

Rebecca Bennett gives victory speech after flipping NJ-7 seat

新泽西第七选区胜选演讲

时间未知（演讲于周二晚间，具体日期见描述）

地点新泽西州第七选区

海军退伍军人、政治素人 Rebecca Bennett 击败资深众议员 Tom Kean Jr. 后发表胜选演讲，主题为生活成本危机、华盛顿腐败与结束特朗普时代。

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原文对照

第1章 胜选与和平交权

It is the honor of a lifetime to earn your trust to represent this district in Congress. Just spoke to Tom Kean Jr.

能赢得你们的信任、代表本选区进入国会，是我一生的荣幸。我刚刚与 Tom Kean Jr. 通了话。

honor n.
/ˈɒnə(r)/
荣幸；荣誉

lifetime n.
/ˈlaɪftaɪm/
一生，终生

represent v.
/ˌreprɪˈzent/
代表

On the phone, and I want to thank him for his years of service to this nation, and I wish him and his family all the best. He congratulated me on our victory, and he expressed his commitment to the peaceful transition of power, a tradition that is deeply American.

在电话中，我要感谢他为这个国家多年的服务，并祝他和他的家人一切安好。他祝贺我们获胜，并表示他致力于权力的和平交接——这一深具美国精神的传统。

congratulate v.
/kən'grætʃuleɪt/
祝贺

commitment n.
/kə'mɪtmənt/
承诺；投入

transition n.
/træn'zɪʃn/
过渡，交接

tradition n.
/trə'dɪʃn/
传统

And here's something else that's deeply American. Tonight is about something bigger.

还有另一件事也同样深具美国精神。今晚关乎一件更大的事。

deeply adv.
/'di:pli/
深深地

Than any one of us. It's about all of us coming together to demand change and to leave this country better off than we found it.

比我们任何一个人都更大。它关乎我们所有人团结起来要求变革，让这个国家比我们初遇它时更加美好。

demand v.
/dɪ'mɑ:nd/
要求，呼吁

better off adj.
/ˌbetər 'ɒf/
境况更好的

第2章 生活成本危机与华盛顿腐败

For my daughters, Rosie and Millie, and for every other little girl watching tonight, this campaign is for you. And I want you all to know that I'm going to do everything I can to make sure you can do whatever you want when you grow up.

为了我的女儿 Rosie 和 Millie，也为了今晚在看的每一个小女孩，这场竞选是献给你们的。我想让你们都知道，我会尽我所能，确保你们长大后想做什么就能做什么。

campaign n.
/kæm'peɪn/
竞选活动

But just please don't get used to staying up so late. Throughout this campaign, I have heard you loud and clear: the American dream has gotten too far out of reach. I have heard from a senior in Rahway who had his home heating oil go from three hundred dollars to nine hundred dollars; a teacher in Warren who is paying forty two hundred dollars a month for child care; a social worker in Phillipsburg who saw her health insurance premiums quadruple in the past two years.

但请你们别习惯了熬这么晚。整场竞选中，我清楚地听到了你们的声音：美国梦已经变得遥不可及。我听到了 Rahway 一位老人的心声——他的家用取暖油从三百美元涨到了九百美元；Warren 一位老师每月要付四千二百美元的托儿费；Phillipsburg 一位社工的健康保险费在过去两年里翻了两番。

reach n.
/ri:tʃ/
可及的距离（out of reach 遥不可及）

premium n.
/'pri:miəm/
保险费

quadruple v.
/kwɒ'dru:pl/
变成四倍

I will work with whoever wants to work with me on solving the cost-of-living crisis that we are dealing with in this country. But let's be clear, it is not an accident that we find ourselves in this position.

我愿意与任何想与我合作的人合作，解决我们国家正在面对的生活成本危机。但我们要说清楚：我们落到今天这个境地，绝非偶然。

All of these costs have risen because we have an administration in Washington that is the most corrupt we have ever seen in the history of this country. And instead of working to make our lives better,

所有这一切成本上涨，是因为华盛顿的这届政府是我国历史上最腐败的一届。而他们非但没有努力让我们的生活更好，

They put special interests first and profit while we pay the price. But now you have spoken loud and clear.

反而把特殊利益放在首位、从中获利，而我们付出代价。但现在，你们已经清楚地发出了声音。

It's time for change. Let's take on the rampant corruption in Washington and start putting families first.

该变革了。让我们直面华盛顿猖獗的腐败，开始把家庭放在首位。

And that means banning members of Congress from trading stocks, overturning Citizens United, and getting dark money out of politics.

这意味着禁止国会议员炒股、推翻「公民联合」案判决，并把黑金赶出政治。

child care n.
/ˈtʃaɪld keə(r)/
托儿，儿童照护

cost-of-living n.
/ˌkɒst əv ˈlɪvɪŋ/
生活成本

accident n.
/ˈæksɪdənt/
意外，偶然

administration n.
/ədˌmɪnɪˈstreɪʃn/
政府，当局

corrupt adj.
/kəˈrʌpt/
腐败的

special interests n.
/ˌspeʃl ˈɪntrəsts/
特殊利益集团

profit v.
/ˈprɒfɪt/
获利

rampant adj.
/ˈræmpənt/
猖獗的，泛滥的

ban v.
/bæn/
禁止

overturn v.
/ˌəʊvəˈtɜːn/
推翻

dark money n.
/ˌdɑːk ˈmʌni/
黑金（不公开来源的政治献金）

第3章 挑战与从军经历

Change is never going to be easy. It's never been easy.

变革从来不会容易。它从来都不容易。

With corruption in the White House, a war in Iran, and a nation more divided than ever, we have real challenges ahead of us to solve. But I believe our best days as a nation are yet to come.

白宫腐败、伊朗战事、国家空前分裂——我们面前有真正的挑战要解决。但我相信，我们国家最好的日子还在后头。

divided adj.
/dɪ'vaɪdɪd/
分裂的

challenge n.
/'tʃælɪndʒ/
挑战

In the Navy I was a test pilot, and the job was about identifying problems and fixing them, to go out and make things better for my fellow service members. This is the same job, just hopefully with—I hope—a little bit less time at sea.

在海军，我是一名试飞员，这份工作就是发现问题、解决问题，为我的战友们把事情做得更好。现在也是同样的工作，只是希望——我希望——出海的时间能少一点。

test pilot n.
/'test paɪlət/
试飞员

identify v.
/aɪ'dentɪfaɪ/
识别，发现

fellow adj.
/'feləʊ/
同伴的，战友的

And now my job is to make sure we are making things better for all of us. And tonight we have sent a message that we are not giving up on this country that we love. We are getting to work.

而现在我的工作是确保我们让所有人的处境都变得更好。今晚我们发出了一个信息：我们不会放弃我们所爱的这个国家。我们开始干活了。

第4章 个人经历与美国梦

My life is the story of the American dream. I went to college on ROTC scholarship, I used the GI Bill for my MBA, and Alex and I bought our house with a VA loan. And one of my favorite sayings is, "The harder I work, the luckier I get." Because that's the promise of America, that if you work hard and contribute to your community, your kids will do a little bit better than you did. Because nowhere else in the world could a Navy veteran, 2010 Honda Accord driving, mom of two, with no political experience and no political connections, take on one of the nation's oldest political dynasties.

scholarship n.
/'skɒləʃɪp/
奖学金

contribute v.
/kən'trɪbju:t/
贡献，回馈

veteran n.
/'vetərən/
退伍军人

dynasty n.
/'dɪnəsti/
世家，王朝

我的人生就是美国梦的故事。我靠后备军官训练团奖学金上了大学，用《退伍军人法案》读了 MBA，Alex 和我用退伍军人贷款买了房子。我最喜欢的一句话是：「我越努力，就越幸运。」因为这就是美国的承诺：如果你努力工作、回馈社区，你的孩子就会过得比你稍好一点。因为世界上没有别的地方，能让一个开 2010 款本田雅阁、有两个孩子的海军退伍军人，毫无政治经验、毫无政治人脉，去挑战全国最古老的政治世家之一。

$15 million in dark money—and win!

一千五百万美元的黑金——并且赢了！

dark money n.
/ˌdɑːk ˈmʌni/
黑金（不公开来源的政治献金）

第5章 十年心痛与特朗普时代落幕

It's been a long decade, to say lightly. And if you're a patriot, if you love this country and the ideals upon which it was founded, the last 10 years have broken your heart time and time again. We watched as this administration pitted community against community, neighbor against neighbor, dividing us because they thought it was their only way to win.

轻描淡写地说，这是漫长的十年。如果你是个爱国者，如果你爱这个国家以及它赖以建立的理想，过去十年一次又一次让你心碎。我们看着这届政府挑动社区对立、邻里对立，分裂我们，因为他们以为这是他们唯一的取胜之道。

patriot n.
/ˈpeɪtriət/
爱国者

ideal n.
/aɪˈdiːəl/
理想

pit v.
/pɪt/
使对立，挑动

divide v.
/dɪˈvaɪd/
分裂

But we saw something else in the last decade, too. We saw brave New Jerseyans standing up for what is right.

但过去十年我们也看到了别的东西。我们看到勇敢的新泽西人站出来捍卫正确的事。

stand up for phr.
/ˌstænd ˈʌp fɔː(r)/
挺身捍卫

We fought hard in both defeat and victory, and we never gave up. We never let the cynicism of President Trump and his enablers snuff out our belief in a better America for ourselves and our kids. And

无论失败还是胜利，我们都奋力拼搏，从不放弃。我们从未让特朗普总统及其帮凶的犬儒主义扑灭我们对更美好美国的信念——为我们自己，也为我们的孩子。

defeat n.
/dɪˈfiːt/
失败

cynicism n.
/ˈsɪnɪsɪzəm/
犬儒主义，愤世嫉俗

enabler n.
/ɪˈneɪblə(r)/
帮凶，纵容者

snuff out phr.
/snʌf aʊt/
扼杀，扑灭

Now finally, after 10 long years, something remarkable is happening here in New Jersey and across the country. And this is the moment we begin to turn the page on the Trump era.

而现在，终于，在漫长的十年之后，新泽西这里、乃至全国，正在发生一件了不起的事。这就是我们开始翻过特朗普时代这一页的时刻。

remarkable adj.
/rɪˈmɑːkəbl/
了不起的，非凡的

turn the page phr.
/ˌtɜːn ðə ˈpeɪdʒ/
翻篇，开启新阶段

第6章 共同诉求与团队致谢

This is the moment that we as a district, state and country—Democrats, Independents and Republicans—stood together and demanded better. Demanded change. We are demanding an end

这是本选区、本州和全国——民主党人、独立人士和共和党人——站在一起、要求更好的时刻。要求变革。我们要求终结

To the vast corruption in D.C. and

华盛顿的巨大腐败，并要求

vast adj.
/vɑːst/
巨大的

A focus on actually solving the problems that we are facing. We are demanding an end to the wars of choice, ones that sacrifice American lives and billions of taxpayer dollars with no clear objective and no strategy. And

真正聚焦解决我们面对的问题。我们要求终结那些主动发起的战争——那些牺牲美国人生命、耗费数十亿纳税人 dollars、既无明确目标也无战略的战争。

wars of choice n.
/ˌwɔːz əv ˈtʃɔɪs/
选择性战争（主动发起的战争）

sacrifice v.
/ˈsækrɪfaɪs/
牺牲

taxpayer n.
/ˈtækspeɪə(r)/
纳税人

objective n.
/əbˈdʒektɪv/
目标

strategy n.
/ˈstrætədʒi/
战略

We are demanding a focus on the future, making sure that we are building an economy that works for all of us and that our kids have a fair shot at the American dream. This is the greatest country in the world, and there is nothing that we cannot achieve when we come together to solve our problems.

我们要求聚焦未来，确保我们建设一个为所有人服务的经济，确保我们的孩子在美国梦面前有公平的机会。这是世界上最伟大的国家，只要我们团结起来解决问题，就没有我们做不到的事。

fair shot n.
/ˌfeə ˈʃɒt/
公平的机会

achieve v.
/əˈtʃiːv/
实现，达成

I never could have done this alone. Just like the missions I flew in the Navy, this campaign has always been about the team.

我绝不可能独自做到这一切。就像我在海军执行的任务一样，这场竞选始终关乎团队。

mission n.
/ˈmɪʃn/
任务

I am so grateful to the people from across this district, state, and country who have donated their time, money, and support to this campaign. We had almost 2,000 volunteers knock over 200,000 doors and make over half a million phone calls.

我非常感激来自本选区、本州和全国为本场竞选捐出时间、金钱和支持的人们。我们近两千名志愿者敲了二十多万扇门，打了五十多万通电话。

donate v.
/dəʊˈneɪt/
捐赠

volunteer n.
/ˌvɒlənˈtɪə(r)/
志愿者

knock v.
/nɒk/
敲（门）

I want to thank Governor Sherrill for being here tonight and for your wisdom and support along the way, and to everyone here tonight, including our brothers and sisters in labor, our local elected officials, and all the organizations that helped flip this seat, especially "New Politics" and "VoteVets". Thank you.

我要感谢 Sherrill 州长今晚到场，感谢您一路以来的智慧与支持；也感谢今晚在场的所有人，包括我们的劳工兄弟姊妹、我们的地方民选官员，以及所有帮助翻转这个席位的组织，特别是「New Politics」和「VoteVets」。谢谢你们。

wisdom n.
/ˈwɪzdəm/
智慧

labor n.
/ˈleɪbə(r)/
劳工界，工会

flip v.
/flɪp/
翻转（选区易主）

第7章 致谢团队与家人

To my team—and just give me a minute here. Abby, Daniel, Felix, Shannon, Alex again, Juliana, Ben, Jesse, Justin, Megan, Gus, Max, Claire, Brynn, Riley, Katie, Ana, Claire, Evan, Carly, and Om. Thank you.

感谢我的团队——请给我一点时间。Abby、Daniel、Felix、Shannon、Alex、Juliana、Ben、Jesse、Justin、Megan、Gus、Max、Claire、Brynn、Riley、Katie、Ana、Claire、Evan、Carly，还有 Om。谢谢你们。

You all have worked night and day to flip this seat and build this campaign with me. You are the life and soul of this campaign, and—and I am so grateful to each and every one of you.

你们日夜工作，为我翻转这个席位、和我一起搭建这场竞选。你们是这场竞选的灵魂与生命，我由衷感谢你们每一个人。

soul n.
/səʊl/
灵魂

grateful adj.
/'greɪtfl/
感激的

Alex, Rosie, and Millie, you all... she's the second born.

Alex、Rosie 和 Millie，你们……她排行老二。

I don't know what to tell you guys. You all have sacrificed so much for this campaign.

我不知道该跟你们说什么。你们为这场竞选牺牲了太多。

I could not do this without you. I am the luckiest person in the world to have a family like you by my side.

没有你们我做不到。能有你们这样的家人陪在我身边，我是世界上最幸运的人。

Thank you, and I love you.

谢谢你们，我爱你们。

第8章 对选民的承诺与拒绝分裂政治

To the people of New Jersey's 7th District: Thank you for putting your trust in me.

致新泽西州第七选区的人民：谢谢你们信任我。

trust n.
/trʌst/
信任

For sharing your stories, your hopes, and your fears. No matter who you voted for, I will be your representative in Washington. And

谢谢你们分享你们的故事、希望与恐惧。无论你们把票投给了谁，我都会是你们在华盛顿的代表。而

I will work harder than I've ever worked in my life to serve you, your family, and to deliver for this district. Most of all, thank you, New Jersey, for standing up for demanding change and for putting in the work to make it happen. When we look back on tonight, and more importantly, when our kids look back on tonight, they'll see that all of our problems have not been solved with one election, but they'll also see that we never stopped trying. We rejected the politics of division and hate. We stood up to the people that wanted us to see our neighbors as enemies, not as friends, refused to give up on this country that we love, and decided it's time for a new generation of leadership. Because we will never stop trying to leave this country better off than we found it.

deliver v.
/dɪ'lɪvə(r)/
交付，兑现

reject v.
/rɪ'dʒekt/
拒绝

division n.
/dɪ'vɪʒn/
分裂

generation n.
/ˌdʒenə'reɪʃn/

我会以我一生中从未有过的努力，为你们、为你们的家庭服务，为本选区交付成果。最重要的是，谢谢你，新泽西，谢谢你们挺身要求变革，并投入行动让它成为现实。当我们回望今晚，更重要的是，当我们的孩子回望今晚，他们会看到：所有问题并没有因一次选举而解决，但他们也会看到，我们从未停止尝试。我们拒绝了分裂与仇恨的政治。我们顶住了那些想让我们把邻居视作敌人而非朋友的人，拒绝放弃我们所爱的这个国家，并认定该由新一代人领导了。因为我们将永不停止努力，让这个国家比我们初见它时更加美好。

一代人

句型解析

1. It is the honor of a lifetime to earn your trust to represent this district in Congress. 出自【c1p1】

   It is the honor of a lifetime　to earn your trust　to represent this district in Congress

   这是一生的荣幸　赢得你们的信任　代表本选区进入国会

   能赢得你们的信任、代表本选区进入国会，是我一生的荣幸。

公式 It is + 名词短语 + to do X = 形式主语结构，把长不定式后置

仿写 It is a privilege to work with such dedicated students every day.

译文 每天和这样用心的学生共事是一种荣幸。

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2. All of these costs have risen because we have an administration in Washington that is the most corrupt we have ever seen in the history of this country. 出自【c2p4】

   All of these costs have risen　because we have an administration in Washington

   所有这一切成本都上涨了　因为华盛顿有一届政府

   that is the most corrupt we have ever seen　in the history of this country

   是我们见过的最腐败的　在我国历史上

   所有这一切成本上涨，是因为华盛顿的这届政府是我国历史上最腐败的一届。

公式 主句 + because 原因状语从句 + that 定语从句（修饰 administration）= 层层递进解释因果

仿写 Prices have gone up because we have a system that rewards those who already hold power.

译文 价格上涨，是因为我们有一个奖励既有权力者的制度。

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3. Because nowhere else in the world could a Navy veteran, 2010 Honda Accord driving, mom of two, with no political experience and no political connections, take on one of the nation's oldest political dynasties. 出自【c4p1】

Because nowhere else in the world
因为世界上没有别的地方

could a Navy veteran ... mom of two
一个海军退伍军人……两个孩子的妈妈

with no political experience and no political connections
毫无政治经验与人脉

take on one of the nation's oldest political dynasties
挑战全国最古老的政治世家之一

因为世界上没有别的地方，能让一个开 2010 款本田雅阁、有两个孩子的海军退伍军人，毫无政治经验、毫无政治人脉，去挑战全国最古老的政治世家之一。

公式 否定词 Nowhere + 助动词 + 主语 + 动词 = 否定词置于句首引起部分倒装
仿写 Nowhere else could a first-time teacher change so many lives in one year.
译文 没有别的地方能让一个新手老师一年内改变这么多人的生活。

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4. Not only did we fight hard in both defeat and victory, but we never gave up.
出自【c5p3】（注：原文为 "We fought hard in both defeat and victory, and we never gave up."，此处以上述并列结构作学习示例）

We fought hard
我们奋力拼搏

in both defeat and victory
无论失败还是胜利

and we never gave up
我们从不放弃

无论失败还是胜利，我们都奋力拼搏，从不放弃。

公式 主语 + 动词 + in both X and Y = 用 both...and 并列两个对立情形，强调「无论哪种情况」
仿写 She stayed calm in both praise and criticism.
译文 无论受到赞扬还是批评，她都保持冷静。

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5. It is not an accident that we find ourselves in this position. 出自【c2p3】

It is not an accident
这绝非偶然

that we find ourselves in this position
我们落到今天这个境地

我们落到今天这个境地，绝非偶然。

公式 It is not an accident that + 从句 = 强调某事有深层原因
仿写 It is no accident that the best teams practice the most.
译文 最好的队伍练得最多，这绝非偶然。

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6. I will work with whoever wants to work with me on solving the cost-of-living crisis that we are dealing with in this country. 出自【c2p3】

I will work with 我愿意与……合作 | whoever wants to work with me 任何想与我合作的人 | on solving the cost-of-living crisis 解决生活成本危机

that we are dealing with in this country 我们国家正在面对的

我愿意与任何想与我合作的人合作，解决我们国家正在面对的生活成本危机。

公式 work with + whoever 引导的名词性从句 = 与「任何……的人」合作

仿写 We will partner with whoever shares our goal of cleaner streets.

译文 我们将与任何认同我们清洁街道目标的人合作。

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7. We stood up to the people that wanted us to see our neighbors as enemies, not as friends. 出自【c8p3】

We stood up to the people 我们顶住了那些人 | that wanted us to see our neighbors 想让我们把邻居看作 | as enemies | not as friends 敌人而非朋友

我们顶住了那些想让我们把邻居视作敌人而非朋友的人。

公式 see X as Y = 把 X 看作 Y

仿写 They tried to make us see newcomers as strangers, not as neighbors.

译文 他们想让我们把新来的人看作陌生人，而非邻居。

背景知识

人物

1. Tom Kean Jr. 人物

新泽西州资深共和党政治人物，出身该州著名政治世家（其父 Tom Kean 曾任州长）。演讲开头提到他致电承认败选并承诺和平交权。

2. Sherrill（州长） 人物

新泽西州州长，演讲者感谢其到场与支持。在该州政治版图中属民主党重要人物。

文化与术语

1. NJ-7（新泽西第七选区） 术语

美国新泽西州的国会选区，横跨中部郊区地带，长期被视为两党争夺的摇摆席位。本次选举中该席位由共和党转归民主党，即演讲中所说的 flip this seat。

2. ROTC / GI Bill / VA loan 术语

美国三项军人教育福利与贷款制度：ROTC 为后备军官训练团奖学金；GI Bill 为退伍军人教育资助法案；VA loan 为退伍军人事务部担保的住房贷款。演讲者以此串联自身「美国梦」经历。

3. Citizens United 术语

指 2010 年美国最高法院「公民联合诉联邦选举委员会」案判决，放宽了企业与工会的政治支出限制，是竞选资金改革争论的核心议题。演讲者主张推翻该判决。

4. dark money（黑金） 术语

指来源不必公开披露的政治献金，通常经由非营利组织流转。演讲者称对手获得 1500 万美元黑金支持。

5. New Politics / VoteVets 术语

两个政治组织：New Politics 支持有公共服务背景（如军人）的候选人进入政界；VoteVets 是退伍军人主导的政治倡导组织。二者均助其翻转该席位。