**jam** [dʒæm] v. 卡住，不能动弹

**ram** [ræm] v. 猛撞，撞击

**parochial** [pəˋrokiəl] adj. 眼光狭窄的

**on board**: ready to participate or be included

**pantry** [ˋpæntrɪ] n. 餐具室；食品储藏室；冷菜厨房

**summer squash**西葫芦; 夏南瓜

**squash** [skwɑʃ] n. 南瓜属植物；南瓜

**flank steak**牛后腹肉排