quickly, to move at an expeditious rate. Primarily American, generally southern. 快逃

minivan



(The rest of the gang runs away, except for Ross who's **tramped inside** his car.)

[Scene: Phoebe's birthday, she's taking the hippity-hop to Ursula's apartment as a gift. She knocks on the door and Ursula answers it.]

Phoebe: Happy **thirtieth** birthday! Here! (Hands her the hippity-hop.) It's for the child **in you**, and the woman. Happy thirtieth!

Ursula: Right, why do you keep saying that?

Phoebe: Because it's our thirtieth birthday.

Ursula: Yeah, no we're not thirty. We're 31. Okay. (She closes the door.)

Phoebe: Wait! (Knocks on the door and Ursula opens it.)

Ursula: Oh, it's you.

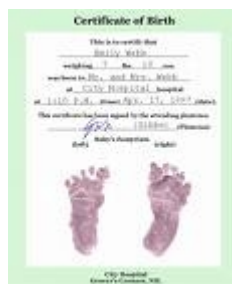
Phoebe: Yeah. What?!

Ursula: Yeah, we're not thirty, we're 31.

Phoebe: **Nu-uh!**

Ursula: **Yea-huh!** That's what is says on my birth certificate.

birth certificate n. 出生证明



Phoebe: You have your birth certificate?

Ursula: Yeah, I got **a big box of** family stuff when my mom died.

Phoebe: Our mom.

Ursula: (sarcastic) Right! Okay. (Hands Phoebe her birth certificate.)

Phoebe: Do you have my birth certificate?

Ursula: No, I sold it to a Swedish runaway.

runaway n. 逃跑者 逃亡者 [eg: They failed to find any trace of the runaways]

Phoebe: (reading the certificate) Oh my God! Oh my God, we are 31.

Ursula: Yeah.

Phoebe: I just lost a whole year of my life.

Ursula: (sarcastic) Okay.

Phoebe: Your middle name is Pamela?

Ursula: Yes.

Phoebe: Well, I never knew mine. Do you remember what it is?

Ursula: Yes! Phoebe.

Phoebe: That's my first name.

Ursula: Right, okay, then no.

[Scene: Monica's birthday, it's just after the surprise.]

Chandler: Look 'We made it all the way across the room. You're doing great.

Phoebe: What's going on?

Chandler: Monica's a little drunk.

Phoebe: Yeah! I love drunk Monica. Oh, she's so much more fun than regular Monica.

Chandler: She doesn't want her parents to know she's drunk.

Phoebe: All right, all right. Here's what we'll do. I'll get twice as drunk as Monica, then no one will gonna even notice her.

Chandler: Drunk Phoebe's mean.

Phoebe: Okay, you watch your tone with me!

you watch your tone with me 你注意下和我说话的语气

Rachel 'What's going on?

Chandler: Monica's wasted.

wasted <俚>喝醉的[eg: We all got wasted at the graduation party last night]

Ross 'Maybe that will liven up this party.

liven up v. 使：有生气 使：有活力

Chandler: (To Rachel) Will you just go help her get changed?

Rachel 'Taking care of a drunk, naked woman seems like a job for Joey.

Joey: Yep. (Starts for Monica's room, but Chandler stops him.)

[Scene: Rachel's birthday, everyone is presenting their presents to Rachel.]

Tag: (handing his to her) This one's from me.

Rachel: Ahh!

Tag: It wasn't on your list, but hopefully you'll think it's really fun.

Rachel: (opening it) A scooter! (She's not happy.)

scooter n. 速可达 单脚滑行车/scoot vi. 急走 飞奔 玩踏板车



Ross: (to Tag) Stick to the list. Always stick to the list.

Rachel: No! No-no, I love it. Thank you. (Kisses him.)

Chandler: Okay, open ours next. Open ours **next**!

Rachel: Okay.

Joey: **Now that** you're a couple, we don't get two presents from you guys?

Chandler: For my last birthday you gave me a **bug**! (To Rachel) Okay, read the card! Read the card!

Rachel: Okay. (Opens the card and reads it.) Happy birthday Grandma! **It's better** to be over the hill (starting to cry) **than buried under it**. (Breaks down as everyone glares at them.) **All our love** Monica and Chandler. (Crying) That's funny, yeah!

over the hill adj. 上岁数的 走下坡路的

Chandler: No-no-no-no! That was the joke!

Rachel: (crying) No, I know! I get it! It's funny!

Chandler: No, because you're not a grandmother!

Rachel: No I know, because to be a grandmother you have to be married and have children and I don't have **any of those** things. That's why it's so funny. I'm just gonna go.... (Runs into her room crying.)

Monica: **All you had to do** was buy the card!

[Scene: Rachel's birthday, a time lapse has occurred. Rachel is coming back into the living room carrying a notepad.]

Ross: Hey! Look who's back! It's the birthday girl! How's the **birthday girl** feeling?

Rachel: Well, I feel fine, but I think you're **bumming out** the rest of the kids.

Bum 是个很有意思的词 '在英语口语中使用频率较高' 和 Bum 相关的俚语 (Slang) 有很多 '不过通常都带有贬义' 下面介绍 Bum 的一些常见用法 :

1 `Bum (noun.)

(1) 无业游民 (homeless vagrant hobo) eg : Throw the bum out.

(2) 屁股 (butt, rear end, posterior, buttocks) eg : Bare Your Bum at somebody. (朝某人露出光屁股 '言下之意是某人不受欢迎')

2 `Bum out (verb.) 使不愉快 恼怒 郁闷 [eg1 `Holiday season is coming, don't feel bummed out][eg2 `Her weird hairdo really bummed her boyfriend out]

3 `Bum-out (adj.) eg:Sexy bum-out panty. ㄟ性感的露臀装 °在这里 `bum-out 的意思是将臀部外露的 `和作为动词时具有完全不同的含义 °ㄟ

Warning `虽然 Bum 的用法都很好玩 `但是使用的时候一定要慎重 `好朋友之间用用无妨 `不可轻易用来贬损他人 °

Ross: What? (Glances over and sees the faces of the rest of the group, then goes and sits down.)

glance over v. 浏览 瞥眼

Rachel: Okay! Y┐know what? I realized it was stupid to get upset about not having a husband and kids. All I really needed was a plan. See I wanna have three kids :

Phoebe: Oh let me guess, and you wanna have them all at the same time and you wanna have them for your brother.

Rachel: As I was saying : I should probably have the first of the three kids by the time I┐m 35 which gives me five years. I love this plan! I wanna marry this plan!

Phoebe: If you could do that, I┐d marry the hippity-hop.

Rachel: So, if I wanna have my kid when I┐m 35, I don┐t have to get pregnant until I┐m 34. Which gives Prada four years to start making maternity clothes! Oh wait, but I do want to be married for a year before I get pregnant :

maternity adj. 孕妇的/Prada `瑞秋在计算如果她要三十五岁有孩子 `就需要在三十四岁时怀孕 `这样她就给普拉达(Prada)公司留下四年时间来做自己的孕妇服 °普拉达是米兰注册的著名服装品牌 `也是西方最流行的奢侈品牌之一 `尤以包包著名/Prada, S.p.A. is a well-known Italian fashion company (also known as a "label" or "house") with retail outlets worldwide.



maternity clothes



Monica: Really! That long?! (Chandler slowly turns and looks at her.)
(To Chandler) Look **all you want**, it's happening!

Rachel: No, so I don't have to get married until I'm 33! That's three years, that's three whole years | Oh, wait a minute though. I'll need a year and a half to plan the wedding, and I'd like to know the guy for a year, year and a half before we get engaged : Which means I need to meet the guy **by the time** I'm thirty.

Ross: **Which** is fine! Because **you** just turned | (**Removes** two candles from the cake) | twenty-eight!

Rachel: No! Ross, no! It is not fine! Eh-eh-according to my plan I **should already be with** the guy I wanna marry!

(We hear Tag scream out in the hallway and **jump into view of** the open door on the scooter. He gives a hearty thumbs up to the group and **rides off**, with Joey following breathlessly behind.)

scream out v. 大声尖叫/hearty adj. 精神饱满的/breathlessly adv. 气喘吁吁地

Joey: Will you **quit hoggin'** it!

hog v. 不顾别人安危地驾车

Commercial Break

[Scene: Monica's birthday, Monica is now dressed and is **being helped out by** Chandler and Rachel.]

Rachel: (To Chandler) I'm telling you it's like watching Bambi learn how to walk.

Bambi :莫尼卡过三十岁生日的时候喝醉了 '走路蹒跚 '瑞秋就对钱德勒说 : '这就好像小鹿班比(Bambi)在学习走路一样 °小鹿班比是一个迪斯尼动画人物 '我们在前面已经介绍了 °



Ross: (To Monica) You're drunk! Mom and dad are gonna be maaaaadd! Maybe I'm a little drunk.

(Monica sits down on the barca lounge.)

Joey: (to the waiter) Hey! Are those crab cakes? (The waiter nods) Did I not tell ya to **come straight to** me when more crab cakes were ready?

A crab cake is an American dish comprised of a crab meat patty(<美>肉饼) and various other ingredients such as breadcrumbs, milk, eggs, onions, and seasonings. Occasionally other ingredients such as red or green peppers are added, at which point the cake is then sautéed(<法>煎), baked, or grilled, and then served. Crab cakes are traditionally associated with the area surrounding the Chesapeake[切萨皮克(美国弗吉尼亚州东南部城市)] Bay, in particular the state of Maryland. 蟹糕



Chandler: (To Monica) How are you feeling?

Monica: You are **so** handsome! I wanna make love to you **right here, right now!** (Growls and pulls him into a kiss.)

growl v. 咆哮

Ross: I really wish that you wouldn't.

Chandler: (To Monica) Now all you have to do is just **get through a little bit more**, okay? Then we can **put you in bed**, okay? Just smile and don't talk to **any**one.

Phoebe: (clinking two glasses together) Speech! Speech! Let's hear from the birthday girl! Huh?

Chandler: Pheeb!!

Phoebe: Don't you see? Everyone's looking at me! The plan's working! I didn't even have to take off my top yet!

top <俚>上衣

Mrs. Geller: Speech! Come on Monica!

Ross: Come on!

All: Come on! Speech!

(Monica stands up and wobbles slightly and Chandler runs over to catch her.)

wobble v. 摇晃

Mr. Geller: (filming this) Hey Chandler, you can't keep your hands off her for one second!

Mrs. Geller: Oh-ho, I think it's nice.

Chandler: I think it's necessary. (Backs away anyhow.)

Monica: I-I-I wanna thank you all for coming. My family and my friends :

Phoebe: (screaming) Wooo!! Hoo!!

Monica: I really like to say that I'm-um : (Pause) Y-know what I'd really like to say? I'm drunk!! (Mrs. Geller pulls the camera down.) That's right mom and dad your little Harmonica is hammered!! (Ross grabs the camera out of his dad's hands.) And guess what! I've been drunk before! And I've smoked a cigarette! And I got a box of *Ding-Dongs* hidden in my underwear drawer! It's all okay. It's okay because I turned thirty today. And, and I can do anything I want! Because **I** am a grown up. (Falls over sideways with Ross filming the fall.)

harmonica n. 口琴/hammered <俚>Heavily inebriated/Ding-Dongs :莫尼卡酒醉之后胡言乱语 '向父母坦白当年她曾在内衣柜子里藏了一盒叮咚(Ding-Dongs)这是一种巧克力夹心饼干。莫尼卡当年很胖 '总是要吃东西/A Ding Dong is a chocolate snack cake sold in the United States under the Hostess brand name, which is owned by Interstate Bakeries Corporation. The snack was originally known in the Eastern United States as a King Dong and later a King Don. In some areas it was marketed as a Big Wheel.



harmonica



Phoebe: (To Joey) Okay quick, help me **get this off!** (Motions to her top.)

Joey: Yeah!!

(Ross pans the camera over to Phoebe.)

[Scene: Phoebe's birthday, she's telling everyone what she found out at Ursula's while sitting in Central Perk.]

Phoebe: I lost a whole year! I can't believe it! This is so unfair!

Joey: Oh, I don't know Pheeb. It'll be okay.

Phoebe: **Will it?** Will it?! I mean, how would you feel if you found out you were 31?

Joey: That's not gonna happen. No. (Looks up) Because we **have a new deal!**

Phoebe: Plus, it totally **ruined my schedule!** I : I haven't done **any of the things** I wanted to do by the time I was 31!

Joey: Like what?

Phoebe: Like okay I-I-I, I haven't met any Portuguese people! I, I haven't had the perfect kiss! And I haven't been to sniper's school!

Portuguese adj. 葡萄牙的/sniper <军>狙击兵[eg: A sniper's bullet tore up a wall two inches above his head]

sniper



Monica: Phoebe, y'know why don't we just go upstairs and have some birthday cake?

Phoebe: No, I just feel like **being by myself for a while**. All right? I'll see you guys later. Thanks. (Gets up and exits.)

Rachel: Hey. (After she leaves.) Oh, poor Pheeb.

Joey: Hey, y'know what you guys? I think I'm gonna **go walk her home**. (Gets up and runs out.)

Monica: Oh man!

Chandler: What?

Monica: He's gonna eat the cake!

[Cut outside, Joey is catching up with Phoebe.]

Joey: Pheeb! **Wait up!** (She stops.) Listen uh, close your eyes. (She does so and Joey passionately kisses her.) Maybe that's one thing you can **cross off your list**.

cross off v. 除去 取消

Phoebe: Oh yeah.

(Joey starts to walk away, but stops.)

Joey: Oh, and plus I'm 1/16th Portuguese.

Phoebe: Oh! (Phoebe walks away smiling.)

[Scene: Ross's birthday, his car is still **trapped in its spot**. Now Joey, Phoebe, and Ross are at the front of the car with Monica, Rachel, and Chandler **at the rear of** the car.]

Ross: Okay, is everybody clear? We're gonna pick it up : and move it. Now all we need is teamwork, okay? We're gonna **lift** the car : and slide it out. Lift and slide!

Rachel: Ross, I really don't think :

Ross: (interrupting her) Lift!! And slide!

Monica 'All right. Come on, dogs, let's lift this sucker. Oh, unless you're scared. Little weaklings scared?

weakling n. 懦怯者/dog <俚>person/sucker<俚>An unspecified thing. Used as a generalized term of reference, often as an intensive(adj.<语法>加强语气的)

Chandler: Good teamwork.Okay, here we go.

Ross: All right everyone, lift! (They and try to lift the car, of course it doesn't raise up) And slide!! (Everyone leans over, but the car still does not move.)

[Scene: Rachel's birthday, she is coming into the hallway where Joey and Tag are playing with the scooter.]

Rachel: Hey Joey, can I :

Joey: Oh, come on Rach! My turn just started!

Rachel: Actually, I just wanna talk to Tag.

Joey: Oh. Okay. Hey, can I ride this outside?

Rachel: Whatever! Okay, I'm not your mother.

Joey: Okay! (Runs off downstairs.)

Rachel: Not in the street!!

Joey: Yes!

Rachel: (to Tag) Hi.

Tag: Hey.

Rachel: Hey.

Tag: How are you doing? Are you feeling any better?

Rachel: Yeah, I'm doing okay. I'm um : let's talk.

Tag: Okay. (They sit on the step.)

Rachel: Umm :

Tag: What's up?

Rachel: Ohh Tag, umm : you're such a great guy and we have sooo much fun together but I don't-I don't :

Tag: Wait! I think I see where you're going, but before you say anything else, can I just say one more thing? (Kisses her.)

Rachel: Well said. And a uh good example of the fun I was referring to uhh, but I just think I'm past the point where I think I can y-know, just have fun.

well said <口>说的好 讲的好 [eg: Well done isn't better than well said 干得好不如讲得好]

Tag: Rachel, don't do this. This is just because you're turning thirty.

Rachel: Yeah, it is! But you're just a kid! I mean you're 25!

Tag: Twenty-four actually.

Rachel: Oh God! Y-know what I wish? I wish you were six years older. Well actually, if I'm wishin-for stuff, I actually wish I was six years younger.

Tag: Me too.

Rachel: Yeah, I'm sorry. (They hug.)

[Time lapse, Rachel is entering her apartment after breaking up with Tag.]

Chandler: Hey! How'd it go?

Rachel: Oh, if I only want two kids, can I keep him for another year?

Phoebe: You did the right thing.

Joey: (entering, limping, and holding his arm) I don't like this anymore. (He sits down with them in pain.)

limp vi. 跛行

Chandler: Well, here we are, just a bunch of thirty year olds.

Ross: God, do you realize in ten years we're gonna be 40?

Joey: (crying) Why God?! Why are you doing this to us?! (He buries his head in Ross's shoulder.)

Ending Credits

[Scene: Ross's birthday, night has fallen and Joey and Ross are walking by where his car is parked to find that both cars blocking him in have left.]

Ross: Yes! My baby's finally free!

Joey: All-all right! (They run and jump in the car.) Start it up! Let's go!

start up v. 发动

Ross: (starting it) Woohoo!

(Just as they are about to pull away, a big, fat, bald guy pulls up in the exact same car as Ross and stops next to him.)

pull away v. 离开/pull up v. (使)停下(车)来 [eg: The driver pulled up at the gate.]

The Man In The Sportscar: How hot are we? (He drives off.)

Ross: You wanna buy a car?

Joey: No.

End